



**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 Tamsin (2023) EC	115	MIDDLETON Tamsin (2024) EC	65	MONTAGU Joanna (2016) EC	125	MIDDLETON Tamsin (2024) EC	287.5
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	AYONOADU Jasmine (2024) EC	87.5	AYONOADU Jasmine (2024) EC	50	AYONOADU Jasmine (2024) EC	125	AYONOADU Jasmine (2024) EC	262.5
53								
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+								