

WRPF Australian National Push Pull 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						
	Deadlift						
	Total						
48.0kg	Bench	42.50kg	Crystal Hadley Mackay	47.50kg	34	WRPF New South Wales State Titles 2021	10 April 2021
	Deadlift	110.00kg	Crystal Hadley Mackay	47.50kg	34	WRPF New South Wales State Titles 2021	10 April 2021
	Total	147.50kg	Crystal Hadley Mackay	47.50kg	34	WRPF New South Wales State Titles 2021	10 April 2021
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench	60.00kg	Alexandra Gruber	55.85kg	20	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	150.00kg	Alexandra Gruber	55.85kg	20	WRPF Down Under Classic 2018	15 September 2018
	Total	210.00kg	Alexandra Gruber	55.85kg	20	WRPF Down Under Classic 2018	15 September 2018
60.0kg	Bench	67.50kg	Jacqui Atkins	59.70kg	21	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	145.00kg	Jenny Law	59.00kg	50	WRPF Victorian State Title 2021	3 July 2021
	Total	202.50kg	Jenny Law	59.00kg	50	WRPF Victorian State Title 2021	3 July 2021
67.5kg	Bench	101.00kg	Claudine Deyes	66.00kg	35	WRPF Riverina Chgampionships 2019	15 December 2019
	Deadlift	176.00kg	Claudine Deyes	66.00kg	35	WRPF Riverina Chgampionships 2019	15 December 2019
	Total	276.00kg	Claudine Deyes	66.00kg	35	WRPF Riverina Chgampionships 2019	15 December 2019
75.0kg	Bench	105.00kg	Deborah Lowe	73.80kg	41	WRPF Victorian State Titles 2021	3 July 2021
	Deadlift	210.00kg	Deborah Lowe	73.80kg	41	WRPF Victorian State Titles 2021	3 July 2021
	Total	315.00kg	Deborah Lowe	73.80kg	41	WRPF Victorian State Titles 2021	3 July 2021
82.5kg	Bench	95.00kg	Chloe Harris	77.00kg	27	WRPF Australian Championships 2021	5 September 2021
	Deadlift	160.00kg	Gigi Van der Poll	82.00kg	43	WRPF Victorian State Titles 2019	15 June 2019
	Total	252.50kg	Chloe Harris	77.00kg	27	WRPF Australian Championships 2021	5 September 2021
90.0kg	Bench	80.50kg	Elizabeth Blackthorn	83.90kg	27	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	140.50kg	Elizabeth Blackthorn	83.90kg	27	WRPF Victorian State Titles 2019	15 June 2019
	Total	221.00kg	Elizabeth Blackthorn	83.90kg	27	WRPF Victorian State Titles 2019	15 June 2019
SHW	Bench	112.50kg	Jess McCallum	130.45kg	37	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	255.00kg	Jess McCallum	113.40kg	40	WRPF Slaughterhouse Classic 2020	28 November 2020
	Total	342.50kg	Jess McCallum	130.45kg	37	WRPF Down Under Classic 2018	15 September 2018

Younger Girls 14-16 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench						
	Deadlift						
	Total						
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench	30.00kg	Mia Johnson	66.30kg	16	WRPF Victorian Post COVID Competition 2020	19 December 2020
	Deadlift	80.00kg	Mia Johnson	66.30kg	16	WRPF Victorian Post COVID Competition 2020	19 December 2020
	Total	107.50kg	Mia Johnson	66.30kg	16	WRPF Victorian Post COVID Competition 2020	19 December 2020
75.0kg	Bench	55.00kg	Hayley Rushton	70.60kg	15	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	120.00kg	Hayley Rushton	70.60kg	15	WRPF Down Under Classic 2018	15 September 2018
	Total	175.00kg	Hayley Rushton	70.60kg	15	WRPF Down Under Classic 2018	15 September 2018
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench						
	Deadlift						
	Total						
SHW	Bench	40.00kg	Bella Lindsey	115.95kg	15	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	120.00kg	Bella Lindsey	115.95kg	15	WRPF Down Under Classic 2018	15 September 2018
	Total	160.00kg	Bella Lindsey	115.95kg	15	WRPF Down Under Classic 2018	15 September 2018

Senior Girls 17-19 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench						
	Deadlift						
	Total						
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench	42.50kg	Natarlyia Mitchell	58.50kg	19	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	90.00kg	Natarlyia Mitchell	58.50kg	19	WRPF Down Under Classic 2018	15 September 2018
	Total	132.50kg	Natarlyia Mitchell	58.50kg	19	WRPF Down Under Classic 2018	15 September 2018
67.5kg	Bench	65.00kg	Camryn Tyrell	65.00kg	17	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Deadlift	130.00kg	Camryn Tyrell	65.00kg	17	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Total	190.00kg	Camryn Tyrell	65.00kg	17	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
75.0kg	Bench	40.00kg	Jasmine Abdullah	71.90kg	17	WRPF Victorian State Titles 2022	25 June 2022
	Deadlift	117.50kg	Jasmine Abdullah	71.90kg	17	WRPF Victorian State Titles 2022	25 June 2022
	Total	152.50kg	Jasmine Abdullah	71.90kg	17	WRPF Victorian State Titles 2022	25 June 2022
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench						
	Deadlift						
	Total						
SHW	Bench						
	Deadlift						
	Total						

