

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Open Women

| BWT    | Lift      | Record  | Athlete                | Date       | Record | Athlete | Date      | Record | Athlete           | Date      |
|--------|-----------|---------|------------------------|------------|--------|---------|-----------|--------|-------------------|-----------|
| RAW    |           |         |                        | SINGLE PLY |        |         | MULTI PLY |        |                   |           |
| 44kg   | Bench     | 40kg    | WINWOOD, Tania         | 19-Nov-17  |        |         |           |        |                   |           |
|        | Deadlift  | 115kg   | WINWOOD, Tania         | 19-Nov-17  |        |         |           |        |                   |           |
|        | P/P Total | 155kg   | WINWOOD, Tania         | 19-Nov-17  |        |         |           |        |                   |           |
| 48kg   | Bench     | 50kg    | MIDDLETON, Sandra      | 24-Nov-14  |        |         |           |        |                   |           |
|        | Deadlift  | 135kg   | WINWOOD, Tania         | 24-Nov-19  |        |         |           |        |                   |           |
|        | P/P Total | 180kg   | WINWOOD, Tania         | 24-Nov-19  |        |         |           |        |                   |           |
| 52kg   | Bench     | 52.5kg  | CALDONA, Jackie        | 24-Nov-19  |        |         |           |        |                   |           |
|        | Deadlift  | 122.5kg | EATON, Emma            | 02-Aug-14  |        |         |           |        |                   |           |
|        | P/P Total | 172.5kg | CALDONA, Jackie        | 24-Nov-19  |        |         |           |        |                   |           |
| 56kg   | Bench     | 75kg    | SMITH, Alex            | 13-Dec-14  |        |         |           |        |                   |           |
|        | Deadlift  | 150kg   | SMITH, Alex            | 13-Dec-14  |        |         |           |        |                   |           |
|        | P/P Total | 225kg   | SMITH, Alex            | 13-Dec-14  |        |         |           |        |                   |           |
| 60kg   | Bench     | 60kg    | CARR, Aoife            | 19-Nov-17  |        |         |           |        |                   |           |
|        | Deadlift  | 155kg   | SOUTH, Georgia         | 19-Nov-17  |        |         |           |        |                   |           |
|        | P/P Total | 205kg   | SOUTH, Georgia         | 19-Nov-17  |        |         |           |        |                   |           |
| 67.5kg | Bench     | 100kg   | DAY, Jess              | 19-Nov-17  |        |         |           |        |                   |           |
|        | Deadlift  | 192.5kg | DAY, Jess              | 19-Nov-17  |        |         |           |        |                   |           |
|        | P/P Total | 280kg   | DAY, Jess              | 19-Nov-17  |        |         |           |        |                   |           |
| 75kg   | Bench     | 90kg    | DAY, Jess              | 18-Nov-18  |        |         |           |        |                   |           |
|        | Deadlift  | 210kg   | VILE, Lyndall          | 13-Dec-14  |        |         |           |        |                   |           |
|        | P/P Total | 295kg   | VILE, Lyndall          | 13-Dec-14  |        |         |           |        |                   |           |
| 82.5kg | Bench     | 75kg    | HENDERSON, Catherine   | 18-Nov-18  |        |         |           |        |                   |           |
|        | Deadlift  | 152.5kg | HENDERSON, Catherine   | 18-Nov-18  |        |         |           |        |                   |           |
|        | P/P Total | 227.5kg | HENDERSON, Catherine   | 18-Nov-18  |        |         |           |        |                   |           |
| 90kg   | Bench     | 97.5kg  | BENNETT, Leah          | 24-Nov-19  |        |         |           |        |                   |           |
|        | Deadlift  | 180kg   | BENNETT, Leah          | 24-Nov-19  |        |         |           |        |                   |           |
|        | P/P Total | 270kg   | BENNETT, Leah          | 24-Nov-19  |        |         |           |        |                   |           |
| SHW    | Bench     | 75kg    | HELLRIEGEL, Temera Lee | 19-Nov-17  |        |         |           | 145kg  | DAVIDSON, Heather | 02-Aug-14 |
|        | Deadlift  | 160kg   | COUNSELL, Paige        | 19-Nov-17  |        |         |           | 130kg  | DAVIDSON, Heather | 02-Aug-14 |
|        | P/P Total | 225kg   | HELLRIEGEL, Temera Lee | 19-Nov-17  |        |         |           | 275kg  | DAVIDSON, Heather | 02-Aug-14 |

