

Open Women

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	85kg	TAKAHASHI, Fumi	31-May-15			
	Bench	50kg	TAKAHASHI, Fumi	15-Aug-15			
	Deadlift	95kg	TAKAHASHI, Fumi	31-May-15			
	Total	230kg	TAKAHASHI, Fumi	15-Aug-15			
48kg	Squat	105kg	ANDREWS, Alana	11-May-12			
	Bench	72.5kg	WEIR, Yolandie	10-Aug-13	60kg	ANDREWS, Alana	11-May-13
	Deadlift	135kg	WEIR, Yolandie	10-Aug-13	120kg	ANDREWS, Alana	11-May-13
	Total	300kg	WEIR, Yolandie	11-May-13	285kg	ANDREWS, Alana	11-May-13
52kg	Squat	120kg	WEIR, Coralie	12-Aug-17	110kg	WEIR, Coralie	09-May-15
	Bench	85kg	WEIR, Coralie	09-May-15	82.5kg	WEIR, Coralie	08-Nov-12
	Deadlift	162.5kg	WEIR, Coralie	12-Aug-17	157.5kg	WEIR, Coralie	09-May-15
	Total	367.5kg	WEIR, Coralie	12-Aug-17	352.5kg	WEIR, Coralie	09-May-01
56kg	Squat	125kg	PINEDA, Jannica	14-Mar-15	115kg	McILROY, Katrina	25-Aug-12
	Bench	80kg	WEIR, Coralie	30-Apr-17	72.5kg	SMITH, Alex	21-Nov-14
	Deadlift	160kg	GUIGNON, Lauren	15-Dec-13	155kg	McILROY, Katrina	25-Aug-12
	Total	341kg	GUIGNON, Lauren	15-Dec-13	332.5kg	McILROY, Katrina	25-Aug-12
60kg	Squat	152.5kg	YOUNG, Taylor	08-Nov-12	142.5kg	YOUNG, Taylor	25-Aug-12
	Bench	96kg	YOUNG, Taylor	25-Aug-12			
	Deadlift	175kg	YOUNG, Taylor	08-Nov-12	173kg	YOUNG, Taylor	25-Aug-12
	Total	422.5kg	YOUNG, Taylor	08-Nov-12	409kg	YOUNG, Taylor	25-Aug-12
67.5kg	Squat	155kg	YOUNG, Taylor	02-Aug-14	150kg	YOUNG, Taylor	10-Aug-13
	Bench	105kg	YOUNG, Taylor	10-Aug-13	77.5kg	FOSTER, Katie	05-May-12
	Deadlift	190kg	YOUNG, Taylor	10-Aug-13	167.5kg	FOSTER, Katie	05-May-12
	Total	437.5kg	YOUNG, Taylor	02-Aug-14	430kg	YOUNG, Taylor	10-Aug-13
75kg	Squat	161kg	KUIPERS, Robin	11-Aug-17	145kg	BAKER, Zoe Lee	21-Nov-14
	Bench	110kg	THOMPSON, Lucie	11-May-13	110kg	THOMPSON, Lucie	11-May-13
	Deadlift	200kg	SMITH, Janet	07-Nov-18	185kg	MORRIS, Jaymii	13-Aug-16
	Total	415kg	MORRIS, Jaymii	13-Aug-16	407.5kg	BAKER, Zoe Lee	21-Nov-14
82.5kg	Squat	180kg	WALDHEIM, Ashleigh	14-Mar-15	142.5kg	WALDHEIM, Ashleigh	01-Aug-14
	Bench	90kg	THOMPSON, Lucie	05-May-12	87.5kg	NGAROTATA, Jessica	21-Nov-14
	Deadlift	200kg	DALDRY, Carmen	12-Aug-17	180kg	WALDHEIM, Ashleigh	14-Mar-15
	Total	450kg	WALDHEIM, Ashleigh	14-Mar-15	397.5kg	NGAROTATA, Jessica	21-Nov-14
90kg	Squat	170kg	DALDRY, Carmen	20-May-17	165kg	DALDRY, Carmen	25-Apr-17
	Bench	120kg	OGORMAN, Rachel	21-Nov-14	115kg	OGORMAN, Rachel	02-Aug-14
	Deadlift	210kg	OGORMAN, Rachel	21-Nov-14	205kg	OGORMAN, Rachel	02-Aug-14
	Total	460kg	OGORMAN, Rachel	21-Nov-14	420kg	OGORMAN, Rachel	02-Aug-14
SHW	Squat	227.5kg	MILLINGTON, Anita	14-Mar-15	200kg	MILLINGTON, Anita	21-Nov-14
	Bench	107.5kg	DAVIE, Natasha	06-Dec-14	105.5kg	MILLINGTON, Anita	26-Apr-14
	Deadlift	212.5kg	MILLINGTON, Anita	26-Apr-14	170kg	TRACEY, Asha	10-Aug-13
	Total	525kg	MILLINGTON, Anita	14-Mar-15	512.5kg	MILLINGTON, Anita	21-Nov-14

Teenage Women (13-15)

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	WALL, S	12-Jul-08			
	Bench	50kg	WALL, S	12-Jul-08			
	Deadlift	107.5kg	WALL, S	12-Jul-08			
	Total	235kg	WALL, S	12-Jul-08			
56kg	Squat	95kg	SMITH, S	13-Aug-05			
	Bench	50kg	COE, Amie	14-Mar-15	45kg	COE, Amie	22-Nov-14
	Deadlift	105.5kg	SMITH, S	01-May-05			
	Total	240kg	COE, Amie	14-Mar-15	220.5kg	SMITH, S	28-Feb-04
60kg	Squat	95kg	COE, Amie	14-Jun-15			
	Bench	50kg	COE, Amie	14-Jun-15			
	Deadlift	130kg	STEPHENS, Amber	12-Aug-17	125kg	STEPHENS, Amber	20-May-17
	Total	260kg	STEPHENS, Amber	12-Aug-17	255kg	COE, Amie	14-Jun-15
67.5kg	Squat	105kg	HALL, T	26-Jun-02			
	Bench	57.5kg	HALL, T	26-Jun-02			
	Deadlift	145kg	HALL, T	26-Jun-02			
	Total	307.5kg	HALL, T	26-Jun-02			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Women (16-17)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	80kg	SAPIANO, Georgia	22-May-16			
	Bench	45kg	SAPIANO, Georgia	22-May-16			
	Deadlift	105kg	SAPIANO, Georgia	22-May-16			
	Total	230kg	SAPIANO, Georgia	22-May-16			
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						
	Bench						
	Deadlift						
	Total						
75kg	Squat	105kg	SADRI, S	25-Aug-12			
	Bench	45kg	SADRI, S	25-Aug-12			
	Deadlift	130kg	SADRI, S	25-Aug-12			
	Total	280kg	SADRI, S	25-Aug-12			
82.5kg	Squat	95kg	MILLER, M	13-May-06			
	Bench	55kg	MILLER, M	13-May-06			
	Deadlift	117.5kg	SMITH, M	28-Feb-04			
	Total	220kg	SMITH, M	28-Feb-04			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Women (18-19)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	80kg	DEMARZO,Zoe	14-May-16	60kg	TALIASA, Kimberly	25-May-14
	Bench	40kg	TALIASA, Kimberly	25-May-14			
	Deadlift	90kg	DEMARZO,Zoe	14-May-16	60kg	TALIASA, Kimberly	25-May-14
	Total	205kg	DEMARZO,Zoe	14-May-16	155kg	TALIASA, Kimberly	25-May-14
52kg	Squat	95kg	SAPIANO, Georgia	19-May-18	65kg	APOSTOL, Nikita	25-May-14
	Bench	52.5kg	SAPIANO, Georgia	19-May-18	40kg	APOSTOL, Nikita	25-May-14
	Deadlift	125kg	SAPIANO, Georgia	19-May-18	85kg	APOSTOL, Nikita	25-May-14
	Total	262.5kg	SAPIANO, Georgia	19-May-18	180kg	APOSTOL, Nikita	25-May-14
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	117.5kg	FRANKLIN, Gabrille Rose	01-Aug-14	82.5kg	MORMILE, G	04-Aug-07
	Bench	72.5kg	FRANKLIN, Gabrille Rose	21-Nov-14	70kg	FRANKLIN, Gabrille Rose	01-Aug-14
	Deadlift	138kg	FRANKLIN, Gabrille Rose	21-Nov-14	137.5kg	FRANKLIN, Gabrille Rose	01-Aug-14
	Total	319kg	FRANKLIN, Gabrille Rose	21-Nov-14	317.5kg	FRANKLIN, Gabrille Rose	01-Aug-14
75kg	Squat	117.5kg	SADRI, C	25-Aug-12			
	Bench	57.5kg	SADRI, C	25-Aug-12			
	Deadlift	130kg	KONDOS, E	06-Mar-99			
	Total	322.5kg	SADRI, C	25-Aug-12			
82.5kg	Squat	117.5kg	SMITH, M	01-May-93			
	Bench	62.5kg	SMITH, M	01-May-93			
	Deadlift	135kg	SMITH, M	01-May-93			
	Total	315kg	SMITH, M	01-May-93			
90kg	Squat	120kg	VYAS, M	13-Aug-05			
	Bench	65kg	VYAS, M	13-Aug-05			
	Deadlift	135kg	VYAS, M	13-Aug-05			
	Total	320kg	VYAS, M	13-Aug-05			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Junior Women (20-23)

