

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Open Women

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105kg	HENDERSON, Regina	30-Nov-19	100kg	VIOLA, Patricia	14-Mar-15
	Bench	55kg	CALDONA, Jackie	29-Aug-20	50kg	INSOLL, Samara	13-Dec-14
	Deadlift	145kg	WINWOOD, Tania	17-Aug-19	130kg	VIOLA, Patricia	21-Nov-14
	Total	292.5kg	WINWOOD, Tania	17-Aug-19	270kg	VIOLA, Patricia	14-Mar-15
52kg	Squat	140kg	WEIR, Coralie	02-Aug-14	92kg	SMITH, Alexandra	15-Dec-13
	Bench	90kg	WEIR, Coralie	15-Aug-15	80kg	WEIR, Coralie	02-Aug-14
	Deadlift	170kg	WEIR, Coralie	17-Aug-19	160kg	WEIR, Coralie	15-Aug-15
	Total	387.5kg	WEIR, Coralie	15-Aug-15	370kg	WEIR, Coralie	02-Aug-14
56kg	Squat	142.5kg	JOHANNES, Samantha	17-Aug-19	135kg	CARRICK, Bec	29-Apr-18
	Bench	75kg	WILKINS, Sharon	15-Aug-15	72.5kg	SCHNECK, Meg	21-Nov-14
	Deadlift	177.5kg	WILKINS, Sharon	15-Aug-15	172.5kg	WILKINS, Sharon	09-May-15
	Total	380kg	WILKINS, Sharon	15-Aug-15	370kg	WILKINS, Sharon	09-May-15
60kg	Squat	185kg	SGRO, Laura	12-Aug-16	130kg	WEARING, Chloe	14-Mar-15
	Bench	102.5kg	SGRO, Laura	12-Aug-16	85kg	WEARING, Chloe	14-Mar-15
	Deadlift	190kg	RYDER, Belinda	07-May-22	185kg	CHAMBERLIN, Janelle	12-Aug-17
	Total	440kg	SGRO, Laura	12-Aug-16	360kg	WEARING, Chloe	14-Mar-15
67.5kg	Squat	180kg	ROWEN, Kerry	22-Aug-21	170kg	DE JONG, Kayleigh	13-Aug-16
	Bench	105kg	WILLIAMS, Sonia	17-Aug-19	100kg	MCKENZIE, Jiuliana	25-Apr-18
	Deadlift	212.5kg	ROWEN, Kerry	22-Aug-21	200kg	STEWART, Heidi	02-Aug-14
	Total	492.5kg	ROWEN, Kerry	22-Aug-21	442.5kg	STEWART, Heidi	02-Aug-14
75kg	Squat	210kg	BECKER, Kat	13-Aug-16	195kg	VAN WYK, Chleo	14-Mar-15
	Bench	122.5kg	VAN WYK, Chleo	14-Mar-15	85kg	VILE, Lyndall	21-Nov-14
	Deadlift	220kg	BECKER, Kat	13-Aug-16	215kg	FITZPATRICK, Frances	21-Nov-14
	Total	532.5kg	VAN WYK, Chleo	14-Mar-15	457.5kg	VILE, Lyndall	21-Nov-14
82.5kg	Squat	235kg	BECKER, Kat	08-Nov-18	210kg	BECKER, Kat	18-Aug-18
	Bench	112.5kg	BECKER, Kat	08-Nov-18	110kg	BECKER, Kat	18-Aug-18
	Deadlift	222.5kg	BECKER, Kat	08-Nov-18	220kg	BECKER, Kat	18-Aug-18
	Total	570kg	BECKER, Kat	08-Nov-18	540kg	BECKER, Kat	18-Aug-18
90kg	Squat	235kg	BECKER, Kat	09-Nov-19	230kg	BECKER, Kat	08-Oct-17
	Bench	125kg	CURNOW, Alana	30-Nov-19	115kg	BECKER, Kat	09-Nov-19
	Deadlift	227.5kg	CURNOW, Alana	30-Nov-19	225kg	BECKER, Kat	17-Aug-19
	Total	570kg	BECKER, Kat	09-Nov-19	552.5kg	BECKER, Kat	08-Oct-17
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	152.5kg	HUMBLE, Abbey	25-Apr-22	150kg	BULZOMI, Franca	27-Feb-22
	Bench	85kg	BULZOMI, Franca	27-Feb-22			
	Deadlift	175kg	HUMBLE, Abbey	25-Apr-22	160kg	BULZOMI, Franca	27-Feb-22
	Total	397.5kg	HUMBLE, Abbey	25-Apr-22	395kg	BULZOMI, Franca	27-Feb-22
110+kg	Squat	241kg	BECKER, Kat	09-Jun-19	240kg	MILLINGTON, Anita	31-Mar-12
	Bench	120kg	GENRICH, Nicole	26-Jun-21	107.5kg	BECKER, Kat	09-Jun-19
	Deadlift	240kg	GENRICH, Nicole	26-Jun-21	215kg	BECKER, Kat	09-Jun-19
	Total	580kg	GENRICH, Nicole	26-Jun-21	562.5kg	BECKER, Kat	09-Jun-19

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Sub Teen Women (10-12)

Unofficial WPC

RAW PLUS (Knee Wraps or Knee Sleeves)

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						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Teenage Women (13-15)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	90kg	DAVIS, Tiarna	10-Aug-13			
	Bench	48kg	DAVIS, Tiarna	10-Aug-13			
	Deadlift	100kg	DAVIS, Tiarna	10-Aug-13			
	Total	238kg	DAVIS, Tiarna	10-Aug-13			
56kg	Squat	120kg	DAVIS, Tiarna	21-Nov-14	105kg	DAVIS, Tiarna	01-Aug-14
	Bench	57.5kg	DAVIS, Tiarna	01-Aug-14			
	Deadlift	100kg	DAVIS, Tiarna	21-Nov-14	97.5kg	DAVIS, Tiarna	01-Aug-14
	Total	275kg	DAVIS, Tiarna	21-Nov-14	260kg	DAVIS, Tiarna	01-Aug-14
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	120kg	LAZDOVSKIS, Ebonie	01-Aug-14			
	Bench	55kg	LAZDOVSKIS, Ebonie	01-Aug-14			
	Deadlift	130kg	LAZDOVSKIS, Ebonie	01-Aug-14			
	Total	305kg	LAZDOVSKIS, Ebonie	01-Aug-14			
75kg	Squat	120kg	FITZSIMMONS, Jess	17-Oct-20	95kg	SUEN, Faith	06-Oct-18
	Bench	50kg	FITZSIMMONS, Jess	17-Oct-20	47.5kg	SUEN, Faith	06-Oct-18
	Deadlift	140kg	FITZSIMMONS, Jess	17-Oct-20	90kg	SUEN, Faith	06-Oct-18
	Total	302.5kg	FITZSIMMONS, Jess	17-Oct-20	232.5kg	SUEN, Faith	06-Oct-18
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	120kg	DOHSE, Tianna	11-Oct-20			
	Bench	57.5kg	DOHSE, Tianna	11-Oct-20			
	Deadlift	145kg	DOHSE, Tianna	11-Oct-20			
	Total	322.5kg	DOHSE, Tianna	11-Oct-20			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Teenage Women (16-17)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	SAPIANO, Georgia	13-Aug-16			
	Bench	50kg	SAPIANO, Georgia	13-Aug-16			
	Deadlift	117.5kg	SAPIANO, Georgia	13-Aug-16			
	Total	257.5kg	SAPIANO, Georgia	13-Aug-16			
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	127.5kg	DAVIS, Tiarna	14-Mar-15			
	Bench	60kg	DAVIS, Tiarna	14-Mar-15			
	Deadlift	107.5kg	KIELY, Emily	22-Aug-21	102.5kg	DAVIS, Tiarna	14-Mar-15
	Total	290kg	DAVIS, Tiarna	14-Mar-15			
60kg	Squat	77.5kg	KIELY, Emily	07-May-22			
	Bench	52.5kg	KIELY, Emily	07-May-22			
	Deadlift	110kg	KIELY, Emily	07-May-22			
	Total	232.5kg	KIELY, Emily	07-May-22			
67.5kg	Squat	90kg	NAPPER, Jessica	22-May-21			
	Bench	42.5kg	NAPPER, Jessica	22-May-21			
	Deadlift	117.5kg	NAPPER, Jessica	22-May-21			
	Total	245kg	NAPPER, Jessica	22-May-21			
75kg	Squat	147.5kg	EBBS, Jessica	22-Aug-21	140kg	EBBS, Jessica	22-May-21
	Bench	66kg	EBBS, Jessica	22-Aug-21	62.5kg	EBBS, Jessica	22-May-21
	Deadlift	160kg	EBBS, Jessica	22-Aug-21	150kg	EBBS, Jessica	22-May-21
	Total	367.5kg	EBBS, Jessica	22-Aug-21	352.5kg	EBBS, Jessica	22-May-21
82.5kg	Squat	125kg	KILGORE, Korin	17-Aug-19	120kg	KILGORE, Korin	18-Aug-18
	Bench	65kg	KILGORE, Korin	17-Aug-19	60kg	KILGORE, Korin	18-Aug-18
	Deadlift	140kg	KILGORE, Korin	17-Aug-19	130kg	KILGORE, Korin	18-Aug-18
	Total	330kg	KILGORE, Korin	17-Aug-19	310kg	KILGORE, Korin	18-Aug-18
90kg	Squat	140kg	DOHSE, Tianna	24-Oct-21	122.5kg	NGAROTATA-DAY, Paige	17-Aug-19
	Bench	67.5kg	DOHSE, Tianna	24-Oct-21	55kg	NGAROTATA-DAY, Paige	09-Jun-19
	Deadlift	147.5kg	DOHSE, Tianna	24-Oct-21	145kg	NGAROTATA-DAY, Paige	17-Aug-19
	Total	355kg	DOHSE, Tianna	24-Oct-21	320kg	NGAROTATA-DAY, Paige	17-Aug-19
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Teenage Women (18-19)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	100kg	SAPIANO, Georgia	18-Aug-18			
	Bench	50kg	SAPIANO, Georgia	18-Aug-18			
	Deadlift	132.5kg	SAPIANO, Georgia	18-Aug-18			
	Total	282.5kg	SAPIANO, Georgia	18-Aug-18			
56kg	Squat	100kg	O'MALLEY, Hannah	30-Apr-17			
	Bench	50kg	O'MALLEY, Hannah	30-Apr-17			
