

## Open Women

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete             | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    | 85kg          | TAKAHASHI, Fumi     | 31-May-15    |               |                           |              |
|        | Bench    | 50kg          | TAKAHASHI, Fumi     | 15-Aug-15    |               |                           |              |
|        | Deadlift | 95kg          | TAKAHASHI, Fumi     | 31-May-15    |               |                           |              |
|        | Total    | 230kg         | TAKAHASHI, Fumi     | 15-Aug-15    |               |                           |              |
| 48kg   | Squat    | 115kg         | MORINE, Sarah       | 30-Nov-24    | 105kg         | ANDREWS, Alana            | 11-May-12    |
|        | Bench    | 73.5kg        | MORINE, Sarah       | 30-Nov-24    | 72.5kg        | WEIR, Yolandie            | 10-Aug-13    |
|        | Deadlift | 145kg         | MORINE, Sarah       | 30-Nov-24    | 135kg         | WEIR, Yolandie            | 10-Aug-13    |
|        | Total    | 332.5kg       | MORINE, Sarah       | 30-Nov-24    | 300kg         | WEIR, Yolandie            | 11-May-13    |
| 52kg   | Squat    | 120kg         | WEIR, Coralie       | 12-Aug-17    | 110kg         | WEIR, Coralie             | 09-May-15    |
|        | Bench    | 85kg          | WEIR, Coralie       | 09-May-15    | 82.5kg        | WEIR, Coralie             | 08-Nov-12    |
|        | Deadlift | 162.5kg       | WEIR, Coralie       | 12-Aug-17    | 157.5kg       | WEIR, Coralie             | 09-May-15    |
|        | Total    | 367.5kg       | WEIR, Coralie       | 12-Aug-17    | 352.5kg       | WEIR, Coralie             | 09-May-01    |
| 56kg   | Squat    | 130kg         | PERRY, Leigh        | 14-May-23    | 125kg         | PINEDA, Jannice           | 14-Mar-15    |
|        | Bench    | 80kg          | WEIR, Coralie       | 30-Apr-17    | 72.5kg        | SMITH, Alex               | 21-Nov-14    |
|        | Deadlift | 160kg         | GUIGNON, Lauren     | 15-Dec-13    | 155kg         | McILROY, Katrina          | 25-Aug-12    |
|        | Total    | 342.5kg       | SCHINELLA, Emily    | 21-May-23    | 340kg         | GUIGNON, Lauren           | 15-Dec-13    |
| 60kg   | Squat    | 152.5kg       | YOUNG, Taylor       | 08-Nov-12    | 142.5kg       | YOUNG, Taylor             | 25-Aug-12    |
|        | Bench    | 96kg          | YOUNG, Taylor       | 25-Aug-12    |               |                           |              |
|        | Deadlift | 190kg         | PALERMO, Casey      | 21-May-23    | 175kg         | YOUNG, Taylor             | 08-Nov-12    |
|        | Total    | 422.5kg       | YOUNG, Taylor       | 08-Nov-12    | 409kg         | YOUNG, Taylor             | 25-Aug-12    |
| 67.5kg | Squat    | 155kg         | YOUNG, Taylor       | 02-Aug-14    | 150kg         | YOUNG, Taylor             | 10-Aug-13    |
|        | Bench    | 105kg         | YOUNG, Taylor       | 10-Aug-13    | 77.5kg        | FOSTER, Katie             | 05-May-12    |
|        | Deadlift | 190kg         | YOUNG, Taylor       | 10-Aug-13    | 167.5kg       | FOSTER, Katie             | 05-May-12    |
|        | Total    | 437.5kg       | YOUNG, Taylor       | 02-Aug-14    | 430kg         | YOUNG, Taylor             | 10-Aug-13    |
| 75kg   | Squat    | 161kg         | KUIPERS, Robin      | 11-Aug-17    | 145kg         | BAKER, Zoe Lee            | 21-Nov-14    |
|        | Bench    | 110kg         | THOMPSON, Lucie     | 11-May-13    | 110kg         | THOMPSON, Lucie           | 11-May-13    |
|        | Deadlift | 202.5kg       | CRIMMINS, Anne      | 02-Aug-25    | 200kg         | SMITH, Janet              | 07-Nov-18    |
|        | Total    | 470kg         | CRIMMINS, Anne      | 02-Aug-25    | 415kg         | MORRIS, Jaymii            | 13-Aug-16    |
| 82.5kg | Squat    | 180kg         | WALDHEIM, Ashleigh  | 14-Mar-15    | 142.5kg       | WALDHEIM, Ashleigh        | 01-Aug-14    |
|        | Bench    | 90kg          | THOMPSON, Lucie     | 05-May-12    | 87.5kg        | NGAROTATA, Jessica        | 21-Nov-14    |
|        | Deadlift | 200kg         | DALDRY, Carmen      | 12-Aug-17    | 180kg         | WALDHEIM, Ashleigh        | 14-Mar-15    |
|        | Total    | 450kg         | WALDHEIM, Ashleigh  | 14-Mar-15    | 397.5kg       | NGAROTATA, Jessica        | 21-Nov-14    |
| 90kg   | Squat    | 172.5kg       | ASHPLANT, Raegan    | 12-Mar-23    | 170kg         | DALDRY, Carmen            | 20-May-17    |
|        | Bench    | 120kg         | OGORMAN, Rachel     | 21-Nov-14    | 115kg         | OGORMAN, Rachel           | 02-Aug-14    |
|        | Deadlift | 210kg         | OGORMAN, Rachel     | 21-Nov-14    | 205kg         | OGORMAN, Rachel           | 02-Aug-14    |
|        | Total    | 460kg         | OGORMAN, Rachel     | 21-Nov-14    | 420kg         | OGORMAN, Rachel           | 02-Aug-14    |
| 100kg  | Squat    | 195kg         | ASHPLANT, Raegan    | 27-Aug-23    | 180kg         | ASHPLANT, Raegan          | 21-May-23    |
|        | Bench    | 117.5kg       | SMITH, Janet        | 19-May-24    | 100kg         | SMITH, Janet              | 29-May-22    |
|        | Deadlift | 220kg         | SMITH, Janet        | 29-May-22    | 170kg         | MADDERN, Emily            | 27-Feb-22    |
|        | Total    | 465kg         | ASHPLANT, Raegan    | 27-Aug-23    | 410kg         | SMITH, Janet              | 29-May-22    |
| 110kg  | Squat    | 100kg         | RANSOM, Hannah      | 22-Oct-23    | 90kg          | RANSOM, Hannah            | 21-May-23    |
|        | Bench    | 57.5kg        | RANSOM, Hannah      | 22-Oct-23    | 52.5kg        | RANSOM, Hannah            | 21-May-23    |
|        | Deadlift | 130kg         | DELLIOS, Angelika   | 25-Apr-23    |               |                           |              |
|        | Total    | 277.5kg       | DELLIOS, Angelika   | 25-Apr-25    | 275kg         | RANSOM, Hannah            | 22-Oct-23    |
| 110+kg | Squat    | 227.5kg       | MILLINGTON, Anita   | 14-Mar-15    | 200kg         | MILLINGTON, Anita         | 21-Nov-14    |
|        | Bench    | 107.5kg       | DAVIE, Natasha      | 06-Dec-14    | 105.5kg       | MILLINGTON, Anita         | 26-Apr-14    |
|        | Deadlift | 213kg         | PALETUA, Alyshianna | 15-Apr-23    | 212.5kg       | MILLINGTON, Anita         | 26-Apr-14    |
|        | Total    | 525kg         | MILLINGTON, Anita   | 14-Mar-15    | 512.5kg       | MILLINGTON, Anita         | 21-Nov-14    |

