

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Open Women

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | 85kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 95kg | Standard | 02-Aug-24 | | | |
| | Total | 230kg | Standard | 02-Aug-24 | | | |
| 48kg | Squat | 105kg | Standard | 02-Aug-24 | | | |
| | Bench | 72.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 135kg | Standard | 02-Aug-24 | | | |
| | Total | 300kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 120kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 162.5kg | Standard | 02-Aug-24 | | | |
| | Total | 367.5kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 130kg | Standard | 02-Aug-24 | | | |
| | Bench | 80kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 160kg | Standard | 02-Aug-24 | | | |
| | Total | 342.5kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 152.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 96kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 190kg | Standard | 02-Aug-24 | | | |
| | Total | 422.5kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 157.5kg | CHRISTOFARO, Nikita | 20-Oct-24 | 155kg | Standard | 02-Aug-24 |
| | Bench | 105kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 190kg | Standard | 02-Aug-24 | | | |
| | Total | 437.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 161kg | Standard | 02-Aug-24 | | | |
| | Bench | 110kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 200kg | Standard | 02-Aug-24 | | | |
| | Total | 452.5kg | CRIMMINS, Anne | 16-Mar-25 | 415kg | Standard | 02-Aug-24 |
| 82.5kg | Squat | 180kg | Standard | 02-Aug-24 | | | |
| | Bench | 90kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 200kg | Standard | 02-Aug-24 | | | |
| | Total | 450kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 172.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 120kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 210kg | Standard | 02-Aug-24 | | | |
| | Total | 460kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 195kg | Standard | 02-Aug-24 | | | |
| | Bench | 125kg | SMITH, Janet | 09-Feb-25 | 117.5kg | Standard | 02-Aug-24 |
| | Deadlift | 240kg | SMITH, Janet | 09-Feb-25 | 220kg | Standard | 02-Aug-24 |
| | Total | 555kg | SMITH, Janet | 09-Feb-25 | 465kg | Standard | 02-Aug-24 |
| 110kg | Squat | 100kg | Standard | 02-Aug-24 | | | |
| | Bench | 57.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 275kg | Standard | 02-Aug-24 | | | |
| 110+kg | Squat | 227.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 107.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 213kg | Standard | 02-Aug-24 | | | |
| | Total | 525kg | Standard | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Sub Teen Women (10-12) Unofficial WPC

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | 45kg | Standard | 02-Aug-24 | | | |
| | Bench | 25kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 65kg | Standard | 02-Aug-24 | | | |
| | Total | 130kg | Standard | 02-Aug-24 | | | |
| 48kg | Squat | 50kg | Standard | 02-Aug-24 | | | |
| | Bench | 30kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 72.5kg | Standard | 02-Aug-24 | | | |
| | Total | 152.5kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | 67.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 32.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 100kg | Standard | 02-Aug-24 | | | |
| | Total | 192.5kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 62.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 32.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 85kg | Standard | 02-Aug-24 | | | |
| | Total | 170kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 70kg | Standard | 02-Aug-24 | | | |
| | Bench | 35kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 102.5kg | Standard | 02-Aug-24 | | | |
| | Total | 207.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 100kg | Squat | 80kg | Standard | 02-Aug-24 | | | |
| | Bench | 42.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 110kg | Standard | 02-Aug-24 | | | |
| | Total | 232.5kg | Standard | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Teenage Women (13-15)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 65kg | Standard | 02-Aug-24 | | | |
| | Bench | 32.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 75kg | Standard | 02-Aug-24 | | | |
| | Total | 165kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 107.5kg | Standard | 02-Aug-24 | | | |
| | Total | 235kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 105.5kg | Standard | 02-Aug-24 | | | |
| | Total | 240kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 260kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 106kg | Standard | 02-Aug-24 | | | |
| | Bench | 65kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 145kg | Standard | 02-Aug-24 | | | |
| | Total | 307.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | 110kg | Standard | 02-Aug-24 | | | |
| | Bench | 60kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 127.5kg | Standard | 02-Aug-24 | | | |
| | Total | 297.5kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 130kg | Standard | 02-Aug-24 | | | |
| | Bench | 62.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 140kg | Standard | 02-Aug-24 | | | |
| | Total | 327.5kg | Standard | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | 110kg | Standard | 02-Aug-24 | | | |
| | Bench | 60kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 125kg | Standard | 02-Aug-24 | | | |
| | Total | 292.5kg | Standard | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Teenage Women (16-17)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 80kg | Standard | 02-Aug-24 | | | |
| | Bench | 45kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 105kg | Standard | 02-Aug-24 | | | |
| | Total | 230kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | 117.5kg | IBLE, Siana | 01-Dec-24 | 105kg | Standard | 02-Aug-24 |
| | Bench | 65kg | IBLE, Siana | 01-Dec-24 | 50kg | Standard | 02-Aug-24 |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 312.5kg | IBLE, Siana | 01-Dec-24 | 272.5kg | Standard | 02-Aug-24 |
| 67.5kg | Squat | 120kg | Standard | 02-Aug-24 | | | |
| | Bench | 62.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 145kg | Standard | 02-Aug-24 | | | |
| | Total | 322.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 105kg | Standard | 02-Aug-24 | | | |
| | Bench | 45kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 280kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 100kg | Standard | 02-Aug-24 | | | |
| | Bench | 55kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 137.5kg | Standard | 02-Aug-24 | | | |
| | Total | 285kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 135kg | Standard | 02-Aug-24 | | | |
| | Total | 270kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Teenage Women (18-19)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 80kg | Standard | 02-Aug-24 | | | |
| | Bench | 40kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 90kg | Standard | 02-Aug-24 | | | |
| | Total | 205kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 52.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 125kg | Standard | 02-Aug-24 | | | |
| | Total | 262.5kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 77.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 40kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 87.5kg | Standard | 02-Aug-24 | | | |
| | Total | 205kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 65kg | Standard | 02-Aug-24 | | | |
| | Bench | 37.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 95kg | Standard | 02-Aug-24 | | | |
| | Total | 187.5kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 117.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 72.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 138kg | Standard | 02-Aug-24 | | | |
| | Total | 319kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 117.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 57.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 322.5kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 117.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 62.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 135kg | Standard | 02-Aug-24 | | | |
| | Total | 315kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 120kg | Standard | 02-Aug-24 | | | |
| | Bench | 65kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 135kg | Standard | 02-Aug-24 | | | |
| | Total | 320kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 160kg | ROBERTSON, Alicia | 20-Oct-24 | | Vacant | 02-Aug-24 |
| | Bench | 50kg | ROBERTSON, Alicia | 20-Oct-24 | | Vacant | 02-Aug-24 |
| | Deadlift | 170kg | ROBERTSON, Alicia | 20-Oct-24 | | Vacant | 02-Aug-24 |
| | Total | 380kg | ROBERTSON, Alicia | 20-Oct-24 | | Vacant | 02-Aug-24 |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Junior Women (20-23)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 90kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 110kg | Standard | 02-Aug-24 | | | |
| | Total | 245kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 107.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 47.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 116kg | Standard | 02-Aug-24 | | | |
| | Total | 260kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 120kg | Standard | 02-Aug-24 | | | |
| | Bench | 77.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 145kg | Standard | 02-Aug-24 | | | |
| | Total | 342.5kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 113kg | Standard | 02-Aug-24 | | | |
| | Bench | 80kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 150kg | Standard | 02-Aug-24 | | | |
| | Total | 337.5kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 135kg | Standard | 02-Aug-24 | | | |
| | Bench | 80kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 160.5kg | Standard | 02-Aug-24 | | | |
| | Total | 362.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 145kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 185kg | Standard | 02-Aug-24 | | | |
| | Total | 415kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 142.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 72.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 156kg | Standard | 02-Aug-24 | | | |
| | Total | 365kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 140kg | Standard | 02-Aug-24 | | | |
| | Bench | 67.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 162.5kg | Standard | 02-Aug-24 | | | |
| | Total | 370kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | 110kg | Standard | 02-Aug-24 | | | |
