

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	62.5kg	WHITMORE, Emily	20-Mar-21						
	Deadlift	155kg	SOUTH, Georgia	19-Nov-17						
	P/P Total	215kg	WHITMORE, Emily	20-Mar-21						
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	100kg	RODWELL, Sarah	29-Nov-20	82.5kg	XUERE, Jessica	25-Apr-21			
	Deadlift	215kg	RODWELL, Sarah	29-Nov-20	140kg	XUERE, Jessica	25-Apr-21			
	P/P Total	315kg	RODWELL, Sarah	29-Nov-20	210kg	XUERE, Jessica	25-Apr-21			
82.5kg	Bench	100kg	BENNETT, Leah	29-Nov-20						
	Deadlift	200kg	MICHON, Lucy	29-Nov-20						
	P/P Total	287.5kg	MICHON, Lucy	29-Nov-20						
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	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	165kg	BETHAM, Hilda	20-Mar-21	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	235kg	BETHAM, Hilda	20-Mar-21	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION ONLY

Teenage 1 Women (13-15)

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	42.5kg	SANGER, Tahlia	22-May-21						
	Deadlift	87.5kg	SANGER, Tahlia	22-May-21						
	P/P Total	125kg	SANGER, Tahlia	22-May-21						
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									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION ONLY

Teenage 2 Women (16-17)

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	37.5kg	NAPPER, Jessica	29-Nov-20						
	Deadlift	105kg	NAPPER, Jessica	29-Nov-20						
	P/P Total	137.5kg	NAPPER, Jessica	29-Nov-20						
75kg	Bench	60kg	EBBS, Jess	20-Mar-21						
	Deadlift	145kg	EBBS, Jess	20-Mar-21						
	P/P Total	200kg	EBBS, Jess	20-Mar-21						
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

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	72.5kg	CARWARDINE, Ruby	29-Nov-20						
	Deadlift	175kg	CARWARDINE, Ruby	29-Nov-20						
	P/P Total	247.5kg	CARWARDINE, Ruby	29-Nov-20						
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	32.5kg	HARBOTTLE, Chelsea-Lea	25-Apr-21						
	Deadlift	80kg	HARBOTTLE, Chelsea-Lea	25-Apr-21						
	P/P Total	107.5kg	HARBOTTLE, Chelsea-Lea	25-Apr-21						
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	70kg	DAVIDSON, Tori	11-Oct-20						
	Deadlift	125kg	DAVIDSON, Tori	11-Oct-20						
	P/P Total	192.5kg	DAVIDSON, Tori	11-Oct-20						
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	62.5kg	WHITMORE, Emily	20-Mar-21						
	Deadlift	152.5kg	WHITMORE, Emily	20-Mar-21						
	P/P Total	215kg	WHITMORE, Emily	20-Mar-21						
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	82.5kg	XUERE, Jessica	25-Apr-21			
	Deadlift	210kg	VILE, Lyndall	13-Dec-14	140kg	XUERE, Jessica	25-Apr-21			
	P/P Total	295kg	VILE, Lyndall	13-Dec-14	210kg	XUERE, Jessica	25-Apr-21			
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	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	150kg	HELLRIEGEL, Temera Lee	19-Nov-17	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	225kg	HELLRIEGEL, Temera Lee	19-Nov-17	200kg	BROWN, Alison	25-Apr-21	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	50kg	BRODIE, Sandra	20-Mar-21						
	Deadlift	115kg	BRODIE, Sandra	20-Mar-21						
	P/P Total	165kg	BRODIE, Sandra	20-Mar-21						
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	75kg	MOLLOY, Alexis	29-Nov-20						
	Deadlift	155kg	MALLARD, Annie	24-Nov-19						
	P/P Total	220kg	MALLARD, Annie	24-Nov-19						
75kg	Bench	100kg	RODWELL, Sarah	29-Nov-20						
	Deadlift	215kg	RODWELL, Sarah	29-Nov-20						
	P/P Total	315kg	RODWELL, Sarah	29-Nov-20						
82.5kg	Bench	100kg	BENNETT, Leah	29-Nov-20						
	Deadlift	200kg	MICHON, Lucy	29-Nov-20						
	P/P Total	287.5kg	MICHON, Lucy	29-Nov-20						
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	155kg	PUOPOLO, Louise	25-Apr-21						
	P/P Total	207.5kg	PUOPOLO, Louise	25-Apr-21						
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	85kg	HENDERSON, Catherine	29-Nov-20						
	Deadlift	170kg	HENDERSON, Catherine	29-Nov-20						
	P/P Total	250kg	HENDERSON, Catherine	29-Nov-20						
90kg	Bench	47.5kg	GLANFIELD, Narelle	25-Apr-21						
	Deadlift	132.5kg	GLANFIELD, Narelle	25-Apr-21						
	P/P Total	180kg	GLANFIELD, Narelle	25-Apr-21						
SHW	Bench	70kg	TIUMALU, May	30-Apr-17						
	Deadlift	110kg	TIUMALU, May	30-Apr-17						
	P/P Total	189kg	TIUMALU, May	30-Apr-17						

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION ONLY

Masters 2 Women (45-49)

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	40kg	WILLIAMSON, Alexandra	20-Mar-21						
	Deadlift	72.5kg	WILLIAMSON, Alexandra	20-Mar-21						
	P/P Total	112.5kg	WILLIAMSON, Alexandra	20-Mar-21						
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	70kg	BETHAM, Hilda	20-Mar-21						
	Deadlift	165kg	BETHAM, Hilda	20-Mar-21						
	P/P Total	235kg	BETHAM, Hilda	20-Mar-21						

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	57.5kg	LAW, Jenny	25-Apr-21						
	Deadlift	130kg	LAW, Jenny	25-Apr-21						
	P/P Total	187.5kg	LAW, Jenny	25-Apr-21						
67.5kg	Bench	35kg	TABAK, Dafne	22-May-21						
	Deadlift	75kg	TABAK, Dafne	22-May-21						
	P/P Total	110kg	TABAK, Dafne	22-May-21						
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	65kg	McKNIGHT, Erica	29-Nov-20						
	Deadlift	150kg	McKNIGHT, Erica	29-Nov-20						
	P/P Total	210kg	McKNIGHT, Erica	29-Nov-20						
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	60kg	FAUCETT, Tracey	20-Mar-21						
	Deadlift	125kg	FAUCETT, Tracey	20-Mar-21						
	P/P Total	185kg	FAUCETT, Tracey	20-Mar-21						
82.5kg	Bench	55kg	HORN, Leesa	01-Mar-20						
	Deadlift	135kg	HORN, Leesa	01-Mar-20						
	P/P Total	190kg	HORN, Leesa	01-Mar-20						
90kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench	47.5kg	OXLEY, Luella	20-Mar-21						
	Deadlift	100kg	OXLEY, Luella	20-Mar-21						
	P/P Total	147.5kg	OXLEY, Luella	20-Mar-21						

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION ONLY

Masters 5 Women (60-64)

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	37.5kg	TRENTIN, Marietta	20-Mar-21						
	Deadlift	100kg	TRENTIN, Marietta	20-Mar-21						
	P/P Total	137.5kg	TRENTIN, Marietta	20-Mar-21						
67.5kg	Bench									
	Deadlift									
	P/P Total									
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

Masters 6 Women (65-69)

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									
	Deadlift									
	P/P Total									
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

Masters 7 Women (70-74)

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									
	Deadlift									
	P/P Total									
75kg	Bench	45kg	McCOOL, Jose	20-Mar-21						
	Deadlift	120kg	McCOOL, Jose	20-Mar-21						
	P/P Total	165kg	McCOOL, Jose	20-Mar-21						
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

Masters 8 Women (75-79)

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										
	Deadlift										
	P/P Total										
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

Masters 9 Women (80-84)

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									
	Deadlift									
	P/P Total									
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

Masters 10 Women (85-89)

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										
	Deadlift										
	P/P Total										
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										