

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

Open Women

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
44kg	Bench	57.5kg	FRIGANIOTIS, Victoria	28-Feb-26							57.5kg	FRIGANIOTIS, Victoria	28-Feb-26
	Deadlift	115kg	WINWOOD, Tania	19-Nov-17							115kg	WINWOOD, Tania	19-Nov-17
	P/P Total	157.5kg	FRIGANIOTIS, Victoria	28-Feb-26							157.5kg	FRIGANIOTIS, Victoria	28-Feb-26
48kg	Bench	50kg	MIDDLETON, Sandra	24-Nov-14							50kg	MIDDLETON, Sandra	24-Nov-14
	Deadlift	135kg	WINWOOD, Tania	24-Nov-19							135kg	WINWOOD, Tania	24-Nov-19
	P/P Total	180kg	WINWOOD, Tania	24-Nov-19							180kg	WINWOOD, Tania	24-Nov-19
52kg	Bench	57.5kg	WATKINSON, Ashlee	21-Nov-21							57.5kg	WATKINSON, Ashlee	21-Nov-21
	Deadlift	135kg	HENDERSON, Regina	06-Mar-22							135kg	HENDERSON, Regina	06-Mar-22
	P/P Total	192.5kg	HENDERSON, Regina	06-Mar-22							192.5kg	HENDERSON, Regina	06-Mar-22
56kg	Bench	75kg	SMITH, Alex	13-Dec-14	40kg	BOTTOMLEY, Chloe	24-Nov-24				75kg	SMITH, Alex	13-Dec-14
	Deadlift	150kg	SMITH, Alex	13-Dec-14	75kg	BOTTOMLEY, Chloe	24-Nov-24				150kg	SMITH, Alex	13-Dec-14
	P/P Total	225kg	SMITH, Alex	13-Dec-14	115kg	BOTTOMLEY, Chloe	24-Nov-24				225kg	SMITH, Alex	13-Dec-14
60kg	Bench	75kg	CHALLENGER, Kate	28-Feb-26							75kg	CHALLENGER, Kate	28-Feb-26
	Deadlift	155kg	SOUTH, Georgia	19-Nov-17							155kg	SOUTH, Georgia	19-Nov-17
	P/P Total	215kg	WHITMORE, Emily	20-Mar-21							215kg	WHITMORE, Emily	20-Mar-21
67.5kg	Bench	100kg	DAY, Jess	19-Nov-17	70kg	ROBERTSON, Natasha	01-Mar-26	42.5kg	STEWART, Princina	09-Aug-26	100kg	DAY, Jess	19-Nov-17
	Deadlift	202.5kg	MALARD, Annie	20-Nov-22	150kg	LY, Lisa	09-Aug-26	102.5kg	STEWART, Princina	09-Aug-26	202.5kg	MALARD, Annie	20-Nov-22
	P/P Total	292.5kg	MALARD, Annie	20-Nov-22	200kg	ROBERTSON, Natasha	01-Mar-26	145kg	STEWART, Princina	09-Aug-26	292.5kg	MALARD, Annie	20-Nov-22
75kg	Bench	120kg	GRAHAM, Kristy	30-Nov-24	95kg	KING, Kelly-Ann	03-Mar-24				120kg	GRAHAM, Kristy	30-Nov-24
	Deadlift	216kg	GRAHAM, Kristy	30-Nov-24	185.5kg	KING, Kelly-Ann	03-Mar-24				216kg	GRAHAM, Kristy	30-Nov-24
	P/P Total	325kg	GRAHAM, Kristy	30-Nov-24	277.5kg	KING, Kelly-Ann	03-Mar-24				325kg	GRAHAM, Kristy	30-Nov-24
82.5kg	Bench	117.5kg	ROWEN, Kerry	06-Mar-22				87.5kg	XUEREB, Jessica	25-Apr-22	117.5kg	ROWEN, Kerry	06-Mar-22
	Deadlift	215kg	ROWEN, Kerry	06-Mar-22				170kg	XUEREB, Jessica	25-Apr-22	215kg	ROWEN, Kerry	06-Mar-22
	P/P Total	327.5kg	ROWEN, Kerry	06-Mar-22				257.5kg	XUEREB, Jessica	25-Apr-22	327.5kg	ROWEN, Kerry	06-Mar-22
90kg	Bench	106kg	FAULKNER, Shontelle	28-Feb-26							106kg	FAULKNER, Shontelle	28-Feb-26
	Deadlift	222.5kg	FITZPATRICK, Frances	21-Jan-23							222.5kg	FITZPATRICK, Frances	21-Jan-23
	P/P Total	307.5kg	FITZPATRICK, Frances	21-Jan-23							307.5kg	FITZPATRICK, Frances	21-Jan-23
100kg	Bench	110kg	FAULKNER, Shontelle	02-Jun-24							110kg	FAULKNER, Shontelle	02-Jun-24
	Deadlift	162.5kg	FAULKNER, Shontelle	06-Apr-25							162.5kg	FAULKNER, Shontelle	06-Apr-25
	P/P Total	272.5kg	FAULKNER, Shontelle	06-Apr-25							272.5kg	FAULKNER, Shontelle	06-Apr-25
110kg	Bench	105kg	FAULKNER, Shontelle	09-Mar-24							105kg	FAULKNER, Shontelle	09-Mar-24
	Deadlift	200kg	TOLEAFOA, Marakesh	25-Apr-24							200kg	TOLEAFOA, Marakesh	25-Apr-24
	P/P Total	285kg	TOLEAFOA, Marakesh	25-Apr-24							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	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	205.5kg	HUMBLE, Abbey	09-Aug-26	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14	205.5kg	HUMBLE, Abbey	09-Aug-26
	P/P Total	307.5kg	TAYLOR, Ellie	01-Mar-26	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14	307.5kg	TAYLOR, Ellie	01-Mar-26

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	Record	Athlete	Date