Junior Women 20-23 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench						
	Deadlift						
	Total						
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench	60.00kg	Alexandra Gruber	55.85kg	20	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	150.00kg	Alexandra Gruber	55.85kg	20	WRPF Down Under Classic 2018	15 September 2018
	Total	210.00kg	Alexandra Gruber	55.85kg	20	WRPF Down Under Classic 2018	15 September 2018
60.0kg	Bench	67.50kg	Jacqui Atkins	59.70kg	21	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	120.00kg	Jacqui Atkins	59.70kg	21	WRPF Down Under Classic 2018	15 September 2018
	Total	187.50kg	Jacqui Atkins	59.70kg	21	WRPF Down Under Classic 2018	15 September 2018
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench	67.50kg	Isabelle Mulder	68.80kg	21	WRPF Slaughterhouse Classic 2021	4 December 2021
	Deadlift	160.00kg	Isabelle Mulder	68.80kg	21	WRPF Slaughterhouse Classic 2021	4 December 2021
	Total	227.50kg	Isabelle Mulder	68.80kg	21	WRPF Slaughterhouse Classic 2021	4 December 2021
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench	52.50kg	Cindy Wilson	86.25kg	22	WRPF Valhalla Classic 2022	9 July 2022
	Deadlift	135.00kg	Cindy Wilson	86.25kg	22	WRPF Valhalla Classic 2022	9 July 2022
	Total	187.50kg	Cindy Wilson	86.25kg	22	WRPF Valhalla Classic 2022	9 July 2022
SHW	Bench						
	Deadlift						
	Total						

Senior Women 24-39 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench	42.50kg	Crystal Hadley Mackay	47.50kg	34	WRPF New South Wales State Titles 2021	10 April 2021
	Deadlift	110.00kg	Crystal Hadley Mackay	47.50kg	34	WRPF New South Wales State Titles 2021	10 April 2021
	Total	147.50kg	Crystal Hadley Mackay	47.50kg	34	WRPF New South Wales State Titles 2021	10 April 2021
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench	50.00kg	Katrina Mudie	54.20kg	35	WRPF Victorian State Title 2022	25 June 2022
	Deadlift	117.50kg	Katrina Mudie	54.20kg	35	WRPF Victorian State Title 2022	25 June 2022
	Total	165.00kg	Katrina Mudie	54.20kg	35	WRPF Victorian State Title 2022	25 June 2022
60.0kg	Bench	65.00kg	Danielle Saliba	59.90kg	37	WRPF Australian Championships 2019	24 August 2019
	Deadlift	126.00kg	Monique Harrington	58.75kg	24	WRPF Valhalla Classic 2022	9 July 2022
	Total	190.00kg	Danielle Saliba	59.90kg	37	WRPF Australian Championships 2019	24 August 2019
67.5kg	Bench	101.00kg	Claudine Deyes	66.00kg	35	WRPF Riverina Chgampionships 2019	15 December 2019
	Deadlift	176.00kg	Claudine Deyes	66.00kg	35	WRPF Riverina Chgampionships 2019	15 December 2019
	Total	276.00kg	Claudine Deyes	66.00kg	35	WRPF Riverina Chgampionships 2019	15 December 2019
75.0kg	Bench	85.00kg	Chloe Harris	74.20kg	27	WRPF Northern Showdown 2021	6 March 2021
	Deadlift	180.00kg	Lauren Tyrrell	74.90kg	37	WRPF Australian Championships 2019	24 August 2019
	Total	251.00kg	Lauren Tyrrell	74.90kg	37	WRPF Australian Championships 2019	24 August 2019
82.5kg	Bench	95.00kg	Chloe Harris	77.00kg	27	WRPF Australian Championships 2021	5 September 2021
	Deadlift	157.50kg	Chloe Harris	77.00kg	27	WRPF Australian Championships 2021	5 September 2021
	Total	252.50kg	Chloe Harris	77.00kg	27	WRPF Australian Championships 2021	5 September 2021
90.0kg	Bench	80.50kg	Elizabeth Blackthorn	83.90kg	27	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	140.50kg	Elizabeth Blackthorn	83.90kg	27	WRPF Victorian State Titles 2019	15 June 2019
	Total	221.00kg	Elizabeth Blackthorn	83.90kg	27	WRPF Victorian State Titles 2019	15 June 2019
SHW	Bench	112.50kg	Jess McCallum	130.45kg	37	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	240.00kg	Jess McCallum	130.45kg	37	WRPF Down Under Classic 2018	15 September 2018
	Total	342.50kg	Jess McCallum	130.45kg	37	WRPF Down Under Classic 2018	15 September 2018

