

UPDATED: 24 Mar 24- Women Power Equipped Records

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5	THOMPSON Paula (1990) WM	70	THOMPSON Paula (1990) WM	87.5
50.5				
53				
55.5	MacDONALD Debbie (2016) WM	90	MacDONALD Debbie (2016) WM	135
58.5				
63				
70				
80				
90				
90+				

TEENAGE 1 (14-15) yrs EQUIPPED

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) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
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	Total
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	Total
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	Total
44				
47.5				
50.5				

53								
55.5	MacDONALD Debbie (2016) WM	90	MacDONALD Debbie (2016) WM	55	MacDONALD Debbie (2016) WM	135	MacDONALD Debbie (2016) WM	277.5
58.5								
63								
70								
80								
90								
90+								

MASTER 2 (44-49yrs) EQUIPPED

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

90+							
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MASTER 7 (70-74yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5	MacDONALD Debbie (2016) WM	85	MacDONALD Debbie (2016) WM	52.5	MacDONALD Debbie (2016) WM	125	MacDONALD Debbie (2016) WM	277.5
58.5								
63								
70								
80								
90								
90+								