			RAW			Previously Held By			Previously Held By			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	Record	Athlete	Date
			RAW			Previously Held By			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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
	Deadlift												
	P/P Total												
48kg	Bench	42.5kg	AITKIN, Hannah-Joy	28-Feb-26							42.5kg	AITKIN, Hannah-Joy	28-Feb-26
	Deadlift	105kg	AITKIN, Hannah-Joy	28-Feb-26							105kg	AITKIN, Hannah-Joy	28-Feb-26
	P/P Total	145kg	AITKIN, Hannah-Joy	28-Feb-26							145kg	AITKIN, Hannah-Joy	28-Feb-26
52kg	Bench	42.5kg	SANGER, Tahlia	22-May-21							42.5kg	SANGER, Tahlia	22-May-21
	Deadlift	87.5kg	SANGER, Tahlia	22-May-21							87.5kg	SANGER, Tahlia	22-May-21
	P/P Total	125kg	SANGER, Tahlia	22-May-21							125kg	SANGER, Tahlia	22-May-21
56kg	Bench	55kg	GARTLAN, Shayni	28-Feb-26							55kg	GARTLAN, Shayni	28-Feb-26
	Deadlift	125kg	GARTLAN, Shayni	28-Feb-26							125kg	GARTLAN, Shayni	28-Feb-26
	P/P Total	177.5kg	GARTLAN, Shayni	28-Feb-26							177.5kg	GARTLAN, Shayni	28-Feb-26
60kg	Bench	60kg	GARTLAN, Shayni	06-Jun-26							60kg	GARTLAN, Shayni	06-Jun-26
	Deadlift	125kg	GARTLAN, Shayni	06-Jun-26							125kg	GARTLAN, Shayni	06-Jun-26
	P/P Total	185kg	GARTLAN, Shayni	06-Jun-26							185kg	GARTLAN, Shayni	06-Jun-26
67.5kg	Bench	32.5kg	NAPPER, Janie	20-Nov-22							32.5kg	NAPPER, Janie	20-Nov-22
	Deadlift	92.5kg	NAPPER, Janie	20-Nov-22							92.5kg	NAPPER, Janie	20-Nov-22
	P/P Total	125kg	NAPPER, Janie	20-Nov-22							125kg	NAPPER, Janie	20-Nov-22
75kg	Bench												
	Deadlift												
	P/P Total												
82.5kg	Bench	50kg	GOSLING, Madyson	06-Jun-26							50kg	GOSLING, Madyson	06-Jun-26
	Deadlift	135kg	ARMSTRONG, Isabelle	26-Nov-23							135kg	ARMSTRONG, Isabelle	26-Nov-23
	P/P Total	177.5kg	ARMSTRONG, Isabelle	26-Nov-23							177.5kg	ARMSTRONG, Isabelle	26-Nov-23
90kg	Bench	70kg	LAWRY, Miah	24-Nov-24							70kg	LAWRY, Miah	24-Nov-24
	Deadlift	147.5kg	LAWRY, Miah	24-Nov-24							147.5kg	LAWRY, Miah	24-Nov-24
	P/P Total	212.5kg	LAWRY, Miah	24-Nov-24							212.5kg	LAWRY, Miah	24-Nov-24
100kg	Bench												
	Deadlift												
	P/P Total												
110kg	Bench	55kg	MURPHY, Izzy	22-Mar-25							55kg	MURPHY, Izzy	22-Mar-25
	Deadlift	85kg	MURPHY, Izzy	22-Mar-25							85kg	MURPHY, Izzy	22-Mar-25
	P/P Total	140kg	MURPHY, Izzy	22-Mar-25							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							32.5kg	THISTLETHWAITE, Emily	25-Apr-22
	Deadlift	80kg	THISTLETHWAITE, Emily	25-Apr-22							80kg	THISTLETHWAITE, Emily	25-Apr-22
	P/P Total	112.5kg	THISTLETHWAITE, Emily	25-Apr-22							112.5kg	THISTLETHWAITE, Emily	25-Apr-22
67.5kg	Bench	72.5kg	KEEP, Nyah	20-Nov-22							72.5kg	KEEP, Nyah	20-Nov-22
	Deadlift	145kg	KEEP, Nyah	20-Nov-22							145kg	KEEP, Nyah	20-Nov-22
	P/P Total	215kg	KEEP, Nyah	20-Nov-22							215kg	KEEP, Nyah	20-Nov-22
75kg	Bench	60kg	EBBS, Jess	20-Mar-21	32.5kg	JOHNSON, Mia	25-Apr-22				60kg	EBBS, Jess	20-Mar-21
	Deadlift	145kg	EBBS, Jess	20-Mar-21	90kg	JOHNSON, Mia	25-Apr-22				145kg	EBBS, Jess	20-Mar-21
	P/P Total	200kg	EBBS, Jess	20-Mar-21	112.5kg	JOHNSON, Mia	25-Apr-22				200kg	EBBS, Jess	20-Mar-21
82.5kg	Bench	45kg	HUDSON, Airley	09-Aug-26							45kg	HUDSON, Airley	09-Aug-26
	Deadlift	102.5kg	HUDSON, Airley	09-Aug-26							102.5kg	HUDSON, Airley	09-Aug-26
	P/P Total	147.5kg	HUDSON, Airley	09-Aug-26							147.5kg	HUDSON, Airley	09-Aug-26
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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							70kg	COE, Amie	18-Nov-18
	Deadlift	127.5kg	COE, Amie	18-Nov-18							127.5kg	COE, Amie	18-Nov-18
	P/P Total	197.5kg	COE, Amie	18-Nov-18							197.5kg	COE, Amie	18-Nov-18
75kg	Bench	72.5kg	CARWARDINE, Ruby	29-Nov-20							72.5kg	CARWARDINE, Ruby	29-Nov-20
