

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 | 40kg | BOTTOMLEY, Chloe | 24-Nov-24 | | | |
| | Deadlift | 150kg | SMITH, Alex | 13-Dec-14 | 75kg | BOTTOMLEY, Chloe | 24-Nov-24 | | | |
| | P/P Total | 225kg | SMITH, Alex | 13-Dec-14 | 115kg | BOTTOMLEY, Chloe | 24-Nov-24 | | | |
| 60kg | Bench | 67.5kg | JENKINS, Katie | 26-Nov-23 | | | | | | |
| | 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 | 202.5kg | MALARD, Annie | 20-Nov-22 | | | | | | |
| | P/P Total | 292.5kg | MALARD, Annie | 20-Nov-22 | | | | | | |
| 75kg | Bench | 100kg | RODWELL, Sarah | 29-Nov-20 | 95kg | KING, Kelly-Ann | 03-Mar-24 | | | |
| | Deadlift | 215kg | RODWELL, Sarah | 29-Nov-20 | 185.5kg | KING, Kelly-Ann | 03-Mar-24 | | | |
| | P/P Total | 315kg | RODWELL, Sarah | 29-Nov-20 | 277.5kg | KING, Kelly-Ann | 03-Mar-24 | | | |
| 82.5kg | Bench | 117.5kg | ROWEN, Kerry | 06-Mar-22 | | | | 87.5kg | XUEREB, Jessica | 25-Apr-22 |
| | Deadlift | 215kg | ROWEN, Kerry | 06-Mar-22 | | | | 170kg | XUEREB, Jessica | 25-Apr-22 |
| | P/P Total | 327.5kg | ROWEN, Kerry | 06-Mar-22 | | | | 257.5kg | XUEREB, Jessica | 25-Apr-22 |
| 90kg | Bench | 97.5kg | BENNETT, Leah | 24-Nov-19 | | | | | | |
| | Deadlift | 222.5kg | FITZPATRICK, Frances | 21-Jan-23 | | | | | | |
| | P/P Total | 307.5kg | FITZPATRICK, Frances | 21-Jan-23 | | | | | | |
| 100kg | Bench | 110kg | FAULKNER, Shontelle | 02-Jun-24 | | | | | | |
| | Deadlift | 160kg | COLE, Kathryn | 20-Nov-22 | | | | | | |
| | P/P Total | 267.5kg | COLE, Kathryn | 20-Nov-22 | | | | | | |
| 110kg | Bench | 105kg | FAULKNER, Shontelle | 09-Mar-24 | | | | | | |
| | Deadlift | 200kg | TOLEAFOA, Marakesh | 25-Apr-24 | | | | | | |
| | P/P Total | 285kg | TOLEAFOA, Marakesh | 25-Apr-24 | | | | | | |
| 110+kg | Bench | 97.5kg | WARU, Ebony | 21-Nov-21 | 70kg | BROWN, Alison | 25-Apr-21 | 145kg | DAVIDSON, Heather | 02-Aug-14 |
| | Deadlift | 202.5kg | CROUCH, Janelle | 25-Apr-24 | 130kg | BROWN, Alison | 25-Apr-21 | 130kg | DAVIDSON, Heather | 02-Aug-14 |
| | P/P Total | 280kg | CROUCH, Janelle | 25-Apr-24 | 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 | | | | |
| | | | | | | | | | MULTI PLY | | |
| 44kg | Bench | 27.5kg | HIPWELL, Ayla | 12-Nov-22 | | | | | | | |
| | Deadlift | 60kg | HIPWELL, Ayla | 12-Nov-22 | | | | | | | |
| | P/P Total | 87.5kg | HIPWELL, Ayla | 12-Nov-22 | | | | | | | |
| 48kg | Bench | | | | | | | | | | |
| | Deadlift | | | | | | | | | | |
| | P/P Total | | | | | | | | | | |
| 52kg | Bench | | | | | | | | | | |
| | Deadlift | | | | | | | | | | |
| | P/P Total | | | | | | | | | | |
| 56kg | Bench | 25kg | PAVREAL, Tori | 12-Nov-22 | | | | | | | |
