

OPEN W	OMEN				And the particular
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat	45kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Bench	25kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Deadlift	30kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Total	100kg	Reynolds, Brigitte	20-May-23	W.A State Championships
48kg	Squat	100kg	Winwood, Tania	17-Aug-19	Australian Championships
	Bench	55kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Deadlift	145kg	Winwood, Tania	17-Aug-19	Australian Championships
	Total	292.5kg	Winwood, Tania	17-Aug-19	Australian Championships
52kg	Squat	105kg	Winwood, Tania	5-May-23	W.A State Championships
	Bench	47.5kg	Winwood, Tania	5-May-23	W.A State Championships
	Deadlift	150kg	Winwood, Tania	18-May-24	W.A State Championships
	Total	290kg	Winwood, Tania	5-May-23	W.A State Championships
56kg	Squat	142.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Bench	72.5kg	Pearsil,Dani	14-Jun-15	W.A State Championships
	Deadlift	157.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Total	370kg	Johannes, Sammie	17-Aug-19	Australian Championships
60kg	Squat	185kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Bench	95kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Deadlift	220kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Total	500kg	Sharp, Aliesha	18-May-24	W.A State Championships
7.5kg	Squat	182.5kg	Malard, Annie	18-Feb-24	Wild West Shootout
	Bench	92.5kg	Day, Jessica	29-May-16	W.A State Championships
	Deadlift	215kg	Malard, Annie	18-Feb-24	Wild West Shootout
	Total	480kg	Malard, Annie	18-Feb-24	Wild West Shootout
75kg	Squat	210kg	Becker, Kat	12-Aug-16	Australian Championships
	Bench	115kg	Day, Jessica	22-May-22	W.A State Championships
	Deadlift	227.5kg	Day, Jessica	22-May-22	W.A State Championships
	Total	542.5kg	Day, Jessica	22-May-22	W.A State Championships
2.5kg	Squat	212.5kg	Malard, Annie	11-Aug-23	Australian Championships
	Bench	120kg	Michon, Lucy	11-Aug-23	Australian Championships
	Deadlift	225kg	Malard, Annie	11-Aug-23	Australian Championships
	Total	550kg	Michon, Lucy	11-Aug-23	Australian Championships
90kg	Squat	235kg	Becker, Kat	22-May-21	W.A State Championships
	Bench	110kg	Becker, Kat	22-May-21	W.A State Championships
	Deadlift	220kg	Becker, Kat	22-May-21	W.A State Championships
	Total	552.5kg	Becker, Kat	22-May-21	W.A State Championships
100kg	Squat	241kg	Becker, Kat	9-Jun-19	W.A State Championships
	Bench	107.5kg	Becker, Kat	9-Jun-19	W.A State Championships
	Deadlift	215kg	Becker, Kat	9-Jun-19	W.A State Championships
	Total	563.5kg	Becker, Kat	9-Jun-19	W.A State Championships
10kg	Squat	175kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Bench	75kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Deadlift	165kg	Palmer, Brooke	20-May-23	W.A State Championships
	Total	405.5kg	Palmer, Brooke	11-Aug-23	Australian Championships
10+kg	Squat	120kg	Forsyth, Steph	20-May-23	W.A State Championships
	Bench	72.5kg	Forsyth, Steph	18-Feb-24	Wild West Shootout
	Deadlift	167.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout
	Total	352.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout



SUB TEEN WOMEN (10-12) WEIGHT LIFTED DATE OF LIFT **BWT** LIFT ATHLETE **EVENT** W.A State Championships 44kg 45kg Reynolds, Brigitte 20-May-23 Squat 25kg Reynolds, Brigitte 20-May-23 W.A State Championships Bench Deadlift Reynolds, Brigitte W.A State Championships 25kg 20-May-23 Total 100kg Reynolds, Brigitte 20-May-23 W.A State Championships 48kg Squat Bench Deadlift Total 52kg Squat Bench Deadlift Total 56kg Squat 67.5kg Ngarotata-Day, Paige 14-Jun-15 W.A State Championships 14-Jun-15 Bench 32.5kg Ngarotata-Day, Paige W.A State Championships Deadlift 100kg Ngarotata-Day, Paige 14-Jun-15 W.A State Championships Total 192.5kg Ngarotata-Day, Paige 14-Jun-15 W.A State Championships Suen, Faith 14-Jun-15 W.A State Championships 60kg Squat 62.5kg Bench 32.5kg Suen, Faith 14-Jun-15 W.A State Championships Deadlift 85kg Suen, Faith 14-Jun-15 W.A State Championships Total 170kg Suen, Faith 14-Jun-15 W.A State Championships 67.5kg Squat 70kg Boros, Tayla 9-Jun-19 W.A State Championships Bench 35kg Boros, Tayla 9-Jun-19 W.A State Championships Deadlift 102.5kg Boros, Tayla 9-Jun-19 W.A State Championships Total 207.5kg Boros, Tayla 9-Jun-19 W.A State Championships 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) BWT LIFT WEIGHT LIFTED ATHLETE DATE OF LIFT **EVENT** 44kg Squat Bench Deadlift Total 48kg Squat Bench Deadlift Total Sivacolundhu, Kira 52kg Squat 45kg 20-May-23 W.A State Championships Bench 25kg Sivacolundhu, Kira 20-May-23 W.A State Championships Deadlift 70kg Sivacolundhu, Kira 20-May-23 W.A State Championships Total 140kg Sivacolundhu. Kira 20-May-23 W.A State Championships 56kg Squat Bench Deadlift Total 60kg Squat Coe, Amie 14-Jun-15 W.A State Championships 95kg Bench 50kg Coe, Amie 14-Jun-15 W.A State Championships Deadlift 110kg Coe, Amie 14-Jun-15 W.A State Championships Total 14-Jun-15 W.A State Championships 255kg Coe, Amie 67.5kg Squat Bench Deadlift Total 105kg 75kg Martin, Jordan 22-May-21 W.A State Championships Squat Bench 47.5kg Suen, Fauith 6-Oct-18 Wild West Shootout Deadlift 120kg Martin, Jordan 22-May-21 W.A State Championships Total 262.5kg Martin, Jordan 22-May-21 W.A State Championships 82.5kg Squat Bench Deadlift Total 90kg Squat 110kg Lawry, Mia 18-May-24 W.A State Championships Bench 60kg Lawry, Mia 18-May-24 W.A State Championships Deadlift 127.5kg Lawry, Mia 18-May-24 W.A State Championships 297.5kg 18-May-24 W.A State Championships Total Lawry, Mia 100kg Squat Bench Deadlift Total 110kg Squat Bench Deadlift Total 110+kg Squat Bench Deadlift Total



