

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	LANGRIDGE Beth (2022) SCO	85	LEPPARD Judy (1991)	40	LANGRIDGE Beth (2022) SCO	117.5	LANGRIDGE Beth (2022) SCO	245
47.5	TATMAN Leoni (2017) SW	110	SMITH Suzanne (1992) SC	82.5	TOBIAS Lisa (2015) SCO	147	TATMAN Leoni (2017) SW	300
50.5	TATMAN Leoni (2017) SC	113.5	SMITH Suzanne (1993) SC	85	WINSTONE Natalie (2017) EC	140	TATMAN Leoni (2018) SW	305
53	BUTTERS Bobbie (2013) WM	120	SMITH Suzanne (1992) SC	88	BETHELL Sue (2016) WAL	155	BUTTERS Bobbie (2013) WM	325
55.5	JAMES Aillicia (2017) EC	120	SMITH Pat (1992) SC	90	FOX Louise (2010) EC	168	FOX Louise (2012) EC	345
58.5	RAJA Sunita (2019) NM	140	RAJA Sunita (2019) NM	87.5	FOLAMI Habee (2015) EM	177.5	RAJA Sunita (2019) NM	400
63	FOLAMI Habee (2016) EM	137.5	RODRIGUES Ligia (2019) EC	92.5	FOLAMI Habee (2016) EM	195	FOLAMI Habee (2018) EM	400
70	MACPHERSON Charlotte (2019)	160	MACPHERSON Charlotte (2019)	95	HASLAM Melanie (2017) SW	187.5	MACPHERSON Charlotte (2019)	437.5
80	HALFAOUI Iman (2023) NM	170	ANDERSON Mary (2009) SCO	95	SWANKIE Kara (2019) SCO	200	HALFAOUI Iman (2023) NM	450
90	HAWTHORNE-SMITH Takara (2)	167.5	CUNINGHAME Bernie (2015) SC	108	HAWTHORNE-SMITH Takara (2)	212.5	HAWTHORNE-SMITH Takara (2)	472.5
90+	MOUG Sheila (2022) SCO	175	SAMPSON Leigh (2017) SCO	90	THOMPSON Polly (2021) WAL	205	MOUG Sheila (2023) SCO	442.5