| | Deadlift | 82.5kg | CHETWIN, Amarni | 30-Apr-23 | | | | | | | |
| | P/P Total | 105kg | CHETWIN, Amarni | 30-Apr-23 | | | | | | | |
| 60kg | Bench | | | | | | | | | | |
| | Deadlift | | | | | | | | | | |
| | P/P Total | | | | | | | | | | |
| 67.5kg | Bench | | | | | | | | | | |
| | Deadlift | | | | | | | | | | |
| | P/P Total | | | | | | | | | | |
| 75kg | Bench | 22.5kg | ROBERTS, Layla | 12-Nov-22 | | | | | | | |
| | Deadlift | 50kg | ROBERTS, Layla | 12-Nov-22 | | | | | | | |
| | P/P Total | 72.5kg | ROBERTS, Layla | 12-Nov-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 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 | 35kg | HIPWELL, Ayla | 02-Jun-24 | | | | | | |
| | Deadlift | 80kg | HIPWELL, Ayla | 02-Jun-24 | | | | | | |
| | P/P Total | 105kg | HIPWELL, Ayla | 02-Jun-24 | | | | | | |
| 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 | 35kg | HIPWELL, Ayla | 01-Aug-24 | | | | | | |
| | Deadlift | 90kg | HIPWELL, Ayla | 01-Aug-24 | | | | | | |
| | P/P Total | 120kg | HIPWELL, Ayla | 01-Aug-24 | | | | | | |
| 60kg | Bench | 35kg | MURPHY, Isabella | 20-Nov-22 | | | | | | |
| | Deadlift | 105kg | MURPHY, Isabella | 20-Nov-22 | | | | | | |
| | P/P Total | 140kg | MURPHY, Isabella | 20-Nov-22 | | | | | | |
| 67.5kg | Bench | 32.5kg | NAPPER, Janie | 20-Nov-22 | | | | | | |
| | Deadlift | 92.5kg | NAPPER, Janie | 20-Nov-22 | | | | | | |
| | P/P Total | 125kg | NAPPER, Janie | 20-Nov-22 | | | | | | |
| 75kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 82.5kg | Bench | 47.5kg | ARMSTRONG, Isabelle | 26-Nov-23 | | | | | | |
| | Deadlift | 135kg | ARMSTRONG, Isabelle | 26-Nov-23 | | | | | | |
| | P/P Total | 177.5kg | ARMSTRONG, Isabelle | 26-Nov-23 | | | | | | |
| 90kg | Bench | 70kg | LAWRY, Miah | 24-Nov-24 | | | | | | |
| | Deadlift | 147.5kg | LAWRY, Miah | 24-Nov-24 | | | | | | |
| | P/P Total | 212.5kg | LAWRY, Miah | 24-Nov-24 | | | | | | |
| 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 | 72.5kg | KEEP, Nyah | 20-Nov-22 | | | | | | |
| | Deadlift | 145kg | KEEP, Nyah | 20-Nov-22 | | | | | | |
| | P/P Total | 215kg | KEEP, Nyah | 20-Nov-22 | | | | | | |
| 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 | 40kg | MEYER, Chloe | 25-Apr-23 | | | | | | |
| | Deadlift | 92.5kg | MEYER, Chloe | 25-Apr-23 | | | | | | |
| | P/P Total | 127.5kg | MEYER, Chloe | 25-Apr-23 | | | | | | |
| 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 | 52.5kg | NAPPER, Jessica | 20-Nov-22 | | | | | | |
| | Deadlift | 145kg | NAPPER, Jessica | 20-Nov-22 | | | | | | |
| | P/P Total | 197.5kg | NAPPER, Jessica | 20-Nov-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

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 | 80kg | McNAMARA, Millie | 01-Aug-24 | | | | | | |
| | Deadlift | 165kg | McNAMARA, Millie | 01-Aug-24 | | | | | | |
| | P/P Total | 245kg | McNAMARA, Millie | 01-Aug-24 | | | | | | |
| 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 | 40kg | BOTTOMLEY, Chloe | 24-Nov-24 | | | |
| | Deadlift | 150kg | SMITH, Alex | 13-Dec-14 | 75kg | BOTTOMLEY, Chloe | 24-Nov-24 | | | |
| | P/P Total | 225kg | SMITH, Alex | 13-Dec-14 | 115kg | BOTTOMLEY, Chloe | 24-Nov-24 | | | |
| 60kg | Bench | 67.5kg | JENKINS, Katie | 26-Nov-23 | | | | | | |
| | 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 | XUEREB, Jessica | 25-Apr-21 | | | |
| | Deadlift | 210kg | VILE, Lyndall | 13-Dec-14 | 140kg | XUEREB, Jessica | 25-Apr-21 | | | |
| | P/P Total | 295kg | VILE, Lyndall | 13-Dec-14 | 210kg | XUEREB, Jessica | 25-Apr-21 | | | |
| 82.5kg | Bench | 75kg | COX, Amie | 06-Mar-22 | | | | 87.5kg | XUEREB, Jessica | 25-Apr-22 |
| | Deadlift | 147.5kg | COX, Amie | 06-Mar-22 | | | | 170kg | XUEREB, Jessica | 25-Apr-22 |
| | P/P Total | 222.5kg | COX, Amie | 06-Mar-22 | | | | 257.5kg | XUEREB, Jessica | 25-Apr-22 |
| 90kg | Bench | 75kg | ASHPLANT, Raegan | 24-Nov-24 | | | | | | |
| | Deadlift | 190kg | ASHPLANT, Raegan | 24-Nov-24 | | | | | | |
| | P/P Total | 265kg | ASHPLANT, Raegan | 24-Nov-24 | | | | | | |
| 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 | 40kg | McKIMMIE, Katie | 02-Mar-24 | | | | | | |
| | Deadlift | 100kg | McKIMMIE, Katie | 02-Mar-24 | | | | | | |
| | P/P Total | 140kg | McKIMMIE, Katie | 02-Mar-24 | | | | | | |
| 110+kg | Bench | 77.5kg | PEARSON, Stephanie | 01-Aug-24 | 70kg | BROWN, Alison | 25-Apr-21 | 145kg | DAVIDSON, Heather | 02-Aug-14 |
| | Deadlift | 162.5kg | PEARSON, Stephanie | 01-Aug-24 | 130kg | BROWN, Alison | 25-Apr-21 | 130kg | DAVIDSON, Heather | 02-Aug-14 |
| | P/P Total | 240kg | PEARSON, Stephanie | 01-Aug-24 | 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 | 127.5kg | WATKINSON, Ashlee | 20-Nov-22 | | | | | | |
| | P/P Total | 167.5kg | WATKINSON, Ashlee | 20-Nov-22 | | | | | | |
| 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, Michelina | 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 | 95kg | KING, Kelly-Ann | 03-Mar-24 | | | |
| | Deadlift | 215kg | RODWELL, Sarah | 29-Nov-20 | 185.5kg | KING, Kelly-Ann | 03-Mar-24 | | | |
| | P/P Total | 315kg | RODWELL, Sarah | 29-Nov-20 | 277.5kg | KING, Kelly-Ann | 03-Mar-24 | | | |
| 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 | 110kg | FAULKNER, Shontelle | 02-Jun-24 | | | | | | |
| | Deadlift | 160kg | COLE, Kathryn | 20-Nov-22 | | | | | | |
| | P/P Total | 267.5kg | COLE, Kathryn | 20-Nov-22 | | | | | | |
| 110kg | Bench | 105kg | FAULKNER, Shontelle | 09-Mar-24 | | | | | | |
| | Deadlift | 200kg | TOLEAFOA, Marakesh | 25-Apr-24 | | | | | | |
| | P/P Total | 285kg | TOLEAFOA, Marakesh | 25-Apr-24 | | | | | | |
| 110+kg | Bench | 67.5kg | FORSYTH, Steph | 20-Nov-22 | | | | | | |
| | Deadlift | 155kg | FORSYTH, Steph | 20-Nov-22 | | | | | | |
| | P/P Total | 222.5kg | FORSYTH, Steph | 20-Nov-22 | | | | | | |