	Deadlift	175kg	CARWARDINE, Ruby	29-Nov-20							175kg	CARWARDINE, Ruby	29-Nov-20
	P/P Total	247.5kg	CARWARDINE, Ruby	29-Nov-20							247.5kg	CARWARDINE, Ruby	29-Nov-20
82.5kg	Bench	52.5kg	NAPPER, Jessica	20-Nov-22							52.5kg	NAPPER, Jessica	20-Nov-22
	Deadlift	145kg	NAPPER, Jessica	20-Nov-22							145kg	NAPPER, Jessica	20-Nov-22
	P/P Total	197.5kg	NAPPER, Jessica	20-Nov-22							197.5kg	NAPPER, Jessica	20-Nov-22
90kg	Bench												
	Deadlift												
	P/P Total												
100kg	Bench	60kg	PENNY, Phoebe	28-Feb-26							60kg	PENNY, Phoebe	28-Feb-26
	Deadlift	145kg	PENNY, Phoebe	28-Feb-26							145kg	PENNY, Phoebe	28-Feb-26
	P/P Total	205kg	PENNY, Phoebe	28-Feb-26							205kg	PENNY, Phoebe	28-Feb-26
110kg	Bench	55kg	JOHNSON, Bayleigh	01-Mar-26							55kg	JOHNSON, Bayleigh	01-Mar-26
	Deadlift	140kg	JOHNSON, Bayleigh	01-Mar-26							140kg	JOHNSON, Bayleigh	01-Mar-26
	P/P Total	195kg	JOHNSON, Bayleigh	01-Mar-26							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							32.5kg	HARBOTTLE, Chelsea-Lea	25-Apr-21
	Deadlift	80kg	HARBOTTLE, Chelsea-Lea	25-Apr-21							80kg	HARBOTTLE, Chelsea-Lea	25-Apr-21
	P/P Total	107.5kg	HARBOTTLE, Chelsea-Lea	25-Apr-21							107.5kg	HARBOTTLE, Chelsea-Lea	25-Apr-21
60kg	Bench	50kg	SOUTH, Georgia	19-Nov-17							50kg	SOUTH, Georgia	19-Nov-17
	Deadlift	155kg	SOUTH, Georgia	19-Nov-17							155kg	SOUTH, Georgia	19-Nov-17
	P/P Total	205kg	SOUTH, Georgia	19-Nov-17							205kg	SOUTH, Georgia	19-Nov-17
67.5kg	Bench	80kg	McNAMARA, Millie	01-Aug-24							80kg	McNAMARA, Millie	01-Aug-24
	Deadlift	165kg	McNAMARA, Millie	01-Aug-24							165kg	McNAMARA, Millie	01-Aug-24
	P/P Total	245kg	McNAMARA, Millie	01-Aug-24							245kg	McNAMARA, Millie	01-Aug-24
75kg	Bench	75kg	HALL, Emma	18-Nov-18							75kg	HALL, Emma	18-Nov-18
	Deadlift	165kg	HALL, Emma	18-Nov-18							165kg	HALL, Emma	18-Nov-18
	P/P Total	240kg	HALL, Emma	18-Nov-18							240kg	HALL, Emma	18-Nov-18
82.5kg	Bench												
	Deadlift												
	P/P Total												
90kg	Bench	70kg	DAVIDSON, Tori	11-Oct-20							70kg	DAVIDSON, Tori	11-Oct-20
	Deadlift	125kg	DAVIDSON, Tori	11-Oct-20							125kg	DAVIDSON, Tori	11-Oct-20
	P/P Total	192.5kg	DAVIDSON, Tori	11-Oct-20							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							60kg	COUNSELL, Paige	19-Nov-17
	Deadlift	160kg	COUNSELL, Paige	19-Nov-17							160kg	COUNSELL, Paige	19-Nov-17
	P/P Total	220kg	COUNSELL, Paige	19-Nov-17							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
	Deadlift												
	P/P Total												
48kg	Bench												
	Deadlift												
	P/P Total												
52kg	Bench	57.5kg	WATKINSON, Ashlee	21-Nov-21							57.5kg	WATKINSON, Ashlee	21-Nov-21
	Deadlift	132.5kg	WATKINSON, Ashlee	21-Nov-21							132.5kg	WATKINSON, Ashlee	21-Nov-21
	P/P Total	190kg	WATKINSON, Ashlee	21-Nov-21							190kg	WATKINSON, Ashlee	21-Nov-21
56kg	Bench	75kg	SMITH, Alex	13-Dec-14	40kg	BOTTOMLEY, Chloe	24-Nov-24				75kg	SMITH, Alex	13-Dec-14
	Deadlift	150kg	SMITH, Alex	13-Dec-14	75kg	BOTTOMLEY, Chloe	24-Nov-24				150kg	SMITH, Alex	13-Dec-14
	P/P Total	225kg	SMITH, Alex	13-Dec-14	115kg	BOTTOMLEY, Chloe	24-Nov-24				225kg	SMITH, Alex	13-Dec-14
60kg	Bench	67.5kg	JENKINS, Katie	26-Nov-23							67.5kg	JENKINS, Katie	26-Nov-23
	Deadlift	152.5kg	WHITMORE, Emily	20-Mar-21							152.5kg	WHITMORE, Emily	20-Mar-21
	P/P Total	215kg	WHITMORE, Emily	20-Mar-21							215kg	WHITMORE, Emily	20-Mar-21
67.5kg	Bench	100kg	DAY, Jess	19-Nov-17							100kg	DAY, Jess	19-Nov-17
	Deadlift	192.5kg	DAY, Jess	19-Nov-17							192.5kg	DAY, Jess	19-Nov-17
	P/P Total	280kg	DAY, Jess	19-Nov-17							280kg	DAY, Jess	19-Nov-17
75kg	Bench	85kg	VILE, Lyndall	13-Dec-14	82.5kg	XUEREB, Jessica	25-Apr-21				85kg	VILE, Lyndall	13-Dec-14
	Deadlift	210kg	VILE, Lyndall	13-Dec-14	140kg	XUEREB, Jessica	25-Apr-21				210kg	VILE, Lyndall	13-Dec-14
	P/P Total	295kg	VILE, Lyndall	13-Dec-14	210kg	XUEREB, Jessica	25-Apr-21				295kg	VILE, Lyndall	13-Dec-14
82.5kg	Bench	75kg	COX, Amie	06-Mar-22				87.5kg	XUEREB, Jessica	25-Apr-22	87.5kg	XUEREB, Jessica	25-Apr-22
	Deadlift	147.5kg	COX, Amie	06-Mar-22				170kg	XUEREB, Jessica	25-Apr-22	170kg	XUEREB, Jessica	25-Apr-22
	P/P Total	222.5kg	COX, Amie	06-Mar-22				257.5kg	XUEREB, Jessica	25-Apr-22	257.5kg	XUEREB, Jessica	25-Apr-22
90kg	Bench	80kg	LOUIE, Joyce	09-Aug-26							80kg	LOUIE, Joyce	09-Aug-26
	Deadlift	190kg	ASHPLANT, Raegan	24-Nov-24							190kg	ASHPLANT, Raegan	24-Nov-24
	P/P Total	265kg	ASHPLANT, Raegan	24-Nov-24							265kg	ASHPLANT, Raegan	24-Nov-24
100kg	Bench	55kg	TAFFE, Samantha	28-May-22							55kg	TAFFE, Samantha	28-May-22
	Deadlift	115kg	TAFFE, Samantha	28-May-22							115kg	TAFFE, Samantha	28-May-22
	P/P Total	165kg	TAFFE, Samantha	28-May-22							165kg	TAFFE, Samantha	28-May-22
110kg	Bench	40kg	McKIMMIE, Katie	02-Mar-24							40kg	McKIMMIE, Katie	02-Mar-24
	Deadlift	100kg	McKIMMIE, Katie	02-Mar-24							100kg	McKIMMIE, Katie	02-Mar-24
	P/P Total	140kg	McKIMMIE, Katie	02-Mar-24							140kg	McKIMMIE, Katie	02-Mar-24
110+kg	Bench	85.5kg	HUMBLE, Abbey	09-Aug-26	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	205.5kg	HUMBLE, Abbey	09-Aug-26	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14	205.5kg	HUMBLE, Abbey	09-Aug-26
	P/P Total	290kg	HUMBLE, Abbey	21-Mar-26	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14	290kg	HUMBLE, Abbey	21-Mar-26

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

Sub Masters Women (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
44kg	Bench												
	Deadlift												
	P/P Total												
48kg	Bench	50kg	BRODIE, Sandra	20-Mar-21							50kg	BRODIE, Sandra	20-Mar-21
	Deadlift	127.5kg	WATKINSON, Ashlee	20-Nov-22							127.5kg	WATKINSON, Ashlee	20-Nov-22
	P/P Total	167.5kg	WATKINSON, Ashlee	20-Nov-22							167.5kg	WATKINSON, Ashlee	20-Nov-22
52kg	Bench	57.5kg	HENDERSON, Regina	06-Mar-22							57.5kg	HENDERSON, Regina	06-Mar-22
	Deadlift	135kg	HENDERSON, Regina	06-Mar-22							135kg	HENDERSON, Regina	06-Mar-22
	P/P Total	192.5kg	HENDERSON, Regina	06-Mar-22							192.5kg	HENDERSON, Regina	06-Mar-22
56kg	Bench	65kg	REED, Kate	24-Nov-19							65kg	REED, Kate	24-Nov-19
	Deadlift	140kg	REED, Kate	24-Nov-19							140kg	REED, Kate	24-Nov-19
	P/P Total	197.5kg	REED, Kate	24-Nov-19							197.5kg	REED, Kate	24-Nov-19
60kg	Bench	60kg	CARR, Aoife	19-Nov-17							60kg	CARR, Aoife	19-Nov-17
	Deadlift	125kg	BAJJADA, Michelina	13-Dec-14							125kg	BAJJADA, Michelina	13-Dec-14
	P/P Total	172.5kg	BLEASDALE, Aimee	09-Aug-26							172.5kg	BLEASDALE, Aimee	09-Aug-26
67.5kg	Bench	75kg	MOLLOY, Alexis	29-Nov-20							75kg	MOLLOY, Alexis	29-Nov-20
	Deadlift	172.5kg	STEWART, Dion	21-Nov-21							172.5kg	STEWART, Dion	21-Nov-21
	P/P Total	240kg	STEWART, Dion	21-Nov-21							240kg	STEWART, Dion	21-Nov-21
75kg	Bench	100kg	RODWELL, Sarah	29-Nov-20	95kg	KING, Kelly-Ann	03-Mar-24				100kg	RODWELL, Sarah	29-Nov-20
	Deadlift	215kg	RODWELL, Sarah	29-Nov-20	185.5kg	KING, Kelly-Ann	03-Mar-24				215kg	RODWELL, Sarah	29-Nov-20
	P/P Total	315kg	RODWELL, Sarah	29-Nov-20	277.5kg	KING, Kelly-Ann	03-Mar-24				315kg	RODWELL, Sarah	29-Nov-20
82.5kg	Bench	117.5kg	ROWEN, Kerry	06-Mar-22							117.5kg	ROWEN, Kerry	06-Mar-22
	Deadlift	215kg	ROWEN, Kerry	06-Mar-22							215kg	ROWEN, Kerry	06-Mar-22
	P/P Total	327.5kg	ROWEN, Kerry	06-Mar-22							327.5kg	ROWEN, Kerry	06-Mar-22
90kg	Bench	97.5kg	BENNETT, Leah	24-Nov-19							97.5kg	BENNETT, Leah	24-Nov-19
	Deadlift	181kg	BENNETT, Leah	21-Nov-21							181kg	BENNETT, Leah	21-Nov-21
	P/P Total	277.5kg	BENNETT, Leah	21-Nov-21							277.5kg	BENNETT, Leah	21-Nov-21
100kg	Bench	110kg	FAULKNER, Shontelle	02-Jun-24							110kg	FAULKNER, Shontelle	02-Jun-24
	Deadlift	160kg	COLE, Kathryn	20-Nov-22							160kg	COLE, Kathryn	20-Nov-22
	P/P Total	267.5kg	COLE, Kathryn	20-Nov-22							267.5kg	COLE, Kathryn	20-Nov-22
110kg	Bench	105kg	FAULKNER, Shontelle	09-Mar-24							105kg	FAULKNER, Shontelle	09-Mar-24
	Deadlift	200kg	TOLEAFOA, Marakesh	25-Apr-24							200kg	TOLEAFOA, Marakesh	25-Apr-24
	P/P Total	285kg	TOLEAFOA, Marakesh	25-Apr-24							285kg	TOLEAFOA, Marakesh	25-Apr-24
110+kg	Bench	117.5kg	TAYLOR, Ellie	01-Mar-26							117.5kg	TAYLOR, Ellie	01-Mar-26
	Deadlift	190kg	TAYLOR, Ellie	01-Mar-26							190kg	TAYLOR, Ellie	01-Mar-26
	P/P Total	307.5kg	TAYLOR, Ellie	01-Mar-26							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	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
44kg	Bench												
	Deadlift												
	P/P Total												
48kg	Bench												
	Deadlift												
	P/P Total												
52kg	Bench	45kg	ALLAN, Joanne	20-Nov-22							45kg	ALLAN, Joanne	20-Nov-22
	Deadlift	132.5kg	ALLAN, Joanne	20-Nov-22							132.5kg	ALLAN, Joanne	20-Nov-22
	P/P Total	177.5kg	ALLAN, Joanne	20-Nov-22							177.5kg	ALLAN, Joanne	20-Nov-22
56kg	Bench	60kg	POCHIN, Asha	03-Aug-25							60kg	POCHIN, Asha	03-Aug-25
	Deadlift	135kg	POCHIN, Asha	02-Mar-25							135kg	POCHIN, Asha	02-Mar-25
	P/P Total	192.5kg	POCHIN, Asha	02-Mar-25							192.5kg	POCHIN, Asha	02-Mar-25
60kg	Bench	75kg	CHALLENGOR, Kate	28-Feb-26							75kg	CHALLENGOR, Kate	28-Feb-26
	Deadlift	135kg	CHALLENGOR, Kate	28-Feb-26							135kg	CHALLENGOR, Kate	28-Feb-26
	P/P Total	210kg	CHALLENGOR, Kate	28-Feb-26							210kg	CHALLENGOR, Kate	28-Feb-26
67.5kg	Bench	90kg	MALARD, Annie	20-Nov-22	70kg	ROBERTSON, Natasha	01-Mar-26				90kg	MALARD, Annie	20-Nov-22
	Deadlift	202.5kg	MALARD, Annie	20-Nov-22	130kg	ROBERTSON, Natasha	01-Mar-26				202.5kg	MALARD, Annie	20-Nov-22
	P/P Total	292.5kg	MALARD, Annie	20-Nov-22	200kg	ROBERTSON, Natasha	01-Mar-26				292.5kg	MALARD, Annie	20-Nov-22
75kg	Bench	120kg	GRAHAM, Kristy	30-Nov-24							120kg	GRAHAM, Kristy	30-Nov-24
	Deadlift	216kg	GRAHAM, Kristy	30-Nov-24							216kg	GRAHAM, Kristy	30-Nov-24
	P/P Total	325kg	GRAHAM, Kristy	30-Nov-24							325kg	GRAHAM, Kristy	30-Nov-24
82.5kg	Bench	87.5kg	HAYTO, Alexis	20-Nov-22							87.5kg	HAYTO, Alexis	20-Nov-22
	Deadlift	182.5kg	HAYTO, Alexis	20-Nov-22							182.5kg	HAYTO, Alexis	20-Nov-22
	P/P Total	270kg	HAYTO, Alexis	20-Nov-22							270kg	HAYTO, Alexis	20-Nov-22
90kg	Bench	106kg	FAULKNER, Shontelle	28-Feb-26							106kg	FAULKNER, Shontelle	28-Feb-26
	Deadlift	185kg	FERNANDES, Anita	01-Mar-26							185kg	FERNANDES, Anita	01-Mar-26
	P/P Total	280kg	FAULKNER, Shontelle	28-Feb-26							280kg	FAULKNER, Shontelle	28-Feb-26
100kg	Bench	110kg	FAULKNER, Shontelle	06-Apr-25							110kg	FAULKNER, Shontelle	06-Apr-25
	Deadlift	162.5kg	FAULKNER, Shontelle	06-Apr-25							162.5kg	FAULKNER, Shontelle	06-Apr-25
	P/P Total	272.5kg	FAULKNER, Shontelle	06-Apr-25							272.5kg	FAULKNER, Shontelle	06-Apr-25
110kg	Bench	70kg	McSHANE-MURPHY, Melissa	09-Aug-26							70kg	McSHANE-MURPHY, Mel	09-Aug-26
	Deadlift	150kg	McSHANE-MURPHY, Melissa	09-Aug-26							150kg	McSHANE-MURPHY, Mel	09-Aug-26
	P/P Total	220kg	McSHANE-MURPHY, Melissa	09-Aug-26							220kg	McSHANE-MURPHY, Mel	09-Aug-26
110+kg	Bench	82.5kg	CROUCH, Janelle	25-Apr-25							82.5kg	CROUCH, Janelle	25-Apr-25
	Deadlift	203.5kg	CROUCH, Janelle	03-Aug-25							203.5kg	CROUCH, Janelle	03-Aug-25
	P/P Total	285kg	CROUCH, Janelle	25-Apr-25							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	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