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	RUTHERFORD Hayley (2010) SC	50	RUTHERFORD Hayley (2010) SC	27.5	RUTHERFORD Hayley (2010) SC	77.5	RUTHERFORD Hayley (2010) SC	152.5
47.5	RUTHERFORD Hayley (2011) SC	62.5	THOMPSON Paula (1989) WM	37.5	RUTHERFORD Hayley (2011) SC	82.5	RUTHERFORD Hayley (2011) SC	180
50.5	FRY Lauren (2010) SC	50	FRY Lauren (2010) SC	30	FRY Lauren (2010) SC	90	FRY Lauren (2010) SC	170
53	JUTLA Rithika (2019) WM	57.5	JUTLA Rithika (2019) WM	37.5	JOAKIM Becky (2010) SC	100	JOAKIM Becky (2010) SC	180
55.5	RAYNER Lucy (2013) SC	85	RAYNER Lucy (2013) SC	55	RAYNER Lucy (2013) SC	105	RAYNER Lucy (2013) SC	245
58.5	RAYNER Lucy (2013) SC	92.5	CRANE Ellie (2023) EC	70	RAYNER Lucy (2013) SC	110	CRANE Ellie (2023) EC	270
63	WILLIAMS Alexandra (2011) WA	62.5	HOWES Grace (2017) EC	62.5	HOWES Grace (2017) EC	127.5	WILLIAMS Alexandra (2011) WA	180
70	LINDOW Heidi (2022) NW	100	LINDOW Heidi (2022) NW	52.5	LINDOW Heidi (2022) NW	135	LINDOW Heidi (2022) NW	287.5
80	ELLINGTON Danielle (2016) EC	130	HEAD Shachar (2012) SW	77.5	ELLINGTON Danielle (2016) EC	180	ELLINGTON Danielle (2016) EC	365
90	BELL Alicia (2019) EC	115	BELL Alicia (2019) EC	70	BELL Alicia (2019) EC	140	BELL Alicia (2019) EC	312.5
90+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5	LAMBETH Chloe (2008) SC	77.5	THOMPSON Paula (1991) WM	43	LAMBETH Chloe (2008) SC	115	LAMBETH Chloe (2008) SC	230
50.5	RUTHERFORD Hayley (2013) SC	68	RUTHERFORD Hayley (2013) SC	37.5	RUTHERFORD Hayley (2013) SC	90	RUTHERFORD Hayley (2013) SC	195
53	BUTTERS Bobbie (2013) WM	95	BUTTERS Bobbie (2013) WM	55	BUTTERS Bobbie (2013) WM	126.5	BUTTERS Bobbie (2013) WM	275
55.5								
58.5	MCCANN Bridget (2019) SCO	100	RAYNER Lucy (2013) SC	60	MACMENEMEY Isobel (2019) N	125	RAYNER Lucy (2013) SC	262.5
63	WRIGHT Gabby (2023) SW	105	RICKWOOD Frankie (2015) EC	56	RICKWOOD Frankie (2015) EC	125	RICKWOOD Frankie (2015) EC	277.5
70	KHANDAGH Yasmine (2017) NN	130	WILLAN Emma (1993) NW	70	KHANDAGH Yasmine (2017) NN	140	HICKS Lisa (2011) SC	265
80	HEAD Shachar (2013) SW	145	HEAD Shachar (2013) SW	80	ELLINGTON Danielle (2017) EC	182.5	HEAD Shachar (2013) SW	390
90	WINFIELD Lauren (2019) EC	125	BENNETT Gabrielle (2010) NE	62.5	BENNETT Gabrielle (2010) NE	142.5	WINFIELD Lauren (2019) EC	315
90+	O'DONNELL Amelia (2019) NE	145	O'DONNELL Amelia (2019) NE	67.5	O'DONNELL Amelia (2019) NE	180	O'DONNELL Amelia (2019) NW	385

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	RUTHERFORD Hayley (2015) SC	65	RUTHERFORD Hayley (2014) SC	35	RUTHERFORD Hayley (2014) SC	92.5	RUTHERFORD Hayley (2015) SC	190
47.5	RUTHERFORD Hayley (2015) SC	80	RUTHERFORD Hayley (2015) SC	47.5	RUTHERFORD Hayley (2015) SC	105	RUTHERFORD Hayley (2015) SC	230
50.5	WILSON Danielle (2017) NW	65	WILSON Danielle (2017) NW	40	WILSON Danielle (2017) NW	95	WILSON Danielle (2017) NW	197.5
53	BUTTERS Bobbie (2013) WM	120	BUTTERS Bobbie (2013) WM	65	BUTTERS Bobbie (2013) WM	140	BUTTERS Bobbie (2013) WM	325
55.5								
58.5	HARRISON Georgina (2022) EM	115	HARRISON Georgina (2022) EM	82.5	HARRISON Georgina (2022) EM	142.5	HARRISON Georgina (2022) EM	335
63	RICKWOOD Frankie (2016) SE	116	RICKWOOD Frankie (2016) SE	60	RICKWOOD Frankie (2016) SE	132.5	RICKWOOD Frankie (2016) SE	307.5
70	MUIR Jennifer (2019) SCO	122.5	WILLAN Emma (1994) NW	75	MUIR Jennifer (2019) SCO	157.5	MUIR Jennifer (2019) SCO	347.5
80	HEAD Shachar (2015) SW	150	HEAD Shachar (2014) SW	85	HEAD Shachar (2014) SW	170	HEAD Shachar (2015) SW	402.5
90	HEAD Shachar (2015) SW	165.5	BENNETT Gabrielle (2012) NE	65	CHESTER Charlie (2015) SC	162.5	CHESTER Charlie (2015) SC	360
90+								

