

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Open Women

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | 65kg | WHITE, M | 05-Aug-06 | | | |
| | Bench | 40kg | WHITE, M | 22-Mar-06 | | | |
| | Deadlift | 90kg | WHITE, M | 22-Mar-06 | | | |
| | Total | 192.5kg | WHITE, M | 22-Mar-06 | | | |
| 48kg | Squat | 115kg | COLLIVER, T | 13-Aug-05 | | | |
| | Bench | 85kg | WEIR, Yolandie | 05-May-13 | | | |
| | Deadlift | 140kg | WEIR, Yolandie | 05-May-13 | | | |
| | Total | 340kg | WEIR, Yolandie | 05-May-13 | 305kg | COLLIVER, T | 13-Aug-05 |
| 52kg | Squat | 135kg | WEIR, Coralie | 10-Aug-13 | | | |
| | Bench | 105kg | WEIR, Coralie | 10-Aug-13 | | | |
| | Deadlift | 170kg | WEIR, Coralie | 10-Aug-13 | | | |
| | Total | 410kg | WEIR, Coralie | 10-Aug-13 | | | |
| 56kg | Squat | 147.5kg | VU-DUY, L | 09-Aug-09 | | | |
| | Bench | 75kg | VU-DUY, L | 16-May-10 | | | |
| | Deadlift | 147.5kg | VU-DUY, L | 14-Aug-10 | | | |
| | Total | 365kg | VU-DUY, L | 16-May-10 | | | |
| 60kg | Squat | 125kg | HODGES, Rebecca | 31-May-15 | | | |
| | Bench | 66kg | WILLIAMS, V | 02-May-10 | | | |
| | Deadlift | 140kg | HODGES, Rebecca | 31-May-15 | | | |
| | Total | 330kg | HODGES, Rebecca | 31-May-15 | | | |
| 67.5kg | Squat | 215kg | ASHLEIGH, Lauren | 11-Nov-18 | 150kg | HODGES, Rebecca | 14-Aug-15 |
| | Bench | 110kg | ASHLEIGH, Lauren | 11-Nov-18 | 75kg | HODGES, Rebecca | 14-Aug-15 |
| | Deadlift | 180kg | ASHLEIGH, Lauren | 11-Nov-18 | 140kg | HODGES, Rebecca | 14-Aug-15 |
| | Total | 505kg | ASHLEIGH, Lauren | 11-Nov-18 | 365kg | HODGES, Rebecca | 14-Aug-15 |
| 75kg | Squat | 180kg | BARBA, Marie | 04-Oct-08 | | | |
| | Bench | 99.5kg | BARBA, Marie | 04-Oct-08 | | | |
| | Deadlift | 175kg | DINAKIS, F | 03-Aug-03 | | | |
| | Total | 452.5kg | BARBA, Marie | 04-Oct-08 | | | |
| 82.5kg | Squat | 190kg | GURNEY, T | 14-Aug-10 | | | |
| | Bench | 110kg | WULFF, T | 03-Aug-03 | | | |
| | Deadlift | 197.5kg | WULFF, T | 03-Aug-03 | | | |
| | Total | 435kg | WULFF, T | 03-Aug-03 | | | |
| 90kg | Squat | 120kg | PENGALLY, K | 24-Apr-04 | | | |
| | Bench | 90kg | COWAN, V | 27-Oct-04 | | | |
| | Deadlift | 142.5kg | PENGALLY, K | 24-Apr-04 | | | |
| | Total | 320kg | VYAS, M | 13-Aug-05 | | | |
| SHW | Squat | 305kg | DAVIDSON, Heather | 11-Nov-18 | 230kg | DAVIDSON, Heather | 27-Aug-16 |
| | Bench | 155kg | DAVIDSON, Heather | 11-Nov-18 | 147.5kg | DAVIDSON, Heather | 16-Nov-14 |
| | Deadlift | 200kg | DAVIDSON, Heather | 11-Nov-18 | 180kg | COWAN, V | 13-Aug-05 |
| | Total | 660kg | DAVIDSON, Heather | 11-Nov-18 | 547.5kg | DAVIDSON, Heather | 27-Aug-16 |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Teenage 1 Women (13-15)