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	IERVASI, Kristy	21-Nov-14	82.5kg	IERVASI, Kristy	01-Aug-14
	Bench	50kg	IERVASI, Kristy	01-Aug-14			
	Deadlift	110kg	PERRY, Leigh	13-Dec-14	97.5kg	IERVASI, Kristy	21-Nov-14
	Total	245kg	PERRY, Leigh	13-Dec-14	235kg	IERVASI, Kristy	21-Nov-14
52kg	Squat	107.5kg	PERRY, Leigh	14-Mar-15	85kg	MIDDLETON, Jess	27-Apr-14
	Bench	47.5kg	MIDDLETON, Jess	14-Mar-15	40kg	MIDDLETON, Jess	27-Apr-14
	Deadlift	116kg	FIELDING, Ellie	13-Jun-15	115kg	MIDDLETON, Jess	14-Mar-15
	Total	260kg	PERRY, Leigh	14-Mar-15	237.5kg	MIDDLETON, Jess	27-Apr-14
56kg	Squat	105kg	PINEDA, Jannica	15-Dec-13	55kg	SMITH, Rhiannan	25-Aug-12
	Bench	60kg	PINEDA, Jannica	15-Dec-13	45kg	SMITH, Rhiannan	25-Aug-12
	Deadlift	125kg	PINEDA, Jannica	15-Dec-13	90kg	SMITH, Rhiannan	25-Aug-12
	Total	280kg	PINEDA, Jannica	15-Dec-13	190kg	SMITH, Rhiannan	25-Aug-12
60kg	Squat	112.5kg	WELLS, April	22-May-16	100kg	LIAMAS, Jodie	31-May-15
	Bench	63kg	WELLS, April	22-May-16	62.5kg	LIAMAS, Jodie	31-May-15
	Deadlift	146kg	WELLS, April	22-May-16	145kg	LIAMAS, Jodie	31-May-15
	Total	321.5kg	WELLS, April	22-May-16	307.5kg	LIAMAS, Jodie	31-May-15
67.5kg	Squat	125kg	SADRI, Cami	10-Aug-13			
	Bench	80kg	GRAY, Nerissa	21-Nov-14	77.5kg	GRAY, Nerissa	01-Aug-14
	Deadlift	160.5kg	SADRI, Cami	10-Aug-13			
	Total	350.5kg	SADRI, Cami	10-Aug-13			
75kg	Squat	145kg	MORRIS, Jaymii	13-Aug-16	115kg	HAINS, Ruby	09-May-15
	Bench	85kg	MORRIS, Jaymii	13-Aug-16	63kg	HAINS, Ruby	09-May-15
	Deadlift	185kg	MORRIS, Jaymii	13-Aug-16	150kg	HAINS, Ruby	09-May-15
	Total	415kg	MORRIS, Jaymii	13-Aug-16	328kg	HAINS, Ruby	09-May-15
82.5kg	Squat	142.5kg	WALDHEIM, Ashleigh	01-Aug-14	82.5kg	STRATHOPOULOS, D	16-May-10
	Bench	72.5kg	WALDHEIM, Ashleigh	01-Aug-14	65kg	STRATHOPOULOS, D	16-May-10
	Deadlift	156kg	CHOECAIR, Jameely	21-Nov-14	155kg	WALDHEIM, Ashleigh	01-Aug-14
	Total	365kg	WALDHEIM, Ashleigh	01-Aug-14	305kg	STRATHOPOULOS, D	16-May-10
90kg	Squat	140kg	WORTH, Mariah	27-May-18	92.5kg	MCGLYNN, Alex	03-May-15
	Bench	67.5kg	WORTH, Mariah	27-May-18	55kg	MCGLYNN, Alex	03-May-15
	Deadlift	162.5kg	WORTH, Mariah	27-May-18	125kg	MCGLYNN, Alex	03-May-15
	Total	370kg	WORTH, Mariah	27-May-18	267.5kg	MCGLYNN, Alex	03-May-15
SHW	Squat	110kg	DAVIDSON, Tori	17-Feb-19			
	Bench	62.5kg	DAVIDSON, Tori	17-Feb-19			
	Deadlift	130kg	DAVIDSON, Tori	17-Feb-19			
	Total	302.5kg	DAVIDSON, Tori	17-Feb-19			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Senior Women (24-32)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	85kg	TAKAHASHI, Fumi	31-May-15			
	Bench	50kg	TAKAHASHI, Fumi	15-Aug-15	47.5kg	TAKAHASHI, Fumi	31-May-15
	Deadlift	95kg	TAKAHASHI, Fumi	31-May-15			
	Total	230kg	TAKAHASHI, Fumi	15-Aug-15	227.5kg	TAKAHASHI, Fumi	31-May-15
48kg	Squat	95kg	KRINE, Zhara	13-Aug-16	92.5kg	WEIR, Yolandie	10-Aug-13
	Bench	72.5kg	WEIR, Yolandie	10-Aug-13			
	Deadlift	135kg	WEIR, Yolandie	10-Aug-13			
	Total	300kg	WEIR, Yolandie	10-Aug-13			
52kg	Squat	105kg	GUIGNON, Lauren	10-Aug-13			
	Bench	62.5kg	GUIGNON, Lauren	10-Aug-13			
	Deadlift	155kg	GUIGNON, Lauren	10-Aug-13			
	Total	322.5kg	GUIGNON, Lauren	10-Aug-13			
56kg	Squat	125kg	PINEDA, Jannice	14-Mar-15	115kg	McILROY, Katrina	25-Aug-12
	Bench	72.5	SMITH, Alex	21-Nov-14	71.5kg	SMITH, Alex	02-Aug-14
	Deadlift	160kg	GUIGNON, Lauren	15-Dec-13	155kg	McILROY, Katrina	25-Aug-12
	Total	341kg	GUIGNON, Lauren	15-Dec-13	332.5kg	McILROY, Katrina	25-Aug-12
60kg	Squat	112.5kg	McILROY, Katrina	11-May-13	110kg	McILROY, Katrina	12-May-12
	Bench	62.5kg	RICHARDSON, Phillipa	06-Jun-15	61kg	HARLING, Jade	09-May-15
	Deadlift	157.5kg	McILROY, Katrina	11-May-13	155kg	McILROY, Katrina	12-May-12
	Total	325kg	McILROY, Katrina	11-May-13	320kg	McILROY, Katrina	12-May-12
67.5kg	Squat	140kg	FOSTER, Katie	05-May-12			
	Bench	77.5kg	FOSTER, Katie	05-May-12			
	Deadlift	170kg	MAATOUK, Rachelle	13-Aug-16	167.5kg	FOSTER, Katie	05-May-12
	Total	382.5kg	MAATOUK, Rachelle	13-Aug-16	372.5kg	FOSTER, Katie	05-May-12
75kg	Squat	147.5kg	MICHON, Lucy	06-Oct-18	145kg	BAKER, Zoe Lee	21-Nov-14
	Bench	87.5kg	BAKER, Zoe Lee	21-Nov-14	85kg	BAKER, Zoe	27-Apr-14
	Deadlift	177.5kg	MICHON, Lucy	06-Oct-18	175kg	BAKER, Zoe Lee	21-Nov-14
	Total	407.5kg	BAKER, Zoe Lee	21-Nov-14	395.5kg	BAKER, Zoe Lee	02-Aug-14
82.5kg	Squat	180kg	WALDHEIM, Ashleigh	14-Mar-15	137.5kg	NGAROTATA, Jessica	21-Nov-14
	Bench	92.5kg	LONGERI, Rachel	25-Apr-19	90kg	WALDHEIM, Ashleigh	14-Mar-14
	Deadlift	180kg	WALDHEIM, Ashleigh	14-Mar-14	172.5kg	NGAROTATA, Jessica	21-Nov-14
	Total	450kg	WALDHEIM, Ashleigh	14-Mar-14	397.5kg	NGAROTATA, Jessica	21-Nov-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	130kg	WILLIAMS, Renee	02-Aug-14
	Total	435kg	DALDRY, Carmen	20-May-17	430kg	DALDRY, Carmen	25-Apr-17
SHW	Squat	227.5kg	MILLINGTON, Anita	14-Mar-15	200kg	MILLINGTON, Anita	21-Nov-14
	Bench	105.5kg	MILLINGTON, Anita	26-Apr-14	80kg	DAVIDSON, Heather	10-Aug-13
	Deadlift	212.5kg	MILLINGTON, Anita	26-Apr-14	170kg	TRACEY, Asha	10-Aug-13
	Total	525kg	MILLINGTON, Anita	14-Mar-15	512.5kg	MILLINGTON, Anita	21-Nov-14

Sub Masters Women (33-39)

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	75kg	EATON, Emma	26-Apr-14			
	Bench	55kg	FINCH, Linda	06-Jun-15	42.5kg	EATON, Emma	26-Apr-14
	Deadlift	115kg	EATON, Emma	26-Apr-14			
	Total	232.5kg	EATON, Emma	26-Apr-14			
56kg	Squat	92.5kg	HAILEY, Sam	27-Apr-14			
	Bench	55kg	HAILEY, Sam	27-Apr-14			
	Deadlift	115kg	HAILEY, Sam	27-Apr-14			
	Total	262.5kg	HAILEY, Sam	27-Apr-14			
60kg	Squat	122.5kg	HANNON, Lauren	13-Aug-16	120kg	GARDNER, Jodie	02-Aug-14
	Bench	72.5kg	HANNON, Lauren	13-Aug-16	65kg	HANNON, Lauren	29-May-16
	Deadlift	147.5kg	GARDNER, Jodie	02-Aug-14	140kg	QUINN, K	27-Aug-11
	Total	335kg	HANNON, Lauren	13-Aug-16	327.5kg	GARDNER, Jodie	02-Aug-14
67.5kg	Squat	132.5kg	MATTHIAS, Melissa	15-Aug-15	125kg	SOTOMAYER, Rebecca	27-Aug-11
	Bench	80kg	MATTHIAS, Melissa	15-Aug-15	75kg	SWAN, Emma	06-Jun-15
	Deadlift	166kg	MATTHIAS, Melissa	15-Aug-15	165kg	SOTOMAYER, Rebecca	27-Aug-11
	Total	372.5kg	MATTHIAS, Melissa	15-Aug-15	345kg	METCALF, Sue	11-May-13
75kg	Squat	140kg	THOMPSON, Lucie	27-Aug-13			
	Bench	110kg	THOMPSON, Lucie	11-May-13	87.5kg	THOMPSON, Lucie	27-Aug-13
	Deadlift	192.5kg	TYRELL, Lauren	25-Apr-19	180.5kg	TYRELL, Lauren	25-Apr-18
	Total	395kg	THOMPSON, Lucie	27-Aug-13			
82.5kg	Squat	172.5kg	DALDRY, Carmen	12-Aug-17	135kg	THOMPSON, Lucie	05-May-12
	Bench	90kg	THOMPSON, Lucie	05-May-12			
	Deadlift	200kg	DALDRY, Carmen	12-Aug-17	170kg	THOMPSON, Lucie	05-May-12
	Total	447.5kg	DALDRY, Carmen	12-Aug-17	385kg	THOMPSON, Lucie	05-May-12
90kg	Squat	130kg	OGORMAN, Rachel	21-Nov-14	120kg	OGORMAN, Rachel	25-Aug-12
	Bench	120kg	OGORMAN, Rachel	21-Nov-14	115kg	OGORMAN, Rachel	02-Aug-14
	Deadlift	210kg	OGORMAN, Rachel	21-Nov-14	205kg	OGORMAN, Rachel	02-Aug-14
	Total	460kg	OGORMAN, Rachel	21-Nov-14	420kg	OGORMAN, Rachel	02-Aug-14
SHW	Squat	130kg	AITKEN, Brooke	02-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	02-Aug-14	175kg	AITKEN, Brooke	10-May-14
	Total	367.5kg	AITKEN, Brooke	02-Aug-14	355kg	AITKEN, Brooke	10-May-14