## Sub Teen Women (10-12)

Unofficial WPC

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete              | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    | 46kg          | AITKEN, Hannah-Joy   | 30-Nov-24    | 45kg          | STEVENS, Bailey           | 29-Oct-22    |
|        | Bench    | 30kg          | AITKEN, Hannah-Joy   | 30-Nov-24    | 25kg          | REYNOLDS, Brigitte        | 21-May-23    |
|        | Deadlift | 72.5kg        | AITKEN, Hannah-Joy   | 30-Nov-24    | 65kg          | STEVENS, Bailey           | 29-Oct-22    |
|        | Total    | 142.5kg       | AITKEN, Hannah-Joy   | 30-Nov-24    | 130kg         | STEVENS, Bailey           | 29-Oct-22    |
| 48kg   | Squat    | 50kg          | DESHON, Emily        | 14-Apr-24    |               |                           |              |
|        | Bench    | 30kg          | DESHON, Emily        | 14-Apr-24    |               |                           |              |
|        | Deadlift | 72.5kg        | DESHON, Emily        | 14-Apr-24    |               |                           |              |
|        | Total    | 152.5kg       | DESHON, Emily        | 14-Apr-24    |               |                           |              |
| 52kg   | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 56kg   | Squat    | 67.5kg        | NGAROTATA-DAY, Paige | 14-Jun-15    |               |                           |              |
|        | Bench    | 32.5kg        | NGAROTATA-DAY, Paige | 14-Jun-15    |               |                           |              |
|        | Deadlift | 100kg         | NGAROTATA-DAY, Paige | 14-Jun-15    |               |                           |              |
|        | Total    | 192.5kg       | NGAROTATA-DAY, Paige | 14-Jun-15    |               |                           |              |
| 60kg   | Squat    | 62.5kg        | SUEN, Faith          | 14-Jun-15    |               |                           |              |
|        | Bench    | 32.5kg        | SUEN, Faith          | 14-Jun-15    |               |                           |              |
|        | Deadlift | 85kg          | SUEN, Faith          | 14-Jun-15    |               |                           |              |
|        | Total    | 170kg         | SUEN, Faith          | 14-Jun-15    |               |                           |              |
| 67.5kg | Squat    | 70.5kg        | McLACHLAN, Evelyn    | 02-Aug-25    | 70kg          | BOROS, Tayla              | 09-Jun-19    |
|        | Bench    | 38.0kg        | McLACHLAN, Evelyn    | 02-Aug-25    | 35kg          | BOROS, Tayla              | 09-Jun-19    |
|        | Deadlift | 102.5kg       | BOROS, Tayla         | 09-Jun-19    |               |                           |              |
|        | Total    | 207.5kg       | BOROS, Tayla         | 09-Jun-19    |               |                           |              |
| 75kg   | Squat    | 55kg          | JEFFERY, Imogen      | 25-Apr-25    |               |                           |              |
|        | Bench    | 35kg          | JEFFERY, Imogen      | 25-Apr-25    |               |                           |              |
|        | Deadlift | 115kg         | JEFFERY, Imogen      | 25-Apr-25    |               |                           |              |
|        | Total    | 205kg         | JEFFERY, Imogen      | 25-Apr-25    |               |                           |              |
| 82.5kg | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 90kg   | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 100kg  | Squat    | 80kg          | MURPHY, Sienna       | 01-Aug-24    | 70kg          | MURPHY, Sienna            | 25-Apr-24    |
|        | Bench    | 42.5kg        | MURPHY, Sienna       | 25-Apr-24    |               |                           |              |
|        | Deadlift | 110kg         | MURPHY, Sienna       | 25-Apr-24    |               |                           |              |
|        | Total    | 232.5kg       | MURPHY, Sienna       | 01-Aug-24    | 210kg         | MURPHY, Sienna            | 25-Apr-24    |
| 110kg  | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 110+kg | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |

## Teenage Women (13-15)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete            | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    | 70kg          | AITKEN, Hannah-Joy | 31-May-25    |               |                           |              |
|        | Bench    | 37.5kg        | AITKEN, Hannah-Joy | 31-May-25    |               |                           |              |
|        | Deadlift | 100kg         | AITKEN, Hannah-Joy | 02-Aug-25    | 90kg          | AITKEN, Hannah-Joy        | 31-May-25    |
|        | Total    | 200kg         | AITKEN, Hannah-Joy | 02-Aug-25    | 197.5kg       | AITKEN, Hannah-Joy        | 31-May-25    |
| 48kg   | Squat    | 65kg          | STEVENS, Bailey    | 11-Aug-23    | 60kg          | STEVENS, Bailey           | 30-Apr-23    |
|        | Bench    | 32.5kg        | DESHON, Emily      | 01-Aug-24    | 29kg          | STEVENS, Bailey           | 11-Aug-23    |
|        | Deadlift | 75kg          | DESHON, Emily      | 01-Aug-24    | 72.5kg        | STEVENS, Bailey           | 11-Aug-23    |
|        | Total    | 165kg         | STEVENS, Bailey    | 11-Aug-23    | 150kg         | STEVENS, Bailey           | 30-Apr-23    |
| 52kg   | Squat    | 95kg          | WALL, S            | 12-Jul-08    |               |                           |              |
|        | Bench    | 50kg          | WALL, S            | 12-Jul-08    |               |                           |              |
|        | Deadlift | 107.5kg       | WALL, S            | 12-Jul-08    |               |                           |              |
|        | Total    | 235kg         | WALL, S            | 12-Jul-08    |               |                           |              |
| 56kg   | Squat    | 95kg          | SMITH, S           | 13-Aug-05    |               |                           |              |
|        | Bench    | 50kg          | COE, Amie          | 14-Mar-15    | 45kg          | COE, Amie                 | 22-Nov-14    |
|        | Deadlift | 110kg         | GARTLAN, Shayni    | 31-May-25    | 105.5kg       | SMITH, S                  | 01-May-05    |
|        | Total    | 240kg         | COE, Amie          | 14-Mar-15    | 220.5kg       | SMITH, S                  | 28-Feb-04    |
| 60kg   | Squat    | 95kg          | COE, Amie          | 14-Jun-15    |               |                           |              |
|        | Bench    | 50kg          | COE, Amie          | 14-Jun-15    |               |                           |              |
|        | Deadlift | 130kg         | STEPHENS, Amber    | 12-Aug-17    | 125kg         | STEPHENS, Amber           | 20-May-17    |
|        | Total    | 260kg         | STEPHENS, Amber    | 12-Aug-17    | 255kg         | COE, Amie                 | 14-Jun-15    |
| 67.5kg | Squat    | 106kg         | MIDGLEY, Camryn    | 10-Jun-23    | 105kg         | HALL, T                   | 26-Jun-02    |
|        | Bench    | 65kg          | MIDGLEY, Camryn    | 10-Jun-23    | 60kg          | MIDGLEY, Camryn           | 30-Apr-23    |
|        | Deadlift | 145kg         | HALL, T            | 26-Jun-02    |               |                           |              |
|        | Total    | 307.5kg       | HALL, T            | 26-Jun-02    |               |                           |              |
| 75kg   | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 82.5kg | Squat    | 110kg         | LAWRY, Miah        | 02-Aug-25    |               |                           |              |
|        | Bench    | 60kg          | LAWRY, Miah        | 02-Aug-25    |               |                           |              |
|        | Deadlift | 130kg         | LAWRY, Miah        | 02-Aug-25    |               |                           |              |
|        | Total    | 295kg         | LAWRY, Miah        | 02-Aug-25    |               |                           |              |
| 90kg   | Squat    | 110kg         | LAWRY, Miah        | 19-May-24    | 82.5kg        | SINGH, Shristi            | 11-Aug-23    |
|        | Bench    | 60kg          | LAWRY, Miah        | 19-May-24    | 45kg          | SINGH, Shristi            | 30-Apr-23    |
|        | Deadlift | 127.5kg       | LAWRY, Miah        | 19-May-24    | 107.5kg       | SINGH, Shristi            | 11-Aug-23    |
|        | Total    | 297.5kg       | LAWRY, Miah        | 19-May-24    | 235kg         | SINGH, Shristi            | 11-Aug-23    |
| 100kg  | Squat    | 130kg         | LAWRY, Miah        | 01-Aug-24    |               |                           |              |
|        | Bench    | 62.5kg        | LAWRY, Miah        | 01-Aug-24    |               |                           |              |
|        | Deadlift | 140kg         | LAWRY, Miah        | 01-Aug-24    |               |                           |              |
|        | Total    | 327.5kg       | LAWRY, Miah        | 01-Aug-24    |               |                           |              |
| 110kg  | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 110+kg | Squat    | 110kg         | VANDERHOEK, Lucy   | 20-Jan-24    | 95kg          | VANDERHOEK, Lucy          | 30-Apr-23    |
|        | Bench    | 60kg          | VANDERHOEK, Lucy   | 20-Jan-24    | 57.5kg        | VANDERHOEK, Lucy          | 30-Apr-23    |
|        | Deadlift | 125kg         | VANDERHOEK, Lucy   | 20-Jan-24    | 112.5kg       | VANDERHOEK, Lucy          | 30-Apr-23    |
|        | Total    | 292.5kg       | VANDERHOEK, Lucy   | 20-Jan-24    | 265kg         | VANDERHOEK, Lucy          | 30-Apr-23    |

