

TEENAGE 3 (18-19 yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | |
|------|----------------------------|-------------|-------------------------------|----------------------------------|--------------------------------|
| 44 | | | | | |
| 47.5 | | | | | |
| 50.5 | | | | | |
| 53 | | | | | |
| 55.5 | | | | | |
| 58.5 | | | | | |
| 63 | RICKWOOD Frankie (2015) EC | 102.5 | RICKWOOD Frankie (2015) EC 55 | RICKWOOD Frankie (2015) EC 127.5 | RICKWOOD Frankie (2015) EC 285 |
| 70 | CLARKE Ebony (2022) EC | 85 | CLARKE Ebony (2022) EC 60 | CLARKE Ebony (2022) EC 115 | CLARKE Ebony (2022) EC 260 |
| 80 | | | | | |
| 90 | | | | | |
| 90+ | | | | | |

JUNIOR (20-23 yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | |
|------|--------------------------|-------------|---------------------------------|------------------------------|------------------------------|
| 44 | | | | | |
| 47.5 | CASSAR Jen (2015) EC | 95 | CASSAR Jen (2015) EC 52.5 | CASSAR Jen (2015) EC 110 | CASSAR Jen (2015) EC 252.5 |
| 50.5 | CASSAR Jen (2015) EC | 105.5 | CASSAR Jen (2017) EC 60.5 | CASSAR Jen (2015) EC 115 | CASSAR Jen (2015) EC 275 |
| 53 | | | | | |
| 55.5 | DENT Katie (2017) EC | 75 | LAMB Bethany (2019) EC 50 | DENT Katie (2017) EC 120 | DENT Katie (2017) EC 242.5 |
| 58.5 | HANNANT Amber (2017) EC | 122.5 | HANNANT Amber (2017) EC 80 | DENT Katie (2017) EC 140 | HANNANT Amber (2017) EC 340 |
| 63 | MASSEY Lucy (2017) EC | 110 | Angel Churchward (2021) EC 67.5 | MASSEY Lucy (2017) EC 140 | MASSEY Lucy (2017) EC 305 |
| 70 | LINZELL Ellyse (2016) EC | 115 | Angel Churchward (2021) EC 75 | LINZELL Ellyse (2016) EC 150 | LINZELL Ellyse (2016) EC 335 |
| 80 | | | | | |
| 90 | Taylor Tucker (2020) EC | 145 | | Taylor Tucker (2020) EC 150 | |
| 90+ | HYNES Pippa (2019) EC | 95 | HYNES Pippa (2019) EC 60 | HYNES Pippa (2019) EC 125 | HYNES Pippa (2019) EC 280 |

MASTER 1 (40-44yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | |
|------|----------------------------|-------------|---------------------------------|--------------------------------|---------------------------------|
| 44 | | | | | |
| 47.5 | | | | | |
| 50.5 | | | | | |
| 53 | RICHARDS Suzanne (2017) EC | 82.5 | RICHARDS Suzanne (2017) EC 57.5 | RICHARDS Suzanne (2017) EC 120 | RICHARDS Suzanne (2017) EC 260 |
| 55.5 | FOX Louise (2012) EC | 90 | FOX Louise (2012) EC 62.5 | FOX Louise (2012) EC 142.5 | FOX Louise (2012) EC 295 |
| 58.5 | REEVES Zena (2016) EC | 92.5 | REEVES Zena (2018) EC 60 | REEVES Zena (2017) EC 142.5 | REEVES Zena (2017) EC 290 |
| 63 | MIDDLETON Tasmin (2023) EC | 115 | MIDDLETON Tasmin (2024) EC 65 | MONTAGU Joanna (2016) EC 125 | MONTAGU Joanna (2017) EC 272.5 |
| 70 | SKOULDING Imogen (2019) EC | 112.5 | SKOULDING Imogen (2018) EC 62.5 | SKOULDING Imogen (2018) EC 125 | SKOULDING Imogen (2018) EC 295 |
| 80 | COX Jo (2022) EC | 125 | COX Jo (2022) EC 72.5 | COX Jo (2022) EC 160 | COX Jo (2022) EC 355 |
| 90 | ROBERTSON Megan (2018) EC | 115 | BELL Becky (2017) EC 60 | WRIGHT Emma (2018) EC 145 | ROBERTSON Megan (2018) EC 312.5 |
| 90+ | | | | | |

MASTER 2 (44-49yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | | | | |
|------|---------------------------|-------------|---------------------------|-------|---------------------------|-----|---------------------------|-------|
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | RICHARDS Suzie (2018) EC | 90 | RICHARDS Suzie (2018) EC | 60 | RICHARDS Suzie (2018) EC | 135 | RICHARDS Suzie (2018) EC | 285 |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | BUSH Mandy (2018) EC | 105 | BUSH Mandy (2018) EC | 62.5 | BUSH Mandy (2018) EC | 155 | BUSH Mandy (2018) EC | 322.5 |
| 90 | | | | | | | | |
| 90+ | TOWELL Samantha (2016) EC | 120 | TOWELL Samantha (2018) EC | 67.5 | TOWELL Samantha (2016) EC | 130 | TOWELL Samantha (2016) EC | 315 |

MASTER 3 (50-54yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | | | | |
|------|----------------------------|-------------|----------------------------|-------|----------------------------|-----|----------------------------|-------|
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | AYONOAOU Jasmine (2024) EC | 87.5 | AYONOAOU Jasmine (2024) EC | 50 | AYONOAOU Jasmine (2024) EC | 125 | AYONOAOU Jasmine (2024) EC | 262.5 |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |

MASTER 4 (55-59yrs) UNEQUIPPED

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

MASTER 5 (60-64yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total |
|-----|-------|-------------|----------|-------|
|-----|-------|-------------|----------|-------|

| | | | | | | | | |
|------|--|--|--|--|--|--|--|--|
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | | | | | | | | |
| 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 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | SAGE Maureen () EC | 45 | SAGE Maureen () EC | 40 | | | SAGE Maureen () EC | 185 |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |

MASTER 7 (70-74yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | | | | |
|------|--------------------------|-------------|--------------------------|-------|--------------------------|-----|--------------------------|-------|
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | TOMBS Patricia (2016) EC | 70 | TOMBS Patricia (2017) EC | 47.5 | TOMBS Patricia (2017) EC | 105 | TOMBS Patricia (2016) EC | 217.5 |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |

MASTER 8 (75-79yrs) UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total |
|-----|-------|-------------|----------|-------|
| 44 | | | | |

| | | | | | | | |
|------|--|--|--|--|--|--|--|
| 47.5 | | | | | | | |
| 50.5 | | | | | | | |
| 53 | | | | | | | |
| 55.5 | | | | | | | |
| 58.5 | | | | | | | |
| 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 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | MALLIA Tamasin (2016) EC | 132.5 | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |