

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Open Women

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 48kg | Squat | 90kg | NOWAK, Lauren | 25-Apr-17 | | | |
| | Bench | 52.5kg | NOWAK, Lauren | 25-Apr-17 | | | |
| | Deadlift | 110kg | NOWAK, Lauren | 25-Apr-17 | | | |
| | Total | 252.5kg | NOWAK, Lauren | 25-Apr-17 | | | |
| 52kg | Squat | 100kg | PULLEN, Brittany | 25-Apr-15 | | | |
| | Bench | 52.5kg | PULLEN, Brittany | 25-Apr-15 | | | |
| | Deadlift | 125kg | SAPIANO, Georgia | 19-May-18 | | | |
| | Total | 272.5kg | PULLEN, Brittany | 25-Apr-15 | | | |
| 56kg | Squat | 92.5kg | MUDIE, Katrina | 25-Apr-22 | | | |
| | Bench | 50kg | MUDIE, Katrina | 25-Apr-22 | | | |
| | Deadlift | 118kg | MUDIE, Katrina | 25-Apr-23 | 117.5kg | MUDIE, Katrina | 25-Apr-22 |
| | Total | 260kg | MUDIE, Katrina | 25-Apr-22 | | | |
| 60kg | Squat | 105kg | LANG, Maddie | 25-Apr-17 | | | |
| | Bench | 57.5kg | LAW, Jenny | 25-Apr-21 | 52.5kg | LANG, Maddie | 25-Apr-17 |
| | Deadlift | 145kg | LANG, Maddie | 25-Apr-17 | | | |
| | Total | 302.5kg | LANG, Maddie | 25-Apr-17 | | | |
| 67.5kg | Squat | 155kg | YOUNG, Tylor | 01-Aug-14 | | | |
| | Bench | 95kg | YOUNG, Tylor | 01-Aug-14 | | | |
| | Deadlift | 187.5kg | YOUNG, Tylor | 01-Aug-14 | | | |
| | Total | 437.5kg | YOUNG, Tylor | 01-Aug-14 | | | |
| 75kg | Squat | 161kg | KUIPERS, Robin | 11-Aug-17 | 145kg | BAKER, Zoe | 21-Nov-14 |
| | Bench | 87.5kg | BAKER, Zoe | 21-Nov-14 | 85kg | BAKER, Zoe | 01-Aug-14 |
| | Deadlift | 185kg | KUIPERS, Robin | 11-Aug-17 | 180kg | LY, Lisa | 12-Aug-16 |
| | Total | 415.5kg | KUIPERS, Robin | 11-Aug-17 | 407.5kg | BAKER, Zoe | 21-Nov-14 |
| 82.5kg | Squat | 172.5kg | DALDRY, Carmen | 12-Aug-17 | 130kg | VAN DER POLL, Gigi | 01-Aug-14 |
| | Bench | 92.5kg | LONGERI, Rachel | 25-Apr-19 | 75kg | DALDRY, Carmen | 12-Aug-17 |
| | Deadlift | 200kg | DALDRY, Carmen | 12-Aug-17 | 175kg | VAN DER POLL, Gigi | 01-Aug-14 |
| | Total | 447.5kg | DALDRY, Carmen | 12-Aug-17 | 370kg | VAN DER POLL, Gigi | 01-Aug-14 |
| 90kg | Squat | 170kg | DALDRY, Carmen | 20-May-17 | 165kg | DALDRY, Carmen | 25-Apr-17 |
| | Bench | 85kg | DALDRY, Carmen | 20-May-17 | 82.5kg | DALDRY, Carmen | 25-Apr-17 |
| | Deadlift | 182.5kg | DALDRY, Carmen | 25-Apr-17 | | | |
| | Total | 435kg | DALDRY, Carmen | 20-May-17 | 430kg | DALDRY, Carmen | 25-Apr-17 |
| 100kg | Squat | 95kg | LOVE, Megan | 28-May-22 | 72.5kg | CULLEN, Deborah | 25-Apr-17 |
| | Bench | 67.5kg | CULLEN, Deborah | 25-Apr-17 | | | |
| | Deadlift | 170kg | LOVE, Megan | 28-May-22 | 122.5kg | CULLEN, Deborah | 25-Apr-17 |
| | Total | 327.5kg | LOVE, Megan | 28-May-22 | 262.5kg | CULLEN, Deborah | 25-Apr-17 |
| 110kg | Squat | 130kg | AITKEN, Brooke | 01-Aug-14 | 117.5kg | AITKEN, Brooke | 10-May-14 |
| | Bench | 67.5kg | AITKEN, Brooke | 21-Nov-14 | 62.5kg | AITKEN, Brooke | 10-May-14 |
| | Deadlift | 177.5kg | AITKEN, Brooke | 01-Aug-14 | 175kg | AITKEN, Brooke | 10-May-14 |
| | Total | 367.5kg | AITKEN, Brooke | 01-Aug-14 | 355kg | AITKEN, Brooke | 10-May-14 |
| 110+kg | Squat | 150kg | PALETUA, Alyshianna | 15-Apr-23 | | | |
| | Bench | 100kg | PALETUA, Alyshianna | 15-Apr-23 | | | |
| | Deadlift | 213kg | PALETUA, Alyshianna | 15-Apr-23 | | | |
| | Total | 462.5kg | PALETUA, Alyshianna | 15-Apr-23 | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Sub Teen Women (10-12)

