Open Women

Орен	Nomen	Woight			Moight	Posard Proviously	
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously 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			
	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			
	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			
02.516	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			
JONE	Bench	100	COWAN, V	27-Oct-01			
	Deadlift	190kg	MILLINGTON, Anita	13-May-01			
	Total	390kg	COWAN, V	27-Oct-01			
100kg	Squat	330Kg	COVAIV, V	27 000 01			
TOOKS	Bench						
	Deadlift						
	Total						
110kg	Squat						
NE	Bench			+ +			
	Deadlift			+ +			
	Total			+			
110+kg	Squat	240kg	MILLINGTON Anita	31-Mar-12			
TIO+KR	Bench	152.5kg	MILLINGTON, Anita MILLINGTON, Anita				1
	+			10-Aug-13			
	Deadlift	190kg	MILLINGTON, Anita	10-Aug-13			
	Total	577.5kg	MILLINGTON, Anita	10-Aug-13			

Teenage 1 Women (13-15)

Teenag	eenage 1 Women (13-15)											
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift					
44kg	Squat											
	Bench											
	Deadlift											
	Total											
48kg	Squat											
	Bench											
	Deadlift											
	Total											
52kg	Squat											
	Bench											
	Deadlift											
	Total											
56kg	Squat											
	Bench											
	Deadlift											
	Total											
60kg	Squat	90kg	SKARLATOS, Christine	08-Aug-04								
	Bench	42.5kg	SKARLATOS, Christine	01-May-04								
	Deadlift	105kg	SKARLATOS, Christine	01-May-04								
	Total	230kg	SKARLATOS, Christine	08-Aug-04								
67.5kg	Squat	105kg	HALL, T	26-Jun-02								
	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		·									
_	Bench											
	Deadlift											
	Total											
82.5kg	Squat											
	Bench											
	Deadlift											
	Total											
90kg	Squat											
	Bench											
	Deadlift											
	Total											
100kg	Squat											
	Bench											
	Deadlift											
	Total											
110kg	Squat	i					1					
	Bench											
	Deadlift											
	Total	1		<u> </u>			1					
110+kg	Squat			 			1					
3	Bench			<u> </u>			1					
	Deadlift			 			1					
	Total			1								

Teenag	eenage 2 Women 16-17)										
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift				
44kg	Squat					,					
	Bench										
	Deadlift										
	Total										
48kg	Squat										
	Bench										
	Deadlift										
	Total										
52kg	Squat										
	Bench										
	Deadlift										
	Total										
56kg	Squat										
	Bench										
	Deadlift										
	Total										
60kg	Squat										
	Bench										
	Deadlift										
	Total										
67.5kg	Squat										
	Bench										
	Deadlift										
	Total										
75kg	Squat										
	Bench										
	Deadlift										
	Total										
82.5kg	Squat										
	Bench										
	Deadlift										
	Total										
90kg	Squat										
	Bench										
	Deadlift										
	Total										
100kg	Squat										
	Bench										
	Deadlift										
	Total										
110kg	Squat										
	Bench										
	Deadlift										
	Total										
110+kg											
	Bench										
	Deadlift										
	Total										

Teenage 3 Women (18-19)

		(18-19)		Maiabt	Pocard Proviously	
Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
Squat						
Bench						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Total						
Squat						
Bench						
Deadlift						
Total						
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			
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			
Squat						
Bench						
Deadlift						
Total						
	95kg	KONDOS, E	06-Mar-99			
1			06-Mar-99			
Total			06-Mar-99			
1		,				
1 - 1						
			+			
			+			
			+			1
			 			
Deadlift			+			
		i .	1			Ī
	Squat Bench Deadlift Total	Lift Lifted Squat Bench Deadlift Total Squat Bench Deadlift Total Squat Bench Deadlift Total Squat Bench Deadlift Total Squat Bench Deadlift Total Squat	Lift Lifted Squat Bench Deadlift Total Squat Bench Deadlift 150kg HORSEMAN, J Bench Poseman, J Bench Bokg HORSEMAN, J Total Squat Bench Bokg HORSEMAN, J Bench Bokg HORSEMAN, J Bench Bokg HORSEMAN, J Bench Bokg HORSEMAN, J Squat Bench Bokg HORSEMAN, J Squat Bench Deadlift Total Squat Bench Deadlift	Lift Lifted Lifted Athlete Date of Lift	Lift Weight Lifted Date of Lift Weight Lifted	Cite

Junior Women (20-23)

Lift	Weight			\//∆ight	Record Previously	
	Lifted	Athlete	Date of Lift	Weight Lifted	Held By	Date of Lift
Squat						
Bench						
Deadlift						
Total						
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			
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			
Squat	120kg	CLARKE, J				
Bench	62.5kg	CLARKE, J				
Deadlift	140kg	CLARKE, J				
Total	322.5kg	CLARKE, J				
Squat	93kg	SORENSON, S	15-Jun-02			
Bench	57.5kg		15-Jun-02			
Deadlift	110kg		27-Oct-01			
Total			27-Oct-01			
Squat						
		,				
			 			
