

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53	CAPICOTTO Louise (2015) EM 90	BISWELL Jennifer (2015) EM 26	LANE Barbie (2000) EM 100
55.5			
58.5	MASTERS Katie (2021) EM 92.5	MASTERS Katie (2021) EM 55	MASTERS Katie (2021) EM 127.5
63	TROSCIANKO Emily (2015) EM 117.5	ELDING Nicola (2016) EM 50	ELDING Nicola (2016) EM 117.5
70	BRADLEY Manon (2012) EM 115	BRADLEY Manon (2016) EM 83	BRADLEY Manon (2012) EM 120
80		Medina Sofia (2024) 50	
90			
90+			Taylor Emily (2024)

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

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

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

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

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

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

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

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70	BRADLEY Manon (2011) EM	105	BRADLEY Manon (2009) EM	80		
80						
90						
90+						

**MASTER 2 (44-49yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63			ELDING Nicola (2016) EM	50	ELDING Nicola (2016) EM	117.5
70	BRADLEY Manon (2012) EM	115	BRADLEY Manon (2016) EM	83	BRADLEY Manon (2012) EM	120
80						
90						
90+						

**MASTER 3 (50-54yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70	BRADLEY Manon (2018) EM	107.5	BRADLEY Manon (2018) EM	80		
80						
90						
90+						

**MASTER 4 (55-59yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
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	
44						
47.5						
50.5						
53			BISWELL Jennifer (2015) EM	26		
55.5						
58.5						
63						
70						
80						
90						
90+						

**MASTER 6 (65-69yrs) UNEQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			BISWELL Jennifer (2017) EM	26		
55.5						
58.5	WALTER Catherine (2016) EM	85	WALTER Catherine (2016) EM	35	WALTER Catherine (2016) EM	105
63						
70						
80						
90						
90+						

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

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5	WALTER Catherine (2018) EM	85	WALTER Catherine (2018) EM	37.5	WALTER Catherine (2018) EM	90
63						
70						
80						
90						
90+						

**MASTER 8 (75-79yrs) UNEQUIPPED**

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

**M/P/F UNEQUIPPED**

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