Veterans Group M1 40-49 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench						
	Deadlift						
	Total						
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench	57.50kg	Daniela Frisina	56.00kg	41	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	135.00kg	Daniela Frisina	56.00kg	41	WRPF Victorian State Titles 2019	15 June 2019
	Total	192.50kg	Daniela Frisina	56.00kg	41	WRPF Victorian State Titles 2019	15 June 2019
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench	77.50kg	Teena Kitt	66.70kg	46	WRPF Riverina Christmas Championships 2018	9 December 2018
	Deadlift	160.50kg	Louise Puopolo	64.30kg	42	WRPF Victorian Post Lockdown Competition 2021	18 December 2021
	Total	232.50kg	Teena Kitt	66.70kg	46	WRPF Riverina Christmas Championships 2018	9 December 2018
75.0kg	Bench	105.00kg	Deborah Lowe	73.80kg	41	WRPF Victorian State Titles 2021	3 July 2021
	Deadlift	210.00kg	Deborah Lowe	73.80kg	41	WRPF Victorian State Titles 2021	3 July 2021
	Total	315.00kg	Deborah Lowe	73.80kg	41	WRPF Victorian State Titles 2021	3 July 2021
82.5kg	Bench	52.50kg	Gigi Van der Poll	82.00kg	43	WRPF Victorian State Titles 2019	15 June 2019
	Deadlift	160.00kg	Gigi Van der Poll	82.00kg	43	WRPF Victorian State Titles 2019	15 June 2019
	Total	212.50kg	Gigi Van der Poll	82.00kg	43	WRPF Victorian State Titles 2019	15 June 2019
90.0kg	Bench	50.00kg	Narelle Glanfield	83.50kg	41	WRPF Australian Championships 2019	24 August 2019
	Deadlift	120.00kg	Narelle Glanfield	86.60kg	41	WRPF Victorian State Titles 2019	15 June 2019
	Total	162.50kg	Narelle Glanfield	83.50kg	41	WRPF Australian Championships 2019	24 August 2019
SHW	Bench	80.00kg	Jess McCallum	113.40kg	40	WRPF Slaughterhouse Classic 2020	28 November 2020
	Deadlift	255.00kg	Jess McCallum	113.40kg	40	WRPF Slaughterhouse Classic 2020	28 November 2020
	Total	335.00kg	Jess McCallum	113.40kg	40	WRPF Slaughterhouse Classic 2020	28 November 2020

Veterans Group M2 50-59 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench						
	Deadlift						
	Total						
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench	60.00kg	Anna Parygina	57.50kg	50	WRPF Victorian State Title 2021	3 July 2021
	Deadlift	145.00kg	Jenny Law	59.00kg	50	WRPF Victorian State Title 2021	3 July 2021
	Total	202.50kg	Jenny Law	59.00kg	50	WRPF Victorian State Title 2021	3 July 2021
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench	47.50kg	Terri Frizzi	72.40kg	50	WRPF Doomsday Powerlifting Contest 2018	14 April 2018
	Deadlift	35.00kg	Terri Frizzi	72.40kg	50	WRPF Doomsday Powerlifting Contest 2018	14 April 2018
	Total	82.50kg	Terri Frizzi	72.40kg	50	WRPF Doomsday Powerlifting Contest 2018	14 April 2018
82.5kg	Bench	62.50kg	Gayle Gorringer	81.15kg	57	WRPF Down Under Classic 2018	15 September 2018
	Deadlift	135.00kg	Gayle Gorringer	81.15kg	57	WRPF Down Under Classic 2018	15 September 2018
	Total	197.50kg	Gayle Gorringer	81.15kg	57	WRPF Down Under Classic 2018	15 September 2018
90.0kg	Bench						
	Deadlift						
	Total						
SHW	Bench	47.50kg	Sue Patmore	91.80kg	58	WRPF Slaughterhouse Classic 2020	28 November 2020
	Deadlift	100.00kg	Sue Patmore	91.80kg	58	WRPF Slaughterhouse Classic 2020	28 November 2020
	Total	147.50kg	Sue Patmore	91.80kg	58	WRPF Slaughterhouse Classic 2020	28 November 2020

Veterans Group M3 60-69 Years

Body Weight Category	Lift	Weight Lifted	Lifter	Actual Body Weight	Age	Competition	Date
44.0kg	Bench						
	Deadlift						
	Total						
48.0kg	Bench						
	Deadlift						
	Total						
52.0kg	Bench						
	Deadlift						
	Total						
56.0kg	Bench						
	Deadlift						
	Total						
60.0kg	Bench						
	Deadlift						
	Total						
67.5kg	Bench						
	Deadlift						
	Total						
75.0kg	Bench						
	Deadlift						
	Total						
82.5kg	Bench						
	Deadlift						
	Total						
90.0kg	Bench	47.50kg	Fiona Dowling	89.80kg	61	WRPF Tasmanian State Titles 2021	30 May 2021
	Deadlift	110.00kg	Fiona Dowling	89.80kg	61	WRPF Tasmanian State Titles 2021	30 May 2021
	Total	157.50kg	Fiona Dowling	89.80kg	61	WRPF Tasmanian State Titles 2021	30 May 2021
SHW	Bench						
	Deadlift						
	Total						

Veterans Group M4 70+ Years

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