

# CAPO NATIONAL 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	90kg	WINWOOD, Tania	17-Feb-18				88kg	WHITE, M	10-Dec-05
48kg	Deadlift	127.5kg	NOWAK, Lauren	09-Dec-17	135kg	MANNING, T	11-Dec-04			
52kg	Deadlift	155kg	WEIR, Coralie	09-Dec-17				155kg	WEIR, Coralie	03-Dec-11
56kg	Deadlift	180kg	WILKINS, Sharon	05-Dec-15				150kg	GIGLIA, J	08-Dec-07
60kg	Deadlift	190.5kg	FALVEY, Julia	07-Dec-19	175kg	WEATHERALL, Michelina	08-Dec-18	142.5kg	VU-DUY, L	05-Dec-09
67.5kg	Deadlift	200kg	MAZZON, Freda	09-Mar-14	212.5kg	YOUNG, Taylor	12-Nov-00	180kg	O'CONNOR, D	10-Dec-05
75kg	Deadlift	212.5kg	RODWELL, Sarah	11-Dec-16	170kg	WATERS, Sharon	12-Nov-00	185kg	O'CONNOR, D	09-Dec-06
82.5kg	Deadlift	191kg	TYRRELL, Lauren	08-Dec-18	155kg	BLACKTHORN, Elizabeth	07-Dec-19	190kg	FREE, T	05-Dec-09
90kg	Deadlift	228kg	BARCLAY, Ingrid	12-Dec-20	130kg	PENGELLY, Kimbah	06-Dec-15	210kg	WULFF, T	13-Dec-03
SHW	Deadlift	217.5kg	KAYE-BOURNE, Sheryl -Ann	09-Dec-17	145kg	BROWN, ALISON	07-Dec-19	160kg	DAVIDSON, Heather	06-Dec-15

## 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									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
SHW	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									
52kg	Deadlift	72.5kg	TANNER, Zara	25-Apr-21				105kg	SMITH, S	13-Dec-03
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift							90kg	STRINGER, S	11-Dec-04
75kg	Deadlift	122.5kg	SMALLMAN, Chloe	09-Dec-17						
82.5kg	Deadlift									
90kg	Deadlift	135kg	SCARDAMAGLIA, Monique	25-Apr-21						
SHW	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	107.5kg	NAPPER, Jessica	20-Feb-21	85kg	JOHNSON, Mia	25-Apr-21	87.5kg	JOHNSON, Mia	22-May-21
75kg	Deadlift									
82.5kg	Deadlift							110kg	SMITH, M	13-Dec-03
90kg	Deadlift									
SHW	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	NGUYEN, CINDY	30-Nov-14						
60kg	Deadlift	100kg	TAYLOR, Jessica	09-Dec-17						
67.5kg	Deadlift	130kg	HALL, Emma	17-Feb-18				120kg	MORMILE, G	08-Dec-07
75kg	Deadlift	130kg	REA, Shantelle	20-Feb-21						
82.5kg	Deadlift	97.5kg	BAKER, Connie	16-Feb-19						
90kg	Deadlift									
SHW	Deadlift									

## Junior Women (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Deadlift							88kg	WHITE, M	10-Dec-05
48kg	Deadlift	100kg	BEATTY, Jessica	03-Dec-11				119kg	WEIR, Yolandie	06-Dec-08
52kg	Deadlift	120kg	MIDDLETON, Jess	07-Dec-14				75kg	WHITE, M	11-Dec-04
56kg	Deadlift	142.5kg	GLEW, Emily	12-Dec-20						
60kg	Deadlift	130kg	RICHARDSON, Phillipa	06-Dec-14						
67.5kg	Deadlift	162.5kg	SARDI,Cami	09-Mar-14				125kg	MORMILE, G	05-Dec-09
75kg	Deadlift	180kg	DOTTEO, Jane	08-Dec-18						
82.5kg	Deadlift	135kg	GRIFFITHS, Heidi	09-Dec-17						
90kg	Deadlift	155kg	PEDDER, Holly	09-Mar-14						
SHW	Deadlift	217.5kg	KAYE-BOURNE, Sheryl -Ann	09-Dec-17						

## 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	110kg	COLLIVER, T	07-Dec-02			
52kg	Deadlift	120kg	MORRELL, Linda	04-Dec-10				140kg	HELLIWELL, A	06-Dec-08
56kg	Deadlift	130kg	CARRICK, Bec	08-Dec-18						
60kg	Deadlift	152.5kg	JOHANNES, Sammie	08-Dec-18	150kg	GANNON, L	07-Dec-02			
67.5kg	Deadlift	182.5kg	STEWART, Heidi	09-Mar-14				142.5kg	MARTIN, Sinead	07-Dec-19
75kg	Deadlift	212.5kg	RODWELL, Sarah	11-Dec-16	170kg	WATERS, Sharon	12-Nov-00			
82.5kg	Deadlift	190kg	FEHER, Jacky	09-Mar-14	155kg	BLACKTHORN, Elizabeth	07-Dec-19			
90kg	Deadlift	212.5kg	O'GORMAN, Rachel	09-Mar-14				170kg	BLACKTHORN, Liz	25-Apr-21
SHW	Deadlift	202.5kg	MILLINGTON, Anita	09-Mar-14	145kg	BROWN, ALISON	07-Dec-19			

