

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Open Women

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat	97.5kg	MOYSES, Yasmin	24-Oct-21			
	Bench	65kg	MOYSES, Yasmin	24-Oct-21			
	Deadlift	110kg	MOYSES, Yasmin	24-Oct-21			
	Total	272.5kg	MOYSES, Yasmin	24-Oct-21			
56kg	Squat	142.5kg	JOHANNES, Samantha	17-Aug-19	125kg	JOHANNES, Sammie	27-May-18
	Bench	72.5kg	SCHINELLA, Emily	19-Feb-23	70kg	JOHANNES, Samantha	17-Aug-19
	Deadlift	157.5kg	JOHANNES, Samantha	17-Aug-19	150kg	JOHANNES, Sammie	28-Oct-18
	Total	370kg	JOHANNES, Samantha	17-Aug-19	332.5kg	JOHANNES, Sammie	28-Oct-18
60kg	Squat	132.5kg	RAPHAEL, Jordan	28-Mar-21	107.5kg	GLEW, Emily	28-Mar-21
	Bench	75kg	RAPHAEL, Jordan	28-Mar-21	60kg	BUTLER, Sarah	13-Aug-17
	Deadlift	150kg	BUTLER, Sarah	21-May-17			
	Total	357.5kg	RAPHAEL, Jordan	28-Mar-21	307.5kg	GLEW, Emily	28-Mar-21
67.5kg	Squat	155kg	FULCHER, Tilea	19-Feb-23	150kg	FULCHER, Tilea	21-Aug-22
	Bench	72.5kg	SMITH, Genevieve	30-Aug-20	67.5kg	SMITH, Genevieve	17-Feb-19
	Deadlift	160kg	BUTLER, Sarah	18-Aug-18	147.5kg	BUTLER, Sarah	27-May-18
	Total	382.5kg	FULCHER, Tilea	19-Feb-23	380kg	FULCHER, Tilea	21-Aug-22
75kg	Squat	160.5kg	SMITH, Janet	17-Aug-19	160kg	SMITH, Janet	18-Aug-18
	Bench	102.5kg	BALLANTYNE, Alicia	27-Feb-22	95kg	SMITH, Janet	17-Aug-19
	Deadlift	205kg	SMITH, Janet	17-Aug-19	200kg	SMITH, Janet	18-Aug-18
	Total	460kg	SMITH, Janet	17-Aug-19	440kg	SMITH, Janet	18-Aug-18
82.5kg	Squat	185kg	WOOD, Ligaya	28-Mar-21	180kg	WOOD, Ligaya	11-Oct-20
	Bench	95kg	WOOD, Ligaya	28-Mar-21	92.5kg	BANKS, Jo	27-May-18
	Deadlift	207.5kg	PRICHARD, Brooke	21-Aug-22	195kg	WOOD, Ligaya	28-Mar-21
	Total	475kg	WOOD, Ligaya	28-Mar-21	460kg	WOOD, Ligaya	11-Oct-20
90kg	Squat	140kg	DAVIDSON, Tori	28-Mar-21	120kg	DOHSE, Tianna	11-Oct-20
	Bench	75kg	HAMMER, Jessica	27-Oct-19			
	Deadlift	170kg	BAILEY, Alexia	21-May-23	147.5kg	DOHSE, Tianna	24-Oct-21
	Total	380kg	BAILEY, Alexia	21-May-23	355kg	DOHSE, Tianna	24-Oct-21
100kg	Squat	172.5kg	SMITH, Janet	23-Oct-22	170kg	SMITH, Janet	21-Aug-22
	Bench	107.5kg	SMITH, Janet	21-Aug-22	87.5kg	HAMMER, Jessica	30-Aug-20
	Deadlift	227.5kg	SMITH, Janet	23-Oct-22	220.5kg	SMITH, Janet	21-Aug-22
	Total	500kg	SMITH, Janet	23-Oct-22	497.5kg	SMITH, Janet	21-Aug-22
110kg	Squat	175kg	HUTCHINS, Giselle	18-Aug-18	170kg	HUTCHINS, Giselle	27-May-18
	Bench	80kg	HUTCHINS, Giselle	27-May-18			
	Deadlift	165kg	HUTCHINS, Giselle	18-Aug-18	160kg	HUTCHINS, Giselle	27-May-18
	Total	417.5kg	HUTCHINS, Giselle	18-Aug-18	410kg	HUTCHINS, Giselle	27-May-18
110+kg	Squat	192.5kg	VAN DER HOEK, Carli	22-Aug-21			
	Bench	110kg	VAN DER HOEK, Carli	21-Aug-22	100kg	VAN DER HOEK, Carli	22-Aug-21
	Deadlift	202.5kg	VAN DER HOEK, Carli	21-Aug-22	200kg	VAN DER HOEK, Carli	22-Aug-21
	Total	495kg	VAN DER HOEK, Carli	21-Aug-22	492.5kg	VAN DER HOEK, Carli	22-Aug-21

