## **3 LIFT COMPETITION**

#### **Open Women**

	Vomen 	Weight			Weight	Record Previously	
BWT	Lift	Lifted	Athlete	Date of Lift	Lifted	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						
0	Bench						
	Deadlift						
	Total						
75kg	Squat	135kg	STERNS, Andrea	19-Aug-00			
	Bench	100kg	STERNS, Andrea	19-Aug-00			
	Deadlift	147.5kg	STERNS, Andrea	19-Aug-00			
	Total	382.5kg	STERNS, Andrea	19-Aug-00			
82.5kg	Squat	00210118		20 1 100 000			
02.06	Bench						
	Deadlift						
	Total						
90kg	Squat						
331.6	Bench						
	Deadlift						
	Total						1
100kg	Squat						
10016	Bench						1
	Deadlift						
	Total						
110kg	Squat						
-10NB	Bench						
	Deadlift						
	Total						
110+kg							+
TIOTKR	Bench						1
	Deadlift						1
	Total						

## **3 LIFT COMPETITION**

Teenage 1 Women (13-15)

Teenag	eenage 1 Women (13-15)									
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									

## **3 LIFT COMPETITION**

Teenage 2 Women 16-17)

Teenag	eenage 2 Women 16-17)									
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									
001	Total									
90kg	Squat Bench									
	Deadlift									
100kg	Total Squat									
TOOKS	Bench									
	Deadlift									
	Total									
110kg	Squat									
NE	Bench	<del>                                     </del>		+						
	Deadlift	+								
	Total	+ +								
110+kg		+								
NS	Bench	<del>                                     </del>								
	Deadlift	+								
	Total	+								
					<u> </u>	1	1			

## **3 LIFT COMPETITION**

Teenage 3 Women (18-19)

Teenag	eenage 3 Women (18-19)									
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										
	Bench									
	Deadlift									
	Total									

## **3 LIFT COMPETITION**

Junior Women (20-23)

Junior	unior Women (20-23)									
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									

## **3 LIFT COMPETITION**

Senior Women (24-32)

Senior	enior 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									
	Bench									
	Deadlift									
	Total									
52kg	Squat									
	Bench									
	Deadlift									
	Total									
56kg	Squat									
	Bench									
	Deadlift									
	Total									
60kg	Squat									
-	Bench									
	Deadlift									
	Total									
67.5kg	Squat									
	Bench									
	Deadlift									
	Total	ļ					<del>-</del>			
75kg	Squat						-			
	Bench									
	Deadlift									
02.51	Total									
82.5kg	Squat									
	Bench									
	Deadlift									
001	Total									
90kg	Squat									
	Bench									
	Deadlift Total									
100kg	Squat	+					+			
100kg	Bench									
	Deadlift									
	Total									
110kg	Squat									
TIONE	Bench	+		+						
	Deadlift									
	Total									
110+kg		<del>                                     </del>								
11018	Bench	+		<del> </del>						
	Deadlift	+					-			
	Total	<del>                                     </del>					-			
		1		I	1	1				

## **3 LIFT COMPETITION**

Sub Master Women (33-39)

Sub Ma	ub 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									
	Deadlift									
	Total									
75kg	Squat	135kg	STERNS, Andrea	19-Aug-00						
	Bench	100kg	STERNS, Andrea	19-Aug-00						
	Deadlift	147.5kg	STERNS, Andrea	19-Aug-00						
	Total	382.5kg	STERNS, Andrea	19-Aug-00						
82.5kg	Squat	302.0.18	0.20,7	20 7 108 00						
02.0.0	Bench									
	Deadlift									
	Total									
90kg	Squat									
30118	Bench		+							
	Deadlift									
	Total		+							
100kg	Squat									
100108	Bench		+							
	Deadlift									
	Total		+							
110kg	Squat									
-101/8	Bench									
	Deadlift									
	Total									
110+kg	Squat	<del> </del>		+						
TIOTNE	Bench									
	Deadlift									
	Total									
<u> </u>	Total	<u> </u>	<u> </u>			<u> </u>	1			

## **3 LIFT COMPETITION**

Masters 1 Women (40-44)

Maste	Aasters 1 Women (40-44)									
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										
	Bench									
	Deadlift									
	Total									

## **3 LIFT COMPETITION**

Masters 2 Women (45-49)

Maste	Aasters 2 Women (45-49)									
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									
4001	Total									
100kg	Squat									
	Bench									
	Deadlift									
1101	Total									
110kg	Squat	<del>                                     </del>								
	Bench									
	Deadlift									
110.1.	Total									
110+kg										
	Bench	<del>                                     </del>								
	Deadlift Total									
	TOLAI				<u> </u>					

## **3 LIFT COMPETITION**

Masters 3 Women (50-54)

Maste	flasters 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									
4001	Total									
100kg	Squat									
	Bench									
	Deadlift			_						
1101	Total									
110kg	Squat	<del>                                     </del>		1						
	Bench									
	Deadlift									
110.1.	Total									
110+kg				1						
	Bench	<del>                                     </del>		-						
	Deadlift Total			+						
	TOLAI				<u> </u>					

## **3 LIFT COMPETITION**

Masters 4 Women (55-59)

Master	Nasters 4 Women (55-59)								
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								

## **3 LIFT COMPETITION**

Masters 5 Women (60-64)

Master	Aasters 5 Women (60-64)									
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									

## **3 LIFT COMPETITION**

Masters 6 Women (65-69)

ight Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
1				
				1
				1
				1
				1

## **3 LIFT COMPETITION**

Masters 7 Women (70-74)

Lift  Iquat Bench Deadlift Total Quat	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
sench Deadlift Total Quat Gench Deadlift Total Quat Gench Deadlift Total Quat Gench Deadlift Total Quat Quat Quat						
sench Deadlift Total Quat Gench Deadlift Total Quat Gench Deadlift Total Quat Gench Deadlift Total Quat Quat Quat						
Deadlift Total						
otal quat Bench Deadlift Total Quat Bench Deadlift Total Quat Bench Deadlift Gotal Quat Bench Deadlift Gotal Quat Deadlift Total Quat						
quat Sench Deadlift Total Quat Sench Deadlift Total Quat Sench Deadlift Total Quat Sench Deadlift Total Quat Gench Deadlift Total Quat						
Sench Deadlift Total quat Sench Deadlift Total quat Sench Deadlift Total Gench Deadlift Total Gench Deadlift Total Total Total Total Total Total Total						
Peadlift Total						
otal quat Bench Deadlift Total quat Bench Deadlift Cotal Quat Deadlift Total Quat						
quat Sench Deadlift Total quat Sench Deadlift Total quat						
Sench Deadlift Total quat Sench Deadlift Total quat						
Peadlift Total quat Sench Peadlift Total quat						
quat Sench Deadlift Total						
ench Deadlift Total quat						1
ench Deadlift Total quat						
Deadlift Total Iquat						
otal quat						
quat						
Bench						
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Bench						
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Bench						
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otal						
quat						
Bench						
Deadlift						
otal						
	ench eadlift	quat ench eadlift	quat ench eadlift otal quat ench eadlift	quat ench eadlift ptal quat ench eadlift ptal quat ench eadlift ptal quat ench eadlift	quat ench eadlift ench ench ench ench ench ench ench ench	quat ench eadlift ench ench ench ench ench ench ench ench

## **3 LIFT COMPETITION**

Masters 8 Women (75-79)

Maste	ters 8 Women (75-79)								
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								
75kg	Total								
	Squat								
	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
	Bench								
	Deadlift								
	Total								
90kg	Squat								
	Bench								
	Deadlift								
	Total								
100kg	Squat								
	Bench								
	Deadlift								
110kg	Total			+					
	Squat								
	Bench Deadlift								
	Total								
110.4.				+					
110+kg	Bench			1			1		
	Deadlift			-					
	Total			-					
	Total				<u> </u>	<u> </u>	_1		

## **3 LIFT COMPETITION**

Masters 9 Women (80-84)

Master	ers 9 Women (80-84)								
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								
75kg	Total								
	Squat								
	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
<u> </u>	Bench								
	Deadlift								
	Total								
90kg	Squat								
	Bench								
	Deadlift								
	Total								
100kg	Squat								
	Bench								
	Deadlift								
	Total								
110kg	Squat								
	Bench								
	Deadlift								
	Total								
110+kg	Squat								
	Bench								
	Deadlift								
	Total								

## **3 LIFT COMPETITION**

Masters 10 Women (85-89)

Master	rs 10 Women (85-89)							
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							
75kg	Total							
	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							