

OPEN UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44	HOWELL Mia (2018) EC	40	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC	55
47.5	TATMAN Leoni (2018) SW	105	TATMAN Leoni (2018) SW	67.5	TOBIAS Lisa (2015) SCO	150
50.5	LOUISE Jasmine (2023) SW	95	ANDERSON Lucy (2019) SW	73	WINSTONE Natalie (2017) EC	133
53	PUTLAND Amy (2017) SE	95	COOKE Katie (2016) SCO	67.5	BETHELL Sue (2017) WAL	151
55.5	EVANS Wendy (2017) WAL	115	FOX Louise (2011) EC	70	FOX Louise (2009) EC	165
58.5	SHANANGURA Kunashe (2023) WM	141	BOOKER Alison (2019) NM	83.5	SHANANGURA Kunashe (2023) WM	176
63	SHANANGURA Kunashe (2023) WM	140	RODRIGUES Ligia (2019) EC	95	HODGSON Claire (2021) EC	175.5
70	WILSON Alexia (2019) WM	145	HOLLEY Kathryn (2019) WAL	95	HASLAM Melanie (2019) SW	192.5
80	HIGGINS Sarah (2023) EM	165	HEBBORN Emma (2019) SCO	97.5	ELLINGTON Danielle (2017) EC	192.5
90	HEAD Shachar (2015) SW	160	McKINLEY Bernadette (2011) SCO	107.5	HAWTHORNE-SMITH Takra (2023) WM	205
90+	LANTRUA Cerrie (2017) EC	161	GOUGH Jacqueline (2022) NM	122.5	THOMPSON Polly (2021) WAL	190
110	PRETORIUS Louisa (2024) EM	115	NICOLL Jennifer (2024) SW	70	PRETORIUS Louisa (2024) EM	145
110+	FORTUNE Dominique (2024) WM	180	FORTUNE Dominique (2024) WM	100	FORTUNE Dominique (2024) WM	230

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44	HOWELL Mia (2018) EC	40	HOWELL Mia (2018) EC	30	HOWELL Mia (2018) EC	55
47.5	HOWELL Mia (2018) EC	47.5	HOWELL Mia (2018) EC	30	HOWELL Mia (2019) EC	60
50.5	CARR Katie (2023) EC	60	CARR Katie (2023) EC	27.5	CARR Katie (2023) EC	85
53	CARR Katie (2024) EC	70.5	HARRIES Rhiannon (2017) WAL	32.5	HARRIES Rhiannon (2017) WAL	102.5
55.5			HARRIES Catrin (2017) WAL	35	THOMAS Morgan (2017) EC	102.5
58.5	CRANE Ellie (2023) EC	87.5	CRANE Ellie (2023) EC	66	CRANE Ellie (2023) EC	115
63	HUNTER Freya (2018) SE	80	HUNTER Freya (2018) SE	40	HUNTER Freya (2018) SE	102.5
70	PINCHER Claire (2019) WM	92.5			PINCHER Claire (2019) WM	110
80	ELLINGTON Danielle (2016) EC	120	HEAD Shachar (2010) SW	65	ELLINGTON Danielle (2016) EC	160
90					RAWLINGS Benita (2017) SW	90
90+						
110						
110+						

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			HOWELL Mia (2019) EC	32.5		
53			HARRIES Rhiannon (2018) WAL	42.5	HARRIES Rhiannon (2018) WAL	105
55.5	CARGILL Imogen (2019) NW	72.5			THOMAS Morgan (2019) EC	103
58.5	CARGILL Imogen (2018) NW	75	RATCLIFFE Lauren (2018) NW	45	RATCLIFFE Lauren (2018) NW	100
63	WRIGHT Gabby (2023) EC	100	CRANE Ellie (2024) EC	75	HUNTER Freya (2019) SE	107.5
70	RYMER Imogen (2024) SE	87.5	HOWSE Grace (2018) EC	68	HOWSE Grace (2018) EC	130
80	ELLINGTON Danielle (2017) EC	137.5	GUTTERIDGE Alysia (2024) EC	85	ELLINGTON Danielle (2017) EC	192.5
90	BENNETT Gabrielle (2011) NE	122.5	ELLINGTON Danielle (2018) EC	80	ELLINGTON Danielle (2018) EC	203
90+						
110						
110+						

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5					RUTHERFORD Hayley (2014) SCO	95
50.5						
53						
55.5					HOWELL Mia (2021) EC	80
58.5			HARRISON Georgina (2023) EM	83	HARRISON Georgina (2023) EM	157.5
63	CARGILL Imogen (2021) NW	80				
70						
80	HEAD Shachar (2015) SW	157.5	GUTTERIDGE Alysia (2024) EC	90	HEAD Shachar (2015) SW	175
90	HEAD Shachar (2015) SW	160	BENNETT Gabrielle (2012) NE	67.5	HEAD Shachar (2015) SW	180

