

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	57.5kg	FRIGANIOTIS, Victoria	28-Feb-26						
	Deadlift	115kg	WINWOOD, Tania	19-Nov-17						
	P/P Total	157.5kg	FRIGANIOTIS, Victoria	28-Feb-26						
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	75kg	CHALLENGER, Kate	28-Feb-26						
	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	70kg	ROBERTSON, Natasha	01-Mar-26			
	Deadlift	202.5kg	MALARD, Annie	20-Nov-22	130kg	ROBERTSON, Natasha	01-Mar-26			
	P/P Total	292.5kg	MALARD, Annie	20-Nov-22	200kg	ROBERTSON, Natasha	01-Mar-26			
75kg	Bench	120kg	GRAHAM, Kristy	30-Nov-24	95kg	KING, Kelly-Ann	03-Mar-24			
	Deadlift	216kg	GRAHAM, Kristy	30-Nov-24	185.5kg	KING, Kelly-Ann	03-Mar-24			
	P/P Total	325kg	GRAHAM, Kristy	30-Nov-24	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	106kg	FAULKNER, Shontelle	28-Feb-26						
	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	162.5kg	FAULKNER, Shontelle	06-Apr-25						
	P/P Total	272.5kg	FAULKNER, Shontelle	06-Apr-25						
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	117.5kg	TAYLOR, Ellie	01-Mar-26	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	205kg	HUMBLE, Abbey	21-Mar-26	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	307.5kg	TAYLOR, Ellie	01-Mar-26	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

Sub Teen Women (7-9)

Unofficial WPC - RAW ONLY

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW				Previously Held By			
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

Sub Teen Women (10-12)

Unofficial WPC - RAW ONLY

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				Previously Held By			Previously Held By			
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	55kg	PAVREAL, Tori	12-Nov-22			
	P/P Total	105kg	CHETWIN, Amarni	30-Apr-23	80kg	PAVREAL, Tori	12-Nov-22			
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	40kg	JEFFERY, Imogen	01-Mar-25	22.5kg	ROBERTS, Layla	12-Nov-22			
	Deadlift	112.5kg	JEFFERY, Imogen	01-Mar-25	50kg	ROBERTS, Layla	12-Nov-22			
	P/P Total	150kg	JEFFERY, Imogen	01-Mar-25	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	42.5kg	AITKIN, Hannah-Joy	28-Feb-26						
	Deadlift	105kg	AITKIN, Hannah-Joy	28-Feb-26						
	P/P Total	145kg	AITKIN, Hannah-Joy	28-Feb-26						
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	55kg	GARTLAN, Shayni	28-Feb-26						
	Deadlift	125kg	GARTLAN, Shayni	28-Feb-26						
	P/P Total	177.5kg	GARTLAN, Shayni	28-Feb-26						
60kg	Bench	42.5kg	BRACEGIRDLE, Camryn	15-Nov-25						
	Deadlift	107.5kg	BRACEGIRDLE, Camryn	15-Nov-25						
	P/P Total	145kg	BRACEGIRDLE, Camryn	15-Nov-25						
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	55kg	MURPHY, Izzy	22-Mar-25						
	Deadlift	85kg	MURPHY, Izzy	22-Mar-25						
	P/P Total	140kg	MURPHY, Izzy	22-Mar-25						
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	60kg	PENNY, Phoebe	28-Feb-26						
	Deadlift	145kg	PENNY, Phoebe	28-Feb-26						
	P/P Total	205kg	PENNY, Phoebe	28-Feb-26						
110kg	Bench	55kg	JOHNSON, Bayleigh	01-Mar-26						
	Deadlift	140kg	JOHNSON, Bayleigh	01-Mar-26						
	P/P Total	195kg	JOHNSON, Bayleigh	01-Mar-26						
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	85kg	HUMBLE, Abbey	21-Mar-26	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	205kg	HUMBLE, Abbey	21-Mar-26	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	290kg	HUMBLE, Abbey	21-Mar-26	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	117.5kg	TAYLOR, Ellie	01-Mar-26						
	Deadlift	190kg	TAYLOR, Ellie	01-Mar-26						
	P/P Total	307.5kg	TAYLOR, Ellie	01-Mar-26						

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	60kg	POCHIN, Asha	03-Aug-25						
	Deadlift	135kg	POCHIN, Asha	02-Mar-25						
	P/P Total	192.5kg	POCHIN, Asha	02-Mar-25						
60kg	Bench	75kg	CHALLENGOR, Kate	28-Feb-26						
	Deadlift	135kg	CHALLENGOR, Kate	28-Feb-26						
	P/P Total	210kg	CHALLENGOR, Kate	28-Feb-26						
67.5kg	Bench	90kg	MALARD, Annie	20-Nov-22	70kg	ROBERTSON, Natasha	01-Mar-26			
	Deadlift	202.5kg	MALARD, Annie	20-Nov-22	130kg	ROBERTSON, Natasha	01-Mar-26			
	P/P Total	292.5kg	MALARD, Annie	20-Nov-22	200kg	ROBERTSON, Natasha	01-Mar-26			
75kg	Bench	120kg	GRAHAM, Kristy	30-Nov-24						
	Deadlift	216kg	GRAHAM, Kristy	30-Nov-24						
	P/P Total	325kg	GRAHAM, Kristy	30-Nov-24						
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	106kg	FAULKNER, Shontelle	28-Feb-26						
	Deadlift	185kg	FERNANDES, Anita	01-Mar-26						
	P/P Total	280kg	FAULKNER, Shontelle	28-Feb-26						
100kg	Bench	110kg	FAULKNER, Shontelle	06-Apr-25						
	Deadlift	162.5kg	FAULKNER, Shontelle	06-Apr-25						
	P/P Total	272.5kg	FAULKNER, Shontelle	06-Apr-25						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	82.5kg	CROUCH, Janelle	25-Apr-25						
	Deadlift	203.5kg	CROUCH, Janelle	03-Aug-25						
	P/P Total	285kg	CROUCH, Janelle	25-Apr-25						

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	85kg	SCHULTZ, Jenelle	02-Mar-25						
	Deadlift	167.5kg	SCHULTZ, Jenelle	02-Mar-25						
	P/P Total	252.5kg	SCHULTZ, Jenelle	02-Mar-25						
75kg	Bench	80kg	GLEDHILL, Andi	22-Mar-26						
	Deadlift	182.5kg	GLEDHILL, Andi	22-Mar-26						
	P/P Total	262.5kg	GLEDHILL, Andi	22-Mar-26						
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	77.5kg	TINDALL, Trish	03-Aug-25						
	Deadlift	170kg	TINDALL, Trish	03-Aug-25						
	P/P Total	247.5kg	TINDALL, Trish	03-Aug-25						
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						

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	57.5kg	FRIGANIOTIS, Victoria	28-Feb-26						
	Deadlift	100kg	FRIGANIOTIS, Victoria	28-Feb-26						
	P/P Total	157.5kg	FRIGANIOTIS, Victoria	28-Feb-26						
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	75kg	CARR, Frances	28-Feb-26						
	Deadlift	132.5kg	CARR, Frances	28-Feb-26						
	P/P Total	207.5kg	CARR, Frances	28-Feb-26						
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	95kg	CONNORS, Renae	28-Feb-26						
	Deadlift	200kg	CONNORS, Renae	28-Feb-26						
	P/P Total	295kg	CONNORS, Renae	28-Feb-26						
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	72.5kg	HULL, Naomi	01-Mar-26						
	Deadlift	141kg	HULL, Naomi	01-Mar-26						
	P/P Total	212.5kg	HULL, Naomi	01-Mar-26						
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	70kg	POWER, Lucy	01-Mar-26						
	Deadlift	160kg	POWER, Lucy	01-Mar-26						
	P/P Total	230kg	POWER, Lucy	01-Mar-26						
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	120kg	STARR, Claire	01-Mar-26						
	P/P Total	170kg	STARR, Claire	01-Mar-26						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	60kg	TANSKA, Julie	29-May-22						
	Deadlift	127.5kg	MITCHELL, Kerry	11-Apr-26						
	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	50.5kg	HARVEY, Helen	22-Feb-26						
	Deadlift	145kg	HARVEY, Helen	22-Feb-26						
	P/P Total	190kg	HARVEY, Helen	22-Feb-26						
67.5kg	Bench	92.5kg	COOK, Monica	24-Nov-24						
	Deadlift	150kg	HARVEY, Helen	03-Aug-25						
	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	37.5kg	FORREST, Kym	02-Mar-25						
	Deadlift	105kg	FORREST, Kym	01-Mar-26						
	P/P Total	142.5kg	FORREST, Kym	01-Mar-26						
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	60kg	WILLIAMS, Leanne	15-Nov-25						
	Deadlift	140kg	WILLIAMS, Leanne	15-Nov-25						
	P/P Total	190kg	WILLIAMS, Leanne	15-Nov-25						
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	40kg	McCOOL, Jose	03-Aug-25						
	Deadlift	75kg	McCOOL, Jose	03-Aug-25						
	P/P Total	115kg	McCOOL, Jose	03-Aug-25						
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	151kg	WILSON, Katie	03-Aug-25						
	P/P Total	210kg	WILSON, Katie	03-Aug-25						
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	32.5kg	SAUNDERS, Margret	28-Feb-26						
	Deadlift	65kg	SAUNDERS, Margret	28-Feb-26						
	P/P Total	97.5kg	SAUNDERS, Margret	28-Feb-26						
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	45kg	SILVER, Valerie	14-Nov-24						
	Deadlift	95kg	SILVER, Valerie	03-Aug-25						
	P/P Total	140kg	SILVER, Valerie	03-Aug-25						
75kg	Bench	50kg	McCOOL, Jose	28-Feb-26						
	Deadlift	100kg	McCOOL, Jose	28-Feb-26						
	P/P Total	150kg	McCOOL, Jose	28-Feb-26						
82.5kg	Bench	27.5kg	SCHMIDT, Cheryl	25-Apr-25						
	Deadlift	83kg	SCHMIDT, Cheryl	03-Aug-25						
	P/P Total	107.5kg	SCHMIDT, Cheryl	25-Apr-25						
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	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									

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									