

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Open Women

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	112.5kg	ZASS, M	01-Aug-93			
	Bench	78kg	MANNING, T	08-Aug-04			
	Deadlift	132.5kg	MANNING, T	03-Aug-05			
	Total	303kg	MANNING, T	08-Aug-05			
52kg	Squat	142.5kg	BARKER, N	25-May-97			
	Bench	92.5kg	BARKER, N	25-May-97			
	Deadlift	160kg	BARKER, N	25-May-97			
	Total	395kg	BARKER, N	25-May-97			
56kg	Squat	165kg	BARKER, N	17-Aug-97			
	Bench	100kg	BARKER, N	17-Aug-97			
	Deadlift	165kg	BARKER, N	17-Aug-97			
	Total	430kg	BARKER, N	17-Aug-97			
60kg	Squat	190kg	YOUNG, Taylor	25-Apr-10			
	Bench	110kg	YOUNG, Taylor	25-Apr-10			
	Deadlift	200kg	YOUNG, Taylor	04-Aug-02			
	Total	480kg	YOUNG, Taylor	04-Aug-02			
67.5kg	Squat	215kg	YOUNG, Taylor	21-Aug-99			
	Bench	120kg	YOUNG, Taylor	17-Aug-97			
	Deadlift	210kg	YOUNG, Taylor	19-Jun-99			
	Total	535kg	YOUNG, Taylor	19-Jun-99			
75kg	Squat	200kg	WITTESCH, H	20-Jun-92			
	Bench	135kg	WATERS, Sharon	18-Aug-01			
	Deadlift	215kg	WITTESCH, H	20-Jun-92			
	Total	545kg	WITTESCH, H	20-Jun-92			
82.5kg	Squat	165kg	SCOTT, S	19-Aug-00			
	Bench	102.5kg	SCOTT, S	21-Aug-99			
	Deadlift	190kg	SCOTT, S	19-Aug-00			
	Total	455kg	SCOTT, S	19-Aug-00			
90kg	Squat	130kg	COWAN, V	24-Feb-01			
	Bench	100	COWAN, V	27-Oct-01			
	Deadlift	190kg	MILLINGTON, Anita	13-May-01			
	Total	390kg	COWAN, V	27-Oct-01			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	240kg	MILLINGTON, Anita	31-Mar-12			
	Bench	152.5kg	MILLINGTON, Anita	10-Aug-13			
	Deadlift	190kg	MILLINGTON, Anita	10-Aug-13			
	Total	577.5kg	MILLINGTON, Anita	10-Aug-13			

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Teenage 1 Women (13-15)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	90kg	SKARLATOS, Christine	08-Aug-04			
	Bench	42.5kg	SKARLATOS, Christine	01-May-04			
	Deadlift	105kg	SKARLATOS, Christine	01-May-04			
	Total	230kg	SKARLATOS, Christine	08-Aug-04			
67.5kg	Squat	105kg	HALL, T	26-Jun-02			
	Bench	57.5kg	HALL, T	26-Jun-02			
	Deadlift	145kg	HALL, T	26-Jun-02			
	Total	307.5kg	HALL, T	26-Jun-02			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Teenage 2 Women 16-17)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Teenage 3 Women (18-19)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	150kg	HORSEMAN, J	18-Oct-92			
	Bench	97.5kg	HORSEMAN, J	01-Aug-93			
	Deadlift	155kg	HORSEMAN, J	18-Oct-92			
	Total	400kg	HORSEMAN, J	18-Oct-92			
60kg	Squat	125kg	HORSEMAN, J	01-May-93			
	Bench	80kg	HORSEMAN, J	01-May-93			
	Deadlift	140kg	HORSEMAN, J	01-May-93			
	Total	345kg	HORSEMAN, J	01-May-93			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	95kg	KONDOS, E	06-Mar-99			
	Bench	42.5kg	KONDOS, E	06-Mar-99			
	Deadlift	130kg	KONDOS, E	06-Mar-99			
	Total	265kg	KONDOS, E	06-Mar-99			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Junior Women (20-23)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	112.5kg	ZASS, M	01-Aug-93			
	Bench	30kg	ZASS, M	01-Aug-93			
	Deadlift	122.5kg	ZASS, M	01-Aug-93			
	Total	275kg	ZASS, M	01-Aug-93			
52kg	Squat	110kg	CLARKE, J	20-Jun-92			
	Bench	50kg	CLARKE, J	20-Jun-92			
	Deadlift	130kg	CLARKE, J	20-Jun-92			
	Total	290kg	CLARKE, J	20-Jun-92			
56kg	Squat	120kg	CLARKE, J				
	Bench	62.5kg	CLARKE, J				
	Deadlift	140kg	CLARKE, J				
	Total	322.5kg	CLARKE, J				
60kg	Squat	93kg	SORENSEN, S	15-Jun-02			
	Bench	57.5kg	SORENSEN, S	15-Jun-02			
	Deadlift	110kg	SORENSEN, S	27-Oct-01			
	Total	250kg	SORENSEN, S	27-Oct-01			
67.5kg	Squat	125kg	DALE, N	18-Oct-92			
	Bench	86kg	DALE, N	18-Oct-92			
	Deadlift	119kg	DALE, N	18-Oct-92			
	Total	330kg	DALE, N	18-Oct-92			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Senior Women (24-32)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	105kg	SMEETON, M	28-Mar-92			
	Bench	72.5kg	SMEETON, M	28-Mar-92			
	Deadlift	105kg	SMEETON, M	28-Mar-92			
	Total	277.5kg	SMEETON, M	28-Mar-92			
52kg	Squat	145kg	BARKER, N	25-May-97			
	Bench	92.5kg	BARKER, N	25-May-97			
	Deadlift	160kg	BARKER, N	25-May-97			
	Total	395kg	BARKER, N	25-May-97			
56kg	Squat	165kg	BARKER, N	17-Aug-97			
	Bench	100kg	BARKER, N	17-Aug-97			
	Deadlift	165kg	BARKER, N	17-Aug-97			
	Total	430kg	BARKER, N	17-Aug-97			
60kg	Squat	130kg	BRADLEY, E	01-Aug-93			
	Bench	55kg	BRADLEY, E	01-Aug-93			
	Deadlift	140kg	BRADLEY, E	01-Aug-93			
	Total	325kg	BRADLEY, E	01-Aug-93			
67.5kg	Squat	140kg	ODDY, C	16-Sep-95			
	Bench	110kg	WATERS, S	19-Aug-00			
	Deadlift	165kg	WATERS, S	19-Aug-00			
	Total	392.5kg	WATERS, S	19-Aug-00			
75kg	Squat						
	Bench	135kg	WATERS, S	18-Aug-01			
	Deadlift						
	Total						
82.5kg	Squat	165kg	SCOTT, S	19-Aug-00			
	Bench	102.5kg	SCOTT, S	21-Aug-99			
	Deadlift	190kg	SCOTT, S	19-Aug-00			
	Total	455kg	SCOTT, S	21-Aug-99			
90kg	Squat	130kg	COWAN, V	24-Feb-01			
	Bench						
	Deadlift	160kg	COWAN, V	13-May-01			
	Total	380kg	COWAN, V	27-Oct-01			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat	240kg	MILLINGTON, Anita	31-Mar-12			
	Bench	152.5kg	MILLINGTON, Anita	10-Aug-13	106kg	MILLINGTON, Anita	31-Mar-12
	Deadlift	190kg	MILLINGTON, Anita	10-Aug-13	185kg	MILLINGTON, Anita	31-Mar-12
	Total	577.5kg	MILLINGTON, Anita	10-Aug-13	531kg	MILLINGTON, Anita	31-Mar-12

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Sub Master Women (33-39)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	150kg	YOUNG, Taylor	12-Jun-94			
	Bench	85kg	YOUNG, Taylor	12-Jun-94			
	Deadlift	170kg	YOUNG, Taylor	12-Jun-94			
	Total	405kg	YOUNG, Taylor	12-Jun-94			
67.5kg	Squat	150kg	BROOKES, H	19-Aug-00			
	Bench	95.5kg	STERNS, Andrea	07-Jun-98			
	Deadlift	170kg	ADAMS, J	07-Aug-94			
	Total	382.5kg	ADAMS, J	07-Aug-94			
75kg	Squat	200kg	WITTESCH, H	20-Jun-92			
	Bench	130kg	WITTESCH, H	20-Jun-92			
	Deadlift	215kg	WITTESCH, H	20-Jun-92			
	Total	545kg	WITTESCH, H	20-Jun-92			
82.5kg	Squat	117.5kg	MARKER, Kathryn	17-Oct-20			
	Bench	60kg	MARKER, Kathryn	17-Oct-20			
	Deadlift	140kg	MARKER, Kathryn	17-Oct-20			
	Total	317.5kg	MARKER, Kathryn	17-Oct-20			
90kg	Squat	160kg	COWAN, V	24-Feb-01			
	Bench	100kg	COWAN, V	27-Oct-01			
	Deadlift	160kg	COWAN, V	13-May-01			
	Total	425kg	COWAN, V	27-Oct-01			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Masters 1 Women (40-44)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	100kg	PAPPAS, J	11-Jun-00			
	Bench						
	Deadlift						
	Total						
52kg	Squat	122.5kg	QUINELL, C	18-Nov-99			
	Bench						
	Deadlift	155.5kg	QUINELL, C	23-Aug-98			
	Total	347.5kg	QUINELL, C	23-Aug-98			
56kg	Squat	127.5kg	QUINELL, C	19-Aug-00			
	Bench	78.5kg	QUINELL, C	18-Aug-01			
	Deadlift	155.5kg	QUINELL, C	06-May-00			
	Total	350kg	QUINELL, C	21-Aug-99			
60kg	Squat	175kg	YOUNG, Taylor	11-Jun-95			
	Bench	95kg	YOUNG, Taylor	11-Jun-95			
	Deadlift	165kg	YOUNG, Taylor	11-Jun-95			
	Total	435kg	YOUNG, Taylor	11-Jun-95			
67.5kg	Squat	215kg	YOUNG, Taylor	21-Aug-99			
	Bench	120kg	YOUNG, Taylor	17-Aug-97			
	Deadlift	210kg	YOUNG, Taylor	19-Jun-99			
	Total	535kg	YOUNG, Taylor	19-Jun-99			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Masters 2 Women (45-49)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	100kg	MANNING, T	03-Aug-06			
	Bench	78kg	MANNING, T	08-Aug-04			
	Deadlift	132.5kg	MANNING, T	13-Aug-05			
	Total	303kg	MANNING, T	08-Aug-04			
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	175kg	YOUNG, Taylor	04-Aug-02			
	Bench	107.5kg	YOUNG, Taylor	04-Aug-02			
	Deadlift	200kg	YOUNG, Taylor	04-Aug-02			
	Total	480kg	YOUNG, Taylor	04-Aug-02			
67.5kg	Squat	210kg	YOUNG, Taylor	19-Aug-00			
	Bench	105.5kg	YOUNG, Taylor	31-Mar-01			
	Deadlift	190kg	YOUNG, Taylor	19-Aug-00			
	Total	505kg	YOUNG, Taylor	19-Aug-00			
75kg	Squat	190kg	YOUNG, Taylor	21-May-00			
	Bench	110kg	YOUNG, Taylor	21-May-00			
	Deadlift	200kg	YOUNG, Taylor	21-May-00			
	Total	500kg	YOUNG, Taylor	21-May-00			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Masters 3 Women (50-54)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	180kg	YOUNG, Taylor	09-Aug-09			
	Bench	100kg	YOUNG, Taylor	09-Aug-09			
	Deadlift	182.5kg	YOUNG, Taylor	09-Aug-09			
	Total	462.5kg	YOUNG, Taylor	09-Aug-09			
67.5kg	Squat	100kg	YOUNG, Taylor	15-Dec-01			
	Bench	60kg	YOUNG, Taylor	15-Dec-01			
	Deadlift	135kg	YOUNG, Taylor	15-Dec-01			
	Total	295kg	YOUNG, Taylor	15-Dec-01			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	45kg	BIRCH, M	15-Jun-02			
	Bench	37.5kg	BIRCH, M	15-Jun-02			
	Deadlift	100kg	BIRCH, M	15-Jun-02			
	Total	182.5kg	BIRCH, M	15-Jun-02			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Masters 4 Women (55-59)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	190kg	YOUNG, Taylor	25-Apr-10			
	Bench	110kg	YOUNG, Taylor	25-Apr-10			
	Deadlift	180kg	YOUNG, Taylor	25-Apr-10			
	Total	480kg	YOUNG, Taylor	25-Apr-10			
67.5kg	Squat	180kg	YOUNG, Taylor	27-Aug-11			
	Bench	107.5kg	YOUNG, Taylor	27-Aug-11			
	Deadlift	175kg	YOUNG, Taylor	27-Aug-11			
	Total	462.5kg	YOUNG, Taylor	27-Aug-11			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 5 Women (60-64)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 6 Women (65-69)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 7 Women (70-74)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 8 Women (75-79)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - WOMEN

3-LIFT - SINGLE PLY

Masters 9 Women (80-84)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

Masters 10 Women (85-89)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat						
	Bench						
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						