90+						
110						
110+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	BUSBY Olivia (2018) EC	90.5	CASSAR Jen (2017) EC	61	BARN Ramisha (2021) EC	93
53	PHILLIPS Kayley (2018) WAL	90	BUSBY Olivia (2019) EC	60	PHILLIPS Kayley (2018) WAL	135
55.5	HUGHES Savanna Katie (2017) NW	95	COSTA Silvia (2015) SW	50	ANKERS Ffion (2015) WAL	145.5
58.5	CUNNINGHAM Rhianne (2019) EC	95	DREW Josephine (2018) EC	63	DREW Josephine (2018) EC	140
63	RICKWOOD Francesca (2019) EC	120	SCALES Megan (2021) EC	75	JONES Sarah Elizabeth (2010) SW	120
70	ELLIOT Madeline (2019) WAL	122.5	ELLIOT Madeline (2019) WAL	80.5	MLOUK Dalya (2015) WM	145
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	95	MARSH Natalie (2018) SE	180.5
90	SPRAGGON Lucie (2014) SW	110	SPRAGGON Lucie (2014) SW	60	SPRAGGON Lucie (2014) SW	142.5
90+						
110						
110+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			ANDERSON Lucy (2019) SW	73	ELDING Nicola (2011) NM	90
53	MILLER Helen (2019) EC	90.5	DESMIER Sonia (2013) SE	57.5	MacDONALD Debbie (2015) WM	127.5
55.5	MacDONALD Debbie (2016) WM	80	EWING Joanne (2019) WM	67.5	WINSTONE Natalie (2024) EC	137.5
58.5			WADE Ishbel (2015) SCO	50	MAKINO Masayo (2018) SW	138
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70	WISSON Sian (2023) EM	130	HOLLEY Kathryn (2022) WAL	90	WISSON Sian (2023) EM	155
80	ANDERSON Mary (2009) SCO	150	ANDERSON Mary (2009) SCO	92.5	ANDERSON Mary (2009) SCO	191
90	ANDERSON Mary (2010) SCO	150	ANDERSON Mary (2010) SCO	87.5	ANDERSON Mary (2010) SCO	185
90+	GARDNER Ruth (2017) NW	141	SAMPSON Leigh (2018) SCO	90	GARDNER Ruth (2018) NW	172.5
110						
110+						

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	NUALART Jo (2022) EC	80.5	NUALART Jo (2022) EC	50	NUALART Jo (2022) EC	125
53	NUALART Jo (2021) EC	85	COOKE Katie (2016) SCO	67.5	NUALART Jo (2021) EC	128
55.5	EVANS Wendy (2017) WAL	115	COOKE Katie (2016) SCO	67.5	EVANS Wendy (2016) WAL	135
58.5	RICHARDS Suzanne (2021) EC	105	RICHARDS Suzanne (2021) EC	73.5	RICHARDS Suzanne (2021) EC	145.5
63	RITARI-STEWART Anneli (2021) SCO	111	KNIGHT Kerys (2019) EM	70	RITARI-STEWART Anneli (2021) SCO	148
70	BRADLEY Manon (2012) EM	115	TAYLOR Angela (2019) NW	83.5	ANDERSON Mary (2014) SCO	150
80	ANDERSON Mary (2015) SCO	150	ANDERSON Mary (2015) SCO	90.5	ANDERSON Mary (2016) SCO	188
90			ANDERSON Mary (2016) SCO	87.5	OLDHAM Louise (2023) EM	160
90+	TOWELL Samantha (2017) EC	122.5	GOUGH Jacqueline (2022) NM	122.5	THOMPSON Polly (2021) WAL	190
110						
110+	CHABLIS Kia-Re (2024) EC	170	CHABLIS Kia-Re (2024) EC	85	CHABLIS Kia-Re (2024) EC	180.5

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	JOINER-HANDY Angela (2023) EC	75.5	JOINER-HANDY Angela (2023) EC	47.5	JOINER-HANDY Angela (2023) EC	127.5
53	JOINER-HANDY Angela (2023) EC	75	JOINER-HANDY Angela (2021) EC	45	BETHELL Sue (2015) WAL	147.5
55.5	EVANS Wendy (2018) WAL	110	STREET Liz (2017) WM	60	BETHELL Sue (2014) WAL	151.5
58.5	WOOD Jackie (2022) NW	90	TIER Georgie (2014) SE	55	ALBERICI-TRUEMAN Sally (2018) SW	152.5