Unofficial WPC

(Bare Knees)

| 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 | 80kg | MURPHY, Sienna | 01-Aug-24 | 70kg | MURPHY, Sienna | 25-Apr-24 |
| | Bench | 42.5kg | MURPHY, Sienna | 25-Apr-24 | | | |
| | Deadlift | 110kg | MURPHY, Sienna | 25-Apr-24 | | | |
| | Total | 232.5kg | MURPHY, Sienna | 01-Aug-24 | 210kg | MURPHY, Sienna | 25-Apr-24 |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110+kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Teenage Women (13-15)

(Bare Knees)

| 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 | 80kg | SANGER, Tahlia | 22-May-21 | | | |
| | Bench | 42.5kg | SANGER, Tahlia | 22-May-21 | | | |
| | Deadlift | 90kg | SANGER, Tahlia | 22-May-21 | | | |
| | Total | 212.5kg | SANGER, Tahlia | 22-May-21 | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 85kg | STEPHENS, Amber | 20-May-17 | | | |
| | Bench | 45kg | STEPHENS, Amber | 12-Aug-17 | 42.5kg | STEPHENS, Amber | 20-May-17 |
| | Deadlift | 130kg | STEPHENS, Amber | 12-Aug-17 | 125kg | STEPHENS, Amber | 20-May-17 |
| | Total | 260kg | STEPHENS, Amber | 12-Aug-17 | 247.5kg | STEPHENS, Amber | 20-May-17 |
| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Teenage Women (16-17)

(Bare Knees)

| 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 | 105kg | STEPHENS, Amber | 18-Aug-18 | 90kg | STEPHENS, Amber | 19-May-18 |
| | Bench | 50kg | STEPHENS, Amber | 19-May-18 | | | |
| | Deadlift | 130kg | STEPHENS, Amber | 19-May-18 | | | |
| | Total | 272.5kg | STEPHENS, Amber | 18-Aug-18 | 265kg | STEPHENS, Amber | 19-May-18 |
| 67.5kg | Squat | 100kg | SCOBLE, Monique | 01-Jul-23 | | | |
| | Bench | 70kg | SCOBLE, Monique | 01-Jul-23 | | | |
| | Deadlift | 112.5kg | SCOBLE, Monique | 01-Jul-23 | | | |
| | Total | 280kg | SCOBLE, Monique | 01-Jul-23 | | | |
| 75kg | Squat | 92.5kg | ABDULLAH, Jasmine | 28-May-22 | | | |
| | Bench | 35kg | ABDULLAH, Jasmine | 28-May-22 | | | |
| | Deadlift | 112.5kg | ABDULLAH, Jasmine | 28-May-22 | | | |
| | Total | 240kg | ABDULLAH, Jasmine | 28-May-22 | | | |
| 82.5kg | Squat | 100kg | ABDULLAH, Jasmine | 25-Apr-23 | | | |
| | Bench | 45kg | ABDULLAH, Jasmine | 25-Apr-23 | | | |
| | Deadlift | 130kg | ABDULLAH, Jasmine | 25-Apr-23 | | | |
| | Total | 275kg | ABDULLAH, Jasmine | 25-Apr-23 | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110+kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Teenage Women (18-19)

