

90								
90+								

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5	MacDONALD Debbie (2016) WM 90	ELDING Nicola (2011) NW 55	MacDONALD Debbie (2016) WM 135	MacDONALD Debbie (2016) WM 277.5
58.5				
63				
70	HEWLETT Judith (1993) 97.5	HEWLETT Judith (1992) 56	HEWLETT Judith (1993) 137.5	HEWLETT Judith (1992) 285
80	ANDERSON Mary (2011) SCO 200.5	ANDERSON Mary (2009) SCO 116	ANDERSON Mary (2009) SCO 220	ANDERSON Mary (2011) SCO 527.5
90	ANDERSON Mary (2010) SCO 190	ANDERSON Mary (2010) SCO 117.5	ANDERSON Mary (2010) SCO 212.5	ANDERSON Mary (2010) SCO 515
90+	FARRER Kelly (2022) NM 220	FARRER Kelly (2022) NM 127.5	FARRER Kelly (2022) NM 190	FARRER Kelly (2022) NM 537.5

MASTER 2 (44-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53	MacDONALD Debbie (2017) WM 75	MacDONALD Debbie (2017) WM 45	MacDONALD Debbie (2017) WM 140	MacDONALD Debbie (2017) WM 260
55.5	SMITH Pat (1992) SC 100	SMITH Pat () SC 50	SMITH Pat (1991) SC 125	SMITH Pat (1991) SC 267.5
58.5	JONES Jess (2011) NE 110.5	JONES Jess (2011) NE 72.5	JONES Jess (2011) NE 162.5	JONES Jess (2011) NE 345
63	SMITH Pat (1991) SC 95	SMITH Pat (1991) SC 50	SMITH Pat (1991) SC 125	SMITH Pat (1991) SC 270
70	ANDERSON Mary (2014) SCO 160	ANDERSON Mary (2014) SCO 87.5	ANDERSON Mary (2014) SCO 200	ANDERSON Mary (2014) SCO 447.5
80	ANDERSON Mary (2015) SCO 195	ANDERSON Mary (2014) SCO 115	ANDERSON Mary (2015) SCO 210	ANDERSON Mary (2015) SCO 510
90	ANDERSON Mary (2016) SCO 180	ANDERSON Mary (2016) SCO 115	ANDERSON Mary (2016) SCO 200.5	ANDERSON Mary (2016) SCO 495
90+				

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5	SCOTT Janet (2011) NM 92.5	SCOTT Janet (2011) NM 53	SCOTT Janet (2011) NM 115	SCOTT Janet (2011) NM 260
63				
70	ANDERSON Mary (2021) SCO 170	ANDERSON Mary (2021) SCO 97.5	ANDERSON Mary (2021) SCO 182.5	ANDERSON Mary (2021) SCO 432.5
80	ANDERSON Mary (2018) SCO 175	ANDERSON Mary (2018) SCO 175	ANDERSON Mary (2017) SCO 180	ANDERSON Mary (2017) SCO 446.5
90				
90+				

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44	REEVES Pat (2005) WM 60	REEVES Pat (2005) WM 35	REEVES Pat (2005) WM 100	REEVES Pat (2005) WM 195
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80	FRANKLIN Michelle (2023) NM 140	FRANKLIN Michelle (2023) NM 92.5	FRANKLIN Michelle (2023) NM 142.5	FRANKLIN Michelle (2023) NM 375
90				
90+				

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				

63							
70							
80							
90							
90+							

MASTER 6 (65-69yrs) EQUIPPED

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

MASTER 7 (70-74yrs) EQUIPPED

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

MASTER 8 (75-79yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				

