## **3-LIFT - SINGLE PLY**

#### **Open Women**

| BWT    | Lift     | Weight  | Athlete           | Date of Lift | Weight | Record Previously | Date of Lift |
|--------|----------|---------|-------------------|--------------|--------|-------------------|--------------|
| DVVI   |          | Lifted  | Atmete            | Date of Lift | Lifted | Held By           | Date of Lift |
| 44kg   | Squat    |         |                   |              |        |                   |              |
|        | Bench    |         |                   |              |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   |              |
| 48kg   | Squat    | 112.5kg | ZASS, M           | 01-Aug-93    |        |                   |              |
|        | Bench    | 78kg    | MANNING, T        | 08-Aug-04    |        |                   |              |
|        | Deadlift | 132.5kg | MANNING, T        | 03-Aug-05    |        |                   |              |
|        | Total    | 303kg   | MANNING, T        | 08-Aug-05    |        |                   |              |
| 52kg   | Squat    | 142.5kg | BARKER, N         | 25-May-97    |        |                   |              |
|        | Bench    | 92.5kg  | BARKER, N         | 25-May-97    |        |                   |              |
|        | Deadlift | 160kg   | BARKER, N         | 25-May-97    |        |                   |              |
|        | Total    | 395kg   | BARKER, N         | 25-May-97    |        |                   |              |
| 56kg   | Squat    | 165kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
|        | Bench    | 100kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
|        | Deadlift | 165kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
|        | Total    | 430kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
| 60kg   | Squat    | 190kg   | YOUNG, Taylor     | 25-Apr-10    |        |                   |              |
|        | Bench    | 110kg   | YOUNG, Taylor     | 25-Apr-10    |        |                   |              |
|        | Deadlift | 200kg   | YOUNG, Taylor     | 04-Aug-02    |        |                   |              |
|        | Total    | 480kg   | YOUNG, Taylor     | 04-Aug-02    |        |                   |              |
| 67.5kg | Squat    | 215kg   | YOUNG, Taylor     | 21-Aug-99    |        |                   |              |
| 0      | Bench    | 120kg   | YOUNG, Taylor     | 17-Aug-97    |        |                   |              |
|        | Deadlift | 210kg   | YOUNG, Taylor     | 19-Jun-99    |        |                   |              |
|        | Total    | 535kg   | YOUNG, Taylor     | 19-Jun-99    |        |                   |              |
| 75kg   | Squat    | 200kg   | WITTESCH, H       | 20-Jun-92    |        |                   |              |
| 0      | Bench    | 135kg   | WATERS, Sharon    | 18-Aug-01    |        |                   |              |
|        | Deadlift | 215kg   | WITTESCH, H       | 20-Jun-92    |        |                   |              |
|        | Total    | 545kg   | WITTESCH, H       | 20-Jun-92    |        |                   |              |
| 82.5kg | Squat    | 165kg   | SCOTT, S          | 19-Aug-00    |        |                   |              |
| 0      | Bench    | 102.5kg | SCOTT, S          | 21-Aug-99    |        |                   |              |
|        | Deadlift | 190kg   | SCOTT, S          | 19-Aug-00    |        |                   |              |
|        | Total    | 455kg   | SCOTT, S          | 19-Aug-00    |        |                   |              |
| 90kg   | Squat    | 130kg   | COWAN, V          | 24-Feb-01    |        |                   |              |
| - 0    | Bench    | 100     | COWAN, V          | 27-Oct-01    |        |                   |              |
|        | Deadlift | 190kg   | MILLINGTON, Anita | 13-May-01    |        |                   |              |
|        | Total    | 390kg   | COWAN, V          | 27-Oct-01    |        |                   |              |
| 100kg  | Squat    | 8       |                   |              |        |                   |              |
| 0      | Bench    |         |                   |              |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   |              |
| 110kg  | Squat    |         |                   |              |        |                   |              |
|        | Bench    |         |                   | 1            |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   |              |
| 110+kg | Squat    | 240kg   | MILLINGTON, Anita | 31-Mar-12    |        |                   |              |
|        | Bench    | 152.5kg | MILLINGTON, Anita | 10-Aug-13    |        |                   |              |
|        | Deadlift | 192.5kg | MILLINGTON, Anita | 10-Aug-13    |        |                   |              |
|        | Total    | 577.5kg | MILLINGTON, Anita | 10-Aug-13    |        |                   |              |

