

## Open Women

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete            | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 48kg   | Squat    | 105kg         | HENDERSON, Regina  | 30-Nov-19    | 100kg         | VIOLA, Patricia           | 14-Mar-15    |
|        | Bench    | 55kg          | CALDONA, Jackie    | 29-Aug-20    | 50kg          | INSOLL, Samara            | 13-Dec-14    |
|        | Deadlift | 145kg         | WINWOOD, Tania     | 17-Aug-20    | 130kg         | VIOLA, Patricia           | 21-Nov-14    |
|        | Total    | 292.5kg       | WINWOOD, Tania     | 17-Aug-19    | 270kg         | VIOLA, Patricia           | 14-Mar-15    |
| 52kg   | Squat    | 140kg         | WEIR, Coralie      | 02-Aug-14    | 92kg          | SMITH, Alexandra          | 15-Dec-13    |
|        | Bench    | 90kg          | WEIR, Coralie      | 15-Aug-15    | 80kg          | WEIR, Coralie             | 02-Aug-14    |
|        | Deadlift | 170kg         | WEIR, Coralie      | 17-Aug-19    | 160kg         | WEIR, Coralie             | 15-Aug-15    |
|        | Total    | 387.5kg       | WEIR, Coralie      | 15-Aug-15    | 370kg         | WEIR, Coralie             | 02-Aug-14    |
| 56kg   | Squat    | 150kg         | SCHINELLA, Emily   | 11-Aug-23    | 142.5kg       | JOHANNES, Samantha        | 17-Aug-19    |
|        | Bench    | 80kg          | SCHINELLA, Emily   | 11-Aug-23    | 75kg          | WILKINS, Sharon           | 15-Aug-15    |
|        | Deadlift | 177.5kg       | WILKINS, Sharon    | 15-Aug-15    | 172.5kg       | WILKINS, Sharon           | 09-May-15    |
|        | Total    | 380kg         | WILKINS, Sharon    | 15-Aug-15    | 370kg         | WILKINS, Sharon           | 09-May-15    |
| 60kg   | Squat    | 185kg         | SGRO, Laura        | 12-Aug-16    | 130kg         | WEARING, Chloe            | 14-Mar-15    |
|        | Bench    | 102.5kg       | SGRO, Laura        | 12-Aug-16    | 85kg          | WEARING, Chloe            | 14-Mar-15    |
|        | Deadlift | 205kg         | SHARP, Aliesha     | 22-May-22    | 190kg         | RYDER, Belinda            | 07-May-22    |
|        | Total    | 460kg         | SHARP, Aliesha     | 21-Aug-22    | 447.5kg       | SHARP, Aliesha            | 22-May-22    |
| 67.5kg | Squat    | 182.5kg       | MALARD, Annie      | 18-Feb-24    | 180kg         | ROWEN, Kerry              | 22-Aug-21    |
|        | Bench    | 105kg         | WILLIAMS, Sonia    | 17-Aug-19    | 100kg         | McKENZIE, Giuliana        | 25-Apr-18    |
|        | Deadlift | 215kg         | MALARD, Annie      | 18-Feb-24    | 212.5kg       | ROWEN, Kerry              | 22-Aug-21    |
|        | Total    | 492.5kg       | ROWEN, Kerry       | 22-Aug-21    | 442.5kg       | STEWART, Heidi            | 02-Aug-14    |
| 75kg   | Squat    | 210kg         | BECKER, Kat        | 13-Aug-16    | 195kg         | VAN WYK, Chleo            | 14-Mar-15    |
|        | Bench    | 122.5kg       | VAN WYK, Chleo     | 14-Mar-15    | 85kg          | VILE, Lyndall             | 21-Nov-14    |
|        | Deadlift | 227.5kg       | DAY, Jessica       | 22-May-22    | 220kg         | BECKER, Kat               | 13-Aug-16    |
|        | Total    | 542.5kg       | DAY, Jessica       | 22-May-22    | 532.5kg       | VAN WYK, Chleo            | 14-Mar-15    |
| 82.5kg | Squat    | 240kg         | MORRIS, Jaymii     | 21-May-23    | 235kg         | BECKER, Kat               | 08-Nov-18    |
|        | Bench    | 140kg         | MORRIS, Jaymii     | 21-May-23    | 112.5kg       | BECKER, Kat               | 08-Nov-18    |
|        | Deadlift | 260kg         | MORRIS, Jaymii     | 21-May-23    | 222.5kg       | BECKER, Kat               | 08-Nov-18    |
|        | Total    | 640kg         | MORRIS, Jaymii     | 21-May-23    | 570kg         | BECKER, Kat               | 08-Nov-18    |
| 90kg   | Squat    | 235kg         | BECKER, Kat        | 09-Nov-19    | 230kg         | BECKER, Kat               | 08-Oct-17    |
|        | Bench    | 125kg         | CURNOW, Alana      | 30-Nov-19    | 115kg         | BECKER, Kat               | 09-Nov-19    |
|        | Deadlift | 227.5kg       | CURNOW, Alana      | 30-Nov-19    | 225kg         | BECKER, Kat               | 17-Aug-19    |
|        | Total    | 570kg         | BECKER, Kat        | 09-Nov-19    | 552.5kg       | BECKER, Kat               | 08-Oct-17    |
| 100kg  | Squat    | 205kg         | MORRIS, Jane       | 21-Aug-22    | 177.5kg       | HILTON, Dee               | 21-Aug-22    |
|        | Bench    | 122.5kg       | SMITH, Janet       | 13-Aug-23    | 107.5kg       | SMITH, Janet              | 21-Aug-22    |
|        | Deadlift | 230kg         | SMITH, Janet       | 13-Aug-23    | 220.5kg       | SMITH, Janet              | 21-Aug-22    |
|        | Total    | 502.5kg       | MORRIS, Jane       | 13-Aug-23    | 497.5kg       | SMITH, Janet              | 21-Aug-22    |
| 110kg  | Squat    | 195kg         | TOLEAFOA, Marakesh | 13-Aug-23    | 190kg         | TOLEAFOA, Marakesh        | 15-Apr-23    |
|        | Bench    | 95kg          | YOUNG, Amy         | 28-Oct-23    | 92.5kg        | BULZOMI, Franca           | 27-Feb-22    |
|        | Deadlift | 190kg         | TOLEAFOA, Marakesh | 13-Aug-23    | 175kg         | HUMBLE, Abbey             | 25-Apr-22    |
|        | Total    | 457.5kg       | TOLEAFOA, Marakesh | 13-Aug-23    | 425kg         | TOLEAFOA, Marakesh        | 15-Apr-23    |
| 110+kg | Squat    | 265kg         | McCALLUM, Jess     | 21-May-23    | 260kg         | McCALLUM, Jess            | 22-May-22    |
|        | Bench    | 130kg         | McCALLUM, Jess     | 22-May-22    | 120kg         | GENRICH, Nicole           | 26-Jun-21    |
|        | Deadlift | 280kg         | McCALLUM, Jess     | 22-May-22    | 240kg         | GENRICH, Nicole           | 26-Jun-21    |
|        | Total    | 670kg         | McCALLUM, Jess     | 22-May-22    | 580kg         | GENRICH, Nicole           | 26-Jun-21    |

**Sub Teen Women (10-12)**

Unofficial WPC

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 48kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 52kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 56kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 60kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 67.5kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 75kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 82.5kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 90kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 100kg  | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 110kg  | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 110+kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |

**Teenage Women (13-15)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete            | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 48kg   | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 52kg   | Squat    | 90kg          | DAVIS, Tiarna      | 10-Aug-13    |               |                           |              |
|        | Bench    | 48kg          | DAVIS, Tiarna      | 10-Aug-13    |               |                           |              |
|        | Deadlift | 100kg         | DAVIS, Tiarna      | 10-Aug-13    |               |                           |              |
|        | Total    | 238kg         | DAVIS, Tiarna      | 10-Aug-13    |               |                           |              |
| 56kg   | Squat    | 120kg         | DAVIS, Tiarna      | 21-Nov-14    | 105kg         | DAVIS, Tiarna             | 01-Aug-14    |
|        | Bench    | 57.5kg        | DAVIS, Tiarna      | 01-Aug-14    |               |                           |              |
|        | Deadlift | 100kg         | DAVIS, Tiarna      | 21-Nov-14    | 97.5kg        | DAVIS, Tiarna             | 01-Aug-14    |
|        | Total    | 275kg         | DAVIS, Tiarna      | 21-Nov-14    | 260kg         | DAVIS, Tiarna             | 01-Aug-14    |
| 60kg   | Squat    | 115kg         | EVANS, Jayda       | 24-Sep-23    |               |                           |              |
|        | Bench    | 60kg          | EVANS, Jayda       | 24-Sep-23    |               |                           |              |
|        | Deadlift | 125kg         | EVANS, Jayda       | 24-Sep-23    |               |                           |              |
|        | Total    | 300kg         | EVANS, Jayda       | 24-Sep-23    |               |                           |              |
| 67.5kg | Squat    | 120kg         | LAZDOVSKIS, Ebonie | 01-Aug-14    |               |                           |              |
|        | Bench    | 55kg          | LAZDOVSKIS, Ebonie | 01-Aug-14    |               |                           |              |
|        | Deadlift | 130kg         | LAZDOVSKIS, Ebonie | 01-Aug-14    |               |                           |              |
|        | Total    | 305kg         | LAZDOVSKIS, Ebonie | 01-Aug-14    |               |                           |              |
| 75kg   | Squat    | 122.5kg       | FOLTYN, Sophie     | 10-Jun-23    | 120kg         | FITZSIMMONS, Jess         | 17-Oct-20    |
|        | Bench    | 57.5kg        | FOLTYN, Sophie     | 10-Jun-23    | 50kg          | FITZSIMMONS, Jess         | 17-Oct-20    |
|        | Deadlift | 140kg         | FITZSIMMONS, Jess  | 17-Oct-20    | 90kg          | SUEN, Faith               | 06-Oct-18    |
|        | Total    | 302.5kg       | FITZSIMMONS, Jess  | 17-Oct-20    | 232.5kg       | SUEN, Faith               | 06-Oct-18    |
| 82.5kg | Squat    | 100kg         | FOLTYN, Sophie     | 12-Nov-22    |               |                           |              |
|        | Bench    | 52.5kg        | FOLTYN, Sophie     | 12-Nov-22    |               |                           |              |
|        | Deadlift | 125kg         | LAWRY, Miah        | 11-Aug-23    | 117.5kg       | LAWRY, Miah               | 21-May-23    |
|        | Total    | 275kg         | LAWRY, Miah        | 11-Aug-23    | 262.5kg       | FOLTYN, Sophie            | 12-Nov-22    |
| 90kg   | Squat    | 120kg         | DOHSE, Tianna      | 11-Oct-20    |               |                           |              |
|        | Bench    | 57.5kg        | DOHSE, Tianna      | 11-Oct-20    |               |                           |              |
|        | Deadlift | 145kg         | DOHSE, Tianna      | 11-Oct-20    |               |                           |              |
|        | Total    | 322.5kg       | DOHSE, Tianna      | 11-Oct-20    |               |                           |              |
| 100kg  | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 110kg  | Squat    | 100kg         | STINSON, Evelyn    | 22-May-22    |               |                           |              |
|        | Bench    | 55kg          | STINSON, Evelyn    | 21-Aug-22    | 50kg          | STINSON, Evelyn           | 22-May-22    |
|        | Deadlift | 115kg         | STINSON, Evelyn    | 21-Aug-22    | 110kg         | STINSON, Evelyn           | 22-May-22    |
|        | Total    | 260kg         | STINSON, Evelyn    | 22-May-22    |               |                           |              |
| 110+kg | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |

**Teenage Women (16-17)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete          | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 48kg   | Squat    | 90kg          | SAPIANO, Georgia | 13-Aug-16    |               |                           |              |
|        | Bench    | 50kg          | SAPIANO, Georgia | 13-Aug-16    |               |                           |              |
|        | Deadlift | 117.5kg       | SAPIANO, Georgia | 13-Aug-16    |               |                           |              |
|        | Total    | 257.5kg       | SAPIANO, Georgia | 13-Aug-16    |               |                           |              |
| 52kg   | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 56kg   | Squat    | 127.5kg       | DAVIS, Tiarna    | 14-Mar-15    |               |                           |              |
|        | Bench    | 60kg          | DAVIS, Tiarna    | 14-Mar-15    |               |                           |              |
|        | Deadlift | 107.5kg       | KIELY, Emily     | 22-Aug-21    | 102.5kg       | DAVIS, Tiarna             | 14-Mar-15    |
|        | Total    | 290kg         | DAVIS, Tiarna    | 14-Mar-15    |               |                           |              |
| 60kg   | Squat    | 105kg         | PADOVAN, Bianca  | 27-Aug-23    | 95kg          | KIELY, Emily              | 21-Aug-22    |
|        | Bench    | 55kg          | PADOVAN, Bianca  | 27-Aug-23    | 52.5kg        | KIELY, Emily              | 07-May-22    |
|        | Deadlift | 115kg         | KIELY, Emily     | 21-Aug-22    | 110kg         | KIELY, Emily              | 07-May-22    |
|        | Total    | 262.5kg       | PADOVAN, Bianca  | 27-Aug-23    | 260kg         | KIELY, Emily              | 21-Aug-22    |
| 67.5kg | Squat    | 145kg         | ANDRYSIAK, Maja  | 21-Aug-22    | 107.5kg       | KEEP, Nyah                | 22-May-22    |
|        | Bench    | 92.5kg        | KEEP, Nyah       | 21-May-23    | 72.5kg        | DAVIES,Ophelia            | 21-May-23    |
|        | Deadlift | 165kg         | DAVIES,Ophelia   | 11-Aug-23    | 155kg         | KEEP, Nyah                | 21-May-23    |
|        | Total    | 390kg         | KEEP, Nyah       | 21-May-23    | 362.5kg       | ANDRYSIAK, Maja           | 21-Aug-22    |
| 75kg   | Squat    | 175kg         | ANDRYSIAK, Maja  | 11-Aug-23    | 147.5kg       | EBBS, Jessica             | 22-Aug-21    |
|        | Bench    | 75kg          | ANDRYSIAK, Maja  | 11-Aug-23    | 66kg          | EBBS, Jessica             | 22-Aug-21    |
|        | Deadlift | 170kg         | ANDRYSIAK, Maja  | 11-Aug-23    | 160kg         | EBBS, Jessica             | 22-Aug-21    |
|        | Total    | 420kg         | ANDRYSIAK, Maja  | 11-Aug-23    | 367.5kg       | EBBS, Jessica             | 22-Aug-21    |
| 82.5kg | Squat    | 172.5kg       | ANDRYSIAK, Maja  | 20-Aug-23    | 125kg         | KILGORE, Korin            | 17-Aug-19    |
|        | Bench    | 75kg          | ANDRYSIAK, Maja  | 20-Aug-23    | 65kg          | KILGORE, Korin            | 17-Aug-19    |
|        | Deadlift | 152.5kg       | ANDRYSIAK, Maja  | 20-Aug-23    | 140kg         | KILGORE, Korin            | 17-Aug-19    |
|        | Total    | 400kg         | ANDRYSIAK, Maja  | 20-Aug-23    | 330kg         | KILGORE, Korin            | 17-Aug-19    |
| 90kg   | Squat    | 140kg         | DOHSE, Tianna    | 24-Oct-21    | 122.5kg       | NGAROTATA-DAY, Paige      | 17-Aug-19    |
|        | Bench    | 67.5kg        | DOHSE, Tianna    | 24-Oct-21    | 55kg          | NGAROTATA-DAY, Paige      | 09-Jun-19    |
|        | Deadlift | 147.5kg       | DOHSE, Tianna    | 24-Oct-21    | 145kg         | NGAROTATA-DAY, Paige      | 17-Aug-19    |
|        | Total    | 355kg         | DOHSE, Tianna    | 24-Oct-21    | 320kg         | NGAROTATA-DAY, Paige      | 17-Aug-19    |
| 100kg  | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 110kg  | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 110+kg | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |

**Teenage Women (18-19)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete                  | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 48kg   | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 52kg   | Squat    | 100kg         | SAPIANO, Georgia         | 18-Aug-18    |               |                           |              |
|        | Bench    | 50kg          | SAPIANO, Georgia         | 18-Aug-18    |               |                           |              |
|        | Deadlift | 132.5kg       | SAPIANO, Georgia         | 18-Aug-18    |               |                           |              |
|        | Total    | 282.5kg       | SAPIANO, Georgia         | 18-Aug-18    |               |                           |              |
| 56kg   | Squat    | 100kg         | O'MALLEY, Hannah         | 30-Apr-17    |               |                           |              |
|        | Bench    | 50kg          | O'MALLEY, Hannah         | 30-Apr-17    |               |                           |              |
|        | Deadlift | 130kg         | O'MALLEY, Hannah         | 30-Apr-17    |               |                           |              |
|        | Total    | 280kg         | O'MALLEY, Hannah         | 30-Apr-17    |               |                           |              |
| 60kg   | Squat    | 107.5kg       | VOUDIOTIS, Peej          | 11-Aug-23    | 100kg         | VOUDIOTIS, Peej           | 15-Apr-23    |
|        | Bench    | 45kg          | VOUDIOTIS, Peej          | 11-Aug-23    | 42.5kg        | VOUDIOTIS, Peej           | 15-Apr-23    |
|        | Deadlift | 125kg         | VOUDIOTIS, Peej          | 15-Apr-23    |               |                           |              |
|        | Total    | 265kg         | VOUDIOTIS, Peej          | 11-Aug-23    | 260kg         | VOUDIOTIS, Peej           | 15-Apr-23    |
| 67.5kg | Squat    | 130kg         | VENNING, Sophie          | 18-Feb-24    | 122.5kg       | OZDEMIR, Emel             | 14-May-23    |
|        | Bench    | 70kg          | FRANKLIN, Gabrielle Rose | 14-Mar-15    | 55kg          | LAZDOVSKIS, Ebonie        | 21-Nov-14    |
|        | Deadlift | 150kg         | VENNING, Sophie          | 18-Feb-24    | 140kg         | OZDEMIR, Emel             | 14-May-23    |
|        | Total    | 337.5kg       | VENNING, Sophie          | 18-Feb-24    | 330kg         | OZDEMIR, Emel             | 14-May-23    |
| 75kg   | Squat    | 150kg         | JACOBS, Laura            | 30-Aug-20    |               |                           |              |
|        | Bench    | 60kg          | JACOBS, Laura            | 30-Aug-20    |               |                           |              |
|        | Deadlift | 155kg         | JACOBS, Laura            | 30-Aug-20    |               |                           |              |
|        | Total    | 365kg         | JACOBS, Laura            | 30-Aug-20    |               |                           |              |
| 82.5kg | Squat    | 92.5kg        | REA, Shantelle           | 22-May-21    |               |                           |              |
|        | Bench    | 55kg          | REA, Shantelle           | 22-May-21    |               |                           |              |
|        | Deadlift | 135kg         | REA, Shantelle           | 22-May-21    |               |                           |              |
|        | Total    | 282.5kg       | REA, Shantelle           | 22-May-21    |               |                           |              |
| 90kg   | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 100kg  | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 110kg  | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |
| 110+kg | Squat    |               |                          |              |               |                           |              |
|        | Bench    |               |                          |              |               |                           |              |
|        | Deadlift |               |                          |              |               |                           |              |
|        | Total    |               |                          |              |               |                           |              |

**Junior Women (20-23)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete                  | Date of Lift | Weight Lifted | Record Previously Held By    | Date of Lift |
|--------|----------|---------------|--------------------------|--------------|---------------|------------------------------|--------------|
| 44kg   | Squat    |               |                          |              |               |                              |              |
|        | Bench    |               |                          |              |               |                              |              |
|        | Deadlift |               |                          |              |               |                              |              |
|        | Total    |               |                          |              |               |                              |              |
| 48kg   | Squat    |               |                          |              |               |                              |              |
|        | Bench    |               |                          |              |               |                              |              |
|        | Deadlift |               |                          |              |               |                              |              |
|        | Total    |               |                          |              |               |                              |              |
| 52kg   | Squat    | 100kg         | PULLEN, Brittany         | 25-Apr-15    |               |                              |              |
|        | Bench    | 52.5kg        | PULLEN, Brittany         | 25-Apr-15    |               |                              |              |
|        | Deadlift | 120kg         | PULLEN, Brittany         | 25-Apr-15    |               |                              |              |
|        | Total    | 272.5kg       | PULLEN, Brittany         | 25-Apr-15    |               |                              |              |
| 56kg   | Squat    | 150kg         | SCHINELLA, Emily         | 11-Aug-23    | 125kg         | JOHANNES, Sammie             | 27-May-18    |
|        | Bench    | 80kg          | SCHINELLA, Emily         | 11-Aug-23    | 72.5kg        | SCHINELLA, Emily             | 19-Feb-23    |
|        | Deadlift | 150kg         | DAL PONTE, Bianca        | 21-Aug-22    | 141kg         | DAL PONTE, Bianca            | 20-Feb-22    |
|        | Total    | 375kg         | SCHINELLA, Emily         | 11-Aug-23    | 332.5kg       | SCHINELLA, Emily             | 19-Feb-23    |
| 60kg   | Squat    | 122.5kg       | JAMES, Tiana             | 07-May-22    | 107.5kg       | GLEW, Emily                  | 28-Mar-21    |
|        | Bench    | 65kg          | JAMES, Tiana             | 07-May-22    | 58kg          | GLEW, Emily                  | 28-Mar-21    |
|        | Deadlift | 155kg         | GLEW, Lee                | 21-Aug-22    | 142.5kg       | GLEW, Emily                  | 28-Mar-21    |
|        | Total    | 337.5kg       | GLEW, Lee                | 21-Aug-22    | 317.5kg       | JAMES, Tiana                 | 07-May-22    |
| 67.5kg | Squat    | 160kg         | CAVANAGH, Lauren         | 11-Aug-23    | 155kg         | CAVANAGH, Lauren             | 30-Apr-23    |
|        | Bench    | 97.5kg        | CAVANAGH, Lauren         | 11-Aug-23    | 95kg          | CAVANAGH, Lauren             | 30-Apr-23    |
|        | Deadlift | 185kg         | CAVANAGH, Lauren         | 11-Aug-23    | 173kg         | CAVANAGH, Lauren             | 30-Apr-23    |
|        | Total    | 437.5kg       | CAVANAGH, Lauren         | 11-Aug-23    | 415kg         | CAVANAGH, Lauren             | 30-Apr-23    |
| 75kg   | Squat    | 160kg         | CAVANAGH, Lauren         | 21-Aug-22    | 150kg         | DOTTEO, Jane                 | 18-Aug-18    |
|        | Bench    | 105kg         | GENIS, Jeanette          | 12-Nov-22    | 95.5kg        | CAVANAGH, Lauren             | 21-Aug-22    |
|        | Deadlift | 180kg         | FULLER, Sophie           | 21-Aug-22    | 172.5kg       | DOTTEO, Jane                 | 18-Aug-18    |
|        | Total    | 420kg         | CAVANAGH, Lauren         | 21-Aug-22    | 397.5kg       | DOTTEO, Jane                 | 18-Aug-18    |
| 82.5kg | Squat    | 170kg         | FULLER, Sophie           | 11-Aug-23    | 147.5kg       | SKINNER-DRAKEFORD, Elizabeth | 21-May-23    |
|        | Bench    | 85kg          | LAIDLER, Rebecca (Becky) | 12-Aug-17    | 82.5kg        | LAIDLER, Rebecca (Becky)     | 25-Apr-17    |
|        | Deadlift | 195kg         | FULLER, Sophie           | 11-Aug-23    | 175kg         | SKINNER-DRAKEFORD, Elizabeth | 21-May-23    |
|        | Total    | 445kg         | FULLER, Sophie           | 11-Aug-23    | 397.5kg       | SKINNER-DRAKEFORD, Elizabeth | 21-May-23    |
| 90kg   | Squat    | 200kg         | HOFFMAN, Taylah          | 20-Jan-24    | 152.5kg       | PEDDER, Holly                | 12-Apr-14    |
|        | Bench    | 100kg         | HOFFMAN, Taylah          | 20-Jan-24    | 72.5kg        | PEDDER, Holly                | 12-Apr-14    |
|        | Deadlift | 165kg         | HOFFMAN, Taylah          | 20-Jan-24    | 155kg         | PEDDER, Holly                | 12-Apr-14    |
|        | Total    | 465kg         | HOFFMAN, Taylah          | 20-Jan-24    | 380kg         | PEDDER, Holly                | 12-Apr-14    |
| 100kg  | Squat    | 105kg         | VALE, Jennifer           | 29-May-22    |               |                              |              |
|        | Bench    | 53kg          | VALE, Jennifer           | 29-May-22    |               |                              |              |
|        | Deadlift | 150kg         | VALE, Jennifer           | 21-Aug-22    | 142.5kg       | VALE, Jennifer               | 29-May-22    |
|        | Total    | 302.5kg       | VALE, Jennifer           | 21-Aug-22    | 300kg         | VALE, Jennifer               | 29-May-22    |
| 110kg  | Squat    |               |                          |              |               |                              |              |
|        | Bench    |               |                          |              |               |                              |              |
|        | Deadlift |               |                          |              |               |                              |              |
|        | Total    |               |                          |              |               |                              |              |
| 110+kg | Squat    | 135kg         | COUNSEL, Paige           | 18-Aug-18    | 130kg         | COUNSEL, Paige               | 08-Oct-17    |
|        | Bench    | 62.5kg        | COUNSEL, Paige           | 18-Aug-18    | 60kg          | COUNSEL, Paige               | 08-Oct-17    |
|        | Deadlift | 172.5kg       | COUNSEL, Paige           | 18-Aug-18    | 170kg         | COUNSEL, Paige               | 08-Oct-17    |
|        | Total    | 370kg         | COUNSEL, Paige           | 18-Aug-18    | 350kg         | COUNSEL, Paige               | 08-Oct-17    |

