

## 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    |               |                         |              |               |                           |              |

## 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    | <b>110kg</b>   | <b>DAVIDSON, Tori</b> | <b>17-Feb-19</b> |               |                           |              |
|        | Bench    | <b>62.5kg</b>  | <b>DAVIDSON, Tori</b> | <b>17-Feb-19</b> |               |                           |              |
|        | Deadlift | <b>130kg</b>   | <b>DAVIDSON, Tori</b> | <b>17-Feb-19</b> |               |                           |              |
|        | Total    | <b>302.5kg</b> | <b>DAVIDSON, Tori</b> | <b>17-Feb-19</b> |               |                           |              |

# 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, Rachael     | 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    |

# CAPO NATIONAL RECORDS - WOMEN

# 3-LIFT COMPETITION - RAW

## 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    |



# CAPO NATIONAL RECORDS - WOMEN

# 3-LIFT COMPETITION - RAW

## 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    |               |                           |              |

## 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    | 135kg         | SMITH, Janet   | 07-Nov-19    | 113.5kg       | STERNS, Andrea            | 21-May-17    |
|        | Bench    | 87.5kg        | SMITH, Janet   | 07-Nov-19    | 78kg          | STERNS, Andrea            | 13-Aug-16    |
|        | Deadlift | 183kg         | SMITH, Janet   | 07-Nov-19    | 147.5kg       | MCKNIGHT, Erica           | 17-Aug-19    |
|        | Total    | 405kg         | SMITH, Janet   | 07-Nov-19    | 330kg         | STERNS, Andrea            | 21-May-17    |
| 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    |               |                |              |               |                           |              |

**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    |               |         |              |               |                           |              |