Masters Women (40-44)

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	70kg	BAJJADA, Michelina	25-Apr-16			
	Bench	42.5kg	BAJJADA, Michelina	25-Apr-16			
	Deadlift	140kg	BAJJADA, Michelina	25-Apr-16			
	Total	247.5kg	BAJJADA, Michelina	25-Apr-16			
60kg	Squat	85kg	PAKU, Ra	15-Aug-15	75kg	BAJJADA, Michelina	31-May-15
	Bench	77.5kg	PAKU, Ra	15-Aug-15	70kg	HEWITT, Annie	12-Mar-11
	Deadlift	140kg	PAKU, Ra	15-Aug-15	135kg	BAJJADA, Michelina	31-May-15
	Total	300kg	PAKU, Ra	15-Aug-15	270kg	KOLLEN, S	27-Aug-11
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	337.5kg	LY, Lisa	20-May-17	325kg	LY, Lisa	25-Apr-17
75kg	Squat	161kg	KUIPERS, Robyn	11-Aug-17	140kg	KUIPERS, Robyn	20-May-17
	Bench	85kg	LY, Lisa	12-Aug-16	72.5kg	LY, Lisa	14-May-16
	Deadlift	185kg	KUIPERS, Robyn	11-Aug-17	180kg	LY, Lisa	12-Aug-16
	Total	415kg	KUIPERS, Robyn	11-Aug-17	385kg	LY, Lisa	12-Aug-16
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	115kg	KING, Tara	06-Jun-15			
	Bench	75kg	KING, Tara	06-Jun-15			
	Deadlift	160kg	KING, Tara	06-Jun-15			
	Total	350kg	KING, Tara	06-Jun-15			
SHW	Squat	132.5kg	DAVIE, Natasha	12-Apr-13			
	Bench	107.5kg	DAVIE, Natasha	06-Dec-14	106kg	DAVIE, Natasha	02-Aug-14
	Deadlift	175kg	DAVIE, Natasha	21-Nov-14	171kg	DAVIE, Natasha	02-Aug-14
	Total	406kg	DAVIE, Natasha	02-Aug-14	400kg	DAVIE, Natasha	12-Apr-13

