

Open Women

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105.5kg	PHAN, Maria	07-Mar-26			
	Bench	52.5kg					
	Deadlift	130kg	PHAN, Maria	07-Mar-26			
	Total	288kg	PHAN, Maria	07-Mar-26			
52kg	Squat	100kg					
	Bench	52.5kg					
	Deadlift	125kg					
	Total	272.5kg					
56kg	Squat	107.5kg	LI, Pam	25-Apr-25	105kg	MUDIE,Kate	22-Mar-25
	Bench	57.5kg	LI, Pam	25-Apr-25	52.5kg	MUDIE,Kate	22-Mar-25
	Deadlift	140kg	LI, Pam	25-Apr-25	130kg	MUDIE,Kate	22-Mar-25
	Total	305kg	LI, Pam	25-Apr-25	287.5kg	MUDIE,Kate	22-Mar-25
60kg	Squat	105kg					
	Bench	57.5kg					
	Deadlift	145kg					
	Total	302.5kg					
67.5kg	Squat	155kg					
	Bench	95kg					
	Deadlift	187.5kg					
	Total	437.5kg					
75kg	Squat	161kg					
	Bench	87.5kg					
	Deadlift	185kg					
	Total	415.5kg					
82.5kg	Squat	172.5kg					
	Bench	92.5kg					
	Deadlift	200kg					
	Total	447.5kg					
90kg	Squat	170kg					
	Bench	85kg					
	Deadlift	182.5kg					
	Total	435kg					
100kg	Squat	95kg					
	Bench	67.5kg					
	Deadlift	170kg					
	Total	327.5kg					
110kg	Squat	130kg					
	Bench	67.5kg					
	Deadlift	177.5kg					
	Total	367.5kg					
110+kg	Squat	150kg					
	Bench	100kg					
	Deadlift	213kg					
	Total	462.5kg					

Sub Teen Women (10-12)

Unofficial WPC

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	80kg					
	Bench	42.5kg					
	Deadlift	110kg					
	Total	232.5kg					
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Teenage 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	80kg					
	Bench	42.5kg					
	Deadlift	90kg					
	Total	212.5kg					
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	85kg					
	Bench	45kg					
	Deadlift	130kg					
	Total	260kg					
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						

Teenage 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	105kg					
	Bench	50kg					
	Deadlift	130kg					
	Total	272.5kg					
67.5kg	Squat	100kg					
	Bench	70kg					
	Deadlift	112.5kg					
	Total	280kg					
75kg	Squat	92.5kg					
	Bench	35kg					
	Deadlift	112.5kg					
	Total	240kg					
82.5kg	Squat	100kg					
	Bench	45kg					
	Deadlift	130kg					
	Total	275kg					
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Women (18-19)

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	95kg					
	Bench	52.5kg					
	Deadlift	125kg					
	Total	262.5kg					
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	65kg					
	Bench	37.5kg					
	Deadlift	95kg					
	Total	187.5kg					
67.5kg	Squat	70kg					
	Bench	47.5kg					
	Deadlift	105kg					
	Total	222.5kg					
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						

Junior Women (20-23)

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	100kg					
	Bench	52.5kg					
	Deadlift	120kg					
	Total	272.5kg					
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	127.5kg					
	Bench	67.5kg					
	Deadlift	140kg					
	Total	335kg					
75kg	Squat	122.5kg					
	Bench	65kg					
	Deadlift	150kg					
	Total	335kg					
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						

Senior Women (24-32)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	90kg					
	Bench	52.5kg					
	Deadlift	110kg					
	Total	252.5kg					
52kg	Squat	60kg					
	Bench	35kg					
	Deadlift	75kg					
	Total	167.5kg					
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	105kg					
	Bench	52.5kg					
	Deadlift	145kg					
	Total	302.5kg					
67.5kg	Squat	100kg					
	Bench	62.5kg					
	Deadlift	120kg					
	Total	280kg					
75kg	Squat	145kg					
	Bench	87.5kg					
	Deadlift	175kg					
	Total	407.5kg					
82.5kg	Squat	125kg					
	Bench	92.5kg					
	Deadlift	180kg					
	Total	397.5kg					
90kg	Squat	165kg					
	Bench	82.5kg					
	Deadlift	182.5kg					
	Total	430kg					
100kg	Squat	82.5kg					
	Bench	67.5kg					
	Deadlift	140kg					
	Total	290kg					
110kg	Squat	100kg					
	Bench	50kg					
	Deadlift	130kg					
	Total	275kg					
110+kg	Squat	150kg					
	Bench	100kg					
	Deadlift	213kg					
	Total	462.5kg					

Sub Masters Women (33-39)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105.5kg	PHAN, Maria	07-Mar-26			
	Bench	52.5kg	PHAN, Maria	07-Mar-26			
	Deadlift	130kg	PHAN, Maria	07-Mar-26			
	Total	288kg	PHAN, Maria	07-Mar-26			
52kg	Squat	85kg					
	Bench	50kg					
	Deadlift	125kg					
	Total	260kg					
56kg	Squat	105kg	MUDIE,Kate	22-Mar-25			
	Bench	55kg	MUDIE,Kate	02-Aug-25	52.5kg	MUDIE,Kate	22-Mar-25
	Deadlift	132.5kg	MUDIE,Kate	02-Aug-25	130kg	MUDIE,Kate	22-Mar-25
	Total	287.5kg	MUDIE,Kate	22-Mar-25			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	100kg					
	Bench	55kg					
	Deadlift	130kg					
	Total	285kg					
75kg	Squat	140kg					
	Bench	75kg					
	Deadlift	180.5					
	Total	383kg					
82.5kg	Squat	172.5kg					
	Bench	75kg					
	Deadlift	200kg					
	Total	447.5kg					
90kg	Squat	170kg					
	Bench	70kg					
	Deadlift	150kg					
	Total	330kg					
100kg	Squat	95kg					
	Bench	67.5kg					
	Deadlift	170kg					
	Total	327.5kg					
110kg	Squat	130kg					
	Bench	67.5kg					
	Deadlift	177.5kg					
	Total	367.5kg					
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (40-44)

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	110.5kg					
	Bench	67.5kg					
	Deadlift	160kg					
	Total	338kg					
75kg	Squat	161kg					
	Bench	85kg					
	Deadlift	185kg					
	Total	415.5kg					
82.5kg	Squat	75kg					
	Bench	45kg					
	Deadlift	117.5kg					
	Total	237.5kg					
90kg	Squat	60kg					
	Bench	47.5kg					
	Deadlift	120kg					
	Total	227.5kg					
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	135kg	McSHANE-MURPHY, Melissa	01-Aug-25	120kg	McSHANE-MURPHY, Melissa	22-Mar-25
	Bench	72.5kg	McSHANE-MURPHY, Melissa	01-Aug-25	70kg	McSHANE-MURPHY, Melissa	22-Mar-25
	Deadlift	152.5kg	McSHANE-MURPHY, Melissa	01-Aug-25	150kg	McSHANE-MURPHY, Melissa	22-Mar-25
	Total	360kg	McSHANE-MURPHY, Melissa	01-Aug-25	340kg	McSHANE-MURPHY, Melissa	22-Mar-25

Masters Women (45-49)

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	105kg					
	Bench	60kg					
	Deadlift	140kg					
	Total	302.5kg					
75kg	Squat	110kg	HORSFALL, Megan	22-Mar-25			
	Bench	52.5kg	HORSFALL, Megan	22-Mar-25			
	Deadlift	137.5kg	HORSFALL, Megan	22-Mar-25			
	Total	300kg	HORSFALL, Megan	22-Mar-25			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	130kg	ALBERT, Michaela	01-Aug-25	127.5kg	ALBERT, Michaela	22-Mar-25
	Bench	80kg	ALBERT, Michaela	01-Aug-25	77.5kg	ALBERT, Michaela	22-Mar-25
	Deadlift	170kg	ALBERT, Michaela	01-Aug-25	125kg	ALBERT, Michaela	22-Mar-25
	Total	377.5kg	ALBERT, Michaela	01-Aug-25	330kg	ALBERT, Michaela	22-Mar-25

Masters Women (50-54)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	70kg					
	Bench	52.5kg					
	Deadlift	87.5kg					
	Total	210kg					
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	85kg	CAMERON, Amanda	22-Nov-25			
	Bench	52.5kg	CAMERON, Amanda	22-Nov-25			
	Deadlift	120kg	CAMERON, Amanda	22-Nov-25			
	Total	257.5	CAMERON, Amanda	22-Nov-25			
60kg	Squat	95kg					
	Bench	57.5kg					
	Deadlift	140kg					
	Total	292.5kg					
67.5kg	Squat	120kg	HORSFALL, Megan	01-Aug-25			
	Bench	60kg	HORSFALL, Megan	01-Aug-25			
	Deadlift	130kg	HORSFALL, Megan	01-Aug-25			
	Total	310kg	HORSFALL, Megan	01-Aug-25			
75kg	Squat	80kg					
	Bench	62.5kg					
	Deadlift	127.5kg					
	Total	270kg					
82.5kg	Squat	92.5kg					
	Bench	67.5kg					
	Deadlift	120kg					
	Total	277.5kg					
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (55-59)

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	107.5kg	LI, Pam	25-Apr-25			
	Bench	57.5kg	LI, Pam	25-Apr-25			
	Deadlift	140kg	LI, Pam	25-Apr-25			
	Total	305kg	LI, Pam	25-Apr-25			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	155kg					
	Bench	95kg					
	Deadlift	187.5kg					
	Total	437.5kg					
75kg	Squat	100kg	ALDAMIZ, Connie	01-Aug-25			
	Bench	42.5kg	ALDAMIZ, Connie	01-Aug-25			
	Deadlift	117.5kg	ALDAMIZ, Connie	01-Aug-25			
	Total	260kg	ALDAMIZ, Connie	01-Aug-25			
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						

Masters 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	47.5kg					
	Bench	30kg					
	Deadlift	102.5kg					
	Total	177.5kg					
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						

Masters 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	82.5kg					
	Bench	55kg					
	Deadlift	117.5kg					
	Total	250kg					
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	65kg					
	Bench	45kg					
	Deadlift	130kg					
	Total	240kg					
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 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						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (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						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 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						

Masters 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						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						