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	YATES Lauren (2022) EC	55	YATES Lauren (2022) EC	35	YATES Lauren (2021) EC	85	YATES Lauren (2022) EC	175
47.5	MONAGHAN Amanda (2018) SC	100	MONAGHAN Amanda (2018) SC	53	MONAGHAN Amanda (2018) SC	120	MONAGHAN Amanda (2018) SC	270
50.5	CASSAR Jen (2015) EC	105.5	CASSAR Jen (2017) EC	60.5	MORAN Laura (2014) SCO	130	CASSAR Jen (2015) EC	275
53	WALKER Sophie (2016) SC	117.5	SMITH Nichol (2019) SW	70	SMITH Nichol (2019) SW	140.5	WALKER Sophie (2016) SC	322.5
55.5	WALKER Sophie (2015) SC	105	WALKER Sophie (2015) SC	62.5	AL-HADDAD Susan (2019) SCO	138	WALKER Sophie (2015) SC	287.5
58.5	PURICELLI Lucia (2017) WM	130.5	HANNANT Amber (2017) EC	80	EASTLAKE Heather (2019) EM	162.5	EASTLAKE Heather (2019) EM	367.5
63	WATTON Louise (2010) SC	120	WATTON Louise (2010) SC	75	WATTON Louise (2010) SC	177.5	WATTON Louise (2010) SC	370
70	JONES Rebecca (2017) WAL	145	FREEMANTLE Jordana (2007) W	75	CLARKE Jayne (2019) SCO	172.5	FREEMANTLE Jordana (2007) W	375
80	SWANKIE Kara (2019) SCO	150	MARSH Natalie (2017) SE	95	SWANKIE Kara (2019) SCO	200	SWANKIE Kara (2019) SCO	430
90	HOLDER Katie (2015) EM	110	HOLDER Katie (2015) EM	65	HOLDER Katie (2015) EM	142.5	HOLDER Katie (2015) EM	317.5
90+	HYNES Pippa (2019) EC	107.5	HYNES Pippa (2019) EC	65	PEARCE Rebecca (2015) SW	140	HYNES Pippa (2019) EC	297.5

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				

50.5									
53	IRVING Pamela (2022) SCO	97.5	RICHARDS Suzanne (2017) EC	57.5	RICHARDS Suzanne (2017) EC	120	IRVING Pamela (2022) SCO	267.5	
55.5	GILBERT Lisa (2022) SE	107.5	FOX Louise (2012) EC	62.5	FOX Louise (2012) EC	142.5	GILBERT Lisa (2022) SE	297.5	
58.5	WYRILL Tina (2023) SW	112.5	WYRILL Tina (2023) SW	75	WYRILL Tina (2023) SW	150	WYRILL Tina (2023) SW	337.5	
63	DALZIEL Karen (2023) SCO	125	DALZIEL Karen (2023) SCO	83	DALZIEL Karen (2023) SCO	171	DALZIEL Karen (2023) SCO	377.5	
70	WILSON Alexia (2023) WM	152.5	WILSON Alexia (2023) WM	85	WILSON Alexia (2023) WM	180	WILSON Alexia (2023) WM	417.5	
80	ANDERSON Mary (2008) SCO	160	ANDERSON Mary (2009) SCO	95	ANDERSON Mary (2011) SCO	196	ANDERSON Mary (2009) SCO	432.5	
90	ANDERSON Mary (2010) SCO	147.5	ANDERSON Mary (2010) SCO	90	ANDERSON Mary (2010) SCO	192.5	ANDERSON Mary (2010) SCO	420	
90+	MOUG Sheila (2022) SCO	175	SAMPSON Leigh (2017) SCO	90	THOMPSON Polly (2017) WAL	195	MOUG Sheila (2023) SCO	442.5	

