

# MUSCLE PIT RECORDS - WOMEN

3 Lift Raw Plus (With Knee Wraps)

Weight Division	Lift	Wight Lifted	Name	Date of Lift	Competition
44 Kg	Squat	45kg	Tania Winwood		
	Bench	40kg	Tania Winwood		
	Deadlift	115kg	Tania Winwood		
	Total	170kg	Tania Winwood		
48 Kg	Squat	100kg	Tania Winwood		
	Bench	55kg	Jackie Caldona		
	Deadlift	145kg	Tania Winwood		
	Total	292.5kg	Tania Winwood		
52 Kg	Squat	95kg	Tania Winwood		
	Bench	60kg	Krystal Modderman		
	Deadlift	142.5kg	Tania Winwood		
	Total	275kg	Tania Winwood		
56 Kg	Squat	100kg	Tania Winwood		
	Bench	62.5kg	Krystal Modderman		
	Deadlift	130kg	Ashlee Watkinson		
	Total	275kg	Ashlee Watkinson		
60 Kg	Squat	175kg	Jess Day		
	Bench	100kg	Jess Day		
	Deadlift	185kg	Jess Day		
	Total	460kg	Jess Day		
67.5 Kg	Squat	180kg	Jess Day		
	Bench	107.5kg	Jess Day		
	Deadlift	200kg	Jess Day		
	Total	487.5kg	Jess Day		
75 Kg	Squat	242.5kg	Kat Becker		
	Bench	115kg	Jess Day		
	Deadlift	220kg	Kat Becker		
	Total	557.5kg	Kat Becker		
82.5 Kg	Squat	210kg	Kat Becker		
	Bench	97.5kg	Lucy Michon		
	Deadlift	225kg	Kat Becker		
	Total	510kg	Kat Becker		
90 Kg	Squat	230kg	Kat Becker		
	Bench	95kg	Kat Becker		
	Deadlift	215kg	Kat Becker		
	Total	540kg	Kat Becker		
100 kg	Squat	142.5kg	Paige Counsell		
	Bench	75kg	Temera Hellriegel		
	Deadlift	177.5kg	Paige Counsell		
	Total	377.5kg	Paige Counsell		
SHW	Squat	132.5kg	Asha Tracey		
	Bench	67.5kg	Asha Tracey		
	Deadlift	170kg	Asha Tracey		
	Total	390kg	Asha Tracey		