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 | 45kg | ALLAN, Joanne | 20-Nov-22 | | | | | | |
| | Deadlift | 132.5kg | ALLAN, Joanne | 20-Nov-22 | | | | | | |
| | P/P Total | 177.5kg | ALLAN, Joanne | 20-Nov-22 | | | | | | |
| 56kg | Bench | 45kg | KOSICK, Carrie | 24-Nov-24 | | | | | | |
| | Deadlift | 95kg | KOSICK, Carrie | 24-Nov-24 | | | | | | |
| | P/P Total | 140kg | KOSICK, Carrie | 24-Nov-24 | | | | | | |
| 60kg | Bench | 62kg | KEEFFE, Michelle | 03-Mar-24 | | | | | | |
| | Deadlift | 132.5kg | RAPPEPORT, Belinda | 24-Nov-24 | | | | | | |
| | P/P Total | 190kg | RAPPEPORT, Belinda | 24-Nov-24 | | | | | | |
| 67.5kg | Bench | 90kg | MALARD, Annie | 20-Nov-22 | | | | | | |
| | Deadlift | 202.5kg | MALARD, Annie | 20-Nov-22 | | | | | | |
| | P/P Total | 292.5kg | MALARD, Annie | 20-Nov-22 | | | | | | |
| 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 | 87.5kg | HAYTO, Alexis | 20-Nov-22 | | | | | | |
| | Deadlift | 182.5kg | HAYTO, Alexis | 20-Nov-22 | | | | | | |
| | P/P Total | 270kg | HAYTO, Alexis | 20-Nov-22 | | | | | | |
| 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 | 107.5kg | FAULKNER, Shontelle | 14-Nov-24 | | | | | | |
| | Deadlift | 160kg | FAULKNER, Shontelle | 14-Nov-24 | | | | | | |
| | P/P Total | 267.5kg | FAULKNER, Shontelle | 14-Nov-24 | | | | | | |
| 110kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 110+kg | Bench | 80kg | ALBERT, Michaela | 01-Aug-24 | | | | | | |
| | Deadlift | 202.5kg | CROUCH, Janelle | 25-Apr-24 | | | | | | |
| | P/P Total | 280kg | CROUCH, Janelle | 25-Apr-24 | | | | | | |