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	FLANAGAN Imelda (2010) EM	70	FLANAGAN Imelda (2009) EM	37.5	FLANAGAN Imelda (2010) EM	112.5	FLANAGAN Imelda (2010) EM	217.5
47.5	TUSTAIN Sarah (2019) WM	77.5	TUSTAIN Sarah (2019) WM	42.5	TUSTAIN Sarah (2019) WM	102.5	TUSTAIN Sarah (2019) WM	222.5
50.5	MASSIDDA Sere (2019) SE	85	NUALART Jo (2021) EC	50	NUALART Jo (2021) EC	127.5	MASSIDDA Sere (2019) SE	225
53	RICHARDS Suzanne (2019) EC	97.5	RICHARDS Suzanne (2019) EC	67.5	RICHARDS Suzanne (2019) EC	140.5	RICHARDS Suzanne (2019) EC	305
55.5	EVANS Wendy (2017) WAL	112.5	SMITH Pat (1992) SC	90	EVANS Wendy (2017) WAL	141	EVANS Wendy (2017) WAL	317.5
58.5	EVANS Wendy (2016) WAL	115	RICHARDS Suzanne (2021) EC	73	RICHARDS Suzanne (2021) EC	135.5	RICHARDS Suzanne (2021) EC	312.5
63	KANDEKORE Judith (2014) EC	110	STOCKER Samantha (2018) SE	75.5	STOCKER Samantha (2018) SE	152.5	KANDEKORE Judith (2014) EC	325
70	ANDERSON Mary (2014) SCO	135.5	ANDERSON Mary (2014) SCO	88	ANDERSON Mary (2014) SCO	180	ANDERSON Mary (2014) SCO	402.5
80	ANDERSON Mary (2015) SCO	150	ANDERSON Mary (2014) SCO	92.5	ANDERSON Mary (2016) SCO	185.5	ANDERSON Mary (2015) SCO	422.5
90	ANDERSON Mary (2016) SCO	141	ANDERSON Mary (2016) SCO	90	ANDERSON Mary (2016) SCO	170	ANDERSON Mary (2016) SCO	400
90+	THOMPSON Polly (2019) WAL	170	LAIRD Joanne (2021) NE	90	THOMPSON Polly (2021) WAL	205	THOMPSON Polly (2021) WAL	440

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	FLANAGAN Imelda (2011) EM	75	FLANAGAN Imelda (2011) EM	40	FLANAGAN Imelda (2011) EM	105	FLANAGAN Imelda (2011) EM	220
47.5								
50.5	JOINER-HANDY Angela (2023) H	78	JOINER-HANDY Angela (2022) H	45	JOINER-HANDY Angela (2023) H	125	JOINER-HANDY Angela (2023) H	247.5
53	BETHELL Sue (2015) WAL	87.5	BETHELL Sue (2014) WAL	50	BETHELL Sue (2015) WAL	150	BETHELL Sue (2015) WAL	285
55.5	STREET Liz (2016) WM	85	COIA Gaby (2019) SCO	65	STREET Liz (2016) WM	110	STREET Liz (2016) WM	245
58.5	RICHARDS Suzanne (2023) EC	97.5	RICHARDS Suzanne (2023) EC	72.5	BETHELL Sue (2013) WAL	147.5	BETHELL Sue (2013) WAL	285
63	GOLDING Mel (2014) SE	107.5	GOLDING Mel (2011) SE	62.5	GOLDING Mel (2010) SE	142.5	GOLDING Mel (2010) SE	302.5
70	COIA Gaby (2018) SCO	107.5	STIRTON Fiona (2023) SCO	70	GOLDING Mel (2011) SE	140	GOLDING Mel (2011) SE	300
80	ANDERSON Mary (2017) SCO	130	ANDERSON Mary (2017) SCO	90	BUSH Mandy (2019) EC	185	BUSH Mandy (2019) EC	377.5
90	ANDERSON Mary (2019) SCO	130	ANDERSON Mary (2019) SCO	85	ANDERSON Mary (2019) SCO	165	ANDERSON Mary (2019) SCO	380
90+	THOMPSON Polly (2023) WAL	155	MARSDEN Sarah (2023) EC	82.5	THOMPSON Polly (2023) WAL	190	THOMPSON Polly (2023) WAL	417.5

