

Open Women

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	95kg	LI, Pam	25-Apr-21	85kg	KONTOS, Marii	14-May-16
	Bench	50kg	LI, Pam	25-Apr-21	45kg	KONTOS, Marii	14-May-16
	Deadlift	120kg	LI, Pam	25-Apr-21	117.5kg	KONTOS, Marii	14-May-16
	Total	265kg	LI, Pam	25-Apr-21	247.5kg	KONTOS, Marii	14-May-16
52kg	Squat	105kg	LI, Pam	25-Apr-22	102.5kg	WAGSTAFF, Yvonne	15-Aug-15
	Bench	57.5kg	WAGSTAFF, Yvonne	15-Aug-15	53kg	PEISL, Marianne	01-Aug-14
	Deadlift	140kg	WAGSTAFF, Yvonne	15-Aug-15	135kg	WAGSTAFF, Yvonne	09-May-15
	Total	297.5kg	WAGSTAFF, Yvonne	15-Aug-15	290kg	WAGSTAFF, Yvonne	09-May-15
56kg	Squat	127.5kg	WILKINS, Sharon	15-Aug-15	125kg	WILKINS, Sharon	09-May-15
	Bench	75kg	WILKINS, Sharon	15-Aug-15	72.5kg	WILKINS, Sharon	09-May-15
	Deadlift	177.5kg	WILKINS, Sharon	15-Aug-15	172.5kg	WILKINS, Sharon	09-May-15
	Total	380kg	WILKINS, Sharon	15-Aug-15	370kg	WILKINS, Sharon	09-May-15
60kg	Squat	125kg	GLASGOW, Tate	19-May-18	115kg	LANG, Madeleine	12-Aug-17
	Bench	70kg	MCCORMACK, Liz	13-Aug-23	67.5kg	MCCORMACK, Liz	15-Apr-23
	Deadlift	165kg	MCCORMACK, Liz	13-Aug-23	160kg	GLASGOW, Tate	19-May-18
	Total	360kg	MCCORMACK, Liz	13-Aug-23	347.5kg	MCCORMACK, Liz	15-Apr-23
67.5kg	Squat	160kg	SUA, Etta	21-Aug-22	137.5kg	MURACA, Jo	20-May-17
	Bench	100kg	MCKENZIE, Jiuliana	25-Apr-18	72.5kg	BARBA, Maria	10-May-14
	Deadlift	185kg	MURACA, Jo	11-Aug-17	182.5kg	MURACA, Jo	20-May-17
	Total	410kg	MURACA, Jo	11-Aug-17	397.5kg	MURACA, Jo	20-May-17
75kg	Squat	190kg	MAXEY, Melissa	25-Apr-22	150kg	FITZPATRICK, Frances	01-Aug-14
	Bench	88kg	MAXEY, Melissa	25-Apr-22	75kg	FITZPATRICK, Frances	01-Aug-14
	Deadlift	215kg	FITZPATRICK, Frances	21-Nov-14	202.5kg	FITZPATRICK, Frances	01-Aug-14
	Total	440.5kg	MAXEY, Melissa	25-Apr-22	427.5kg	FITZPATRICK, Frances	01-Aug-14
82.5kg	Squat	190kg	BARCLAY, Ingrid	22-May-21	178kg	MAXEY, Melissa	25-Apr-19
	Bench	95kg	BARCLAY, Ingrid	22-May-21	85kg	LAIDLER, Rebecca	12-Aug-17
	Deadlift	215kg	BARCLAY, Ingrid	22-May-21	167.5kg	VAN DER POLL, Gigi	17-Aug-19
	Total	500kg	BARCLAY, Ingrid	22-May-21	414.5kg	MAXEY, Melissa	25-Apr-19
90kg	Squat	160kg	HERMSEN, Mel	02-Mar-24	122.5kg	PROUD, Taegan	25-Apr-17
	Bench	80kg	HERMSEN, Mel	02-Mar-24	60kg	PROUD, Taegan	11-Aug-17
	Deadlift	160kg	HERMSEN, Mel	02-Mar-24	150kg	PROUD, Taegan	11-Aug-17
	Total	400kg	HERMSEN, Mel	02-Mar-24	332.5kg	PROUD, Taegan	11-Aug-17
100kg	Squat	150kg	LIKI, Edwina	15-Apr-23			
	Bench	60kg	LIKI, Edwina	15-Apr-23			
	Deadlift	180kg	LIKI, Edwina	13-Aug-23	170kg	LIKI, Edwina	15-Apr-23
	Total	385kg	LIKI, Edwina	13-Aug-23	380kg	LIKI, Edwina	15-Apr-23
110kg	Squat	195kg	TOLEAFOA, Marakesh	13-Aug-23	190kg	TOLEAFOA, Marakesh	15-Apr-23
	Bench	92.5kg	BULZOMI, Franca	21-Aug-22	70kg	HUMBLE, Abbey	25-Apr-22
	Deadlift	190kg	TOLEAFOA, Marakesh	13-Aug-23	175kg	HUMBLE, Abbey	25-Apr-22
	Total	457.5kg	TOLEAFOA, Marakesh	13-Aug-23	425kg	TOLEAFOA, Marakesh	15-Apr-23
110+kg	Squat	190kg	PALETUA, Alyshianna	13-Aug-23	150kg	MURRAY, Alexandra	25-Apr-22
	Bench	105kg	PALETUA, Alyshianna	13-Aug-23	55kg	MURRAY, Alexandra	25-Apr-22
	Deadlift	220kg	PALETUA, Alyshianna	13-Aug-23	122.5kg	MURRAY, Alexandra	25-Apr-22
	Total	515kg	PALETUA, Alyshianna	13-Aug-23	327.5kg	MURRAY, Alexandra	25-Apr-22

Sub Teen Women (10-12)

Unofficial WPC

RAW PLUS (Knee Wraps or Knee Sleeves)

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						

Teenage Women (13-15)

RAW PLUS (Knee Wraps or Knee Sleeves)

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						

Teenage Women (16-17)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	112.5kg	SMALLMAN, Chloe	25-Apr-18			
	Bench	55kg	SMALLMAN, Chloe	25-Apr-18			
	Deadlift	142.5kg	SMALLMAN, Chloe	25-Apr-18			
	Total	310kg	SMALLMAN, Chloe	25-Apr-18			
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 (18-19)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	107.5kg	VOUDIOTIS, Peej	11-Aug-23	100kg	VOUDIOTIS, Peej	15-Apr-23
	Bench	45kg	VOUDIOTIS, Peej	11-Aug-23	42.5kg	VOUDIOTIS, Peej	15-Apr-23
	Deadlift	125kg	VOUDIOTIS, Peej	15-Apr-23			
	Total	265kg	VOUDIOTIS, Peej	11-Aug-23	260kg	VOUDIOTIS, Peej	15-Apr-23
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						

Junior Women (20-23)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	100kg	HARRINGTON, Monique	28-May-22			
	Bench	47.5kg	HARRINGTON, Monique	28-May-22			
	Deadlift	125kg	HARRINGTON, Monique	28-May-22			
	Total	272.5kg	HARRINGTON, Monique	28-May-22			
67.5kg	Squat	130kg	KUES, Chloe	03-Jun-23	122.5kg	PALMERO, Izabella	25-Apr-23
	Bench	65kg	PALMERO, Izabella	25-Apr-23	35kg	ISAACS, Georgia	25-Apr-19
	Deadlift	162.5kg	PALMERO, Izabella	25-Apr-23	110kg	ISAACS, Georgia	25-Apr-19
	Total	350kg	PALMERO, Izabella	25-Apr-23	217.5kg	ISAACS, Georgia	25-Apr-19
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	130kg	LAILLER, Rebecca	12-Aug-17	125kg	LAILLER, Rebecca	25-Apr-17
	Bench	85kg	LAILLER, Rebecca	12-Aug-17	82.5kg	LAILLER, Rebecca	25-Apr-17
	Deadlift	155kg	LAILLER, Rebecca	25-Apr-17			
	Total	360kg	LAILLER, Rebecca	25-Apr-17			
90kg	Squat	120kg	WILSON, Cindy	21-Aug-22	100kg	WILSON, Cindy	28-May-22
	Bench	57.5kg	WILSON, Cindy	21-Aug-22	52.5kg	WILSON, Cindy	28-May-22
	Deadlift	137.5kg	WILSON, Cindy	28-May-22			
	Total	312.5kg	WILSON, Cindy	21-Aug-22	290kg	WILSON, Cindy	28-May-22
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Senior Women (24-32)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	85kg	KONTOS, Maria	14-May-16			
	Bench	45kg	KONTOS, Maria	14-May-16			
	Deadlift	117.5kg	KONTOS, Maria	14-May-16			
	Total	247.5kg	KONTOS, Maria	14-May-16			
52kg	Squat	65kg	MAZIN, Vered	25-Apr-19			
	Bench	50kg	MAZIN, Vered	25-Apr-19			
	Deadlift	92.5kg	MAZIN, Vered	25-Apr-19			
	Total	207.5kg	MAZIN, Vered	25-Apr-19			
56kg	Squat	122.5kg	SPEIGHT, Aisling	25-Apr-18	95kg	LAFORTEZA, Trish	26-Sep-15
	Bench	75kg	SPEIGHT, Aisling	25-Apr-18	47.5kg	LAFORTEZA, Trish	26-Sep-15
	Deadlift	135kg	SPEIGHT, Aisling	25-Apr-18	117.5kg	LAFORTEZA, Trish	26-Sep-15
	Total	332.5kg	SPEIGHT, Aisling	25-Apr-18	260kg	LAFORTEZA, Trish	26-Sep-15
60kg	Squat	115kg	LANG, Madeleine	12-Aug-17	110kg	FATONE, Annette	25-Apr-17
	Bench	65kg	LANG, Madeleine	12-Aug-17	52.5kg	FATONE, Annette	25-Apr-17
	Deadlift	145kg	LANG, Madeleine	12-Aug-17	140kg	FATONE, Annette	25-Apr-17
	Total	325kg	LANG, Madeleine	12-Aug-17	302.5kg	FATONE, Annette	25-Apr-17
67.5kg	Squat	160kg	SUA, Etta	21-Aug-22			
	Bench	70kg	SUA, Etta	21-Aug-22			
	Deadlift	177.5kg	SUA, Etta	21-Aug-22			
	Total	407.5kg	SUA, Etta	21-Aug-22			
75kg	Squat	110kg	TAYLOR, Kalila	25-Apr-17			
	Bench	50kg	TAYLOR, Kalila	25-Apr-17			
	Deadlift	130kg	TAYLOR, Kalila	25-Apr-17			
	Total	290kg	TAYLOR, Kalila	25-Apr-17			
82.5kg	Squat	120kg	TAYLOR, Kalila	25-Apr-18			
	Bench	60kg	DI RACO, Stephanie	25-Apr-23	55kg	XUEREZ, Jessica	25-Apr-19
	Deadlift	140kg	TAYLOR, Kalila	25-Apr-18			
	Total	312.5kg	TAYLOR, Kalila	25-Apr-18			
90kg	Squat	100kg	HULL, Lucy	14-May-16			
	Bench	65kg	HULL, Lucy	14-May-16			
	Deadlift	107.5kg	HULL, Lucy	14-May-16			
	Total	272.5kg	HULL, Lucy	14-May-16			
100kg	Squat	150kg	LIKI, Edwina	15-Apr-23			
	Bench	60kg	LIKI, Edwina	15-Apr-23			
	Deadlift	180kg	LIKI, Edwina	13-Aug-23	170kg	LIKI, Edwina	15-Apr-23
	Total	385kg	LIKI, Edwina	13-Aug-23	380kg	LIKI, Edwina	15-Apr-23
110kg	Squat	190kg	TOLEAFOA, Marakesh	15-Apr-23	152.5kg	HUMBLE, Abbey	25-Apr-22
	Bench	72.5kg	MURRAY, Alexandra	13-Aug-23	70kg	HUMBLE, Abbey	25-Apr-22
	Deadlift	175kg	HUMBLE, Abbey	25-Apr-22			
	Total	425kg	TOLEAFOA, Marakesh	15-Apr-23	397.5kg	HUMBLE, Abbey	25-Apr-22
110+kg	Squat	190kg	PALETUA, Alyshianna	13-Aug-23			
	Bench	105kg	PALETUA, Alyshianna	13-Aug-23			
	Deadlift	220kg	PALETUA, Alyshianna	13-Aug-23			
	Total	515kg	PALETUA, Alyshianna	13-Aug-23			

Sub Master Women (33-39)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	127.5kg	WILKINS, Sharon	15-Aug-15	125kg	WILKINS, Sharon	09-May-15
	Bench	75kg	WILKINS, Sharon	15-Aug-15	72.5kg	WILKINS, Sharon	09-May-15
	Deadlift	177.5kg	WILKINS, Sharon	15-Aug-15	172.5kg	WILKINS, Sharon	09-May-15
	Total	380kg	WILKINS, Sharon	15-Aug-15	370kg	WILKINS, Sharon	09-May-15
60kg	Squat	125.5kg	SALIBA, Daniella	25-Apr-19	100.5kg	CHAN, Lily	12-Aug-17
	Bench	70kg	MCCORMACK, Liz	13-Aug-23	67.5kg	MCCORMACK, Liz	15-Apr-23
	Deadlift	165kg	MCCORMACK, Liz	13-Aug-23	160kg	MCCORMACK, Liz	15-Apr-23
	Total	360kg	MCCORMACK, Liz	13-Aug-23	347.5kg	MCCORMACK, Liz	15-Apr-23
67.5kg	Squat	120kg	STRAHAN, Bianca	25-Apr-19			
	Bench	62.5kg	STRAHAN, Bianca	25-Apr-19			
	Deadlift	135kg	STRAHAN, Bianca	25-Apr-19			
	Total	317.5kg	STRAHAN, Bianca	25-Apr-19			
75kg	Squat	140kg	HETA, Louise	25-Apr-21			
	Bench	70kg	HETA, Louise	25-Apr-21			
	Deadlift	130kg	HETA, Louise	25-Apr-21			
	Total	340kg	HETA, Louise	25-Apr-21			
82.5kg	Squat	125kg	PROUD, Taegan	20-May-17			
	Bench	57.5kg	PROUD, Taegan	20-May-17			
	Deadlift	145kg	PROUD, Taegan	20-May-17			
	Total	327.5kg	PROUD, Taegan	20-May-17			
90kg	Squat	122.5kg	PROUD, Taegan	25-Apr-17			
	Bench	122.5kg	PROUD, Taegan	25-Apr-17	58kg	PROUD, Taegan	25-Apr-17
	Deadlift	60kg	PROUD, Taegan	11-Aug-17	145kg	PROUD, Taegan	25-Apr-17
	Total	150kg	PROUD, Taegan	11-Aug-17	325.5kg	PROUD, Taegan	25-Apr-17
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	195kg	TOLEAFOA, Marakesh	13-Aug-23	155kg	BULZOMI, Franca	21-Aug-22
	Bench	92.5kg	BULZOMI, Franca	21-Aug-22			
	Deadlift	190kg	TOLEAFOA, Marakesh	13-Aug-23	162.5kg	BULZOMI, Franca	21-Aug-22
	Total	457.5kg	TOLEAFOA, Marakesh	13-Aug-23	410kg	BULZOMI, Franca	21-Aug-22
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS - WOMEN

