

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## OPEN WOMEN

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat	45kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Bench	25kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Deadlift	30kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Total	100kg	Reynolds, Brigitte	20-May-23	W.A State Championships
48kg	Squat	100kg	Winwood, Tania	17-Aug-19	Australian Championships
	Bench	55kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Deadlift	145kg	Winwood, Tania	17-Aug-19	Australian Championships
	Total	292.5kg	Winwood, Tania	17-Aug-19	Australian Championships
52kg	Squat	105kg	Winwood, Tania	5-May-23	W.A State Championships
	Bench	47.5kg	Winwood, Tania	5-May-23	W.A State Championships
	Deadlift	150kg	Winwood, Tania	18-May-24	W.A State Championships
	Total	290kg	Winwood, Tania	5-May-23	W.A State Championships
56kg	Squat	142.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Bench	72.5kg	Pearsil, Dani	14-Jun-15	W.A State Championships
	Deadlift	157.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Total	370kg	Johannes, Sammie	17-Aug-19	Australian Championships
60kg	Squat	185kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Bench	95kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Deadlift	220kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Total	500kg	Sharp, Aliesha	18-May-24	W.A State Championships
67.5kg	Squat	182.5kg	Malard, Annie	18-Feb-24	Wild West Shootout
	Bench	92.5kg	Day, Jessica	29-May-16	W.A State Championships
	Deadlift	215kg	Malard, Annie	18-Feb-24	Wild West Shootout
	Total	480kg	Malard, Annie	18-Feb-24	Wild West Shootout
75kg	Squat	210kg	Becker, Kat	12-Aug-16	Australian Championships
	Bench	115kg	Day, Jessica	22-May-22	W.A State Championships
	Deadlift	227.5kg	Day, Jessica	22-May-22	W.A State Championships
	Total	542.5kg	Day, Jessica	22-May-22	W.A State Championships
82.5kg	Squat	212.5kg	Malard, Annie	11-Aug-23	Australian Championships
	Bench	120kg	Michon, Lucy	11-Aug-23	Australian Championships
	Deadlift	225kg	Malard, Annie	11-Aug-23	Australian Championships
	Total	550kg	Michon, Lucy	11-Aug-23	Australian Championships
90kg	Squat	235kg	Becker, Kat	22-May-21	W.A State Championships
	Bench	110kg	Becker, Kat	22-May-21	W.A State Championships
	Deadlift	220kg	Becker, Kat	22-May-21	W.A State Championships
	Total	552.5kg	Becker, Kat	22-May-21	W.A State Championships
100kg	Squat	241kg	Becker, Kat	9-Jun-19	W.A State Championships
	Bench	107.5kg	Becker, Kat	9-Jun-19	W.A State Championships
	Deadlift	215kg	Becker, Kat	9-Jun-19	W.A State Championships
	Total	563.5kg	Becker, Kat	9-Jun-19	W.A State Championships
110kg	Squat	175kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Bench	75kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Deadlift	165kg	Palmer, Brooke	20-May-23	W.A State Championships
	Total	405.5kg	Palmer, Brooke	11-Aug-23	Australian Championships
110+kg	Squat	120kg	Forsyth, Steph	20-May-23	W.A State Championships
	Bench	72.5kg	Forsyth, Steph	18-Feb-24	Wild West Shootout
	Deadlift	167.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout
	Total	352.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## SUB TEEN WOMEN (10-12)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat	45kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Bench	25kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Deadlift	25kg	Reynolds, Brigitte	20-May-23	W.A State Championships
	Total	100kg	Reynolds, Brigitte	20-May-23	W.A State Championships
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	67.5kg	Ngarotata-Day, Paige	14-Jun-15	W.A State Championships
	Bench	32.5kg	Ngarotata-Day, Paige	14-Jun-15	W.A State Championships
	Deadlift	100kg	Ngarotata-Day, Paige	14-Jun-15	W.A State Championships
	Total	192.5kg	Ngarotata-Day, Paige	14-Jun-15	W.A State Championships
60kg	Squat	62.5kg	Suen, Faith	14-Jun-15	W.A State Championships
	Bench	32.5kg	Suen, Faith	14-Jun-15	W.A State Championships
	Deadlift	85kg	Suen, Faith	14-Jun-15	W.A State Championships
	Total	170kg	Suen, Faith	14-Jun-15	W.A State Championships
67.5kg	Squat	70kg	Boros, Tayla	9-Jun-19	W.A State Championships
	Bench	35kg	Boros, Tayla	9-Jun-19	W.A State Championships
	Deadlift	102.5kg	Boros, Tayla	9-Jun-19	W.A State Championships
	Total	207.5kg	Boros, Tayla	9-Jun-19	W.A State Championships
