

## West Midland - Women Single Lift Equipped Records

### OPEN 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					THOMAS Ann (2015) WM	155
70						
80						
90						
90+						

### TEENAGE 1 (14-15) yrs EQUIPPED

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

### TEENAGE 2 (16-17) yrs EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
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						
55.5						
58.5						
63						
70						
80						
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	MacDONALD Debbie (2016) WM	137.5
58.5						
63						
70						
80						
90						
90+						

**MASTER 2 (44-49yrs) EQUIPPED**

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

**MASTER 3 (50-54yrs) EQUIPPED**

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

**MASTER 4 (55-59yrs) EQUIPPED**

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

**MASTER 5 (60-64yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift
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
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					THOMAS Ann (2015) WM	155
70						
80						
90						
90+						