

**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+ |  |  |  |  |  |  |  |  |
|-----|--|--|--|--|--|--|--|--|

**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+  |                            |             |                            |       |                            |     |                            |       |