	Deadlift	130kg	O'MALLEY, Hannah	30-Apr-17			
	Total	280kg	O'MALLEY, Hannah	30-Apr-17			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	120kg	LAZDOVSKIS, Ebonie	21-Nov-14			
	Bench	70kg	FRANKLIN, Gabrielle Rose	14-Mar-15	55kg	LAZDOVSKIS, Ebonie	21-Nov-14
	Deadlift	135kg	JACOBS, Emma	17-Feb-19	132.5kg	COE, Amie	06-Oct-18
	Total	320kg	COE, Amie	06-Oct-18	305kg	LAZDOVSKIS, Ebonie	21-Nov-14
75kg	Squat	150kg	JACOBS, Laura	30-Aug-20			
	Bench	60kg	JACOBS, Laura	30-Aug-20			
	Deadlift	155kg	JACOBS, Laura	30-Aug-20			
	Total	365kg	JACOBS, Laura	30-Aug-20			
82.5kg	Squat	92.5kg	REA, Shantelle	22-May-21			
	Bench	55kg	REA, Shantelle	22-May-21			
	Deadlift	135kg	REA, Shantelle	22-May-21			
	Total	282.5kg	REA, Shantelle	22-May-21			
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 - RAW PLUS WRAPS

Junior Women (20-23)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	100kg	PULLEN, Brittany	25-Apr-15			
	Bench	52.5kg	PULLEN, Brittany	25-Apr-15			
	Deadlift	120kg	PULLEN, Brittany	25-Apr-15			
	Total	272.5kg	PULLEN, Brittany	25-Apr-15			
56kg	Squat	125kg	JOHANNES, Sammie	27-May-18	110kg	O'MALLEY, Hannah	12-Aug-17
	Bench	67.5kg	DAL PONTE, Bianca	20-Feb-22	65kg	JOHANNES, Sammie	27-May-18
	Deadlift	141kg	DAL PONTE, Bianca	20-Feb-22	140kg	JOHANNES, Sammie	27-May-18
	Total	330kg	JOHANNES, Sammie	27-May-18	290kg	O'MALLEY, Hannah	12-Aug-17
60kg	Squat	122.5kg	JAMES, Tiana	07-May-22	107.5kg	GLEW, Emily	28-Mar-21
	Bench	65kg	JAMES, Tiana	07-May-22	58kg	GLEW, Emily	28-Mar-21
	Deadlift	142.5kg	GLEW, Emily	28-Mar-21	115kg	MOORE, Kate	14-Jun-15
	Total	317.5kg	JAMES, Tiana	07-May-22	307.5kg	GLEW, Emily	28-Mar-21
67.5kg	Squat	140kg	HUMPHREYS, Cassandra	30-Apr-17			
	Bench	87.5kg	CAVANAGH, Lauren	07-May-22	80kg	HUMPHREYS, Cassandra	30-Apr-17
	Deadlift	172.5kg	HUMPHREYS, Cassandra	30-Apr-17			
	Total	392.5kg	HUMPHREYS, Cassandra	30-Apr-17			
75kg	Squat	150kg	DOTTEO, Jane	18-Aug-18	135kg	DOTTEO, Jane	27-May-18
	Bench	95kg	GENIS, Jeanette	07-May-22	76kg	DOTTEO, Jane	18-Aug-18
	Deadlift	172.5kg	DOTTEO, Jane	18-Aug-18	165kg	DOTTEO, Jane	27-May-18
	Total	397.5kg	DOTTEO, Jane	18-Aug-18	372.5kg	DOTTEO, Jane	27-May-18
82.5kg	Squat	135kg	FULLER, Sophie	22-Aug-21	130kg	LAIDLER, Rebecca (Becky)	12-Aug-17
	Bench	85kg	LAIDLER, Rebecca (Becky)	12-Aug-17	82.5kg	LAIDLER, Rebecca (Becky)	25-Apr-17
	Deadlift	155kg	LAIDLER, Rebecca (Becky)	25-Apr-17			
	Total	360kg	LAIDLER, Rebecca (Becky)	25-Apr-17			
90kg	Squat	152.5kg	PEDDER, Holly	12-Apr-14			
	Bench	72.5kg	PEDDER, Holly	12-Apr-14			
	Deadlift	155kg	PEDDER, Holly	12-Apr-14			
	Total	380kg	PEDDER, Holly	12-Apr-14			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	135kg	COUNSEL, Paige	18-Aug-18	130kg	COUNSEL, Paige	08-Oct-17
	Bench	62.5kg	COUNSEL, Paige	18-Aug-18	60kg	COUNSEL, Paige	08-Oct-17
	Deadlift	172.5kg	COUNSEL, Paige	18-Aug-18	170kg	COUNSEL, Paige	08-Oct-17
	Total	370kg	COUNSEL, Paige	18-Aug-18	350kg	COUNSEL, Paige	08-Oct-17

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Senior Women (24-32)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	100kg	VIOLA, Patricia	14-Mar-15	91kg	INSOLL, Samara	13-Dec-14
	Bench	55kg	CALDONA, Jackie	29-Aug-20	50kg	INSOLL, Samara	13-Dec-14
	Deadlift	130kg	VIOLA, Patricia	21-Nov-14	115kg	VIOLA, Patricia	02-Aug-14
