

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5	MACDONALD Debbie (2016) SC	100	MACDONALD Debbie (2016) SC	58	MACDONALD Debbie (2016) SC	137.5
58.5					THOMAS Ann (2016) SCO	160
63						
70			TAYLOR Bronwyn () SCO	70		
80	ANDERSON Mary (2009) SCO	196	ANDERSON Mary (2016) SCO	121	ANDERSON Mary (2009) SCO	213
90	ANDERSON Mary (2010) SCO	185	McKINLEY Bernie () SCO	120	ANDERSON Mary (2010) SCO	212.5
90+						

TEENAGE 1 (14-15) yrs EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

TEENAGE 2 (16-17 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70			TAYLOR Bronwyn () SCO	70		
80						
90						
90+						

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	MACDONALD Debbie (2016) SC 100	MACDONALD Debbie (2016) SC 58	MACDONALD Debbie (2016) SC 137.5
58.5			
63			
70			
80	ANDERSON Mary (2009) SCO 196	ANDERSON Mary (2009) SCO 112.5	ANDERSON Mary (2009) SCO 213
90	ANDERSON Mary (2010) SCO 185	ANDERSON Mary (2010) SCO 117.5	ANDERSON Mary (2010) SCO 212.5
90+			

MASTER 2 (44-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80	ANDERSON Mary (2015) SCO 190.5	ANDERSON Mary (2016) SCO 121	ANDERSON Mary (2015) SCO 212.5
90	ANDERSON Mary (2016) SCO 185	ANDERSON Mary (2016) SCO 120	
90+			

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 7 (70-74yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 8 (75-79yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 9 (80-84yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	MACDONALD Debbie (2016) SC 100	MACDONALD Debbie (2016) SC 58	MACDONALD Debbie (2016) SC 137.5
58.5			THOMAS Ann (2016) SCO 160
63			
70			
80			
90			
90+			