## Teenage Women (16-17)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete             | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |
| 48kg   | Squat    | 80kg          | SAPIANO, Georgia    | 22-May-16    |               |                           |              |
|        | Bench    | 45kg          | SAPIANO, Georgia    | 22-May-16    |               |                           |              |
|        | Deadlift | 105kg         | SAPIANO, Georgia    | 22-May-16    |               |                           |              |
|        | Total    | 230kg         | SAPIANO, Georgia    | 22-May-16    |               |                           |              |
| 52kg   | Squat    | 62.5kg        | WINKLER, Radha      | 27-Apr-25    | 50kg          | BEHARRELL, Isabella       | 16-Mar-25    |
|        | Bench    | 50kg          | WINKLER, Radha      | 27-Apr-25    | 35kg          | BEHARRELL, Isabella       | 16-Mar-25    |
|        | Deadlift | 105kg         | WINKLER, Radha      | 27-Apr-25    | 80kg          | BEHARRELL, Isabella       | 16-Mar-25    |
|        | Total    | 212.5kg       | WINKLER, Radha      | 27-Apr-25    | 165kg         | BEHARRELL, Isabella       | 16-Mar-25    |
| 56kg   | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |
| 60kg   | Squat    | 105kg         | STEPHENS, Amber     | 18-Aug-18    | 90kg          | STEPHENS, Amber           | 19-May-18    |
|        | Bench    | 50kg          | STEPHENS, Amber     | 19-May-18    |               |                           |              |
|        | Deadlift | 130kg         | STEPHENS, Amber     | 19-May-18    |               |                           |              |
|        | Total    | 272.5kg       | STEPHENS, Amber     | 18-Aug-18    | 265kg         | STEPHENS, Amber           | 19-May-18    |
| 67.5kg | Squat    | 120kg         | ANDRYSIK, Maja      | 18-Jun-22    | 80kg          | NAPPER, Jessica           | 29-Aug-20    |
|        | Bench    | 62.5kg        | ANDRYSIK, Maja      | 18-Jun-22    | 30kg          | NAPPER, Jessica           | 29-Aug-20    |
|        | Deadlift | 145kg         | ANDRYSIK, Maja      | 18-Jun-22    | 90kg          | NAPPER, Jessica           | 29-Aug-20    |
|        | Total    | 322.5kg       | ANDRYSIK, Maja      | 18-Jun-22    | 200kg         | NAPPER, Jessica           | 29-Aug-20    |
| 75kg   | Squat    | 105kg         | SADRI, S            | 25-Aug-12    |               |                           |              |
|        | Bench    | 45kg          | SADRI, S            | 25-Aug-12    |               |                           |              |
|        | Deadlift | 130kg         | SADRI, S            | 25-Aug-12    |               |                           |              |
|        | Total    | 280kg         | SADRI, S            | 25-Aug-12    |               |                           |              |
| 82.5kg | Squat    | 100kg         | ABDULLAH, Jasmine   | 25-Apr-23    | 95kg          | MILLER, M                 | 13-May-06    |
|        | Bench    | 55kg          | MILLER, M           | 13-May-06    |               |                           |              |
|        | Deadlift | 137.5kg       | ARMSTRONG, Isabelle | 01-Aug-24    | 130kg         | ABDULLAH, Jasmine         | 25-Apr-23    |
|        | Total    | 285kg         | ARMSTRONG, Isabelle | 01-Aug-24    | 275kg         | ABDULLAH, Jasmine         | 25-Apr-23    |
| 90kg   | Squat    | 95kg          | ARMSTRONG, Isabelle | 19-May-24    |               |                           |              |
|        | Bench    | 50kg          | ARMSTRONG, Isabelle | 19-May-24    |               |                           |              |
|        | Deadlift | 135kg         | ARMSTRONG, Isabelle | 19-May-24    |               |                           |              |
|        | Total    | 270kg         | ARMSTRONG, Isabelle | 19-May-24    |               |                           |              |
| 100kg  | Squat    | 105kg         | SINGH, Shristi      | 19-Jan-25    |               |                           |              |
|        | Bench    | 55kg          | SINGH, Shristi      | 19-Jan-25    |               |                           |              |
|        | Deadlift | 127.5kg       | SINGH, Shristi      | 19-Jan-25    |               |                           |              |
|        | Total    | 282.5kg       | SINGH, Shristi      | 19-Jan-25    |               |                           |              |
| 110kg  | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |
| 110+kg | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |

## Teenage Women (18-19)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete                  | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 48kg   | Squat    | 80kg          | DEMARZO,Zoe              | 14-May-16    | 60kg          | TALIASA, Kimberly         | 25-May-14    |
|        | Bench    | 40kg          | TALIASA, Kimberly        | 25-May-14    |               |                           |              |
|        | Deadlift | 90kg          | DEMARZO,Zoe              | 14-May-16    | 60kg          | TALIASA, Kimberly         | 25-May-14    |
|        | Total    | 205kg         | DEMARZO,Zoe              | 14-May-16    | 155kg         | TALIASA, Kimberly         | 25-May-14    |
| 52kg   | Squat    | 95kg          | SAPIANO, Georgia         | 19-May-18    | 65kg          | APOSTOL, Nikita           | 25-May-14    |
|        | Bench    | 52.5kg        | SAPIANO, Georgia         | 19-May-18    | 40kg          | APOSTOL, Nikita           | 25-May-14    |
|        | Deadlift | 125kg         | SAPIANO, Georgia         | 19-May-18    | 85kg          | APOSTOL, Nikita           | 25-May-14    |
|        | Total    | 262.5kg       | SAPIANO, Georgia         | 19-May-18    | 180kg         | APOSTOL, Nikita           | 25-May-14    |
| 56kg   | Squat    | 77.5kg        | WINWOOD, Shayla          | 12-Mar-23    |               |                           |              |
|        | Bench    | 40kg          | WINWOOD, Shayla          | 12-Mar-23    |               |                           |              |
|        | Deadlift | 87.5kg        | WINWOOD, Shayla          | 12-Mar-23    |               |                           |              |
|        | Total    | 205kg         | WINWOOD, Shayla          | 12-Mar-23    |               |                           |              |
| 60kg   | Squat    | 80kg          | SHEPPARD, Tabitha        | 16-Mar-25    | 65kg          | THISTLETHWAITE, Emily     | 25-Apr-23    |
|        | Bench    | 42.5kg        | SHEPPARD, Tabitha        | 02-Aug-25    | 37.5kg        | THISTLETHWAITE, Emily     | 25-Apr-24    |
|        | Deadlift | 107.5kg       | SHEPPARD, Tabitha        | 02-Aug-25    | 95kg          | THISTLETHWAITE, Emily     | 25-Apr-24    |
|        | Total    | 225kg         | SHEPPARD, Tabitha        | 02-Aug-25    | 187.5kg       | THISTLETHWAITE, Emily     | 25-Apr-24    |
| 67.5kg | Squat    | 130kg         | EMERY, Grace             | 18-May-25    | 117.5kg       | FRANKLIN, Gabrielle Rose  | 01-Aug-14    |
|        | Bench    | 87.5kg        | EMERY, Grace             | 18-May-25    | 72.5kg        | FRANKLIN, Gabrielle Rose  | 21-Nov-14    |
|        | Deadlift | 138kg         | FRANKLIN, Gabrielle Rose | 21-Nov-14    | 137.5kg       | FRANKLIN, Gabrielle Rose  | 01-Aug-14    |
|        | Total    | 352.5kg       | EMERY, Grace             | 18-May-25    | 319kg         | FRANKLIN, Gabrielle Rose  | 21-Nov-14    |
| 75kg   | Squat    | 117.5kg       | SADRI, C                 | 25-Aug-12    |               |                           |              |
|        | Bench    | 57.5kg        | SADRI, C                 | 25-Aug-12    |               |                           |              |
|        | Deadlift | 130kg         | KONDOS, E                | 06-Mar-99    |               |                           |              |
|        | Total    | 322.5kg       | SADRI, C                 | 25-Aug-12    |               |                           |              |
| 82.5kg | Squat    | 117.5kg       | SMITH, M                 | 01-May-93    |               |                           |              |
|        | Bench    | 62.5kg        | SMITH, M                 | 01-May-93    |               |                           |              |
|        | Deadlift | 135kg         | SMITH, M                 | 01-May-93    |               |                           |              |
|        | Total    | 315kg         | SMITH, M                 | 01-May-93    |               |                           |              |
| 90kg   | Squat    | 120kg         | VYAS, M                  | 13-Aug-05    |               |                           |              |
|        | Bench    | 65kg          | VYAS, M                  | 13-Aug-05    |               |                           |              |
|        | Deadlift | 135kg         | VYAS, M                  | 13-Aug-05    |               |                           |              |
|        | Total    | 320kg         | VYAS, M                  | 13-Aug-05    |               |                           |              |
| 100kg  | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 110kg  | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 110+kg | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |

## Junior Women (20-23)

(Bare Knees)

| 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          | IERVASI, Kristy     | 21-Nov-14    | 82.5kg        | IERVASI, Kristy           | 01-Aug-14    |
|        | Bench    | 50kg          | IERVASI, Kristy     | 01-Aug-14    |               |                           |              |
|        | Deadlift | 110kg         | PERRY, Leigh        | 13-Dec-14    | 97.5kg        | IERVASI, Kristy           | 21-Nov-14    |
|        | Total    | 245kg         | PERRY, Leigh        | 13-Dec-14    | 235kg         | IERVASI, Kristy           | 21-Nov-14    |
| 52kg   | Squat    | 107.5kg       | PERRY, Leigh        | 14-Mar-15    | 85kg          | MIDDLETON, Jess           | 27-Apr-14    |
|        | Bench    | 47.5kg        | MIDDLETON, Jess     | 14-Mar-15    | 40kg          | MIDDLETON, Jess           | 27-Apr-14    |
|        | Deadlift | 116kg         | FIELDING, Ellie     | 13-Jun-15    | 115kg         | MIDDLETON, Jess           | 14-Mar-15    |
|        | Total    | 260kg         | PERRY, Leigh        | 14-Mar-15    | 237.5kg       | MIDDLETON, Jess           | 27-Apr-14    |
| 56kg   | Squat    | 120kg         | SCHINELLA, Emily    | 21-May-23    | 105kg         | PINEDA, Jannica           | 15-Dec-13    |
|        | Bench    | 77.5kg        | SCHINELLA, Emily    | 21-May-23    | 67.5kg        | DAL PONTE, Bianca         | 24-Oct-21    |
|        | Deadlift | 145kg         | SCHINELLA, Emily    | 21-May-23    | 137.5kg       | DAL PONTE, Bianca         | 24-Oct-21    |
|        | Total    | 342.5kg       | SCHINELLA, Emily    | 21-May-23    | 287.5kg       | DAL PONTE, Bianca         | 24-Oct-21    |
| 60kg   | Squat    | 113kg         | DAMA, Alethea       | 21-May-23    | 112.5kg       | WELLS, April              | 22-May-16    |
|        | Bench    | 80kg          | DAMA, Alethea       | 11-Aug-23    | 75kg          | DAMA, Alethea             | 21-May-23    |
|        | Deadlift | 150kg         | DAMA, Alethea       | 21-May-23    | 147.5kg       | DAMA, Alethea             | 29-May-22    |
|        | Total    | 337.5kg       | DAMA, Alethea       | 21-May-23    | 321.5kg       | WELLS, April              | 22-May-16    |
| 67.5kg | Squat    | 135kg         | RALPH, Anise        | 18-Feb-24    | 130kg         | COLLIHOLE, Isabella       | 30-Apr-23    |
|        | Bench    | 80kg          | GRAY, Nerissa       | 21-Nov-14    | 77.5kg        | GRAY, Nerissa             | 01-Aug-14    |
|        | Deadlift | 160.5kg       | SADRI, Cami         | 10-Aug-13    |               |                           |              |
|        | Total    | 362.5kg       | COLLIHOLE, Isabella | 30-Apr-23    | 350kg         | SADRI, Cami               | 10-Aug-13    |
| 75kg   | Squat    | 145kg         | MORRIS, Jaymii      | 13-Aug-16    | 115kg         | HAINS, Ruby               | 09-May-15    |
|        | Bench    | 85kg          | MORRIS, Jaymii      | 13-Aug-16    | 63kg          | HAINS, Ruby               | 09-May-15    |
|        | Deadlift | 185kg         | MORRIS, Jaymii      | 13-Aug-16    | 150kg         | HAINS, Ruby               | 09-May-15    |
|        | Total    | 415kg         | MORRIS, Jaymii      | 13-Aug-16    | 328kg         | HAINS, Ruby               | 09-May-15    |
| 82.5kg | Squat    | 142.5kg       | WALDHEIM, Ashleigh  | 01-Aug-14    | 82.5kg        | STRATHOPOULOS, D          | 16-May-10    |
|        | Bench    | 72.5kg        | WALDHEIM, Ashleigh  | 01-Aug-14    | 65kg          | STRATHOPOULOS, D          | 16-May-10    |
|        | Deadlift | 156kg         | CHOECAIR, Jameely   | 21-Nov-14    | 155kg         | WALDHEIM, Ashleigh        | 01-Aug-14    |
|        | Total    | 365kg         | WALDHEIM, Ashleigh  | 01-Aug-14    | 305kg         | STRATHOPOULOS, D          | 16-May-10    |
| 90kg   | Squat    | 140kg         | WORTH, Mariah       | 27-May-18    | 92.5kg        | MCGLYNN, Alex             | 03-May-15    |
|        | Bench    | 67.5kg        | WORTH, Mariah       | 27-May-18    | 55kg          | MCGLYNN, Alex             | 03-May-15    |
|        | Deadlift | 162.5kg       | WORTH, Mariah       | 27-May-18    | 125kg         | MCGLYNN, Alex             | 03-May-15    |
|        | Total    | 370kg         | WORTH, Mariah       | 27-May-18    | 267.5kg       | MCGLYNN, Alex             | 03-May-15    |
| 100kg  | Squat    | 145kg         | PEARCE, Elyssa      | 02-Aug-25    | 120kg         | PEARCE, Elyssa            | 16-Mar-25    |
|        | Bench    | 84kg          | PEARCE, Elyssa      | 02-Aug-25    | 80kg          | PEARCE, Elyssa            | 16-Mar-25    |
|        | Deadlift | 180kg         | PEARCE, Elyssa      | 02-Aug-25    | 162.5kg       | PEARCE, Elyssa            | 16-Mar-25    |
|        | Total    | 407.5kg       | PEARCE, Elyssa      | 02-Aug-25    | 362.5kg       | PEARCE, Elyssa            | 16-Mar-25    |
| 110kg  | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |
| 110+kg | Squat    | 110kg         | DAVIDSON, Tori      | 17-Feb-19    |               |                           |              |
|        | Bench    | 62.5kg        | DAVIDSON, Tori      | 17-Feb-19    |               |                           |              |
|        | Deadlift | 130kg         | DAVIDSON, Tori      | 17-Feb-19    |               |                           |              |
|        | Total    | 302.5kg       | DAVIDSON, Tori      | 17-Feb-19    |               |                           |              |

