## **Open Women**

BWT	Lift	Weight	Athlete	Date of Lift	Weight	Record Previously	Date of Lift
		Lifted	Atmete	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	150kg	HORSEMAN, Justine	18-Oct-92			
	Bench	97.5kg	HORSEMAN, Justine	01-Aug-93	95kg	HORSEMAN, Justine	18-Oct-92
	Deadlift	155kg	HORSEMAN, Justine	18-Oct-92			
	Total	400kg	HORSEMAN, Justine	18-Oct-92			
60kg	Squat	125kg	HORSEMAN, Justine	01-May-93			
	Bench	80kg	HORSEMAN, Justine	01-May-93			
	Deadlift	140kf	HORSEMAN, Justine	01-May-93			
	Total	345kg	HORSEMAN, Justine	01-May-93			
67.5kg	Squat	<u> </u>	,	,			
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
02.01.8	Bench						
	Deadlift						
	Total						
90kg	Squat						
3016	Bench						
	Deadlift						
	Total						
100kg	Squat						
10016	Bench						
	Deadlift						
	Total						
110kg	Squat						
110NB	Bench						
	Deadlift						
	Total						
110+kg	Squat						
TIO+KR							
	Bench Deadlift						_
	Total						

Teenage 1 Women (13-15)

теепа	ge i wonie	en (13-15)					
BWT	Lift	Weight	Athlete	Date of Lift	Weight	Record Previously	Date of Lift
441.0	Cauch	Lifted			Lifted	Held By	
44kg	Squat Bench						
	Deadlift						
	Total						
401.0							
48kg	Squat Bench						
	Deadlift						
	Total			+			
52kg	Squat						
JZNg	Bench						
	Deadlift						
	Total						
56kg	Squat						
JUKE	Bench						
	Deadlift						
	Total						
60kg	Squat						
ookg	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
07.3Kg	Bench						
	Deadlift						
	Total						
75kg	Squat						
7316	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
02.5Kg	Bench						
	Deadlift						
	Total						
90kg	Squat						
3016	Bench			1			
	Deadlift			1			
	Total						
100kg	Squat						
10016	Bench						
	Deadlift						
	Total	+		1			
110kg	Squat						
	Bench	+		1			
	Deadlift	+					
	Total	+		1			
110+kg	Squat						
	Bench						
	Deadlift	+					
	Total			1			

Teenage 2 Women 16-17)

BWT	Lift	Weight	Athlete	Date of Lift	Weight	Record Previously	Date of Lift
DVV I	LIIT	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						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
0	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
8	Bench						
	Deadlift						
	Total						
110+kg	Squat	+					1
	Bench						
	Deadlift						
	Total						1

Teenage 3 Women (18-19)

Teenag	ge 3 Wome					•	
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	150kg	HORSEMAN, Justine	18-Oct-92			
	Bench	97.5kg	HORSEMAN, Justine	01-Aug-93	95kg	HORSEMAN, Justine	18-Oct-92
	Deadlift	155kg	HORSEMAN, Justine	18-Oct-92			
	Total	400kg	HORSEMAN, Justine	18-Oct-92			
60kg	Squat	125kg	HORSEMAN, Justine	01-May-93			
	Bench	80kg	HORSEMAN, Justine	01-May-93			
	Deadlift	140kf	HORSEMAN, Justine	01-May-93			
	Total	345kg	HORSEMAN, Justine	01-May-93			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
001	Total						
90kg	Squat						
	Bench						
	Deadlift						
4001	Total						
100kg	Squat						
	Bench						
	Deadlift						
1101-	Total						
110kg	Squat						
	Bench						
	Deadlift Total						-
110+kg			+	+ +			+
TIO+KR	Squat			+ +			+
	Bench Deadlift						-
	Total			+ +			
	iUlai		_1				

Junior Women (20-23)

	Women (2	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						
	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						
446 :	Total						
110+kg	Squat						
	Bench						1
	Deadlift						
	Total						

Senior Women (24-32)

