

Women's Single Lifts Unequipped

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	LOUISE BROOKWELL	82.5	LOUISE BROOKWELL	55	LOUISE BROOKWELL	97.5
53	KAYLEY PHILLIPS (17.02.2018)	90	LOUISE BROOKWELL	57.5	SUE BETHELL	151
55.5	WENDY EVANS	115	LOUISE BROOKWELL	60	FFION ANKERS	145.5
58.5	CARRIE SHEARER	110	JODIE MATTHEWS (16.06.2018)	55	SUE BETHELL	151
63	GEMMA STIMPSON	130	GEMMA STIMPSON	62.5	AMANDA GISBY	150
70	GEMMA STIMPSON	135	KATHRYN HOLLEY (16.02.2019)	95	RACHAEL RUDDOCK	160
80	RACHAEL RUDDOCK	130			RACHAEL RUDDOCK	170
90	SAMANTHA JENKINS	105			SAMANTHA JENKINS	145
90+	STEPHANIE JONES (29.04.2018)	140			STEPHANIE JONES (29.04.2018)	145.5

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53					RHIANNON HARRIES	100
55.5						
58.5						
63						
70						
80						
90						
90+						

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			RHIANNON HARRIES (17.02.2018)	42.5	RHIANNON HARRIES (16.06.2018)	115
55.5						
58.5						
63						
70						
80						
90						
90+						

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	KAYLEY PHILLIPS (17.02.2018)	90	KAYLEY PHILLIPS (03.12.2017)	45	KAYLEY PHILLIPS (17.02.2018)	135
55.5			LOUISE DELAITRE	45	FFION ANKERS	145.5
58.5	CARRIE SHEARER	110			CARRIE SHEARER	135
63	EMILY BURNS	95	EMILY BURNS	57.5	ANNA DAVIS	145
70	REBECCA JONES	125	SARAH KHAN	62.5	REBECCA JONES	155
80						
90						
90+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						

53						
55.5						
58.5						
63						
70	CHERYL WILLIAMS (17.02.2018)	117.5	CHERYL WILLIAMS (17.02.2018)	65	SAMANTHA HEIGHWAY	130
80						
90						
90+			JANE LANGRIDGE	40	JANE LANGRIDGE	95

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	WENDY EVANS	115	WENDY EVANS	60	WENDY EVANS	135
58.5						
63			CATHERINE CHARLTON-WHITAKER	55	CATHERINE CHARLTON-WHITAKER	140
70					MARIA ROBERTS (29.04.2018)	110
80						
90						
90+						

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			SUE BETHELL	45	SUE BETHELL	147.5
55.5						
58.5	SUE BETHELL	85			SUE BETHELL	151
63	SUE BETHELL	85			SUE BETHELL	145
70						
80						
90						
90+						

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	SUE BETHELL	77.5	SUE BETHELL	42.5	SUE BETHELL	151
55.5						
58.5						
63						
70						
80						
90						
90+						

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						

90						
90+						

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			