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Sub Teen Women (10-12)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Teenage Women (13-15)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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	120kg	DOHSE, Tianna	11-Oct-20			
	Bench	57.5kg	DOHSE, Tianna	11-Oct-20			
	Deadlift	145kg	DOHSE, Tianna	11-Oct-20			
	Total	322.5kg	DOHSE, Tianna	11-Oct-20			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Teenage Women (16-17)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	122.5kg	DAVIES, Ophelia	21-May-23			
	Bench	72.5kg	DAVIES, Ophelia	21-May-23			
	Deadlift	153.5kg	DAVIES, Ophelia	21-May-23			
	Total	340kg	DAVIES, Ophelia	21-May-23			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	140kg	DOHSE, Tianna	24-Oct-21			
	Bench	67.5kg	DOHSE, Tianna	24-Oct-21			
	Deadlift	147.5kg	DOHSE, Tianna	24-Oct-21			
	Total	355kg	DOHSE, Tianna	24-Oct-21			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Teenage Women (18-19)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	107.5kg	GLEW, Lee	02-Jun-19			
	Bench	50kg	GLEW, Lee	02-Jun-19			
	Deadlift	127.5kg	GLEW, Lee	02-Jun-19			
	Total	285kg	GLEW, Lee	02-Jun-19			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	100kg	VENNING, Sophie	21-May-23	92.5kg	JACOBS, Emma	17-Feb-19
	Bench	55kg	JACOBS, Emma	17-Feb-19			
	Deadlift	135kg	JACOBS, Emma	17-Feb-19			
	Total	277.5kg	JACOBS, Emma	17-Feb-19			
75kg	Squat	150kg	JACOBS, Laura	30-Aug-20			
	Bench	60kg	JACOBS, Laura	30-Aug-20			
	Deadlift	155kg	JACOBS, Laura	30-Aug-20			
	Total	365kg	JACOBS, Laura	30-Aug-20			
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						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Junior Women (20-23)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	125kg	JOHANNES, Sammie	27-May-18			
	Bench	72.5kg	SCHINELLA, Emily	19-Feb-23	65kg	JOHANNES, Sammie	27-May-18
	Deadlift	140kg	JOHANNES, Sammie	27-May-18			
	Total	332.5kg	SCHINELLA, Emily	19-Feb-23	330kg	JOHANNES, Sammie	27-May-18
60kg	Squat	120kg	GLEW, Lee	21-Aug-22	107.5kg	GLEW, Emily	28-Mar-21
	Bench	65.5kg	DAMA, Alatheia	21-Aug-22	58kg	GLEW, Emily	28-Mar-21
	Deadlift	155kg	GLEW, Lee	21-Aug-22	142.5kg	GLEW, Emily	28-Mar-21
	Total	337.5kg	GLEW, Lee	21-Aug-22	307.5kg	GLEW, Lee	28-Mar-21
67.5kg	Squat	132.5kg	FULCHER, Tilea	24-Oct-21	127.5kg	JACOBS, Emma	28-Mar-21
	Bench	65kg	FULCHER, Tilea	24-Oct-21	62.5kg	JACOBS, Emma	01-Mar-20
	Deadlift	160kg	FULCHER, Tilea	24-Oct-21	142.5kg	JACOBS, Emma	28-Mar-21
	Total	357.5kg	FULCHER, Tilea	24-Oct-21	332.5kg	JACOBS, Emma	28-Mar-21
75kg	Squat	155kg	FULLER, Sophie	21-Aug-22	150kg	DOTTEO, Jane	18-Aug-18
	Bench	76kg	DOTTEO, Jane	18-Aug-18	72.5kg	DOTTEO, Jane	27-May-18
	Deadlift	180kg	FULLER, Sophie	21-Aug-22	172.5kg	DOTTEO, Jane	18-Aug-18
	Total	400kg	FULLER, Sophie	21-Aug-22	397.5kg	DOTTEO, Jane	18-Aug-18
82.5kg	Squat	135kg	FULLER, Sophie	22-Aug-21			
