

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	130kg	WINWOOD, Tania	11-Feb-23	135kg	MANNING, T	11-Dec-04			
52kg	Deadlift	162.5kg	HADLEY-MACKAY, Crystal	09-Dec-23				155kg	WEIR, Coralie	03-Dec-11
56kg	Deadlift	180kg	WILKINS, Sharon	05-Dec-15	157.5	PARYGINA, Anna	07-Dec-24	150kg	GIGLIA, J	08-Dec-07
60kg	Deadlift	195.5kg	RYDER, Belinda	09-Dec-23	175kg	WEATHERALL, Michelina	08-Dec-18	182.5kg	WEATHERALL, Michelina	09-Dec-23
67.5kg	Deadlift	202.5kg	BAILEY, Anna	10-Dec-22	212.5kg	YOUNG, Taylor	12-Nov-00	180kg	O'CONNOR, D	10-Dec-05
75kg	Deadlift	245kg	RILEY, Lily	07-Dec-24	180kg	KING, Kelly-Ann	10-Dec-22	185kg	O'CONNOR, D	09-Dec-06
82.5kg	Deadlift	250kg	MORRIS, Jaymii	05-Aug-23	155kg	BLACKTHORN, Elizabeth	07-Dec-19	190kg	FREE, T	05-Dec-09
90kg	Deadlift	230kg	HANTKE, Lydia	11-Dec-21	187.5kg	KING, Kelly-Ann	16-Nov-24	210kg	WULFF, T	13-Dec-03
100kg	Deadlift	265kg	HANTKE, Lydia	07-Dec-24	135kg	ROSS, Jessica	25-Apr-22			
110kg	Deadlift	205kg	BROWN, Cody	09-Dec-23				140kg	MURRAY, Alexandra	07-Dec-24
110+kg	Deadlift	217.5kg	KAYE-BOURNE, Sheryl -Ann	09-Dec-17	200kg	ANTONIO, Haylee	07-Dec-24	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	70kg	STEVENS, Bailey	10-Dec-22						
48kg	Deadlift	80kg	RAY, Charlie	09-Dec-23						
52kg	Deadlift									
56kg	Deadlift	90kg	CHETWIN, Amarnii	09-Dec-23						
60kg	Deadlift	100kg	JEFFERY, Imogen	02-Mar-24						
67.5kg	Deadlift	100.5kg	JEFFERY, Imogen	07-Dec-24						
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	77.5kg	DAY, Kyia	11-Feb-23						
48kg	Deadlift	95kg	WYNNE, Zara	07-Dec-24						
52kg	Deadlift	80kg	TORCASIO, Andie	10-Dec-22				105kg	SMITH, S	13-Dec-03
56kg	Deadlift	90kg	HIPWELL, Ayla	01-Aug-24						
60kg	Deadlift	120kg	EVANS, Jayda	09-Dec-23						
67.5kg	Deadlift	75kg	MURPHY, Isabella	19-Feb-22				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						
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	145kg	MIDGLEY, Camryn	07-Dec-24	85kg	JOHNSON, Mia	25-Apr-21	87.5kg	JOHNSON, Mia	22-May-21
75kg	Deadlift	175kg	ANDRYSIK, Maja	10-Dec-22						
82.5kg	Deadlift	130kg	MARTIN, Jordan	19-Feb-22				110kg	SMITH, M	13-Dec-03
90kg	Deadlift	130kg	SINGH, Shristi	07-Dec-24						
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	97.5kg	WINWOOD, Shayla	11-Feb-23						
56kg	Deadlift	150kg	NGUYEN, CINDY	30-Nov-14						
60kg	Deadlift	100kg	TAYLOR, Jessica	09-Dec-17						
67.5kg	Deadlift	150kg	YATES, Hannah	30-Nov-24				120kg	MORMILE, G	08-Dec-07
75kg	Deadlift	150kg	TURNER, Elodie	07-Dec-24						
82.5kg	Deadlift	97.5kg	BAKER, Connie	16-Feb-19						
90kg	Deadlift									
100kg	Deadlift	180kg	ROBERTSON, Alicia	07-Dec-24						
110kg	Deadlift									
110+kg	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	155kg	SCHINELLA, Emily	09-Dec-23						
60kg	Deadlift	130kg	RICHARDSON, Phillipa	06-Dec-14						
67.5kg	Deadlift	191kg	McNAMARA, Millie	07-Dec-24				125kg	MORMILE, G	05-Dec-09
75kg	Deadlift	180kg	DOTTEO, Jane	08-Dec-18						
82.5kg	Deadlift	190kg	FULLER, Sophie	10-Dec-22						
90kg	Deadlift	155kg	PEDDER, Holly	09-Mar-14						
100kg	Deadlift	145kg	DOECKE, Claudia	09-Dec-23						
110kg	Deadlift									
110+kg	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	135kg	ARTHUR, Katie	09-Dec-23				140kg	HELLIWELL, A	06-Dec-08
56kg	Deadlift	175kg	FARRELL, Nicole	11-Dec-21						
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	245kg	RILEY, Lily	07-Dec-24	170kg	WATERS, Sharon	12-Nov-00			
82.5kg	Deadlift	250kg	MORRIS, Jaymii	05-Aug-23	155kg	BLACKTHORN, Elizabeth	07-Dec-19	190kg	XUEREB, Jessica	15-Apr-23
90kg	Deadlift	212.5kg	O'GORMAN, Rachel	09-Mar-14				200kg	XUEREB-BAKER, Jessica	07-Dec-24
100kg	Deadlift	202.5kg	ASHPLANT, Raegan	20-Jan-24						
110kg	Deadlift	205kg	BROWN, Cody	09-Dec-23				140kg	MURRAY, Alexandra	07-Dec-24
110+kg	Deadlift	202.5kg	MILLINGTON, Anita	09-Mar-14	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	130kg	BRODIE, Sandra	07-Dec-24				120kg	COLLIVER, T	10-Dec-05
52kg	Deadlift	162.5kg	HADLEY-MACKAY, Crystal	09-Dec-23						
56kg	Deadlift	180kg	WILKINS, Sharon	05-Dec-15	132.5kg	LAING, Shelley	09-Dec-23	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	202.5kg	BAILEY, Anna	10-Dec-22				180kg	O'CONNOR, D	10-Dec-05
75kg	Deadlift	190.5kg	DUMAY, Jess	07-Dec-24	180kg	KING, Kelly-Ann	10-Dec-22	185kg	O'CONNOR, D	09-Dec-06
82.5kg	Deadlift	235kg	PRICHARD, Brooke	07-Dec-24	140kg	MARKER, Kathryn	12-Dec-20			
90kg	Deadlift	192.5kg	O'GORMAN, Rachel	08-Dec-12	187.5kg	KING, Kelly-Ann	16-Nov-24	210kg	WULFF, T	13-Dec-03
100kg	Deadlift	195kg	LANCASTER, Laura	07-Dec-24	135kg	ROSS, Jessica	25-Apr-22			
110kg	Deadlift	132.5kg	DELLIOS, Angelika	01-Aug-24						
110+kg	Deadlift	210kg	PARKER, Latanya	09-Dec-23				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	177.5kg	O'BRIEN, Merinda	09-Dec-23	110kg	WHITEHEAD, A	11-Dec-04
75kg	Deadlift	200kg	WHITEHEAD, Tabitha	07-Dec-24				167.5kg	BARBA, M	05-Dec-09
82.5kg	Deadlift	171kg	DEL GUZZO, Michelle	10-Dec-22				140kg	SCARBOROUGH, Yvonne	07-Dec-24
90kg	Deadlift	230kg	HANTKE, Lydia	11-Dec-21				140kg	PENGELLY, K	13-Dec-03
100kg	Deadlift	175kg	GIBSON, Louise	07-Dec-24						
110kg	Deadlift	175kg	COLEMAN, Belinda	10-Dec-22						
110+kg	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	165kg	SCHULTZ, Jenelle	10-Dec-22	160kg	WEATHERALL, Michelina	25-Apr-22	182.5kg	WEATHERALL, Michelina	09-Dec-23
67.5kg	Deadlift	160kg	MANNING, Simone	09-Dec-23	212.5kg	YOUNG, Taylor	12-Nov-00	170kg	SCHULTZ, Jenelle	07-Dec-24
75kg	Deadlift	187.5kg	SMITH, Janet	08-Dec-18				130kg	SMITH, S	11-Dec-04