## **3-LIFT - SINGLE PLY**

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

| BWT    | Lift           | Weight<br>Lifted | Athlete              | Date of Lift | Weight<br>Lifted | Record Previously<br>Held By | Date of Lift |
|--------|----------------|------------------|----------------------|--------------|------------------|------------------------------|--------------|
| 44kg   | Squat          |                  |                      |              | 1                | inclu by                     |              |
| 1116   | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |
| 48kg   | Squat          |                  |                      |              |                  |                              |              |
| -016   | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |
| 52kg   | Squat          |                  |                      |              |                  |                              |              |
| 5216   | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |
| 56kg   | Squat          |                  |                      |              |                  |                              |              |
| JUNE   | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |
| 60kg   | Squat          | 90kg             | SKARLATOS, Christine | 08-Aug-04    |                  |                              |              |
| UUKg   | Bench          | 42.5kg           | SKARLATOS, Christine | 01-May-04    |                  |                              |              |
|        | Deadlift       | 42.5kg           | SKARLATOS, Christine | 01-May-04    |                  |                              |              |
|        | Total          | 230kg            | SKARLATOS, Christine | 08-Aug-04    |                  |                              |              |
| 67.5kg | Squat          | 105kg            | HALL, T              | 26-Jun-02    |                  |                              |              |
| 07.3Kg | Bench          | 57.5kg           | HALL, T              | 26-Jun-02    |                  |                              |              |
|        | Deadlift       | 145kg            | HALL, T              | 26-Jun-02    |                  |                              |              |
|        | Total          | 307.5kg          | HALL, T              | 26-Jun-02    |                  |                              |              |
| 75kg   | Squat          | 507.5Kg          | TALL, I              | 20-Juli-02   |                  |                              |              |
| 7 JKg  | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |
| 92 Eka |                | -                |                      |              |                  |                              |              |
| 82.5kg | Squat<br>Bench |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |
| 90kg   |                |                  |                      |              |                  |                              |              |
| 90kg   | Squat<br>Bench |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        |                |                  |                      |              |                  |                              |              |
| 1001   | Total          |                  |                      |              |                  |                              |              |
| 100kg  | Squat          |                  |                      |              |                  |                              |              |
|        | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
| 1101   | Total          |                  |                      |              |                  |                              |              |
| 110kg  | Squat          |                  |                      |              |                  |                              |              |
|        | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
| 110.1. | Total          |                  |                      |              |                  |                              | +            |
| 110+kg | Squat          |                  |                      |              |                  |                              |              |
|        | Bench          |                  |                      |              |                  |                              |              |
|        | Deadlift       |                  |                      |              |                  |                              |              |
|        | Total          |                  |                      |              |                  |                              |              |

## **3-LIFT - SINGLE PLY**

#### Teenage 2 Women 16-17)

| BWT    | Lift              | Weight | Athlete | Date of Lift | Weight | Record Previously | Date of Lift |
|--------|-------------------|--------|---------|--------------|--------|-------------------|--------------|
| 4.41   | Causat            | Lifted |         |              | Lifted | Held By           |              |
| 44kg   | Squat             |        |         |              |        |                   |              |
|        | Bench             |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   |              |
| 401    | Total             |        |         |              |        |                   | _            |
| 48kg   | Squat<br>Bench    |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   | _            |
|        | Total             |        |         |              |        |                   |              |
| []     |                   |        |         |              |        |                   |              |
| 52kg   | Squat             |        |         |              |        |                   | _            |
|        | Bench<br>Deadlift |        |         |              |        |                   |              |
|        |                   |        |         |              |        |                   |              |
|        | Total             |        |         |              |        |                   |              |
| 56kg   | Squat             |        |         |              |        |                   |              |
|        | Bench             |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   |              |
| 601    | 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 - SINGLE PLY**

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

|        |          | 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    | 150kg  | HORSEMAN, J | 18-Oct-92    |        |                   |              |
|        | Bench    | 97.5kg | HORSEMAN, J | 01-Aug-93    |        |                   |              |
|        | Deadlift | 155kg  | HORSEMAN, J | 18-Oct-92    |        |                   |              |
|        | Total    | 400kg  | HORSEMAN, J | 18-Oct-92    |        |                   |              |
| 60kg   | Squat    | 125kg  | HORSEMAN, J | 01-May-93    |        |                   |              |
|        | Bench    | 80kg   | HORSEMAN, J | 01-May-93    |        |                   |              |
|        | Deadlift | 140kg  | HORSEMAN, J | 01-May-93    |        |                   |              |
|        | Total    | 345kg  | HORSEMAN, J | 01-May-93    |        |                   |              |
| 67.5kg | Squat    |        |             |              |        |                   |              |
|        | Bench    |        |             |              |        |                   |              |
|        | Deadlift |        |             |              |        |                   |              |
|        | Total    |        |             |              |        |                   |              |
| 75kg   | Squat    | 95kg   | KONDOS, E   | 06-Mar-99    |        |                   |              |
|        | Bench    | 42.5kg | KONDOS, E   | 06-Mar-99    |        |                   |              |
|        | Deadlift | 130kg  | KONDOS, E   | 06-Mar-99    |        |                   |              |
|        | Total    | 265kg  | KONDOS, E   | 06-Mar-99    |        |                   |              |
| 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 - SINGLE PLY**

