

**OPEN UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44	HOWELL Mia (2018) EC 40		IONTTON Louise (2006) NE 52.5		REEVES Pat (2005) WM 100	
47.5	TATMAN Leoni (2018) SC 105		TATMAN Leoni (2018) SW 67.5		TOBIAS Lisa (2015) SCO 150	
50.5	LOUISE Jasmine (2023) SW 95		ANDERSON Lucy (2019) SW 73		WINSTONE Natalie (2017) EC 133	
53	PUTLAND Amy (2017) SE 95		COOKE Katie (2016) SCO 67.5		BETHELL Sue (2017) WAL 151	
55.5	EVANS Wendy (2017) WAL 115		BLINDT Annette (1991) NM 80		FOX Louise (2009) EC 165	
58.5	SHANANGURA Kunashe (2023) 141		BOOKER Alison (2019) NM 83.5		SHANANGURA Kunashe (2023) 176	
63	SHANANGURA Kunashe (2023) 140		RODRIGUES Ligia (2019) EC 95		HODGSON Claire (2021) EC 175.5	
70	WILSON Alexia (2019) WM 145		HOLLEY Kathryn (2019) WAL 95		HASLAM Melanie (2019) SW 192.5	
80	HIGGINS Sarah (2023) EM 165		HEBBORN Emma (2019) SCO 97.5		ELLINGTON Danielle (2017) EC 192.5	
90	HEAD Shachar (2015) SW 160		McKINLEY Bernadette (2011) SC 107.5		HAWTHORNE-SMITH Takra (20) 205	
90+	LANTRUA Cerrie (2017) EC 161		GOUGH Jacqueline (2022) NM 122.5		THOMPSON Polly (2021) WAL 190	

**TEENAGE 1 (14-15) yrs UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44	HOWELL Mia (2018) EC 40		HOWELL Mia (2018) EC 30		HOWELL Mia (2018) EC 55	
47.5	HOWELL Mia (2018) EC 47.5		HOWELL Mia (2018) EC 30		HOWELL Mia (2018) EC 60	
50.5	CARR Katie (2023) EC 60		CARR Katie (2023) EC 27.5		CARR Katie (2023) EC 85	
53			HARRIES Rhiannon (2017) WAL 32.5		HARRIES Rhiannon (2017) WAL 102.5	
55.5			HARRIES Catrin (2017) WAL 35		THOMAS Morgan (2017) EC 102.5	
58.5	CRANE Ellie (2023) EC 87.5		CRANE Ellie (2023) EC 66		CRANE Ellie (2023) EC 115	
63	HUNTER Freya (2018) SE 80		HUNTER Freya (2018) SE 40		HUNTER Freya (2018) SE 102.5	
70	PINCHER Claire (2019) WM 92.5				PINCHER Claire (2019) WM 110	
80	ELLINGTON Danielle (2016) EC 120		HEAD Shachar (2010) SW 65		ELLINGTON Danielle (2016) EC 160	
90					RAWLINGS Benita (2017) SW 90	
90+						

**TEENAGE 2 (16-17 yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			HOWELL Mia (2019) EC 32.5			
53			HARRIES Rhiannon (2018) WAL 42.5		HARRIES Rhiannon (2018) WAL 105	
55.5	CARGILL Imogen (2019) NW 72.5				THOMAS Morgan (2019) EC 103	
58.5	CARGILL Imogen (2018) NW 75		RATCLIFFE Lauren (2018) NW 45		RATCLIFFE Lauren (2018) NW 100	
63	WRIGHT Gabby (2023) EC 100		WRIGHT Gabby (2023) EC 50		HUNTER Freya (2019) SE 107.5	
70	HOWSE Grace (2018) EC 72.5		HOWSE Grace (2018) EC 68		HOWSE Grace (2018) EC 130	
80	ELLINGTON Danielle (2017) EC 137.5		ELLINGTON Danielle (2017) EC 75		ELLINGTON Danielle (2017) EC 192.5	
90	BENNETT Gabrielle (2011) NE 122.5		ELLINGTON Danielle (2018) EC 80		ELLINGTON Danielle (2018) EC 203	
90+						

**TEENAGE 3 (18-19 yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5					RUTHERFORD Hayley (2014) SC 95	
50.5						
53						
55.5					HOWELL Mia (2021) EC 80	
58.5			HARRISON Georgina (2023) EM 83		HARRISON Georgina (2023) EM 157.5	
63	CARGILL Imogen (2021) NW 80					
70						