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 | 35kg | McCormack, Celeste | 26-Nov-23 | | | | | | |
| | Deadlift | 100kg | McCormack, Celeste | 26-Nov-23 | | | | | | |
| | P/P Total | 135kg | McCormack, Celeste | 26-Nov-23 | | | | | | |
| 56kg | Bench | 60kg | ALLAN, Joanne | 24-Nov-24 | | | | | | |
| | Deadlift | 140kg | ALLAN, Joanne | 24-Nov-24 | | | | | | |
| | P/P Total | 200kg | ALLAN, Joanne | 24-Nov-24 | | | | | | |
| 60kg | Bench | 60kg | KEEFFE, Michelle | 20-Oct-24 | | | | | | |
| | Deadlift | 130kg | KEEFFE, Michelle | 20-Oct-24 | | | | | | |
| | P/P Total | 190kg | KEEFFE, Michelle | 20-Oct-24 | | | | | | |
| 67.5kg | Bench | 52.5kg | GLANFIELD, Narelle | 25-Apr-23 | | | | | | |
| | Deadlift | 125kg | GLANFIELD, Narelle | 25-Apr-23 | | | | | | |
| | P/P Total | 177.5kg | GLANFIELD, Narelle | 25-Apr-23 | | | | | | |
| 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 | 90kg | CONNORS, Renae | 09-Mar-24 | | | | | | |
| | Deadlift | 167.5kg | CONNORS, Renae | 09-Mar-24 | | | | | | |
| | P/P Total | 257.5kg | CONNORS, Renae | 09-Mar-24 | | | | | | |
| 90kg | Bench | 57.5kg | LOWER, Wendy | 09-Mar-24 | | | | | | |
| | Deadlift | 150kg | LOWER, Wendy | 09-Mar-24 | | | | | | |
| | P/P Total | 207.5kg | LOWER, Wendy | 09-Mar-24 | | | | | | |
| 100kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 110kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 110+kg | Bench | 97.5kg | WARU, Ebony | 21-Nov-21 | | | | | | |
| | Deadlift | 175kg | WARU, Ebony | 26-Nov-23 | | | | | | |
| | P/P Total | 257.5kg | WARU, Ebony | 21-Nov-21 | | | | | | |

Masters 3 Women (50-54)

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

| 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 | 120kg | WINWOOD, Tania | 20-Nov-22 | | | | | | |
| | P/P Total | 165kg | MIDDLETON, Sandra | 24-Nov-14 | | | | | | |
| 52kg | Bench | 55kg | FRIGANIOTIS, Victoria | 09-Mar-24 | | | | | | |
| | Deadlift | 117.5kg | MIDDLETON, Sandra | 02-Aug-14 | | | | | | |
| | P/P Total | 162.5kg | MIDDLETON, Sandra | 02-Aug-14 | | | | | | |
| 56kg | Bench | 70kg | FRANKE, Sarah | 06-Mar-22 | | | | | | |
| | Deadlift | 145kg | FRANKE, Sarah | 06-Mar-22 | | | | | | |
| | P/P Total | 205kg | FRANKE, Sarah | 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 | 50kg | SPITERI, Kelly | 01-Jul-23 | | | | | | |
| | Deadlift | 115kg | SPITERI, Kelly | 01-Jul-23 | | | | | | |
| | P/P Total | 157.5kg | SPITERI, Kelly | 01-Jul-23 | | | | | | |
| 75kg | Bench | 65kg | McKNIGHT, Erica | 24-Nov-19 | | | | | | |
| | Deadlift | 152.5kg | SUTTON, Samantha | 21-Jan-23 | | | | | | |
| | P/P Total | 212.5kg | SUTTON, Samantha | 21-Jan-23 | | | | | | |
| 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 | 85kg | FITZPATRICK, Frances | 21-Jan-23 | | | | | | |
| | Deadlift | 222.5kg | FITZPATRICK, Frances | 21-Jan-23 | | | | | | |
| | P/P Total | 307.5kg | FITZPATRICK, Frances | 21-Jan-23 | | | | | | |
| 100kg | Bench | 70kg | LIHOU, Melanie | 01-Aug-24 | | | | | | |
| | Deadlift | 140kg | LIHOU, Melanie | 01-Aug-24 | | | | | | |
| | P/P Total | 210kg | LIHOU, Melanie | 01-Aug-24 | | | | | | |
| 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 | 140kg | COOK, Monica | 20-Nov-22 | | | | | | |
| | P/P Total | 230kg | COOK, Monica | 20-Nov-22 | | | | | | |
| 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 | 62.5kg | De'LANEY, Dot | 01-Aug-24 | | | | | | |
| | Deadlift | 147.5kg | LAVAKA, Mui Mui Kovi a Uluvalu | 01-Aug-24 | | | | | | |
| | P/P Total | 200kg | LAVAKA, Mui Mui Kovi a Uluvalu | 01-Aug-24 | | | | | | |
| 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 | | | 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 | 44.0kg | HARVEY, Helen | 04-Mar-23 | | | | | | |
| | Deadlift | 110kg | HARVEY, Helen | 04-Mar-23 | | | | | | |
| | P/P Total | 152.5kg | HARVEY, Helen | 04-Mar-23 | | | | | | |
| 67.5kg | Bench | 92.5kg | COOK, Monica | 24-Nov-24 | | | | | | |
| | Deadlift | 140kg | COOK, Monica | 24-Nov-24 | | | | | | |
| | P/P Total | 232.5kg | COOK, Monica | 24-Nov-24 | | | | | | |
| 75kg | Bench | 35kg | MAYHEW, Lorraine | 26-Nov-23 | | | | | | |
| | Deadlift | 90kg | MAYHEW, Lorraine | 26-Nov-23 | | | | | | |
| | P/P Total | 120kg | MAYHEW, Lorraine | 26-Nov-23 | | | | | | |
| 82.5kg | Bench | 37.5kg | DAVIES, Karen | 25-Apr-23 | | | | | | |
| | Deadlift | 110kg | DAVIES, Karen | 25-Apr-23 | | | | | | |
| | P/P Total | 147.5kg | DAVIES, Karen | 25-Apr-23 | | | | | | |
| 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 | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 75kg | Bench | 55kg | WILLIAMS, Leanne | 18-Nov-23 | | | | | | |
| | Deadlift | 135kg | WILLIAMS, Leanne | 09-Mar-24 | | | | | | |
| | P/P Total | 182.5kg | WILLIAMS, Leanne | 09-Mar-24 | | | | | | |
| 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 | 50kg | McCOOL, Jose | 09-Mar-24 | | | | | | |
| | Deadlift | 130kg | McCOOL, Jose | 14-Nov-24 | | | | | | |
| | P/P Total | 180kg | McCOOL, Jose | 14-Nov-24 | | | | | | |
| 82.5kg | Bench | 62.5kg | WILSON, Katie | 09-Mar-24 | | | | | | |
| | Deadlift | 146kg | WILSON, Katie | 09-Mar-24 | | | | | | |
| | P/P Total | 207.5kg | WILSON, Katie | 09-Mar-24 | | | | | | |
| 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 | | | | | | | | | |