	Total	270kg	VIOLA, Patricia	14-Mar-15	262.5kg	VIOLA, Patricia	21-Nov-14
52kg	Squat	105kg	NATASHA, Claudia	17-Oct-20	92kg	SMITH, Alexandra	15-Dec-13
	Bench	62.5kg	NATASHA, Claudia	17-Oct-20	52.5kg	SMITH, Alexandra	15-Dec-13
	Deadlift	130kg	SMITH, Alexandra	15-Dec-13			
	Total	282.5kg	NATASHA, Claudia	17-Oct-20	274.5kg	SMITH, Alexandra	15-Dec-13
56kg	Squat	142.5kg	JOHANNES, Samantha	17-Aug-19	135kg	CARRICK, Bec	29-Apr-18
	Bench	75kg	SPEIGHT, Aisling	25-Apr-18	72.5kg	SCHNECK, Meg	21-Nov-14
	Deadlift	160kg	SCHNECK, Meg	21-Nov-14	157.5kg	DONNELLAN, Jessica	02-Aug-14
	Total	365kg	SCHNECK, Meg	21-Nov-14	342.5kg	SCHNECK, Meg	02-Aug-14
60kg	Squat	185kg	SGRO, Laura	12-Aug-16	130kg	WEARING, Chloe	14-Mar-15
	Bench	102.5kg	SGRO, Laura	12-Aug-16	85kg	WEARING, Chloe	13-Dec-14
	Deadlift	152.5kg	SGRO, Laura	12-Aug-16	145kg	WEARING, Chloe	14-Mar-15
	Total	440kg	SGRO, Laura	12-Aug-16	360kg	WEARING, Chloe	14-Mar-15
67.5kg	Squat	170kg	DE JONG, Kayleigh	13-Aug-16	150kg	STEWART, Heidi	02-Aug-14
	Bench	92.5kg	STEWART, Heidi	02-Aug-14			
	Deadlift	200kg	STEWART, Heidi	02-Aug-14			
	Total	442.5kg	STEWART, Heidi	02-Aug-14			
75kg	Squat	210kg	BECKER, Kat	13-Aug-16	195kg	VAN WYK, Chleo	14-Mar-15
	Bench	122.5kg	VAN WYK, Chleo	14-Mar-15	85kg	VILE, Lyndall	21-Nov-14
	Deadlift	220kg	BECKER, Kat	13-Aug-16	215kg	VAN WYK, Chleo	14-Mar-15
	Total	532.5kg	VAN WYK, Chleo	14-Mar-15	457.5kg	VILE, Lyndall	21-Nov-14
82.5kg	Squat	195kg	BECKER, Kat	14-Jun-15			
	Bench	92.5kg	BANKS, Jo	27-May-18	85kg	BECKER, Kat	14-Jun-15
	Deadlift	200kg	BECKER, Kat	14-Jun-15			
	Total	477.5kg	BECKER, Kat	14-Jun-15			
90kg	Squat	125kg	HELLRIEGEL, Temera	08-Oct-17	112.5kg	OLDFIELD, Amy	30-Apr-17
	Bench	65kg	HULL, Lucy	14-May-16			
	Deadlift	142.5kg	HELLRIEGEL, Temera	08-Oct-17	132.5kg	OLDFIELD, Amy	30-Apr-17
	Total	320kg	HELLRIEGEL, Temera	08-Oct-17	295kg	OLDFIELD, Amy	30-Apr-17
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	152.5kg	HUMBLE, Abbey	25-Apr-22			
	Bench	70kg	HUMBLE, Abbey	25-Apr-22			
	Deadlift	175kg	HUMBLE, Abbey	25-Apr-22			
	Total	397.5kg	HUMBLE, Abbey	25-Apr-22			
110+kg	Squat	240kg	MILLINGTON, Anita	31-Mar-12			
	Bench	120kg	GENRICH, Nicole	26-Jun-21	106kg	MILLINGTON, Anita	31-Mar-12
	Deadlift	240kg	GENRICH, Nicole	26-Jun-21	212.5kg	MILLINGTON, Anita	10-May-14
	Total	580kg	GENRICH, Nicole	26-Jun-21	535kg	MILLINGTON, Anita	10-May-14

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Sub Master Women (33-39)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105kg	HENDERSON, Regina	30-Nov-19	87.5kg	EATON, Emma	10-Aug-13
	Bench	50kg	HENDERSON, Regina	30-Nov-19	37.5kg	EATON, Emma	10-Aug-13
	Deadlift	127.5kg	BRODIE, Sandra	26-Jun-21	122.5kg	HENDERSON, Regina	30-Nov-19
	Total	277.5kg	HENDERSON, Regina	30-Nov-19	245kg	EATON, Emma	10-Aug-13
52kg	Squat	110kg	HENDERSON, Regina	07-May-22	97.5kg	MOYSES, Yasmin	24-Oct-21
	Bench	65kg	MOYSES, Yasmin	24-Oct-21	52.5kg	ADAMSON, Catherine	26-Jun-21
	Deadlift	125kg	ADAMSON, Catherine	26-Jun-21			
	Total	312.5kg	HENDERSON, Regina	07-May-22	272.5kg	MOYSES, Yasmin	24-Oct-21
56kg	Squat	127.5kg	WILKINS, Sharon	15-Aug-15	125kg	HAILEY, Samantha	02-Aug-14
	Bench	75kg	WILKINS, Sharon	15-Aug-15	67.5kg	WILKINS, Sharon	14-Mar-15
	Deadlift	177.5kg	WILKINS, Sharon	15-Aug-15	155kg	WILKINS, Sharon	14-Mar-15