| 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 | 95kg | WALL, S | 12-Jul-08 | | | |
| | Bench | 50kg | WALL, S | 12-Jul-08 | | | |
| | Deadlift | 107.5kg | WALL, S | 12-Jul-08 | | | |
| | Total | 235kg | WALL, S | 12-Jul-08 | | | |
| 56kg | Squat | 95kg | SMITH, S | 13-Aug-05 | | | |
| | Bench | 27.5kg | SMITH, S | 28-Feb-04 | | | |
| | Deadlift | 105.5kg | SMITH, S | 01-May-05 | | | |
| | Total | 220.5kg | SMITH, S | 28-Feb-04 | | | |
| 60kg | Squat | 90kg | SKARLATOS, C | 08-Aug-04 | | | |
| | Bench | 42.5kg | SKARLATOS, C | 01-May-04 | | | |
| | Deadlift | 105kg | SKARLATOS, C | 01-May-04 | | | |
| | Total | 230kg | SKARLATOS, C | 08-Aug-04 | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Teenage 2 Women 16-17)

| 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 | 95kg | MILLER, M | 13-May-06 | | | |
| | Bench | 55kg | MILLER, M | 13-May-06 | | | |
| | Deadlift | 117.5kg | MILLER, M | 28-Feb-04 | | | |
| | Total | 220kg | MILLER, M | 28-Feb-04 | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Teenage 3 Women (18-19)

