

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Open Women

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	150kg	SCHINELLA, Emily	11-Aug-23	142.5kg	JOHANNES, Samantha	17-Aug-19
	Bench	82.5kg	RUSHTON, Tegan	13-Apr-25	80kg	SCHINELLA, Emily	11-Aug-23
	Deadlift	182.5kg	RUSHTON, Tegan	13-Apr-25	177.5kg	WILKINS, Sharon	15-Aug-15
	Total	407.5kg	RUSHTON, Tegan	13-Apr-25	380kg	WILKINS, Sharon	15-Aug-15
60kg	Squat	195kg	RYDER, Belinda	15-Nov-24	190kg	SHARP, Aliesha	04-Aug-24
	Bench	102.5kg	SGRO, Laura	12-Aug-16	85kg	WEARING, Chloe	14-Mar-15
	Deadlift	220kg	SHARP, Aliesha	19-May-24	205kg	SHARP, Aliesha	22-May-22
	Total	505kg	SHARP, Aliesha	04-Aug-24	500kg	SHARP, Aliesha	19-May-24
67.5kg	Squat	205kg	SHARP, Aliesha	13-Apr-25	185kg	MALARD, Annie	04-Aug-24
	Bench	105kg	WILLIAMS, Sonia	17-Aug-19	100kg	McKENZIE, Jiuliana	25-Apr-18
	Deadlift	230kg	SHARP, Aliesha	13-Apr-25	215kg	MALARD, Annie	18-Feb-24
	Total	537.5kg	SHARP, Aliesha	13-Apr-25	492.5kg	ROWEN, Kerry	22-Aug-21
75kg	Squat	215kg	McKAY-GILLIES, Stephanie-Lynne	15-Nov-24	210kg	BECKER, Kat	13-Aug-16
	Bench	122.5kg	VAN WYK, Chleo	14-Mar-15	85kg	VILE, Lyndall	21-Nov-14
	Deadlift	227.5kg	DAY, Jessica	22-May-22	220kg	BECKER, Kat	13-Aug-16
	Total	542.5kg	DAY, Jessica	22-May-22	532.5kg	VAN WYK, Chleo	14-Mar-15
82.5kg	Squat	240kg	MORRIS, Jaymii	21-May-23	235kg	BECKER, Kat	08-Nov-18
	Bench	140kg	MORRIS, Jaymii	21-May-23	112.5kg	BECKER, Kat	08-Nov-18
	Deadlift	260kg	MORRIS, Jaymii	21-May-23	222.5kg	BECKER, Kat	08-Nov-18
	Total	640kg	MORRIS, Jaymii	21-May-23	570kg	BECKER, Kat	08-Nov-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	235kg	PRICHARD, Brooke	09-Feb-25	227.5kg	CURNOW, Alana	30-Nov-19
	Total	570kg	BECKER, Kat	09-Nov-19	552.5kg	BECKER, Kat	08-Oct-17
100kg	Squat	222.5kg	HANTKE, Lydia	04-Aug-24	205kg	MORRIS, Jane	21-Aug-22
	Bench	135kg	HANTKE, Lydia	04-Aug-24	122.5kg	SMITH, Janet	13-Aug-23
	Deadlift	265kg	HANTKE, Lydia	04-Aug-24	230kg	SMITH, Janet	13-Aug-23
	Total	622.5kg	HANTKE, Lydia	04-Aug-24	502.5kg	MORRIS, Jane	13-Aug-23
110kg	Squat	205kg	VAN DER HOEK, Carli	19-May-24	195kg	TOLEAFOA, Marakesh	13-Aug-23
	Bench	107.5kg	VAN DER HOEK, Carli	04-Aug-24	105kg	VAN DER HOEK, Carli	19-May-24
	Deadlift	210kg	VAN DER HOEK, Carli	04-Aug-24	205kg	VAN DER HOEK, Carli	19-May-24
	Total	515kg	VAN DER HOEK, Carli	19-May-24	457.5kg	TOLEAFOA, Marakesh	13-Aug-23
110+kg	Squat	265kg	McCALLUM, Jess	21-May-23	260kg	McCALLUM, Jess	22-May-22
	Bench	145kg	McCallum, Jess	04-Aug-24	142.5kg	McCallum, Jess	19-May-24
	Deadlift	280kg	McCALLUM, Jess	22-May-22	240kg	GENRICH, Nicole	26-Jun-21
	Total	670kg	McCALLUM, Jess	22-May-22	580kg	GENRICH, Nicole	26-Jun-21

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Sub Teen Women (10-12)

Unofficial WPC

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	67.5kg	WEIS, Atalia	30-Nov-24			
	Bench	42.5kg	WEIS, Atalia	30-Nov-24			
	Deadlift	101kg	WEIS, Atalia	30-Nov-24			
	Total	210kg	WEIS, Atalia	30-Nov-24			
60kg	Squat	75kg	CHETWIN, Amarnii	01-Aug-24			
	Bench	30kg	CHETWIN, Amarnii	01-Aug-24			
	Deadlift	100kg	CHETWIN, Amarnii	01-Aug-24			
	Total	200kg	CHETWIN, Amarnii	01-Aug-24			
67.5kg	Squat	80kg	CHETWIN, Amarnii	06-Apr-25	77.5kg	PEVREAL, Tori	30-Nov-24
	Bench	37.5kg	PEVREAL, Tori	30-Nov-24			
	Deadlift	105kg	CHETWIN, Amarnii	06-Apr-25	90kg	PEVREAL, Tori	30-Nov-24
	Total	215kg	CHETWIN, Amarnii	06-Apr-25	195kg	PEVREAL, Tori	30-Nov-24
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Women (13-15)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	122.5kg	EVANS, Jayda	14-Apr-24	115kg	EVANS, Jayda	24-Sep-23
	Bench	67.5kg	EVANS, Jayda	01-Aug-24	62.5kg	EVANS, Jayda	14-Apr-24
	Deadlift	125kg	EVANS, Jayda	24-Sep-23			
	Total	302.5kg	EVANS, Jayda	14-Apr-24	300kg	EVANS, Jayda	24-Sep-23
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	122.5kg	FOLTYN, Sophie	10-Jun-23	120kg	FITZSIMMONS, Jess	17-Oct-20
	Bench	57.5kg	FOLTYN, Sophie	10-Jun-23	50kg	FITZSIMMONS, Jess	17-Oct-20
	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	100kg	FOLTYN, Sophie	12-Nov-22			
	Bench	52.5kg	FOLTYN, Sophie	12-Nov-22			
	Deadlift	125kg	LAWRY, Miah	11-Aug-23	117.5kg	LAWRY, Miah	21-May-23
	Total	275kg	LAWRY, Miah	11-Aug-23	262.5kg	FOLTYN, Sophie	12-Nov-22
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	100kg	STINSON, Evelyn	22-May-22			
	Bench	55kg	STINSON, Evelyn	21-Aug-22	50kg	STINSON, Evelyn	22-May-22
	Deadlift	115kg	STINSON, Evelyn	21-Aug-22	110kg	STINSON, Evelyn	22-May-22
	Total	260kg	STINSON, Evelyn	22-May-22			
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Teenage Women (16-17)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	108kg	DAVEY, Holly	19-May-24	107.5kg	KIELY, Emily	22-Aug-21
	Total	290kg	DAVIS, Tiarna	14-Mar-15			
60kg	Squat	105kg	PADOVAN, Bianca	27-Aug-23	95kg	KIELY, Emily	21-Aug-22
	Bench	55kg	PADOVAN, Bianca	27-Aug-23	52.5kg	KIELY, Emily	07-May-22
	Deadlift	115kg	KIELY, Emily	21-Aug-22	110kg	KIELY, Emily	07-May-22
	Total	262.5kg	PADOVAN, Bianca	27-Aug-23	260kg	KIELY, Emily	21-Aug-22
67.5kg	Squat	145kg	ANDRYSIK, Maja	21-Aug-22	107.5kg	KEEP, Nyah	22-May-22
	Bench	92.5kg	KEEP, Nyah	21-May-23	72.5kg	DAVIES, Ophelia	21-May-23
	Deadlift	165kg	DAVIES, Ophelia	11-Aug-23	155kg	KEEP, Nyah	21-May-23
	Total	390kg	KEEP, Nyah	21-May-23	362.5kg	ANDRYSIK, Maja	21-Aug-22
75kg	Squat	175kg	ANDRYSIK, Maja	11-Aug-23	147.5kg	EBBS, Jessica	22-Aug-21
	Bench	75kg	ANDRYSIK, Maja	11-Aug-23	66kg	EBBS, Jessica	22-Aug-21
	Deadlift	170kg	ANDRYSIK, Maja	11-Aug-23	160kg	EBBS, Jessica	22-Aug-21
	Total	420kg	ANDRYSIK, Maja	11-Aug-23	367.5kg	EBBS, Jessica	22-Aug-21
82.5kg	Squat	172.5kg	ANDRYSIK, Maja	20-Aug-23	125kg	KILGORE, Korin	17-Aug-19
	Bench	75kg	ANDRYSIK, Maja	20-Aug-23	65kg	KILGORE, Korin	17-Aug-19
	Deadlift	152.5kg	ANDRYSIK, Maja	20-Aug-23	140kg	KILGORE, Korin	17-Aug-19
	Total	400kg	ANDRYSIK, Maja	20-Aug-23	330kg	KILGORE, Korin	17-Aug-19
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						

Teenage Women (18-19)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	107.5kg	VOUDIOTIS, Peej	11-Aug-23	100kg	VOUDIOTIS, Peej	15-Apr-23
	Bench	45kg	VOUDIOTIS, Peej	11-Aug-23	42.5kg	VOUDIOTIS, Peej	15-Apr-23
	Deadlift	125kg	VOUDIOTIS, Peej	15-Apr-23			
	Total	265kg	VOUDIOTIS, Peej	11-Aug-23	260kg	VOUDIOTIS, Peej	15-Apr-23
67.5kg	Squat	130kg	VENNING, Sophie	18-Feb-24	122.5kg	OZDEMIR, Emel	14-May-23
	Bench	70kg	FRANKLIN, Gabrielle Rose	14-Mar-15	55kg	LAZDOVSKIS, Ebonie	21-Nov-14
	Deadlift	150kg	VENNING, Sophie	18-Feb-24	140kg	OZDEMIR, Emel	14-May-23
	Total	337.5kg	VENNING, Sophie	18-Feb-24	330kg	OZDEMIR, Emel	14-May-23
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	130kg	McKINLEY, Abby	02-Jun-24	92.5kg	REA, Shantelle	22-May-21
	Bench	75kg	McKINLEY, Abby	02-Jun-24	55kg	REA, Shantelle	22-May-21
	Deadlift	136kg	McKINLEY, Abby	02-Jun-24	135kg	REA, Shantelle	22-May-21
	Total	322.5kg	McKINLEY, Abby	02-Jun-24	282.5kg	REA, Shantelle	22-May-21
90kg	Squat	115kg	McKINLEY, Abby	01-Aug-24			
	Bench	75kg	McKINLEY, Abby	01-Aug-24			
	Deadlift	145kg	McKINLEY, Abby	01-Aug-24			
	Total	335kg	McKINLEY, Abby	01-Aug-24			
100kg	Squat	145kg	ROBERTSON, Alicia	19-May-24			
	Bench	55kg	ROBERTSON, Alicia	19-May-24			
	Deadlift	165kg	ROBERTSON, Alicia	19-May-24			
	Total	365kg	ROBERTSON, Alicia	19-May-24			
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 up to Nats 2024)

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	150kg	SCHINELLA, Emily	11-Aug-23	125kg	JOHANNES, Sammie	27-May-18
	Bench	80kg	SCHINELLA, Emily	11-Aug-23	72.5kg	SCHINELLA, Emily	19-Feb-23
	Deadlift	150kg	DAL PONTE, Bianca	21-Aug-22	141kg	DAL PONTE, Bianca	20-Feb-22
	Total	375kg	SCHINELLA, Emily	11-Aug-23	332.5kg	SCHINELLA, Emily	19-Feb-23
60kg	Squat	170kg	PICKWELL, Ebony	14-Apr-24	122.5kg	JAMES, Tiana	07-May-22
	Bench	72.5kg	PICKWELL, Ebony	14-Apr-24	65kg	JAMES, Tiana	07-May-22
	Deadlift	155kg	GLEW, Lee	21-Aug-22	142.5kg	GLEW, Emily	28-Mar-21
	Total	395kg	PICKWELL, Ebony	14-Apr-24	337.5kg	GLEW, Lee	21-Aug-22
67.5kg	Squat	160kg	CAVANAGH, Lauren	11-Aug-23	155kg	CAVANAGH, Lauren	30-Apr-23
	Bench	97.5kg	CAVANAGH, Lauren	11-Aug-23	95kg	CAVANAGH, Lauren	30-Apr-23
	Deadlift	185kg	CAVANAGH, Lauren	11-Aug-23	173kg	CAVANAGH, Lauren	30-Apr-23
	Total	437.5kg	CAVANAGH, Lauren	11-Aug-23	415kg	CAVANAGH, Lauren	30-Apr-23
75kg	Squat	160kg	CAVANAGH, Lauren	21-Aug-22	150kg	DOTTEO, Jane	18-Aug-18
	Bench	105kg	GENIS, Jeanette	12-Nov-22	95.5kg	CAVANAGH, Lauren	21-Aug-22
	Deadlift	180kg	FULLER, Sophie	21-Aug-22	172.5kg	DOTTEO, Jane	18-Aug-18
	Total	420kg	CAVANAGH, Lauren	21-Aug-22	397.5kg	DOTTEO, Jane	18-Aug-18
82.5kg	Squat	170kg	FULLER, Sophie	11-Aug-23	147.5kg	SKINNER-DRAKEFORD, Elizabeth	21-May-23
	Bench	85kg	LAIDLER, Rebecca (Becky)	12-Aug-17	82.5kg	LAIDLER, Rebecca (Becky)	25-Apr-17
	Deadlift	195kg	FULLER, Sophie	11-Aug-23	175kg	SKINNER-DRAKEFORD, Elizabeth	21-May-23
	Total	445kg	FULLER, Sophie	11-Aug-23	397.5kg	SKINNER-DRAKEFORD, Elizabeth	21-May-23
90kg	Squat	200kg	HOFFMAN, Taylah	20-Jan-24	152.5kg	PEDDER, Holly	12-Apr-14
	Bench	100kg	HOFFMAN, Taylah	20-Jan-24	72.5kg	PEDDER, Holly	12-Apr-14
	Deadlift	165kg	HOFFMAN, Taylah	20-Jan-24	155kg	PEDDER, Holly	12-Apr-14
	Total	465kg	HOFFMAN, Taylah	20-Jan-24	380kg	PEDDER, Holly	12-Apr-14
100kg	Squat	105kg	VALE, Jennifer	29-May-22			
	Bench	53kg	VALE, Jennifer	29-May-22			
	Deadlift	150kg	VALE, Jennifer	21-Aug-22	142.5kg	VALE, Jennifer	29-May-22
	Total	302.5kg	VALE, Jennifer	21-Aug-22	300kg	VALE, Jennifer	29-May-22
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	145kg	FISHER, Abigail	01-Mar-25	135kg	COUNSEL, Paige	18-Aug-18
	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 up to Nats 2024)

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	120kg	FALKENMIRE, Alex	18-Jun-22	105kg	NATASHA, Claudia	17-Oct-20
	Bench	70kg	FALKENMIRE, Alex	18-Jun-22	62.5kg	NATASHA, Claudia	17-Oct-20
	Deadlift	152.5kg	ARTHUR, Katie	04-Aug-24	140kg	ARTHUR, Katie	18-Jun-22
	Total	322.5kg	FALKENMIRE, Alex	18-Jun-22	282.5kg	NATASHA, Claudia	17-Oct-20
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	190kg	SHARP, Aliesha	04-Aug-24	185kg	SGRO, Laura	12-Aug-16
	Bench	102.5kg	SGRO, Laura	12-Aug-16	85kg	WEARING, Chloe	13-Dec-14
	Deadlift	220kg	SHARP, Aliesha	19-May-24	205kg	SHARP, Aliesha	22-May-22
	Total	505kg	SHARP, Aliesha	04-Aug-24	500kg	SHARP, Aliesha	19-May-24
67.5kg	Squat	205kg	SHARP, Aliesha	13-Apr-25	170kg	DE JONG, Kayleigh	13-Aug-16
	Bench	102.5kg	SHARP, Aliesha	13-Apr-25	100kg	POTGIETER, Chantal	04-Aug-24
	Deadlift	230kg	SHARP, Aliesha	13-Apr-25	200kg	STEWART, Heidi	02-Aug-14
	Total	537.5kg	SHARP, Aliesha	13-Apr-25	442.5kg	STEWART, Heidi	02-Aug-14
75kg	Squat	215kg	McKAY-GILLIES, Stephanie-Lynne	15-Nov-24	210kg	BECKER, Kat	13-Aug-16
	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	535kg	HALL, Emma	13-Apr-25	532.5kg	VAN WYK, Chleo	14-Mar-15
82.5kg	Squat	240kg	MORRIS, Jaymii	21-May-23	195kg	BECKER, Kat	14-Jun-15
	Bench	140kg	MORRIS, Jaymii	21-May-23	95kg	CLAYSON, Emma	21-Aug-22
	Deadlift	260kg	MORRIS, Jaymii	21-May-23	207.5kg	PRICHARD, Brooke	21-Aug-22
	Total	640kg	MORRIS, Jaymii	21-May-23	477.5kg	BECKER, Kat	14-Jun-15
90kg	Squat	210kg	ASHPLANT, Raegan	19-May-24	175kg	HILTON, Dee	14-Apr-24
	Bench	100kg	FLANAGAN, Lesley	14-May-23	82.5kg	BIRD, Tianni	30-Apr-23
	Deadlift	210kg	ASHPLANT, Raegan	19-May-24	185kg	LUDLOW, Sarah	20-Jan-24
	Total	507.5kg	ASHPLANT, Raegan	19-May-24	420kg	FLANAGAN, Lesley	14-May-23
100kg	Squat	200kg	STONE, Natalie	04-Aug-24	177.5kg	HILTON, Dee	14-Apr-24
	Bench	105kg	STONE, Natalie	04-Aug-24	102.5kg	STONE, Natalie	13-Aug-23
	Deadlift	180.5kg	COLLETT, Emily	14-Apr-24	180kg	LIKI, Edwina	13-Aug-23
	Total	470kg	STONE, Natalie	04-Aug-24	450kg	STONE, Natalie	13-Aug-23
110kg	Squat	190kg	TOLEAFOA, Marakesh	15-Apr-23	152.5kg	HUMBLE, Abbey	25-Apr-22
	Bench	95kg	GOLDRING, Nicole	04-Aug-24	85kg	GOLDRING, Nicole	18-Feb-24
	Deadlift	195kg	GOLDRING, Nicole	04-Aug-24	182.5kg	GOLDRING, Nicole	18-Feb-24
	Total	445kg	GOLDRING, Nicole	04-Aug-24	437.5kg	GOLDRING, Nicole	18-Feb-24
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 up to Nats 2024)

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	52.5kg	WATKINSON, Ashlee	28-Aug-22	50kg	HENDERSON, Regina	30-Nov-19
	Deadlift	137.5kg	WATKINSON, Ashlee	21-May-23	135kg	WATKINSON, Ashlee	28-Aug-22
	Total	287.5kg	WATKINSON, Ashlee	21-May-23	277.5kg	HENDERSON, Regina	30-Nov-19
52kg	Squat	120kg	HADLEY MACKAY, Crystal	05-Aug-23	110kg	HENDERSON, Regina	07-May-22
	Bench	65kg	MOYSES, Yasmin	24-Oct-21	52.5kg	ADAMSON, Catherine	26-Jun-21
	Deadlift	155kg	HADLEY MACKAY, Crystal	05-Aug-23	142.5kg	HENDERSON, Regina	07-May-22
	Total	337.5kg	HADLEY MACKAY, Crystal	05-Aug-23	312.5kg	HENDERSON, Regina	07-May-22
56kg	Squat	142.5kg	RUSHTON, Tegan	13-Apr-25	127.5kg	WILKINS, Sharon	15-Aug-15
	Bench	82.5kg	RUSHTON, Tegan	13-Apr-25	75kg	WILKINS, Sharon	15-Aug-15
	Deadlift	182.5kg	RUSHTON, Tegan	13-Apr-25	177.5kg	WILKINS, Sharon	15-Aug-15
	Total	407.5kg	RUSHTON, Tegan	13-Apr-25	380kg	WILKINS, Sharon	15-Aug-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	165kg	McCORMACK, Liz	13-Aug-23	160kg	McCORMACK, Liz	15-Apr-23
	Total	360kg	McCORMACK, Liz	13-Aug-23	347.5kg	McCORMACK, Liz	15-Apr-23
67.5kg	Squat	185kg	BAILEY, Anna	15-Nov-24	183kg	BAILEY, Anna	04-Aug-24
	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	200kg	DAY, Jessica	22-May-22	192.5kg	MICHON, Lucy	22-Aug-21
	Bench	115kg	DAY, Jessica	22-May-22	108kg	ROWEN, Kerry	26-Jun-21
	Deadlift	227.5kg	DAY, Jessica	22-May-22	210kg	MICHON, Lucy	22-Aug-21
	Total	542.5kg	DAY, Jessica	22-May-22	500kg	MICHON, Lucy	22-Aug-21
82.5kg	Squat	235kg	BECKER, Kat	08-Nov-18	210kg	BECKER, Kat	18-Aug-18
	Bench	120kg	MICHON, Lucy	13-Aug-23	115kg	MICHON, Lucy	21-May-23
	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	235kg	PRICHARD, Brooke	09-Feb-25	227.5kg	CURNOW, Alana	30-Nov-19
	Total	570kg	BECKER, Kat	09-Nov-19	552.5kg	BECKER, Kat	08-Oct-17
100kg	Squat	210kg	LANCASTER, Laura	19-Jan-25	205kg	LANCASTER, Laura	04-Aug-24
	Bench	107.5kg	GILL, Julie-Anne	16-Feb-25	105kg	LANCASTER, Laura	04-Aug-24
	Deadlift	180kg	LANCASTER, Laura	04-Aug-24	170kg	LANCASTER, Laura	09-Jun-24
	Total	492.5kg	LANCASTER, Laura	19-Jan-25	490kg	LANCASTER, Laura	04-Aug-24
110kg	Squat	205kg	VAN DER HOEK, Carli	19-May-24	195kg	TOLEAFOA, Marakesh	13-Aug-23
	Bench	107.5kg	VAN DER HOEK, Carli	04-Aug-24	105kg	VAN DER HOEK, Carli	19-May-24
	Deadlift	210kg	VAN DER HOEK, Carli	04-Aug-24	205kg	VAN DER HOEK, Carli	19-May-24
	Total	515kg	VAN DER HOEK, Carli	19-May-24	457.5kg	TOLEAFOA, Marakesh	13-Aug-23
110+kg	Squat	241kg	BECKER, Kat	09-Jun-19	160kg	HUNT, Greer	21-Nov-14
	Bench	110kg	VAN DER HOEK, Carli	21-Aug-22	107.5kg	BECKER, Kat	09-Jun-19
	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

Masters Women (40-44)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	100kg	POCHIN, Asha	21-Aug-22	92.5kg	FINCH, Linda	12-Aug-16
	Bench	60kg	FINCH, Linda	12-Aug-16			
	Deadlift	140kg	POCHIN, Asha	21-Aug-22	125kg	ALLAN, Joanne	22-May-22
	Total	292.5kg	POCHIN, Asha	21-Aug-22	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	185kg	MALARD, Annie	04-Aug-24	182.5kg	MALARD, Annie	18-Feb-24
	Bench	90kg	RAMAGE, Liz	19-May-24	82.5kg	MALARD, Annie	18-Feb-24
	Deadlift	215kg	MALARD, Annie	18-Feb-24	195kg	RAMAGE, Liz	22-May-22
	Total	480kg	MALARD, Annie	18-Feb-24	442.5kg	RAMAGE, Liz	22-May-22
75kg	Squat	190kg	MAXEY, Melissa	25-Apr-22	182.5kg	MALARD, Annie	22-Aug-21
	Bench	100kg	WHITEHEAD, Tabitha	04-Aug-24	93kg	SELKIN, Alexis	22-May-22
	Deadlift	215kg	FITZPATRICK, Frances	04-Aug-24	202.5kg	FITZPATRICK, Frances	02-Aug-14
	Total	490kg	WHITEHEAD, Tabitha	21-Aug-22	467.5kg	MALARD, Annie	21-Aug-22
82.5kg	Squat	212.5kg	MALARD, Annie	13-Aug-23	205kg	MALARD, Annie	12-Mar-23
	Bench	100kg	HENDERSON, Catherine	19-May-24	96kg	VALENTINE, Apple	14-Apr-24
	Deadlift	225kg	MALARD, Annie	13-Aug-23	212.5kg	MALARD, Annie	12-Mar-23
	Total	527.5kg	MALARD, Annie	13-Aug-23	500kg	MALARD, Annie	12-Mar-23
90kg	Squat	200kg	RETALLACK, Lisa	27-Aug-23	161kg	HENDERSON, Catherine	22-Aug-21
	Bench	120kg	FUDERER, Kristy	16-Mar-24	95kg	MIDDLETON, Beck	13-Aug-23
	Deadlift	222.5kg	FITZPATRICK, Frances	14-Jun-15			
	Total	515kg	FUDERER, Kristy	16-Mar-24	490kg	RETALLACK, Lisa	27-Aug-23
100kg	Squat	185kg	MORRIS, Jane	04-Mar-23	127.5kg	BURK, Noosha	19-Feb-23
	Bench	130kg	FUDERER, Kristy	04-Aug-24	95kg	BESSLER, Heidi	06-Jul-24
	Deadlift	217.5kg	FUDERER, Kristy	04-Aug-24	170kg	MORRIS, Jane	04-Mar-23
	Total	532.5kg	FUDERER, Kristy	04-Aug-24	440kg	MORRIS, Jane	04-Mar-23
110kg	Squat	132.5kg	COLEMAN, Belinda	30-Apr-23			
	Bench	55kg	COLEMAN, Belinda	30-Apr-23			
	Deadlift	165kg	COLEMAN, Belinda	30-Apr-23			
	Total	352.5kg	COLEMAN, Belinda	30-Apr-23			
110+kg	Squat	265kg	McCallum, Jess	21-May-23	260kg	McCallum, Jess	22-May-22
	Bench	145kg	McCallum, Jess	04-Aug-24	142.5kg	McCallum, Jess	19-May-24
	Deadlift	280kg	McCallum, Jess	22-May-22	175kg	MADDERN, Emily	30-Aug-20
	Total	670kg	McCallum, Jess	22-May-22	410kg	MADDERN, Emily	30-Nov-19

Masters Women (45-49)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	110kg	ALLAN, Joanne	04-Aug-24	102.5kg	WAGSTAFF, Yvonne	15-Aug-15
	Bench	60kg	ALLAN, Joanne	04-Aug-24	57.5kg	WAGSTAFF, Yvonne	15-Aug-15
	Deadlift	145kg	ALLAN, Joanne	04-Aug-24	140kg	WAGSTAFF, Yvonne	15-Aug-15
	Total	315kg	ALLAN, Joanne	04-Aug-24	297.5kg	WAGSTAFF, Yvonne	15-Aug-15
56kg	Squat	122.5kg	ALLAN, Joanne	13-Apr-25	120kg	PEARSILL, Dani	14-Jun-15
	Bench	72.5kg	PEARSILL, Dani	14-Jun-15			
	Deadlift	145kg	ALLAN, Joanne	13-Apr-25	137.5kg	ALLAN, Joanne	14-Nov-24
	Total	332.5kg	ALLAN, Joanne	13-Apr-25	317.5kg	PEARSILL, Dani	14-Jun-15
60kg	Squat	175kg	O'BRIEN, Chantal	01-Aug-25	150kg	SCHULTZ, Jenelle	14-Apr-24
	Bench	87.5kg	SCHULTZ, Jenelle	13-Aug-23	60kg	TIPPER, Bianca	22-May-21
	Deadlift	172.5kg	O'BRIEN, Chantal	01-Aug-25	155kg	SCHULTZ, Jenelle	14-Apr-24
	Total	415kg	O'BRIEN, Chantal	01-Aug-25	390kg	SCHULTZ, Jenelle	14-Apr-24
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	80.5kg	SOROKA, Domenica	02-Aug-24	80kg	SMITH, Janet	18-Aug-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	200kg	MAXEY, Melissa	02-Aug-24	190kg	MAXEY, Melissa	25-Apr-24
	Bench	103kg	MAXEY, Melissa	02-Aug-24	102.5kg	MAXEY, Melissa	25-Apr-24
	Deadlift	192.5kg	MAXEY, Melissa	02-Aug-24	180kg	MAXEY, Melissa	25-Apr-24
	Total	495kg	MAXEY, Melissa	02-Aug-24	460kg	MAXEY, Melissa	25-Apr-24
90kg	Squat	206kg	MAXEY, Melissa	22-Mar-25	202.5kg	MAXEY, Melissa	21-May-23
	Bench	100kg	MAXEY, Melissa	22-Mar-25	92.5kg	MAXEY, Melissa	21-May-23
	Deadlift	195kg	MAXEY, Melissa	22-Mar-25	182.5kg	DOLDEN, Melanie	15-Sep-24
	Total	500kg	MAXEY, Melissa	22-Mar-25	465kg	MAXEY, Melissa	21-May-23
100kg	Squat	222.5kg	HANTKE, Lydia	04-Aug-24	205kg	MORRIS, Jane	13-Aug-23
	Bench	135kg	HANTKE, Lydia	04-Aug-24	95kg	MORRIS, Jane	13-Aug-23
	Deadlift	265kg	HANTKE, Lydia	04-Aug-24	202.5kg	MORRIS, Jane	13-Aug-23
	Total	622.5kg	HANTKE, Lydia	04-Aug-24	502.5kg	MORRIS, Jane	13-Aug-23
110kg	Squat	160kg	WARU, Ebony	01-Aug-25	145kg	LIHOU, Melanie	20-Aug-23
	Bench	100kg	WARU, Ebony	01-Aug-25	90kg	MACRI, Olivia	02-Aug-24
	Deadlift	180kg	WARU, Ebony	01-Aug-25	160kg	LIHOU, Melanie	20-Aug-23
	Total	440kg	WARU, Ebony	01-Aug-25	390kg	MACRI, Olivia	02-Aug-24
110+kg	Squat	215kg	BETHAM, Hilda	04-Aug-24	210kg	BETHAM, Hilda	25-Feb-24
	Bench	97.5kg	WARU, Ebony	13-Apr-25	82.5kg	BETHAM, Hilda	25-Feb-24
	Deadlift	225kg	BETHAM, Hilda	04-Aug-24	207.5kg	BETHAM, Hilda	25-Feb-24
	Total	522.5kg	BETHAM, Hilda	04-Aug-24	500kg	BETHAM, Hilda	25-Feb-24

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - RAW PLUS WRAPS

Masters Women (50-54)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	55kg	FRIGANIOTIS, Victoria	02-Jun-24	52.5kg	JOHNSON, Anna Elizabeth	01-Jul-23
	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	125.5kg	PARYGINA, Anna	01-Aug-25	110kg	Li, Pam	25-Apr-23
	Bench	68kg	PARYGINA, Anna	02-Aug-24	67.5kg	SAPIANO, Sarah	18-Aug-18
	Deadlift	150kg	PARYGINA, Anna	01-Aug-25	137.5kg	Li, Pam	25-Apr-23
	Total	340kg	PARYGINA, Anna	01-Aug-25	300kg	Li, Pam	25-Apr-23
60kg	Squat	195kg	RYDER, Belinda	15-Nov-24	187.5kg	RYDER, Belinda	04-Aug-24
	Bench	100kg	RYDER, Belinda	04-Aug-24	92.5kg	RYDER, Belinda	13-Aug-23
	Deadlift	207.5kg	RYDER, Belinda	04-Aug-24	200kg	RYDER, Belinda	21-Aug-22
	Total	500kg	RYDER, Belinda	15-Nov-24	495kg	RYDER, Belinda	04-Aug-24
67.5kg	Squat	185kg	RYDER, Belinda	16-Nov-24	145kg	MURACA, Jo	11-Aug-17
	Bench	95kg	RYDER, Belinda	16-Nov-24	82.5kg	COOK, Monica	08-Oct-17
	Deadlift	210kg	RYDER, Belinda	16-Nov-24	185kg	MURACA, Jo	11-Aug-17
	Total	490kg	RYDER, Belinda	16-Nov-24	410kg	MURACA, Jo	11-Aug-17
75kg	Squat	160.5kg	SMITH, Janet	17-Aug-19	97.5kg	HOURLIGAN, 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	HOURLIGAN, 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	155kg	CONNORS, Renae	01-Aug-25	140kg	LOWER, Wendy	02-Jun-24
	Bench	100kg	CONNORS, Renae	01-Aug-25	70kg	GOEMAN, Sabine	14-Apr-24
	Deadlift	200kg	CONNORS, Renae	01-Aug-25	147.5kg	LOWER, Wendy	02-Jun-24
	Total	452.5kg	CONNORS, Renae	01-Aug-25	342.5kg	LOWER, Wendy	02-Jun-24
100kg	Squat	170kg	SMITH, Janet	21-Aug-22			
	Bench	122.5kg	SMITH, Janet	13-Aug-23	107.5kg	SMITH, Janet	21-Aug-22
	Deadlift	230kg	SMITH, Janet	13-Aug-23	220.5kg	SMITH, Janet	21-Aug-22
	Total	497.5kg	SMITH, Janet	21-Aug-22			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	120kg	JOHNSON, Kelly	14-Apr-24	35kg	WHITEWAY, Alison	25-Apr-19
	Bench	62.5kg	JOHNSON, Kelly	14-Apr-24	35kg	WHITEWAY, Alison	25-Apr-19
	Deadlift	160kg	JOHNSON, Kelly	14-Apr-24	85kg	WHITEWAY, Alison	25-Apr-19
	Total	342.5kg	JOHNSON, Kelly	14-Apr-24	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 up to Nats 2024)

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	95kg	MADDOCK, Sharon	02-Aug-24	85kg	MADDOCK, Sharon	19-May-24
	Bench	40kg	MADDOCK, Sharon	19-May-24			
	Deadlift	120kg	MADDOCK, Sharon	02-Aug-24	112.5kg	MADDOCK, Sharon	19-May-24
	Total	255kg	MADDOCK, Sharon	02-Aug-24	237.5kg	MADDOCK, Sharon	19-May-24
67.5kg	Squat	130kg	COOK, Monica	17-Aug-19	125kg	COOK, Monica	09-Jun-19
	Bench	97.5kg	COOK, Monica	13-Aug-23	92.5kg	COOK, Monica	21-May-23
	Deadlift	150kg	COOK, Monica	17-Aug-19	145kg	COOK, Monica	09-Jun-19
	Total	367.5kg	COOK, Monica	13-Aug-23	362.5kg	COOK, Monica	21-May-23
75kg	Squat	127.5kg	POWER, Lucy	16-Nov-24	125kg	POWER, Lucy	02-Aug-24
	Bench	72.5kg	POWER, Lucy	01-Aug-25	68.5kg	FAUCETT, Tracey	18-Nov-23
	Deadlift	165kg	POWER, Lucy	01-Aug-25	155kg	POWER, Lucy	02-Aug-24
	Total	360kg	POWER, Lucy	01-Aug-25	342.5kg	POWER, Lucy	02-Aug-24
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	200kg	SMITH, Janet	01-Aug-25			
	Bench	127.5kg	SMITH, Janet	01-Aug-25			
	Deadlift	245kg	SMITH, Janet	01-Aug-25			
	Total	572.5kg	SMITH, Janet	01-Aug-25			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	170kg	FINDLEY, Kylie	25-Apr-25	50kg	BECKER, Sonia	21-Mar-21
	Bench	75kg	FINDLEY, Kylie	01-Aug-25	40kg	BECKER, Sonia	21-Mar-21
	Deadlift	185kg	FINDLEY, Kylie	01-Aug-25	100kg	BECKER, Sonia	21-Mar-21
	Total	410kg	FINDLEY, Kylie	25-Apr-25	190kg	BECKER, Sonia	21-Mar-21