#### Junior Women (20-23)

| BWT    | Lift     | Weight<br>Lifted | Athlete     | Date of Lift | Weight<br>Lifted | Record Previously<br>Held By | Date of Lift |
|--------|----------|------------------|-------------|--------------|------------------|------------------------------|--------------|
| 44kg   | Squat    |                  |             |              |                  |                              |              |
|        | Bench    |                  |             |              |                  |                              |              |
|        | Deadlift |                  |             |              |                  |                              |              |
|        | Total    |                  |             |              |                  |                              |              |
| 48kg   | Squat    | 112.5kg          | ZASS, M     | 01-Aug-93    |                  |                              |              |
|        | Bench    | 30kg             | ZASS, M     | 01-Aug-93    |                  |                              |              |
|        | Deadlift | 122.5kg          | ZASS, M     | 01-Aug-93    |                  |                              |              |
|        | Total    | 275kg            | ZASS, M     | 01-Aug-93    |                  |                              |              |
| 52kg   | Squat    | 110kg            | CLARKE, J   | 20-Jun-92    |                  |                              |              |
|        | Bench    | 50kg             | CLARKE, J   | 20-Jun-92    |                  |                              |              |
|        | Deadlift | 130kg            | CLARKE, J   | 20-Jun-92    |                  |                              |              |
|        | Total    | 290kg            | CLARKE, J   | 20-Jun-92    |                  |                              |              |
| 56kg   | Squat    | 120kg            | CLARKE, J   |              |                  |                              |              |
|        | Bench    | 62.5kg           | CLARKE, J   |              |                  |                              |              |
|        | Deadlift | 140kg            | CLARKE, J   |              |                  |                              |              |
|        | Total    | 322.5kg          | CLARKE, J   |              |                  |                              |              |
| 60kg   | Squat    | 93kg             | SORENSON, S | 15-Jun-02    |                  |                              |              |
|        | Bench    | 57.5kg           | SORENSON, S | 15-Jun-02    |                  |                              |              |
|        | Deadlift | 110kg            | SORENSON, S | 27-Oct-01    |                  |                              |              |
|        | Total    | 250kg            | SORENSON, S | 27-Oct-01    |                  |                              |              |
| 67.5kg | Squat    | 125kg            | DALE, N     | 18-Oct-92    |                  |                              |              |
| 0      | Bench    | 86kg             | DALE, N     | 18-Oct-92    |                  |                              |              |
|        | Deadlift | 119kg            | DALE, N     | 18-Oct-92    |                  |                              |              |
|        | Total    | 330kg            | DALE, N     | 18-Oct-92    |                  |                              |              |
| 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    | 1                |             |              |                  |                              |              |

## **3-LIFT - SINGLE PLY**

#### Senior Women (24-32)

| BWT    | Lift     | Weight  | Athlete           | Date of Lift | Weight | Record Previously | Date of Lift |
|--------|----------|---------|-------------------|--------------|--------|-------------------|--------------|
|        |          | Lifted  |                   |              | Lifted | Held By           |              |
| 44kg   | Squat    |         |                   |              |        |                   |              |
|        | Bench    |         |                   |              |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   |              |
| 48kg   | Squat    | 105kg   | SMEETON, M        | 28-Mar-92    |        |                   |              |
|        | Bench    | 72.5kg  | SMEETON, M        | 28-Mar-92    |        |                   |              |
|        | Deadlift | 105kg   | SMEETON, M        | 28-Mar-92    |        |                   |              |
|        | Total    | 277.5kg | SMEETON, M        | 28-Mar-92    |        |                   |              |
| 52kg   | Squat    | 145kg   | BARKER, N         | 25-May-97    |        |                   |              |
|        | Bench    | 92.5kg  | BARKER, N         | 25-May-97    |        |                   |              |
|        | Deadlift | 160kg   | BARKER, N         | 25-May-97    |        |                   |              |
|        | Total    | 395kg   | BARKER, N         | 25-May-97    |        |                   |              |
| 56kg   | Squat    | 165kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
|        | Bench    | 100kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
|        | Deadlift | 165kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
|        | Total    | 430kg   | BARKER, N         | 17-Aug-97    |        |                   |              |
| 60kg   | Squat    | 130kg   | BRADLEY, E        | 01-Aug-93    |        |                   |              |
|        | Bench    | 55kg    | BRADLEY, E        | 01-Aug-93    |        |                   |              |
|        | Deadlift | 140kg   | BRADLEY, E        | 01-Aug-93    |        |                   |              |
|        | Total    | 325kg   | BRADLEY, E        | 01-Aug-93    |        |                   |              |
| 67.5kg | Squat    | 140kg   | ODDY, C           | 16-Sep-95    |        |                   |              |
|        | Bench    | 110kg   | WATERS, S         | 19-Aug-00    |        |                   |              |
|        | Deadlift | 165kg   | WATERS, S         | 19-Aug-00    |        |                   |              |
|        | Total    | 392.5kg | WATERS, S         | 19-Aug-00    |        |                   |              |
| 75kg   | Squat    |         |                   |              |        |                   |              |
|        | Bench    | 135kg   | WATERS, S         | 18-Aug-01    |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   |              |
| 82.5kg | Squat    | 165kg   | SCOTT, S          | 19-Aug-00    |        |                   |              |
|        | Bench    | 102.5kg | SCOTT, S          | 21-Aug-99    |        |                   |              |
|        | Deadlift | 190kg   | SCOTT, S          | 19-Aug-00    |        |                   |              |
|        | Total    | 455kg   | SCOTT, S          | 21-Aug-99    |        |                   |              |
| 90kg   | Squat    | 130kg   | COWAN, V          | 24-Feb-01    |        |                   |              |
|        | Bench    |         |                   |              |        |                   |              |
|        | Deadlift | 160kg   | COWAN, V          | 13-May-01    |        |                   |              |
|        | Total    | 380kg   | COWAN, V          | 27-Oct-01    |        |                   |              |
| 100kg  | Squat    | _       |                   |              |        |                   |              |
| -      | Bench    |         |                   |              |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   |              |
| 110kg  | Squat    |         |                   |              |        |                   |              |
|        | Bench    |         |                   |              |        |                   |              |
|        | Deadlift |         |                   |              |        |                   |              |
|        | Total    |         |                   |              |        |                   | 1            |
| 110+kg | Squat    | 240kg   | MILLINGTON, Anita | 31-Mar-12    |        |                   |              |
|        | Bench    | 152.5kg | MILLINGTON, Anita | 10-Aug-13    | 106kg  | MILLINGTON, Anita | 31-Mar-12    |
| -      | Deadlift | 190kg   | MILLINGTON, Anita | 10-Aug-13    | 185kg  | MILLINGTON, Anita | 31-Mar-12    |
|        | Total    | 577.5kg | MILLINGTON, Anita | 10-Aug-13    | 531kg  | MILLINGTON, Anita | 31-Mar-12    |