Masters Women (45-49)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	82.5kg	WINWOOD, Tania	06-Oct-18			
	Bench	42.5kg	WINWOOD, Tania	06-Oct-18			
	Deadlift	122.5kg	WINWOOD, Tania	06-Oct-18			
	Total	247.5kg	WINWOOD, Tania	06-Oct-18			
52kg	Squat	95kg	WEIR, Coralie	27-Aug-11			
	Bench	75kg	WEIR, Coralie	27-Aug-11			
	Deadlift	140kg	WEIR, Coralie	27-Aug-11			
	Total	310kg	WEIR, Coralie	27-Aug-11			
56kg	Squat	87.5kg	MARKOPOULOS, Nina	27-Aug-11			
	Bench	65kg	MARKOPOULOS, Nina	27-Aug-11			
	Deadlift	115kg	MARKOPOULOS, Nina	27-Aug-11			
	Total	265kg	MARKOPOULOS, Nina	27-Aug-11			
60kg	Squat	72.5kg	MARKOPOULOS, Nina	16-May-10			
	Bench	67.5kg	MARKOPOULOS, Nina	27-Aug-11			
	Deadlift	115kg	MARKOPOULOS, Nina	27-Aug-11			
	Total	272.5kg	MARKOPOULOS, Nina	27-Aug-11			
67.5kg	Squat	100kg	MARKOPOULOS, Nina	14-Aug-10			
	Bench	70kg	COOK, M	29-May-11			
	Deadlift	125kg	RAATZ, Lisa	24-Jun-18			
	Total	277.5kg	MARKOPOULOS, Nina	14-Aug-10			
75kg	Squat	60kg	SMITH, Janet	07-Nov-18			
	Bench	90kg	SMITH, Janet	07-Nov-18			
	Deadlift	200kg	SMITH, Janet	07-Nov-18			
	Total	330kg	SMITH, Janet	07-Nov-18			
82.5kg	Squat	150kg	SMITH, Janet	02-Jun-19			
	Bench	95kg	SMITH, Janet	02-Jun-19			
	Deadlift	215kg	SMITH, Janet	02-Jun-19			
	Total	450kg	SMITH, Janet	02-Jun-19			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	50kg	JACOBS, Lyn	30-May-10			
	Bench	60kg	JACOBS, Lyn	30-May-10			
	Deadlift	130kg	JACOBS, Lyn	30-May-10			
	Total	240kg	JACOBS, Lyn	30-May-10			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (50-54)

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	110kg	WEIR, Coralie	09-May-15	100kg	WEIR, Coralie	08-Nov-12
	Bench	85kg	WEIR, Coralie	09-May-15	82.5kg	WEIR, Coralie	08-Nov-12
	Deadlift	157.5kg	WEIR, Coralie	09-May-15	140kg	WEIR, Coralie	27-Aug-11
	Total	352.5kg	WEIR, Coralie	09-May-15	317.5kg	WEIR, Coralie	08-Nov-12
56kg	Squat	95kg	SAPIANO, Sarah	11-May-19			
	Bench	60kg	SAPIANO, Sarah	11-May-19			
	Deadlift	120kg	SAPIANO, Sarah	11-May-19			
	Total	275kg	SAPIANO, Sarah	11-May-19			
60kg	Squat	90kg	SAPIANO, Sarah	29-Apr-18	70kg	WIKANDER, Lolita	10-Aug-13
	Bench	60kg	SAPIANO, Sarah	29-Apr-18	52.5kg	WIKANDER, Lolita	10-Aug-13
	Deadlift	125kg	SAPIANO, Sarah	29-Apr-18	115kg	WIKANDER, Lolita	10-Aug-13
	Total	275kg	SAPIANO, Sarah	29-Apr-18	237.5kg	WIKANDER, Lolita	10-Aug-13
67.5kg	Squat	127.5kg	LOWE, Kalo	21-Nov-14	122.5kg	LOWE, Kalo	02-Aug-14
	Bench	85kg	LOWE, Kalo	02-Aug-14			
	Deadlift	152.5kg	LOWE, Kalo	02-Aug-14			
	Total	362.5kg	LOWE, Kalo	21-Nov-14	360kg	LOWE, Kalo	02-Aug-14
75kg	Squat	113.5kg	STERNS, Andrea	21-May-17	112.5kg	STERNS, Andrea	25-Apr-16
	Bench	78kg	STERNS, Andrea	13-Aug-16	77.5kg	STERNS, Andrea	25-Apr-15
	Deadlift	145kg	STERNS, Andrea	21-May-17	140kg	STERNS, Andrea	25-Apr-16
	Total	330kg	STERNS, Andrea	21-May-17	327.5kg	STERNS, Andrea	25-Apr-16
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	90kg	MATTHEWS, T	29-May-11			
	Bench	55kg	MATTHEWS, T	29-May-11			
	Deadlift	130kg	MATTHEWS, T	29-May-11			
	Total	275kg	MATTHEWS, T	29-May-11			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (55-59)