	E WOMEN				where the particular
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	107.5kg	Davey, Holly	18-May-24	W.A State Championships
	Bench	52.5kg	Davey, Holly	18-May-24	W.A State Championships
	Deadlift	109kg	Davey, Holly	18-May-24	W.A State Championships
	Total	265kg	Davey, Holly	18-May-24	W.A State Championships
60kg	Squat	105kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
	Bench	55kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
	Deadlift	102.5kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
	Total	262.5kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
7.5kg	Squat	142.5kg	Keep, Nyah	20-May-23	W.A State Championships
710108	Bench	92.5kg	Keep, Nyah	20-May-23	W.A State Championships
	Deadlift	155kg	Keep, Nyah	20-May-23	W.A State Championships
	Total	390kg	Keep, Nyah	20-May-23	W.A State Championships
75kg	Squat	110kg	Martin, Jordan	20-May-23	W.A State Championships
7516	Bench	40kg	Martin, Jordan	20-May-23	W.A State Championships
	Deadlift	120kg	Martin, Jordan	20-May-23	W.A State Championships
	Total	270kg	Martin, Jordan	20-May-23	W.A State Championships
2.5kg	Squat	125kg	Martin, Jordan	22-May-22	W.A State Championships
JZ.JKg	Bench	65kg	Martin, Jordan	22-May-22	W.A State Championships
	Deadlift	140kg	Martin, Jordan	22-May-22	W.A State Championships
	Total	330kg	Martin, Jordan		W.A State Championships
001/2		-		22-May-22 17-Aug-19	Australian Championships
90kg	Squat	122.5kg	Ngarotata-Day, Paige		Australian Championships
	Bench	55kg	Ngarotata-Day, Paige	17-Aug-19	
	Deadlift	145kg	Ngarotata-Day, Paige	17-Aug-19	Australian Championships
001	Total	320kg	Ngarotata-Day, Paige	17-Aug-19	Australian Championships
LOOkg	Squat				
	Bench				
	Deadlift				
10	Total				
10kg	Squat				
	Bench				
	Deadlift				
	Total				
10+kg	Squat				
	Bench				
	Deadlift				
	Total				



TEENAGE WOMEN (18-19) BWT LIFT WEIGHT LIFTED DATE OF LIFT **EVENT ATHLETE** 44kg Squat Bench Deadlift Total 48kg Squat Bench Deadlift Total 52kg Squat 97.5kg Winwood, Shayla 11-Aug-23 Australian Championships 18-May-24 42.5kg Winwood, Shayla W.A State Championships Bench Deadlift 102.5kg Winwood, Shayla 18-May-24 W.A State Championships Total 242.5kg Winwood, Shavla 18-Mav-24 W.A State Championships 56kg Squat 77.5kg Winwood, Shayla 12-Mar-23 Wild West Shootout Bench 40kg Winwood, Shayla 12-Mar-23 Wild West Shootout Deadlift 87.5kg Winwood, Shayla 12-Mar-23 Wild West Shootout 205kg Winwood, Shayla 12-Mar-23 Wild West Shootout Total 60kg Squat 90kg Moore, Kate 25-May-14 W.A State Championships Bench 50kg Moore, Kate 25-May-14 W.A State Championships Deadlift 110kg Moore, Kate 25-May-14 W.A State Championships Total 250kg Moore. Kate 25-May-14 W.A State Championships 67.5kg 120kg Squat Coe, Amie 6-Oct-18 Wild West Shootout 70kg Bench Coe, Amie 6-Oct-18 Wild West Shootout Deadlift 132.5kg Coe, Amie 6-Oct-18 Wild West Shootout Total 320kg Coe, Amie 6-Oct-18 Wild West Shootout 75kg 110kg W.A State Championships Squat Napper, Jessica 22-May-22 Bench 45kg Napper, Jessica 22-May-22 W.A State Championships Deadlift 130kg Napper, Jessica 22-May-22 W.A State Championships 22-May-22 Total 285kg Napper, Jessica W.A State Championships 92.5kg Rea, Shantelle W.A State Championships 82.5kg Squat 22-May-21 Rea, Shantelle Bench 55kg 22-May-21 W.A State Championships Deadlift 135kg Rea, Shantelle 22-May-21 W.A State Championships Total 282.5kg Rea, Shantelle 22-May-21 W.A State Championships 90kg Squat Bench Deadlift Total 100kg Squat Bench Deadlift Total 110kg Squat Bench Deadlift Total 110+kg Squat Bench Deadlift Total



BWT	WOMEN (WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
			AIHLEIE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
401	Total			_	
48kg	Squat				
	Bench				
	Deadlift				
Falka	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift Total				
60kg		100kg	Maara Kata	14 Jun 15	W/ A State Championships
60kg	Squat	100kg	Moore, Kate	14-Jun-15	W.A State Championships
	Bench Deadlift	57.5kg	Moore, Kate	14-Jun-15	W.A State Championships
	Total	117.5kg	Rigney, Emily	18-May-24 14-Jun-15	W.A State Championships W.A State Championships
7 Eka		272.5kg	Moore, Kate	12-Mar-23	Wild West Shootout
57.5kg	Squat Bench	130kg	Vincent, Danielle Vincent, Danielle	12-Mar-23	Wild West Shootout
	Deadlift	65kg	-		
		152.5kg	Vincent, Danielle	12-Mar-23	Wild West Shootout
75 kg	Total	347.5kg 155kg	Vincent, Danielle Caisley, Chloe	12-Mar-23	Wild West Shootout W.A State Championships
75kg	Squat Bench	-	Caisley, Chloe	18-May-24	W.A State Championships
	Deadlift	95kg	Caisley, Chloe	18-May-24 18-May-24	W.A State Championships
	Total	170kg 420kg	Caisley, Chloe	18-May-24	W.A State Championships
		147.5kg	Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
32.5kg	Squat Bench	75kg		20-May-23	W.A State Championships
	Deadlift	175kg	Skinner-Drakeford-Elizabeth Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
	Total	397.5kg	Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
90kg	Squat	597.5Kg	Skillier-Diakeloid-Elizabeth	20-1v1dy-25	W.A State Championships
JOKS	Bench				
	Deadlift				
	Total				
100kg	Squat				
LUUKg	Bench				
	Deadlift				
	Total				
L10kg	Squat				
LIONG	Bench				
	Deadlift				
	Total				
10+1/2	Judi				
.10+kg					
.10+kg	Bench Deadlift				



BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
р	Bench				
	Deadlift				
	Total				
48kg	Squat	97.5kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Bench	55kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Deadlift	115kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Total	267.5kg	Caldona, Jackie	29-Aug-20	W.A State Championships
52kg	Squat				• •
	Bench				
	Deadlift				
	Total				
56kg	Squat	142.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Bench	70kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Deadlift	157.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Total	370kg	Johannes, Sammie	17-Aug-19	Australian Championships
60kg	Squat	185kg	Sharp, Aliesha	18-May-24	W.A State Championships
0	Bench	95kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Deadlift	220kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Total	500kg	Sharp, Aliesha	18-May-24	W.A State Championships
7.5kg	Squat	160kg	Day, Jessica	29-May-16	W.A State Championships
	Bench	92.5kg	Day, Jessica	29-May-16	W.A State Championships
	Deadlift	185kg	Day, Jessica	29-May-16	W.A State Championships
	Total	437.5kg	Day, Jessica	29-May-16	W.A State Championships
75kg	Squat	210kg	Becker, Kat	12-Aug-16	Australian Championships
	Bench	95kg	Becker, Kat	12-Aug-16	Australian Championships
	Deadlift	220kg	Becker, Kat	12-Aug-16	Australian Championships
	Total	525kg	Becker, Kat	12-Aug-16	Australian Championships
32.5kg	Squat	150kg	Whisson, Sophie	27-Aug-23	Poseidons Cup
	Bench	102.5kg	Whisson, Sophie	27-Aug-23	Poseidons Cup
	Deadlift	170kg	Boswood, Kayah	20-May-23	W.A State Championships
	Total	417.5kg	Whisson, Sophie	27-Aug-23	Poseidons Cup
90kg	Squat	210kg	Ashplant, Raegan	18-May-24	W.A State Championships
	Bench	87.5kg	Ashplant, Raegan	18-May-24	W.A State Championships
	Deadlift	210kg	Ashplant, Raegan	18-May-24	W.A State Championships
	Total	507.5kg	Ashplant, Raegan	18-May-24	W.A State Championships
100kg	Squat	195kg	Ashplant, Raegan	27-Aug-23	Poseidons Cup
	Bench	85kg	Ashplant, Raegan	20-May-23	W.A State Championships
	Deadlift	192.5kg	Ashplant, Raegan	20-May-23	W.A State Championships
	Total	465kg	Ashplant, Raegan	27-Aug-23	Poseidons Cup
.10kg	Squat				
	Bench				
	Deadlift				
	Total				
10+kg	Squat				
	Bench				
	Deadlift				
	Total				