| 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 | 82.5kg | MORMILE, G | 04-Aug-07 | | | |
| | Bench | 45kg | MORMILE, G | 04-Aug-07 | | | |
| | Deadlift | 110kg | MORMILE, G | 04-Aug-07 | | | |
| | Total | 237.5kg | MORMILE, G | 04-Aug-07 | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | 117.5kg | SMITH, M | 01-May-05 | | | |
| | Bench | 62.5kg | SMITH, M | 01-May-05 | | | |
| | Deadlift | 135kg | SMITH, M | 01-May-05 | | | |
| | Total | 315kg | SMITH, M | 01-May-05 | | | |
| 90kg | Squat | 120kg | VYAS, M | 13-Aug-05 | | | |
| | Bench | 65kg | VYAS, M | 13-Aug-05 | | | |
| | Deadlift | 135kg | VYAS, M | 13-Aug-05 | | | |
| | Total | 320kg | VYAS, M | 13-Aug-05 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Junior Women (20-23)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | 65kg | WHITE, M | 05-Aug-06 | | | |
| | Bench | 40kg | WHITE, M | 22-Mar-06 | | | |
| | Deadlift | 90kg | WHITE, M | 22-Mar-06 | | | |
| | Total | 192.5kg | WHITE, M | 22-Mar-06 | | | |
| 48kg | Squat | | | | | | |
| | Bench | 65kg | WEIR, Yolandie | 09-Sep-09 | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | 130kg | MORMILE, G | 19-Apr-09 | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Senior Women (24-32)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 48kg | Squat | 115kg | WEIR, Yolandie | 05-May-13 | 110kg | COLLIVER, T | 09-May-04 |
| | Bench | 85kg | WEIR, Yolandie | 05-May-13 | | | |
| | Deadlift | 140kg | WEIR, Yolandie | 05-May-13 | 120kg | COLLIVER, T | 03-Aug-03 |
| | Total | 340kg | WEIR, Yolandie | 05-May-13 | 280kg | COLLIVER, T | 09-May-04 |
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 125kg | HODGES, Rebecca | 31-May-15 | | | |
| | Bench | 66kg | WILLIAMS, V | 02-May-10 | | | |
| | Deadlift | 140kg | HODGES, Rebecca | 31-May-15 | | | |
| | Total | 330kg | HODGES, Rebecca | 31-May-15 | | | |
| 67.5kg | Squat | 215kg | ASHLEIGH, Lauren | 11-Nov-18 | 150kg | HODGES, Rebecca | 14-Aug-15 |
| | Bench | 110kg | ASHLEIGH, Lauren | 11-Nov-18 | 75kg | HODGES, Rebecca | 14-Aug-15 |
| | Deadlift | 180kg | ASHLEIGH, Lauren | 11-Nov-18 | 140kg | HODGES, Rebecca | 14-Aug-15 |
| | Total | 505kg | ASHLEIGH, Lauren | 11-Nov-18 | 365kg | HODGES, Rebecca | 14-Aug-15 |
| 75kg | Squat | 175kg | MITCHELL, Jo | 20-Apr-09 | | | |
| | Bench | | | | | | |
| | Deadlift | 175kg | DINAKIS, F | 03-Aug-03 | | | |
| | Total | 437.5kg | MITCHELL, Jo | 09-Aug-09 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | 90kg | COWAN, V | 27-Oct-04 | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | 182.5kg | DAVIDSON, Heather | 16-Nov-14 | 177.5kg | DAVIDSON, Heather | 02-Aug-14 |
| | Bench | 147.5kg | DAVIDSON, Heather | 16-Nov-14 | 145kg | DAVIDSON, Heather | 02-Aug-14 |
| | Deadlift | 137.5kg | DAVIDSON, Heather | 16-Nov-14 | 130kg | DAVIDSON, Heather | 02-Aug-14 |
| | Total | 467.5kg | DAVIDSON, Heather | 16-Nov-14 | 452.5kg | DAVIDSON, Heather | 02-Aug-14 |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Sub Master Women (33-39)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 48kg | Squat | 115kg | COLLIVER, T | 13-Aug-05 | | | |
| | Bench | 57.5kg | COLLIVER, T | 23-Apr-05 | | | |
| | Deadlift | 132.5kg | COLLIVER, T | 13-Aug-05 | | | |
| | Total | 305kg | COLLIVER, T | 13-Aug-05 | | | |
| 52kg | Squat | 105kg | COLLIVER-MURRAY, T | 30-Apr-06 | | | |
| | Bench | 53kg | COLLIVER-MURRAY, T | 30-Apr-06 | | | |
| | Deadlift | 125kg | COLLIVER-MURRAY, T | 30-Apr-06 | | | |
| | Total | 282.5kg | COLLIVER-MURRAY, T | 30-Apr-06 | | | |
| 56kg | Squat | 147.5kg | VU-DUY, L | 09-Aug-09 | | | |
| | Bench | 75kg | VU-DUY, L | 16-May-10 | | | |
| | Deadlift | 147.5kg | VU-DUY, L | 14-Aug-10 | | | |
| | Total | 365kg | VU-DUY, L | 16-May-10 | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 137.5kg | HODGES, Rebecca | 29-May-16 | | | |
| | Bench | 75kg | HODGES, Rebecca | 29-May-16 | | | |
| | Deadlift | 140kg | HODGES, Rebecca | 29-May-16 | | | |
| | Total | 352.5kg | HODGES, Rebecca | 29-May-16 | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | 190kg | GURNEY, Therese | 14-Aug-10 | | | |
| | Bench | 110kg | WULFF, T | 03-Aug-03 | | | |
| | Deadlift | 197.5kg | WULFF, T | 03-Aug-03 | | | |
| | Total | 435kg | WULFF, T | 03-Aug-03 | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | 305kg | DAVIDSON, Heather | 11-Nov-18 | 230kg | DAVIDSON, Heather | 27-Aug-16 |
| | Bench | 155kg | DAVIDSON, Heather | 11-Nov-18 | 145kg | DAVIDSON, Heather | 27-Aug-16 |
| | Deadlift | 200kg | DAVIDSON, Heather | 11-Nov-18 | 180kg | COWAN, V | 13-Aug-05 |
| | Total | 660kg | DAVIDSON, Heather | 11-Nov-18 | 547.5kg | DAVIDSON, Heather | 27-Aug-16 |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 1 Women (40-44)