(Bare Knees)

| 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 | 95kg | SAPIANO, Georgia | 19-May-18 | | | |
| | Bench | 52.5kg | SAPIANO, Georgia | 19-May-18 | | | |
| | Deadlift | 125kg | SAPIANO, Georgia | 19-May-18 | | | |
| | Total | 262.5kg | SAPIANO, Georgia | 19-May-18 | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 65kg | THISTLETWAITE, Emily | 25-Apr-23 | | | |
| | Bench | 37.5kg | THISTLETWAITE, Emily | 25-Apr-24 | 32.5kg | THISTLETWAITE, Emily | 25-Apr-23 |
| | Deadlift | 95kg | THISTLETWAITE, Emily | 25-Apr-24 | 85kg | THISTLETWAITE, Emily | 25-Apr-23 |
| | Total | 187.5kg | THISTLETWAITE, Emily | 25-Apr-24 | 182.5kg | THISTLETWAITE, Emily | 25-Apr-23 |
| 67.5kg | Squat | 70kg | HARVEY, Brianna | 25-Apr-18 | | | |
| | Bench | 47.5kg | HARVEY, Brianna | 25-Apr-18 | | | |
| | Deadlift | 105kg | HARVEY, Brianna | 25-Apr-18 | | | |
| | Total | 222.5kg | HARVEY, Brianna | 25-Apr-18 | | | |
| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Junior Women (20-23)

(Bare Knees)

| 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 | 100kg | PULLEN, Brittany | 25-Apr-15 | | | |
| | Bench | 52.5kg | PULLEN, Brittany | 25-Apr-15 | | | |
| | Deadlift | 120kg | PULLEN, Brittany | 25-Apr-15 | | | |
| | Total | 272.5kg | PULLEN, Brittany | 25-Apr-15 | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 127.5kg | RALPH, Anisa | 01-Aug-24 | | | |
| | Bench | 67.5kg | RALPH, Anisa | 01-Aug-24 | | | |
| | Deadlift | 140kg | RALPH, Anisa | 01-Aug-24 | | | |
| | Total | 335kg | RALPH, Anisa | 01-Aug-24 | | | |
| 75kg | Squat | 122.5kg | RALPH, Anisa | 11-Aug-23 | 115kg | HAINS, Ruby | 09-May-15 |
| | Bench | 65kg | RALPH, Anisa | 11-Aug-23 | 63kg | HAINS, Ruby | 09-May-15 |
| | Deadlift | 150kg | HAINS, Ruby | 09-May-15 | 145kg | HAINS, Ruby | 25-Apr-15 |
| | Total | 335kg | RALPH, Anisa | 11-Aug-23 | 328kg | HAINS, Ruby | 09-May-15 |
| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Senior Women (24-32)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 48kg | Squat | 90kg | NOWAK, Lauren | 25-Apr-17 | | | |
| | Bench | 52.5kg | NOWAK, Lauren | 25-Apr-17 | | | |
| | Deadlift | 110kg | NOWAK, Lauren | 25-Apr-17 | | | |
| | Total | 252.5kg | NOWAK, Lauren | 25-Apr-17 | | | |
| 52kg | Squat | 60kg | BROWNSTEIN, Hannah | 25-Apr-15 | | | |
| | Bench | 35kg | BROWNSTEIN, Hannah | 25-Apr-15 | | | |
| | Deadlift | 75kg | BROWNSTEIN, Hannah | 09-May-15 | 70kg | BROWNSTEIN, Hannah | 25-Apr-15 |