80	HEAD Shachar (2015) SW	157.5			HEAD Shachar (2015) SW	175
90	HEAD Shachar (2015) SW	160	BENNETT Gabrielle (2012) NE	67.5	HEAD Shachar (2015) SW	180
90+						

### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	BUSBY Olivia (2018) EC	90.5	CASSAR Jen (2017) EC	61	BARN Ramisha (2021) EC	93
53	PHILLIPS Kayley (2018) WAL	90	BUSBY Olivia (2019) EC	60	PHILLIPS Kayley (2018) WAL	135
55.5	COSTA Silvia (2015) SW	95	COSTA Silvia (2015) SW	50	ANKERS Ffion (2015) WAL	145.5
58.5	CUNNINGHAM Rhianna (2019) E	95	DREW Josephine (2018) EC	63	DREW Josephine (2018) EC	140
63	RICKWOOD Francesca (2019) EC	120	SCALES Megan (2021) EC	75	JONES Sarah Elizabeth (2010) SW	120
70	ELLIOT Madeline (2019) WAL	122.5	ELLIOT Madeline (2019)	80.5	MLOUK Dalya (2015) WM	145
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	95	MARSH Natalie (2018) SE	180.5
90	SPRAGGON Lucie (2014) SW	110	SPRAGGON Lucie (2014) SW	60	SPRAGGON Lucie (2014) SW	142.5
90+						

### MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			ANDERSON Lucy (2019) SW	73	MOLLING Lydie (2000)	105
53	MILLER Helen (2019) EC	90.5	DESMIER Sonia (2013) SE	57.5	MacDONALD Debbie (2015) WM	127.5
55.5	MacDONALD Debbie (2015) WM	80	EWING Joanne (2019)	67.5	MacDONALD Debbie (2015) WM	117.5
58.5			WADE Ishbel (2015) SCO	50	MAKINO Masayo (2018) SW	138
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70	WISSON Sian (2023) EM	130	HOLLEY Kathryn (2022) WAL	90	WISSON Sian (2023) EM	155
80	ANDERSON Mary (2009) SCO	150	ANDERSON Mary (2009) SCO	92.5	ANDERSON Mary (2009) SCO	191
90	ANDERSON Mary (2010) SCO	150	ANDERSON Mary (2010) SCO	87.5	ANDERSON Mary (2010) SCO	185
90+	GARDNER Ruth (2017) NW	141	SAMPSON Leigh (2018) SCO	90	GARDNER Ruth (2018) NW	172.5

### MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	NUALART Jo (2022) EC	80.5	NUALART Jo (2022) EC	50	NUALART Jo (2022) EC	125
53	NUALART Jo (2021) EC	85	COOKE Katie (2016) SCO	67.5	NUALART Jo (2021) EC	128
55.5	EVANS Wendy (2017) WAL	115	COOKE Katie (2016) SCO	67.5	EVANS Wendy (2016) WAL	135
58.5	RICHARDS Suzanne (2021) EC	105	RICHARDS Suzanne (2021) EC	73.5	RICHARDS Suzanne (2021) EC	145.5
63	RITARI-STEWART Anneli (2021)	111	KNIGHT Kerys (2019) EM	70	RITARI-STEWART Anneli (2021)	148
70	BRADLEY Manon (2012) EM	115	TAYLOR Angela (2019) NW	83.5	ANDERSON Mary (2014) SCO	150
80	ANDERSON Mary (2015) SCO	150	ANDERSON Mary (2015) SCO	90.5	ANDERSON Mary (2016) SCO	188
90			ANDERSON Mary (2016) SCO	87.5	OLDHAM Louise (2023) EM	160
90+	TOWELL Samantha (2017) EC	122.5	GOUGH Jacqueline (2022) NM	122.5	THOMPSON Polly (2021) WAL	190

### MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	JOINER-HANDY Angela (2023) E	75.5	JOINER-HANDY Angela (2023) E	47.5	JOINER-HANDY Angela (2023) E	127.5
53	JOINER-HANDY Angela (2023) E	75	JOINER-HANDY Angela (2021) E	45	BETHELL Sue (2015) WAL	147.5
55.5	EVANS Wendy (2018) WAL	110	STREET Liz (2017) WM	60	BETHELL Sue (2014) WAL	151.5