SUB MASTERS WOMEN (33-39)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat	-			
8	Bench				
	Deadlift				
	Total				
48kg	Squat	97.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
1010	Bench	52.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
	Deadlift	137.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
	Total	287.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
52kg	Squat	8			
- 0	Bench				
	Deadlift				
	Total				
56kg	Squat	102.5kg	Rushton, Tegan	18-May-24	W.A State Championships
	Bench	57.5kg	Rushton, Tegan	18-May-24	W.A State Championships
	Deadlift	140kg	Rushton, Tegan	18-May-24	W.A State Championships
	Total	300kg	Rushton, Tegan	18-May-24	W.A State Championships
60kg	Squat	120kg	Cass, Laura	17-Aug-19	Australian Championships
0	Bench	110kg	Maciel, Sarah	29-May-16	W.A State Championships
	Deadlift	55kg	Maciel, Sarah	29-May-16	W.A State Championships
	Total	145kg	Maciel, Sarah	29-May-16	W.A State Championships
67.5kg	Squat	125kg	Malard, Annie	17-Aug-19	Australian Championships
0	Bench	57.5kg	Malard, Annie	17-Aug-19	Australian Championships
	Deadlift	150kg	Isaac, Maria	14-Jun-15	W.A State Championships
	Total	325kg	Malard, Annie	17-Aug-19	Australian Championships
75kg	Squat	200kg	Day, Jessica	22-May-22	W.A State Championships
0	Bench	115kg	Day, Jessica	22-May-22	W.A State Championships
	Deadlift	227.5kg	Day, Jessica	22-May-22	W.A State Championships
	Total	542.5kg	Day, Jessica	22-May-22	W.A State Championships
82.5kg	Squat	235kg	Becker, Kat	18-Nov-18	Australian Championships
	Bench	120kg	Michon, Lucy	11-Aug-23	Australian Championships
	Deadlift	222.5kg	Becker, Kat	18-Nov-18	Australian Championships
	Total	570kg	Becker, Kat	18-Nov-18	Australian Championships
90kg	Squat	235kg	Becker, Kat	22-May-22	W.A State Championships
	Bench	110kg	Becker, Kat	22-May-22	W.A State Championships
	Deadlift	215kg	Becker, Kat	22-May-22	W.A State Championships
	Total	570kg	Becker, Kat	22-May-22	W.A State Championships
100kg	Squat	241kg	Becker, Kat	9-Jun-19	W.A State Championships
	Bench	107.5kg	Becker, Kat	9-Jun-19	W.A State Championships
	Deadlift	215kg	Becker, Kat	9-Jun-19	W.A State Championships
	Total	563.5kg	Becker, Kat	9-Jun-19	W.A State Championships
110kg	Squat	175kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
-	Bench	75kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Deadlift	165kg	Palmer, Brooke	20-May-23	W.A State Championships
	Total	405.5kg	Palmer, Brooke	11-Aug-23	Australian Championships
.10+kg	Squat	120kg	Forsyth, Steph	20-May-23	W.A State Championships
	Bench	72.5kg	Forsyth, Steph	18-Feb-24	Wild West Shootout
	Deadlift	167.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout
	Total	352.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout



MASTERS WOMEN (40-44) BWT LIFT WEIGHT LIFTED DATE OF LIFT **EVENT ATHLETE** 44kg Squat Bench Deadlift Total 48kg 70kg Allan, Joanne 22-May-21 Squat W.A State Championships Bench 40kg Allan, Joanne 22-May-21 W.A State Championships Deadlift 115kg Allan, Joanne 22-May-21 W.A State Championships Total 225kg Allan, Joanne 22-May-21 W.A State Championships 52kg Squat Bench Deadlift Total 56kg Squat 100kg Allan, Joanne 20-May-23 W.A State Championships Bench 52.5kg Allan, Joanne 20-May-23 W.A State Championships Deadlift 130kg Allan, Joanne 20-May-23 W.A State Championships 282.5kg W.A State Championships Total Allan, Joanne 20-May-23 112.5kg Wild West Shootout 60kg Squat Rappeport, Belinda 18-Feb-24 Bench 57.5kg Rappeport, Belinda 18-Feb-24 Wild West Shootout Deadlift 122.5kg Rappeport, Belinda 18-Feb-24 Wild West Shootout Total 292.5kg Rappeport, Belinda 18-Feb-24 Wild West Shootout 182.5kg 67.5kg Squat Malard, Annie 18-Feb-24 Wild West Shootout Bench 90kg Ramage, Liz 18-May-24 W.A State Championships Deadlift 215kg Malard, Annie 18-Feb-24 Wild West Shootout Total 480kg Malard, Annie 18-Feb-24 Wild West Shootout 75kg 177.5kg Malard, Annie Australian Championships Squat 19-Aug-22 Bench 92.5kg 22-May-21 W.A State Championships Hayto, Alexis Deadlift 207.5kg Malard, Annie 19-Aug-22 Australian Championships Total 467.5kg Malard, Annie 19-Aug-22 Australian Championships Squat 212.5kg Australian Championships 82.5kg Malard, Annie 11-Aug-23 W.A State Championships Bench 100kg Henderson, Catherine 18-May-24 Deadlift 225kg Malard, Annie 11-Aug-23 Australian Championships Total 527.5kg Malard, Annie 11-Aug-23 Australian Championships 90kg Squat 200kg Retallack, Lisa 27-Aug-23 **Poseidons Cup** 92.5kg Bench Craven, Alison 18-May-24 W.A State Championships Fitzpatrick, Frances Deadlift 222.5kg 14-Jun-15 W.A State Championships 27-Aug-23 Total 490kg Retallack, Lisa **Poseidons Cup** 100kg Squat Bench Deadlift Total 110kg Squat Bench Deadlift Total 110+kg Squat Bench Deadlift Total

MASTERS WOMEN (45-49)

110+kg

Squat Bench Deadlift Total



BWT LIFT WEIGHT LIFTED DATE OF LIFT **EVENT ATHLETE** 44kg Squat Bench Deadlift Total 48kg 100kg Winwood, Tania 17-Aug-19 Australian Championships Squat Bench 47.5kg Winwood, Tania 17-Aug-19 Australian Championships Deadlift 145kg Winwood, Tania 17-Aug-19 Australian Championships Total 292.5kg Winwood, Tania 17-Aug-19 Australian Championships 29-Aug-20 52kg Squat 95kg Winwood, Tania W.A State Championships Allan, Joanne 18-May-24 W.A State Championships Bench 55kg Deadlift 135kg Winwood, Tania 29-Aug-20 W.A State Championships Total 275kg Winwood, Tania 29-Aug-20 W.A State Championships 56kg Squat 120kg Pearsil, Dani 14-Jun-15 Bench 72.5kg Pearsil, Dani 14-Jun-15 Deadlift 130kg Pearsil, Dani 14-Jun-15 Total 317.5kg Pearsil, Dani 14-Jun-15 60kg Squat 125kg Tipper, Bianca 22-May-21 W.A State Championships Bench 60kg Tipper, Bianca 22-May-21 W.A State Championships Deadlift 127.5kg Tipper, Bianca 22-May-21 W.A State Championships Total 312.5kg Tipper, Bianca 22-May-21 W.A State Championships 130kg 67.5kg Squat Tipper, Bianca 29-Aug-20 W.A State Championships 85kg Bench Cook, Monica 25-May-14 W.A State Championships Deadlift 147.5kg Tipper, Bianca 29-Aug-20 W.A State Championships Total 340kg Tipper, Bianca 29-Aug-20 W.A State Championships 75kg 140kg Soroka, Domenica 18-May-24 W.A State Championships Squat Bench 75kg 18-May-24 Soroka, Domenica W.A State Championships Deadlift 157.5kg Soroka, Domenica 18-May-24 W.A State Championships Total 372.5kg Soroka, Domenica 18-May-24 W.A State Championships 82.5kg Squat Bench Deadlift Total 90kg Squat 165kg Dolden, Melanie 19-Feb-24 Wild West Shootout 19-Feb-24 Wild West Shootout Bench 70kg Dolden, Melanie Deadlift 180kg Dolden, Melanie 19-Feb-24 Wild West Shootout Total 415kg Dolden, Melanie 19-Feb-24 Wild West Shootout 100kg Squat Bench Deadlift Total 110kg Squat Bench Deadlift Total