3-LIFT - RAW PLUS

Masters Women (40-44)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	125kg	FLEMING, Danielle	25-Apr-22	100kg	FRISINA, Daniela	25-Apr-19
	Bench	70kg	FLEMING, Danielle	25-Apr-22	60kg	FRISINA, Daniela	25-Apr-19
	Deadlift	160kg	FLEMING, Danielle	25-Apr-22	135kg	FRISINA, Daniela	25-Apr-19
	Total	355kg	FLEMING, Danielle	25-Apr-22	295kg	FRISINA, Daniela	25-Apr-19
60kg	Squat	125kg	GLASGOW, Tate	19-May-18			
	Bench	55kg	GLASGOW, Tate	19-May-18			
	Deadlift	160kg	GLASGOW, Tate	19-May-18			
	Total	340kg	GLASGOW, Tate	19-May-18			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	190kg	MAXEY, Melissa	25-Apr-22	150kg	FITZPATRICK,Frances	01-Aug-14
	Bench	88kg	MAXEY, Melissa	25-Apr-22	75kg	FITZPATRICK,Frances	01-Aug-14
	Deadlift	215kg	FITZPATRICK,Frances	21-Nov-14	202.5kg	FITZPATRICK,Frances	01-Aug-14
	Total	440.5kg	MAXEY, Melissa	25-Apr-22	427.5kg	FITZPATRICK,Frances	01-Aug-14
82.5kg	Squat	178kg	MAXEY, Melissa	25-Apr-19			
	Bench	85kg	MAXEY, Melissa	25-Apr-19			
	Deadlift	167.5kg	VAN DER POLL, Gigi	17-Aug-19	160kg	VAN DER POLL, Gigi	18-May-19
	Total	414.5kg	MAXEY, Melissa	25-Apr-19			
90kg	Squat	160kg	HERMSEN, Mel	02-Mar-24			
	Bench	80kg	HERMSEN, Mel	02-Mar-24			
	Deadlift	160kg	HERMSEN, Mel	02-Mar-24			
	Total	400kg	HERMSEN, Mel	02-Mar-24			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (45-49)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	102.5kg	WAGSTAFF, Yvonne	15-Aug-15	100kg	WAGSTAFF, Yvonne	09-May-15
	Bench	57.5kg	WAGSTAFF, Yvonne	15-Aug-15	53kg	PEISL, Marianne	01-Aug-14
	Deadlift	140kg	WAGSTAFF, Yvonne	15-Aug-15	135kg	WAGSTAFF, Yvonne	09-May-15
	Total	297.5kg	WAGSTAFF, Yvonne	15-Aug-15	290kg	WAGSTAFF, Yvonne	09-May-15
56kg	Squat	87.5kg	MARKOPOULOS, Nina	27-Aug-11			
	Bench	65kg	MARKOPOULOS, Nina	27-Aug-11			
	Deadlift	115kg	MARKOPOULOS, Nina	27-Aug-11			
	Total	265kg	MARKOPOULOS, Nina	27-Aug-11			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	150kg	BARBA, Maria	21-Nov-14	125kg	BARBA, Maria	01-Aug-14
	Bench	100kg	MCKENZIE, Jiuliana	21-Nov-14	72.5kg	BARBA, Maria	10-May-14
	Deadlift	155kg	BARBA, Maria	21-Nov-14	130kg	BARBA, Maria	10-May-14
	Total	390kg	BARBA, Maria	21-Nov-14	322.5kg	BARBA, Maria	10-May-14
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	190kg	MAXEY, Melissa	25-Apr-24	152.5kg	MERCER, Kaye	05-Aug-23
	Bench	102.5kg	MAXEY, Melissa	25-Apr-24	76.5kg	MERCER, Kaye	03-Jun-23
	Deadlift	180kg	MAXEY, Melissa	25-Apr-24	170kg	MERCER, Kaye	05-Aug-23
	Total	460.5kg	MAXEY, Melissa	25-Apr-24	397.5kg	MERCER, Kaye	05-Aug-23
