

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Open Women

(Bare Knees)

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	130kg	PERRY, Leigh	14-May-23	125kg	PINEDA, Jannice	14-Mar-15
	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	342.5kg	SCHINELLA, Emily	21-May-23	340kg	GUIGNON, Lauren	15-Dec-13
60kg	Squat	152.5kg	YOUNG, Taylor	08-Nov-12	142.5kg	YOUNG, Taylor	25-Aug-12
	Bench	96kg	YOUNG, Taylor	25-Aug-12			
	Deadlift	190kg	PALERMO, Casey	21-May-23	175kg	YOUNG, Taylor	08-Nov-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	172.5kg	ASHPLANT, Raegan	12-Mar-23	170kg	DALDRY, Carmen	20-May-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
100kg	Squat	195kg	ASHPLANT, Raegan	27-Aug-23	180kg	ASHPLANT, Raegan	21-May-23
	Bench	100kg	SMITH, Janet	29-May-22	80kg	MADDERN, Emily	27-Feb-22
	Deadlift	220kg	SMITH, Janet	29-May-22	170kg	MADDERN, Emily	27-Feb-22
	Total	465kg	ASHPLANT, Raegan	27-Aug-23	410kg	SMITH, Janet	29-May-22
110kg	Squat	100kg	RANSOM, Hannah	22-Oct-23	90kg	RANSOM, Hannah	21-May-23
	Bench	57.5kg	RANSOM, Hannah	22-Oct-23	52.5kg	RANSOM, Hannah	21-May-23
	Deadlift	130kg	DELLIOS, Angelika	25-Apr-23			
	Total	275kg	RANSOM, Hannah	22-Oct-23	265kg	DELLIOS, Angelika	25-Apr-23
110+kg	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	213kg	PALETUA, Alyshianna	15-Apr-23	212.5kg	MILLINGTON, Anita	26-Apr-14
	Total	525kg	MILLINGTON, Anita	14-Mar-15	512.5kg	MILLINGTON, Anita	21-Nov-14

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Sub Teen Women (10-12)

Unofficial WPC

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	45kg	STEVENS, Bailey	29-Oct-22			
	Bench	25kg	REYNOLDS, Brigitte	21-May-23	20kg	STEVENS, Bailey	29-Oct-22
	Deadlift	65kg	STEVENS, Bailey	29-Oct-22			
	Total	130kg	STEVENS, Bailey	29-Oct-22			
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	67.5kg	NGAROTATA-DAY, Paige	14-Jun-15			
	Bench	32.5kg	NGAROTATA-DAY, Paige	14-Jun-15			
	Deadlift	100kg	NGAROTATA-DAY, Paige	14-Jun-15			
	Total	192.5kg	NGAROTATA-DAY, Paige	14-Jun-15			
60kg	Squat	62.5kg	SUEN, Faith	14-Jun-15			
	Bench	32.5kg	SUEN, Faith	14-Jun-15			
	Deadlift	85kg	SUEN, Faith	14-Jun-15			
	Total	170kg	SUEN, Faith	14-Jun-15			
67.5kg	Squat	70kg	BOROS, Tayla	09-Jun-19			
	Bench	35kg	BOROS, Tayla	09-Jun-19			
	Deadlift	102.5kg	BOROS, Tayla	09-Jun-19			
	Total	207.5kg	BOROS, Tayla	09-Jun-19			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Women (13-15)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	65kg	STEVENS, Bailey	11-Aug-23	60kg	STEVENS, Bailey	30-Apr-23
	Bench	29kg	STEVENS, Bailey	11-Aug-23	25kg	STEVENS, Bailey	30-Apr-23
	Deadlift	72.5kg	STEVENS, Bailey	11-Aug-23	65kg	STEVENS, Bailey	30-Apr-23
	Total	165kg	STEVENS, Bailey	11-Aug-23	150kg	STEVENS, Bailey	30-Apr-23
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	106kg	MIDGLEY, Camryn	10-Jun-23	105kg	HALL, T	26-Jun-02
	Bench	65kg	MIDGLEY, Camryn	10-Jun-23	60kg	MIDGLEY, Camryn	30-Apr-23
	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	82.5kg	SINGH, Shristi	11-Aug-23	75kg	SINGH, Shristi	30-Apr-23
	Bench	45kg	SINGH, Shristi	30-Apr-23	32.5kg	SINGH, Shristi	29-Oct-22
	Deadlift	107.5kg	SINGH, Shristi	11-Aug-23	100kg	SINGH, Shristi	30-Apr-23
	Total	235kg	SINGH, Shristi	11-Aug-23	220kg	SINGH, Shristi	30-Apr-23
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	110kg	VANDERHOEK, Lucy	20-Jan-24	95kg	VANDERHOEK, Lucy	30-Apr-23
	Bench	60kg	VANDERHOEK, Lucy	20-Jan-24	57.5kg	VANDERHOEK, Lucy	30-Apr-23
	Deadlift	125kg	VANDERHOEK, Lucy	20-Jan-24	112.5kg	VANDERHOEK, Lucy	30-Apr-23
	Total	292.5kg	VANDERHOEK, Lucy	20-Jan-24	265kg	VANDERHOEK, Lucy	30-Apr-23