82.5kg	Deadlift	211kg	GLEDHILL, Andi	07-Dec-24				135kg	SMITH, S	10-Dec-05
90kg	Deadlift	227.5kg	FITZPATRICK, Frances	10-Dec-16				185kg	MAXEY, Melissa	07-Dec-24
100kg	Deadlift	265kg	HANTKE, Lydia	07-Dec-24						
110kg	Deadlift	165kg	MACRI, Olivia	09-Dec-23						
110+kg	Deadlift	212.5kg	BETHAM, Hilda	09-Dec-23						

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	130kg	WINWOOD, Tania	11-Feb-23						
52kg	Deadlift	142.5kg	WINWOOD, Tania	20-Jan-24						
56kg	Deadlift	165kg	BEEFORTH, Nicole	07-Dec-24	157.5	PARYGINA, Anna	07-Dec-24			
60kg	Deadlift	207.5kg	RYDER, Belinda	15-Nov-24	170kg	YOUNG, Taylor	06-Dec-08			
67.5kg	Deadlift	187.5kg	BARBA, Maria	10-Dec-16						
75kg	Deadlift	146kg	POWER, Lucy	09-Dec-23						
82.5kg	Deadlift	225kg	BARCLAY, Ingrid	10-Dec-22						
90kg	Deadlift	228kg	BARCLAY, Ingrid	12-Dec-20	130kg	PENGELLY, Kimbah	06-Dec-15			
100kg	Deadlift	210kg	SMITH, Janet	09-Dec-23						
110kg	Deadlift	105kg	GUNDRY, Debra	07-Dec-24						
110+kg	Deadlift	152.5kg	JOHNSON, Kelly	09-Dec-23						

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	150kg	SUTTON, Samantha	07-Dec-24				100kg	GOLDBAUM, J	09-Dec-06
82.5kg	Deadlift	160kg	POWER, Lucy	07-Dec-24						
90kg	Deadlift	155kg	LAVAKA, Mui Mui Kovi	07-Dec-24						
100kg	Deadlift	225kg	SMITH, Janet	07-Dec-24						
110kg	Deadlift	95kg	WILTON, Erica	25-Apr-23						
110+kg	Deadlift	82.5kg	BUCHAN, Cindy	07-Dec-24						

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	111kg	DENNETT, Jennifer	10-Dec-22						
60kg	Deadlift	122.5kg	BLAKELEY KERR, Sue	07-Dec-24	112.5kg	HARVEY, Helen	01-Aug-24			
67.5kg	Deadlift	150kg	HARVEY, Helen	03-Aug-25	130kg	HARVEY, Helen	07-Dec-24			
75kg	Deadlift							102.5kg	COLLIVER, W	10-Dec-05
82.5kg	Deadlift	105kg	DAVIES, Karen	25-Apr-22						
90kg	Deadlift	140kg	COPPINS, Jayne	07-Dec-24						
100kg	Deadlift	90kg	FORREST, Kym	07-Dec-24						
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	03-Aug-25						
75kg	Deadlift	140kg	WILSON, Kate	10-Dec-22						
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	85kg	READ, Noela	11-Nov-16						
56kg	Deadlift	72.5kg	READ, Noela	02-Aug-14						
60kg	Deadlift									
67.5kg	Deadlift	105kg	KELLY, Colleen	07-Dec-24						
75kg	Deadlift	130kg	McCOOL, Jose	14-Nov-24						
82.5kg	Deadlift	151kg	WILSON, Katie	03-Aug-25						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	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	100kg	SILVER, Valerie	07-Dec-24						
75kg	Deadlift									
82.5kg	Deadlift	83kg	SCHMIDT, Cheryl	03-Aug-25						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	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	80kg	MADDERN, Heather	09-Dec-23						
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									