			+			1
	Total Squat Bench Deadlift Total Squat Bench Deadlift Total Squat Bench Deadlift Total Squat Bench Deadlift Total Squat Deadlift Total Squat Deadlift	Total Squat	Total Squat 112.5kg ZASS, M Bench 30kg ZASS, M Deadlift 122.5kg ZASS, M Total 275kg ZASS, M Squat 110kg CLARKE, J Bench 50kg CLARKE, J Deadlift 130kg CLARKE, J Squat 120kg CLARKE, J Squat 120kg CLARKE, J Bench 62.5kg CLARKE, J Deadlift 140kg CLARKE, J Squat 93kg SORENSON, S Squat 93kg SORENSON, S Bench 57.5kg SORENSON, S Deadlift 110kg SORENSON, S Squat 125kg DALE, N Bench 86kg DALE, N Deadlift 119kg DALE, N Squat Bench Deadlift Total 330kg DALE, N Squat Bench Deadlift Total Squat Bench <	Total 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 Squat 110kg CLARKE, J 20-Jun-92 Bench 50kg CLARKE, J 20-Jun-92 Deadlift 130kg CLARKE, J 20-Jun-92 Squat 120kg CLARKE, J 20-Jun-92 Squat 140kg CLARKE, J 20-Jun-92 Squat 140kg CLARKE, J 20-Jun-92 Squat 120kg CLARKE, J 20-Jun-92 Squat 93kg SORENSON, S 15-Jun-02 Squat 93kg SORENSON, S 15-Jun-02 Squat 125kg DALE, N 18-Oct-92 <td>Total 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 Squat 110kg CLARKE, J 20-Jun-92 Bench 50kg CLARKE, J 20-Jun-92 Total 290kg CLARKE, J 20-Jun-92 Total 290kg CLARKE, J 20-Jun-92 Squat 120kg CLARKE, J 20-Jun-92 Squat 93kg SORENSON, S 15-Jun-02 Squat 93kg SORENSON, S 15-Jun-02 Squat 125kg SORENSON, S 27-Oct-01 <td> Total</td></td>	Total 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 Squat 110kg CLARKE, J 20-Jun-92 Bench 50kg CLARKE, J 20-Jun-92 Total 290kg CLARKE, J 20-Jun-92 Total 290kg CLARKE, J 20-Jun-92 Squat 120kg CLARKE, J 20-Jun-92 Squat 93kg SORENSON, S 15-Jun-02 Squat 93kg SORENSON, S 15-Jun-02 Squat 125kg SORENSON, S 27-Oct-01 <td> Total</td>	Total

Senior Women (24-32)

BWT	Women (2	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			
521	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			
- CI	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						
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

Sub Master Women (33-39)

BWT	Lift	Weight	Athlete	Date of Lift	Weight	Record Previously	Date of Lift
BWI	LITT	Lifted	Atniete	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat			1			
	Bench						
	Deadlift						
	Total						

Masters 1 Women (40-44)

waster	rs 1 Wome				Woight		
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	100kg	PAPPAS, J	11-Jun-00			
	Bench						
	Deadlift						
	Total						
52kg	Squat	122.5kg	QUINELL, C	18-Nov-99			
	Bench						
	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			
	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			
	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			
	Bench	120kg	YOUNG, Taylor	17-Aug-97			
	Deadlift	210kg	YOUNG, Taylor	19-Jun-99			
	Total	535kg	YOUNG, Taylor	19-Jun-99			
75kg	Squat						
- 0	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
02.0.0	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift			+			+
	Total						
110kg	Squat						
	Bench			+			1
	Deadlift			+			1
	Total						
110+kg	Squat			+			1
NS	Bench						1
	Deadlift			+			+
	Total			+			1
	Total	<u> </u>					

Masters 2 Women (45-49)

Wiaste	rs 2 Wome				101 1 1 1	2 12 1	
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously 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			
0	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			
- 0	Bench	110kg	YOUNG, Taylor	21-May-00			
	Deadlift	200kg	YOUNG, Taylor	21-May-00			
	Total	500kg	YOUNG, Taylor	21-May-00			
82.5kg	Squat	5	, ,	<i>'</i>			
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
Ü	Bench						
	Deadlift						
	Total						
110+kg	Squat			1			1
3	Bench						
	Deadlift						
	Total						

Masters 3 Women (50-54)

	rs 3 Wome	Weight			Weight	Record Previously	
BWT	Lift	Lifted	Athlete	Date of Lift	Lifted	Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	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	97.5kg	MORTON, Paula	19-Jan-25	45kg	BIRCH, M	15-Jun-02
	Bench	62.5kg	MORTON, Paula	19-Jan-25	37.5kg	BIRCH, M	15-Jun-02
	Deadlift	110kg	MORTON, Paula	19-Jan-25	100kg	BIRCH, M	15-Jun-02
1001	Total	267.5kg	MORTON, Paula	19-Jan-25	182.5kg	BIRCH, M	15-Jun-02
100kg	Squat						
	Bench						
	Deadlift						
4401	Total						1
110kg	Squat						
	Bench						_
	Deadlift						
110.1	Total			+			
110+kg	Squat						
	Bench	 	+	 			
	Deadlift			 			+
	Total	1					

