

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5			JOHNSON Carol (1997) SW	37.5		
50.5			MOLLING Lydie (1999)	57.5	LANE Barbie (1996) EM	107.5
53	BETHELL Sue (2018) WAL	125			BETHELL Sue (2022) WAL	140
55.5	BETHELL Sue (2019) WAL	122.5	PASH Alana (2021) SC	82.5	BETHELL Sue (2019) WAL	150
58.5	SEABRIGHT Alison (2003) SC	122.5	SEABRIGHT Alison (2003) SC	85	THOMAS Ann (2016) WM	160
63	JACKSON Janine (2018) SC	107.5	PASH Alana (2018) SW	102.5	THOMAS Ann (2015) WM	155
70	ANDERSON Mary (2022) SCO	165.5	COOPER Alisha (2016) EC	120	ANDERSON Mary (2022) SCO	177.5
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2016) SCO	121	ANDERSON Mary (2009) SCO	213
90	HAWTHORNE-SMITH Takra (20	186	ANDERSON Mary (2010) SCO	117.5	ANDERSON Mary (2010) SCO	212.5
90+						

TEENAGE 1 (14-15) yrs EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5					THOMAS Morgan (2017) EC	100.5
58.5					THOMAS Morgan (2017) EC	100
63						
70						
80	ADDICOTT Taylor (2016) WAL	100				
90						
90+						

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	CARGILL Imogen (2019) NW	75				
58.5	CARGILL Imogen (2019) NW	80				
63						
70						
80						
90						
90+						

TEENAGE 3 (18-19 yrs) EQUIPPED

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

80						
90						
90+						

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	BUSBY Olivia (2019) EC	106	
55.5			
58.5			
63			
70		COOPER Alisha (2016) EC	120
80		COOPER Alisha (2016) EC	120
90			
90+			

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM 58
58.5			MacDONALD Debbie (2016) WM 137.5
63		WARD Sharon (1998) SW	57.5
70			
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2009) SCO 112.5
90	ANDERSON Mary (2010) SCO	185	ANDERSON Mary (2010) SCO 117.5
90+			ANDERSON Mary (2009) SCO 213 ANDERSON Mary (2010) SCO 212.5

MASTER 2 (44-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	MacDONALD Debbie (2017) WM	96	MacDONALD Debbie (2017) WM 55
58.5			MacDONALD Debbie (2017) WM 136
63		SMITH Pat (1993) SC	50
70			
80	ANDERSON Mary (2015) SCO	190.5	ANDERSON Mary (2016) SCO 121
90			ANDERSON Mary (2015) SCO 212.5
90+			

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			

58.5						
63						
70	ANDERSON Mary (2022) SCO	165.5	ANDERSON Mary (2022) SCO	95	ANDERSON Mary (2022) SCO	177.5
80	ANDERSON Mary (2018) SCO	185.5	ANDERSON Mary (2018) SCO	105	ANDERSON Mary (2018) SCO	210
90						
90+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BETHELL Sue (2018) WAL	125				
55.5	BETHELL Sue (2019) WAL	122.5			BETHELL Sue (2019) WAL	150
58.5						
63						
70			CLARK Kelly (2023) NE	68	CLARK Kelly (2023) NE	131
80			FRANKLIN Michelle (2023) NM	90		
90						
90+						

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BETHELL Sue (2022) WAL	110			BETHELL Sue (2022) WAL	140
55.5						
58.5						
63						
70						
80						
90						
90+						

MASTER 6 (65-69yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5					THOMAS Ann (2016) WM	160
63	JACKSON Janine (2018) SC	107.5			THOMAS Ann (2015) WM	155
70			GORE Holly (2011) NE	70		
80						
90						
90+						