MASTERS WOMEN (50-54)

Deadlift Total



BWT LIFT WEIGHT LIFTED DATE OF LIFT **EVENT ATHLETE** 44kg Squat Bench Deadlift Total 48kg 90kg Winwood, Tania Australian Championships Squat 22-Aug-21 Bench 47.5kg Winwood, Tania 22-Aug-21 Australian Championships Winwood, Tania Deadlift 150kg 18-May-24 W.A State Championships Total 272.5kg Winwood, Tania 22-Aug-21 Australian Championships 20-May-23 52kg Squat 105kg Winwood, Tania W.A State Championships Bench 47.5kg Winwood, Tania 20-May-23 W.A State Championships Deadlift 147.5kg Winwood, Tania 11-Aug-23 Australian Championships Total 290kg 20-May-23 W.A State Championships Winwood, Tania 56kg Squat Bench Deadlift Total 60kg Squat Bench Deadlift Total 67.5kg Cook, Monica 7-Oct-17 Wild West Shootout Squat 145kg 7-Oct-17 Wild West Shootout Bench 82.5kg Cook, Monica Deadlift 140kg Cook, Monica 7-Oct-17 Wild West Shootout Total 367.5kg Cook, Monica 7-Oct-17 Wild West Shootout Wild West Shootout 75kg 140kg Taylor, Sarah 18-Feb-24 Squat 80kg Taylor, Sarah Bench 18-Feb-24 Wild West Shootout Deadlift Taylor, Sarah 18-Feb-24 Wild West Shootout 165kg Total 18-Feb-24 Wild West Shootout 385kg Taylor, Sarah 82.5kg Squat 135kg Mooney, Jac 27-Aug-23 **Poseidons Cup** Bench 80kg Mooney, Jac 27-Aug-23 **Poseidons Cup** Deadlift 160kg Mooney, Jac 27-Aug-23 **Poseidons Cup** Total 375kg Mooney, Jac 27-Aug-23 **Poseidons Cup** 90kg Squat 70kg Schlemmer, Erika 14-Jun-15 W.A State Championships 42.5kg Schlemmer, Erika 14-Jun-15 W.A State Championships Bench Deadlift Schlemmer, Erika 14-Jun-15 W.A State Championships 100kg Total 212.5kg Schlemmer, Erika 14-Jun-15 W.A State Championships 100kg Squat Bench Deadlift Total 110kg Squat Bench Deadlift Total 110+kg Squat Bench