| | Bench | 62.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 302.5kg | Standard | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Senior Women (24-32)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | 85kg | Standard | 02-Aug-24 | | | |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 95kg | Standard | 02-Aug-24 | | | |
| | Total | 230kg | Standard | 02-Aug-24 | | | |
| 48kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 72.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 135kg | Standard | 02-Aug-24 | | | |
| | Total | 300kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 105kg | Standard | 02-Aug-24 | | | |
| | Bench | 62.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 155kg | Standard | 02-Aug-24 | | | |
| | Total | 322.5kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 130kg | Standard | 02-Aug-24 | | | |
| | Bench | 72.5 | Standard | 02-Aug-24 | | | |
| | Deadlift | 160kg | Standard | 02-Aug-24 | | | |
| | Total | 340kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 125kg | PAPINI, Stephanie | 15-Sep-24 | 112.5kg | Standard | 02-Aug-24 |
| | Bench | 75kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 190kg | Standard | 02-Aug-24 | | | |
| | Total | 375kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 140kg | Standard | 02-Aug-24 | | | |
| | Bench | 90kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 170kg | Standard | 02-Aug-24 | | | |
| | Total | 382.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 155kg | CRIMMINS, Anne | 16-Mar-25 | 147.5kg | Standard | 02-Aug-24 |
| | Bench | 102.5kg | CRIMMINS, Anne | 16-Mar-25 | 87.5kg | Standard | 02-Aug-24 |
| | Deadlift | 195kg | CRIMMINS, Anne | 16-Mar-25 | 177.5kg | Standard | 02-Aug-24 |
| | Total | 452.5kg | CRIMMINS, Anne | 16-Mar-25 | 407.5kg | Standard | 02-Aug-24 |
| 82.5kg | Squat | 180kg | Standard | 02-Aug-24 | | | |
| | Bench | 92.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 180kg | Standard | 02-Aug-24 | | | |
| | Total | 450kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 172.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 190kg | Standard | 02-Aug-24 | | | |
| | Total | 442.5kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 195kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 192.5kg | Standard | 02-Aug-24 | | | |
| | Total | 465kg | Standard | 02-Aug-24 | | | |
| 110kg | Squat | 100kg | Standard | 02-Aug-24 | | | |
| | Bench | 57.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 275kg | Standard | 02-Aug-24 | | | |
| 110+kg | Squat | 227.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 105.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 213kg | Standard | 02-Aug-24 | | | |
| | Total | 525kg | Standard | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Sub Masters Women (33-39)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 77.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 45kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 117.5kg | Standard | 02-Aug-24 | | | |
| | Total | 240kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 90kg | HAGGARTY, Hannah | 20-Oct-24 | 85kg | Standard | 02-Aug-24 |
| | Bench | 55kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 125kg | Standard | 02-Aug-24 | | | |
| | Total | 260kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 92.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 55kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 125kg | Standard | 02-Aug-24 | | | |
| | Total | 265kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 122.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 72.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 147.5kg | Standard | 02-Aug-24 | | | |
| | Total | 335kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 157.5kg | CHRISTOFARO, Nikita | 20-Oct-24 | 132.5kg | Standard | 02-Aug-24 |
| | Bench | 90kg | CHRISTOFARO, Nikita | 20-Oct-24 | 80kg | Standard | 02-Aug-24 |
| | Deadlift | 166kg | Standard | 02-Aug-24 | | | |
| | Total | 410kg | CHRISTOFARO, Nikita | 20-Oct-24 | 372.5kg | Standard | 02-Aug-24 |
| 75kg | Squat | 140kg | Standard | 02-Aug-24 | | | |
| | Bench | 110kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 192.5kg | Standard | 02-Aug-24 | | | |
| | Total | 395kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 172.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 90kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 200kg | Standard | 02-Aug-24 | | | |
| | Total | 447.5kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 130kg | Standard | 02-Aug-24 | | | |
| | Bench | 120kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 210kg | Standard | 02-Aug-24 | | | |
| | Total | 460kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 162.5kg | GORHAM, Sarah | 09-Feb-25 | 115kg | LISTER, Michelle | 20-Oct-24 |
| | Bench | 75kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 175kg | GORHAM, Sarah | 09-Feb-25 | 170kg | Standard | 02-Aug-24 |
| | Total | 410kg | GORHAM, Sarah | 09-Feb-25 | 327.5kg | Standard | 02-Aug-24 |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | 140kg | Standard | 02-Aug-24 | | | |
| | Bench | 87.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 177.5kg | Standard | 02-Aug-24 | | | |
| | Total | 382.5kg | Standard | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (40-44)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | 75kg | Standard | 02-Aug-24 | | | |
| | Bench | 42.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 140kg | Standard | 02-Aug-24 | | | |