## Senior Women (24-32)

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete            | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |
| 48kg   | Squat    | 100kg         | VIOLA, Patricia    | 14-Mar-15    | 91kg          | INSOLL, Samara            | 13-Dec-14    |
|        | Bench    | 55kg          | CALDONA, Jackie    | 29-Aug-20    | 50kg          | INSOLL, Samara            | 13-Dec-14    |
|        | Deadlift | 130kg         | VIOLA, Patricia    | 21-Nov-14    | 115kg         | VIOLA, Patricia           | 02-Aug-14    |
|        | Total    | 270kg         | VIOLA, Patricia    | 14-Mar-15    | 262.5kg       | VIOLA, Patricia           | 21-Nov-14    |
| 52kg   | Squat    | 120kg         | FALKENMIRE, Alex   | 18-Jun-22    | 105kg         | NATASHA, Claudia          | 17-Oct-20    |
|        | Bench    | 70kg          | FALKENMIRE, Alex   | 18-Jun-22    | 62.5kg        | NATASHA, Claudia          | 17-Oct-20    |
|        | Deadlift | 132.5kg       | FALKENMIRE, Alex   | 18-Jun-22    | 130kg         | SMITH, Alexandra          | 15-Dec-13    |
|        | Total    | 322.5kg       | FALKENMIRE, Alex   | 18-Jun-22    | 282.5kg       | NATASHA, Claudia          | 17-Oct-20    |
| 56kg   | Squat    | 142.5kg       | JOHANNES, Samantha | 17-Aug-19    | 135kg         | CARRICK, Bec              | 29-Apr-18    |
|        | Bench    | 75kg          | SPEIGHT, Aisling   | 25-Apr-18    | 72.5kg        | SCHNECK, Meg              | 21-Nov-14    |
|        | Deadlift | 160kg         | SCHNECK, Meg       | 21-Nov-14    | 157.5kg       | DONNELLAN, Jessica        | 02-Aug-14    |
|        | Total    | 365kg         | SCHNECK, Meg       | 21-Nov-14    | 342.5kg       | SCHNECK, Meg              | 02-Aug-14    |
| 60kg   | Squat    | 185kg         | SGRO, Laura        | 12-Aug-16    | 130kg         | WEARING, Chloe            | 14-Mar-15    |
|        | Bench    | 102.5kg       | SGRO, Laura        | 12-Aug-16    | 85kg          | WEARING, Chloe            | 13-Dec-14    |
|        | Deadlift | 205kg         | SHARP, Aliesha     | 22-May-22    | 152.5kg       | SGRO, Laura               | 12-Aug-16    |
|        | Total    | 460kg         | SHARP, Aliesha     | 21-Aug-22    | 447.5kg       | SHARP, Aliesha            | 22-May-22    |
| 67.5kg | Squat    | 170kg         | DE JONG, Kayleigh  | 13-Aug-16    | 150kg         | STEWART, Heidi            | 02-Aug-14    |
|        | Bench    | 92.5kg        | STEWART, Heidi     | 02-Aug-14    |               |                           |              |
|        | Deadlift | 200kg         | STEWART, Heidi     | 02-Aug-14    |               |                           |              |
|        | Total    | 442.5kg       | STEWART, Heidi     | 02-Aug-14    |               |                           |              |
| 75kg   | Squat    | 210kg         | BECKER, Kat        | 13-Aug-16    | 195kg         | VAN WYK, Chleo            | 14-Mar-15    |
|        | Bench    | 122.5kg       | VAN WYK, Chleo     | 14-Mar-15    | 85kg          | VILE, Lyndall             | 21-Nov-14    |
|        | Deadlift | 220kg         | BECKER, Kat        | 13-Aug-16    | 215kg         | VAN WYK, Chleo            | 14-Mar-15    |
|        | Total    | 532.5kg       | VAN WYK, Chleo     | 14-Mar-15    | 457.5kg       | VILE, Lyndall             | 21-Nov-14    |
| 82.5kg | Squat    | 240kg         | MORRIS, Jaymii     | 21-May-23    | 195kg         | BECKER, Kat               | 14-Jun-15    |
|        | Bench    | 140kg         | MORRIS, Jaymii     | 21-May-23    | 95kg          | CLAYSON, Emma             | 21-Aug-22    |
|        | Deadlift | 260kg         | MORRIS, Jaymii     | 21-May-23    | 207.5kg       | PRICHARD, Brooke          | 21-Aug-22    |
|        | Total    | 640kg         | MORRIS, Jaymii     | 21-May-23    | 477.5kg       | BECKER, Kat               | 14-Jun-15    |
| 90kg   | Squat    | 165kg         | BIRD, Tianni       | 30-Apr-23    | 125kg         | HELLRIEGEL, Temera        | 08-Oct-17    |
|        | Bench    | 100kg         | FLANAGAN, Lesley   | 14-May-23    | 82.5kg        | BIRD, Tianni              | 30-Apr-23    |
|        | Deadlift | 185kg         | LUDLOW, Sarah      | 20-Jan-24    | 170kg         | BIRD, Tianni              | 30-Apr-23    |
|        | Total    | 420kg         | FLANAGAN, Lesley   | 14-May-23    | 417.5kg       | BIRD, Tianni              | 30-Apr-23    |
| 100kg  | Squat    | 177.5kg       | HILTON, Dee        | 21-Aug-22    | 135kg         | STONE, Natalie            | 29-May-22    |
|        | Bench    | 102.5kg       | STONE, Natalie     | 13-Aug-23    | 100kg         | STONE, Natalie            | 21-May-23    |
|        | Deadlift | 180kg         | LIKI, Edwina       | 13-Aug-23    | 170kg         | LIKI, Edwina              | 15-Apr-23    |
|        | Total    | 450kg         | STONE, Natalie     | 13-Aug-23    | 422.5kg       | LANCASTER, Laura          | 30-Apr-23    |
| 110kg  | Squat    | 190kg         | TOLEAFOA, Marakesh | 15-Apr-23    | 152.5kg       | HUMBLE, Abbey             | 25-Apr-22    |
|        | Bench    | 85kg          | GOLDRING, Nicole   | 18-Feb-24    | 75kg          | YOUNG, Elisha             | 20-Jan-24    |
|        | Deadlift | 182.5kg       | GOLDRING, Nicole   | 18-Feb-24    | 175kg         | HUMBLE, Abbey             | 25-Apr-22    |
|        | Total    | 437.5kg       | GOLDRING, Nicole   | 18-Feb-24    | 425kg         | TOLEAFOA, Marakesh        | 15-Apr-23    |
| 110+kg | Squat    | 240kg         | MILLINGTON, Anita  | 31-Mar-12    |               |                           |              |
|        | Bench    | 120kg         | GENRICH, Nicole    | 26-Jun-21    | 106kg         | MILLINGTON, Anita         | 31-Mar-12    |
|        | Deadlift | 240kg         | GENRICH, Nicole    | 26-Jun-21    | 212.5kg       | MILLINGTON, Anita         | 10-May-14    |
|        | Total    | 580kg         | GENRICH, Nicole    | 26-Jun-21    | 535kg         | MILLINGTON, Anita         | 10-May-14    |

## Sub Master Women (33-39)

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete                | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                        |              |               |                           |              |
|        | Bench    |               |                        |              |               |                           |              |
|        | Deadlift |               |                        |              |               |                           |              |
|        | Total    |               |                        |              |               |                           |              |
| 48kg   | Squat    | 105kg         | HENDERSON, Regina      | 30-Nov-19    | 87.5kg        | EATON, Emma               | 10-Aug-13    |
|        | Bench    | 52.5kg        | WATKINSON, Ashlee      | 28-Aug-22    | 50kg          | HENDERSON, Regina         | 30-Nov-19    |
|        | Deadlift | 137.5kg       | WATKINSON, Ashlee      | 21-May-23    | 135kg         | WATKINSON, Ashlee         | 28-Aug-22    |
|        | Total    | 287.5kg       | WATKINSON, Ashlee      | 21-May-23    | 277.5kg       | HENDERSON, Regina         | 30-Nov-19    |
| 52kg   | Squat    | 120kg         | HADLEY MACKAY, Crystal | 05-Aug-23    | 110kg         | HENDERSON, Regina         | 07-May-22    |
|        | Bench    | 65kg          | MOYSES, Yasmin         | 24-Oct-21    | 52.5kg        | ADAMSON, Catherine        | 26-Jun-21    |
|        | Deadlift | 155kg         | HADLEY MACKAY, Crystal | 05-Aug-23    | 142.5kg       | HENDERSON, Regina         | 07-May-22    |
|        | Total    | 337.5kg       | HADLEY MACKAY, Crystal | 05-Aug-23    | 312.5kg       | HENDERSON, Regina         | 07-May-22    |
| 56kg   | Squat    | 127.5kg       | WILKINS, Sharon        | 15-Aug-15    | 125kg         | HAILEY, Samantha          | 02-Aug-14    |
|        | Bench    | 75kg          | WILKINS, Sharon        | 15-Aug-15    | 67.5kg        | WILKINS, Sharon           | 14-Mar-15    |
|        | Deadlift | 177.5kg       | WILKINS, Sharon        | 15-Aug-15    | 155kg         | WILKINS, Sharon           | 14-Mar-15    |
|        | Total    | 380kg         | WILKINS, Sharon        | 15-Aug-15    | 335kg         | WILKINS, Sharon           | 14-Mar-15    |
| 60kg   | Squat    | 127.5kg       | ANDREWS, Sian          | 22-Aug-21    | 125.5kg       | SALIBA, Danielle          | 25-Apr-19    |
|        | Bench    | 70kg          | ANDREWS, Sian          | 22-Aug-21    | 62.5kg        | FLORES, Suzette           | 17-Aug-19    |
|        | Deadlift | 165kg         | McCORMACK, Liz         | 13-Aug-23    | 160kg         | McCORMACK, Liz            | 15-Apr-23    |
|        | Total    | 360kg         | McCORMACK, Liz         | 13-Aug-23    | 347.5kg       | McCORMACK, Liz            | 15-Apr-23    |
| 67.5kg | Squat    | 180kg         | ROWEN, Kerry           | 22-Aug-21    | 150kg         | WILLIAMS, Sonia           | 17-Aug-19    |
|        | Bench    | 105kg         | WILLIAMS, Sonia        | 17-Aug-19    | 67.5kg        | WALSH, Melanie            | 02-Aug-14    |
|        | Deadlift | 212.5kg       | ROWEN, Kerry           | 22-Aug-21    | 165kg         | WILLIAMS, Sonia           | 17-Aug-19    |
|        | Total    | 492.5kg       | ROWEN, Kerry           | 22-Aug-21    | 417.5kg       | WILLIAMS, Sonia           | 17-Aug-19    |
| 75kg   | Squat    | 200kg         | DAY, Jessica           | 22-May-22    | 192.5kg       | MICHON, Lucy              | 22-Aug-21    |
|        | Bench    | 115kg         | DAY, Jessica           | 22-May-22    | 108kg         | ROWEN, Kerry              | 26-Jun-21    |
|        | Deadlift | 227.5kg       | DAY, Jessica           | 22-May-22    | 210kg         | MICHON, Lucy              | 22-Aug-21    |
|        | Total    | 542.5kg       | DAY, Jessica           | 22-May-22    | 500kg         | MICHON, Lucy              | 22-Aug-21    |
| 82.5kg | Squat    | 235kg         | BECKER, Kat            | 08-Nov-18    | 210kg         | BECKER, Kat               | 18-Aug-18    |
|        | Bench    | 120kg         | MICHON, Lucy           | 13-Aug-23    | 115kg         | MICHON, Lucy              | 21-May-23    |
|        | Deadlift | 222.5kg       | BECKER, Kat            | 08-Nov-18    | 220kg         | BECKER, Kat               | 18-Aug-18    |
|        | Total    | 570kg         | BECKER, Kat            | 08-Nov-18    | 540kg         | BECKER, Kat               | 18-Aug-18    |
| 90kg   | Squat    | 235kg         | BECKER, Kat            | 09-Nov-19    | 230kg         | BECKER, Kat               | 08-Oct-17    |
|        | Bench    | 125kg         | CURNOW, Alana          | 30-Nov-19    | 115kg         | BECKER, Kat               | 09-Nov-19    |
|        | Deadlift | 227.5kg       | CURNOW, Alana          | 30-Nov-19    | 225kg         | BECKER, Kat               | 17-Aug-19    |
|        | Total    | 570kg         | BECKER, Kat            | 09-Nov-19    | 552.5kg       | BECKER, Kat               | 08-Oct-17    |
| 100kg  | Squat    | 135kg         | RIVERA, Joy            | 22-May-22    |               |                           |              |
|        | Bench    | 65kg          | RIVERA, Joy            | 22-May-22    |               |                           |              |
|        | Deadlift | 130kg         | RIVERA, Joy            | 22-May-22    |               |                           |              |
|        | Total    | 330kg         | RIVERA, Joy            | 22-May-22    |               |                           |              |
| 110kg  | Squat    | 195kg         | TOLEAFOA, Marakesh     | 13-Aug-23    | 165kg         | PALMER, Brooke            | 21-May-23    |
|        | Bench    | 95kg          | YOUNG, Amy             | 28-Oct-23    | 92.5kg        | BULZOMI, Franca           | 21-Aug-22    |
|        | Deadlift | 190kg         | TOLEAFOA, Marakesh     | 13-Aug-23    | 172.5kg       | BULZOMI, Franca           | 21-May-23    |
|        | Total    | 457.5kg       | TOLEAFOA, Marakesh     | 13-Aug-23    | 410kg         | BULZOMI, Franca           | 21-Aug-22    |
| 110+kg | Squat    | 241kg         | BECKER, Kat            | 09-Jun-19    | 160kg         | HUNT, Greer               | 21-Nov-14    |
|        | Bench    | 110kg         | VAN DER HOEK, Carli    | 21-Aug-22    | 107.5kg       | BECKER, Kat               | 09-Jun-19    |
|        | Deadlift | 215kg         | BECKER, Kat            | 09-Jun-19    | 172.5kg       | HUNT, Greer               | 02-Aug-14    |
|        | Total    | 562.5kg       | BECKER, Kat            | 09-Jun-19    | 410kg         | HUNT, Greer               | 21-Nov-14    |



## Masters Women (40-44)

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete              | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 48kg   | Squat    | 70kg          | ALLAN, Joanne        | 22-May-21    |               |                           |              |
|        | Bench    | 40kg          | ALLAN, Joanne        | 22-May-21    |               |                           |              |
|        | Deadlift | 115kg         | ALLAN, Joanne        | 22-May-21    |               |                           |              |
|        | Total    | 225kg         | ALLAN, Joanne        | 22-May-21    |               |                           |              |
| 52kg   | Squat    | 100kg         | POCHIN, Asha         | 21-Aug-22    | 92.5kg        | FINCH, Linda              | 12-Aug-16    |
|        | Bench    | 60kg          | FINCH, Linda         | 12-Aug-16    |               |                           |              |
|        | Deadlift | 140kg         | POCHIN, Asha         | 21-Aug-22    | 125kg         | ALLAN, Joanne             | 22-May-22    |
|        | Total    | 292.5kg       | POCHIN, Asha         | 21-Aug-22    | 270kg         | FINCH, Linda              | 12-Aug-16    |
| 56kg   | Squat    | 125kg         | FLEMING, Danielle    | 25-Apr-22    | 107.5kg       | POCHIN, Asha              | 22-Aug-21    |
|        | Bench    | 70kg          | FLEMING, Danielle    | 25-Apr-22    | 60kg          | FRISINA, Daniela          | 25-Apr-19    |
|        | Deadlift | 160kg         | FLEMING, Danielle    | 25-Apr-22    | 148kg         | POCHIN, Asha              | 22-Aug-21    |
|        | Total    | 355kg         | FLEMING, Danielle    | 25-Apr-22    | 312.5kg       | POCHIN, Asha              | 22-Aug-21    |
| 60kg   | Squat    | 160kg         | CHAMBERLIN, Janelle  | 12-Aug-17    | 155kg         | CHAMBERLIN, Janelle       | 30-Apr-17    |
|        | Bench    | 80kg          | CHAMBERLIN, Janelle  | 30-Apr-17    | 50kg          | BAJJADA, Michelina        | 15-Aug-15    |
|        | Deadlift | 185kg         | CHAMBERLIN, Janelle  | 12-Aug-17    | 180kg         | CHAMBERLIN, Janelle       | 30-Apr-17    |
|        | Total    | 417.5kg       | CHAMBERLIN, Janelle  | 12-Aug-17    | 412.5kg       | CHAMBERLIN, Janelle       | 30-Apr-17    |
| 67.5kg | Squat    | 182.5kg       | MALARD, Annie        | 18-Feb-24    | 170kg         | RAMAGE, Liz               | 22-May-22    |
|        | Bench    | 82.5kg        | MALARD, Annie        | 18-Feb-24    | 80kg          | CHAMBERLIN, Janelle       | 13-Aug-16    |
|        | Deadlift | 215kg         | MALARD, Annie        | 18-Feb-24    | 195kg         | RAMAGE, Liz               | 22-May-22    |
|        | Total    | 480kg         | MALARD, Annie        | 18-Feb-24    | 442.5kg       | RAMAGE, Liz               | 22-May-22    |
| 75kg   | Squat    | 190kg         | MAXEY, Melissa       | 25-Apr-22    | 182.5kg       | MALARD, Annie             | 22-Aug-21    |
|        | Bench    | 93kg          | SELKIN, Alexis       | 22-May-22    | 92.5kg        | HAYTO, Alexis             | 22-May-21    |
|        | Deadlift | 215kg         | FITZPATRICK, Frances | 21-Nov-14    | 202.5kg       | FITZPATRICK, Frances      | 02-Aug-14    |
|        | Total    | 467.5kg       | MALARD, Annie        | 21-Aug-22    | 465kg         | MALARD, Annie             | 22-Aug-21    |
| 82.5kg | Squat    | 212.5kg       | MALARD, Annie        | 13-Aug-23    | 205kg         | MALARD, Annie             | 12-Mar-23    |
|        | Bench    | 95kg          | MALARD, Annie        | 13-Aug-23    | 92.5kg        | MALARD, Annie             | 12-Mar-23    |
|        | Deadlift | 225kg         | MALARD, Annie        | 13-Aug-23    | 212.5kg       | MALARD, Annie             | 12-Mar-23    |
|        | Total    | 527.5kg       | MALARD, Annie        | 13-Aug-23    | 500kg         | MALARD, Annie             | 12-Mar-23    |
| 90kg   | Squat    | 200kg         | RETALLACK, Lisa      | 27-Aug-23    | 161kg         | HENDERSON, Catherine      | 22-Aug-21    |
|        | Bench    | 120kg         | FUDERER, Kristy      | 16-Mar-24    | 95kg          | MIDDLETON, Beck           | 13-Aug-23    |
|        | Deadlift | 222.5kg       | FITZPATRICK, Frances | 14-Jun-15    |               |                           |              |
|        | Total    | 515kg         | FUDERER, Kristy      | 16-Mar-24    | 490kg         | RETALLACK, Lisa           | 27-Aug-23    |
| 100kg  | Squat    | 185kg         | MORRIS, Jane         | 04-Mar-23    | 127.5kg       | BURK, Noosha              | 19-Feb-23    |
|        | Bench    | 85kg          | BURK, Noosha         | 19-Feb-23    |               |                           |              |
|        | Deadlift | 170kg         | MORRIS, Jane         | 04-Mar-23    | 135kg         | BURK, Noosha              | 19-Feb-23    |
|        | Total    | 440kg         | MORRIS, Jane         | 04-Mar-23    | 347.5kg       | BURK, Noosha              | 19-Feb-23    |
| 110kg  | Squat    | 132.5kg       | COLEMAN, Belinda     | 30-Apr-23    |               |                           |              |
|        | Bench    | 55kg          | COLEMAN, Belinda     | 30-Apr-23    |               |                           |              |
|        | Deadlift | 165kg         | COLEMAN, Belinda     | 30-Apr-23    |               |                           |              |
|        | Total    | 352.5kg       | COLEMAN, Belinda     | 30-Apr-23    |               |                           |              |
| 110+kg | Squat    | 265kg         | McCallum, Jess       | 21-May-23    | 260kg         | McCallum, Jess            | 22-May-22    |
|        | Bench    | 130kg         | McCallum, Jess       | 22-May-22    | 75kg          | MADDERN, Emily            | 30-Aug-20    |
|        | Deadlift | 280kg         | McCallum, Jess       | 22-May-22    | 175kg         | MADDERN, Emily            | 30-Aug-20    |
|        | Total    | 670kg         | McCallum, Jess       | 22-May-22    | 410kg         | MADDERN, Emily            | 30-Nov-19    |

## Masters Women (45-49)

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete             | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |
| 48kg   | Squat    | 100kg         | WINWOOD, Tania      | 17-Aug-19    |               |                           |              |
|        | Bench    | 47.5kg        | WINWOOD, Tania      | 17-Aug-19    |               |                           |              |
|        | Deadlift | 145kg         | WINWOOD, Tania      | 17-Aug-19    |               |                           |              |
|        | Total    | 292.5kg       | WINWOOD, Tania      | 17-Aug-19    |               |                           |              |
| 52kg   | Squat    | 102.5kg       | WAGSTAFF, Yvonne    | 15-Aug-15    | 100kg         | WAGSTAFF, Yvonne          | 09-May-15    |
|        | Bench    | 57.5kg        | WAGSTAFF, Yvonne    | 15-Aug-15    | 55kg          | WAGSTAFF, Yvonne          | 09-May-15    |
|        | Deadlift | 140kg         | WAGSTAFF, Yvonne    | 15-Aug-15    | 135kg         | WAGSTAFF, Yvonne          | 09-May-15    |
|        | Total    | 297.5kg       | WAGSTAFF, Yvonne    | 15-Aug-15    | 290kg         | WAGSTAFF, Yvonne          | 09-May-15    |
| 56kg   | Squat    | 120kg         | PEARSILL, Dani      | 14-Jun-15    |               |                           |              |
|        | Bench    | 72.5kg        | PEARSILL, Dani      | 14-Jun-15    |               |                           |              |
|        | Deadlift | 130kg         | PEARSILL, Dani      | 14-Jun-15    |               |                           |              |
|        | Total    | 317.5kg       | PEARSILL, Dani      | 14-Jun-15    |               |                           |              |
| 60kg   | Squat    | 140kg         | SCHULTZ, Jenelle    | 13-Aug-23    | 125kg         | TIPPER, Bianca            | 22-May-21    |
|        | Bench    | 87.5kg        | SCHULTZ, Jenelle    | 13-Aug-23    | 60kg          | TIPPER, Bianca            | 22-May-21    |
|        | Deadlift | 140kg         | SCHULTZ, Jenelle    | 13-Aug-23    | 127.5kg       | TIPPER, Bianca            | 22-May-21    |
|        | Total    | 367.5kg       | SCHULTZ, Jenelle    | 13-Aug-23    | 312.5kg       | TIPPER, Bianca            | 22-May-21    |
| 67.5kg | Squat    | 170kg         | CHAMBERLIN, Janelle | 07-May-22    | 155kg         | BARBA, Maria              | 14-Mar-15    |
|        | Bench    | 100kg         | McKENZIE, Jiuliana  | 25-Apr-18    | 90kg          | BARBA, Maria              | 14-Mar-15    |
|        | Deadlift | 176kg         | CHAMBERLIN, Janelle | 07-May-22    | 160kg         | BARBA, Maria              | 14-Mar-15    |
|        | Total    | 427.5kg       | CHAMBERLIN, Janelle | 07-May-22    | 405kg         | BARBA, Maria              | 14-Mar-15    |
| 75kg   | Squat    | 160kg         | SMITH, Janet        | 18-Aug-18    | 150kg         | SMITH, Janet              | 27-May-18    |
|        | Bench    | 80kg          | SMITH, Janet        | 18-Aug-18    | 70kg          | SMITH, Janet              | 27-May-18    |
|        | Deadlift | 200kg         | SMITH, Janet        | 18-Aug-18    | 192.5kg       | SMITH, Janet              | 27-May-18    |
|        | Total    | 440kg         | SMITH, Janet        | 18-Aug-18    | 412.5kg       | SMITH, Janet              | 27-May-18    |
| 82.5kg | Squat    | 152.5kg       | MERCER, Kaye        | 05-Aug-23    | 150kg         | MERCER, Kaye              | 03-Jun-23    |
|        | Bench    | 82.5kg        | CONNORS, Renae      | 18-Nov-23    | 76.5kg        | MERCER, Kaye              | 03-Jun-23    |
|        | Deadlift | 170kg         | MERCER, Kaye        | 05-Aug-23    | 163.5kg       | MERCER, Kaye              | 03-Jun-23    |
|        | Total    | 397.5kg       | MERCER, Kaye        | 05-Aug-23    | 390kg         | MERCER, Kaye              | 03-Jun-23    |
| 90kg   | Squat    | 202.5kg       | MAXEY, Melissa      | 21-May-23    | 155kg         | WICKS, Maureen            | 21-Aug-22    |
|        | Bench    | 92.5kg        | MAXEY, Melissa      | 21-May-23    | 86kg          | WICKS, Maureen            | 21-Aug-22    |
|        | Deadlift | 180kg         | DOLDEN, Melanie     | 18-Feb-24    | 170kg         | MAXEY, Melissa            | 21-May-23    |
|        | Total    | 465kg         | MAXEY, Melissa      | 21-May-23    | 400kg         | WICKS, Maureen            | 21-Aug-22    |
| 100kg  | Squat    | 205kg         | MORRIS, Jane        | 13-Aug-23    | 145kg         | LIHOU, Melanie            | 07-May-22    |
|        | Bench    | 95kg          | MORRIS, Jane        | 13-Aug-23    | 72.5kg        | LIHOU, Melanie            | 07-May-22    |
|        | Deadlift | 202.5kg       | MORRIS, Jane        | 13-Aug-23    | 160kg         | LIHOU, Melanie            | 07-May-22    |
|        | Total    | 502.5kg       | MORRIS, Jane        | 13-Aug-23    | 377.5kg       | LIHOU, Melanie            | 07-May-22    |
| 110kg  | Squat    | 145kg         | LIHOU, Melanie      | 20-Aug-23    |               |                           |              |
|        | Bench    | 70kg          | LIHOU, Melanie      | 20-Aug-23    |               |                           |              |
|        | Deadlift | 160kg         | LIHOU, Melanie      | 20-Aug-23    |               |                           |              |
|        | Total    | 375kg         | LIHOU, Melanie      | 20-Aug-23    |               |                           |              |
| 110+kg | Squat    | 210kg         | BETHAM, Hilda       | 25-Feb-24    | 195kg         | BETHAM, Hilda             | 13-Aug-23    |
|        | Bench    | 82.5kg        | BETHAM, Hilda       | 25-Feb-24    | 77.5kg        | BETHAM, Hilda             | 21-Aug-22    |
|        | Deadlift | 207.5kg       | BETHAM, Hilda       | 25-Feb-24    | 200kg         | BETHAM, Hilda             | 30-Apr-23    |
|        | Total    | 500kg         | BETHAM, Hilda       | 25-Feb-24    | 465kg         | BETHAM, Hilda             | 13-Aug-23    |

## Masters Women (50-54)

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete                 | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                         |              |               |                           |              |
|        | Bench    |               |                         |              |               |                           |              |
|        | Deadlift |               |                         |              |               |                           |              |
|        | Total    |               |                         |              |               |                           |              |
| 48kg   | Squat    | 95kg          | Li, Pam                 | 25-Apr-21    |               |                           |              |
|        | Bench    | 52.5kg        | JOHNSON, Anna Elizabeth | 01-Jul-23    | 50kg          | Li, Pam                   | 25-Apr-21    |
|        | Deadlift | 140kg         | WINWOOD, Tania          | 22-Aug-21    | 122.5kg       | WINWOOD, Tania            | 22-May-21    |
|        | Total    | 272.5kg       | WINWOOD, Tania          | 22-Aug-21    | 265kg         | Li, Pam                   | 25-Apr-21    |
| 52kg   | Squat    | 140kg         | WEIR, Coralie           | 02-Aug-14    | 85kg          | PEISL, Marianne           | 10-Aug-13    |
|        | Bench    | 90kg          | WEIR, Coralie           | 15-Aug-15    | 80kg          | WEIR, Coralie             | 02-Aug-14    |
|        | Deadlift | 160kg         | WEIR, Coralie           | 15-Aug-15    | 150kg         | WEIR, Coralie             | 02-Aug-14    |
|        | Total    | 387.5kg       | WEIR, Coralie           | 15-Aug-15    | 370kg         | WEIR, Coralie             | 02-Aug-14    |
| 56kg   | Squat    | 110kg         | Li, Pam                 | 25-Apr-23    | 100kg         | SAPIANO, Sarah            | 18-Aug-18    |
|        | Bench    | 67.5kg        | SAPIANO, Sarah          | 18-Aug-18    | 52.5kg        | WIKANDER, Lolita          | 21-Nov-14    |
|        | Deadlift | 137.5kg       | Li, Pam                 | 25-Apr-23    | 130kg         | SAPIANO, Sarah            | 18-Aug-18    |
|        | Total    | 300kg         | Li, Pam                 | 25-Apr-23    | 297.5kg       | SAPIANO, Sarah            | 18-Aug-18    |
| 60kg   | Squat    | 172.5kg       | RYDER, Belinda          | 30-Apr-23    | 160kg         | RYDER, Belinda            | 21-Aug-22    |
|        | Bench    | 92.5kg        | RYDER, Belinda          | 13-Aug-23    | 90kg          | RYDER, Belinda            | 21-Aug-22    |
|        | Deadlift | 200kg         | RYDER, Belinda          | 21-Aug-22    | 190kg         | RYDER, Belinda            | 07-May-22    |
|        | Total    | 450kg         | RYDER, Belinda          | 21-Aug-22    | 410kg         | RYDER, Belinda            | 07-May-22    |
| 67.5kg | Squat    | 145kg         | MURACA, Jo              | 11-Aug-17    | 137.5kg       | MURACA, Jo                | 20-May-17    |
|        | Bench    | 82.5kg        | COOK, Monica            | 08-Oct-17    | 80kg          | MURACA, Jo                | 20-May-17    |
|        | Deadlift | 185kg         | MURACA, Jo              | 11-Aug-17    | 182.5kg       | MURACA, Jo                | 20-May-17    |
|        | Total    | 410kg         | MURACA, Jo              | 11-Aug-17    | 397.5kg       | MURACA, Jo                | 20-May-17    |
| 75kg   | Squat    | 160.5kg       | SMITH, Janet            | 17-Aug-19    | 97.5kg        | HOIRIGAN, Colleen         | 22-May-16    |
|        | Bench    | 95kg          | SMITH, Janet            | 17-Aug-19    | 65kg          | McNIGHT, Erica            | 09-Jun-19    |
|        | Deadlift | 205kg         | SMITH, Janet            | 17-Aug-19    | 140kg         | McNIGHT, Erica            | 09-Jun-19    |
|        | Total    | 460kg         | SMITH, Janet            | 17-Aug-19    | 275kg         | HOIRIGAN, Colleen         | 22-May-16    |
| 82.5kg | Squat    | 190kg         | BARCLAY, Ingrid         | 22-May-21    | 90kg          | FAUCETT, Tracey           | 30-Nov-19    |
|        | Bench    | 95kg          | BARCLAY, Ingrid         | 22-May-21    | 52.5kg        | FAUCETT, Tracey           | 30-Nov-19    |
|        | Deadlift | 215kg         | BARCLAY, Ingrid         | 22-May-21    | 115kg         | FAUCETT, Tracey           | 30-Nov-19    |
|        | Total    | 500kg         | BARCLAY, Ingrid         | 22-May-21    | 257.5kg       | FAUCETT, Tracey           | 30-Nov-19    |
| 90kg   | Squat    | 117.5kg       | HULL, Naomi             | 22-Oct-23    | 110kg         | HULL, Naomi               | 30-Apr-23    |
|        | Bench    | 60kg          | HULL, Naomi             | 30-Apr-23    | 42.5kg        | SCHLEMMER, Erika          | 14-Jun-15    |
|        | Deadlift | 135kg         | HULL, Naomi             | 22-Oct-23    | 132.5kg       | HULL, Naomi               | 30-Apr-23    |
|        | Total    | 312.5kg       | HULL, Naomi             | 22-Oct-23    | 300kg         | HULL, Naomi               | 30-Apr-23    |
| 100kg  | Squat    | 170kg         | SMITH, Janet            | 21-Aug-22    |               |                           |              |
|        | Bench    | 122.5kg       | SMITH, Janet            | 13-Aug-23    | 107.5kg       | SMITH, Janet              | 21-Aug-22    |
|        | Deadlift | 230kg         | SMITH, Janet            | 13-Aug-23    | 220.5kg       | SMITH, Janet              | 21-Aug-22    |
|        | Total    | 497.5kg       | SMITH, Janet            | 21-Aug-22    |               |                           |              |
| 110kg  | Squat    |               |                         |              |               |                           |              |
|        | Bench    |               |                         |              |               |                           |              |
|        | Deadlift |               |                         |              |               |                           |              |
|        | Total    |               |                         |              |               |                           |              |
| 110+kg | Squat    | 35kg          | WHITEWAY, Alison        | 25-Apr-19    |               |                           |              |
|        | Bench    | 35kg          | WHITEWAY, Alison        | 25-Apr-19    |               |                           |              |
|        | Deadlift | 85kg          | WHITEWAY, Alison        | 25-Apr-19    |               |                           |              |
|        | Total    | 152.5kg       | WHITEWAY, Alison        | 25-Apr-19    |               |                           |              |

## Masters Women (55-59)

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete         | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 48kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 52kg   | Squat    | 135kg         | WEIR, Coralie   | 11-May-19    |               |                           |              |
|        | Bench    | 85kg          | WEIR, Coralie   | 11-May-19    |               |                           |              |
|        | Deadlift | 170kg         | WEIR, Coralie   | 17-Aug-19    | 157.5kg       | WEIR, Coralie             | 11-May-19    |
|        | Total    | 387.5kg       | WEIR, Coralie   | 17-Aug-19    | 377.5kg       | WEIR, Coralie             | 11-May-19    |
| 56kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 60kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 67.5kg | Squat    | 130kg         | COOK, Monica    | 17-Aug-19    | 125kg         | COOK, Monica              | 09-Jun-19    |
|        | Bench    | 97.5kg        | COOK, Monica    | 13-Aug-23    | 92.5kg        | COOK, Monica              | 21-May-23    |
|        | Deadlift | 150kg         | COOK, Monica    | 17-Aug-19    | 145kg         | COOK, Monica              | 09-Jun-19    |
|        | Total    | 367.5kg       | COOK, Monica    | 13-Aug-23    | 362.5kg       | COOK, Monica              | 21-May-23    |
| 75kg   | Squat    | 115kg         | FAUCETT, Tracey | 22-Aug-21    | 110kg         | FAUCETT, Tracey           | 22-May-21    |
|        | Bench    | 68.5kg        | FAUCETT, Tracey | 18-Nov-23    | 67.5kg        | FAUCETT, Tracey           | 07-May-22    |
|        | Deadlift | 140kg         | FAUCETT, Tracey | 18-Nov-23    | 135kg         | FAUCETT, Tracey           | 12-Nov-22    |
|        | Total    | 317.5kg       | FAUCETT, Tracey | 18-Nov-23    | 307.5kg       | FAUCETT, Tracey           | 22-Aug-21    |
| 82.5kg | Squat    | 140kg         | RATAPU, Ouida   | 12-Aug-17    | 130kg         | RATAPU, Ouida             | 30-Apr-17    |
|        | Bench    | 90kg          | RATAPU, Ouida   | 30-Apr-17    |               |                           |              |
|        | Deadlift | 167.5kg       | RATAPU, Ouida   | 12-Aug-17    | 140kg         | RATAPU, Ouida             | 30-Apr-17    |
|        | Total    | 380kg         | RATAPU, Ouida   | 12-Aug-17    | 360kg         | RATAPU, Ouida             | 30-Apr-17    |
| 90kg   | Squat    | 92.5kg        | DOWDLE, Bobbie  | 17-Oct-20    |               |                           |              |
|        | Bench    | 50kg          | DOWDLE, Bobbie  | 17-Oct-20    |               |                           |              |
|        | Deadlift | 110kg         | DOWDLE, Bobbie  | 17-Oct-20    |               |                           |              |
|        | Total    | 252.5kg       | DOWDLE, Bobbie  | 17-Oct-20    |               |                           |              |
| 100kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110+kg | Squat    | 50kg          | BECKER, Sonia   | 21-Mar-21    |               |                           |              |
|        | Bench    | 40kg          | BECKER, Sonia   | 21-Mar-21    |               |                           |              |
|        | Deadlift | 100kg         | BECKER, Sonia   | 21-Mar-21    |               |                           |              |
|        | Total    | 190kg         | BECKER, Sonia   | 21-Mar-21    |               |                           |              |