58.5	WOOD Jackie (2022)	90	TIER Georgie (2014) SE	55	ALBERICI-TRUEMAN Sally (201	152.5
63	GOLDING Mel (2015) SE	102.5	GOLDING Mel (2015) SE	57.5	BETHELL Sue (2013) WAL	145
70	BRADLEY Manon (2019) EM	115	BRADLEY Manon (2019) EM	82.5	ANDERSON Mary (2022) SCO	155
80	ANDERSON Mary (2018) SCO	140	ANDERSON Mary (2018) SCO	87.5	BUSH Mandy (2019) EC	187.5
90						
90+	PRETORIUS Louisa (2023) EM	125	NICOLL Jennifer (2021) SW	80	PRETORIUS Louisa (2023) EM	140

#### MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44					REEVES Pat (2005) WM	100
47.5					HEXALL Diane (2023) NM	82.5
50.5						
53	BETHELL Sue (2018) WAL	85	BETHELL Sue (2018) WAL	53	BETHELL Sue (2017) WAL	151
55.5						
58.5	WOOD Jackie (2023) NW	90			WOOD Jackie (2023) NW	140
63	GOLDING Mel (2016) SE	107.5	GOLDING Mel (2016) SE	65	GOLDING Mel (2016) SE	137.5
70	GOLDING Melanie (2019) EC	100	BRADLEY Manon (2022) EM	75	GOLDING Melanie (2019) EC	140
80			FRANKLIN Michelle (2023) NM	70	THORNE Linda (2018) SW	150
90			ROSE Julie (2023) NM	57.5	ROSE Julie (2023) NM	110
90+			NICOLL Jennifer (2022)	77.5	TOWERSEY Karen (2023) NM	137.5

#### MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44					REEVES Pat (2006) WM	97.5
47.5					REEVES Pat (2007) WM	100
50.5			REEVES Pat (2008) WM	37.5	REEVES Pat (2010) WM	100
53			BETHELL Sue (2022) WAL	47.5	BETHELL Sue (2022) WAL	130
55.5						
58.5	GOUGH Kim (2022) SW	77.5	GOUGH Kim (2022) SW	42.5	GOUGH Kim (2022) SW	122.5
63	GOLDING Melanie (2021) SE	95	GOLDING Melanie (2021) SE	60	GOUGH Kim (2023) SW	145
70			FORBES Trisha (2022)	47.5	GRAHAM Julia (2023) NM	112.5
80						
90					HARRISON Vicki (2023) EM	122.5
90+						

#### MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			REEVES Pat (2011) WM	31	REEVES Pat (2014) WM	95.5
53			BISWELL Jennifer (2017) EM	26	REEVES Pat (2015) WM	95.5
55.5			WELBURN Wendy (2023) NW	42.5	WELBURN Wendy (2023) NW	72.5
58.5	WALTER Catherine (2016) EM	85	WALTER Catherine (2016) EM	35	WALTER Catherine (2016) EM	105
63						
70			SAGE Maureen (2004) EC	50	SAGE Maureen (2004) EC	100
80						
90					HARRISON Vicki (2023) EM	120
90+						

#### MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						

50.5						
53			REEVES Pat (2015) WM	31	REEVES Pat (2018) WM	85.5
55.5						
58.5	WALTER Catherine (2019) EM	90	WALTER Catherine (2018) EM	37.5	WALTER Catherine (2019) EM	95
63			McGAULEY Judith (2018) EC	37.5	McGAULEY Judith (2018) EC	65
70			WALKER Suzan (2021) NM	57.5	WALKER Suzan (2021) NM	110.5
80						
90						
90+						

**MASTER 8 (75-79yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5					REEVES Pat (2023) EM	62.5
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+						

**M/P/F UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5	HALLAM Lyndsey (2015) SE	90	HALLAM Lyndsey (2015) SE	50		
50.5	HALLAM Lyndsey (2017) SE	92.5				
53	PUTLAND Amy (2017) SE	95			MacDONALD Debbie (2015) WM	127.5
55.5	STREET Liz (2017) WM	95	STREET Liz (2017) WM	60	THOMAS Ann (2007) EC	132.5
58.5	STREET Liz (2015) WM	90	DALZIEL Karen (2016) SCO	70	DALZIEL Karen (2016) SCO	160
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70	LOMAX Kayleigh (2017) SE	115	TAYLOR Angela (2016) NW	85	LEES Freya (2015) EC	165
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	90	MARSH Natalie (2018) SE	180.5
90			McKINLEY Bernadette (2011) SC	107.5		
90+						