	Total	380kg	WILKINS, Sharon	15-Aug-15	335kg	WILKINS, Sharon	14-Mar-15
60kg	Squat	127.5kg	ANDREWS, Sian	22-Aug-21	125.5kg	SALIBA, Danielle	25-Apr-19
	Bench	70kg	ANDREWS, Sian	22-Aug-21	62.5kg	FLORES, Suzette	17-Aug-19
	Deadlift	155kg	CHAN, Lily	12-Aug-17	150kg	BUTLER, Sarah	21-May-17
	Total	345kg	ANDREWS, Sian	22-Aug-21	325kg	SALIBA, Danielle	25-Apr-19
67.5kg	Squat	180kg	ROWEN, Kerry	22-Aug-21	150kg	WILLIAMS, Sonia	17-Aug-19
	Bench	105kg	WILLIAMS, Sonia	17-Aug-19	67.5kg	WALSH, Melanie	02-Aug-14
	Deadlift	212.5kg	ROWEN, Kerry	22-Aug-21	165kg	WILLIAMS, Sonia	17-Aug-19
	Total	492.5kg	ROWEN, Kerry	22-Aug-21	417.5kg	WILLIAMS, Sonia	17-Aug-19
75kg	Squat	192.5kg	MICHON, Lucy	22-Aug-21	180kg	DAY, Jessica	17-Aug-19
	Bench	108kg	ROWEN, Kerry	26-Jun-21	107.5kg	DAY, Jessica	17-Aug-19
	Deadlift	210kg	MICHON, Lucy	22-Aug-21	207.5kg	ROWEN, Kerry	26-Jun-21
	Total	500kg	MICHON, Lucy	22-Aug-21	492.5kg	ROWEN, Kerry	26-Jun-21
82.5kg	Squat	235kg	BECKER, Kat	08-Nov-18	210kg	BECKER, Kat	18-Aug-18
	Bench	112.5kg	BECKER, Kat	08-Nov-18	110kg	BECKER, Kat	18-Aug-18
	Deadlift	222.5kg	BECKER, Kat	08-Nov-18	220kg	BECKER, Kat	18-Aug-18
	Total	570kg	BECKER, Kat	08-Nov-18	540kg	BECKER, Kat	18-Aug-18
90kg	Squat	235kg	BECKER, Kat	09-Nov-19	230kg	BECKER, Kat	08-Oct-17
	Bench	125kg	CURNOW, Alana	30-Nov-19	115kg	BECKER, Kat	09-Nov-19
	Deadlift	227.5kg	CURNOW, Alana	30-Nov-19	225kg	BECKER, Kat	17-Aug-19
	Total	570kg	BECKER, Kat	09-Nov-19	552.5kg	BECKER, Kat	08-Oct-17
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	150kg	BULZOMI, Franca	27-Feb-22			
	Bench	85kg	BULZOMI, Franca	27-Feb-22			
	Deadlift	160kg	BULZOMI, Franca	27-Feb-22			
	Total	395kg	BULZOMI, Franca	27-Feb-22			
110+kg	Squat	241kg	BECKER, Kat	09-Jun-19	160kg	HUNT, Greer	21-Nov-14
	Bench	107.5kg	BECKER, Kat	09-Jun-19	82.5kg	HUNT, Greer	21-Nov-14
	Deadlift	215kg	BECKER, Kat	09-Jun-19	172.5kg	HUNT, Greer	02-Aug-14
	Total	562.5kg	BECKER, Kat	09-Jun-19	410kg	HUNT, Greer	21-Nov-14

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (40-44)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	70kg	ALLAN, Joanne	22-May-21			
	Bench	40kg	ALLAN, Joanne	22-May-21			
	Deadlift	115kg	ALLAN, Joanne	22-May-21			
	Total	225kg	ALLAN, Joanne	22-May-21			
52kg	Squat	92.5kg	FINCH, Linda	12-Aug-16			
	Bench	60kg	FINCH, Linda	12-Aug-16			
	Deadlift	117.5kg	FINCH, Linda	12-Aug-16			
	Total	270kg	FINCH, Linda	12-Aug-16			
56kg	Squat	125kg	FLEMING, Danielle	25-Apr-22	107.5kg	POCHIN, Asha	22-Aug-21
	Bench	70kg	FLEMING, Danielle	25-Apr-22	60kg	FRISINA, Daniela	25-Apr-19
	Deadlift	160kg	FLEMING, Danielle	25-Apr-22	148kg	POCHIN, Asha	22-Aug-21
	Total	355kg	FLEMING, Danielle	25-Apr-22	312.5kg	POCHIN, Asha	22-Aug-21
60kg	Squat	160kg	CHAMBERLIN, Janelle	12-Aug-17	155kg	CHAMBERLIN, Janelle	30-Apr-17
	Bench	80kg	CHAMBERLIN, Janelle	30-Apr-17	50kg	BAJJADA, Michelina	15-Aug-15
	Deadlift	185kg	CHAMBERLIN, Janelle	12-Aug-17	180kg	CHAMBERLIN, Janelle	30-Apr-17
	Total	417.5kg	CHAMBERLIN, Janelle	12-Aug-17	412.5kg	CHAMBERLIN, Janelle	30-Apr-17
67.5kg	Squat	145kg	CHAMBERLIN, Janelle	13-Aug-16	137.5kg	CHAMBERLIN, Janelle	22-May-16
	Bench	80kg	CHAMBERLIN, Janelle	13-Aug-16	72.5kg	CHAMBERLIN, Janelle	22-May-16
	Deadlift	180kg	CHAMBERLIN, Janelle	13-Aug-16	162.5kg	CHAMBERLIN, Janelle	22-May-16
	Total	400kg	CHAMBERLIN, Janelle	13-Aug-16	372.5kg	CHAMBERLIN, Janelle	22-May-16
75kg	Squat	190kg	MAXEY, Melissa	25-Apr-22	182.5kg	MALARD, Annie	22-Aug-21
	Bench	92.5kg	HAYTO, Alexis	22-May-21	78kg	MAXEY, Melissa	25-Apr-21
	Deadlift	215kg	FITZPATRICK, Frances	21-Nov-14	202.5kg	FITZPATRICK, Frances	02-Aug-14
	Total	465kg	MALARD, Annie	22-Aug-21	437.5kg	FITZPATRICK, Frances	21-Nov-14
82.5kg	Squat	178kg	MAXEY, Melissa	25-Apr-19	100kg	AZZOPARDI, Belinda	22-May-16
	Bench	85kg	MAXEY, Melissa	25-Apr-19	60kg	AZZOPARDI, Belinda	22-May-16
	Deadlift	170kg	HENDERSON, Catherine	21-Mar-21	167.5kg	VAN DER POLL, Gigi	17-Aug-19
	Total	412.5kg	MAXEY, Melissa	25-Apr-19	305kg	AZZOPARDI, Belinda	22-May-16
90kg	Squat	161kg	HENDERSON, Catherine	22-Aug-21	160kg	FITZPATRICK, Frances	14-Jun-15
	Bench	90kg	HENDERSON, Catherine	22-Aug-21	85kg	FITZPATRICK, Frances	14-Jun-15
	Deadlift	222.5kg	FITZPATRICK, Frances	14-Jun-15			
	Total	467.5kg	FITZPATRICK, Frances	14-Jun-15			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	160kg	BARRINGTON, Perdita	30-Nov-19	127.5kg	HART, Amanda	12-Aug-17
	Bench	75kg	MADDERN, Emily	30-Aug-20	72.5kg	HART, Amanda	30-Apr-17
	Deadlift	175kg	MADDERN, Emily	30-Aug-20	157.5kg	BARRINGTON, Perdita	30-Nov-19
	Total	410kg	MADDERN, Emily	30-Nov-19	377.5kg	BARRINGTON, Perdita	30-Nov-19

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (45-49)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	100kg	WINWOOD, Tania	17-Aug-19			
	Bench	47.5kg	WINWOOD, Tania	17-Aug-19			
	Deadlift	145kg	WINWOOD, Tania	17-Aug-19			
	Total	292.5kg	WINWOOD, Tania	17-Aug-19			
52kg	Squat	102.5kg	WAGSTAFF, Yvonne	15-Aug-15	100kg	WAGSTAFF, Yvonne	09-May-15
	Bench	57.5kg	WAGSTAFF, Yvonne	15-Aug-15	55kg	WAGSTAFF, Yvonne	09-May-15
	Deadlift	140kg	WAGSTAFF, Yvonne	15-Aug-15	135kg	WAGSTAFF, Yvonne	09-May-15
	Total	297.5kg	WAGSTAFF, Yvonne	15-Aug-15	290kg	WAGSTAFF, Yvonne	09-May-15
56kg	Squat	120kg	PEARSILL, Dani	14-Jun-15			
	Bench	72.5kg	PEARSILL, Dani	14-Jun-15			
	Deadlift	130kg	PEARSILL, Dani	14-Jun-15			
	Total	317.5kg	PEARSILL, Dani	14-Jun-15			
60kg	Squat	125kg	TIPPER, Bianca	22-May-21			
	Bench	60kg	TIPPER, Bianca	22-May-21			
	Deadlift	127.5kg	TIPPER, Bianca	22-May-21			
	Total	312.5kg	TIPPER, Bianca	22-May-21			
67.5kg	Squat	170kg	CHAMBERLIN, Janelle	07-May-22	155kg	BARBA, Maria	14-Mar-15
	Bench	100kg	McKENZIE, Jiuliana	25-Apr-18	90kg	BARBA, Maria	14-Mar-15
	Deadlift	176kg	CHAMBERLIN, Janelle	07-May-22	160kg	BARBA, Maria	14-Mar-15
	Total	427.5kg	CHAMBERLIN, Janelle	07-May-22	405kg	BARBA, Maria	14-Mar-15
75kg	Squat	160kg	SMITH, Janet	18-Aug-18	150kg	SMITH, Janet	27-May-18
	Bench	80kg	SMITH, Janet	18-Aug-18	70kg	SMITH, Janet	27-May-18
	Deadlift	200kg	SMITH, Janet	18-Aug-18	192.5kg	SMITH, Janet	27-May-18
	Total	440kg	SMITH, Janet	18-Aug-18	412.5kg	SMITH, Janet	27-May-18
82.5kg	Squat	137.5kg	WICKS, Maureen	22-Aug-21			
	Bench	75kg	WICKS, Maureen	22-Aug-21			
	Deadlift	150kg	DEACON, Cherie	20-Feb-22	147.5kg	WICKS, Maureen	22-Aug-21
	Total	357.5kg	WICKS, Maureen	22-Aug-21			
90kg	Squat	145kg	WICKS, Maureen	20-Feb-22			
	Bench	82.5kg	WICKS, Maureen	20-Feb-22			
	Deadlift	152.5kg	WICKS, Maureen	20-Feb-22			
	Total	380kg	WICKS, Maureen	20-Feb-22			
100kg	Squat	145kg	LIHOU, Melanie	07-May-22			
	Bench	72.5kg	LIHOU, Melanie	07-May-22			
	Deadlift	160kg	LIHOU, Melanie	07-May-22			