| 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 | 78kg | MANNING, T | 08-Aug-04 | | | |
| | Deadlift | 132.5kg | MANNING, T | 13-Aug-05 | | | |
| | Total | 302.5kg | MANNING, T | 08-Aug-04 | | | |
| 52kg | Squat | | | | | | |
| | Bench | 75kg | MANNING, T | 24-Apr-04 | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 180kg | BARBA, Marie | 04-Oct-08 | | | |
| | Bench | 99.5kg | BARBA, Marie | 04-Oct-08 | | | |
| | Deadlift | 175kg | BARBA, Marie | 04-Oct-08 | | | |
| | Total | 452.5kg | BARBA, Marie | 04-Oct-08 | | | |
| 82.5kg | Squat | 140kg | TITUS, C | 30-Mar-03 | | | |
| | Bench | 92.5kg | TITUS, C | 30-Mar-03 | | | |
| | Deadlift | 190kg | TITUS, C | 30-Mar-03 | | | |
| | Total | 422.5kg | TITUS, C | 30-Mar-03 | | | |
| 90kg | Squat | 120kg | PENGALLY, K | 24-Apr-04 | | | |
| | Bench | 65kg | PENGALLY, K | 24-Apr-04 | | | |
| | Deadlift | 142.5kg | PENGALLY, K | 24-Apr-04 | | | |
| | Total | 317.5kg | PENGALLY, K | 24-Apr-04 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 2 Women (45-49)

| 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 | 125kg | WIER, Coralie | 14-Aug-10 | | | |
| | Bench | 80kg | WIER, Coralie | 14-Aug-10 | | | |
| | Deadlift | 155kg | WIER, Coralie | 14-Aug-10 | | | |
| | Total | 360kg | WIER, Coralie | 14-Aug-10 | | | |
| 56kg | Squat | 105kg | WIER, Coralie | 10-May-08 | | | |
| | Bench | 70kg | WIER, Coralie | 10-May-08 | | | |
| | Deadlift | 152.5kg | GIGLIA, J | 04-Oct-08 | | | |
| | Total | 327.5kg | GIGLIA, J | 04-Oct-08 | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | 105kg | SMITH, S | 13-Aug-05 | | | |
| | Bench | 60kg | SMITH, S | 13-Aug-05 | | | |
| | Deadlift | 140kg | SMITH, S | 13-Aug-05 | | | |
| | Total | 305kg | SMITH, S | 13-Aug-05 | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 3 Women (50-54)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------|--------------|---------------|---------------------------|--------------|
| 44kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 48kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 52kg | Squat | 120kg | WIER, Coralie | 12-May-12 | | | |
| | Bench | 105kg | WIER, Coralie | 10-Aug-13 | | | |
| | Deadlift | 170kg | WIER, Coralie | 11-May-13 | | | |
| | Total | 410kg | WIER, Coralie | 11-May-13 | | | |
| 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 | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 4 Women (55-59)

| 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 | 100kg | JACKSON, S | 08-Aug-04 | | | |
| | Bench | 55kg | JACKSON, S | 08-Aug-04 | | | |
| | Deadlift | 135kg | JACKSON, S | 08-Aug-04 | | | |
| | Total | 290kg | JACKSON, S | 08-Aug-04 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 5 Women (60-64)

| 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 | 60kg | WILYMAN, M | 27-May-11 | | | |
| | Bench | 40kg | WILYMAN, M | 27-May-11 | | | |
| | Deadlift | 100kg | WILYMAN, M | 27-May-11 | | | |
| | Total | 200kg | WILYMAN, M | 27-May-11 | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 6 Women (65-69)

| 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 | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 7 Women (70-74)

| 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 | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 8 Women (75-79)

| 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 | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 9 Women (80-84)

| 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 | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Masters 10 Women (85-89)

| 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 | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |