

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

## Open Women

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	70kg	QUARISA, Jac	22-Feb-15						
	Deadlift	152.5kg	QUARISA, Jac	22-Feb-15						
	P/P Total	222.5kg	QUARISA, Jac	22-Feb-15						
67.5kg	Bench	70kg	HASLAM, Noosha	22-Feb-15						
	Deadlift	140kg	BERGAMIN, Amanda	28-Oct-18						
	P/P Total	190kg	HASLAM, Noosha	22-Feb-15						
75kg	Bench	60kg	WEST, Renae	22-Feb-15						
	Deadlift	105kg	WEST, Renae	22-Feb-15						
	P/P Total	165kg	WEST, Renae	22-Feb-15						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	70kg	DAVIDSON, Tori	11-Oct-20						
	Deadlift	125kg	DAVIDSON, Tori	11-Oct-20						
	P/P Total	192.5kg	DAVIDSON, Tori	11-Oct-20						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	60kg	TANSKA, Julie	29-May-22						
	Deadlift	120kg	TANSKA, Julie	29-May-22						
	P/P Total	180kg	TANSKA, Julie	29-May-22						

# CAPO SOUTH AUSTRALIAN RECORDS    WOMEN

# PUSH/PULL COMPETITION

Sub Teen Women (10-12)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
			RAW				SINGLE PLY				
									MULTI PLY		
44kg	Bench										
	Deadlift										
	P/P Total										
48kg	Bench										
	Deadlift										
	P/P Total										
52kg	Bench										
	Deadlift										
	P/P Total										
56kg	Bench										
	Deadlift										
	P/P Total										
60kg	Bench										
	Deadlift										
	P/P Total										
67.5kg	Bench										
	Deadlift										
	P/P Total										
75kg	Bench										
	Deadlift										
	P/P Total										
82.5kg	Bench										
	Deadlift										
	P/P Total										
90kg	Bench										
	Deadlift										
	P/P Total										
100kg	Bench										
	Deadlift										
	P/P Total										
110kg	Bench										
	Deadlift										
	P/P Total										
110+kg	Bench										
	Deadlift										
	P/P Total										

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Teenage 1 Women (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Teenage 2 Women (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Teenage 3 Women (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Junior Women (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	70kg	DAVIDSON, Tori	11-Oct-20						
	Deadlift	125kg	DAVIDSON, Tori	11-Oct-20						
	P/P Total	192.5kg	DAVIDSON, Tori	11-Oct-20						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Senior Women (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	70kg	QUARISA, Jac	22-Feb-15						
	Deadlift	152.5kg	QUARISA, Jac	22-Feb-15						
	P/P Total	222.5kg	QUARISA, Jac	22-Feb-15						
67.5kg	Bench	45kg	BERGAMIN, Amanda	28-Oct-18						
	Deadlift	140kg	BERGAMIN, Amanda	28-Oct-18						
	P/P Total	185kg	BERGAMIN, Amanda	28-Oct-18						
75kg	Bench	60kg	WEST, Renae	22-Feb-15						
	Deadlift	105kg	WEST, Renae	22-Feb-15						
	P/P Total	165kg	WEST, Renae	22-Feb-15						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Sub Masters Women (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	70kg	HASLAM, Noosha	22-Feb-15						
	Deadlift	120kg	HASLAM, Noosha	22-Feb-15						
	P/P Total	190kg	HASLAM, Noosha	22-Feb-15						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									



# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 1 Women (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 4 Women (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	60kg	TANSKA, Julie	29-May-22						
	Deadlift	120kg	TANSKA, Julie	29-May-22						
	P/P Total	180kg	TANSKA, Julie	29-May-22						

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 5 Women (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	45kg	ROBERTSON, Leonie	28-Oct-18						
	Deadlift	90kg	ROBERTSON, Leonie	28-Oct-18						
	P/P Total	135kg	ROBERTSON, Leonie	28-Oct-18						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 6 Women (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 7 Women (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 8 Women (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									



# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 9 Women (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO SOUTH AUSTRALIAN RECORDS WOMEN

# PUSH/PULL COMPETITION

Masters 10 Women (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									