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Teenage Women (16-17)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	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	120kg	ANDRYSIAK, Maja	18-Jun-22	80kg	NAPPER, Jessica	29-Aug-20
	Bench	62.5kg	ANDRYSIAK, Maja	18-Jun-22	30kg	NAPPER, Jessica	29-Aug-20
	Deadlift	145kg	ANDRYSIAK, Maja	18-Jun-22	90kg	NAPPER, Jessica	29-Aug-20
	Total	322.5kg	ANDRYSIAK, Maja	18-Jun-22	200kg	NAPPER, Jessica	29-Aug-20
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	100kg	ABDULLAH, Jasmine	25-Apr-23	95kg	MILLER, M	13-May-06
	Bench	55kg	MILLER, M	13-May-06			
	Deadlift	130kg	ABDULLAH, Jasmine	25-Apr-23	117.5kg	SMITH, M	28-Feb-04
	Total	275kg	ABDULLAH, Jasmine	25-Apr-23	220kg	SMITH, M	28-Feb-04
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Teenage Women (18-19)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	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	77.5kg	WINWOOD, Shayla	12-Mar-23			
	Bench	40kg	WINWOOD, Shayla	12-Mar-23			
	Deadlift	87.5kg	WINWOOD, Shayla	12-Mar-23			
	Total	205kg	WINWOOD, Shayla	12-Mar-23			
60kg	Squat	65kg	THISTLETHWAITE, Emily	25-Apr-23			
	Bench	32.5kg	THISTLETHWAITE, Emily	25-Apr-23			
	Deadlift	85kg	THISTLETHWAITE, Emily	25-Apr-23			
	Total	182.5kg	THISTLETHWAITE, Emily	25-Apr-23			
67.5kg	Squat	117.5kg	FRANKLIN, Gabrielle Rose	01-Aug-14	82.5kg	MORMILE, G	04-Aug-07
	Bench	72.5kg	FRANKLIN, Gabrielle Rose	21-Nov-14	70kg	FRANKLIN, Gabrielle Rose	01-Aug-14
	Deadlift	138kg	FRANKLIN, Gabrielle Rose	21-Nov-14	137.5kg	FRANKLIN, Gabrielle Rose	01-Aug-14
	Total	319kg	FRANKLIN, Gabrielle Rose	21-Nov-14	317.5kg	FRANKLIN, Gabrielle 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			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Junior Women (20-23)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	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	120kg	SCHINELLA, Emily	21-May-23	105kg	PINEDA, Jannica	15-Dec-13
	Bench	77.5kg	SCHINELLA, Emily	21-May-23	67.5kg	DAL PONTE, Bianca	24-Oct-21
	Deadlift	145kg	SCHINELLA, Emily	21-May-23	137.5kg	DAL PONTE, Bianca	24-Oct-21
	Total	342.5kg	SCHINELLA, Emily	21-May-23	287.5kg	DAL PONTE, Bianca	24-Oct-21
60kg	Squat	113kg	DAMA, Alethea	21-May-23	112.5kg	WELLS, April	22-May-16
	Bench	80kg	DAMA, Alethea	11-Aug-23	75kg	DAMA, Alethea	21-May-23
	Deadlift	150kg	DAMA, Alethea	21-May-23	147.5kg	DAMA, Alethea	29-May-22
	Total	337.5kg	DAMA, Alethea	21-May-23	321.5kg	WELLS, April	22-May-16
67.5kg	Squat	135kg	RALPH, Anise	18-Feb-24	130kg	COLLIHOLE, Isabella	30-Apr-23
	Bench	80kg	GRAY, Nerissa	21-Nov-14	77.5kg	GRAY, Nerissa	01-Aug-14
	Deadlift	160.5kg	SADRI, Cami	10-Aug-13			
	Total	362.5kg	COLLIHOLE, Isabella	30-Apr-23	350kg	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
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	110kg	DAVIDSON, Tori	17-Feb-19			
	Bench	62.5kg	DAVIDSON, Tori	17-Feb-19			
	Deadlift	130kg	DAVIDSON, Tori	17-Feb-19			
	Total	302.5kg	DAVIDSON, Tori	17-Feb-19			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Senior Women (24-32)

(Bare Knees)

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	130kg	PERRY, Leigh	14-May-23	125kg	PINEDA, Jannice	14-Mar-15
	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	340kg	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	75kg	PALERMO, Casey	21-May-23	62.5kg	RICHARDSON, Phillipa	06-Jun-15
	Deadlift	190kg	PALERMO, Casey	21-May-23	157.5kg	McILROY, Katrina	11-May-13
	Total	375kg	PALERMO, Casey	21-May-23	325kg	McILROY, Katrina	11-May-13
67.5kg	Squat	140kg	FOSTER, Katie	05-May-12			
	Bench	90kg	POTGIETER, Chantal	21-May-23	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	172.5kg	ASHPLANT, Raegan	12-Mar-23	170kg	DALDRY, Carmen	20-May-17
	Bench	85kg	DALDRY, Carmen	20-May-17	82.5kg	DALDRY, Carmen	25-Apr-17
	Deadlift	190kg	ASHPLANT, Raegan	12-Mar-23	182.5kg	DALDRY, Carmen	25-Apr-17
	Total	442.5kg	ASHPLANT, Raegan	12-Mar-23	435kg	DALDRY, Carmen	20-May-17
100kg	Squat	195kg	ASHPLANT, Raegan	27-Aug-23	180kg	ASHPLANT, Raegan	21-May-23
	Bench	85kg	ASHPLANT, Raegan	21-May-23			
	Deadlift	192.5kg	ASHPLANT, Raegan	21-May-23			
	Total	465kg	ASHPLANT, Raegan	27-Aug-23	457.5kg	ASHPLANT, Raegan	21-May-23
110kg	Squat	100kg	RANSOM, Hannah	22-Oct-23	90kg	RANSOM, Hannah	21-May-23
	Bench	57.5kg	RANSOM, Hannah	22-Oct-23	52.5kg	RANSOM, Hannah	21-May-23
	Deadlift	130kg	DELLIOS, Angelika	25-Apr-23			
	Total	275kg	RANSOM, Hannah	22-Oct-23	265kg	DELLIOS, Angelika	25-Apr-23
110+kg	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	213kg	PALETUA, Alyshianna	15-Apr-23	212.5kg	MILLINGTON, Anita	26-Apr-14
	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)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	77.5kg	WU, Cho	13-Aug-23	75kg	WU, Cho	21-May-23
	Bench	45kg	WU, Cho	13-Aug-23	42.5kg	WU, Cho	21-May-23
	Deadlift	117.5kg	WU, Cho	13-Aug-23	105kg	WU, Cho	21-May-23
	Total	240kg	WU, Cho	13-Aug-23	222.5kg	WU, Cho	21-May-23
52kg	Squat	77.5kg	GIL, Beatriz	29-Oct-22	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	125kg	LAING, Shelley	30-Apr-23	118kg	MUDIE, Katrina	25-Apr-23
	Total	265kg	LAING, Shelley	30-Apr-23	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
100kg	Squat	95kg	LOVE, Meagan	28-May-22			
	Bench	62.5kg	LOVE, Meagan	28-May-22			
	Deadlift	170kg	LOVE, Meagan	28-May-22			
	Total	327.5kg	LOVE, Meagan	28-May-22			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	140kg	BULZOMI, Franca	28-Mar-21	130kg	AITKEN, Brooke	02-Aug-14
	Bench	87.5kg	BULZOMI, Franca	28-Mar-21	67.5kg	AITKEN, Brooke	21-Nov-14
	Deadlift	177.5kg	AITKEN, Brooke	02-Aug-14	175kg	AITKEN, Brooke	10-May-14
	Total	382.5kg	BULZOMI, Franca	28-Mar-21	367.5kg	AITKEN, Brooke	02-Aug-14

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (40-44)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	75kg	NGO, Tee	22-Oct-23	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	75kg	ODELL, Yvonne	25-Apr-22			
	Bench	45kg	ODELL, Yvonne	25-Apr-22			
	Deadlift	117.5kg	ODELL, Yvonne	25-Apr-22			
	Total	237.5kg	ODELL, Yvonne	25-Apr-22			
90kg	Squat	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			
100kg	Squat	141kg	MADDERN, Emily	21-Aug-22	140kg	MADDERN, Emily	27-Feb-22
	Bench	82.5kg	MADDERN, Emily	21-Aug-22	80kg	MADDERN, Emily	27-Feb-22
	Deadlift	170kg	MADDERN, Emily	27-Feb-22			
	Total	390kg	MADDERN, Emily	27-Feb-22			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	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	130kg	HORSFALL, Megan	02-Mar-24	125kg	RAATZ, Lisa	24-Jun-18
	Total	280kg	HORSFALL, Megan	02-Mar-24	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	110kg	LOWER, Wendy	18-Nov-23			
	Bench	50kg	LOWER, Wendy	18-Nov-23			
	Deadlift	142.5kg	LOWER, Wendy	18-Nov-23			
	Total	295kg	LOWER, Wendy	18-Nov-23			
100kg	Squat	105kg	MACRI, Olivia	05-Aug-23			
	Bench	77.5kg	MACRI, Olivia	05-Aug-23			
	Deadlift	147.5kg	MACRI, Olivia	05-Aug-23			
	Total	330kg	MACRI, Olivia	05-Aug-23			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	50kg	JACOBS, Lyn	30-May-10			
	Bench	60kg	JACOBS, Lyn	30-May-10			
	Deadlift	130kg	JACOBS, Lyn	30-May-10			
	Total	240kg	JACOBS, Lyn	30-May-10			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (50-54)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	82.5kg	WINWOOD, Tania	12-Mar-23			
	Bench	45kg	WINWOOD, Tania	12-Mar-23			
	Deadlift	130kg	WINWOOD, Tania	12-Mar-23			
	Total	257.5kg	WINWOOD, Tania	12-Mar-23			
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	105kg	FRANKE, Sarah	12-Nov-22	95kg	SAPIANO, Sarah	11-May-19
	Bench	70kg	FRANKE, Sarah	12-Nov-22	60kg	SAPIANO, Sarah	11-May-19
	Deadlift	145kg	FRANKE, Sarah	12-Nov-22	120kg	SAPIANO, Sarah	11-May-19
	Total	320kg	FRANKE, Sarah	12-Nov-22	275kg	SAPIANO, Sarah	11-May-19
60kg	Squat	95kg	LAW, Jenny	25-Apr-21	90kg	SAPIANO, Sarah	29-Apr-18
	Bench	60kg	SAPIANO, Sarah	29-Apr-18	52.5kg	WIKANDER, Lolita	10-Aug-13
	Deadlift	140kg	LAW, Jenny	25-Apr-21	125kg	SAPIANO, Sarah	29-Apr-18
	Total	292.5kg	LAW, Jenny	25-Apr-21	275kg	SAPIANO, Sarah	29-Apr-18
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	140kg	TAYLOR, Sarah	18-Feb-24	137.5kg	TAYLOR, Sarah	21-May-23
	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	105kg	POWER, Lucy	22-Oct-23	97.5kg	POWER, Lucy	13-Aug-23
	Bench	66kg	POWER, Lucy	22-Oct-23	65kg	POWER, Lucy	13-Aug-23
	Deadlift	142.5kg	POWER, Lucy	22-Oct-23	140kg	POWER, Lucy	13-Aug-23
	Total	312.5kg	POWER, Lucy	22-Oct-23	300kg	POWER, Lucy	13-Aug-23
90kg	Squat	127.5kg	ROSE-JAMES, Linda	13-Aug-23	115kg	ROSE-JAMES, Linda	14-May-23
	Bench	82.5kg	ROSE-JAMES, Linda	14-May-23	55kg	MATTHEWS, T	29-May-11
	Deadlift	175kg	ROSE-JAMES, Linda	13-Aug-23	170kg	ROSE-JAMES, Linda	14-May-23
	Total	385kg	ROSE-JAMES, Linda	13-Aug-23	367.5kg	ROSE-JAMES, Linda	14-May-23
100kg	Squat	105kg	SMITH, Janet	29-May-22			
	Bench	100kg	SMITH, Janet	29-May-22			
	Deadlift	220kg	SMITH, Janet	29-May-22			
	Total	410kg	SMITH, Janet	29-May-22			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (55-59)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat	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	85kg	STERNS, Andrea	29-May-22			
	Bench	65kg	STERNS, Andrea	29-May-22			
	Deadlift	130kg	STERNS, Andrea	29-May-22			
	Total	280kg	STERNS, Andrea	29-May-22			
90kg	Squat	25kg	OXLEY, Lu-ella	26-Jun-21			
	Bench	45kg	OXLEY, Lu-ella	26-Jun-21			
	Deadlift	100kg	OXLEY, Lu-ella	26-Jun-21			
	Total	170kg	OXLEY, Lu-ella	26-Jun-21			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (60-64)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	72.5kg	HARVEY, Helen	29-Oct-22	55kg	TRENTIN, Marietta	22-Aug-21
	Bench	42.5kg	HARVEY, Helen	29-Oct-22	41kg	TRENTIN, Marietta	22-Aug-21
	Deadlift	120kg	HARVEY, Helen	29-Oct-22	97.5kg	TRENTIN, Marietta	22-Aug-21
	Total	235kg	HARVEY, Helen	29-Oct-22	192.5kg	TRENTIN, Marietta	22-Aug-21
67.5kg	Squat	80kg	HARVEY, Helen	13-Aug-23	55kg	ROBERTSON, Leonie	21-May-17
	Bench	45kg	ROBERTSON, Leonie	21-May-17	30kg	WATTELET, Roseline	25-Apr-17
	Deadlift	127.5kg	HARVEY, Helen	13-Aug-23	102.5kg	WATTELET, Roseline	25-Apr-17
	Total	247.5kg	HARVEY, Helen	13-Aug-23	190kg	ROBERTSON, Leonie	12-Aug-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			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT COMPETITION - RAW

Masters Women (65-69)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	82.5kg	CASAN, Claire	25-Apr-22			
	Bench	55kg	CASAN, Claire	25-Apr-22			
	Deadlift	117.5kg	CASAN, Claire	25-Apr-22			
	Total	250kg	CASAN, Claire	25-Apr-22			
67.5kg	Squat	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (70-74)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (75-79)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (80-84)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters Women (85-89)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						