

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	190kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	161kg	Standard	02-Aug-24
	Bench	117.5kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	110kg	Standard	02-Aug-24
	Deadlift	200kg	Standard	02-Aug-24	200kg	Standard	02-Aug-24
	Total	500kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	452.5kg	CRIMMINS, Anne	16-Mar-25
82.5kg	Squat	180kg	Standard	02-Aug-24			
	Bench	102.5kg	VALENTINE, Apple	01-Aug-25	100kg	VALENTINE, Apple	06-Apr-25
	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	140kg	MADDISON, Sarah	27-Apr-25	100kg	Standard	02-Aug-24
	Bench	70kg	MADDISON, Sarah	27-Apr-25	57.5kg	Standard	02-Aug-24
	Deadlift	160kg	MADDISON, Sarah	27-Apr-25	130kg	Standard	02-Aug-24
	Total	370kg	MADDISON, Sarah	27-Apr-25	275kg	Standard	02-Aug-24
110+kg	Squat	232.5kg	KELLY, Jo	13-Apr-25	227.5kg	Standard	02-Aug-24
	Bench	120kg	KELLY, Jo	13-Apr-25	107.5kg	Standard	02-Aug-24
	Deadlift	213kg	Standard	02-Aug-24			
	Total	562.5kg	KELLY, Jo	13-Apr-25	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	120kg	LAWRY, Miah	14-Apr-25			
	Bench	65kg	LAWRY, Miah	14-Apr-25			
	Deadlift	120kg	LAWRY, Miah	14-Apr-25			
	Total	302.5kg	LAWRY, Miah	14-Apr-25			
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	127.5kg	SCARVACI, Stephanie	13-Apr-25	125kg	PAPINI, Stephanie	15-Sep-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	187.5kg	BENNETT, Kat	06-Apr-25	170kg	Standard	02-Aug-24
	Total	382.5kg	Standard	02-Aug-24			
75kg	Squat	190kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	155kg	CRIMMINS, Anne	16-Mar-25
	Bench	117.5kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	102.5kg	CRIMMINS, Anne	16-Mar-25
	Deadlift	200kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	195kg	CRIMMINS, Anne	16-Mar-25
	Total	500kg	MACKAY-GILLIES, Stephanie-Lynn	06-Apr-25	452.5kg	CRIMMINS, Anne	16-Mar-25
82.5kg	Squat	180kg	Standard	02-Aug-24			
	Bench	92.5kg	Standard	02-Aug-24			
	Deadlift	180.5kg	WILLIAMS, Hannah	27-Apr-25	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	232.5kg	KELLY, Jo	13-Apr-25	227.5kg	Standard	02-Aug-24
	Bench	120kg	KELLY, Jo	13-Apr-25	105.5kg	Standard	02-Aug-24
	Deadlift	213kg	Standard	02-Aug-24			
	Total	562.5kg	KELLY, Jo	13-Apr-25	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	105kg	MUDIE, Kat	22-Mar-25	92.5kg	Standard	02-Aug-24
	Bench	55kg	Standard	02-Aug-24			
	Deadlift	130kg	MUDIE, Kat	22-Mar-25	125kg	Standard	02-Aug-24
	Total	287.5kg	MUDIE, Kat	22-Mar-25	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	185kg	VAN DER HOEK, Carli	27-Apr-25	162.5kg	GORHAM, Sarah	09-Feb-25
	Bench	95kg	VAN DER HOEK, Carli	27-Apr-25	80kg	LISTER, Michelle	06-Apr-25
	Deadlift	200kg	VAN DER HOEK, Carli	27-Apr-25	175kg	GORHAM, Sarah	09-Feb-25
	Total	480kg	VAN DER HOEK, Carli	27-Apr-25	410kg	GORHAM, Sarah	09-Feb-25
110kg	Squat	140kg	MADDISON, Sarah	27-Apr-25			
	Bench	70kg	MADDISON, Sarah	27-Apr-25			
	Deadlift	160kg	MADDISON, Sarah	27-Apr-25			
	Total	370kg	MADDISON, Sarah	27-Apr-25			
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	160kg	VALENTINE, Apple	01-Aug-25	125kg	WILLIAMS, Stacey	19-Jan-25
	Bench	102.5kg	VALENTINE, Apple	01-Aug-25	65kg	WILLIAMS, Stacey	19-Jan-25
	Deadlift	175kg	VALENTINE, Apple	01-Aug-25	152.5kg	WILLIAMS, Stacey	19-Jan-25
	Total	437.5kg	VALENTINE, Apple	01-Aug-25	342.5kg	WILLIAMS, Stacey	19-Jan-25
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	150kg	BRADY, Kath	01-Aug-25	135kg	BRADY, Kath	06-Apr-25
	Bench	107.5kg	Standard	02-Aug-24			
	Deadlift	180kg	BRADY, Kath	01-Aug-25	175kg	Standard	02-Aug-24
	Total	420kg	BRADY, Kath	01-Aug-25	405kg	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	102.5kg	CANN, Heather	01-Aug-25	72.5kg	Standard	02-Aug-24
	Bench	67.5kg	Standard	02-Aug-24			
	Deadlift	120kg	CANN, Heather	01-Aug-25	115kg	Standard	02-Aug-24
	Total	277.5kg	CANN, Heather	01-Aug-25	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	110kg	HORSFALL, Megan	22-Mar-25	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	120kg	HAUG, Tammy	01-Aug-25	115kg	HUNT, Kellie	10-Aug-24
	Bench	70kg	HAUG, Tammy	01-Aug-25	57.5kg	DONALD, Sarah	06-Apr-25
	Deadlift	142.5kg	Standard	02-Aug-24			
	Total	320kg	HAUG, Tammy	01-Aug-25	302.5kg	HUNT, Kellie	10-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	170kg	ALBERT, Michaela	01-Aug-25	165kg	WARU, Ebony	09-Feb-25
	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	130kg	LIHOU, Melanie	01-Aug-25	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	100kg	ALDAMIZ, Connie	01-Aug-25	40kg	BOURKE, Traci	06-Apr-25
	Bench	42.5kg	ALDAMIZ, Connie	01-Aug-25	35kg	BOURKE, Traci	06-Apr-25
	Deadlift	117.5kg	ALDAMIZ, Connie	01-Aug-25	90kg	BOURKE, Traci	06-Apr-25
	Total	260kg	ALDAMIZ, Connie	01-Aug-25	165kg	BOURKE, Traci	06-Apr-25
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	130kg	TANA, Sarah	01-Aug-25	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			