## Senior Women (24-32)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete             | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    | 85kg          | TAKAHASHI, Fumi     | 31-May-15    |               |                           |              |
|        | Bench    | 50kg          | TAKAHASHI, Fumi     | 15-Aug-15    | 47.5kg        | TAKAHASHI, Fumi           | 31-May-15    |
|        | Deadlift | 95kg          | TAKAHASHI, Fumi     | 31-May-15    |               |                           |              |
|        | Total    | 230kg         | TAKAHASHI, Fumi     | 15-Aug-15    | 227.5kg       | TAKAHASHI, Fumi           | 31-May-15    |
| 48kg   | Squat    | 95kg          | KRINE, Zhara        | 13-Aug-16    | 92.5kg        | WEIR, Yolandie            | 10-Aug-13    |
|        | Bench    | 72.5kg        | WEIR, Yolandie      | 10-Aug-13    |               |                           |              |
|        | Deadlift | 135kg         | WEIR, Yolandie      | 10-Aug-13    |               |                           |              |
|        | Total    | 300kg         | WEIR, Yolandie      | 10-Aug-13    |               |                           |              |
| 52kg   | Squat    | 105kg         | GUIGNON, Lauren     | 10-Aug-13    |               |                           |              |
|        | Bench    | 62.5kg        | GUIGNON, Lauren     | 10-Aug-13    |               |                           |              |
|        | Deadlift | 155kg         | GUIGNON, Lauren     | 10-Aug-13    |               |                           |              |
|        | Total    | 322.5kg       | GUIGNON, Lauren     | 10-Aug-13    |               |                           |              |
| 56kg   | Squat    | 130kg         | PERRY, Leigh        | 14-May-23    | 125kg         | PINEDA, Jannice           | 14-Mar-15    |
|        | Bench    | 72.5          | SMITH, Alex         | 21-Nov-14    | 71.5kg        | SMITH, Alex               | 02-Aug-14    |
|        | Deadlift | 160kg         | GUIGNON, Lauren     | 15-Dec-13    | 155kg         | McILROY, Katrina          | 25-Aug-12    |
|        | Total    | 340kg         | GUIGNON, Lauren     | 15-Dec-13    | 332.5kg       | McILROY, Katrina          | 25-Aug-12    |
| 60kg   | Squat    | 112.5kg       | McILROY, Katrina    | 11-May-13    | 110kg         | McILROY, Katrina          | 12-May-12    |
|        | Bench    | 75kg          | PALERMO, Casey      | 21-May-23    | 62.5kg        | RICHARDSON, Phillipa      | 06-Jun-15    |
|        | Deadlift | 190kg         | PALERMO, Casey      | 21-May-23    | 157.5kg       | McILROY, Katrina          | 11-May-13    |
|        | Total    | 375kg         | PALERMO, Casey      | 21-May-23    | 325kg         | McILROY, Katrina          | 11-May-13    |
| 67.5kg | Squat    | 140kg         | FOSTER, Katie       | 05-May-12    |               |                           |              |
|        | Bench    | 90kg          | POTGIETER, Chantal  | 21-May-23    | 77.5kg        | FOSTER, Katie             | 05-May-12    |
|        | Deadlift | 170kg         | MAATOUK, Rachelle   | 13-Aug-16    | 167.5kg       | FOSTER, Katie             | 05-May-12    |
|        | Total    | 382.5kg       | MAATOUK, Rachelle   | 13-Aug-16    | 372.5kg       | FOSTER, Katie             | 05-May-12    |
| 75kg   | Squat    | 160kg         | CRIMMINS, Anne      | 02-Aug-25    | 147.5kg       | MICHON, Lucy              | 06-Oct-18    |
|        | Bench    | 107.5kg       | CRIMMINS, Anne      | 02-Aug-25    | 87.5kg        | BAKER, Zoe Lee            | 21-Nov-14    |
|        | Deadlift | 202.5kg       | CRIMMINS, Anne      | 02-Aug-25    | 177.5kg       | MICHON, Lucy              | 06-Oct-18    |
|        | Total    | 470kg         | CRIMMINS, Anne      | 02-Aug-25    | 407.5kg       | BAKER, Zoe Lee            | 21-Nov-14    |
| 82.5kg | Squat    | 180kg         | WALDHEIM, Ashleigh  | 14-Mar-15    | 137.5kg       | NGAROTATA, Jessica        | 21-Nov-14    |
|        | Bench    | 92.5kg        | LONGERI, Rachael    | 25-Apr-19    | 90kg          | WALDHEIM, Ashleigh        | 14-Mar-14    |
|        | Deadlift | 180kg         | WALDHEIM, Ashleigh  | 14-Mar-14    | 172.5kg       | NGAROTATA, Jessica        | 21-Nov-14    |
|        | Total    | 450kg         | WALDHEIM, Ashleigh  | 14-Mar-14    | 397.5kg       | NGAROTATA, Jessica        | 21-Nov-14    |
| 90kg   | Squat    | 172.5kg       | ASHPLANT, Raegan    | 12-Mar-23    | 170kg         | DALDRY, Carmen            | 20-May-17    |
|        | Bench    | 85kg          | DALDRY, Carmen      | 20-May-17    | 82.5kg        | DALDRY, Carmen            | 25-Apr-17    |
|        | Deadlift | 190kg         | ASHPLANT, Raegan    | 12-Mar-23    | 182.5kg       | DALDRY, Carmen            | 25-Apr-17    |
|        | Total    | 442.5kg       | ASHPLANT, Raegan    | 12-Mar-23    | 435kg         | DALDRY, Carmen            | 20-May-17    |
| 100kg  | Squat    | 195kg         | ASHPLANT, Raegan    | 27-Aug-23    | 180kg         | ASHPLANT, Raegan          | 21-May-23    |
|        | Bench    | 85kg          | ASHPLANT, Raegan    | 21-May-23    |               |                           |              |
|        | Deadlift | 192.5kg       | ASHPLANT, Raegan    | 21-May-23    |               |                           |              |
|        | Total    | 465kg         | ASHPLANT, Raegan    | 27-Aug-23    | 457.5kg       | ASHPLANT, Raegan          | 21-May-23    |
| 110kg  | Squat    | 100kg         | RANSOM, Hannah      | 22-Oct-23    | 90kg          | RANSOM, Hannah            | 21-May-23    |
|        | Bench    | 57.5kg        | RANSOM, Hannah      | 22-Oct-23    | 52.5kg        | RANSOM, Hannah            | 21-May-23    |
|        | Deadlift | 130kg         | DELLIOS, Angelika   | 25-Apr-23    |               |                           |              |
|        | Total    | 275kg         | RANSOM, Hannah      | 22-Oct-23    | 265kg         | DELLIOS, Angelika         | 25-Apr-23    |
| 110+kg | Squat    | 227.5kg       | MILLINGTON, Anita   | 14-Mar-15    | 200kg         | MILLINGTON, Anita         | 21-Nov-14    |
|        | Bench    | 105.5kg       | MILLINGTON, Anita   | 26-Apr-14    | 80kg          | DAVIDSON, Heather         | 10-Aug-13    |
|        | Deadlift | 213kg         | PALETUA, Alyshianna | 15-Apr-23    | 212.5kg       | MILLINGTON, Anita         | 26-Apr-14    |
|        | Total    | 525kg         | MILLINGTON, Anita   | 14-Mar-15    | 512.5kg       | MILLINGTON, Anita         | 21-Nov-14    |

## Sub Masters Women (33-39)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete           | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |
| 48kg   | Squat    | 77.5kg        | WU, Cho           | 13-Aug-23    | 75kg          | WU, Cho                   | 21-May-23    |
|        | Bench    | 45kg          | WU, Cho           | 13-Aug-23    | 42.5kg        | WU, Cho                   | 21-May-23    |
|        | Deadlift | 117.5kg       | WU, Cho           | 13-Aug-23    | 105kg         | WU, Cho                   | 21-May-23    |
|        | Total    | 240kg         | WU, Cho           | 13-Aug-23    | 222.5kg       | WU, Cho                   | 21-May-23    |
| 52kg   | Squat    | 85kg          | MUDIE, Katrina    | 25-Apr-24    | 77.5kg        | GIL, Beatriz              | 29-Oct-22    |
|        | Bench    | 55kg          | FINCH, Linda      | 06-Jun-15    | 42.5kg        | EATON, Emma               | 26-Apr-14    |
|        | Deadlift | 125kg         | MUDIE, Katrina    | 25-Apr-24    | 115kg         | EATON, Emma               | 26-Apr-14    |
|        | Total    | 260kg         | MUDIE, Katrina    | 25-Apr-24    | 232.5kg       | EATON, Emma               | 26-Apr-14    |
| 56kg   | Squat    | 92.5kg        | HAILEY, Sam       | 27-Apr-14    |               |                           |              |
|        | Bench    | 55kg          | HAILEY, Sam       | 27-Apr-14    |               |                           |              |
|        | Deadlift | 125kg         | LAING, Shelley    | 30-Apr-23    | 118kg         | MUDIE, Katrina            | 25-Apr-23    |
|        | Total    | 265kg         | LAING, Shelley    | 30-Apr-23    | 262.5kg       | HAILEY, Sam               | 27-Apr-14    |
| 60kg   | Squat    | 122.5kg       | HANNON, Lauren    | 13-Aug-16    | 120kg         | GARDNER, Jodie            | 02-Aug-14    |
|        | Bench    | 72.5kg        | HANNON, Lauren    | 13-Aug-16    | 65kg          | HANNON, Lauren            | 29-May-16    |
|        | Deadlift | 147.5kg       | GARDNER, Jodie    | 02-Aug-14    | 140kg         | QUINN, K                  | 27-Aug-11    |
|        | Total    | 335kg         | HANNON, Lauren    | 13-Aug-16    | 327.5kg       | GARDNER, Jodie            | 02-Aug-14    |
| 67.5kg | Squat    | 132.5kg       | MATTHIAS, Melissa | 15-Aug-15    | 125kg         | SOTOMAYER, Rebecca        | 27-Aug-11    |
|        | Bench    | 80kg          | MATTHIAS, Melissa | 15-Aug-15    | 75kg          | SWAN, Emma                | 06-Jun-15    |
|        | Deadlift | 166kg         | MATTHIAS, Melissa | 15-Aug-15    | 165kg         | SOTOMAYER, Rebecca        | 27-Aug-11    |
|        | Total    | 372.5kg       | MATTHIAS, Melissa | 15-Aug-15    | 345kg         | METCALF, Sue              | 11-May-13    |
| 75kg   | Squat    | 140kg         | THOMPSON, Lucie   | 27-Aug-13    |               |                           |              |
|        | Bench    | 110kg         | THOMPSON, Lucie   | 11-May-13    | 87.5kg        | THOMPSON, Lucie           | 27-Aug-13    |
|        | Deadlift | 192.5kg       | TYRELL, Lauren    | 25-Apr-19    | 180.5kg       | TYRELL, Lauren            | 25-Apr-18    |
|        | Total    | 395kg         | THOMPSON, Lucie   | 27-Aug-13    |               |                           |              |
| 82.5kg | Squat    | 172.5kg       | DALDRY, Carmen    | 12-Aug-17    | 135kg         | THOMPSON, Lucie           | 05-May-12    |
|        | Bench    | 90kg          | THOMPSON, Lucie   | 05-May-12    |               |                           |              |
|        | Deadlift | 200kg         | DALDRY, Carmen    | 12-Aug-17    | 170kg         | THOMPSON, Lucie           | 05-May-12    |
|        | Total    | 447.5kg       | DALDRY, Carmen    | 12-Aug-17    | 385kg         | THOMPSON, Lucie           | 05-May-12    |
| 90kg   | Squat    | 130kg         | OGORMAN, Rachel   | 21-Nov-14    | 120kg         | OGORMAN, Rachel           | 25-Aug-12    |
|        | Bench    | 120kg         | OGORMAN, Rachel   | 21-Nov-14    | 115kg         | OGORMAN, Rachel           | 02-Aug-14    |
|        | Deadlift | 210kg         | OGORMAN, Rachel   | 21-Nov-14    | 205kg         | OGORMAN, Rachel           | 02-Aug-14    |
|        | Total    | 460kg         | OGORMAN, Rachel   | 21-Nov-14    | 420kg         | OGORMAN, Rachel           | 02-Aug-14    |
| 100kg  | Squat    | 105kg         | LISTER, Michelle  | 14-Apr-24    | 95kg          | LOVE, Meagan              | 28-May-22    |
|        | Bench    | 75kg          | LISTER, Michelle  | 14-Apr-24    | 62.5kg        | LOVE, Meagan              | 28-May-22    |
|        | Deadlift | 170kg         | LOVE, Meagan      | 28-May-22    |               |                           |              |
|        | Total    | 327.5kg       | LOVE, Meagan      | 28-May-22    |               |                           |              |
| 110kg  | Squat    | 95kg          | DELLIOS, Angelika | 25-Apr-25    |               |                           |              |
|        | Bench    | 52.5kg        | DELLIOS, Angelika | 25-Apr-25    |               |                           |              |
|        | Deadlift | 130kg         | DELLIOS, Angelika | 25-Apr-25    |               |                           |              |
|        | Total    | 277.5kg       | DELLIOS, Angelika | 25-Apr-25    |               |                           |              |
| 110+kg | Squat    | 152.5kg       | GORTON, Megan     | 02-Aug-25    | 140kg         | BULZOMI, Franca           | 28-Mar-21    |
|        | Bench    | 87.5kg        | BULZOMI, Franca   | 28-Mar-21    | 67.5kg        | AITKEN, Brooke            | 21-Nov-14    |
|        | Deadlift | 181kg         | GORTON, Megan     | 02-Aug-25    | 177.5kg       | AITKEN, Brooke            | 02-Aug-14    |
|        | Total    | 407.5kg       | GORTON, Megan     | 06-Apr-25    | 395kg         | GORTON, Megan             | 15-Sep-24    |