44kg	Bench	40kg	WINWOOD, Tania	19-Nov-17							40kg	WINWOOD, Tania	19-Nov-17
	Deadlift	115kg	WINWOOD, Tania	19-Nov-17							115kg	WINWOOD, Tania	19-Nov-17
	P/P Total	155kg	WINWOOD, Tania	19-Nov-17							155kg	WINWOOD, Tania	19-Nov-17
48kg	Bench	45kg	WINWOOD, Tania	24-Nov-19							45kg	WINWOOD, Tania	24-Nov-19
	Deadlift	135kg	WINWOOD, Tania	24-Nov-19							135kg	WINWOOD, Tania	24-Nov-19
	P/P Total	180kg	WINWOOD, Tania	24-Nov-19							180kg	WINWOOD, Tania	24-Nov-19
52kg	Bench	35kg	McCormack, Celeste	26-Nov-23							35kg	McCormack, Celeste	26-Nov-23
	Deadlift	100kg	McCormack, Celeste	26-Nov-23							100kg	McCormack, Celeste	26-Nov-23
	P/P Total	135kg	McCormack, Celeste	26-Nov-23							135kg	McCormack, Celeste	26-Nov-23
56kg	Bench	60kg	ALLAN, Joanne	24-Nov-24							60kg	ALLAN, Joanne	24-Nov-24
	Deadlift	140kg	ALLAN, Joanne	24-Nov-24							140kg	ALLAN, Joanne	24-Nov-24
	P/P Total	200kg	ALLAN, Joanne	24-Nov-24							200kg	ALLAN, Joanne	24-Nov-24
60kg	Bench	60kg	KEEFFE, Michelle	20-Oct-24							60kg	KEEFFE, Michelle	20-Oct-24
	Deadlift	130kg	KEEFFE, Michelle	20-Oct-24							130kg	KEEFFE, Michelle	20-Oct-24
	P/P Total	190kg	KEEFFE, Michelle	20-Oct-24							190kg	KEEFFE, Michelle	20-Oct-24
67.5kg	Bench	90kg	RAMAGE, Liz	09-Aug-26				42.5kg	STEWART, Princina	09-Aug-26	90kg	RAMAGE, Liz	09-Aug-26
	Deadlift	170kg	RAMAGE, Liz	09-Aug-26				102.5kg	STEWART, Princina	09-Aug-26	170kg	RAMAGE, Liz	09-Aug-26
	P/P Total	260kg	RAMAGE, Liz	09-Aug-26				145kg	STEWART, Princina	09-Aug-26	260kg	RAMAGE, Liz	09-Aug-26
75kg	Bench	80kg	GLEDHILL, Andi	22-Mar-26							80kg	GLEDHILL, Andi	22-Mar-26
	Deadlift	182.5kg	GLEDHILL, Andi	22-Mar-26							182.5kg	GLEDHILL, Andi	22-Mar-26
	P/P Total	262.5kg	GLEDHILL, Andi	22-Mar-26							262.5kg	GLEDHILL, Andi	22-Mar-26
82.5kg	Bench	90kg	CONNORS, Renae	09-Mar-24							90kg	CONNORS, Renae	09-Mar-24
	Deadlift	167.5kg	CONNORS, Renae	09-Mar-24							167.5kg	CONNORS, Renae	09-Mar-24
	P/P Total	257.5kg	CONNORS, Renae	09-Mar-24							257.5kg	CONNORS, Renae	09-Mar-24
90kg	Bench	77.5kg	TINDALL, Trish	03-Aug-25							77.5kg	TINDALL, Trish	03-Aug-25
	Deadlift	170kg	TINDALL, Trish	03-Aug-25							170kg	TINDALL, Trish	03-Aug-25
	P/P Total	247.5kg	TINDALL, Trish	03-Aug-25							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							97.5kg	WARU, Ebony	21-Nov-21
	Deadlift	180.5kg	ALBERT, Michaela	09-Aug-26							180.5kg	ALBERT, Michaela	09-Aug-26
	P/P Total	265kg	ALBERT, Michaela	24-May-26							265kg	ALBERT, Michaela	24-May-26

CAPO NATIONAL RECORDS - WOMEN

PUSH/PULL COMPETITION

Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
44kg	Bench	57.5kg	FRIGANIOTIS, Victoria	28-Feb-26							57.5kg	FRIGANIOTIS, Victoria	28-Feb-26
	Deadlift	100kg	FRIGANIOTIS, Victoria	28-Feb-26							100kg	FRIGANIOTIS, Victoria	28-Feb-26
	P/P Total	157.5kg	FRIGANIOTIS, Victoria	28-Feb-26							157.5kg	FRIGANIOTIS, Victoria	28-Feb-26
48kg	Bench	50kg	MIDDLETON, Sandra	24-Nov-14							50kg	MIDDLETON, Sandra	24-Nov-14
	Deadlift	120kg	WINWOOD, Tania	20-Nov-22							120kg	WINWOOD, Tania	20-Nov-22
	P/P Total	165kg	MIDDLETON, Sandra	24-Nov-14							165kg	MIDDLETON, Sandra	24-Nov-14
52kg	Bench	55kg	FRIGANIOTIS, Victoria	09-Mar-24							55kg	FRIGANIOTIS, Victoria	09-Mar-24
	Deadlift	117.5kg	MIDDLETON, Sandra	02-Aug-14							117.5kg	MIDDLETON, Sandra	02-Aug-14
	P/P Total	162.5kg	MIDDLETON, Sandra	02-Aug-14							162.5kg	MIDDLETON, Sandra	02-Aug-14
56kg	Bench	70kg	FRANKE, Sarah	06-Mar-22							70kg	FRANKE, Sarah	06-Mar-22
	Deadlift	145kg	FRANKE, Sarah	06-Mar-22							145kg	FRANKE, Sarah	06-Mar-22
	P/P Total	205kg	FRANKE, Sarah	06-Mar-22							205kg	FRANKE, Sarah	06-Mar-22
60kg	Bench	65kg	PARYGINA, Anna	25-Apr-22							65kg	PARYGINA, Anna	25-Apr-22
	Deadlift	131kg	CARR, Frances	06-Jun-26							131kg	CARR, Frances	06-Jun-26
