

WRPF Australian National Bench Only Women's Records as at 18 September 2022

Open Women

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench	55.00kg	Lauren Nowak	49.90kg	30	WRPF Victorian State Titles 2017	19 June 2017
56.0kg	Bench	70.00kg	Aisling Speight	54.80kg	29	WRPF Australian Championships 2017	9 September 2017
60.0kg	Bench	70.00kg	Danielle Hansson	58.90kg	31	WRPF Northern Showdown 2022	26 March 2022
67.5kg	Bench	110.00kg	Alex McNeill	67.00kg	26	WRPF Victorian Post COVID Competition 2020	19 December 2020
75.0kg	Bench	105.00kg	Lucie Thompson	72.55kg	39	WRPF New South Wales State Titles 2017	29 April 2017
82.5kg	Bench	105.00kg	Liz Blackthorn	81.80kg	29	WRPF Victorian State Titles 2021	3 July 2021
90.0kg	Bench	107.50kg	Liz Blackthorn	85.60kg	30	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
SHW	Bench	100.00kg	Alyshianna Paletau	162.60kg	29	WRPF Victorian Post Lockdown Competition 2021	18 December 2021

Younger Girls 14-16 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench	40.00kg	Charlotte Turner	52.10kg	14	WRPF Slaughterhouse Classic 2021	4 December 2021
60.0kg	Bench						
67.5kg	Bench						
75.0kg	Bench						
82.5kg	Bench						
90.0kg	Bench						
SHW	Bench						

Senior Girls 17-19 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench						
60.0kg	Bench	32.50kg	Emily Thistlethwaite	58.50kg	17	WRPF Victorian State Titles 2022	25 June 2022
67.5kg	Bench						
75.0kg	Bench	65.00kg	Della Brown	68.80kg	19	WRPF Australian Championships 2015	10 October 2015
82.5kg	Bench						
90.0kg	Bench						
SHW	Bench						

Junior Women 20-23 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench	67.50kg	Caitlin Mulligan	54.10kg	22	WRPF Northern Showdown 2022	26 March 2022
60.0kg	Bench	61.00kg	India Graham	59.00kg	22	WRPF Tasmanian State Titles 2021	30 May 2021
67.5kg	Bench	67.50kg	Jacqueline Atkins	64.65kg	21	WRPF Summer Classic 2019	24 February 2019
75.0kg	Bench	85.00kg	Emily Burr	72.00kg	22	WRPF Northern Showdown 2022	26 March 2022
82.5kg	Bench						
90.0kg	Bench						
SHW	Bench						

Senior Women 24-39 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench	55.00kg	Lauren Nowak	49.90kg	30	WRPF Victorian State Titles 2017	17 June 2017

56.0kg	Bench	70.00kg	Aisling Speight	54.80kg	29	WRPF Australian Championships 2017	9 September 2017
60.0kg	Bench	70.00kg	Danielle Hansson	58.90kg	31	WRPF Northern Showdown 2022	26 March 2022
67.5kg	Bench	110.00kg	Alex McNeill	67.00kg	26	WRPF Victorian Post COVID Competition 2020	19 December 2020
75.0kg	Bench	105.00kg	Lucie Thompson	72.55kg	39	WRPF New South Wales State Titles 2017	29 April 2017
82.5kg	Bench	105.00kg	Liz Blackthorn	81.80kg	29	WRPF Victorian State Titles 2021	3 July 2021
90.0kg	Bench	107.50kg	Liz Blackthorn	85.60kg	30	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
SHW	Bench	100.00kg	Alyshianna Paletau	162.60kg	29	WRPF Victorian Post Lockdown Competition 2021	18 December 2021

Veterans Group W1 40-49 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench						
60.0kg	Bench	62.50kg	Lisa Ly	60.00kg	41	WRPF Australian Championships 2017	9 September 2017
67.5kg	Bench	97.50kg	Jiuliana McKenzie	62.90kg	45	WRPF Victorian State Titles 2017	17 June 2017
75.0kg	Bench	78.00kg	Melissa Maxey	74.00kg	43	WRPF Victorian State Titles 2021	3 July 2021
82.5kg	Bench	92.50kg	Melissa Maxey	80.15kg	44	WRPF Valhalla Classic 2022	8 July 2022
90.0kg	Bench						
SHW	Bench	50.00kg	Shoned Hawksworth	93.20kg	41	WRPF Victorian State Titles 2021	3 July 2021

Veterans Group W2 50-59 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench						
60.0kg	Bench	60.50kg	Jenny Law	59.40kg	51	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
67.5kg	Bench						
75.0kg	Bench						
82.5kg	Bench						
90.0kg	Bench	62.50kg	Peta Biggins	84.20kg	51	WRPF Victorian State Titles 2022	25 June 2022
SHW	Bench						

Veterans Group W3 60-69 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench						
60.0kg	Bench						
67.5kg	Bench	50.00kg	Debbie Leahy	60.70kg	64	WRPF Victorian State Titles 2018	16 June 2018
75.0kg	Bench						
82.5kg	Bench	45.00kg	Pauline Magri	79.20kg	68	WRPF Victorian State Titles 2018	16 June 2018
90.0kg	Bench						
SHW	Bench						

Veterans Group W4 70+ Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
48.0kg	Bench						
52.0kg	Bench						
56.0kg	Bench						
60.0kg	Bench						
67.5kg	Bench						
75.0kg	Bench						
82.5kg	Bench						
90.0kg	Bench						
SHW	Bench						