

## Southwest: Women's Single Lifts Unequipped

### OPEN UNEQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5	TATMAN	105	TATMAN 67.5
50.5	TATMAN	112.5	TATMAN 65
53			O'CALLAGHAN 42.5
55.5	BARWELL	90	ALBERICI-TRUEMAN 45
58.5	WESTWOOD	75	FARRINGTON 65
63	WESTWOOD	100	BROUGHTON 75
70	HURLEY	100	DAVIES 87.5
80	HEAD	130	SIMPSON 82.5
90			BARRON 42.5
90+	EDWARDS	105	EDWARDS 70

### TEENAGE 1 (14-15 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5		WILLIS	32.5
53			
55.5			
58.5			
63			
70			
80	HEAD	110	HEAD 65
90			
90+			

### TEENAGE 2 (16-17 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5	BLACKWELL	65	BLACKWELL 60
63			
70			
80	HEAD	130	HEAD 160
90			
90+			

### TEENAGE 3 (18-19 years) UNEQUIPPED

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

### JUNIOR (20-23 years) UNEQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			JONES 120
70			
80			
90			
90+		KIRKPATRICK	42.5

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

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			M. KRAVCHUCK 102.5
55.5			
58.5			MAKINO 130
63		ABERNETHY	55
70		WARD	62.5
80			

90			J. PORTER	60	HENRY	135
90+					BUSCOMBE	140

**MASTER 2 (45-49 years) UNEQUIPPED**

WGT	Squat		Bench press		Deadlift	
44						
47.5						
50.5						
53			O'CALLAGHAN	42.5		
55.5						
58.5			HANNIS	55.5		
63			ABERNETHY	50		
70			ROWE	57.5		
80	SMITH	92.5	SMITH	55	SMITH	130
90						
90+						

**MASTER 3 (50-54 years) UNEQUIPPED**

WGT	Squat		Bench press		Deadlift	
44						
47.5						
50.5						
53						
55.5			ALBERICI-TRUEMAN	45	ALBERICI-TRUEMAN	137.5
58.5			TRUEMAN	47.5	ALBERICI-TRUEMAN	147.5
63						
70	ROWE	37.5	ROWE	57.5	ROWE	70
80	SMITH	110	SMITH	75	SMITH	135
90						
90+						

**MASTER 4 (55-59 years) UNEQUIPPED**

WGT	Squat		Bench press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70			MERRICK	47.5		
80			THORNE	37.5	THORNE	142.5
90						
90+			NICOLL	80		

**MASTER 5 (60-64 years) UNEQUIPPED**

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

**MASTER 6 (65-69 years) UNEQUIPPED**

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

**MASTER 7 (70-74 years) UNEQUIPPED**

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

80						
90						
90+						

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

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

**MASTER 9 (80-84 years) UNEQUIPPED**

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

**MASTER 10 (85-89 years) UNEQUIPPED**

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