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## Teenage 1 Women (13-15)

| BWT        | Lift | Record | Athlete | Date       | Record     | Athlete | Date | Record     | Athlete | Date |  |
|------------|------|--------|---------|------------|------------|---------|------|------------|---------|------|--|
|            |      | RAW    |         |            | SINGLE PLY |         |      | MULTI PLY  |         |      |  |
| No records |      |        |         | No records |            |         |      | No records |         |      |  |

## Teenage 2 Women (16-17)

| BWT        | Lift | Record | Athlete | Date       | Record     | Athlete | Date | Record     | Athlete | Date |  |
|------------|------|--------|---------|------------|------------|---------|------|------------|---------|------|--|
|            |      | RAW    |         |            | SINGLE PLY |         |      | MULTI PLY  |         |      |  |
| No records |      |        |         | No records |            |         |      | No records |         |      |  |

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Teenage 3 Women (18-19)

| BWT    | Lift      | Record  | Athlete   | Date      | Record     | Athlete | Date | Record    | Athlete | Date |
|--------|-----------|---------|-----------|-----------|------------|---------|------|-----------|---------|------|
|        |           | RAW     |           |           | SINGLE PLY |         |      | MULTI PLY |         |      |
| 44kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 48kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 52kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 56kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 60kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 67.5kg | Bench     | 70kg    | COE, Amie | 18-Nov-18 |            |         |      |           |         |      |
|        | Deadlift  | 127.5kg | COE, Amie | 18-Nov-18 |            |         |      |           |         |      |
|        | P/P Total | 197.5kg | COE, Amie | 18-Nov-18 |            |         |      |           |         |      |
| 75kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 82.5kg | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| 90kg   | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |
| SHW    | Bench     |         |           |           |            |         |      |           |         |      |
|        | Deadlift  |         |           |           |            |         |      |           |         |      |
|        | P/P Total |         |           |           |            |         |      |           |         |      |

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Junior Women (20-23)

| BWT    | Lift      | Record | Athlete         | Date      | Record     | Athlete | Date | Record    | Athlete | Date |
|--------|-----------|--------|-----------------|-----------|------------|---------|------|-----------|---------|------|
|        |           | RAW    |                 |           | SINGLE PLY |         |      | MULTI PLY |         |      |
| 44kg   | Bench     |        |                 |           |            |         |      |           |         |      |
|        | Deadlift  |        |                 |           |            |         |      |           |         |      |
|        | P/P Total |        |                 |           |            |         |      |           |         |      |
| 48kg   | Bench     |        |                 |           |            |         |      |           |         |      |
|        | Deadlift  |        |                 |           |            |         |      |           |         |      |
|        | P/P Total |        |                 |           |            |         |      |           |         |      |
| 52kg   | Bench     |        |                 |           |            |         |      |           |         |      |
|        | Deadlift  |        |                 |           |            |         |      |           |         |      |
|        | P/P Total |        |                 |           |            |         |      |           |         |      |
| 56kg   | Bench     |        |                 |           |            |         |      |           |         |      |
|        | Deadlift  |        |                 |           |            |         |      |           |         |      |
|        | P/P Total |        |                 |           |            |         |      |           |         |      |
| 60kg   | Bench     | 50kg   | SOUTH, Georgia  | 19-Nov-17 |            |         |      |           |         |      |
|        | Deadlift  | 155kg  | SOUTH, Georgia  | 19-Nov-17 |            |         |      |           |         |      |
|        | P/P Total | 205kg  | SOUTH, Georgia  | 19-Nov-17 |            |         |      |           |         |      |
| 67.5kg | Bench     | 62.5kg | McKINNON, Sarah | 13-Dec-14 |            |         |      |           |         |      |
|        | Deadlift  | 140kg  | McKINNON, Sarah | 13-Dec-14 |            |         |      |           |         |      |
|        | P/P Total | 200kg  | McKINNON, Sarah | 13-Dec-14 |            |         |      |           |         |      |
| 75kg   | Bench     | 75kg   | HALL, Emma      | 18-Nov-18 |            |         |      |           |         |      |
|        | Deadlift  | 165kg  | HALL, Emma      | 18-Nov-18 |            |         |      |           |         |      |
|        | P/P Total | 240kg  | HALL, Emma      | 18-Nov-18 |            |         |      |           |         |      |
| 82.5kg | Bench     |        |                 |           |            |         |      |           |         |      |
|        | Deadlift  |        |                 |           |            |         |      |           |         |      |
|        | P/P Total |        |                 |           |            |         |      |           |         |      |
| 90kg   | Bench     |        |                 |           |            |         |      |           |         |      |
|        | Deadlift  |        |                 |           |            |         |      |           |         |      |
|        | P/P Total |        |                 |           |            |         |      |           |         |      |
| SHW    | Bench     | 60kg   | COUNSELL, Paige | 19-Nov-17 |            |         |      |           |         |      |
|        | Deadlift  | 160kg  | COUNSELL, Paige | 19-Nov-17 |            |         |      |           |         |      |
|        | P/P Total | 220kg  | COUNSELL, Paige | 19-Nov-17 |            |         |      |           |         |      |

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Senior Women (24-32)

| BWT    | Lift      | Record  | Athlete                | Date      | Record     | Athlete | Date | Record    | Athlete           | Date      |
|--------|-----------|---------|------------------------|-----------|------------|---------|------|-----------|-------------------|-----------|
|        |           | RAW     |                        |           | SINGLE PLY |         |      | MULTI PLY |                   |           |
| 44kg   | Bench     |         |                        |           |            |         |      |           |                   |           |
|        | Deadlift  |         |                        |           |            |         |      |           |                   |           |
|        | P/P Total |         |                        |           |            |         |      |           |                   |           |
| 48kg   | Bench     |         |                        |           |            |         |      |           |                   |           |
|        | Deadlift  |         |                        |           |            |         |      |           |                   |           |
|        | P/P Total |         |                        |           |            |         |      |           |                   |           |
| 52kg   | Bench     | 52.5kg  | CALDONA, Jackie        | 24-Nov-19 |            |         |      |           |                   |           |
|        | Deadlift  | 120kg   | CALDONA, Jackie        | 24-Nov-19 |            |         |      |           |                   |           |
|        | P/P Total | 172.5kg | CALDONA, Jackie        | 24-Nov-19 |            |         |      |           |                   |           |
| 56kg   | Bench     | 75kg    | SMITH, Alex            | 13-Dec-14 |            |         |      |           |                   |           |
|        | Deadlift  | 150kg   | SMITH, Alex            | 13-Dec-14 |            |         |      |           |                   |           |
|        | P/P Total | 225kg   | SMITH, Alex            | 13-Dec-14 |            |         |      |           |                   |           |
| 60kg   | Bench     | 45kg    | CHEE, Hazel            | 24-Mar-19 |            |         |      |           |                   |           |
|        | Deadlift  | 120kg   | LACEY, Laura           | 18-Nov-18 |            |         |      |           |                   |           |
|        | P/P Total | 157.5kg | LACEY, Laura           | 18-Nov-18 |            |         |      |           |                   |           |
| 67.5kg | Bench     | 100kg   | DAY, Jess              | 19-Nov-17 |            |         |      |           |                   |           |
|        | Deadlift  | 192.5kg | DAY, Jess              | 19-Nov-17 |            |         |      |           |                   |           |
|        | P/P Total | 280kg   | DAY, Jess              | 19-Nov-17 |            |         |      |           |                   |           |
| 75kg   | Bench     | 85kg    | VILE, Lyndall          | 13-Dec-14 |            |         |      |           |                   |           |
|        | Deadlift  | 210kg   | VILE, Lyndall          | 13-Dec-14 |            |         |      |           |                   |           |
|        | P/P Total | 295kg   | VILE, Lyndall          | 13-Dec-14 |            |         |      |           |                   |           |
| 82.5kg | Bench     | 42.5kg  | ELLIS, Suz             | 18-Nov-18 |            |         |      |           |                   |           |
|        | Deadlift  | 110kg   | ELLIS, Suz             | 18-Nov-18 |            |         |      |           |                   |           |
|        | P/P Total | 152.5kg | ELLIS, Suz             | 18-Nov-18 |            |         |      |           |                   |           |
| 90kg   | Bench     | 57.5kg  | NHAU, Natasha          | 11-Aug-17 |            |         |      |           |                   |           |
|        | Deadlift  | 152.5kg | NHAU, Natasha          | 11-Aug-17 |            |         |      |           |                   |           |
|        | P/P Total | 210kg   | NHAU, Natasha          | 11-Aug-17 |            |         |      |           |                   |           |
| SHW    | Bench     | 75kg    | HELLRIEGEL, Temera Lee | 19-Nov-17 |            |         |      | 145kg     | DAVIDSON, Heather | 02-Aug-14 |
|        | Deadlift  | 150kg   | HELLRIEGEL, Temera Lee | 19-Nov-17 |            |         |      | 130kg     | DAVIDSON, Heather | 02-Aug-14 |
|        | P/P Total | 225kg   | HELLRIEGEL, Temera Lee | 19-Nov-17 |            |         |      | 275kg     | DAVIDSON, Heather | 02-Aug-14 |

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Sub Masters Women (33-39)

| BWT    | Lift      | Record  | Athlete              | Date      | Record     | Athlete | Date | Record    | Athlete | Date |
|--------|-----------|---------|----------------------|-----------|------------|---------|------|-----------|---------|------|
|        |           | RAW     |                      |           | SINGLE PLY |         |      | MULTI PLY |         |      |
| 44kg   | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |
| 48kg   | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |
| 52kg   | Bench     | 50kg    | WAHHAB, Magdalena    | 12-Aug-16 |            |         |      |           |         |      |
|        | Deadlift  | 122.5kg | EATON, Emma          | 02-Aug-14 |            |         |      |           |         |      |
|        | P/P Total | 170kg   | EATON, Emma          | 02-Aug-14 |            |         |      |           |         |      |
| 56kg   | Bench     | 65kg    | REED, Kate           | 24-Nov-19 |            |         |      |           |         |      |
|        | Deadlift  | 140kg   | REED, Kate           | 24-Nov-19 |            |         |      |           |         |      |
|        | P/P Total | 197.5kg | REED, Kate           | 24-Nov-19 |            |         |      |           |         |      |
| 60kg   | Bench     | 60kg    | CARR, Aoife          | 19-Nov-17 |            |         |      |           |         |      |
|        | Deadlift  | 125kg   | BAJJADA, Michelina   | 13-Dec-14 |            |         |      |           |         |      |
|        | P/P Total | 170kg   | CARR, Aoife          | 19-Nov-17 |            |         |      |           |         |      |
| 67.5kg | Bench     | 70kg    | HASLAM, Noosha       | 22-Feb-15 |            |         |      |           |         |      |
|        | Deadlift  | 155kg   | MALLARD, Annie       | 24-Nov-19 |            |         |      |           |         |      |
|        | P/P Total | 220kg   | MALLARD, Annie       | 24-Nov-19 |            |         |      |           |         |      |
| 75kg   | Bench     | 90kg    | DAY, Jess            | 18-Nov-18 |            |         |      |           |         |      |
|        | Deadlift  | 175kg   | DAY, Jess            | 18-Nov-18 |            |         |      |           |         |      |
|        | P/P Total | 265kg   | DAY, Jess            | 18-Nov-18 |            |         |      |           |         |      |
| 82.5kg | Bench     | 75kg    | HENDERSON, Catherine | 18-Nov-18 |            |         |      |           |         |      |
|        | Deadlift  | 152.5kg | HENDERSON, Catherine | 18-Nov-18 |            |         |      |           |         |      |
|        | P/P Total | 227.5kg | HENDERSON, Catherine | 18-Nov-18 |            |         |      |           |         |      |
| 90kg   | Bench     | 97.5kg  | BENNETT, Leah        | 24-Nov-19 |            |         |      |           |         |      |
|        | Deadlift  | 180kg   | BENNETT, Leah        | 24-Nov-19 |            |         |      |           |         |      |
|        | P/P Total | 270kg   | BENNETT, Leah        | 24-Nov-19 |            |         |      |           |         |      |
| SHW    | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Masters 1 Women (40-44)

| BWT    | Lift      | Record  | Athlete             | Date      | Record     | Athlete | Date | Record    | Athlete | Date |
|--------|-----------|---------|---------------------|-----------|------------|---------|------|-----------|---------|------|
|        |           | RAW     |                     |           | SINGLE PLY |         |      | MULTI PLY |         |      |
| 44kg   | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| 48kg   | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| 52kg   | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| 56kg   | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| 60kg   | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| 67.5kg | Bench     | 67.5kg  | SOLEY, Athelia      | 24-Mar-19 |            |         |      |           |         |      |
|        | Deadlift  | 140kg   | TIPPER, Bianca      | 24-Nov-19 |            |         |      |           |         |      |
|        | P/P Total | 202.5kg | SOLEY, Athelia      | 24-Mar-19 |            |         |      |           |         |      |
| 75kg   | Bench     | 57.5kg  | WASHBOURNE, Heather | 24-Mar-19 |            |         |      |           |         |      |
|        | Deadlift  | 117.5kg | WASHBOURNE, Heather | 24-Mar-19 |            |         |      |           |         |      |
|        | P/P Total | 175kg   | WASHBOURNE, Heather | 24-Mar-19 |            |         |      |           |         |      |
| 82.5kg | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| 90kg   | Bench     |         |                     |           |            |         |      |           |         |      |
|        | Deadlift  |         |                     |           |            |         |      |           |         |      |
|        | P/P Total |         |                     |           |            |         |      |           |         |      |
| SHW    | Bench     | 70kg    | TIUMALU, May        | 30-Apr-17 |            |         |      |           |         |      |
|        | Deadlift  | 110kg   | TIUMALU, May        | 30-Apr-17 |            |         |      |           |         |      |
|        | P/P Total | 189kg   | TIUMALU, May        | 30-Apr-17 |            |         |      |           |         |      |

## Masters 2 Women (45-49)

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

| BWT    | Lift      | Record  | Athlete        | Date       | Record | Athlete | Date      | Record | Athlete | Date |
|--------|-----------|---------|----------------|------------|--------|---------|-----------|--------|---------|------|
| RAW    |           |         |                | SINGLE PLY |        |         | MULTI PLY |        |         |      |
| 44kg   | Bench     | 40kg    | WINWOOD, Tania | 19-Nov-17  |        |         |           |        |         |      |
|        | Deadlift  | 115kg   | WINWOOD, Tania | 19-Nov-17  |        |         |           |        |         |      |
|        | P/P Total | 155kg   | WINWOOD, Tania | 19-Nov-17  |        |         |           |        |         |      |
| 48kg   | Bench     | 45kg    | WINWOOD, Tania | 24-Nov-19  |        |         |           |        |         |      |
|        | Deadlift  | 135kg   | WINWOOD, Tania | 24-Nov-19  |        |         |           |        |         |      |
|        | P/P Total | 180kg   | WINWOOD, Tania | 24-Nov-19  |        |         |           |        |         |      |
| 52kg   | Bench     |         |                |            |        |         |           |        |         |      |
|        | Deadlift  |         |                |            |        |         |           |        |         |      |
|        | P/P Total |         |                |            |        |         |           |        |         |      |
| 56kg   | Bench     |         |                |            |        |         |           |        |         |      |
|        | Deadlift  |         |                |            |        |         |           |        |         |      |
|        | P/P Total |         |                |            |        |         |           |        |         |      |
| 60kg   | Bench     |         |                |            |        |         |           |        |         |      |
|        | Deadlift  |         |                |            |        |         |           |        |         |      |
|        | P/P Total |         |                |            |        |         |           |        |         |      |
| 67.5kg | Bench     |         |                |            |        |         |           |        |         |      |
|        | Deadlift  |         |                |            |        |         |           |        |         |      |
|        | P/P Total |         |                |            |        |         |           |        |         |      |
| 75kg   | Bench     |         |                |            |        |         |           |        |         |      |
|        | Deadlift  |         |                |            |        |         |           |        |         |      |
|        | P/P Total |         |                |            |        |         |           |        |         |      |
| 82.5kg | Bench     |         |                |            |        |         |           |        |         |      |
|        | Deadlift  |         |                |            |        |         |           |        |         |      |
|        | P/P Total |         |                |            |        |         |           |        |         |      |
| 90kg   | Bench     | 50kg    | DONOGHUE, Lisa | 30-Apr-17  |        |         |           |        |         |      |
|        | Deadlift  | 142.5kg | DONOGHUE, Lisa | 30-Apr-17  |        |         |           |        |         |      |
|        | P/P Total | 192.5kg | DONOGHUE, Lisa | 30-Apr-17  |        |         |           |        |         |      |
| SHW    | Bench     | 52.5kg  | DONOGHUE, Lisa | 24-Mar-19  |        |         |           |        |         |      |
|        | Deadlift  | 140kg   | DONOGHUE, Lisa | 24-Mar-19  |        |         |           |        |         |      |
|        | P/P Total | 192.5kg | DONOGHUE, Lisa | 24-Mar-19  |        |         |           |        |         |      |



# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Masters 3 Women (50-54)

| BWT    | Lift      | Record  | Athlete           | Date       | Record | Athlete | Date      | Record | Athlete | Date |
|--------|-----------|---------|-------------------|------------|--------|---------|-----------|--------|---------|------|
| RAW    |           |         |                   | SINGLE PLY |        |         | MULTI PLY |        |         |      |
| 44kg   | Bench     |         |                   |            |        |         |           |        |         |      |
|        | Deadlift  |         |                   |            |        |         |           |        |         |      |
|        | P/P Total |         |                   |            |        |         |           |        |         |      |
| 48kg   | Bench     | 50kg    | MIDDLETON, Sandra | 24-Nov-14  |        |         |           |        |         |      |
|        | Deadlift  | 117.5kg | MIDDLETON, Sandra | 24-Nov-14  |        |         |           |        |         |      |
|        | P/P Total | 165kg   | MIDDLETON, Sandra | 24-Nov-14  |        |         |           |        |         |      |
| 52kg   | Bench     | 50kg    | MIDDLETON, Sandra | 02-Aug-14  |        |         |           |        |         |      |
|        | Deadlift  | 117.5kg | MIDDLETON, Sandra | 02-Aug-14  |        |         |           |        |         |      |
|        | P/P Total | 162.5kg | MIDDLETON, Sandra | 02-Aug-14  |        |         |           |        |         |      |
| 56kg   | Bench     |         |                   |            |        |         |           |        |         |      |
|        | Deadlift  |         |                   |            |        |         |           |        |         |      |
|        | P/P Total |         |                   |            |        |         |           |        |         |      |
| 60kg   | Bench     |         |                   |            |        |         |           |        |         |      |
|        | Deadlift  |         |                   |            |        |         |           |        |         |      |
|        | P/P Total |         |                   |            |        |         |           |        |         |      |
| 67.5kg | Bench     |         |                   |            |        |         |           |        |         |      |
|        | Deadlift  |         |                   |            |        |         |           |        |         |      |
|        | P/P Total |         |                   |            |        |         |           |        |         |      |
| 75kg   | Bench     | 65kg    | McKNIGHT, Erica   | 24-Nov-19  |        |         |           |        |         |      |
|        | Deadlift  | 140kg   | McKNIGHT, Erica   | 24-Nov-19  |        |         |           |        |         |      |
|        | P/P Total | 205kg   | McKNIGHT, Erica   | 24-Nov-19  |        |         |           |        |         |      |
| 82.5kg | Bench     |         |                   |            |        |         |           |        |         |      |
|        | Deadlift  |         |                   |            |        |         |           |        |         |      |
|        | P/P Total |         |                   |            |        |         |           |        |         |      |
| 90kg   | Bench     | 40kg    | PENGELLY, Kimbah  | 02-Aug-14  |        |         |           |        |         |      |
|        | Deadlift  | 120kg   | PENGELLY, Kimbah  | 02-Aug-14  |        |         |           |        |         |      |
|        | P/P Total | 160kg   | PENGELLY, Kimbah  | 02-Aug-14  |        |         |           |        |         |      |
| SHW    | Bench     |         |                   |            |        |         |           |        |         |      |
|        | Deadlift  |         |                   |            |        |         |           |        |         |      |
|        | P/P Total |         |                   |            |        |         |           |        |         |      |

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

## Masters 4 Women (55-59)

| BWT    | Lift      | Record  | Athlete        | Date      | Record     | Athlete | Date | Record    | Athlete | Date |
|--------|-----------|---------|----------------|-----------|------------|---------|------|-----------|---------|------|
|        |           | RAW     |                |           | SINGLE PLY |         |      | MULTI PLY |         |      |
| 44kg   | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| 48kg   | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| 52kg   | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| 56kg   | Bench     | 57.5kg  | NELSON, Lorell | 12-Aug-16 |            |         |      |           |         |      |
|        | Deadlift  | 115kg   | NELSON, Lorell | 12-Aug-16 |            |         |      |           |         |      |
|        | P/P Total | 172.5kg | NELSON, Lorell | 12-Aug-16 |            |         |      |           |         |      |
| 60kg   | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| 67.5kg | Bench     | 90kg    | COOK, Monica   | 24-Nov-19 |            |         |      |           |         |      |
|        | Deadlift  | 135kg   | COOK, Monica   | 24-Nov-19 |            |         |      |           |         |      |
|        | P/P Total | 225kg   | COOK, Monica   | 24-Nov-19 |            |         |      |           |         |      |
| 75kg   | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| 82.5kg | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| 90kg   | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |
| SHW    | Bench     |         |                |           |            |         |      |           |         |      |
|        | Deadlift  |         |                |           |            |         |      |           |         |      |
|        | P/P Total |         |                |           |            |         |      |           |         |      |

## Masters 5 Women (60-64)

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION ONLY

| BWT        | Lift | Record | Athlete    | Date | Record     | Athlete    | Date | Record    | Athlete | Date |  |
|------------|------|--------|------------|------|------------|------------|------|-----------|---------|------|--|
|            |      | RAW    |            |      | SINGLE PLY |            |      | MULTI PLY |         |      |  |
| No records |      |        | No records |      |            | No records |      |           |         |      |  |

## Masters 6 Women (65-69)

| BWT        | Lift | Record | Athlete    | Date | Record     | Athlete    | Date | Record    | Athlete | Date |  |
|------------|------|--------|------------|------|------------|------------|------|-----------|---------|------|--|
|            |      | RAW    |            |      | SINGLE PLY |            |      | MULTI PLY |         |      |  |
| No records |      |        | No records |      |            | No records |      |           |         |      |  |

## Masters 7 Women (70-74)

| BWT        | Lift | Record | Athlete    | Date | Record     | Athlete    | Date | Record    | Athlete | Date |  |
|------------|------|--------|------------|------|------------|------------|------|-----------|---------|------|--|
|            |      | RAW    |            |      | SINGLE PLY |            |      | MULTI PLY |         |      |  |
| No records |      |        | No records |      |            | No records |      |           |         |      |  |

## Masters 8 Women (75-79)

| BWT        | Lift | Record | Athlete    | Date | Record     | Athlete    | Date | Record    | Athlete | Date |  |
|------------|------|--------|------------|------|------------|------------|------|-----------|---------|------|--|
|            |      | RAW    |            |      | SINGLE PLY |            |      | MULTI PLY |         |      |  |
| No records |      |        | No records |      |            | No records |      |           |         |      |  |

## Masters 9 Women (80-84)

| BWT        | Lift | Record | Athlete    | Date | Record     | Athlete    | Date | Record    | Athlete | Date |  |
|------------|------|--------|------------|------|------------|------------|------|-----------|---------|------|--|
|            |      | RAW    |            |      | SINGLE PLY |            |      | MULTI PLY |         |      |  |
| No records |      |        | No records |      |            | No records |      |           |         |      |  |

## Masters 10 Women (85-89)

| BWT        | Lift | Record | Athlete    | Date | Record     | Athlete    | Date | Record    | Athlete | Date |  |
|------------|------|--------|------------|------|------------|------------|------|-----------|---------|------|--|
|            |      | RAW    |            |      | SINGLE PLY |            |      | MULTI PLY |         |      |  |
| No records |      |        | No records |      |            | No records |      |           |         |      |  |