	Bench	72.5kg	NICKOLOUDI, Renee	21-May-23	57.5kg	FULLER, Sophie	22-Aug-21
	Deadlift	167.5kg	NICKOLOUDI, Renee	21-May-23	132.5kg	FULLER, Sophie	22-Aug-21
	Total	360kg	NICKOLOUDI, Renee	21-May-23	325kg	FULLER, Sophie	22-Aug-21
90kg	Squat	140kg	DAVIDSON, Tori	28-Mar-21			
	Bench	72.5kg	DAVIDSON, Tori	21-Aug-22	67.5kg	DAVIDSON, Tori	28-Mar-21
	Deadlift	140kg	DAVIDSON, Tori	28-Mar-21			
	Total	347.5kg	DAVIDSON, Tori	28-Mar-21			
100kg	Squat	105kg	VALE, Jennifer	29-May-22			
	Bench	53.5kg	VALE, Jennifer	21-Aug-22	53kg	VALE, Jennifer	29-May-22
	Deadlift	150kg	VALE, Jennifer	21-Aug-22	142.5kg	VALE, Jennifer	29-May-22
	Total	302.5kg	VALE, Jennifer	21-Aug-22	300kg	VALE, Jennifer	29-May-22
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Senior Women (24-32)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	142.5kg	JOHANNES, Samantha	17-Aug-19	122.5kg	JOHANNES, Samantha	18-Aug-18
	Bench	70kg	JOHANNES, Samantha	17-Aug-19	60kg	JOHANNES, Samantha	28-Oct-18
	Deadlift	157.5kg	JOHANNES, Samantha	17-Aug-19	150kg	JOHANNES, Samantha	28-Oct-18
	Total	370kg	JOHANNES, Samantha	17-Aug-19	332.5kg	JOHANNES, Samantha	28-Oct-18
60kg	Squat	132.5kg	RAPHAEL, Jordan	28-Mar-21	105kg	ROGERS, Isabella	01-Mar-20
	Bench	75kg	RAPHAEL, Jordan	28-Mar-21	45kg	ROGERS, Isabella	01-Mar-20
	Deadlift	150kg	RAPHAEL, Jordan	28-Mar-21	130kg	ROGERS, Isabella	01-Mar-20
	Total	357.5kg	RAPHAEL, Jordan	28-Mar-21	280kg	ROGERS, Isabella	01-Mar-20
67.5kg	Squat	155kg	FULCHER, Tilea	19-Feb-23	150kg	FULCHER, Tilea	21-Aug-22
	Bench	72.5kg	HODGSON, Kelly	19-Feb-23	70kg	FULCHER, Tilea	21-Aug-22
	Deadlift	160kg	FULCHER, Tilea	21-Aug-22	152.5kg	McEWEN, Kate	02-Jun-19
	Total	382.5kg	FULCHER, Tilea	19-Feb-23	380kg	FULCHER, Tilea	21-Aug-22
75kg	Squat	155kg	BALLANTYNE, Alicia	27-Feb-22	125kg	CONNOR, Samantha	11-Oct-20
	Bench	102.5kg	BALLANTYNE, Alicia	27-Feb-22	72.5kg	CONNOR, Samantha	11-Oct-20
	Deadlift	185kg	BALLANTYNE, Alicia	27-Feb-22	165kg	CONNOR, Samantha	11-Oct-20
	Total	442.5kg	BALLANTYNE, Alicia	27-Feb-22	362.5kg	CONNOR, Samantha	11-Oct-20
82.5kg	Squat	150kg	PRICHARD, Brooke	21-Aug-22	142.5kg	BOWER, Amy	28-Oct-18
	Bench	92.5kg	BANKS, Jo	27-May-18			
	Deadlift	207.5kg	PRICHARD, Brooke	21-Aug-22	172.5kg	PRICHARD, Brooke	29-May-22
	Total	437.5kg	PRICHARD, Brooke	21-Aug-22	377.5kg	BANKS, Jo	27-May-18
90kg	Squat	140kg	DAVIDSON, Tori	23-Oct-22			
	Bench	72.5kg	DAVIDSON, Tori	23-Oct-22			
	Deadlift	132.5kg	DAVIDSON, Tori	21-May-23	70kg	DAVIDSON, Tori	23-Oct-22
	Total	345kg	DAVIDSON, Tori	21-May-23	282.5kg	DAVIDSON, Tori	23-Oct-22
100kg	Squat	157.5kg	STONE, Natalie	21-Aug-22	135kg	STONE, Natalie	29-May-22
	Bench	100kg	STONE, Natalie	21-May-23	92.5kg	STONE, Natalie	21-Aug-22
	Deadlift	162.5kg	STONE, Natalie	21-May-23	160kg	STONE, Natalie	21-Aug-22
	Total	420kg	STONE, Natalie	21-May-23	410kg	STONE, Natalie	21-Aug-22
