

**OPEN EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5						
58.5						
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	ANDERSON Mary (2016) 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						
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	ANDERSON Mary (2018) SCO	185.5	ANDERSON Mary (2018) SCO	105	ANDERSON Mary (2019) SCO	200
90						

90+						
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**MASTER 4 (55-59yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			ANDERSON Mary (2018) SCO 210
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			
58.5			
63			
70			

80						
90						
90+						