Senior	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									
	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									
110	Total									
110kg	Squat									
	Bench									
	Deadlift									
110.1	Total			+		<del> </del>	+			
110+kg	Squat									
	Bench									
	Deadlift									
	Total					1				

Sub Master Women (33-39)

Sub IVI	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									
	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			1						
J	Bench									
	Deadlift									
	Total	1								

Masters 1 Women (40-44)

iviastei	s 1 Wome						
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						
751	Total						
75kg	Squat						
	Bench						
	Deadlift						
02.51	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
001	Total						
90kg	Squat Bench						
	Deadlift						
	Total						
100kg	Squat						
100kg	Squat Bench						
	Deadlift						
	Total						
110kg	Squat	+					
TTOKE	Squat Bench	+					
	Deadlift	-					
	Total						
110+kg				+			
TIOTIKE							
	Bench Deadlift Total						

Masters 2 Women (45-49)

Maste	asters 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									
0	Bench									
	Deadlift									
	Total									
67.5kg	Squat									
	Bench									
	Deadlift									
	Total									
75kg	Squat									
- 0	Bench									
	Deadlift									
	Total									
82.5kg	Squat									
	Bench									
	Deadlift									
	Total									
90kg	Squat									
	Bench									
	Deadlift									
	Total									
100kg	Squat									
	Bench									
	Deadlift	† †								
	Total	†								
110kg	Squat	† †			1		1			
-101/6	Bench	†								
	Deadlift	<del>                                     </del>								
	Total	<del>                                     </del>								
110+kg	Squat	+								
TTOING	Bench	+								
	Deadlift									
	Total	+ +								
	Total			l	<u> </u>	l .				

Masters 3 Women (50-54)

Master	Aasters 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									
446	Total									
110kg	Squat									
	Bench									
	Deadlift									
110.1	Total					<del> </del>	+			
110+kg	Squat									
	Bench									
	Deadlift									
	Total									

Masters 4 Women (55-59)

	s 4 Wome	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						
	Bench						
	Deadlift						
751	Total						
75kg	Squat						
	Bench						
	Deadlift						
02.51	Total						
82.5kg	Squat						
	Bench			-			
	Deadlift						
001	Total			+			
90kg	Squat						
	Bench Deadlift						
	Total						
100kg	Squat						
TOOKE	Bench						
	Deadlift			+			
	Total						
110kg	Squat			+ -			
TIONS	Bench						
	Deadlift			+			
	Total			+			
110+kg				+			
TIOTIKE	Bench			+			
	Deadlift			+			
	Total						+

Masters 5 Women (60-64)

Master	rs 5 Wome						
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			<del>                                     </del>			1
0	Bench						
	Deadlift						
	Total						

Masters 6 Women (65-69)

Master	Masters 6 Women (65-69)								
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			i					
8	Bench			1					
	Deadlift								
	Total								
110+kg	Squat			1					
<u> </u>	Bench								
	Deadlift								
	Total								

Masters 7 Women (70-74)

Master	Masters 7 Women (70-74)								
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 8 Women (75-79)

		en (75-79) 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						
	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						

Masters 9 Women (80-84)

Master	Masters 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								
	Total								
75kg	Squat								
	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
	Bench								
	Deadlift								
	Total								
90kg	Squat								
	Bench								
	Deadlift								
4001	Total								
100kg	Squat								
	Bench								
	Deadlift								
446	Total								
110kg	Squat								
	Bench	<u> </u>							
	Deadlift								
110.1	Total	<del>                                     </del>					+		
110+kg	Squat	<u> </u>							
	Bench	<u> </u>							
	Deadlift	<del> </del>							
	Total					<u> </u>			

Masters 10 Women (85-89)

2147		Weight		5	Weight	Record Previously	5 . (116)
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						<b>_</b>
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
1001	Total						+
100kg	Squat						+
	Bench						
	Deadlift						+
1101	Total			+			+
110kg	Squat						_
	Bench						
	Deadlift						+
110+kg	Total			+ -			+
TIO+KR							
	Bench Deadlift			-			+
	Total			+			+
	iUldi					l	