	P/P Total	195kg	PARYGINA, Anna	25-Apr-22							195kg	PARYGINA, Anna	25-Apr-22
67.5kg	Bench	75kg	CARR, Frances	28-Feb-26	50kg	LY, Lisa	09-Aug-26				75kg	CARR, Frances	28-Feb-26
	Deadlift	132.5kg	CARR, Frances	28-Feb-26	150kg	LY, Lisa	09-Aug-26				150kg	LY, Lisa	09-Aug-26
	P/P Total	207.5kg	CARR, Frances	28-Feb-26	200kg	LY, Lisa	09-Aug-26				207.5kg	CARR, Frances	28-Feb-26
75kg	Bench	65kg	McKNIGHT, Erica	24-Nov-19							65kg	McKNIGHT, Erica	24-Nov-19
	Deadlift	152.5kg	SUTTON, Samantha	21-Jan-23							152.5kg	SUTTON, Samantha	21-Jan-23
	P/P Total	212.5kg	SUTTON, Samantha	21-Jan-23							212.5kg	SUTTON, Samantha	21-Jan-23
82.5kg	Bench	95kg	CONNORS, Renae	28-Feb-26							95kg	CONNORS, Renae	28-Feb-26
	Deadlift	200kg	CONNORS, Renae	28-Feb-26							200kg	CONNORS, Renae	28-Feb-26
	P/P Total	295kg	CONNORS, Renae	28-Feb-26							295kg	CONNORS, Renae	28-Feb-26
90kg	Bench	85kg	FITZPATRICK, Frances	21-Jan-23							85kg	FITZPATRICK, Frances	21-Jan-23
	Deadlift	222.5kg	FITZPATRICK, Frances	21-Jan-23							222.5kg	FITZPATRICK, Frances	21-Jan-23
	P/P Total	307.5kg	FITZPATRICK, Frances	21-Jan-23							307.5kg	FITZPATRICK, Frances	21-Jan-23
100kg	Bench	75kg	LIHOU, Melanie	16-Aug-26							75kg	LIHOU, Melanie	16-Aug-26
	Deadlift	160kg	LIHOU, Melanie	16-Aug-26							160kg	LIHOU, Melanie	16-Aug-26
	P/P Total	235kg	LIHOU, Melanie	16-Aug-26							235kg	LIHOU, Melanie	16-Aug-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	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
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							57.5kg	NELSON, Lorell	12-Aug-16
	Deadlift	115kg	NELSON, Lorell	12-Aug-16							115kg	NELSON, Lorell	12-Aug-16
	P/P Total	172.5kg	NELSON, Lorell	12-Aug-16							172.5kg	NELSON, Lorell	12-Aug-16
60kg	Bench												
	Deadlift												
	P/P Total												
67.5kg	Bench	90kg	COOK, Monica	24-Nov-19							90kg	COOK, Monica	24-Nov-19
	Deadlift	140kg	COOK, Monica	20-Nov-22							140kg	COOK, Monica	20-Nov-22
	P/P Total	230kg	COOK, Monica	20-Nov-22							230kg	COOK, Monica	20-Nov-22
75kg	Bench	62.5kg	FAUCETT, Tracey	06-Mar-22							62.5kg	FAUCETT, Tracey	06-Mar-22
	Deadlift	130kg	FAUCETT, Tracey	06-Mar-22							130kg	FAUCETT, Tracey	06-Mar-22
	P/P Total	192.5kg	FAUCETT, Tracey	06-Mar-22							192.5kg	FAUCETT, Tracey	06-Mar-22
82.5kg	Bench	70kg	POWER, Lucy	01-Mar-26							70kg	POWER, Lucy	01-Mar-26
	Deadlift	160kg	POWER, Lucy	01-Mar-26							160kg	POWER, Lucy	01-Mar-26
	P/P Total	230kg	POWER, Lucy	01-Mar-26							230kg	POWER, Lucy	01-Mar-26
90kg	Bench	62.5kg	De'LANEY, Dot	01-Aug-24							62.5kg	De'LANEY, Dot	01-Aug-24
	Deadlift	147.5kg	LAVAKA, Mui Mui Kovi a Uluvalu	01-Aug-24							147.5kg	LAVAKA, Mui Mui Kovi a	01-Aug-24
	P/P Total	200kg	LAVAKA, Mui Mui Kovi a Uluvalu	01-Aug-24							200kg	LAVAKA, Mui Mui Kovi a	01-Aug-24
100kg	Bench	50kg	OXLEY, Lu-ella	06-Mar-22							50kg	OXLEY, Lu-ella	06-Mar-22
	Deadlift	120kg	STARR, Claire	01-Mar-26							120kg	STARR, Claire	01-Mar-26
	P/P Total	170kg	STARR, Claire	01-Mar-26							170kg	STARR, Claire	01-Mar-26
110kg	Bench												
	Deadlift												
	P/P Total												
110+kg	Bench	60kg	TANSKA, Julie	29-May-22							60kg	TANSKA, Julie	29-May-22
	Deadlift	127.5kg	MITCHELL, Kerry	11-Apr-26							127.5kg	MITCHELL, Kerry	11-Apr-26
	P/P Total	180kg	TANSKA, Julie	29-May-22							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							50.5kg	HARVEY, Helen	22-Feb-26
	Deadlift	145kg	HARVEY, Helen	22-Feb-26							145kg	HARVEY, Helen	22-Feb-26
	P/P Total	190kg	HARVEY, Helen	22-Feb-26							190kg	HARVEY, Helen	22-Feb-26
67.5kg	Bench	92.5kg	COOK, Monica	24-Nov-24							92.5kg	COOK, Monica	24-Nov-24
	Deadlift	150kg	HARVEY, Helen	03-Aug-25							150kg	HARVEY, Helen	03-Aug-25
