

Women	47	52	57	63	69	72	76	84	84+
Squat	Nicole Lim 70kg 13/04/2019	Serena Russell 75kg 13/04/2019	Hannah Hickinbotham 117.5kg 14/04/2019	Tara Pigott 132.5 30/10/2019	Jess Blatchford 107.5kg 21/11/2021	Kate Pattison 142.5kg 13/04/2019		Jessie Tatchell 130kg 03/12/2017	Nicole Rodney 122.5kg 21/11/2021
Bench	Nicole Lim 40kg 13/04/2019	Emily Ratcliffe 42.5kg 05/02/2022	Hannah Hickinbotham 70kg 14/04/2019	Tara Pigott 85kg 30/10/2019	Jess Blatchford 70kg 21/11/2021	Kate Pattison 72.5kg 13/04/2019		Jessie Tatchell 80kg 03/12/2017	Nicole Rodney 70kg 21/11/2021
Deadlift	Nicole Lim 112.5kg 13/04/2019	Emily Ratcliffe 100kg 05/02/2022	Hannah Hickinbotham 140kg 14/04/2019	Tara Pigott 155kg 30/10/2019	Jess Blatchford 140kg 21/11/2021	Kate Pattison 170kg 13/04/2019		Jessie Tatchell 127.5kg 03/12/2017	Nicole Rodney 155kg 21/11/2021
Total	Nicole Lim 222.5kg 13/04/2019	Emily Ratcliffe 215kg 05/02/2022	Hannah Hickinbotham 327.5kg 14/04/2019	Tara Pigott 372.5 30/10/2019	Jess Blatchford 317.5kg 21/11/2021	Kate Pattison 385kg 13/04/2019		Jessie Tatchell 332.5kg 03/12/2017	Nicole Rodney 347.5kg 21/11/2021