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	REEVES Pat (2005) WM	40	REEVES Pat (2005) WM	32.5	REEVES Pat (2005) WM	100	REEVES Pat (2005) WM	172.5
47.5								
50.5	MacDONALD Fiona (2017) SCO	62.5	MacDONALD Fiona (2017) SCO	45	MacDONALD Fiona (2017) SCO	105	MacDONALD Fiona (2017) SCO	212.5
53	BETHELL Sue (2016) WAL	87.5	MacDONALD Fiona (2018) SCO	55	BETHELL Sue (2016) WAL	155	BETHELL Sue (2016) WAL	295
55.5	MACDONALD Fiona (2019) SCO	87.5	MACDONALD Fiona (2019) SCO	57.5	BETHELL Sue (2015) WAL	155	BETHELL Sue (2015) WAL	292.5
58.5	SAUNDERS Karen (2022) NW	87.5	SAUNDERS Karen (2022) NW	50	WOOD Jackie (2023) NW	140	SAUNDERS Karen (2022) NE	267.5
63	GOLDING Mel (2015) SE	110	GOLDING Mel (2015) SE	65	GOLDING Mel (2015) SE	135	GOLDING Mel (2015) SE	302.5
70	GOLDING Melanie (2019) EC	102.5	DINGLEY Liz (2018) NW	65	DINGLEY Liz (2017) NW	136	GOLDING Melanie (2019) EC	290
80	WILLIAMSON Ann (2019) NW	95	ROSE Julie (2023) NM	55	ROSE Julie (2023) NM	110	ROSE Julie (2023) NM	247.5
90	TOWERSEY Karen (2022) NM	85	TOWERSEY Karen (2022) NM	62.5	TOWERSEY Karen (2022) NM	137.5	TOWERSEY Karen (2022) NM	285
90+	SMITH Diane (2015) SW	100	SMITH Diane (2015) SW	75	SMITH Diane (2015) SW	130	SMITH Diane (2015) SW	300

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	REEVES Pat (2006) WM	40	REEVES Pat (2006) WM	32.5	REEVES Pat (2006) WM	97.5	REEVES Pat (2006) WM	167.5
47.5	REEVES Pat (2007) WM	40	REEVES Pat (2007) WM	35	REEVES Pat (2007) WM	100	REEVES Pat (2007) WM	172.5
50.5	REEVES Pat (2009) WM	25	REEVES Pat (2009) WM	32.5	REEVES Pat (2009) WM	100	REEVES Pat (2009) WM	157.5
53	BETHELL Sue (2021) WAL	75	BETHELL Sue (2021) WAL	47.5	BETHELL Sue (2021) WAL	130	BETHELL Sue (2021) WAL	252.5
55.5								
58.5	GOUGH Kim (2022) SW	80	GOUGH Kim (2022) SW	45	GOUGH Kim (2022) SW	125	GOUGH Kim (2022) SW	250
63	GOLDING Melanie (2021) SE	95	GOLDING Melanie (2021) SE	60	GOLDING Melanie (2021) SE	137.5	GOLDING Melanie (2021) SE	292.5
70	GRAHAM Julia (2023) NM	70	SAGE Maureen (2001) EC	45	GRAHAM Julia (2023) NM	110	GRAHAM Julia (2023) NM	222.5
80	GILES Susan (2022) NM	102.5	GILES Susan (2022) NM	62.5	GILES Susan (2022) NM	130	GILES Susan (2022) NM	295
90								
90+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5	TOMBS Pat (2013) EC	72.5	TOMBS Pat (2016) EC	45.5	TOMBS Pat (2016) EC	105	TOMBS Pat (2015) EC	215
53								
55.5								
58.5	WALTER Catherine (2015) EM	90	WALTER Catherine (2013) EM	35	WALTER Catherine (2015) EM	102.5	WALTER Catherine (2015) EM	225
63	WALTER Catherine (2013) EM	77.5	WALKER Suzan (2019) NM	50	WALKER Suzan (2019) NM	110	WALKER Suzan (2019) NM	235

