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, Marie	05-Aug-06			
	Bench	40kg	WHITE, Marie	22-Mar-06			
	Deadlift	90kg	WHITE, Marie	22-Mar-06			
	Total	192.5kg	WHITE, Marie	22-Mar-06			
48kg	Squat	115kg	COLLIVER, Tegan	13-Aug-05	110kg	COLLIVER, Tegan	07-Aug-04
	Bench	85kg	WEIR, Yolandie	05-May-13	55.5kg	COLLIVER, Tegan	07-Aug-04
	Deadlift	140kg	WEIR, Yolandie	05-May-13	127.5kg	COLLIVER, Tegan	07-Aug-04
	Total	340kg	WEIR, Yolandie	05-May-13	305kg	COLLIVER, Tegan	13-Aug-05
52kg	Squat	135kg	WEIR, Coralie	10-Aug-13	125kg	WIER, Coralie	14-Aug-10
	Bench	105kg	WEIR, Coralie	10-Aug-13	80kg	WIER, Coralie	14-Aug-10
	Deadlift	170kg	WEIR, Coralie	10-Aug-13	155kg	WIER, Coralie	14-Aug-10
	Total	410kg	WEIR, Coralie	10-Aug-13	360kg	WIER, Coralie	14-Aug-10
56kg	Squat	147.5kg	VU-DUY, Louise	09-Aug-09	105kg	WIER, Coralie	10-May-08
	Bench	75kg	VU-DUY, Louise	16-May-10	70kg	WIER, Coralie	10-May-08
	Deadlift	152.5kg	GIGLIA, Jackie	04-Oct-08			
	Total	365kg	VU-DUY, Louise	16-May-10	327.5kg	GIGLIA, Jackie	04-Oct-08
60kg	Squat	140kg	MARTIN, Sinead	25-Apr-21	125kg	HODGES, Rebecca	31-May-15
	Bench	77.5kg	WEATHERALL, Michelina	07-Aug-26	66kg	WILLIAMS, V	02-May-10
	Deadlift	182.5kg	WEATHERALL, Michelina	07-Aug-26	142.5kg	MARTIN, Sinead	25-Apr-21
	Total	340kg	MARTIN, Sinead	25-Apr-21	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	187.5kg	MAXEY, Melissa	07-Aug-26	182.5kg	CAVIC, Rebecca	16-Mar-24
	Bench	120kg	MAXEY, Melissa	07-Aug-26	110kg	MITCHELL, Jo	09-Aug-09
	Deadlift	190kg	MAXEY, Melissa	07-Aug-26	175kg	DINAKIS, Freda	03-Aug-03
	Total	497.5kg	MAXEY, Melissa	07-Aug-26	452.5kg	BARBA, Marie	04-Oct-08
82.5kg	Squat	190kg	GURNEY, T	14-Aug-10	140kg	TITUS, Cecilia	30-Mar-03
	Bench	110kg	WULFF, Terri-Leigh	03-Aug-03	92.5kg	TITUS, Cecilia	30-Mar-03
	Deadlift	197.5kg	WULFF, Terri-Leigh	03-Aug-03	190kg	TITUS, Cecilia	30-Mar-03
	Total	435kg	WULFF, Terri-Leigh	03-Aug-03	422.5kg	TITUS, Cecilia	30-Mar-03
90kg	Squat	150kg	McGAHON, Jill	14-May-23	120kg	PENGALLY, K	24-Apr-04
	Bench	92.5kg	McGAHON, Jill	14-May-23	90kg	COWAN, Vicki	27-Oct-04
	Deadlift	142.5kg	PENGALLY, K	24-Apr-04			
	Total	382.5kg	McGAHON, Jill	14-May-23	320kg	VYAS, M	13-Aug-05
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	170kg	HOAD, Holly	16-Mar-24			
	Bench	87.5kg	HOAD, Holly	16-Mar-24			
	Deadlift	160kg	HOAD, Holly	16-Mar-24			
	Total	417.5kg	HOAD, Holly	16-Mar-24			
110+kg	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, Christina	08-Aug-04			
	Bench	42.5kg	SKARLATOS, Christina	01-May-04			
	Deadlift	105kg	SKARLATOS, Christina	01-May-04			
	Total	230kg	SKARLATOS, Christina	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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, Marie	05-Aug-06			
	Bench	40kg	WHITE, Marie	22-Mar-06			
	Deadlift	90kg	WHITE, Marie	22-Mar-06			