## 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	112.5kg	FIFE, R	05-Dec-09				120kg	COLLIVER, T	10-Dec-05
52kg	Deadlift	145kg	CHAN, Lily	10-Dec-16						
56kg	Deadlift	180kg	WILKINS, Sharon	05-Dec-15				132.5kg	VU-DUY, L	08-Dec-07
60kg	Deadlift	190.5kg	FALVEY, Julia	07-Dec-19				142.5kg	VU-DUY, L	05-Dec-09
67.5kg	Deadlift	165kg	BAILEY, Anna	12-Dec-20				180kg	O'CONNOR, D	10-Dec-05
75kg	Deadlift	190kg	TYRRELL, Lauren	07-Dec-19				185kg	O'CONNOR, D	09-Dec-06
82.5kg	Deadlift	191kg	TYRRELL, Lauren	08-Dec-18	140kg	MARKER, Kathryn	12-Dec-20			
90kg	Deadlift	192.5kg	O'GORMAN, Rachel	08-Dec-12				210kg	WULFF, T	13-Dec-03
SHW	Deadlift	170kg	CROUCH, Janelle	25-Apr-21				160kg	DAVIDSON, Heather	06-Dec-15

## 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							135kg	MANNING, T	11-Dec-04
52kg	Deadlift	130KG	WAGSTAFF, Yvonne	05-Dec-15				146kg		
56kg	Deadlift	150kg	POCHIN, Ascha	12-Dec-20				135kg	GIGLIA, J	11-Dec-04
60kg	Deadlift	152.5KG	BAJJADA, Michelina	10-Dec-16	175kg	WEATHERALL, Michelina	08-Dec-18			
67.5kg	Deadlift	200kg	MAZZON, Freda	09-Apr-14				110kg	WHITEHEAD, A	11-Dec-04
75kg	Deadlift	175kg	CHAMBERLIN, Janelle	11-Dec-16				167.5kg	BARBA, M	05-Dec-09
82.5kg	Deadlift	166kg	VAN DER POLL, Gigi	08-Dec-18						
90kg	Deadlift	175kg	MAXEY, MELISSA	07-Dec-19				140kg	PENGELLY, K	13-Dec-03
SHW	Deadlift	210kg	GURNEY, Terese	03-Dec-11						

## Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
			RAW			SINGLE PLY			MULTI PLY		
44kg	Deadlift	90kg	WINWOOD, Tania	17-Feb-18							
48kg	Deadlift				135kg	MANNING, T	11-Dec-04				
52kg	Deadlift	130kg	WINWOOD, Tania	16-Feb-19				155kg	WEIR, Coralie	03-Dec-11	
56kg	Deadlift	115kg	PEARCE, Andrea	10-Dec-16				150kg	GIGLIA, J	08-Dec-07	
60kg	Deadlift	127.5kg	LANGLEY, Leesa	12-Dec-20							
67.5kg	Deadlift	147.5kg	BARBA, Maria	30-Nov-14	212.5kg	YOUNG, Taylor	12-Nov-00				
75kg	Deadlift	187.5kg	SMITH, Janet	08-Dec-18				130kg	SMITH, S	11-Dec-04	
82.5kg	Deadlift	140kg	WATERS, Sharon	05-Dec-15				135kg	SMITH, S	10-Dec-05	
90kg	Deadlift	227.5kg	FITZPATRICK, Frances	10-Dec-16							
SHW	Deadlift	172.5kg	BETHAM, Hilda	12-Dec-20							

## 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	120kg	Parygina, Anna	12-Dec-20							
60kg	Deadlift	147.5kg	PEARCE, Andrea	09-Dec-17	170kg	YOUNG, Taylor	06-Dec-08				
67.5kg	Deadlift	187.5kg	BARBA, Maria	10-Dec-16							
75kg	Deadlift	145kg	McKNIGHT, Erica	16-Feb-19							
82.5kg	Deadlift	130kg	GOESS, Charlotte	12-Dec-20							
90kg	Deadlift	228kg	BARCLAY, Ingrid	12-Dec-20	130kg	PENGELLY, Kimbah	06-Dec-15				
SHW	Deadlift	80.5kg	WHITEWAY, Allison	07-Dec-19							

## 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	155kg	WEIR, Coralie	09-Dec-17				70kg	ELDESTEN, E	10-Dec-05	
56kg	Deadlift										
60kg	Deadlift	190kg	YOUNG, Taylor	01-Dec-13							
67.5kg	Deadlift	190kg	YOUNG, Taylor	07-Dec-14				135kg	JACKSON, S	13-Dec-03	
75kg	Deadlift							100kg	GOLDBAUM, J	09-Dec-06	
82.5kg	Deadlift	115kg	DOWDLE, Bobbie	12-Dec-20							
90kg	Deadlift	100kg	HETHERTON, Shirley	06-Dec-08							
SHW	Deadlift										

## 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	110kg	NELSON, Lorell	08-Dec-18							
60kg	Deadlift	110kg	NELSON, Lorell	07-Dec-19	75kg	CASEY, R	05-Dec-99				
67.5kg	Deadlift	105kg	ROBERTSON, Leonie	10-Dec-17							
75kg	Deadlift							102.5kg	COLLIVER, W	10-Dec-05	
82.5kg	Deadlift	104kg	HETHERTON, Shirley	05-Dec-09							
90kg	Deadlift	65kg	FULLER, Janeece	05-Dec-15							
SHW	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									
75kg	Deadlift									
82.5kg	Deadlift	132.5kg	MAGRI, Pauline	09-Dec-17						
90kg	Deadlift	140kg	MAGRI, Pauline	08-Dec-18						
SHW	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	85kg	READ, Noela	11-Nov-16						
56kg	Deadlift	72.5kg	READ, Noela	02-Aug-14						
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift	150kg	MAGRI, Pauline	07-Dec-19						
90kg	Deadlift									
SHW	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	87.5kg	READ, Noela	05-Nov-18						
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
SHW	Deadlift	72.5KG	HAMMEL, Janet	09-Dec-17						

**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									
SHW	Deadlift									