## **3-LIFT - SINGLE PLY**

#### Sub Master Women (33-39)

| BWT    | Lift     | Weight  | Athlata         | Data of Life | Weight | Record Previously |              |
|--------|----------|---------|-----------------|--------------|--------|-------------------|--------------|
| BWI    | 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    | 150kg   | YOUNG, Taylor   | 12-Jun-94    |        |                   |              |
|        | Bench    | 85kg    | YOUNG, Taylor   | 12-Jun-94    |        |                   |              |
|        | Deadlift | 170kg   | YOUNG, Taylor   | 12-Jun-94    |        |                   |              |
|        | Total    | 405kg   | YOUNG, Taylor   | 12-Jun-94    |        |                   |              |
| 67.5kg | Squat    | 150kg   | BROOKES, H      | 19-Aug-00    |        |                   |              |
|        | Bench    | 95.5kg  | STERNS, Andrea  | 07-Jun-98    |        |                   |              |
|        | Deadlift | 170kg   | ADAMS, J        | 07-Aug-94    |        |                   |              |
|        | Total    | 382.5kg | ADAMS, J        | 07-Aug-94    |        |                   |              |
| 75kg   | Squat    | 200kg   | WITTESCH, H     | 20-Jun-92    |        |                   |              |
|        | Bench    | 130kg   | WITTESCH, H     | 20-Jun-92    |        |                   |              |
|        | Deadlift | 215kg   | WITTESCH, H     | 20-Jun-92    |        |                   |              |
|        | Total    | 545kg   | WITTESCH, H     | 20-Jun-92    |        |                   |              |
| 82.5kg | Squat    | 117.5kg | MARKER, Kathryn | 17-Oct-20    |        |                   |              |
|        | Bench    | 60kg    | MARKER, Kathryn | 17-Oct-20    |        |                   |              |
|        | Deadlift | 140kg   | MARKER, Kathryn | 17-Oct-20    |        |                   |              |
|        | Total    | 317.5kg | MARKER, Kathryn | 17-Oct-20    |        |                   |              |
| 90kg   | Squat    | 160kg   | COWAN, V        | 24-Feb-01    |        |                   |              |
|        | Bench    | 100kg   | COWAN, V        | 27-Oct-01    |        |                   |              |
|        | Deadlift | 160kg   | COWAN, V        | 13-May-01    |        |                   |              |
|        | Total    | 425kg   | COWAN, V        | 27-Oct-01    |        |                   |              |
| 100kg  | Squat    |         |                 |              |        |                   |              |
|        | Bench    |         |                 |              |        |                   |              |
|        | Deadlift |         |                 |              |        |                   |              |
|        | Total    |         |                 |              |        |                   |              |
| 110kg  | Squat    |         |                 |              |        |                   | 1            |
|        | Bench    |         |                 |              |        |                   |              |
|        | Deadlift |         |                 |              |        |                   | 1            |
|        | Total    |         |                 |              |        |                   |              |
| 110+kg | Squat    |         |                 |              |        |                   | 1            |
|        | Bench    |         |                 |              |        |                   | 1            |
|        | Deadlift |         |                 |              |        |                   | 1            |
|        | Total    |         |                 |              |        |                   |              |