70	MacASLAN Cathy (2018) SCO	51	MacASLAN Cathy (2018) SCO	51	MacASLAN Cathy (2019) SCO	101	SAGE Maureen (2003) EC	195
80	MacASLAN Cathy (2022) SCO	60.5	MacASLAN Cathy (2022) SCO	42.5	MacASLAN Cathy (2021) SCO	110	MacASLAN Cathy (2021) SCO	210
90								
90+								

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5	TOMBS Pat (2016) EC	70	TOMBS Pat (2017) EC	47.5	TOMBS Pat (2017) EC	105	TOMBS Pat (2016) EC	217.5
53								
55.5								
58.5	WALTER Catherine (2016) EM	95	WALTER Catherine (2018) EM	37.5	WALTER Catherine (2019) EM	101	WALTER Catherine (2016) EM	230
63								
70								
80	MACASLAN Cathy (2023) SCO	61	MACASLAN Cathy (2023) SCO	40	MACASLAN Cathy (2023) SCO	97.5	MACASLAN Cathy (2023) SCO	197.5
90								
90+								

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5	WALTER Catherine (2023) EM	56	WALTER Catherine (2023) EM	32.5	WALTER Catherine (2023) EM	77.5	WALTER Catherine (2023) EM	165
63								
70								
80								
90								
90+								

MASTER 9 (80-84yrs) UNEQUIPPED

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) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5	HALLAM Lyndsey (2016) SE	85	HALLAM Lyndsey (2016) SE	52.5	HALLAM Lyndsey (2016) SE	117.5	HALLAM Lyndsey (2016) SE	255
53	MACLEOD Angela (2019) SCO	95	MACLEOD Angela (2019) SCO	50	MACLEOD Angela (2019) SCO	125	MACLEOD Angela (2019) SCO	270
55.5	BRAJSHORI Leonara (2015) SE	100	BRAJSHORI Leonara (2015) SE	62.5	MALLIA Tamasin (2016) EC	132.5	BRAJSHORI Leonara (2015) SE	292.5
58.5	LIVESEY Laura (2018) NW	110	DALZIEL Karen (2015) SCO	72.5	DALZIEL Karen (2015) SCO	155	DALZIEL Karen (2015) SCO	335
63	JONES Rebecca (2018) WAL	155	DALZIEL Karen (2023) SCO	83	DALZIEL Karen (2023) SCO	171	JONES Rebecca (2018) WAL	400
70	JONES Rebecca (2017) WAL	150	TAYLOR Angela (2018) NW	82.5	JONES Rebecca (2017) WAL	182.5	JONES Rebecca (2017) WAL	410
80	MARSH Natalie (2017) SE	147.5	MARSH Natalie (2017) SE	95	MARSH Natalie (2017) SE	175	MARSH Natalie (2017) SE	417.5
90	CUNINGHAME Bernie (2017) SC	155	CUNINGHAME Bernie (2015) SC	108	RADCLIFFE Victoria (2018) NM	190	CUNINGHAME Bernie (2017) SC	442.5
90+	MCBRIDE Amanda (2022) SCO	115	MCBRIDE Amanda (2022) SCO	70	MCBRIDE Amanda (2022) SCO	140	MCBRIDE Amanda (2022) SCO	325