	Total	377.5kg	LIHOU, Melanie	07-May-22			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	160kg	BETHAM, Hilda	24-Oct-21	147.5kg	BETHAM, Hilda	22-May-21
	Bench	75kg	BETHAM, Hilda	24-Oct-21	72.5kg	BETHAM, Hilda	22-May-21
	Deadlift	150kg	BETHAM, Hilda	24-Oct-21	145kg	DONOGHUE, Lisa	24-Jun-18
	Total	385kg	BETHAM, Hilda	24-Oct-21	350kg	BETHAM, Hilda	22-May-21

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (50-54)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	95kg	Li, Pam	25-Apr-21			
	Bench	50kg	Li, Pam	25-Apr-21			
	Deadlift	140kg	WINWOOD, Tania	22-Aug-21	122.5kg	WINWOOD, Tania	22-May-21
	Total	272.5kg	WINWOOD, Tania	22-Aug-21	265kg	Li, Pam	25-Apr-21
52kg	Squat	140kg	WEIR, Coralie	02-Aug-14	85kg	PEISL, Marianne	10-Aug-13
	Bench	90kg	WEIR, Coralie	15-Aug-15	80kg	WEIR, Coralie	02-Aug-14
	Deadlift	160kg	WEIR, Coralie	15-Aug-15	150kg	WEIR, Coralie	02-Aug-14
	Total	387.5kg	WEIR, Coralie	15-Aug-15	370kg	WEIR, Coralie	02-Aug-14
56kg	Squat	100kg	SAPIANO, Sarah	18-Aug-18	80kg	WIKANDER, Lolita	21-Nov-14
	Bench	67.5kg	SAPIANO, Sarah	18-Aug-18	52.5kg	WIKANDER, Lolita	21-Nov-14
	Deadlift	130kg	SAPIANO, Sarah	18-Aug-18	117.5kg	WIKANDER, Lolita	02-Aug-14
	Total	297.5kg	SAPIANO, Sarah	18-Aug-18	242.5kg	WIKANDER, Lolita	21-Nov-14
60kg	Squat	140kg	RYDER, Belinda	07-May-22	102.5kg	PARYGINA, Anna	22-May-21
	Bench	80kg	RYDER, Belinda	07-May-22	52.5kg	PARYGINA, Anna	22-May-21
	Deadlift	190kg	RYDER, Belinda	07-May-22	145kg	MORGAN, Bev	21-May-17
	Total	410kg	RYDER, Belinda	07-May-22	272.5kg	MORGAN, Bev	21-May-17
67.5kg	Squat	145kg	MURACA, Jo	11-Aug-17	137.5kg	MURACA, Jo	20-May-17
	Bench	82.5kg	COOK, Monica	08-Oct-17	80kg	MURACA, Jo	20-May-17
	Deadlift	185kg	MURACA, Jo	11-Aug-17	182.5kg	MURACA, Jo	20-May-17
	Total	410kg	MURACA, Jo	11-Aug-17	397.5kg	MURACA, Jo	20-May-17
75kg	Squat	160.5kg	SMITH, Janet	17-Aug-19	97.5kg	HOURIGAN, Colleen	22-May-16
	Bench	95kg	SMITH, Janet	17-Aug-19	65kg	McNIGHT, Erica	09-Jun-19
	Deadlift	205kg	SMITH, Janet	17-Aug-19	140kg	McNIGHT, Erica	09-Jun-19
	Total	460kg	SMITH, Janet	17-Aug-19	275kg	HOURIGAN, Colleen	22-May-16
82.5kg	Squat	190kg	BARCLAY, Ingrid	22-May-21	90kg	FAUCETT, Tracey	30-Nov-19
	Bench	95kg	BARCLAY, Ingrid	22-May-21	52.5kg	FAUCETT, Tracey	30-Nov-19
	Deadlift	215kg	BARCLAY, Ingrid	22-May-21	115kg	FAUCETT, Tracey	30-Nov-19
	Total	500kg	BARCLAY, Ingrid	22-May-21	257.5kg	FAUCETT, Tracey	30-Nov-19
90kg	Squat	70kg	SCHLEMMER, Erika	14-Jun-15			
	Bench	42.5kg	SCHLEMMER, Erika	14-Jun-15			
	Deadlift	100kg	SCHLEMMER, Erika	14-Jun-15			
	Total	212.5kg	SCHLEMMER, Erika	14-Jun-15			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	35kg	WHITEWAY, Alison	25-Apr-19			
	Bench	35kg	WHITEWAY, Alison	25-Apr-19			
	Deadlift	85kg	WHITEWAY, Alison	25-Apr-19			
	Total	152.5kg	WHITEWAY, Alison	25-Apr-19			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (55-59)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	135kg	WEIR, Coralie	11-May-19			
	Bench	85kg	WEIR, Coralie	11-May-19			
	Deadlift	170kg	WEIR, Coralie	17-Aug-19	157.5kg	WEIR, Coralie	11-May-19
	Total	387.5kg	WEIR, Coralie	17-Aug-19	377.5kg	WEIR, Coralie	11-May-19
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	130kg	COOK, Monica	17-Aug-19	125kg	COOK, Monica	09-Jun-19
	Bench	87.5kg	COOK, Monica	09-Jun-19			