## **3-LIFT - SINGLE PLY**

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

| BWT      | Lift     | Weight<br>Lifted | Athlete       | Date of Lift | Weight<br>Lifted | Record Previously<br>Held By | Date of Lift |
|----------|----------|------------------|---------------|--------------|------------------|------------------------------|--------------|
| 44kg     | Squat    | Litteu           |               |              | Linteu           | пеій бу                      |              |
| 44Ng     | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 48kg     | Squat    | 100kg            | PAPPAS, J     | 11-Jun-00    |                  |                              |              |
| 40Kg     | Bench    | IOOKg            | FAFFAS, J     | 11-Jun-00    |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 52kg     | Squat    | 122.5kg          | QUINELL, C    | 18-Nov-99    |                  |                              |              |
| 5216     | Bench    | 122.516          |               | 10 1107 55   |                  |                              |              |
|          | Deadlift | 155.5kg          | QUINELL, C    | 23-Aug-98    |                  |                              |              |
|          | Total    | 347.5kg          | QUINELL, C    | 23-Aug-98    |                  |                              |              |
| 56kg     | Squat    | 127.5kg          | QUINELL, C    | 19-Aug-00    |                  |                              |              |
| Song     | Bench    | 78.5kg           | QUINELL, C    | 18-Aug-01    |                  |                              |              |
|          | Deadlift | 155.5kg          | QUINELL, C    | 06-May-00    |                  |                              |              |
|          | Total    | 350kg            | QUINELL, C    | 21-Aug-99    |                  |                              |              |
| 60kg     | Squat    | 175kg            | YOUNG, Taylor | 11-Jun-95    |                  |                              |              |
| UUNG     | Bench    | 95kg             | YOUNG, Taylor | 11-Jun-95    |                  |                              |              |
|          | Deadlift | 165kg            | YOUNG, Taylor | 11-Jun-95    |                  |                              |              |
|          | Total    | 435kg            | YOUNG, Taylor | 11-Jun-95    |                  |                              |              |
| 67.5kg   | Squat    | 215kg            | YOUNG, Taylor | 21-Aug-99    |                  |                              |              |
| 07.5%    | Bench    | 120kg            | YOUNG, Taylor | 17-Aug-97    |                  |                              |              |
|          | Deadlift | 210kg            | YOUNG, Taylor | 19-Jun-99    |                  |                              |              |
|          | Total    | 535kg            | YOUNG, Taylor | 19-Jun-99    |                  |                              |              |
| 75kg     | Squat    | 55516            |               | 15 3011 35   |                  |                              |              |
| 7516     | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 82.5kg   | Squat    |                  |               |              |                  |                              |              |
| 02.516   | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 90kg     | Squat    |                  |               |              |                  |                              |              |
| JONE     | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 100kg    | Squat    |                  |               |              |                  |                              |              |
| TOOKS    | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 110kg    | Squat    |                  |               |              |                  |                              |              |
|          | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
|          | Total    |                  |               |              |                  |                              |              |
| 110+kg   | Squat    |                  |               |              |                  |                              |              |
| 110 · Kg | Bench    |                  |               |              |                  |                              |              |
|          | Deadlift |                  |               |              |                  |                              |              |
| -        | Total    |                  |               |              |                  |                              |              |

## **3-LIFT - SINGLE PLY**

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

| BWT    | Lift     | Weight<br>Lifted | Athlete            | Date of Lift | Weight<br>Lifted | Record Previously<br>Held By | Date of Lift |
|--------|----------|------------------|--------------------|--------------|------------------|------------------------------|--------------|
| 44kg   | Squat    |                  |                    |              |                  |                              |              |
|        | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |
| 48kg   | Squat    | 100kg            | MANNING, T         | 03-Aug-06    |                  |                              |              |
|        | Bench    | 78kg             | MANNING, T         | 08-Aug-04    |                  |                              |              |
|        | Deadlift | 132.5kg          | MANNING, T         | 13-Aug-05    |                  |                              |              |
|        | Total    | 303kg            | MANNING, T         | 08-Aug-04    |                  |                              |              |
| 52kg   | Squat    | 60kg             | McCORMACK, Celeste | 18-Feb-24    |                  |                              |              |
|        | Bench    | 35kg             | McCORMACK, Celeste | 18-Feb-24    |                  |                              |              |
|        | Deadlift | 95kg             | McCORMACK, Celeste | 18-Feb-24    |                  |                              |              |
|        | Total    | 190kg            | McCORMACK, Celeste | 18-Feb-24    |                  |                              |              |
| 56kg   | Squat    |                  | · ·                |              |                  |                              |              |
|        | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |
| 60kg   | Squat    | 175kg            | YOUNG, Taylor      | 04-Aug-02    |                  |                              |              |
|        | Bench    | 107.5kg          | YOUNG, Taylor      | 04-Aug-02    |                  |                              |              |
|        | Deadlift | 200kg            | YOUNG, Taylor      | 04-Aug-02    |                  |                              |              |
|        | Total    | 480kg            | YOUNG, Taylor      | 04-Aug-02    |                  |                              |              |
| 67.5kg | Squat    | 210kg            | YOUNG, Taylor      | 19-Aug-00    |                  |                              |              |
|        | Bench    | 105.5kg          | YOUNG, Taylor      | 31-Mar-01    |                  |                              |              |
|        | Deadlift | 190kg            | YOUNG, Taylor      | 19-Aug-00    |                  |                              |              |
|        | Total    | 505kg            | YOUNG, Taylor      | 19-Aug-00    |                  |                              |              |
| 75kg   | Squat    | 190kg            | YOUNG, Taylor      | 21-May-00    |                  |                              |              |
|        | Bench    | 110kg            | YOUNG, Taylor      | 21-May-00    |                  |                              |              |
|        | Deadlift | 200kg            | YOUNG, Taylor      | 21-May-00    |                  |                              |              |
|        | Total    | 500kg            | YOUNG, Taylor      | 21-May-00    |                  |                              |              |
| 82.5kg | Squat    |                  |                    |              |                  |                              |              |
|        | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |
| 90kg   | Squat    |                  |                    |              |                  |                              |              |
|        | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |
| 100kg  | Squat    |                  |                    |              |                  |                              |              |
|        | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |
| 110kg  | Squat    |                  |                    |              |                  |                              |              |
| _      | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |
| 110+kg | Squat    |                  |                    |              |                  |                              |              |
| 5      | Bench    |                  |                    |              |                  |                              |              |
|        | Deadlift |                  |                    |              |                  |                              |              |
|        | Total    |                  |                    |              |                  |                              |              |

## **3-LIFT - SINGLE PLY**

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

| BWT      | Lift     | Weight   | Athlete       | Date of Lift | Weight | Record Previously | Date of Lift |
|----------|----------|----------|---------------|--------------|--------|-------------------|--------------|
|          |          | Lifted   |               |              | Lifted | Held By           |              |
| 44kg     | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 48kg     | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 52kg     | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 56kg     | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 60kg     | Squat    | 180kg    | YOUNG, Taylor | 09-Aug-09    |        |                   |              |
|          | Bench    | 100kg    | YOUNG, Taylor | 09-Aug-09    |        |                   |              |
|          | Deadlift | 182.5kg  | YOUNG, Taylor | 09-Aug-09    |        |                   |              |
|          | Total    | 462.5kg  | YOUNG, Taylor | 09-Aug-09    |        |                   |              |
| 67.5kg   | Squat    | 100kg    | YOUNG, Taylor | 15-Dec-01    |        |                   |              |
|          | Bench    | 60kg     | YOUNG, Taylor | 15-Dec-01    |        |                   |              |
|          | Deadlift | 135kg    | YOUNG, Taylor | 15-Dec-01    |        |                   |              |
|          | Total    | 295kg    | YOUNG, Taylor | 15-Dec-01    |        |                   |              |
| 75kg     | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 82.5kg   | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 90kg     | Squat    | 45kg     | BIRCH, M      | 15-Jun-02    |        |                   |              |
| 0        | Bench    | 37.5kg   | BIRCH, M      | 15-Jun-02    |        |                   |              |
|          | Deadlift | 100kg    | BIRCH, M      | 15-Jun-02    |        |                   |              |
|          | Total    | 182.5kg  | BIRCH, M      | 15-Jun-02    |        |                   |              |
| 100kg    | Squat    | <u>_</u> | ,             |              |        |                   |              |
| 0        | Bench    |          |               |              |        |                   |              |
|          | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 110kg    | Squat    |          |               |              |        |                   |              |
| 0        | Bench    |          |               |              |        |                   |              |
| <u> </u> | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |
| 110+kg   | Squat    |          |               |              |        |                   |              |
|          | Bench    |          |               |              |        |                   |              |
| L        | Deadlift |          |               |              |        |                   |              |
|          | Total    |          |               |              |        |                   |              |