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (50-54)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	95kg	LI, Pam	25-Apr-21			
	Bench	50kg	LI, Pam	25-Apr-21			
	Deadlift	120kg	LI, Pam	25-Apr-21			
	Total	265kg	LI, Pam	25-Apr-21			
52kg	Squat	105kg	Li, Pam	25-Apr-22	85kg	PIESL, Marianne	10-Aug-13
	Bench	52.5kg	Li, Pam	21-Aug-22	50kg	PIESL, Marianne	10-Aug-13
	Deadlift	135.5kg	Li, Pam	21-Aug-22	135kg	Li, Pam	25-Apr-22
	Total	290kg	Li, Pam	25-Apr-22			
56kg	Squat	115kg	PARYGINA, Anna	25-Apr-24	110kg	LI, Pam	25-Apr-23
	Bench	65kg	PARYGINA, Anna	25-Apr-24	60kg	PARYGINA, Anna	03-Jun-23
	Deadlift	140kg	PARYGINA, Anna	25-Apr-24	137.5kg	LI, Pam	25-Apr-23
	Total	318kg	PARYGINA, Anna	25-Apr-24	300kg	LI, Pam	25-Apr-23
60kg	Squat	102.5kg	PARYGINA, Anna	22-May-21			
	Bench	52.5kg	PARYGINA, Anna	22-May-21			
	Deadlift	115kg	PARYGINA, Anna	22-May-21			
	Total	270kg	PARYGINA, Anna	22-May-21			
67.5kg	Squat	145kg	MURACA, Jo	11-Aug-17	137.5kg	MURACA, Jo	20-May-17
	Bench	80kg	MURACA, Jo	20-May-17	70kg	MURACA, Jo	13-Aug-16
	Deadlift	185kg	MURACA, Jo	11-Aug-17	182.5kg	MURACA, Jo	20-May-17
	Total	410kg	MURACA, Jo	11-Aug-17	397.5kg	MURACA, Jo	20-May-17
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	190kg	BARCLAY, Ingrid	22-May-21			
	Bench	95kg	BARCLAY, Ingrid	22-May-21			
	Deadlift	215kg	BARCLAY, Ingrid	22-May-21			
	Total	500kg	BARCLAY, Ingrid	22-May-21			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	35kg	WHITEWAY, Allison	25-Apr-19			
	Bench	35kg	WHITEWAY, Allison	25-Apr-19			
	Deadlift	85kg	WHITEWAY, Allison	25-Apr-19			
	Total	152.5kg	WHITEWAY, Allison	25-Apr-19			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (55-59)

RAW PLUS (Knee Wraps or Knee Sleeves)

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 (60-64)

RAW PLUS (Knee Wraps or Knee Sleeves)

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 (65-69)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	80kg	MAGRI, Pauline	25-Apr-19			
	Bench	47.5kg	MAGRI, Pauline	25-Apr-19			
	Deadlift	145kg	MAGRI, Pauline	25-Apr-19			
	Total	272.5kg	MAGRI, Pauline	25-Apr-19			
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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	40kg	MCGHEE, Helen	25-Apr-17			
	Bench	35kg	MCGHEE, Helen	25-Apr-17			
	Deadlift	65kg	MCGHEE, Helen	25-Apr-17			
	Total	140kg	MCGHEE, Helen	25-Apr-17			
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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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						