	Total	192.5kg	WHITE, Marie	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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, Tegan	07-Aug-04
	Bench	85kg	WEIR, Yolandie	05-May-13	55.5kg	COLLIVER, Tegan	07-Aug-04
	Deadlift	140kg	WEIR, Yolandie	05-May-13	127.5kg	COLLIVER, Tegan	07-Aug-04
	Total	340kg	WEIR, Yolandie	05-May-13	287.5kg	COLLIVER, Tegan	07-Aug-04
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	140kg	MARTIN, Sinead	25-Apr-21	125kg	HODGES, Rebecca	31-May-15
	Bench	66kg	WILLIAMS, V	02-May-10			
	Deadlift	142.5kg	MARTIN, Sinead	25-Apr-21	140kg	HODGES, Rebecca	31-May-15
	Total	340kg	MARTIN, Sinead	25-Apr-21	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	110kg	MITCHELL, Jo	09-Aug-09			
	Deadlift	175kg	DINAKIS, Freda	03-Aug-03			
	Total	437.5kg	MITCHELL, Jo	09-Aug-09			
82.5kg	Squat	105kg	BALDACCHINO, Mel	25-Apr-21			
	Bench	60kg	BALDACCHINO, Mel	25-Apr-21			
	Deadlift	122.5kg	BALDACCHINO, Mel	25-Apr-21			
	Total	285kg	BALDACCHINO, Mel	25-Apr-21			
90kg	Squat						
	Bench	90kg	COWAN, Vicki	27-Oct-04			
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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, Tegan	13-Aug-05			
	Bench	57.5kg	COLLIVER, Tegan	23-Apr-05			
	Deadlift	132.5kg	COLLIVER, Tegan	13-Aug-05			
	Total	305kg	COLLIVER, Tegan	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, Louise	09-Aug-09			
	Bench	75kg	VU-DUY, Louise	16-May-10			
	Deadlift	147.5kg	VU-DUY, Louise	14-Aug-10			
	Total	365kg	VU-DUY, Louise	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	170kg	REID, Alyce	30-Apr-22	140kg	BROWN, Kyra	07-Aug-04
	Bench	105kg	REID, Alyce	30-Apr-22	75kg	BROWN, Kyra	07-Aug-04
	Deadlift	160kg	REID, Alyce	30-Apr-22	160kg	BROWN, Kyra	07-Aug-04
	Total	435kg	REID, Alyce	30-Apr-22	375kg	BROWN, Kyra	07-Aug-04
82.5kg	Squat	190kg	GURNEY, Therese	14-Aug-10			
	Bench	110kg	WULFF, Terri-Leigh	03-Aug-03			
	Deadlift	197.5kg	WULFF, Terri-Leigh	03-Aug-03			
	Total	435kg	WULFF, Terri-Leigh	03-Aug-03			
90kg	Squat	150kg	McGAHON, Jill	14-May-23			
	Bench	92.5kg	McGAHON, Jill	14-May-23			
	Deadlift	140kg	McGAHON, Jill	14-May-23			
	Total	382.5kg	McGAHON, Jill	14-May-23			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	170kg	HOAD, Holly	16-Mar-24			
	Bench	87.5kg	HOAD, Holly	16-Mar-24			
	Deadlift	160kg	HOAD, Holly	16-Mar-24			
	Total	417.5kg	HOAD, Holly	16-Mar-24			
110+kg	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	95kg	MANNING, Teresa	08-Aug-04			
	Bench	78kg	MANNING, Teresa	08-Aug-04			
	Deadlift	130kg	MANNING, Teresa	08-Aug-04			
	Total	302.5kg	MANNING, Teresa	08-Aug-04			
52kg	Squat						
	Bench	75kg	MANNING, Teresa	24-Apr-04			
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	150kg	CAVIC, Rebecca	30-Apr-22	130kg	BROOKE, Helen	07-Aug-04
	Bench	100kg	CAVIC, Rebecca	30-Apr-22	80kg	BARBA, Maria	05-Aug-06
	Deadlift	160kg	BROOKE, Helen	07-Aug-04			
	Total	400kg	CAVIC, Rebecca	30-Apr-22	360kg	BROOKE, Helen	07-Aug-04