110kg	Squat	175kg	HUTCHINS, Giselle	18-Aug-18	170kg	HUTCHINS, Giselle	27-May-18
	Bench	80kg	HUTCHINS, Giselle	27-May-18			
	Deadlift	165kg	HUTCHINS, Giselle	18-Aug-18	160kg	HUTCHINS, Giselle	27-May-18
	Total	417.5kg	HUTCHINS, Giselle	18-Aug-18	410kg	HUTCHINS, Giselle	27-May-18
110+kg	Squat	192.5kg	VAN DER HOEK, Carli	22-Aug-21			
	Bench	100kg	VAN DER HOEK, Carli	22-Aug-21			
	Deadlift	200kg	VAN DER HOEK, Carli	22-Aug-21			
	Total	492.5kg	VAN DER HOEK, Carli	22-Aug-21			

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Sub Master Women (33-39)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat	97.5kg	MOYSES, Yasmin	24-Oct-21			
	Bench	65kg	MOYSES, Yasmin	24-Oct-21			
	Deadlift	110kg	MOYSES, Yasmin	24-Oct-21			
	Total	272.5kg	MOYSES, Yasmin	24-Oct-21			
56kg	Squat	100kg	MOYSES, Yasmin	21-May-23			
	Bench	62.5kg	MOYSES, Yasmin	21-May-23			
	Deadlift	107.5kg	MOYSES, Yasmin	21-May-23			
	Total	270kg	MOYSES, Yasmin	21-May-23			
60kg	Squat	115kg	McEWEN, Kate	28-Mar-21	102.5kg	BUTLER, Sarah	13-Aug-17
	Bench	60kg	BUTLER, Sarah	13-Aug-17	52.5kg	BUTLER, Sarah	21-May-17
	Deadlift	150kg	BUTLER, Sarah	21-May-17			
	Total	322.5kg	McEWEN, Kate	28-Mar-21	302.5kg	BUTLER, Sarah	21-May-17
67.5kg	Squat	130kg	STRAHAN, Bianca	17-Aug-19	125kg	STRAHAN, Bianca	18-Aug-18
	Bench	72.5kg	SMITH, Genevieve	30-Aug-20	67.5kg	SMITH, Genevieve	17-Feb-19
	Deadlift	160kg	BUTLER, Sarah	18-Aug-18	147.5kg	BUTLER, Sarah	27-May-18
	Total	335kg	STRAHAN, Bianca	17-Aug-19	330kg	STRAHAN, Bianca	18-Aug-18
75kg	Squat	135kg	ROBERTSEN, Jo	27-May-18	122.5kg	HASLAM, Noosha	19-Apr-15
	Bench	70kg	HASLAM, Noosha	19-Apr-15			
	Deadlift	155kg	ROBERTSEN, Jo	27-May-18	130kg	HASLAM, Noosha	19-Apr-15
	Total	360kg	ROBERTSEN, Jo	27-May-18	322.5kg	HASLAM, Noosha	19-Apr-15
82.5kg	Squat	185kg	WOOD, Ligaya	28-Mar-21	180kg	WOOD, Ligaya	11-Oct-20
	Bench	95kg	WOOD, Ligaya	28-Mar-21	90kg	WOOD, Ligaya	11-Oct-20
	Deadlift	195kg	WOOD, Ligaya	28-Mar-21	190kg	WOOD, Ligaya	11-Oct-20
	Total	475kg	WOOD, Ligaya	28-Mar-21	460kg	WOOD, Ligaya	11-Oct-20
90kg	Squat	140kg	BAILEY, Alexia	21-May-23	110kg	HAMMER, Jessica	27-Oct-19
	Bench	75kg	HAMMER, Jessica	27-Oct-19			
	Deadlift	170kg	BAILEY, Alexia	21-May-23	140kg	HAMMER, Jessica	27-Oct-19
	Total	380kg	BAILEY, Alexia	21-May-23	325kg	HAMMER, Jessica	27-Oct-19
100kg	Squat	125kg	HAMMER, Jessica	30-Aug-20			
	Bench	87.5kg	HAMMER, Jessica	30-Aug-20			
	Deadlift	150kg	HAMMER, Jessica	30-Aug-20			
	Total	362.5kg	HAMMER, Jessica	30-Aug-20			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	182.5kg	VAN DER HOEK, Carli	21-Aug-22	172.5kg	VAN DER HOEK, Carli	29-May-22
	Bench	110kg	VAN DER HOEK, Carli	21-Aug-22	95kg	VAN DER HOEK, Carli	29-May-22
	Deadlift	202.5kg	VAN DER HOEK, Carli	21-Aug-22	185kg	VAN DER HOEK, Carli	29-May-22
	Total	495kg	VAN DER HOEK, Carli	21-Aug-22	452.5kg	VAN DER HOEK, Carli	29-May-22

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (40-44)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	120kg	MURPHY, Gabrielle	27-Oct-19			
	Bench	60kg	MURPHY, Gabrielle	27-Oct-19			
	Deadlift	152.5kg	MURPHY, Gabrielle	27-Oct-19	147.5kg	MURPHY, Gabrielle	27-Oct-19
	Total	332.5kg	MURPHY, Gabrielle	27-Oct-19	327.5kg	MURPHY, Gabrielle	27-Oct-19
82.5kg	Squat	150kg	BUTLER, Sarah	29-May-22			
	Bench	90kg	BEATON, Carmen	19-Feb-23	72.5kg	BUTLER, Sarah	29-May-22
	Deadlift	180kg	BEATON, Carmen	19-Feb-23	171kg	BUTLER, Sarah	29-May-22
	Total	415kg	BEATON, Carmen	19-Feb-23	390kg	BUTLER, Sarah	29-May-22
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	160kg	MADDERN, Emily	30-Aug-20			
	Bench	85kg	BURK, Noosha	19-Feb-23	75kg	MADDERN, Emily	30-Aug-20
	Deadlift	175kg	MADDERN, Emily	30-Aug-20			
	Total	410kg	MADDERN, Emily	30-Aug-20			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (45-49)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	160kg	SMITH, Janet	18-Aug-18	150kg	SMITH, Janet	27-May-18
	Bench	80kg	SMITH, Janet	18-Aug-18	70kg	SMITH, Janet	27-May-18
	Deadlift	200kg	SMITH, Janet	18-Aug-18	192.5kg	SMITH, Janet	27-May-18
	Total	440kg	SMITH, Janet	18-Aug-18	412.5kg	SMITH, Janet	27-May-18
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						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (50-54)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	80kg	MORGAN, Bev	21-May-17			
	Bench	47.5kg	MORGAN, Bev	21-May-17			
	Deadlift	145kg	MORGAN, Bev	21-May-17			
	Total	272.5kg	MORGAN, Bev	21-May-17			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	160.5kg	SMITH, Janet	17-Aug-19			
	Bench	95kg	SMITH, Janet	17-Aug-19			
	Deadlift	205kg	SMITH, Janet	17-Aug-19			
	Total	460kg	SMITH, Janet	17-Aug-19			
82.5kg	Squat	112.5kg	GOESS, Charlotte	19-Feb-23	110kg	GOESS, Charlotte	21-Aug-22
	Bench	70kg	GOESS, Charlotte	19-Feb-23	67.5kg	GOESS, Charlotte	29-May-22
	Deadlift	130kg	GOESS, Charlotte	19-Feb-23	125kg	GOESS, Charlotte	21-Aug-22
	Total	312.5kg	GOESS, Charlotte	19-Feb-23	302.5kg	GOESS, Charlotte	21-Aug-22
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	172.5kg	SMITH, Janet	23-Oct-22	170kg	SMITH, Janet	21-Aug-22
	Bench	107.5kg	SMITH, Janet	21-Aug-22			
	Deadlift	227.5kg	SMITH, Janet	23-Oct-22	220.5kg	SMITH, Janet	21-Aug-22
	Total	500kg	SMITH, Janet	23-Oct-22	497.5kg	SMITH, Janet	21-Aug-22
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (55-59)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (60-64)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (65-69)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (70-74)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (75-79)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (80-84)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO SOUTH AUSTRALIAN RECORDS - WOMEN 3-LIFT - RAW PLUS WRAPS

Masters Women (85-89)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						