

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	57.5kg	WATKINSON, Ashlee	21-Nov-21						
	Deadlift	135kg	HENDERSON, Regina	06-Mar-22						
	P/P Total	192.5kg	HENDERSON, Regina	06-Mar-22						
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	65kg	PARYGINA, Anna	25-Apr-22						
	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	117.5kg	ROWEN, Kerry	06-Mar-22				87.5kg	XUERE, Jessica	25-Apr-22
	Deadlift	215kg	ROWEN, Kerry	06-Mar-22				170kg	XUERE, Jessica	25-Apr-22
	P/P Total	327.5kg	ROWEN, Kerry	06-Mar-22				257.5kg	XUERE, Jessica	25-Apr-22
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						
100kg	Bench	55kg	TAFFE, Samantha	28-May-22						
	Deadlift	115kg	TAFFE, Samantha	28-May-22						
	P/P Total	165kg	TAFFE, Samantha	28-May-22						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	97.5kg	WARU, Ebony	21-Nov-21	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	170kg	WARU, Ebony	21-Nov-21	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	257.5kg	WARU, Ebony	21-Nov-21	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

Sub Teen Women (10-12)

Unofficial WPC

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW				SINGLE PLY			
						SINGLE PLY				
									MULTI PLY	
44kg	Bench	25kg	HIPWELL, Ayla	18-Jun-22						
	Deadlift	40kg	HIPWELL, Ayla	18-Jun-22						
	P/P Total	65kg	HIPWELL, Ayla	18-Jun-22						
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									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	32.5kg	THISTLETHWAITE, Emily	25-Apr-22						
	Deadlift	80kg	THISTLETHWAITE, Emily	25-Apr-22						
	P/P Total	112.5kg	THISTLETHWAITE, Emily	25-Apr-22						
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	32.5kg	JOHNSON, Mia	25-Apr-22			
	Deadlift	145kg	EBBS, Jess	20-Mar-21	90kg	JOHNSON, Mia	25-Apr-22			
	P/P Total	200kg	EBBS, Jess	20-Mar-21	112.5kg	JOHNSON, Mia	25-Apr-22			
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	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

## 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	57.5kg	WATKINSON, Ashlee	21-Nov-21						
	Deadlift	132.5kg	WATKINSON, Ashlee	21-Nov-21						
	P/P Total	190kg	WATKINSON, Ashlee	21-Nov-21						
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	75kg	COX, Amie	06-Mar-22				87.5kg	XUERE, Jessica	25-Apr-22
	Deadlift	147.5kg	COX, Amie	06-Mar-22				170kg	XUERE, Jessica	25-Apr-22
	P/P Total	222.5kg	COX, Amie	06-Mar-22				257.5kg	XUERE, Jessica	25-Apr-22
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						
100kg	Bench	55kg	TAFFE, Samantha	28-May-22						
	Deadlift	115kg	TAFFE, Samantha	28-May-22						
	P/P Total	165kg	TAFFE, Samantha	28-May-22						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	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

## 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	57.5kg	HENDERSON, Regina	06-Mar-22						
	Deadlift	135kg	HENDERSON, Regina	06-Mar-22						
	P/P Total	192.5kg	HENDERSON, Regina	06-Mar-22						
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, Micheline	13-Dec-14						
	P/P Total	170kg	CARR, Aoife	19-Nov-17						
67.5kg	Bench	75kg	MOLLOY, Alexis	29-Nov-20						
	Deadlift	172.5kg	STEWART, Dion	21-Nov-21						
	P/P Total	240kg	STEWART, Dion	21-Nov-21						
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	117.5kg	ROWEN, Kerry	06-Mar-22						
	Deadlift	215kg	ROWEN, Kerry	06-Mar-22						
	P/P Total	327.5kg	ROWEN, Kerry	06-Mar-22						
90kg	Bench	97.5kg	BENNETT, Leah	24-Nov-19						
	Deadlift	181kg	BENNETT, Leah	21-Nov-21						
	P/P Total	277.5kg	BENNETT, Leah	21-Nov-21						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	62.5kg	FAGAN, Bernadette	21-Nov-21						
	Deadlift	115kg	FAGAN, Bernadette	21-Nov-21						
	P/P Total	172.5kg	FAGAN, Bernadette	21-Nov-21						



# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	42.5kg	ALLAN, Joanne	21-Nov-21						
	Deadlift	120kg	ALLAN, Joanne	21-Nov-21						
	P/P Total	162.5kg	ALLAN, Joanne	21-Nov-21						
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	42.5kg	WASDEN, Tanya	21-Nov-21						
	Deadlift	105kg	WASDEN, Tanya	21-Nov-21						
	P/P Total	147.5kg	WASDEN, Tanya	21-Nov-21						
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	90kg	HAYTO, Alexis	21-Nov-21						
	Deadlift	177.5kg	HAYTO, Alexis	21-Nov-21						
	P/P Total	267.5kg	HAYTO, Alexis	21-Nov-21						
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	90kg	HENDERSON, Catherine	21-Nov-21						
	Deadlift	172.5kg	HENDERSON, Catherine	21-Nov-21						
	P/P Total	260kg	HENDERSON, Catherine	21-Nov-21						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	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

## 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	72.5kg	CHAMBERLIN, Janelle	06-Mar-22						
	Deadlift	162.5kg	CHAMBERLIN, Janelle	06-Mar-22						
	P/P Total	235kg	CHAMBERLIN, Janelle	06-Mar-22						
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						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	97.5kg	WARU, Ebony	21-Nov-21						
	Deadlift	170kg	WARU, Ebony	21-Nov-21						
	P/P Total	257.5kg	WARU, Ebony	21-Nov-21						

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	70kg		06-Mar-22						
	Deadlift	145kg		06-Mar-22						
	P/P Total	205kg		06-Mar-22						
60kg	Bench	65kg	PARYGINA, Anna	25-Apr-22						
	Deadlift	130.5kg	PARYGINA, Anna	25-Apr-22						
	P/P Total	195kg	PARYGINA, Anna	25-Apr-22						
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						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	62.5kg	FAUCETT, Tracey	06-Mar-22						
	Deadlift	130kg	FAUCETT, Tracey	06-Mar-22						
	P/P Total	192.5kg	FAUCETT, Tracey	06-Mar-22						
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									
100kg	Bench	50kg	OXLEY, Lu-ella	06-Mar-22						
	Deadlift	110kg	OXLEY, Lu-ella	06-Mar-22						
	P/P Total	150kg	OXLEY, Lu-ella	06-Mar-22						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	60kg	TANSKA, Julie	29-May-22						
	Deadlift	120kg	TANSKA, Julie	29-May-22						
	P/P Total	180kg	TANSKA, Julie	29-May-22						

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 5 Women (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW				SINGLE PLY			
						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									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	37.5kg	STEWART, Linda	25-Apr-22						
	Deadlift	90kg	STEWART, Linda	25-Apr-22						
	P/P Total	125kg	STEWART, Linda	25-Apr-22						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	52.5kg	WILSON, Katie	06-Mar-22						
	Deadlift	140kg	WILSON, Katie	06-Mar-22						
	P/P Total	190kg	WILSON, Katie	06-Mar-22						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

## 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	47.5kg	McCOOL, Jose	06-Mar-22						
	Deadlift	120kg	McCOOL, Jose	20-Mar-21						
	P/P Total	167.5kg	McCOOL, Jose	06-Mar-22						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

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										
100kg	Bench										
	Deadlift										
	P/P Total										
110kg	Bench										
	Deadlift										
	P/P Total										
110+kg	Bench										
	Deadlift										
	P/P Total										



# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

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										
100kg	Bench										
	Deadlift										
	P/P Total										
110kg	Bench										
	Deadlift										
	P/P Total										
110+kg	Bench										
	Deadlift										
	P/P Total										

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

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										
100kg	Bench										
	Deadlift										
	P/P Total										
110kg	Bench										
	Deadlift										
	P/P Total										
110+kg	Bench										
	Deadlift										
	P/P Total										