**Masters Women (60-64)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete         | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 48kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 52kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 56kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 60kg   | Squat    | 77.5kg        | HARVEY, Helen   | 21-Aug-22    | 57.5kg        | TRENTIN, Marietta         | 26-Jun-21    |
|        | Bench    | 43.5kg        | HARVEY, Helen   | 21-Aug-22    | 40kg          | AMPRIMO, Denise           | 26-Apr-14    |
|        | Deadlift | 115kg         | HARVEY, Helen   | 21-Aug-22    | 95kg          | TRENTIN, Marietta         | 26-Jun-21    |
|        | Total    | 235kg         | HARVEY, Helen   | 21-Aug-22    | 192.5kg       | TRENTIN, Marietta         | 26-Jun-21    |
| 67.5kg | Squat    | 65kg          | HARVEY, Helen   | 24-Oct-21    | 55kg          | CURNOW, Michele           | 30-Nov-19    |
|        | Bench    | 42.5kg        | HARVEY, Helen   | 24-Oct-21    | 40kg          | CURNOW, Michele           | 30-Nov-19    |
|        | Deadlift | 100kg         | CURNOW, Michele | 30-Nov-19    |               |                           |              |
|        | Total    | 207.5kg       | HARVEY, Helen   | 24-Oct-21    | 195kg         | CURNOW, Michele           | 30-Nov-19    |
| 75kg   | Squat    | 150kg         | RATAPU, Ouida   | 17-Oct-20    |               |                           |              |
|        | Bench    | 97.5kg        | RATAPU, Ouida   | 17-Oct-20    |               |                           |              |
|        | Deadlift | 195kg         | RATAPU, Ouida   | 17-Oct-20    |               |                           |              |
|        | Total    | 437.5kg       | RATAPU, Ouida   | 17-Oct-20    |               |                           |              |
| 82.5kg | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 90kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 100kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110+kg | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |

**Masters Women (65-69)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete        | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 48kg   | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 52kg   | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 56kg   | Squat    | 90kg          | BLAKE, Janine  | 20-Jan-24    |               |                           |              |
|        | Bench    | 55kg          | BLAKE, Janine  | 20-Jan-24    |               |                           |              |
|        | Deadlift | 135kg         | BLAKE, Janine  | 20-Jan-24    |               |                           |              |
|        | Total    | 280kg         | BLAKE, Janine  | 20-Jan-24    |               |                           |              |
| 60kg   | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 67.5kg | Squat    | 75kg          | KELLY, Colleen | 22-May-21    |               |                           |              |
|        | Bench    | 42.5kg        | KELLY, Colleen | 22-May-21    |               |                           |              |
|        | Deadlift | 102.5kg       | KELLY, Colleen | 22-May-21    |               |                           |              |
|        | Total    | 220kg         | KELLY, Colleen | 22-May-21    |               |                           |              |
| 75kg   | Squat    | 130kg         | RATAPU, Ouida  | 22-Oct-23    | 105kg         | WILSON, Katie             | 12-Nov-22    |
|        | Bench    | 90kg          | RATAPU, Ouida  | 22-Oct-23    | 55kg          | WILSON, Katie             | 12-Nov-22    |
|        | Deadlift | 170kg         | RATAPU, Ouida  | 22-Oct-23    | 142.5kg       | WILSON, Katie             | 12-Nov-22    |
|        | Total    | 390kg         | RATAPU, Ouida  | 22-Oct-23    | 302.5kg       | WILSON, Katie             | 12-Nov-22    |
| 82.5kg | Squat    | 100kg         | WILSON, Katie  | 10-Jun-23    | 80kg          | MAGRI, Pauline            | 25-Apr-19    |
|        | Bench    | 60kg          | WILSON, Katie  | 10-Jun-23    | 47.5kg        | MAGRI, Pauline            | 25-Apr-19    |
|        | Deadlift | 145kg         | MAGRI, Pauline | 25-Apr-19    |               |                           |              |
|        | Total    | 300kg         | WILSON, Katie  | 10-Jun-23    | 272.5kg       | MAGRI, Pauline            | 25-Apr-19    |
| 90kg   | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 100kg  | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 110kg  | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |
| 110+kg | Squat    |               |                |              |               |                           |              |
|        | Bench    |               |                |              |               |                           |              |
|        | Deadlift |               |                |              |               |                           |              |
|        | Total    |               |                |              |               |                           |              |

**Masters Women (70-74)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete         | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 48kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 52kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 56kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 60kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 67.5kg | Squat    | 80kg          | McCOOL, Jose    | 12-Nov-22    | 40kg          | McGHEE, Helen             | 25-Apr-17    |
|        | Bench    | 43kg          | SILVER, Valerie | 18-Jun-23    | 42.5kg        | McCOOL, Jose              | 12-Nov-22    |
|        | Deadlift | 115kg         | McCOOL, Jose    | 12-Nov-22    | 65kg          | McGHEE, Helen             | 25-Apr-17    |
|        | Total    | 237.5kg       | McCOOL, Jose    | 12-Nov-22    | 140kg         | McGHEE, Helen             | 25-Apr-17    |
| 75kg   | Squat    | 80kg          | McCOOL, Jose    | 07-May-22    | 75kg          | McCOOL, Jose              | 26-Jun-21    |
|        | Bench    | 50kg          | McCOOL, Jose    | 07-May-22    | 45kg          | McCOOL, Jose              | 22-May-21    |
|        | Deadlift | 125kg         | McCOOL, Jose    | 07-May-22    | 121kg         | McCOOL, Jose              | 22-Aug-21    |
|        | Total    | 252.5kg       | McCOOL, Jose    | 07-May-22    | 240kg         | McCOOL, Jose              | 26-Jun-21    |
| 82.5kg | Squat    | 100kg         | WILSON, Katie   | 18-Nov-23    |               |                           |              |
|        | Bench    | 60kg          | WILSON, Katie   | 18-Nov-23    |               |                           |              |
|        | Deadlift | 142.5kg       | WILSON, Katie   | 18-Nov-23    |               |                           |              |
|        | Total    | 302.5kg       | WILSON, Katie   | 18-Nov-23    |               |                           |              |
| 90kg   | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 100kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110kg  | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |
| 110+kg | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |

**Masters Women (75-79)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 48kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 52kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 56kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 60kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 67.5kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 75kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 82.5kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 90kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 100kg  | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 110kg  | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 110+kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |



**Masters Women (80-84)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT    | Lift     | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 48kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 52kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 56kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 60kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 67.5kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 75kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 82.5kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 90kg   | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 100kg  | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 110kg  | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |
| 110+kg | Squat    |               |         |              |               |                           |              |
|        | Bench    |               |         |              |               |                           |              |
|        | Deadlift |               |         |              |               |                           |              |
|        | Total    |               |         |              |               |                           |              |

**Masters Women (85-89)**

RAW PLUS (Knee Wraps or Knee Sleeves)

| BWT  | Lift  | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|------|-------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat |               |         |              |               |                           |              |
|      | Bench |               |         |              |               |                           |              |

|        |          |  |  |  |  |  |  |
|--------|----------|--|--|--|--|--|--|
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 48kg   | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 52kg   | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 56kg   | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 60kg   | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 67.5kg | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 75kg   | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 82.5kg | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 90kg   | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 100kg  | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 110kg  | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |
| 110+kg | Squat    |  |  |  |  |  |  |
|        | Bench    |  |  |  |  |  |  |
|        | Deadlift |  |  |  |  |  |  |
|        | Total    |  |  |  |  |  |  |