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Bench Deadlift TOTAL 0+kg/UNL Squat					
Bench Deadlift TOTAL 0+kg/UNL Squat	90kg/198.2lb	Squat			
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TOTAL 0+kg/UNL Squat					
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Dench	90+kg/UNL				
Deadlift					
TOTAL					

	1.16	WOME		NS 16-17	
Weight 44kg/97lb	Lift	Kgs	Lbs	Name	Date
44Kg/971b	Squat Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
Ū	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat				
e	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
52.5Kg/101.7Ib	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
JUTRY/UNL	Bench				
	Deadlift				
	Dougint				

		WOMEN	I T <u>EEN</u>	S 18-19	
Weight	Lift	Kgs		Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL	120.0 55.0 142.5 317.5	121.0 314.1	Julia Bird Julia Bird Julia Bird Julia Bird	11/12/23 11/12/23 11/12/23 11/12/23

		WOMEN		ORS 20-23	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift				
	TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				