	P/P Total	232.5kg	COOK, Monica	24-Nov-24							232.5kg	COOK, Monica	24-Nov-24
75kg	Bench	35kg	MAYHEW, Lorraine	26-Nov-23							35kg	MAYHEW, Lorraine	26-Nov-23
	Deadlift	90kg	MAYHEW, Lorraine	26-Nov-23							90kg	MAYHEW, Lorraine	26-Nov-23
	P/P Total	120kg	MAYHEW, Lorraine	26-Nov-23							120kg	MAYHEW, Lorraine	26-Nov-23
82.5kg	Bench	37.5kg	DAVIES, Karen	25-Apr-23							37.5kg	DAVIES, Karen	25-Apr-23
	Deadlift	110kg	DAVIES, Karen	25-Apr-23							110kg	DAVIES, Karen	25-Apr-23
	P/P Total	147.5kg	DAVIES, Karen	25-Apr-23							147.5kg	DAVIES, Karen	25-Apr-23
90kg	Bench												
	Deadlift												
	P/P Total												
100kg	Bench	60kg	DOWDLE, Bobbie	06-Jun-26							60kg	DOWDLE, Bobbie	06-Jun-26
	Deadlift	115kg	DOWDLE, Bobbie	06-Jun-26							115kg	DOWDLE, Bobbie	06-Jun-26
	P/P Total	175kg	DOWDLE, Bobbie	06-Jun-26							175kg	DOWDLE, Bobbie	06-Jun-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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							60kg	WILLIAMS, Leanne	15-Nov-25
	Deadlift	140kg	WILLIAMS, Leanne	15-Nov-25							140kg	WILLIAMS, Leanne	15-Nov-25
	P/P Total	190kg	WILLIAMS, Leanne	15-Nov-25							190kg	WILLIAMS, Leanne	15-Nov-25
75kg	Bench	55kg	WILLIAMS, Leanne	18-Nov-23							55kg	WILLIAMS, Leanne	18-Nov-23
	Deadlift	135kg	WILLIAMS, Leanne	09-Mar-24							135kg	WILLIAMS, Leanne	09-Mar-24
	P/P Total	182.5kg	WILLIAMS, Leanne	09-Mar-24							182.5kg	WILLIAMS, Leanne	09-Mar-24
82.5kg	Bench	52.5kg	WILSON, Katie	06-Mar-22							52.5kg	WILSON, Katie	06-Mar-22
	Deadlift	140kg	WILSON, Katie	06-Mar-22							140kg	WILSON, Katie	06-Mar-22
	P/P Total	190kg	WILSON, Katie	06-Mar-22							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							40kg	McCOOL, Jose	03-Aug-25
	Deadlift	75kg	McCOOL, Jose	03-Aug-25							75kg	McCOOL, Jose	03-Aug-25
	P/P Total	115kg	McCOOL, Jose	03-Aug-25							115kg	McCOOL, Jose	03-Aug-25
75kg	Bench	60kg	WILSON, Katie	06-Jun-26							60kg	WILSON, Katie	06-Jun-26
	Deadlift	137.5kg	WILSON, Katie	06-Jun-26							137.5kg	WILSON, Katie	06-Jun-26
	P/P Total	197.5kg	WILSON, Katie	06-Jun-26							197.5kg	WILSON, Katie	06-Jun-26
82.5kg	Bench	62.5kg	WILSON, Katie	09-Mar-24							62.5kg	WILSON, Katie	09-Mar-24
	Deadlift	151kg	WILSON, Katie	03-Aug-25							151kg	WILSON, Katie	03-Aug-25
	P/P Total	210kg	WILSON, Katie	03-Aug-25							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
	Deadlift												
	P/P Total												
48kg	Bench												
	Deadlift												
	P/P Total												
52kg	Bench	32.5kg	SAUNDERS, Margret	28-Feb-26							32.5kg	SAUNDERS, Margret	28-Feb-26
	Deadlift	65kg	SAUNDERS, Margret	28-Feb-26							65kg	SAUNDERS, Margret	28-Feb-26
	P/P Total	97.5kg	SAUNDERS, Margret	28-Feb-26							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							45kg	SILVER, Valerie	14-Nov-24
	Deadlift	95kg	SILVER, Valerie	03-Aug-25							95kg	SILVER, Valerie	03-Aug-25
	P/P Total	140kg	SILVER, Valerie	03-Aug-25							140kg	SILVER, Valerie	03-Aug-25
75kg	Bench	50kg	McCOOL, Jose	28-Feb-26							50kg	McCOOL, Jose	28-Feb-26
	Deadlift	100kg	McCOOL, Jose	28-Feb-26							100kg	McCOOL, Jose	28-Feb-26
	P/P Total	150kg	McCOOL, Jose	28-Feb-26							150kg	McCOOL, Jose	28-Feb-26
82.5kg	Bench	27.5kg	SCHMIDT, Cheryl	25-Apr-25							27.5kg	SCHMIDT, Cheryl	25-Apr-25
	Deadlift	83kg	SCHMIDT, Cheryl	03-Aug-25							83kg	SCHMIDT, Cheryl	03-Aug-25
	P/P Total	107.5kg	SCHMIDT, Cheryl	25-Apr-25							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							30kg	MADDERN, Heather	14-Apr-24
	Deadlift	82.5kg	MADDERN, Heather	14-Apr-24							82.5kg	MADDERN, Heather	14-Apr-24
	P/P Total	112.5kg	MADDERN, Heather	14-Apr-24							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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												