	Deadlift	150kg	COOK, Monica	17-Aug-19	145kg	COOK, Monica	09-Jun-19
	Total	357.5kg	COOK, Monica	09-Jun-19			
75kg	Squat	115kg	FAUCETT, Tracey	22-Aug-21	110kg	FAUCETT, Tracey	22-May-21
	Bench	67.5kg	FAUCETT, Tracey	07-May-22	62.5kg	FAUCETT, Tracey	22-May-21
	Deadlift	132.5kg	FAUCETT, Tracey	22-Aug-21	130kg	FAUCETT, Tracey	22-May-21
	Total	307.5kg	FAUCETT, Tracey	22-Aug-21	302.5kg	FAUCETT, Tracey	22-May-21
82.5kg	Squat	140kg	RATAPU, Ouida	12-Aug-17	130kg	RATAPU, Ouida	30-Apr-17
	Bench	90kg	RATAPU, Ouida	30-Apr-17			
	Deadlift	167.5kg	RATAPU, Ouida	12-Aug-17	140kg	RATAPU, Ouida	30-Apr-17
	Total	380kg	RATAPU, Ouida	12-Aug-17	360kg	RATAPU, Ouida	30-Apr-17
90kg	Squat	92.5kg	DOWDLE, Bobbie	17-Oct-20			
	Bench	50kg	DOWDLE, Bobbie	17-Oct-20			
	Deadlift	110kg	DOWDLE, Bobbie	17-Oct-20			
	Total	252.5kg	DOWDLE, Bobbie	17-Oct-20			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	50kg	BECKER, Sonia	21-Mar-21			
	Bench	40kg	BECKER, Sonia	21-Mar-21			
	Deadlift	100kg	BECKER, Sonia	21-Mar-21			
	Total	190kg	BECKER, Sonia	21-Mar-21			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (60-64)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	57.5kg	TRENTIN, Marietta	26-Jun-21	55kg	AMPRIMO, Denise	26-Apr-14
	Bench	40kg	AMPRIMO, Denise	26-Apr-14			
	Deadlift	95kg	TRENTIN, Marietta	26-Jun-21	90kg	AMPRIMO, Denise	26-Apr-14
	Total	192.5kg	TRENTIN, Marietta	26-Jun-21	185kg	AMPRIMO, Denise	26-Apr-14
67.5kg	Squat	65kg	HARVEY, Helen	24-Oct-21	55kg	CURNOW, Michele	30-Nov-19
	Bench	42.5kg	HARVEY, Helen	24-Oct-21	40kg	CURNOW, Michele	30-Nov-19
	Deadlift	100kg	CURNOW, Michele	30-Nov-19			
	Total	207.5kg	HARVEY, Helen	24-Oct-21	195kg	CURNOW, Michele	30-Nov-19
75kg	Squat	150kg	RATAPU, Ouida	17-Oct-20			
	Bench	97.5kg	RATAPU, Ouida	17-Oct-20			
	Deadlift	195kg	RATAPU, Ouida	17-Oct-20			
	Total	437.5kg	RATAPU, Ouida	17-Oct-20			
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						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (65-69)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	75kg	KELLY, Colleen	22-May-21			
	Bench	42.5kg	KELLY, Colleen	22-May-21			
	Deadlift	102.5kg	KELLY, Colleen	22-May-21			
	Total	220kg	KELLY, Colleen	22-May-21			
75kg	Squat	60kg	McCOOL, Josie	17-Oct-20			
	Bench	42.5kg	McCOOL, Josie	17-Oct-20			
	Deadlift	115kg	McCOOL, Josie	17-Oct-20			
	Total	217.5kg	McCOOL, Josie	17-Oct-20			
82.5kg	Squat	80kg	MAGRI, Pauline	25-Apr-19			
	Bench	47.5kg	MAGRI, Pauline	25-Apr-19			
	Deadlift	145kg	MAGRI, Pauline	25-Apr-19			
	Total	272.5kg	MAGRI, Pauline	25-Apr-19			
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 - RAW PLUS WRAPS

Masters Women (70-74)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	40kg	McGHEE, Helen	25-Apr-17			
	Bench	35kg	McGHEE, Helen	25-Apr-17			
	Deadlift	65kg	McGHEE, Helen	25-Apr-17			
	Total	140kg	McGHEE, Helen	25-Apr-17			
75kg	Squat	80kg	McCOOL, Josie	07-May-22	75kg	McCOOL, Josie	26-Jun-21
	Bench	50kg	McCOOL, Josie	07-May-22	45kg	McCOOL, Josie	22-May-21
	Deadlift	125kg	McCOOL, Josie	07-May-22	121kg	McCOOL, Josie	22-Aug-21
	Total	252.5kg	McCOOL, Josie	07-May-22	240kg	McCOOL, Josie	26-Jun-21
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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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						