		ION 1 (SING		RDS - POLICE ) RECORDS N	
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	BMASTERS	6 - WO <u>MI</u>	EN 35-39	
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				10.44			
Weight	Lift		RS - WC	MEN 4 Lbs	<b>-44</b> N	ame	Date	
44kg/97lb	Squat Bench Deadlift TOTAL	Κι	<u>jo</u>	100		ante	ναισ	

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	MAGTE			45.40		
Woight	Lift	MASTE		Lbs	45-49	Namo	Data
Weight 44kg/97lb	Squat Bench Deadlift TOTAL	Kg	3	LUS		Name	Date
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				
	1.16	MASTERS -		50-54	
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							
Weight	Lift	MASTE		Lbs	55-59	Name	Date	
44kg/97lb	Squat Bench Deadlift TOTAL	Kg	<u>.</u>	200		tanio	Dale	
48kg/105.7lb	Squat Bench Deadlift TOTAL							
52kg/114.5lb	Squat Bench							

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				
		MASTERS -		60-64	
Weight 44kg/97lb	Lift Squat Bench Deadlift TOTAL	Kgs	Lbs	Name	Date
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	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		NOMEN	65 60	
Weight	TOTAL	MASTER - V		65-69 Name	Date
Weight 44kg/97lb		MASTER - V Kgs	VOMEN Lbs	65-69 Name	Date
Weight 44kg/97lb 48kg/105.7lb	TOTAL Lift Squat Bench Deadlift				Date
44kg/97lb	TOTAL Lift Squat Bench Deadlift TOTAL Squat Bench Deadlift				Date
44kg/97lb 48kg/105.7lb	TOTAL Lift Squat Bench Deadlift TOTAL Squat Bench Deadlift TOTAL Squat Bench Deadlift				Date

	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				
Weight	Lift	MASTER - <sup>V</sup> Kgs	WOMEN Lbs	70-74 Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL	1.95	LUS	Name	Date
	Squat Bench Deadlift	rigo	LUS	Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL Squat Bench Deadlift	1.95	LUS	Name	Date
44kg/97lb 48kg/105.7lb	Squat Bench Deadlift TOTAL Squat Bench Deadlift TOTAL Squat Bench Deadlift	1.95	LUS	Name	Date
44kg/97lb 48kg/105.7lb 52kg/114.5lb	Squat Bench Deadlift TOTAL Squat Bench Deadlift TOTAL Squat Bench Deadlift TOTAL Squat Bench Deadlift	1.95		Name	

	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				
			- WOMEN	75-79	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift				
	TOTAL				
48kg/105.7lb					
48kg/105.7lb 52kg/114.5lb	TOTAL Squat Bench Deadlift				
	TOTAL Squat Bench Deadlift TOTAL Squat Bench Deadlift				
52kg/114.5lb	TOTAL Squat Bench Deadlift TOTAL Squat Bench Deadlift Squat Bench Deadlift				

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	MACTEDO			
Weight	Lift	MASTERS Kgs	- WOMEN 80 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