| | Total | 167.5kg | BROWNSTEIN, Hannah | 09-May-15 | 165kg | BROWNSTEIN, Hannah | 25-Apr-15 |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 105kg | LANG, Maddie | 25-Apr-17 | | | |
| | Bench | 52.5kg | LANG, Maddie | 25-Apr-17 | | | |
| | Deadlift | 145kg | LANG, Maddie | 25-Apr-17 | | | |
| | Total | 302.5kg | LANG, Maddie | 25-Apr-17 | | | |
| 67.5kg | Squat | 100kg | HATZHRISTODOULOU,Alycia | 20-May-17 | | | |
| | Bench | 62.5kg | HATZHRISTODOULOU,Alycia | 20-May-17 | | | |
| | Deadlift | 120kg | RAMOS, Candace | 25-Apr-18 | | | |
| | Total | 280kg | HATZHRISTODOULOU,Alycia | 20-May-17 | | | |
| 75kg | Squat | 145kg | BAKER, Zoe | 21-Nov-14 | 140.5kg | BAKER, Zoe | 01-Aug-14 |
| | Bench | 87.5kg | BAKER, Zoe | 21-Nov-14 | 85kg | BAKER, Zoe | 01-Aug-14 |
| | Deadlift | 175kg | BAKER, Zoe | 21-Nov-14 | 170kg | BAKER, Zoe | 01-Aug-14 |
| | Total | 407.5kg | BAKER, Zoe | 21-Nov-14 | 395.5kg | BAKER, Zoe | 01-Aug-14 |
| 82.5kg | Squat | 125kg | LONGERI, Rachel | 25-Apr-19 | 105kg | MOLONEY, Belinda | 09-May-15 |
| | Bench | 92.5kg | LONGERI, Rachel | 25-Apr-19 | 55kg | MOLONEY, Belinda | 09-May-15 |
| | Deadlift | 180kg | LONGERI, Rachel | 25-Apr-19 | 150kg | MOLONEY, Belinda | 09-May-15 |
| | Total | 397.5kg | LONGERI, Rachel | 25-Apr-19 | 310kg | MOLONEY, Belinda | 09-May-15 |
| 90kg | Squat | 165kg | DALDRY, Carmen | 25-Apr-17 | | | |
| | Bench | 82.5kg | DALDRY, Carmen | 25-Apr-17 | | | |
| | Deadlift | 182.5kg | DALDRY, Carmen | 25-Apr-17 | | | |
| | Total | 430kg | DALDRY, Carmen | 25-Apr-17 | | | |
| 100kg | Squat | 82.5kg | BULZOMI, Franca | 25-Apr-19 | | | |
| | Bench | 67.5kg | BULZOMI, Franca | 25-Apr-19 | | | |
| | Deadlift | 140kg | BULZOMI, Franca | 25-Apr-19 | | | |
| | Total | 290kg | BULZOMI, Franca | 25-Apr-19 | | | |
| 110kg | Squat | 100kg | DELLIOS, Angelika | 25-Apr-24 | 85kg | DELLIOS, Angelika | 25-Apr-23 |
| | Bench | 50kg | DELLIOS, Angelika | 25-Apr-23 | | | |
| | Deadlift | 130kg | DELLIOS, Angelika | 25-Apr-23 | | | |
| | Total | 275kg | DELLIOS, Angelika | 25-Apr-24 | 265kg | DELLIOS, Angelika | 25-Apr-23 |
| 110+kg | Squat | 150kg | PALETUA,Alyshianna | 15-Apr-23 | | | |
| | Bench | 100kg | PALETUA,Alyshianna | 15-Apr-23 | | | |
| | Deadlift | 213kg | PALETUA,Alyshianna | 15-Apr-23 | | | |
| | Total | 462.5kg | PALETUA,Alyshianna | 15-Apr-23 | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Sub Masters Women (33-39)