## Masters Women (40-44)

(Bare Knees)

| 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    | 75kg          | NGO, Tee           | 22-Oct-23    | 70kg          | BAJJADA, Michelina        | 25-Apr-16    |
|        | Bench    | 42.5kg        | BAJJADA, Michelina | 25-Apr-16    |               |                           |              |
|        | Deadlift | 140kg         | BAJJADA, Michelina | 25-Apr-16    |               |                           |              |
|        | Total    | 247.5kg       | BAJJADA, Michelina | 25-Apr-16    |               |                           |              |
| 60kg   | Squat    | 85kg          | PAKU, Ra           | 15-Aug-15    | 75kg          | BAJJADA, Michelina        | 31-May-15    |
|        | Bench    | 77.5kg        | PAKU, Ra           | 15-Aug-15    | 70kg          | HEWITT, Annie             | 12-Mar-11    |
|        | Deadlift | 140kg         | PAKU, Ra           | 15-Aug-15    | 135kg         | BAJJADA, Michelina        | 31-May-15    |
|        | Total    | 300kg         | PAKU, Ra           | 15-Aug-15    | 270kg         | KOLLEN, S                 | 27-Aug-11    |
| 67.5kg | Squat    | 125kg         | HARMER, Joanna     | 19-May-24    | 110.5kg       | LY, Lisa                  | 20-May-17    |
|        | Bench    | 75kg          | HARMER, Joanna     | 19-May-24    | 67.5kg        | LY, Lisa                  | 20-May-17    |
|        | Deadlift | 160kg         | LY, Lisa           | 20-May-17    | 150kg         | LY, Lisa                  | 25-Apr-17    |
|        | Total    | 340kg         | HARMER, Joanna     | 19-May-24    | 337.5kg       | LY, Lisa                  | 20-May-17    |
| 75kg   | Squat    | 161kg         | KUIPERS, Robyn     | 11-Aug-17    | 140kg         | KUIPERS, Robyn            | 20-May-17    |
|        | Bench    | 85kg          | LY, Lisa           | 12-Aug-16    | 72.5kg        | LY, Lisa                  | 14-May-16    |
|        | Deadlift | 185kg         | KUIPERS, Robyn     | 11-Aug-17    | 180kg         | LY, Lisa                  | 12-Aug-16    |
|        | Total    | 415kg         | KUIPERS, Robyn     | 11-Aug-17    | 385kg         | LY, Lisa                  | 12-Aug-16    |
| 82.5kg | Squat    | 140kg         | BYRON, Suzanne     | 18-May-25    | 80kg          | VOZIC, Melissa            | 20-Apr-24    |
|        | Bench    | 65kg          | BYRON, Suzanne     | 18-May-25    | 60kg          | VOZIC, Melissa            | 20-Apr-24    |
|        | Deadlift | 155kg         | BYRON, Suzanne     | 18-May-25    | 140kg         | VOZIC, Melissa            | 20-Apr-24    |
|        | Total    | 360kg         | BYRON, Suzanne     | 18-May-25    | 280kg         | VOZIC, Melissa            | 20-Apr-24    |
| 90kg   | Squat    | 125kg         | FERNANDES, Anita   | 01-Aug-25    | 115kg         | KING, Tara                | 06-Jun-15    |
|        | Bench    | 80kg          | FERNANDES, Anita   | 01-Aug-25    | 75kg          | KING, Tara                | 06-Jun-15    |
|        | Deadlift | 180kg         | FERNANDES, Anita   | 01-Aug-25    | 160kg         | KING, Tara                | 06-Jun-15    |
|        | Total    | 385kg         | FERNANDES, Anita   | 01-Aug-25    | 350kg         | KING, Tara                | 06-Jun-15    |
| 100kg  | Squat    | 141kg         | MADDERN, Emily     | 21-Aug-22    | 140kg         | MADDERN, Emily            | 27-Feb-22    |
|        | Bench    | 82.5kg        | MADDERN, Emily     | 21-Aug-22    | 80kg          | MADDERN, Emily            | 27-Feb-22    |
|        | Deadlift | 170kg         | MADDERN, Emily     | 27-Feb-22    |               |                           |              |
|        | Total    | 390kg         | MADDERN, Emily     | 27-Feb-22    |               |                           |              |
| 110kg  | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 110+kg | Squat    | 132.5kg       | DAVIE, Natasha     | 12-Apr-13    |               |                           |              |
|        | Bench    | 107.5kg       | DAVIE, Natasha     | 06-Dec-14    | 106kg         | DAVIE, Natasha            | 02-Aug-14    |
|        | Deadlift | 175kg         | DAVIE, Natasha     | 21-Nov-14    | 171kg         | DAVIE, Natasha            | 02-Aug-14    |
|        | Total    | 406kg         | DAVIE, Natasha     | 02-Aug-14    | 400kg         | DAVIE, Natasha            | 12-Apr-13    |