Masters 8 Women (75-79)

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

| 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 | 45kg | SILVER, Valerie | 14-Nov-24 | | | | | | | |
| | Deadlift | 92.5kg | SILVER, Valerie | 14-Nov-24 | | | | | | | |
| | P/P Total | 137.5kg | SILVER, Valerie | 14-Nov-24 | | | | | | | |
| 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 | | | | | | | | | | |

Masters 9 Women (80-84)

| BWT | Lift | Record | Athlete | Date | Record | Athlete | Date | Record | Athlete | Date |
|-----|------|--------|---------|------|--------|---------|------|--------|---------|------|
|-----|------|--------|---------|------|--------|---------|------|--------|---------|------|

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

| | | 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 | 30kg | MADDERN, Heather | 14-Apr-24 | | | | | | |
| | Deadlift | 82.5kg | MADDERN, Heather | 14-Apr-24 | | | | | | |
| | P/P Total | 112.5kg | MADDERN, Heather | 14-Apr-24 | | | | | | |
| 100kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 110kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 110+kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |

Masters 10 Women (85-89)

| BWT | Lift | Record | Athlete | Date | Record | Athlete | Date | Record | Athlete | Date |
|-----|------|--------|---------|------|------------|---------|------|-----------|---------|------|
| | | RAW | | | SINGLE PLY | | | MULTI PLY | | |

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

| | | | | | | | | | | |
|--------|-----------|--|--|--|--|--|--|--|--|--|
| 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 | | | | | | | | | |