

## Open Women

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105kg	SMEETON, Maria	28-Mar-92			
	Bench	72.5kg	SMEETON, Maria	28-Mar-92			
	Deadlift	105kg	SMEETON, Maria	28-Mar-92			
	Total	277.5kg	SMEETON, Maria	28-Mar-92			
52kg	Squat	105kg	CLARKE, Juliette	09-May-93			
	Bench	52.5kg	CLARKE, Juliette	09-May-93			
	Deadlift	115kg	CLARKE, Juliette	09-May-93			
	Total	272.5kg	CLARKE, Juliette	09-May-93			
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	115kg	CLARKE, Melissa	09-May-93			
	Bench	65kg	CLARKE, Melissa	09-May-93			
	Deadlift	140kg	CLARKE, Melissa	09-May-93			
	Total	320kg	CLARKE, Melissa	09-May-93			
67.5kg	Squat	125kg	SIMON, Raelen	09-May-93			
	Bench	95.5kg	STERNS, Andrea	07-Jun-98	70kg	SIMON, Raelen	09-May-93
	Deadlift	125kg	SIMON, Raelen	09-May-93			
	Total	320kg	SIMON, Raelen	09-May-93			
75kg	Squat	200kg	WITTESCH, Heidi	20-Jun-92			
	Bench	130kg	WITTESCH, Heidi	20-Jun-92			
	Deadlift	215kg	WITTESCH, Heidi	20-Jun-92			
	Total	545kg	WITTESCH, Heidi	20-Jun-92			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage 1 Women (13-15)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage 2 Women 16-17)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage 3 Women (18-19)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Junior Women (20-23)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Senior Women (24-32)**

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105kg	SMEETON, Maria	28-Mar-92			
	Bench	72.5kg	SMEETON, Maria	28-Mar-92			
	Deadlift	105kg	SMEETON, Maria	28-Mar-92			
	Total	277.5kg	SMEETON, Maria	28-Mar-92			
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

## Sub Master Women (33-39)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench	95.5kg	STERNS, Andrea	07-Jun-98			
	Deadlift						
	Total						
75kg	Squat	200kg	WITTESCH, Heidi	20-Jun-92			
	Bench	130kg	WITTESCH, Heidi	20-Jun-92			
	Deadlift	215kg	WITTESCH, Heidi	20-Jun-92			
	Total	545kg	WITTESCH, Heidi	20-Jun-92			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 1 Women (40-44)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	125kg	SIMON, Raelen	09-May-93			
	Bench	70kg	SIMON, Raelen	09-May-93			
	Deadlift	125kg	SIMON, Raelen	09-May-93			
	Total	320kg	SIMON, Raelen	09-May-93			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						



**Masters 2 Women (45-49)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 3 Women (50-54)**

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 4 Women (55-59)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 5 Women (60-64)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 6 Women (65-69)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 7 Women (70-74)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 8 Women (75-79)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters 9 Women (80-84)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						



**Masters 10 Women (85-89)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						