

OPEN 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 (2019) EC	32.5	HOWELL Mia (2018) EC	60
50.5	WINSTONE Natalie (2017) EC	80	CASSAR Jen (2018) EC	67.5	WINSTONE Natalie (2017) EC	133
53	MILLER Helen (2018) EC	90	BUSBY Olivia (2019) EC	55.5	MILLER Helen (2018) EC	130
55.5	FOX Louise (2011) EC	105	FOX Louise (2011) EC	70	FOX Louise (2009) EC	165
58.5	GIBBONS Alice (2018) EC	107.5	GIBBONS Alice (2018) EC	75.5	GIBBONS Alice (2018) EC	155
63	ROSS Valerie (2024)	120	RODRIGUES Ligia (2019) EC	87.5	THOMAS Ann (2017) EC	161
70	LOADES Kerry (2018) EC	85	GUTTERIDGE Alysia (2024)	85	LEES Freya (2015) EC	165
80	ELLINGTON Danielle (2017) EC	137.5	EASTER Katie (2017) EC	75	ELLINGTON Danielle (2017) EC	192.5
90			ELLINGTON Danielle (2018) EC	80	ELLINGTON Danielle (2018) EC	203
90+	LANTRUA Cerrie (2017) EC	161	TOWELL Samantha (2017) EC	62.5	LANTRUA Cerrie (2017) EC	162.5

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 (2019) EC	32.5	HOWELL Mia (2018) EC	60
50.5						
53						
55.5					THOMAS Morgan (2017) EC	102.5
58.5					THOMAS Morgan (2017) EC	97.5
63						
70						
80	ELLINGTON Danielle (2016) EC	112.5	ELLINGTON Danielle (2016) EC	55.5	ELLINGTON Danielle (2016) EC	160
90						
90+						

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5					THOMAS Morgan (2019) EC	103
58.5						
63	HOWSE Grace (2018) EC	95	HOWSE Grace (2018) EC	65	HOWSE Grace (2018) EC	135
70			GUTTERIDGE Alysia (2024)	85	HOWSE Grace (2018) EC	130
80	ELLINGTON Danielle (2017) EC	137.5	ELLINGTON Danielle (2017) EC	75	ELLINGTON Danielle (2017) EC	192.5
90			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						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	BUSBY Olivia (2018) EC	77.5	CASSAR Jen (2017) EC	61	BUSBY Olivia (2018) EC	92.5
53			BUSBY Olivia (2019) EC	55.5	BUSBY Olivia (2019) EC	105
55.5						
58.5	CUNNINGHAM Rhianna (2019) EC	95	WEBBER Rosie (2019) EC	52.5	WEBBER Rosie (2019) EC	135
63	RICKWOOD Francesca (2019) EC	112.5				
70						
80					RAVEN Kya (2023) EC	147.5
90						
90+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	MILLER Helen (2018) EC	87.5			MILLER Helen (2018) EC	130
55.5			SMITH Maryana (2018) EC	50		
58.5			REEVES Zena (2018) EC	62.5		
63	FUNNELL Lea (2017) EC	82.5	FUNNELL Lea (2017) EC	50	FUNNELL Lea (2017) EC	120
70						
80	WRIGHT Emma (2017) EC	120			WRIGHT Emma (2017) EC	150
90			PANTON Amanda (2024) EC	80	ROBERTSON Megan (2018) EC	140
90+						

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	RICHARDS Suzie (2018) EC	87.5	
55.5			
58.5			
63		REEVES Zena (2022) EC	67.5
70			
80		MARRINGTON Tracey (2016) EC	52.5
90			
90+	TOWELL Samantha (2017) EC	122.5	CHABLIS Kia-Re (2024) 85 TOWELL Samantha (2017) EC 135

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80		MANNINGTON Tracey (2017) EC	57.5
90			
90+			

MASTER 4 (55-59yrs) UNEQUIPPED

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

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			McGauley Judith (2023) EC 52.5
53			
55.5			
58.5		McGauley Judith (2018) EC 35	
63		McGauley Judith (2018) EC 37.5	McGauley Judith (2018) EC 65
70		SAGE Maureen (2009) EC 45.5	SAGE Maureen (2009) EC 91.5
80			
90			
90+			

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
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
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			

50.5					
53					
55.5					
58.5				THOMAS Ann (2009) EC	130
63				THOMAS Ann (2013) EC	150
70		CROLLA Michele (2015) EC	67.5	LEES Freya (2015) EC	165
80					
90					
90+					