

# CAPO VIC STATE RECORDS - WOMEN

# SINGLE LIFT COMPETITION - DEADLIFT

## Open Women

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Deadlift									
48kg	Deadlift	127.5kg	NOWAK, Lauren	09-Dec-17				95kg	COLLIVER, Tegan	08-Dec-01
52kg	Deadlift	145kg	CHAN, Lily	10-Dec-16						
56kg	Deadlift	180kg	WILKINS, Sharon	05-Dec-15	157.5kg	PARYGINA, Anna	07-Dec-24			
60kg	Deadlift	180kg	YOUNG, Taylor	09-Mar-14						
67.5kg	Deadlift	200kg	DINAKIS, Freda	09-Mar-14	190kg	POSTLETHWAITE, Siobhan	06-Dec-25	142.5kg	MARTIN, Sinead	07-Dec-19
75kg	Deadlift	190kg	TYRRELL, Lauren	10-Dec-19						
82.5kg	Deadlift	225kg	BARCLAY, Ingrid	07-Dec-22	155kg	BLACKTHORN, Elizabeth	07-Dec-19	190kg	XUEREB, Jessica	15-Apr-23
90kg	Deadlift	228kg	BARCLAY, Ingrid	12-Dec-20				200kg	XUEREB, Jessica	07-Dec-24
100kg	Deadlift	150kg	CROPLEY, Cassandra	08-Dec-18	135kg	ROSS, Jessica	25-Apr-22			
110kg	Deadlift	170.5kg	AITKEN, Brooke	07-Dec-13	145kg	BROWN, Alison	07-Dec-19	140kg	MURRAY, Alexandra	07-Dec-24
110+kg	Deadlift	205kg	CROUCH, Janelle	07-Dec-24	200kg	ANTONIO, Haylee	07-Dec-24			

## Sub Teen Women (10-12) Unofficial WPC

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Deadlift	62.5kg	RAY,Charlie	25-Apr-22						
48kg	Deadlift	80kg	RAY,Charlie	09-Dec-23						
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	100.5kg	JEFFERY, Imogen	07-Dec-24						
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift	95kg	MURPHY, Sienna	09-Dec-23						
110kg	Deadlift									
110+kg	Deadlift									

## Teenage 1 Women (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Deadlift									
48kg	Deadlift	95kg	WYNNE, Zara	07-Dec-24						
52kg	Deadlift	80kg	TORCASIO, Andie	10-Dec-22						
56kg	Deadlift	85kg	MAYER, Arielle	10-Dec-22						
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	122.5kg	SMALLMAN, Chole	09-Dec-17						
82.5kg	Deadlift	120kg	JEFFERY, Imogen	06-Dec-25						
90kg	Deadlift	135kg	SCARDAMAGLIA, Monique	25-Apr-21						
100kg	Deadlift									
110kg	Deadlift	85kg	MURPHY,Izzy	07-Dec-24						
110+kg	Deadlift									

## Teenage 2 Women (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift	125kg	RIZZOTTO, Grace	08-Dec-18						
56kg	Deadlift									
60kg	Deadlift	122.5kg	STEPHENS, Amber	09-Dec-17						
67.5kg	Deadlift	75kg	THISLETHWAITE, Emily	25-Apr-21	85kg	JOHNSON, Mia	25-Apr-21	87.5kg	JOHNSON, Mia	22-May-21
75kg	Deadlift	112.5kg	ABDULLAH, Jasmine	28-May-22						
82.5kg	Deadlift									
90kg	Deadlift	105kg	PICAK, Natalie	11-Dec-21						
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

## Teenage 3 Women (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Deadlift									
48kg	Deadlift	95kg	DEMARZO, Zoe	10-Dec-16						
52kg	Deadlift									
56kg	Deadlift	150kg	MIM NGUYEN, Cindy	06-Dec-14						
60kg	Deadlift	100kg	TAYLOR, Jessica	09-Dec-17						
67.5kg	Deadlift	105kg	HARVEY, Brianna	09-Dec-17						
75kg	Deadlift	130.5kg	TORCASIO, Tahlia	10-Dec-22						
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

# CAPO VIC STATE RECORDS - WOMEN

# SINGLE LIFT COMPETITION - DEADLIFT

## Junior Women (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift	100kg	MIDDLETON, Jess	07-Dec-22						
56kg	Deadlift	92.5kg	LAFORTESZ, Trish	06-Dec-14						
60kg	Deadlift	130kg	HARRINGTON, Mornique	11-Dec-21						
67.5kg	Deadlift	135kg	KRO, Emily	09-Dec-23						
75kg	Deadlift									
82.5kg	Deadlift	90kg	ISAACS, Georgia	08-Dec-18						
90kg	Deadlift	130kg	WILSON, Cindy	11-Dec-21						
100kg	Deadlift									
110kg	Deadlift	110kg	MURRAY, Alexandra	25-Apr-21						
110+kg	Deadlift									

## Senior Women (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift	127.5kg	NOWAK, Lauren	09-Dec-17				95kg	COLLIVER, Tegan	08-Dec-01
52kg	Deadlift									
56kg	Deadlift	120kg	CHAN, Lily	05-Dec-15						
60kg	Deadlift									
67.5kg	Deadlift	182.5kg	STEWART, Heidi	09-Mar-14				142.5kg	MARTIN, Sinead	07-Dec-19
75kg	Deadlift	175kg	CHESSUM, Stacey	11-Dec-21						
82.5kg	Deadlift	162.5kg	MAZUREK, Diana	07-Dec-19	155kg	BLACKTHORN, Elizabeth	07-Dec-19	190kg	XUEREB, Jessica	15-Apr-23
90kg	Deadlift	180kg	SHERWIN, Tegan	09-Dec-23				200kg	XUEREB, Jessica	07-Dec-24
100kg	Deadlift	150kg	CROPLEY, Cassandra	08-Dec-18						
110kg	Deadlift				145kg	BROWN, Alison	07-Dec-19	140kg	MURRAY, Alexandra	07-Dec-24
110+kg	Deadlift	190kg	SEUMALU, Tania	02-Mar-24	200kg	ANTONIO, Haylee	07-Dec-24			