(Bare Knees)

| 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 | 85kg | MUDIE, Katrina | 25-Apr-24 | | | |
| | Bench | 50kg | MUDIE, Katrina | 25-Apr-24 | | | |
| | Deadlift | 125kg | MUDIE, Katrina | 25-Apr-24 | | | |
| | Total | 260kg | MUDIE, Katrina | 25-Apr-24 | | | |
| 56kg | Squat | 92.5kg | MUDIE, Katrina | 25-Apr-22 | | | |
| | Bench | 50kg | MUDIE, Katrina | 25-Apr-22 | | | |
| | Deadlift | 118kg | MUDIE, Katrina | 25-Apr-23 | 117.5kg | MUDIE, Katrina | 25-Apr-22 |
| | Total | 260kg | MUDIE, Katrina | 25-Apr-22 | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 100kg | YAIKUL, Tukkier | 26-Sep-15 | | | |
| | Bench | 55kg | YAIKUL, Tukkier | 26-Sep-15 | | | |
| | Deadlift | 130kg | YAIKUL, Tukkier | 26-Sep-15 | | | |
| | Total | 285kg | YAIKUL, Tukkier | 26-Sep-15 | | | |
| 75kg | Squat | 140kg | McDONNELL, Stacey | 01-Aug-24 | 135kg | McDONNELL, Stacey | 25-Apr-24 |
| | Bench | 75kg | McDONNELL, Stacey | 25-Apr-24 | 72.5kg | TYRRELL, Lauren | 25-Apr-18 |
| | Deadlift | 180.5 | TYRRELL, Lauren | 25-Apr-18 | 152.5 | LY, Lisa | 26-Sep-15 |
| | Total | 383kg | TYRRELL, Lauren | 25-Apr-18 | 327.5kg | LY, Lisa | 26-Sep-15 |
| 82.5kg | Squat | 172.5kg | DALDRY, Carmen | 12-Aug-17 | 130kg | VAN DER POLL, Gigi | 01-Aug-14 |
| | Bench | 75kg | DALDRY, Carmen | 12-Aug-17 | 70kg | VAN DER POLL, Gigi | 01-Aug-14 |
| | Deadlift | 200kg | DALDRY, Carmen | 12-Aug-17 | 175kg | VAN DER POLL, Gigi | 01-Aug-14 |
| | Total | 447.5kg | DALDRY, Carmen | 12-Aug-17 | 370kg | VAN DER POLL, Gigi | 01-Aug-14 |
| 90kg | Squat | 170kg | DALDRY, Carmen | 20-May-17 | 165kg | DALDRY, Carmen | 25-Apr-17 |
| | Bench | 70kg | MOLONEY, Belinda | 20-May-17 | | | |
| | Deadlift | 150kg | MOLONEY, Belinda | 20-May-17 | | | |
| | Total | 330kg | MOLONEY, Belinda | 20-May-17 | | | |
| 100kg | Squat | 95kg | LOVE, Megan | 28-May-22 | 72.5kg | CULLEN, Deborah | 25-Apr-17 |
| | Bench | 67.5kg | CULLEN, Deborah | 25-Apr-17 | | | |
| | Deadlift | 170kg | LOVE, Megan | 28-May-22 | 122.5kg | CULLEN, Deborah | 25-Apr-17 |
| | Total | 327.5kg | LOVE, Megan | 28-May-22 | 262.5kg | CULLEN, Deborah | 25-Apr-17 |
| 110kg | Squat | 130kg | AITKEN, Brooke | 01-Aug-14 | 117.5kg | AITKEN, Brooke | 10-May-14 |
| | Bench | 67.5kg | AITKEN, Brooke | 21-Nov-14 | 62.5kg | AITKEN, Brooke | 10-May-14 |
| | Deadlift | 177.5kg | AITKEN, Brooke | 01-Aug-14 | 175kg | AITKEN, Brooke | 10-May-14 |
| | Total | 367.5kg | AITKEN, Brooke | 01-Aug-14 | 355kg | AITKEN, Brooke | 10-May-14 |
| 110+kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (40-44)

(Bare Knees)

| 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 | 110.5kg | LY, Lisa | 20-May-17 | 110kg | LY, Lisa | 25-Apr-17 |
| | Bench | 67.5kg | LY, Lisa | 20-May-17 | 65kg | LY, Lisa | 25-Apr-17 |
| | Deadlift | 160kg | LY, Lisa | 20-May-17 | 150kg | LY, Lisa | 25-Apr-17 |
| | Total | 338kg | LY, Lisa | 20-May-17 | 325kg | LY, Lisa | 25-Apr-17 |
| 75kg | Squat | 161kg | KUIPERS, Robin | 11-Aug-17 | 140kg | KUIPERS, Robin | 20-May-17 |
| | Bench | 85kg | LY, Lisa | 12-Aug-16 | | | |
| | Deadlift | 185kg | KUIPERS, Robin | 11-Aug-17 | 180kg | LY, Lisa | 12-Aug-16 |
| | Total | 415.5kg | KUIPERS, Robin | 11-Aug-17 | 385kg | LY, Lisa | 12-Aug-16 |
| 82.5kg | Squat | 75kg | ODELL, Yvonne | 25-Apr-22 | | | |
| | Bench | 45kg | ODELL, Yvonne | 25-Apr-22 | | | |
| | Deadlift | 117.5kg | ODELL, Yvonne | 25-Apr-22 | | | |
| | Total | 237.5kg | ODELL, Yvonne | 25-Apr-22 | | | |
| 90kg | Squat | 60kg | GLANFIELD, Narelle | 18-May-19 | 55kg | GLANFIELD, Narelle | 25-Apr-19 |
| | Bench | 47.5kg | GLANFIELD, Narelle | 25-Apr-19 | | | |
| | Deadlift | 120kg | GLANFIELD, Narelle | 18-May-19 | 115kg | GLANFIELD, Narelle | 25-Apr-19 |
| | Total | 227.5kg | GLANFIELD, Narelle | 18-May-19 | 217.5kg | GLANFIELD, Narelle | 25-Apr-19 |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110+kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (45-49)

