

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BETHELL Sue (2018) WAL	125			BETHELL Sue (2022) WAL	140
55.5	BETHELL Sue (2019) WAL	122.5	PASH Alana (2021) SC	82.5	BETHELL Sue (2019) WAL	150
58.5	CARGILL Imogen (2019) NW	80			THOMAS Ann (2016) EC	160
63	JACKSON Janine (2018) SC	107.5	PASH Alana (2018) SW	102.5	THOMAS Ann (2015) WM	155
70	ANDERSON Mary (2022) SCO	165.5	COOPER Alisha (2016) EC	120	ANDERSON Mary (2022) SCO	177.5
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2016) SCO	121	ANDERSON Mary (2009) SCO	213
90	HAWTHORNE-SMITH Takra (2023) WM	186	ANDERSON Mary (2010) SCO	117.5	ANDERSON Mary (2010) SCO	212.5
90+						
110						
110+						

TEENAGE 1 (14-15) yrs EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5					THOMAS Morgan (2017) EC	100.5
58.5					THOMAS Morgan (2017) EC	100
63						
70						
80	ADDICOTT Taylor (2016) WAL	100				
90						
90+						
110						
110+						

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	CARGILL Imogen (2019) NW	75				
58.5	CARGILL Imogen (2019) NW	80				
63						
70						
80						
90						
90+						
110						
110+						

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BUSBY Olivia (2019) EC	106				
55.5						
58.5						
63						
70			COOPER Alisha (2016) EC	120		
80			COOPER Alisha (2016) EC	120		
90						
90+						
110						
110+						

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5						
63						
70						
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2009) SCO	112.5	ANDERSON Mary (2009) SCO	213
90	ANDERSON Mary (2010) SCO	185	ANDERSON Mary (2010) SCO	117.5	ANDERSON Mary (2010) SCO	212.5
90+						
110						
110+						

MASTER 2 (44-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2017) WM	96	MacDONALD Debbie (2017) WM	55	MacDONALD Debbie (2017) WM	136
58.5						
63						
70						
80	ANDERSON Mary (2015) SCO	190.5	ANDERSON Mary (2016) SCO	121	ANDERSON Mary (2015) SCO	212.5
90						
90+						
110						
110+						

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70	ANDERSON Mary (2022) SCO	165.5	ANDERSON Mary (2022) SCO	95	ANDERSON Mary (2022) SCO	177.5
80	ANDERSON Mary (2018) SCO	185.5	ANDERSON Mary (2018) SCO	105	ANDERSON Mary (2018) SCO	210
90						
90+						
110						
110+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BETHELL Sue (2018) WAL	125				
55.5	BETHELL Sue (2019) WAL	122.5			BETHELL Sue (2019) WAL	150
58.5						
63						
70			CLARK Kelly (2023) NE	68	CLARK Kelly (2024) NE	132.5
80			FRANKLIN Michelle (2023) NM	90		
90	FRANKLIN Michelle (2024) NM	120	FRANKLIN Michelle (2024) NM	85	FRANKLIN Michelle (2024) NM	150
90+						
110						
110+						

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53	BETHELL Sue (2022) WAL	110			BETHELL Sue (2022) WAL	140
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
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44					
47.5					
50.5					
53					
55.5					
58.5					
63					
70					
80					
90					
90+					
110					
110+					

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

M/P/F EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MacDONALD Debbie (2016) WM	100	MacDONALD Debbie (2016) WM	58	MacDONALD Debbie (2016) WM	137.5
58.5					THOMAS Ann (2016) EC	160
63	JACKSON Janine (2018) SC	107.5			THOMAS Ann (2015) WM	155
70			GORE Holly (2011) NE	70		
80						
90						
90+						
110						
110+						