

**UPDATED: 24 Mar 24- Women Power Unequipped Records**

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total		
44	REEVES Pat (2006) WM	37.5	REEVES Pat (2006) WM	95	REEVES Pat (2006) WM	165
47.5			THOMPSON Paula (1990) WM	37.5		
50.5	REEVES Pat (2009) WM	25	REEVES Pat (2009) WM	32.5	REEVES Pat (2009) WM	157.5
53	BUTTERS Bobbie (2013) WM	120	BUTTERS Bobbie (2013) WM	65	BUTTERS Bobbie (2013) WM	325
55.5	COOK Jodie (2016) WM	112.5	COOK Jodie (2016) WM	65	COOK Jodie (2016) WM	307.5
58.5	POOLTON Kaytee (2013) WM	105	POOLTON Kaytee (2013) WM	55	POOLTON Kaytee (2013) WM	287.5
63	CURAN Catherine (2016) WM	105	CURAN Catherine (2016) WM	57.5	CURAN Catherine (2016) WM	300
70	MLOUK Dalya	115	MLOUK Dalya (2015) WM	67.5	MLOUK Dalya (2015) WM	350
80	Charlotte Penney	148	Charlotte Penney	80	Charlotte Penney	414
90	STRUDWICK Victoria (2016) WM	115	STRUDWICK Victoria (2016) WM	65	STRUDWICK Victoria (2016) WM	327.5
90+	Dominique Fortune (2023) WM	155	Dominique Fortune (2023) WM	92.5	Dominique Fortune (2023) WM	447.5

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

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

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

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5						
50.5						
53	BUTTERS Bobbie (2013) WM	95	BUTTERS Bobbie (2013) WM	55	BUTTERS Bobbie (2013) WM	275
55.5						
58.5						
63						
70						
80	GOUGH Lucy (2016) WM	67.5	GOUGH Lucy (2016) WM	35	GOUGH Lucy (2016) WM	195
90						
90+						

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

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5						
50.5						
53	BUTTERS Bobbie (2013) WM	120	BUTTERS Bobbie (2013) WM	65	BUTTERS Bobbie (2013) WM	325
55.5						
58.5	POOLTON Kaytee (2013) WM	105	POOLTON Kaytee (2013) WM	55	POOLTON Kaytee (2013) WM	287.5
63						
70						
80						
90						
90+						

**JUNIOR (20-23) yrs UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5						
50.5						
53	PEART Danielle (2014) WM	85	PEART Danielle (2014) WM	60	PEART Danielle (2014) WM	255
55.5						
58.5	PURICELLI Lucia (2016) WM	120	PURICELLI Lucia (2016) WM	55	PURICELLI Lucia (2016) WM	305
63	WHITEFIELD Sophie (2011) WM	87.5	WHITEFIELD Sophie (2011) WM	55	WHITEFIELD Sophie (2011) WM	262.5
70	MLOUK Dalya (2015) WM	115	MLOUK Dalya (2015) WM	67.5	MLOUK Dalya (2015) WM	350
80	MLOUK Dalya (2015) WM	125	MLOUK Dalya (2015) WM	70	MLOUK Dalya (2015) WM	357.5
90						
90+						

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

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2015) WM	85	MacDONALD Debbie (2016) WM	50	MacDONALD Debbie (2015) WM	240



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

WGT	Squat	Bench Press	Deadlift	Total	
44					
47.5					
50.5					
53					
55.5					
58.5	WALTER Catherine (2016) WM	95	WALTER Catherine (2016) WM 35	WALTER Catherine (2016) WM 100	WALTER Catherine (2016) WM 230
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	MacDONALD Debbie (2015) WM	85	STREET Liz (2016) WM 50	MacDONALD Debbie (2015) WM 120	STREET Liz (2016) WM 245
58.5					
63					
70					
80					
90					
90+					