(Bare Knees)

| 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 | 105kg | HORSFALL, Megan | 06-Jul-24 | 95kg | HORSFALL, Megan | 02-Mar-24 |
| | Bench | 60kg | HORSFALL, Megan | 06-Jul-24 | 55kg | HORSFALL, Megan | 02-Mar-24 |
| | Deadlift | 140kg | HORSFALL, Megan | 06-Jul-24 | 130kg | HORSFALL, Megan | 02-Mar-24 |
| | Total | 302.5kg | HORSFALL, Megan | 06-Jul-24 | 280kg | HORSFALL, Megan | 02-Mar-24 |
| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (50-54)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 48kg | Squat | 70kg | JOHNSON,Anna Elizabeth | 01-Jul-23 | | | |
| | Bench | 52.5kg | JOHNSON,Anna Elizabeth | 01-Jul-23 | | | |
| | Deadlift | 87.5kg | JOHNSON,Anna Elizabeth | 01-Jul-23 | | | |
| | Total | 210kg | JOHNSON,Anna Elizabeth | 01-Jul-23 | | | |
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 95kg | LAW, Jenny | 25-Apr-21 | | | |
| | Bench | 57.5kg | LAW, Jenny | 25-Apr-21 | | | |
| | Deadlift | 140kg | LAW, Jenny | 25-Apr-21 | | | |
| | Total | 292.5kg | LAW, Jenny | 25-Apr-21 | | | |
| 67.5kg | Squat | 100kg | ALDAMIZ, Connie | 13-Aug-23 | | | |
| | Bench | 42.5kg | ALDAMIZ, Connie | 13-Aug-23 | | | |
| | Deadlift | 115kg | ALDAMIZ, Connie | 13-Aug-23 | | | |
| | Total | 257.5kg | ALDAMIZ, Connie | 13-Aug-23 | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | 92.5kg | BIGGIN, Peta | 25-Apr-22 | | | |
| | Bench | 67.5kg | BIGGIN, Peta | 25-Apr-24 | 60kg | BIGGIN, Peta | 25-Apr-22 |
| | Deadlift | 120kg | BIGGIN, Peta | 25-Apr-22 | | | |
| | Total | 277.5kg | BIGGIN, Peta | 25-Apr-24 | 272.5kg | BIGGIN, Peta | 25-Apr-22 |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110+kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (55-59)

(Bare Knees)

| 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 | 155kg | YOUNG, Tylor | 01-Aug-14 | | | |
| | Bench | 95kg | YOUNG, Tylor | 01-Aug-14 | | | |
| | Deadlift | 187.5kg | YOUNG, Tylor | 01-Aug-14 | | | |
| | Total | 437.5kg | YOUNG, Tylor | 01-Aug-14 | | | |
| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (60-64)

(Bare Knees)

| 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 | 47.5kg | WATTELET, Roseline | 25-Apr-17 | | | |
| | Bench | 30kg | WATTELET, Roseline | 25-Apr-17 | | | |
| | Deadlift | 102.5kg | WATTELET, Roseline | 25-Apr-17 | | | |
| | Total | 177.5kg | WATTELET, Roseline | 25-Apr-17 | | | |
| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (65-69)

(Bare Knees)

| 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 | 82.5kg | CASAN, Claire | 25-Apr-22 | | | |
| | Bench | 55kg | CASAN, Claire | 25-Apr-22 | | | |
| | Deadlift | 117.5kg | CASAN, Claire | 25-Apr-22 | | | |
| | Total | 250kg | CASAN, Claire | 25-Apr-22 | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | 65kg | MARGI, Pauline | 25-Apr-18 | | | |
| | Bench | 45kg | MARGI, Pauline | 25-Apr-18 | | | |
| | Deadlift | 130kg | MARGI, Pauline | 25-Apr-18 | | | |
| | Total | 240kg | MARGI, Pauline | 25-Apr-18 | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110+kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (70-74)

(Bare Knees)

| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (75-79)

(Bare Knees)

| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (80-84)

(Bare Knees)

| 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 VIC STATE RECORDS - WOMEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Women (85-89)

(Bare Knees)

| 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 | | | | | | |