## Masters Women (45-49)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete           | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |
| 48kg   | Squat    | 82.5kg        | WINWOOD, Tania    | 06-Oct-18    |               |                           |              |
|        | Bench    | 42.5kg        | WINWOOD, Tania    | 06-Oct-18    |               |                           |              |
|        | Deadlift | 122.5kg       | WINWOOD, Tania    | 06-Oct-18    |               |                           |              |
|        | Total    | 247.5kg       | WINWOOD, Tania    | 06-Oct-18    |               |                           |              |
| 52kg   | Squat    | 95kg          | WEIR, Coralie     | 27-Aug-11    |               |                           |              |
|        | Bench    | 75kg          | WEIR, Coralie     | 27-Aug-11    |               |                           |              |
|        | Deadlift | 140kg         | WEIR, Coralie     | 27-Aug-11    |               |                           |              |
|        | Total    | 310kg         | WEIR, Coralie     | 27-Aug-11    |               |                           |              |
| 56kg   | Squat    | 97.5kg        | CANN, Heather     | 09-Jun-24    | 87.5kg        | MARKOPOULOS, Nina         | 27-Aug-11    |
|        | Bench    | 65kg          | MARKOPOULOS, Nina | 27-Aug-11    |               |                           |              |
|        | Deadlift | 120kg         | CANN, Heather     | 09-Jun-24    | 115kg         | MARKOPOULOS, Nina         | 27-Aug-11    |
|        | Total    | 267.5kg       | CANN, Heather     | 09-Jun-24    | 265kg         | MARKOPOULOS, Nina         | 27-Aug-11    |
| 60kg   | Squat    | 72.5kg        | MARKOPOULOS, Nina | 16-May-10    |               |                           |              |
|        | Bench    | 67.5kg        | MARKOPOULOS, Nina | 27-Aug-11    |               |                           |              |
|        | Deadlift | 115kg         | MARKOPOULOS, Nina | 27-Aug-11    |               |                           |              |
|        | Total    | 272.5kg       | MARKOPOULOS, Nina | 27-Aug-11    |               |                           |              |
| 67.5kg | Squat    | 105kg         | HORSFALL, Megan   | 06-Jul-24    | 100kg         | MARKOPOULOS, Nina         | 14-Aug-10    |
|        | Bench    | 70kg          | COOK, Monica      | 29-May-11    |               |                           |              |
|        | Deadlift | 140kg         | HORSFALL, Megan   | 06-Jul-24    | 130kg         | HORSFALL, Megan           | 02-Mar-24    |
|        | Total    | 302.5kg       | HORSFALL, Megan   | 06-Jul-24    | 280kg         | HORSFALL, Megan           | 02-Mar-24    |
| 75kg   | Squat    | 110kg         | FISHER, Jasmine   | 01-Aug-25    | 85kg          | ARMSTRONG, Trish          | 19-May-24    |
|        | Bench    | 90kg          | SMITH, Janet      | 07-Nov-18    |               |                           |              |
|        | Deadlift | 200kg         | SMITH, Janet      | 07-Nov-18    |               |                           |              |
|        | Total    | 330kg         | SMITH, Janet      | 07-Nov-18    |               |                           |              |
| 82.5kg | Squat    | 150kg         | SMITH, Janet      | 02-Jun-19    |               |                           |              |
|        | Bench    | 95kg          | SMITH, Janet      | 02-Jun-19    |               |                           |              |
|        | Deadlift | 215kg         | SMITH, Janet      | 02-Jun-19    |               |                           |              |
|        | Total    | 450kg         | SMITH, Janet      | 02-Jun-19    |               |                           |              |
| 90kg   | Squat    | 110kg         | LOWER, Wendy      | 18-Nov-23    |               |                           |              |
|        | Bench    | 50kg          | LOWER, Wendy      | 18-Nov-23    |               |                           |              |
|        | Deadlift | 142.5kg       | LOWER, Wendy      | 18-Nov-23    |               |                           |              |
|        | Total    | 295kg         | LOWER, Wendy      | 18-Nov-23    |               |                           |              |
| 100kg  | Squat    | 105kg         | MACRI, Olivia     | 05-Aug-23    |               |                           |              |
|        | Bench    | 77.5kg        | MACRI, Olivia     | 05-Aug-23    |               |                           |              |
|        | Deadlift | 147.5kg       | MACRI, Olivia     | 05-Aug-23    |               |                           |              |
|        | Total    | 330kg         | MACRI, Olivia     | 05-Aug-23    |               |                           |              |
| 110kg  | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |
| 110+kg | Squat    | 50kg          | JACOBS, Lyn       | 30-May-10    |               |                           |              |
|        | Bench    | 60kg          | JACOBS, Lyn       | 30-May-10    |               |                           |              |
|        | Deadlift | 130kg         | JACOBS, Lyn       | 30-May-10    |               |                           |              |
|        | Total    | 240kg         | JACOBS, Lyn       | 30-May-10    |               |                           |              |

## Masters Women (50-54)

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete           | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |
| 48kg   | Squat    | 115kg         | MORINE, Sarah     | 30-Nov-24    | 82.5kg        | WINWOOD, Tania            | 12-Mar-23    |
|        | Bench    | 73.5kg        | MORINE, Sarah     | 30-Nov-24    | 45kg          | WINWOOD, Tania            | 12-Mar-23    |
|        | Deadlift | 145kg         | MORINE, Sarah     | 30-Nov-24    | 130kg         | WINWOOD, Tania            | 12-Mar-23    |
|        | Total    | 332.5kg       | MORINE, Sarah     | 30-Nov-24    | 257.5kg       | WINWOOD, Tania            | 12-Mar-23    |
| 52kg   | Squat    | 110kg         | WEIR, Coralie     | 09-May-15    | 100kg         | WEIR, Coralie             | 08-Nov-12    |
|        | Bench    | 85kg          | WEIR, Coralie     | 09-May-15    | 82.5kg        | WEIR, Coralie             | 08-Nov-12    |
|        | Deadlift | 157.5kg       | WEIR, Coralie     | 09-May-15    | 140kg         | WEIR, Coralie             | 27-Aug-11    |
|        | Total    | 352.5kg       | WEIR, Coralie     | 09-May-15    | 317.5kg       | WEIR, Coralie             | 08-Nov-12    |
| 56kg   | Squat    | 105kg         | FRANKE, Sarah     | 12-Nov-22    | 95kg          | SAPIANO, Sarah            | 11-May-19    |
|        | Bench    | 70kg          | FRANKE, Sarah     | 12-Nov-22    | 60kg          | SAPIANO, Sarah            | 11-May-19    |
|        | Deadlift | 145kg         | FRANKE, Sarah     | 12-Nov-22    | 120kg         | SAPIANO, Sarah            | 11-May-19    |
|        | Total    | 320kg         | FRANKE, Sarah     | 12-Nov-22    | 275kg         | SAPIANO, Sarah            | 11-May-19    |
| 60kg   | Squat    | 95kg          | LAW, Jenny        | 25-Apr-21    | 90kg          | SAPIANO, Sarah            | 29-Apr-18    |
|        | Bench    | 60kg          | SAPIANO, Sarah    | 29-Apr-18    | 52.5kg        | WIKANDER, Lolita          | 10-Aug-13    |
|        | Deadlift | 140kg         | LAW, Jenny        | 25-Apr-21    | 125kg         | SAPIANO, Sarah            | 29-Apr-18    |
|        | Total    | 292.5kg       | LAW, Jenny        | 25-Apr-21    | 275kg         | SAPIANO, Sarah            | 29-Apr-18    |
| 67.5kg | Squat    | 127.5kg       | LOWE, Kalo        | 21-Nov-14    | 122.5kg       | LOWE, Kalo                | 02-Aug-14    |
|        | Bench    | 85kg          | LOWE, Kalo        | 02-Aug-14    |               |                           |              |
|        | Deadlift | 152.5kg       | LOWE, Kalo        | 02-Aug-14    |               |                           |              |
|        | Total    | 362.5kg       | LOWE, Kalo        | 21-Nov-14    | 360kg         | LOWE, Kalo                | 02-Aug-14    |
| 75kg   | Squat    | 140kg         | TAYLOR, Sarah     | 18-Feb-24    | 137.5kg       | TAYLOR, Sarah             | 21-May-23    |
|        | Bench    | 87.5kg        | SMITH, Janet      | 07-Nov-19    | 78kg          | STERNS, Andrea            | 13-Aug-16    |
|        | Deadlift | 183kg         | SMITH, Janet      | 07-Nov-19    | 147.5kg       | McKNIGHT, Erica           | 17-Aug-19    |
|        | Total    | 405kg         | SMITH, Janet      | 07-Nov-19    | 330kg         | STERNS, Andrea            | 21-May-17    |
| 82.5kg | Squat    | 118.5kg       | WICKS, Maureen    | 01-Aug-25    | 105kg         | POWER, Lucy               | 22-Oct-23    |
|        | Bench    | 81kg          | WICKS, Maureen    | 01-Aug-25    | 67.5kg        | BIGGIN, Peta              | 25-Apr-24    |
|        | Deadlift | 155kg         | WICKS, Maureen    | 01-Aug-25    | 142.5kg       | POWER, Lucy               | 22-Oct-23    |
|        | Total    | 345kg         | WICKS, Maureen    | 01-Aug-25    | 312.5kg       | POWER, Lucy               | 22-Oct-23    |
| 90kg   | Squat    | 130kg         | LOWER, Wendy      | 30-Nov-24    | 127.5kg       | ROSE-JAMES, Linda         | 13-Aug-23    |
|        | Bench    | 82.5kg        | ROSE-JAMES, Linda | 14-May-23    | 55kg          | MATTHEWS, T               | 29-May-11    |
|        | Deadlift | 175kg         | ROSE-JAMES, Linda | 13-Aug-23    | 170kg         | ROSE-JAMES, Linda         | 14-May-23    |
|        | Total    | 385kg         | ROSE-JAMES, Linda | 13-Aug-23    | 367.5kg       | ROSE-JAMES, Linda         | 14-May-23    |
| 100kg  | Squat    | 115kg         | LOWER, Wendy      | 06-Apr-25    | 110kg         | SMITH, Janet              | 19-May-24    |
|        | Bench    | 117.5kg       | SMITH, Janet      | 19-May-24    | 100kg         | SMITH, Janet              | 29-May-22    |
|        | Deadlift | 220kg         | SMITH, Janet      | 29-May-22    |               |                           |              |
|        | Total    | 427.5kg       | SMITH, Janet      | 19-May-24    | 410kg         | SMITH, Janet              | 29-May-22    |
| 110kg  | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |
| 110+kg | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |

## Masters Women (55-59)

(Bare Knees)

| 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    | 120kg         | WEIR, Coralie   | 12-Aug-17    | 67.5kg        | FERRIS, Valerie           | 03-Jun-17    |
|        | Bench    | 85kg          | WEIR, Coralie   | 12-Aug-17    | 37.5kg        | FERRIS, Valerie           | 29-May-16    |
|        | Deadlift | 162.5kg       | WEIR, Coralie   | 12-Aug-17    | 102.5kg       | FERRIS, Valerie           | 03-Jun-17    |
|        | Total    | 367.5kg       | WEIR, Coralie   | 12-Aug-17    | 207.5kg       | FERRIS, Valerie           | 03-Jun-17    |
| 56kg   | Squat    | 110kg         | WEIR, Coralie   | 30-Apr-17    |               |                           |              |
|        | Bench    | 80kg          | WEIR, Coralie   | 30-Apr-17    |               |                           |              |
|        | Deadlift | 155kg         | WEIR, Coralie   | 30-Apr-17    |               |                           |              |
|        | Total    | 345kg         | WEIR, Coralie   | 30-Apr-17    |               |                           |              |
| 60kg   | Squat    | 152.5kg       | YOUNG, Taylor   | 08-Nov-12    | 142.5kg       | YOUNG, Taylor             | 25-Aug-12    |
|        | Bench    | 96kg          | YOUNG, Taylor   | 25-Aug-12    |               |                           |              |
|        | Deadlift | 175kg         | YOUNG, Taylor   | 08-Nov-12    | 173kg         | YOUNG, Taylor             | 25-Aug-12    |
|        | Total    | 422.5kg       | YOUNG, Taylor   | 08-Nov-12    | 409kg         | YOUNG, Taylor             | 25-Aug-12    |
| 67.5kg | Squat    | 155kg         | YOUNG, Taylor   | 02-Aug-14    | 150kg         | YOUNG, Taylor             | 10-Aug-13    |
|        | Bench    | 105kg         | YOUNG, Taylor   | 10-Aug-13    |               |                           |              |
|        | Deadlift | 190kg         | YOUNG, Taylor   | 10-Aug-13    |               |                           |              |
|        | Total    | 437.5kg       | YOUNG, Taylor   | 02-Aug-14    | 430kg         | YOUNG, Taylor             | 10-Aug-13    |
| 75kg   | Squat    | 65kg          | ASKEW, Rae      | 06-Apr-25    |               |                           |              |
|        | Bench    | 45kg          | ASKEW, Rae      | 06-Apr-25    |               |                           |              |
|        | Deadlift | 107.5kg       | ASKEW, Rae      | 06-Apr-25    |               |                           |              |
|        | Total    | 217.5kg       | ASKEW, Rae      | 06-Apr-25    |               |                           |              |
| 82.5kg | Squat    | 85kg          | STERNES, Andrea | 29-May-22    |               |                           |              |
|        | Bench    | 65kg          | STERNES, Andrea | 29-May-22    |               |                           |              |
|        | Deadlift | 130kg         | STERNES, Andrea | 29-May-22    |               |                           |              |
|        | Total    | 280kg         | STERNES, Andrea | 29-May-22    |               |                           |              |
| 90kg   | Squat    | 25kg          | OXLEY, Lu-ella  | 26-Jun-21    |               |                           |              |
|        | Bench    | 45kg          | OXLEY, Lu-ella  | 26-Jun-21    |               |                           |              |
|        | Deadlift | 100kg         | OXLEY, Lu-ella  | 26-Jun-21    |               |                           |              |
|        | Total    | 170kg         | OXLEY, Lu-ella  | 26-Jun-21    |               |                           |              |
| 100kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110kg  | Squat    | 70kg          | STARR, Claire   | 10-Aug-24    |               |                           |              |
|        | Bench    | 52.5kg        | STARR, Claire   | 10-Aug-24    |               |                           |              |
|        | Deadlift | 120kg         | STARR, Claire   | 10-Aug-24    |               |                           |              |
|        | Total    | 242.5kg       | STARR, Claire   | 10-Aug-24    |               |                           |              |
| 110+kg | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |

## Masters Women (60-64)

(Bare Knees)

| 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    | 75kg          | HARVEY, Helen      | 01-Aug-24    | 72.5kg        | HARVEY, Helen             | 29-Oct-22    |
|        | Bench    | 43kg          | HARVEY, Helen      | 01-Aug-24    | 42.5kg        | HARVEY, Helen             | 29-Oct-22    |
|        | Deadlift | 120kg         | HARVEY, Helen      | 29-Oct-22    | 97.5kg        | TRENTIN, Marietta         | 22-Aug-21    |
|        | Total    | 235kg         | HARVEY, Helen      | 29-Oct-22    | 192.5kg       | TRENTIN, Marietta         | 22-Aug-21    |
| 67.5kg | Squat    | 80kg          | HARVEY, Helen      | 13-Aug-23    | 55kg          | ROBERTSON, Leonie         | 21-May-17    |
|        | Bench    | 45kg          | ROBERTSON, Leonie  | 21-May-17    | 30kg          | WATTELET, Roseline        | 25-Apr-17    |
|        | Deadlift | 127.5kg       | HARVEY, Helen      | 13-Aug-23    | 102.5kg       | WATTELET, Roseline        | 25-Apr-17    |
|        | Total    | 247.5kg       | HARVEY, Helen      | 13-Aug-23    | 190kg         | ROBERTSON, Leonie         | 12-Aug-17    |
| 75kg   | Squat    | 90kg          | COLLIVER, W        | 30-Apr-06    |               |                           |              |
|        | Bench    | 55kg          | COLLIVER, W        | 30-Apr-06    |               |                           |              |
|        | Deadlift | 110kg         | COLLIVER, W        | 30-Apr-06    |               |                           |              |
|        | Total    | 255kg         | COLLIVER, W        | 30-Apr-06    |               |                           |              |
| 82.5kg | Squat    | 107.5kg       | STERNS, Andrea     | 01-Aug-25    | 85kg          | STERNS, Andrea            | 20-Oct-24    |
|        | Bench    | 75kg          | STERNS, Andrea     | 01-Aug-25    | 70kg          | STERNS, Andrea            | 20-Oct-24    |
|        | Deadlift | 141kg         | STERNS, Andrea     | 01-Aug-25    | 117.5kg       | STERNS, Andrea            | 20-Oct-24    |
|        | Total    | 322.5kg       | STERNS, Andrea     | 01-Aug-25    | 272.5kg       | STERNS, Andrea            | 20-Oct-24    |
| 90kg   | Squat    | 92.5kg        | GARZARELLA, Edwina | 06-Apr-25    | 82.5kg        | GARZARELLA, Edwina        | 10-Aug-24    |
|        | Bench    | 55kg          | GARZARELLA, Edwina | 06-Apr-25    | 47.5kg        | HETHERTON, Shirley        | 05-May-12    |
|        | Deadlift | 132.5kg       | GARZARELLA, Edwina | 06-Apr-25    | 127.5kg       | GARZARELLA, Edwina        | 10-Aug-24    |
|        | Total    | 280kg         | GARZARELLA, Edwina | 06-Apr-25    | 255kg         | GARZARELLA, Edwina        | 10-Aug-24    |
| 100kg  | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 110kg  | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 110+kg | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |

## Masters Women (65-69)

(Bare Knees)

| 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        | CASAN, Claire     | 25-Apr-22    |               |                           |              |
|        | Bench    | 55kg          | CASAN, Claire     | 25-Apr-22    |               |                           |              |
|        | Deadlift | 117.5kg       | CASAN, Claire     | 25-Apr-22    |               |                           |              |
|        | Total    | 250kg         | CASAN, Claire     | 25-Apr-22    |               |                           |              |
| 67.5kg | Squat    | 75kg          | SHERWIN, Rosemary | 02-Aug-14    |               |                           |              |
|        | Bench    | 25kg          | SHERWIN, Rosemary | 02-Aug-14    |               |                           |              |
|        | Deadlift | 105kg         | SHERWIN, Rosemary | 02-Aug-14    |               |                           |              |
|        | Total    | 205kg         | SHERWIN, Rosemary | 02-Aug-14    |               |                           |              |
| 75kg   | Squat    |               |                   |              |               |                           |              |
|        | Bench    |               |                   |              |               |                           |              |
|        | Deadlift |               |                   |              |               |                           |              |
|        | Total    |               |                   |              |               |                           |              |
| 82.5kg | Squat    | 65kg          | MAGRI, Pauline    | 25-Apr-18    |               |                           |              |
|        | Bench    | 45kg          | MAGRI, Pauline    | 25-Apr-18    |               |                           |              |
|        | Deadlift | 130kg         | MAGRI, Pauline    | 25-Apr-18    |               |                           |              |
|        | Total    | 240kg         | MAGRI, Pauline    | 25-Apr-18    |               |                           |              |
| 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)

(Bare Knees)

| 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)

(Bare Knees)

| 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)

(Bare Knees)

| 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)

(Bare Knees)

| 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    |               |         |              |               |                           |              |