## Sub Masters Women (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift	145kg	CHAN, Lily	10-Dec-16						
56kg	Deadlift	180kg	WILKINS, Sharon	05-Dec-15						
60kg	Deadlift	160kg	CHAN, Lily	09-Dec-17						
67.5kg	Deadlift	147.5kg	WOODS, Amanda	09-Dec-17	190kg	POSTLETHWAITE, Siobhan	06-Dec-25			
75kg	Deadlift	190kg	TYRRELL, Lauren	07-Dec-19						
82.5kg	Deadlift	191kg	TYRRELL, Lauren	08-Dec-18						
90kg	Deadlift	165kg	JAKOBSSON, Jade	11-Dec-21						
100kg	Deadlift	170.5kg	AITKEN, Brooke	07-Dec-13	135kg	ROSS, Jessica	25-Apr-22			
110kg	Deadlift	132.5kg	DELLIOS, Angelika	01-Aug-24						
110+kg	Deadlift	170kg	CROUCH, Janelle	25-Apr-21						

## Masters 1 Women (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift	140kg	FRISINA, Daniela	08-Dec-18						
60kg	Deadlift	125kg	TRAN, Van Divvyvan	05-Dec-15						
67.5kg	Deadlift	200kg	DINAKIS, Freda	09-Mar-14						
75kg	Deadlift	165kg	PROXENOS, Katerina	08-Dec-18						
82.5kg	Deadlift	166kg	VAN DER POLL, Gigi	08-Dec-18				140kg	SCARBOROUGH, Yvonne	07-Dec-24
90kg	Deadlift	175kg	MAXEY, Melissa	07-Dec-19						
100kg	Deadlift	110kg	GLANFIELD, Narelle	08-Dec-18						
110kg	Deadlift									
110+kg	Deadlift	205kg	CROUCH, Janelle	07-Dec-24						

## Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift	130kg	WAGSTAFF, Yvonne	05-Dec-15						
56kg	Deadlift	115kg	PEARCE, Andrea	10-Dec-16						
60kg	Deadlift	127.5kg	LANGLEY, Leesa	12-Dec-20						
67.5kg	Deadlift	160kg	MANNING, Simone	09-Dec-23						
75kg	Deadlift									
82.5kg	Deadlift	165kg	MERCER, Kaye	25-Apr-22						
90kg	Deadlift	227.5kg	FITZPSTRICK, Frances	10-Dec-16				185kg	MAXEY, Melissa	07-Dec-24
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift	165kg	ALBERT, Michaela	07-Dec-24						

# CAPO VIC STATE RECORDS - WOMEN

# SINGLE LIFT COMPETITION - DEADLIFT

## Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift	120kg	Li, Pam	25-Apr-21						
52kg	Deadlift	125kg	Li, Pam	12-Dec-20						
56kg	Deadlift	165kg	BEEFORTH, Nicole	07-Dec-24	157.5kg	PARYGINA, Anna	07-Dec-24			
60kg	Deadlift	147.5kg	PEARCE, Andrea	09-Dec-17						
67.5kg	Deadlift	187.5kg	BARBA, Maria	10-Dec-16						
75kg	Deadlift									
82.5kg	Deadlift	225kg	BARCLAY, Ingrid	10-Dec-22						
90kg	Deadlift	228kg	BARCLAY, Ingrid	12-Dec-20						
100kg	Deadlift	80.5kg	WHITEWAY Allison	07-Dec-19						
110kg	Deadlift									
110+kg	Deadlift									

## Masters 4 Women (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	180kg	YOUNG, Taylor	09-Mar-14						
67.5kg	Deadlift									
75kg	Deadlift	150kg	SUTTON, Samantha	07-Dec-24						
82.5kg	Deadlift									
90kg	Deadlift	155kg	LAVAKA, Mui Mui	07-Dec-24						
100kg	Deadlift	140kg	LAVAKA, Mui Mui	09-Dec-23						
110kg	Deadlift									
110+kg	Deadlift	175kg	FINDLEY, Kylie	07-Mar-26						

## Masters 5 Women (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	82.5kg	WATTELET, Roseline	05-Dec-15						
67.5kg	Deadlift	105kg	ANDERSON, Kerryn	10-May-22						
75kg	Deadlift									
82.5kg	Deadlift	105kg	DAVIES, Karen	25-Apr-22						
90kg	Deadlift	105kg	DAVIES, Karen	09-Dec-23						
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

## Masters 6 Women (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	102.5kg	STEWART, Linda							
75kg	Deadlift									
82.5kg	Deadlift	132.5kg	MAGRI, Pauline	09-Dec-17						
90kg	Deadlift	140kg	MAGRI, Pauline	08-Dec-18						
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

## Masters 7 Women (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift	150kg	MAGRI, Paulin	07-Dec-19						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

# CAPO VIC STATE RECORDS - WOMEN

# SINGLE LIFT COMPETITION - DEADLIFT

## Masters 8 Women (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift	82.5kg	READ, Noela	05-Mar-16						
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift	83kg	SCHMIDT, Cheryl	03-Aug-25						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

## Masters 9 Women (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

## Masters 10 Women (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									