Masters 4 Women (55-59)

Aasters 4 Women (55-59)										
Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift				
Squat										
Bench										
Deadlift										
Total										
Squat										
Bench										
Deadlift										
Total										
Squat										
Bench										
Deadlift										
Total										
Squat										
Bench										
Deadlift										
Total										
	190kg	YOUNG, Taylor	25-Apr-10							
		., ., .								
4										
i e										
			+							
			+			1				
Total										
	Squat Bench Deadlift Total	Squat Bench Deadlift Total	Squat Bench Deadlift Total Squat	Squat Squa	Squat Squat Lifted Bench Deadlift Total Squat Bench Deadlift Total Squat	Squat Athlete Jate of the Life of				

Masters 5 Women (60-64)

Master	lasters 5 Women (60-64)										
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift				
44kg	Squat					,					
	Bench										
	Deadlift										
	Total										
48kg	Squat										
	Bench										
	Deadlift										
	Total										
52kg	Squat										
	Bench										
	Deadlift										
	Total										
56kg	Squat										
	Bench										
	Deadlift										
	Total										
60kg	Squat										
	Bench										
	Deadlift										
	Total										
67.5kg	Squat										
0	Bench										
	Deadlift										
	Total										
75kg	Squat										
- 0	Bench										
	Deadlift										
	Total										
82.5kg	Squat										
0	Bench										
	Deadlift										
	Total										
90kg	Squat										
	Bench										
	Deadlift										
	Total										
100kg	Squat										
	Bench										
	Deadlift										
	Total										
110kg	Squat			1							
0	Bench										
	Deadlift										
	Total										
110+kg	Squat			1							
	Bench	1		†							
	Deadlift			†							
	Total			1							

Masters 6 Women (65-69)

Master	Masters 6 Women (65-69)							
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift	
44kg	Squat							
	Bench							
	Deadlift							
	Total							
48kg	Squat							
	Bench							
	Deadlift							
	Total							
52kg	Squat							
	Bench							
	Deadlift							
	Total							
56kg	Squat							
	Bench							
	Deadlift							
	Total							
60kg	Squat							
	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
J	Bench							
	Deadlift							
	Total							
75kg	Squat							
	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
0	Bench							
	Deadlift							
	Total							
90kg	Squat							
0	Bench							
	Deadlift							
	Total							
100kg	Squat							
	Bench							
	Deadlift							
	Total							
110kg	Squat							
	Bench							
	Deadlift							
	Total	†		1				
110+kg	Squat	 		+ +				
	Bench	 		 				
	Deadlift	 						
	Total							
	Total					L		

Masters 7 Women (70-74)

Master	Masters 7 Women (70-74)							
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift	
44kg	Squat							
	Bench							
	Deadlift							
	Total							
48kg	Squat							
	Bench							
	Deadlift							
	Total							
52kg	Squat							
	Bench							
	Deadlift							
	Total							
56kg	Squat							
	Bench							
	Deadlift							
	Total							
60kg	Squat							
	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
	Bench							
	Deadlift							
	Total							
75kg	Squat							
	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
J	Bench							
	Deadlift							
	Total							
90kg	Squat							
	Bench							
	Deadlift							
	Total							
100kg	Squat							
	Bench							
	Deadlift							
	Total							
110kg	Squat							
	Bench							
	Deadlift							
	Total	†		1				
110+kg	Squat			+ +				
	Bench	†		 				
	Deadlift	†						
	Total							
	Total					L		

Masters 8 Women (75-79)

Master	rs 8 Wome	en (75-79)					
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	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	†					1
110+kg	Squat	 					1
	Bench	 					
	Deadlift	 					
	Total						
	. Ottai					L	<u> </u>

Masters 9 Women (80-84)

Master	Masters 9 Women (80-84)							
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift	
44kg	Squat							
	Bench							
	Deadlift							
	Total							
48kg	Squat							
	Bench							
	Deadlift							
	Total							
52kg	Squat							
	Bench							
	Deadlift							
	Total							
56kg	Squat							
	Bench							
	Deadlift							
	Total							
60kg	Squat							
	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
	Bench							
	Deadlift							
	Total							
75kg	Squat							
	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
	Bench							
	Deadlift							
	Total							
90kg	Squat							
	Bench							
	Deadlift							
	Total							
100kg	Squat							
	Bench							
	Deadlift							
	Total							
110kg	Squat							
	Bench							
	Deadlift							
	Total	 						
110+kg	Squat	 						
	Bench	 						
	Deadlift	 						
	Total							
	Total	<u> </u>				L	_i	

Masters 10 Women (85-89)

Masters 10 Women (85-89)							
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
J	Bench						
	Deadlift						
	Total						
100kg	Squat						
10008	Bench						
	Deadlift						
	Total						
110kg	Squat						1
	Bench	1					
	Deadlift						
	Total	† †					1
110+kg		†					1
	Bench	†					
	Deadlift	†					
	Total						
	Total	<u> </u>				L	