63	GOLDING Mel (2015) SE	102.5	GOLDING Mel (2015) SE	57.5	BETHELL Sue (2013) WAL	145
70	BRADLEY Manon (2019) EM	115	BRADLEY Manon (2019) EM	82.5	ANDERSON Mary (2022) SCO	155
80	ANDERSON Mary (2018) SCO	140	ANDERSON Mary (2018) SCO	87.5	BUSH Mandy (2019) EC	187.5
90	WEETMAN Christine (2024) EC	115	WEETMAN Christine (2024) EC	60	WEETMAN Christine (2024) EC	150
90+	PRETORIUS Louisa (2023) EM	125	NICOLL Jennifer (2021) SW	80	PRETORIUS Louisa (2023) EM	140
110	PRETORIUS Louisa (2024) EM	115	PRETORIUS Louisa (2024) EM	62.5	PRETORIUS Louisa (2024) EM	145
110+						

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5					HEXTALL Diane (2023) NM	82.5
50.5	JOINER-HANDY Angela (2024) EC	72.5	JOINER-HANDY Angela (2024) EC	45	JOINER-HANDY Angela (2024) EC	130.5
53	BETHELL Sue (2018) WAL	85	BETHELL Sue (2018) WAL	53	BETHELL Sue (2017) WAL	151
55.5						
58.5	WOOD Jackie (2024) NW	92.5			WOOD Jackie (2024) NW	150
63	GOLDING Mel (2016) SE	107.5	GOLDING Mel (2016) SE	65	GOLDING Mel (2016) SE	137.5
70	GOLDING Melanie (2019) EC	100	BRADLEY Manon (2024) EM	77.5	GOLDING Melanie (2019) EC	140
80			FRANKLIN Michelle (2023) NM	70	THORNE Linda (2018) SW	150
90			ROSE Julie (2023) NM	57.5	ROSE Julie (2023) NM	110
90+			NICOLL Jennifer (2022) SW	77.5	TOWERSEY Karen (2023) NM	137.5
110			NICOLL Jennifer (2024) SW	70		
110+						

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			REEVES Pat (2009) WM	35	REEVES Pat (2010) WM	100
53			BETHELL Sue (2022) WAL	47.5	BETHELL Sue (2022) WAL	130
55.5						
58.5	GOUGH Kim (2022) SW	77.5	GOUGH Kim (2022) SW	42.5	GOUGH Kim (2022) SW	122.5
63	GOLDING Melanie (2021) SE	95	GOLDING Melanie (2021) SE	60	GOUGH Kim (2023) SW	145
70			FORBES Trisha (2022)	47.5	GRAHAM Julia (2023) NM	112.5
80						
90					HARRISON Vicki (2023) EM	122.5
90+			GRAHAM Heather (2022) SCO	45	GRAHAM Heather (2022) SCO	125
110						
110+						

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5			REEVES Pat (2011) WM	31	REEVES Pat (2014) WM	95.5
53			BISWELL Jennifer (2018) EM	26	REEVES Pat (2015) WM	95.5
55.5			WELBURN Wendy (2023) NW	42.5	WELBURN Wendy (2023) NW	72.5
58.5	WALTER Catherine (2016) EM	85	WALTER Catherine (2016) EM	35	WALTER Catherine (2016) EM	105
63			O'DONNELL Julie (2024) NM	42.5		
70						
80						
90			HARRISON Vicki (2024) EM	52.5	HARRISON Vicki (2024) EM	125
90+						
110						
110+						

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						

50.5						
53			REEVES Pat (2015) WM	31	REEVES Pat (2018) WM	85.5
55.5			WELBURN Wendy (2024) NW	42.5	WELBURN Wendy (2024) NW	80
58.5	WALTER Catherine (2019) EM	90	WALTER Catherine (2019) EC	37.5	WALTER Catherine (2019) EM	95
63			McGAULEY Judith (2018) EC	37.5	McGAULEY Judith (2018) EC	65
70			WALKER Suzan (2021) NM	57.5	WALKER Suzan (2021) NM	110.5
80			MACASLAN Cathy (2023) SCO	42.5		
90						
90+						
110						
110+						

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5					REEVES Pat (2024) WM	70
53						
55.5						
58.5						
63						
70						
80						
90						
90+						
110						
110+						

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+						
110						
110+						

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+						
110						
110+						

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5	HALLAM Lyndsey (2015) SE	90	HALLAM Lyndsey (2015) SE	50		
50.5	HALLAM Lyndsey (2017) SE	92.5				
53	PUTLAND Amy (2017) SE	95			MacDONALD Debbie (2015) WM	127.5
55.5	STREET Liz (2017) WM	95	STREET Liz (2017) WM	60	MacDONALD Debbie (2018) WM	130
58.5	STREET Liz (2015) WM	90	DALZIEL Karen (2016) SCO	70	DALZIEL Karen (2016) SCO	160
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70	LOMAX Kayleigh (2017) SE	115	TAYLOR Angela (2016) NW	85	LEES Freya (2015) EC	165
80	MARSH Natalie (2018) SE	160	MARSH Natalie (2017) SE	90	MARSH Natalie (2018) SE	180.5
90			McKINLEY Bernadette (2011) SCO	107.5	McKINLEY Bernie () SCO	170
90+						
110						
110+						