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	120kg	WEIR, Coralie	12-Aug-17	67.5kg	FERRIS, Valerie	03-Jun-17
	Bench	85kg	WEIR, Coralie	12-Aug-17	37.5kg	FERRIS, Valerie	29-May-16
	Deadlift	162.5kg	WEIR, Coralie	12-Aug-17	102.5kg	FERRIS, Valerie	03-Jun-17
	Total	367.5kg	WEIR, Coralie	12-Aug-17	207.5kg	FERRIS, Valerie	03-Jun-17
56kg	Squat	110kg	WEIR, Coralie	30-Apr-17			
	Bench	80kg	WEIR, Coralie	30-Apr-17			
	Deadlift	155kg	WEIR, Coralie	30-Apr-17			
	Total	345kg	WEIR, Coralie	30-Apr-17			
60kg	Squat	152.5kg	YOUNG, Taylor	08-Nov-12	142.5kg	YOUNG, Taylor	25-Aug-12
	Bench	96kg	YOUNG, Taylor	25-Aug-12			
	Deadlift	175kg	YOUNG, Taylor	08-Nov-12	173kg	YOUNG, Taylor	25-Aug-12
	Total	422.5kg	YOUNG, Taylor	08-Nov-12	409kg	YOUNG, Taylor	25-Aug-12
67.5kg	Squat	155kg	YOUNG, Taylor	02-Aug-14	150kg	YOUNG, Taylor	10-Aug-13
	Bench	105kg	YOUNG, Taylor	10-Aug-13			
	Deadlift	190kg	YOUNG, Taylor	10-Aug-13			
	Total	437.5kg	YOUNG, Taylor	02-Aug-14	430kg	YOUNG, Taylor	10-Aug-13
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (60-64)

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	55kg	ROBERTSON, Leonie	21-May-17	47.5kg	WATTELET, Roseline	25-Apr-17
	Bench	45kg	ROBERTSON, Leonie	21-May-17	30kg	WATTELET, Roseline	25-Apr-17
	Deadlift	102.5kg	WATTELET, Roseline	25-Apr-17			
	Total	190kg	ROBERTSON, Leonie	12-Aug-17	185kg	ROBERTSON, Leonie	21-May-17
75kg	Squat	90kg	COLLIVER, W	30-Apr-06			
	Bench	55kg	COLLIVER, W	30-Apr-06			
	Deadlift	110kg	COLLIVER, W	30-Apr-06			
	Total	255kg	COLLIVER, W	30-Apr-06			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	75kg	HETHERTON, Shirley	25-Aug-12			
	Bench	47.5kg	HETHERTON, Shirley	05-May-12			
	Deadlift	105kg	HETHERTON, Shirley	25-Aug-12			
	Total	225kg	HETHERTON, Shirley	25-Aug-12			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (65-69)

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	75kg	SHERWIN, Rosemary	02-Aug-14			
	Bench	25kg	SHERWIN, Rosemary	02-Aug-14			
	Deadlift	105kg	SHERWIN, Rosemary	02-Aug-14			
	Total	205kg	SHERWIN, Rosemary	02-Aug-14			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	65kg	MAGRI, Pauline	25-Apr-18			
	Bench	45kg	MAGRI, Pauline	25-Apr-18			
	Deadlift	130kg	MAGRI, Pauline	25-Apr-18			
	Total	240kg	MAGRI, Pauline	25-Apr-18			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (70-74)

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (75-79)

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (80-84)

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (85-89)

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						