## **3-LIFT - SINGLE PLY**

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

|        |          | Weight  | Athlata       |              | 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    | 190kg   | YOUNG, Taylor | 25-Apr-10    |        |                   |              |
|        | Bench    | 110kg   | YOUNG, Taylor | 25-Apr-10    |        |                   |              |
|        | Deadlift | 180kg   | YOUNG, Taylor | 25-Apr-10    |        |                   |              |
|        | Total    | 480kg   | YOUNG, Taylor | 25-Apr-10    |        |                   | -            |
| 67.5kg | Squat    | 180kg   | YOUNG, Taylor | 27-Aug-11    |        |                   | 1            |
|        | Bench    | 107.5kg | YOUNG, Taylor | 27-Aug-11    |        |                   |              |
|        | Deadlift | 175kg   | YOUNG, Taylor | 27-Aug-11    |        |                   |              |
|        | Total    | 462.5kg | YOUNG, Taylor | 27-Aug-11    |        |                   |              |
| 75kg   | Squat    |         |               | - 0          |        |                   |              |
|        | Bench    |         |               |              |        |                   |              |
|        | Deadlift |         |               |              |        |                   | -            |
|        | Total    |         |               |              |        |                   |              |
| 82.5kg | Squat    |         |               |              |        |                   | -            |
| 02.018 | Bench    |         |               |              |        |                   | _            |
|        | Deadlift |         |               |              |        |                   |              |
|        | Total    |         |               |              |        |                   | -            |
| 90kg   | Squat    |         |               |              |        |                   | 1            |
| 5016   | Bench    |         |               |              |        |                   | -            |
|        | Deadlift |         |               |              |        |                   |              |
|        | Total    |         |               |              |        |                   |              |
| 100kg  | Squat    |         |               |              |        |                   |              |
| TOOKB  | Bench    |         |               |              |        |                   |              |
|        | Deadlift |         |               |              |        |                   |              |
|        | Total    |         |               |              |        |                   |              |
| 110kg  | Squat    |         |               |              |        |                   |              |
| TTONE  | Bench    |         |               |              |        |                   | -            |
|        | Deadlift |         |               |              |        |                   | +            |
|        | Total    |         |               |              |        |                   | -            |
| 110+kg | Squat    |         |               |              |        |                   |              |
| TTO-Kg | Bench    |         |               |              |        |                   | -            |
|        | Deadlift |         |               |              |        |                   | +            |
|        | Total    |         |               |              |        |                   | -            |
| l      | TUIdI    |         | 1             |              |        | l                 |              |

## **3-LIFT - SINGLE PLY**

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

| BWT     | Lift           | Weight | Athlete | Date of Lift | Weight | Record Previously | Date of Lift |
|---------|----------------|--------|---------|--------------|--------|-------------------|--------------|
|         |                | Lifted |         |              | Lifted | Held By           |              |
| 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          |        |         |              |        |                   |              |
| 8       | Bench          |        |         |              |        |                   |              |
|         | Deadlift       |        |         |              |        |                   |              |
|         | Total          |        |         |              |        |                   |              |
| 90kg    | Squat          |        |         |              |        |                   |              |
| 55.6    | Bench          |        |         |              |        |                   |              |
|         | Deadlift       |        |         |              |        |                   |              |
|         | Total          |        |         |              |        |                   |              |
| 100kg   | Squat          |        |         |              |        |                   |              |
| TOOKS   | Bench          |        |         |              |        |                   |              |
|         | Deadlift       |        |         |              |        |                   |              |
|         | Total          |        |         |              |        |                   | -            |
| 110kg   | Squat          |        |         |              |        |                   |              |
| TTOKE   | Bench          |        |         |              |        |                   | +            |
|         | Deadlift       |        |         |              |        |                   |              |
|         | Total          |        |         |              |        |                   |              |
| 110.1.~ |                |        |         |              |        |                   | +            |
| 110+kg  | Squat<br>Bench |        |         |              |        |                   |              |
|         |                |        |         |              |        |                   |              |
|         | Deadlift       |        |         |              |        |                   |              |
|         | Total          |        | l       |              |        |                   |              |

## **3-LIFT - SINGLE PLY**

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

| BWT    | Lift     | Weight | Athlete | Date of Lift | Weight   | Record Previously | Date of Lift |
|--------|----------|--------|---------|--------------|----------|-------------------|--------------|
|        |          | Lifted |         |              | Lifted   | Held By           |              |
| 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    |        |         |              |          |                   |              |
| 8      | Bench    |        |         |              |          |                   |              |
|        | Deadlift |        |         |              |          |                   |              |
|        | Total    |        |         |              |          |                   |              |
| 90kg   | Squat    |        |         |              |          |                   |              |
| 55.0   | Bench    |        |         |              |          |                   |              |
|        | Deadlift |        |         |              |          |                   |              |
|        | Total    |        |         |              |          |                   |              |
| 100kg  | Squat    |        |         |              |          |                   |              |
| TOOKS  | Bench    |        |         |              |          |                   |              |
|        | Deadlift |        |         |              |          |                   |              |
|        | Total    |        |         |              |          |                   |              |
| 110kg  | Squat    |        |         |              |          |                   |              |
|        | Bench    |        |         |              |          |                   |              |
|        | Deadlift |        |         |              |          |                   |              |
|        | Total    |        |         |              |          |                   |              |
|        |          |        | +       |              |          |                   | +            |
| 110+kg | Squat    |        |         |              |          |                   |              |
|        | Bench    |        |         |              |          |                   |              |
|        | Deadlift |        |         |              |          |                   |              |
|        | Total    |        | l       |              | <u> </u> |                   |              |

## **3-LIFT - SINGLE PLY**

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

| BWT    | Lift     | Weight<br>Lifted | Athlete | Date of Lift | Weight<br>Lifted | Record Previously<br>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 - SINGLE PLY**

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

| BWT     | Lift     | Weight<br>Lifted | Athlete | Date of Lift | Weight<br>Lifted | Record Previously<br>Held By | Date of Lift |
|---------|----------|------------------|---------|--------------|------------------|------------------------------|--------------|
| 44kg    | Squat    |                  |         |              |                  | ,                            |              |
|         | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 48kg    | Squat    |                  |         |              |                  |                              |              |
| - 0     | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 52kg    | Squat    |                  |         |              |                  |                              |              |
| - 0     | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 56kg    | Squat    |                  |         |              |                  |                              |              |
| 8       | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 60kg    | Squat    |                  |         |              |                  |                              |              |
| UUNS    | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 67.5kg  | Squat    |                  |         |              |                  |                              |              |
| 07.JKg  | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 75kg    | Squat    |                  |         |              |                  |                              |              |
| 75Kg    | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 02 Elva |          |                  |         |              |                  |                              |              |
| 82.5kg  | Squat    |                  |         |              |                  |                              |              |
|         | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
| 0.01    | Total    |                  |         |              |                  |                              |              |
| 90kg    | Squat    |                  |         |              |                  |                              |              |
|         | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
| 1001    | Total    |                  |         |              |                  |                              |              |
| 100kg   | Squat    |                  |         |              |                  |                              |              |
|         | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
| 110kg   | Total    |                  |         |              |                  |                              | -            |
|         | Squat    |                  |         |              |                  |                              |              |
|         | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |
| 110+kg  | Squat    |                  |         |              |                  |                              |              |
|         | Bench    |                  |         |              |                  |                              |              |
|         | Deadlift |                  |         |              |                  |                              |              |
|         | Total    |                  |         |              |                  |                              |              |

## **3-LIFT - SINGLE PLY**

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

| BWT    | Lift              | Weight | Athlete | Date of Lift | Weight | Record Previously | Date of Lift |
|--------|-------------------|--------|---------|--------------|--------|-------------------|--------------|
|        |                   | Lifted |         |              | Lifted | Held By           |              |
| 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             |        |         |              |        |                   |              |
| 0      | Bench             |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   |              |
|        | Total             |        |         |              |        |                   |              |
| 90kg   | Squat             |        |         |              |        |                   |              |
| 8      | Bench             |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   |              |
|        | Total             |        |         |              |        |                   |              |
| 100kg  | Squat             |        |         |              |        |                   |              |
|        | Bench             |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   |              |
|        | Total             |        |         |              |        |                   |              |
| 110kg  | Squat             |        |         |              |        |                   |              |
| IIUKg  | Bench             |        |         |              |        |                   |              |
|        | Deadlift          |        |         |              |        |                   |              |
|        | Total             |        |         |              |        |                   |              |
| 110+kg | Squat             |        |         |              |        |                   |              |
| тто+кв | Bench             |        |         |              |        |                   |              |
|        |                   |        |         |              |        |                   |              |
|        |                   |        |         |              |        |                   |              |
|        | Deadlift<br>Total |        |         |              |        |                   |              |

## **3-LIFT - SINGLE PLY**

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

| Lift  | Weight<br>Lifted   | Athlete         | Date of Lift            | Weight<br>Lifted   | Record Previously<br>Held By   | Date of Lift                                   |
|-------|--|-----------------|-------------------------|--|--|--|
| Squat |  |                 |                         |  |  |  |
|       |  |                 |                         |  |  |  |
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|       |  |                 |                         |  |  |  |
|       |  |                 |                         |  |  |  |
|       |  |                 |                         |  |  |  |
| Total |  |                 |                         |  |  |  |
|       | SquatSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftDeadliftTotalSquatBenchDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadliftDeadlift | LiitLiftedSquat | LiftLiftedAttricteSquat | LiftLiftedAttricteDate of LiftSquatBenchTotalSquatBenchDeadliftTotalBenchSquatSquatSquatBenchDeadliftTotalSquatBenchDeadliftTotalBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBench <td>LiftLiftedAttricteDate of LiftSquatbeachinDeadliftTotalSquatBenchDeadliftTotalSquatBenchSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquat<td>LiftedAunetDate of LiftLiftedHeld BySquat<!--</td--></td></td> | LiftLiftedAttricteDate of LiftSquatbeachinDeadliftTotalSquatBenchDeadliftTotalSquatBenchSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquatBenchDeadliftTotalSquat <td>LiftedAunetDate of LiftLiftedHeld BySquat<!--</td--></td> | LiftedAunetDate of LiftLiftedHeld BySquat </td |