75kg	Squat	182.5kg	CAVIC, Rebecca	16-Mar-24	180kg	BARBA, Marie	04-Oct-08
	Bench	105kg	CAVIC, Rebecca	16-Mar-24	100kg	CAVIC, Rebecca	14-May-23
	Deadlift	175kg	BARBA, Marie	04-Oct-08			
	Total	452.5kg	BARBA, Marie	04-Oct-08			
82.5kg	Squat	140kg	TITUS, Cecilia	30-Mar-03			
	Bench	92.5kg	TITUS, Cecilia	30-Mar-03			
	Deadlift	190kg	TITUS, Cecilia	30-Mar-03			
	Total	422.5kg	TITUS, Cecilia	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			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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	100kg	MANNING, Teresa	05-Aug-06			
	Bench	70kg	MANNING, Teresa	05-Aug-06			
	Deadlift	127.5kg	MANNING, Teresa	05-Aug-06			
	Total	297.5kg	MANNING, Teresa	05-Aug-06			
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, Jackie	04-Oct-08			
	Total	327.5kg	GIGLIA, Jackie	04-Oct-08			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	187.5kg	MAXEY, Melissa	07-Aug-26			
	Bench	120kg	MAXEY, Melissa	07-Aug-26			
	Deadlift	190kg	MAXEY, Melissa	07-Aug-26			
	Total	497.5kg	MAXEY, Melissa	07-Aug-26			
82.5kg	Squat	127.5kg	SCARBOROUGH, Yvonne	01-Aug-25	105kg	SMITH, S	13-Aug-05
	Bench	85kg	SCARBOROUGH, Yvonne	01-Aug-25	60kg	SMITH, S	13-Aug-05
	Deadlift	150kg	SCARBOROUGH, Yvonne	01-Aug-25	140kg	SMITH, S	13-Aug-05
	Total	362.5kg	SCARBOROUGH, Yvonne	01-Aug-25	305kg	SMITH, S	13-Aug-05
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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	40kg	WEATHERALL, Michelina	07-Aug-26	35kg	WEATHERALL, Michelina	25-Apr-26
	Bench	77.5kg	WEATHERALL, Michelina	07-Aug-26	70kg	WEATHERALL, Michelina	25-Apr-26
	Deadlift	182.5kg	WEATHERALL, Michelina	07-Aug-26	181.5kg	WEATHERALL, Michelina	25-Apr-26
	Total	300kg	WEATHERALL, Michelina	07-Aug-26	285kg	WEATHERALL, Michelina	25-Apr-26
67.5kg	Squat	100kg	JACKSON, Suzanne	15-Dec-01			
	Bench	60kg	JACKSON, Suzanne	15-Dec-01			
	Deadlift	135kg	JACKSON, Suzanne	15-Dec-01			
	Total	295kg	JACKSON, Suzanne	15-Dec-01			
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 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	180kg	YOUNG, Taylor	27-Aug-11			
	Bench	107.5kg	YOUNG, Taylor	27-Aug-11			
	Deadlift	175kg	YOUNG, Taylor	27-Aug-11			
	Total	462.5kg	YOUNG, Taylor	27-Aug-11			
75kg	Squat	100kg	JACKSON, Suzanne	08-Aug-04			
	Bench	55kg	JACKSON, Suzanne	08-Aug-04			
	Deadlift	135kg	JACKSON, Suzanne	08-Aug-04			
	Total	290kg	JACKSON, Suzanne	08-Aug-04			
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 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	90kg	COLLIVER, Wendy	05-Aug-06			
	Bench	55kg	COLLIVER, Wendy	05-Aug-06			
	Deadlift	110kg	COLLIVER, Wendy	05-Aug-06			
	Total	255kg	COLLIVER, Wendy	05-Aug-06			
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 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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						