| | Total | 247.5kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 85kg | Standard | 02-Aug-24 | | | |
| | Bench | 77.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 140kg | Standard | 02-Aug-24 | | | |
| | Total | 300kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 125kg | Standard | 02-Aug-24 | | | |
| | Bench | 75kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 160kg | Standard | 02-Aug-24 | | | |
| | Total | 340kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 161kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 185kg | Standard | 02-Aug-24 | | | |
| | Total | 415kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 125kg | WILLIAMS, Stacey | 19-Jan-25 | 86kg | SAXBY, Brooke | 30-Nov-24 |
| | Bench | 65kg | WILLIAMS, Stacey | 19-Jan-25 | 60kg | Standard | 02-Aug-24 |
| | Deadlift | 152.5kg | WILLIAMS, Stacey | 19-Jan-25 | 140kg | Standard | 02-Aug-24 |
| | Total | 342.5kg | WILLIAMS, Stacey | 19-Jan-25 | 280kg | Standard | 02-Aug-24 |
| 90kg | Squat | 115kg | Standard | 02-Aug-24 | | | |
| | Bench | 75kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 160kg | Standard | 02-Aug-24 | | | |
| | Total | 350kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 141kg | Standard | 02-Aug-24 | | | |
| | Bench | 82.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 170kg | Standard | 02-Aug-24 | | | |
| | Total | 390kg | Standard | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | 132.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 107.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 175kg | Standard | 02-Aug-24 | | | |
| | Total | 406kg | Standard | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (45-49)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 82.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 42.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 122.5kg | Standard | 02-Aug-24 | | | |
| | Total | 247.5kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 75kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 140kg | Standard | 02-Aug-24 | | | |
| | Total | 310kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 97.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 65kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 120kg | Standard | 02-Aug-24 | | | |
| | Total | 267.5kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 72.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 67.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 115kg | Standard | 02-Aug-24 | | | |
| | Total | 272.5kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 140kg | SCHULTZ, Jenelle | 19-Jan-25 | 105kg | Standard | 02-Aug-24 |
| | Bench | 87.5kg | SCHULTZ, Jenelle | 19-Jan-25 | 70kg | Standard | 02-Aug-24 |
| | Deadlift | 165kg | SCHULTZ, Jenelle | 19-Jan-25 | 140kg | Standard | 02-Aug-24 |
| | Total | 392.5kg | SCHULTZ, Jenelle | 19-Jan-25 | 302.5kg | Standard | 02-Aug-24 |
| 75kg | Squat | 85kg | Standard | 02-Aug-24 | | | |
| | Bench | 90kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 200kg | Standard | 02-Aug-24 | | | |
| | Total | 330kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 150kg | Standard | 02-Aug-24 | | | |
| | Bench | 95kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 215kg | Standard | 02-Aug-24 | | | |
| | Total | 450kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 115kg | HUNT, Kellie | 10-Aug-24 | 110kg | Standard | 02-Aug-24 |
| | Bench | 50kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 142.5kg | Standard | 02-Aug-24 | | | |
| | Total | 302.5kg | HUNT, Kellie | 10-Aug-24 | 295kg | Standard | 02-Aug-24 |
| 100kg | Squat | 125kg | BURK, Noosha | 09-Feb-25 | 105kg | Standard | 02-Aug-24 |
| | Bench | 92.5kg | BURK, Noosha | 09-Feb-25 | 77.5kg | Standard | 02-Aug-24 |
| | Deadlift | 155kg | BURK, Noosha | 09-Feb-25 | 147.5kg | Standard | 02-Aug-24 |
| | Total | 372.5kg | BURK, Noosha | 09-Feb-25 | 330kg | Standard | 02-Aug-24 |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | 145kg | WARU, Ebony | 09-Feb-25 | 50kg | Standard | 02-Aug-24 |
| | Bench | 95kg | WARU, Ebony | 09-Feb-25 | 60kg | Standard | 02-Aug-24 |
| | Deadlift | 165kg | WARU, Ebony | 09-Feb-25 | 130kg | Standard | 02-Aug-24 |
| | Total | 405kg | WARU, Ebony | 09-Feb-25 | 240kg | Standard | 02-Aug-24 |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (50-54)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | 82.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 45kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 257.5kg | Standard | 02-Aug-24 | | | |
| 52kg | Squat | 110kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 157.5kg | Standard | 02-Aug-24 | | | |
| | Total | 352.5kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 105kg | Standard | 02-Aug-24 | | | |
| | Bench | 70kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 145kg | Standard | 02-Aug-24 | | | |
| | Total | 320kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 95kg | Standard | 02-Aug-24 | | | |
| | Bench | 60kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 140kg | Standard | 02-Aug-24 | | | |
| | Total | 292.5kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 127.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 152.5kg | Standard | 02-Aug-24 | | | |
| | Total | 362.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | 140kg | Standard | 02-Aug-24 | | | |
| | Bench | 87.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 183kg | Standard | 02-Aug-24 | | | |
| | Total | 405kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | 105kg | Standard | 02-Aug-24 | | | |
| | Bench | 67.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 142.5kg | Standard | 02-Aug-24 | | | |
| | Total | 312.5kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 127.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 82.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 175kg | Standard | 02-Aug-24 | | | |
| | Total | 385kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 110kg | Standard | 02-Aug-24 | | | |
| | Bench | 117.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 220kg | Standard | 02-Aug-24 | | | |
| | Total | 427.5kg | Standard | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (55-59)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | 120kg | Standard | 02-Aug-24 | | | |
| | Bench | 85kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 162.5kg | Standard | 02-Aug-24 | | | |
| | Total | 367.5kg | Standard | 02-Aug-24 | | | |
| 56kg | Squat | 110kg | Standard | 02-Aug-24 | | | |
| | Bench | 80kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 155kg | Standard | 02-Aug-24 | | | |
| | Total | 345kg | Standard | 02-Aug-24 | | | |
| 60kg | Squat | 152.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 96kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 175kg | Standard | 02-Aug-24 | | | |
| | Total | 422.5kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 155kg | Standard | 02-Aug-24 | | | |
| | Bench | 105kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 190kg | Standard | 02-Aug-24 | | | |
| | Total | 437.5kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | 85kg | Standard | 02-Aug-24 | | | |
| | Bench | 65kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 280kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | 25kg | Standard | 02-Aug-24 | | | |
| | Bench | 45kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 100kg | Standard | 02-Aug-24 | | | |
| | Total | 170kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | 190kg | SMITH, Janet | 09-Feb-25 | | | |
| | Bench | 125kg | SMITH, Janet | 09-Feb-25 | | | |
| | Deadlift | 240kg | SMITH, Janet | 09-Feb-25 | | | |
| | Total | 555kg | SMITH, Janet | 09-Feb-25 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (60-64)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | 82.5kg | BLAKELEY-KERR, Sue | 10-Aug-24 | 75kg | Standard | 02-Aug-24 |
| | Bench | 50kg | BLAKELEY-KERR, Sue | 10-Aug-24 | 43kg | Standard | 02-Aug-24 |
| | Deadlift | 120kg | Standard | 02-Aug-24 | | | |
| | Total | 247.5kg | BLAKELEY-KERR, Sue | 10-Aug-24 | 235kg | Standard | 02-Aug-24 |
| 67.5kg | Squat | 90kg | COOK, Monica | 09-Feb-25 | 80kg | Standard | 02-Aug-24 |
| | Bench | 85kg | COOK, Monica | 09-Feb-25 | 52.5kg | TANA, Sarah | 01-Dec-24 |
| | Deadlift | 127.5kg | Standard | 02-Aug-24 | | | |
| | Total | 280kg | COOK, Monica | 09-Feb-25 | 247.5kg | Standard | 02-Aug-24 |
| 75kg | Squat | 90kg | Standard | 02-Aug-24 | | | |
| | Bench | 55kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 110kg | Standard | 02-Aug-24 | | | |
| | Total | 255kg | Standard | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | 75kg | Standard | 02-Aug-24 | | | |
| | Bench | 47.5kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 105kg | Standard | 02-Aug-24 | | | |
| | Total | 225kg | Standard | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (65-69)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | 82.5kg | Standard | 02-Aug-24 | | | |
| | Bench | 55kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 117.5kg | Standard | 02-Aug-24 | | | |
| | Total | 250kg | Standard | 02-Aug-24 | | | |
| 67.5kg | Squat | 75kg | Standard | 02-Aug-24 | | | |
| | Bench | 25kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 105kg | Standard | 02-Aug-24 | | | |
| | Total | 205kg | Standard | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | 65kg | Standard | 02-Aug-24 | | | |
| | Bench | 45kg | Standard | 02-Aug-24 | | | |
| | Deadlift | 130kg | Standard | 02-Aug-24 | | | |
| | Total | 240kg | Standard | 02-Aug-24 | | | |
| 90kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (70-74)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 67.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (75-79)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 67.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (80-84)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 67.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |

CAPO NATIONAL RECORDS - WOMEN 3-LIFT COMPETITION - RAW SLEEVES

Masters Women (85-89)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 48kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 52kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 56kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 60kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 67.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 75kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 82.5kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 90kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 100kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |
| 110+kg | Squat | | Vacant | 02-Aug-24 | | | |
| | Bench | | Vacant | 02-Aug-24 | | | |
| | Deadlift | | Vacant | 02-Aug-24 | | | |
| | Total | | Vacant | 02-Aug-24 | | | |