BWT	LIFT	I (55-59) WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
			AIALETE	DATE OF LIFT	EVENI
44kg	Squat				
	Bench				
	Deadlift				
401	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat	85kg	Maddock, Sharon	18-May-24	W.A State Championships
	Bench	40kg	Maddock, Sharon	18-May-24	W.A State Championships
	Deadlift	112.5kg	Maddock, Sharon	18-May-24	W.A State Championships
	Total	237.5kg	Maddock, Sharon	18-May-24	W.A State Championships
57.5kg	Squat	122.5kg	Cook, Monica	18-May-24	W.A State Championships
	Bench	87.5kg	Cook, Monica	18-May-24	W.A State Championships
	Deadlift	135kg	Cook, Monica	18-May-24	W.A State Championships
	Total	345kg	Cook, Monica	18-May-24	W.A State Championships
75kg	Squat	343Kg		10 1010/24	W.A State championships
7516	Bench				
	Deadlift				
	Total				
32.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat	50kg	Becker, Sonia	21-Mar-21	Wild West Shootout
	Bench	40kg	Becker, Sonia	21-Mar-21	Wild West Shootout
	Deadlift	100kg	Becker, Sonia	21-Mar-21	Wild West Shootout
	Total	190kg	Becker, Sonia	21-Mar-21	Wild West Shootout
.10+kg					
	Bench				
	Deadlift				
	Total				



MASTER		I (60-64)			CLUM Harris and Alexandre
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
001.0	Bench				
	Deadlift				
	Total				
67.5kg					
07.516	Bench				
	Deadlift				
	Total				
75kg	Squat				
7516	Bench				
	Deadlift				
	Total				
82.5kg					
02.JKg	Bench				
	Deadlift				
	Total				
90kg	Squat				
JUKg	Bench				
	Deadlift				
	Total				
100kg					
TOOKS					
	Bench Deadlift				
	-				
1104	Total				
110kg		<u>├</u> ───			
	Bench	<u>├</u> ───			
	Deadlift	<u>├</u> ───			
110.1	Total				
110+kg					
	Bench				
	Deadlift				
	Total				



MASTER		I (65-69)			
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
0	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
00118	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
07.516	Bench				
	Deadlift				
	Total				
75kg	Squat				
7318	Bench				
	Deadlift				
	Total				
82.5kg					
02.3Ng	Bench				
	Deadlift				
	Total				
90kg	Squat				
JUKg	Bench				
	Deadlift				
	Total				
100kg					
TOOKS	Bench				
	Deadlift				
	Total				
11040					
110kg	Squat Bench				
	Deadlift				
		<u>├</u>			
110.4.	Total				
110+kg					
	Bench				
	Deadlift				
	Total				



MASTER		l (70-74)			
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
8	Bench				
	Deadlift				
	Total				
56kg	Squat				
3016	Bench				
	Deadlift				
	Total				
60kg	Squat				
UUKg	Bench				
	Deadlift				
	Total				
67.5kg					
	Bench				
	Deadlift				
751	Total				
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg					
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg					
	Bench				
	Deadlift				
	Total				
110kg					
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				



BWT	LIFT	(75-79) WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat		Aniten		
	Bench				
	Deadlift				
401.~	Total				
48kg	Squat				
	Bench				
	Deadlift				
E 2 km	Total				
52kg	Squat				
	Bench				
	Deadlift				
1	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				
- 0	Bench				
	Deadlift				
	Total				
.10+kg					
8	Bench				
	Deadlift				
	Total				



	RS WOMEN				
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
00118	Bench				
	Deadlift				
	Total				
60kg	Squat				
UUKg	Bench				
	Deadlift				
	Total				
67.5kg					
07.5кg					
	Bench				
	Deadlift				
751	Total				
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg					
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg					
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg					
	Bench				
	Deadlift				
	Total				



MASTER		l (85-89)			
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
- 0	Bench				
	Deadlift				
	Total				
56kg	Squat				
3016	Bench				
	Deadlift				
	Total				
60kg	Squat				
UUKg	Bench				
	Deadlift				
	Total				
67.5kg					
07.5Kg	Bench				
	Deadlift				
7540	Total				
75kg	Squat			1	
	Bench			1	
	Deadlift				
00.51	Total				
82.5kg					
	Bench				
	Deadlift				
1	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg					
	Bench				
	Deadlift				
	Total				
110kg					
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				