Masters Women (60-64)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	115kg	BLAKELEY KERR, Sue	06-Apr-25	77.5kg	HARVEY, Helen	21-Aug-22
	Bench	65kg	BLAKELEY KERR, Sue	06-Apr-25	43.5kg	HARVEY, Helen	21-Aug-22
	Deadlift	130kg	BLAKELEY KERR, Sue	01-Aug-25	115kg	HARVEY, Helen	21-Aug-22
	Total	310kg	BLAKELEY KERR, Sue	01-Aug-25	235kg	HARVEY, Helen	21-Aug-22
67.5kg	Squat	135kg	COOK, Monica	02-Aug-24	72.5kg	ABRAHMSSEN, Wendy	02-Jun-24
	Bench	97.5kg	COOK, Monica	01-Aug-25	43.5kg	ABRAHMSSEN, Wendy	02-Jun-24
	Deadlift	150kg	HARVEY, Helen	01-Aug-25	145kg	COOK, Monica	02-Aug-24
	Total	372.5kg	COOK, Monica	02-Aug-24	215kg	ABRAHMSSEN, Wendy	02-Jun-24
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						

Masters Women (65-69)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	100kg	BLAKE, Janine	02-Aug-24	90kg	BLAKE, Janine	20-Jan-24
	Bench	55.5kg	BLAKE, Janine	02-Aug-24	55kg	BLAKE, Janine	20-Jan-24
	Deadlift	137.5kg	BLAKE, Janine	01-Aug-25	135.5kg	BLAKE, Janine	02-Aug-24
	Total	290kg	BLAKE, Janine	02-Aug-24	280kg	BLAKE, Janine	20-Jan-24
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	95kg	WILLIAMS, Leanne	01-Aug-25	75kg	KELLY, Colleen	22-May-21
	Bench	55kg	WILLIAMS, Leanne	01-Aug-25	42.5kg	KELLY, Colleen	22-May-21
	Deadlift	140kg	WILLIAMS, Leanne	31-May-25	102.5kg	KELLY, Colleen	22-May-21
	Total	290kg	WILLIAMS, Leanne	01-Aug-25	220kg	KELLY, Colleen	22-May-21
75kg	Squat	147.5kg	RATAPU, Ouida	02-Aug-24	135kg	RATAPU, Ouida	14-Apr-24
	Bench	97.5kg	RATAPU, Ouida	02-Aug-24	90kg	RATAPU, Ouida	22-Oct-23
	Deadlift	185kg	RATAPU, Ouida	02-Aug-24	175kg	RATAPU, Ouida	14-Apr-24
	Total	430kg	RATAPU, Ouida	02-Aug-24	397.5kg	RATAPU, Ouida	14-Apr-24
82.5kg	Squat	100kg	WILSON, Katie	10-Jun-23	80kg	MAGRI, Pauline	25-Apr-19
	Bench	60kg	WILSON, Katie	10-Jun-23	47.5kg	MAGRI, Pauline	25-Apr-19
	Deadlift	145kg	MAGRI, Pauline	25-Apr-19			
	Total	300kg	WILSON, Katie	10-Jun-23	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						

Masters Women (70-74)

RAW PLUS KNEE WRAPS (or Knee Sleeves up to Nats 2024)

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	80kg	McCOOL, Jose	12-Nov-22	40kg	McGHEE, Helen	25-Apr-17
	Bench	47.5kg	McCOOL, Jose	02-Jun-24	43kg	SILVER, Valerie	18-Jun-23
	Deadlift	115kg	McCOOL, Jose	12-Nov-22	65kg	McGHEE, Helen	25-Apr-17
	Total	237.5kg	McCOOL, Jose	12-Nov-22	140kg	McGHEE, Helen	25-Apr-17
75kg	Squat	80kg	McCOOL, Jose	07-May-22	75kg	McCOOL, Jose	26-Jun-21
	Bench	52.5kg	McCOOL, Jose	02-Aug-24	50kg	McCOOL, Jose	07-May-22
	Deadlift	125kg	McCOOL, Jose	07-May-22	121kg	McCOOL, Jose	22-Aug-21
	Total	252.5kg	McCOOL, Jose	07-May-22	240kg	McCOOL, Jose	26-Jun-21
82.5kg	Squat	100kg	WILSON, Katie	18-Nov-23			
	Bench	60kg	WILSON, Katie	18-Nov-23			
	Deadlift	150kg	WILSON, Katie	31-May-25	143.5kg	WILSON, Katie	30-Nov-24
	Total	302.5kg	WILSON, Katie	18-Nov-23			
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 up to Nats 2024)

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	45kg	SILVER, Valerie	02-Aug-24	40kg	SILVER, Valerie	02-Aug-24
	Bench	45kg	SILVER, Valerie	02-Aug-24	42.5kg	SILVER, Valerie	09-Jun-24
	Deadlift	97.5kg	SILVER, Valerie	02-Aug-24	95kg	SILVER, Valerie	02-Aug-24
	Total	180kg	SILVER, Valerie	02-Aug-24	167.5kg	SILVER, Valerie	09-Jun-24
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 up to Nats 2024)			
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 up to Nats 2024)			
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						