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 WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## TEENAGE WOMEN (13-15)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat	45kg	Sivacolundhu, Kira	20-May-23	W.A State Championships
	Bench	25kg	Sivacolundhu, Kira	20-May-23	W.A State Championships
	Deadlift	70kg	Sivacolundhu, Kira	20-May-23	W.A State Championships
	Total	140kg	Sivacolundhu, Kira	20-May-23	W.A State Championships
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat	95kg	Coe, Amie	14-Jun-15	W.A State Championships
	Bench	50kg	Coe, Amie	14-Jun-15	W.A State Championships
	Deadlift	110kg	Coe, Amie	14-Jun-15	W.A State Championships
	Total	255kg	Coe, Amie	14-Jun-15	W.A State Championships
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	105kg	Martin, Jordan	22-May-21	W.A State Championships
	Bench	47.5kg	Suen, Fauith	6-Oct-18	Wild West Shootout
	Deadlift	120kg	Martin, Jordan	22-May-21	W.A State Championships
	Total	262.5kg	Martin, Jordan	22-May-21	W.A State Championships
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat	110kg	Lawry, Mia	18-May-24	W.A State Championships
	Bench	60kg	Lawry, Mia	18-May-24	W.A State Championships
	Deadlift	127.5kg	Lawry, Mia	18-May-24	W.A State Championships
	Total	297.5kg	Lawry, Mia	18-May-24	W.A State Championships
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## TEENAGE WOMEN (16-17)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	107.5kg	Davey, Holly	18-May-24	W.A State Championships
	Bench	52.5kg	Davey, Holly	18-May-24	W.A State Championships
	Deadlift	109kg	Davey, Holly	18-May-24	W.A State Championships
	Total	265kg	Davey, Holly	18-May-24	W.A State Championships
60kg	Squat	105kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
	Bench	55kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
	Deadlift	102.5kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
	Total	262.5kg	Padovan, Bianca	27-Aug-23	Poseidons Cup
67.5kg	Squat	142.5kg	Keep, Nyah	20-May-23	W.A State Championships
	Bench	92.5kg	Keep, Nyah	20-May-23	W.A State Championships
	Deadlift	155kg	Keep, Nyah	20-May-23	W.A State Championships
	Total	390kg	Keep, Nyah	20-May-23	W.A State Championships
75kg	Squat	110kg	Martin, Jordan	20-May-23	W.A State Championships
	Bench	40kg	Martin, Jordan	20-May-23	W.A State Championships
	Deadlift	120kg	Martin, Jordan	20-May-23	W.A State Championships
	Total	270kg	Martin, Jordan	20-May-23	W.A State Championships
82.5kg	Squat	125kg	Martin, Jordan	22-May-22	W.A State Championships
	Bench	65kg	Martin, Jordan	22-May-22	W.A State Championships
	Deadlift	140kg	Martin, Jordan	22-May-22	W.A State Championships
	Total	330kg	Martin, Jordan	22-May-22	W.A State Championships
90kg	Squat	122.5kg	Ngarotata-Day, Paige	17-Aug-19	Australian Championships
	Bench	55kg	Ngarotata-Day, Paige	17-Aug-19	Australian Championships
	Deadlift	145kg	Ngarotata-Day, Paige	17-Aug-19	Australian Championships
	Total	320kg	Ngarotata-Day, Paige	17-Aug-19	Australian Championships
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## TEENAGE WOMEN (18-19)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat	97.5kg	Winwood, Shayla	11-Aug-23	Australian Championships
	Bench	42.5kg	Winwood, Shayla	18-May-24	W.A State Championships
	Deadlift	102.5kg	Winwood, Shayla	18-May-24	W.A State Championships
	Total	242.5kg	Winwood, Shayla	18-May-24	W.A State Championships
56kg	Squat	77.5kg	Winwood, Shayla	12-Mar-23	Wild West Shootout
	Bench	40kg	Winwood, Shayla	12-Mar-23	Wild West Shootout
	Deadlift	87.5kg	Winwood, Shayla	12-Mar-23	Wild West Shootout
	Total	205kg	Winwood, Shayla	12-Mar-23	Wild West Shootout
60kg	Squat	90kg	Moore, Kate	25-May-14	W.A State Championships
	Bench	50kg	Moore, Kate	25-May-14	W.A State Championships
	Deadlift	110kg	Moore, Kate	25-May-14	W.A State Championships
	Total	250kg	Moore, Kate	25-May-14	W.A State Championships
67.5kg	Squat	120kg	Coe, Amie	6-Oct-18	Wild West Shootout
	Bench	70kg	Coe, Amie	6-Oct-18	Wild West Shootout
	Deadlift	132.5kg	Coe, Amie	6-Oct-18	Wild West Shootout
	Total	320kg	Coe, Amie	6-Oct-18	Wild West Shootout
75kg	Squat	110kg	Napper, Jessica	22-May-22	W.A State Championships
	Bench	45kg	Napper, Jessica	22-May-22	W.A State Championships
	Deadlift	130kg	Napper, Jessica	22-May-22	W.A State Championships
	Total	285kg	Napper, Jessica	22-May-22	W.A State Championships
82.5kg	Squat	92.5kg	Rea, Shantelle	22-May-21	W.A State Championships
	Bench	55kg	Rea, Shantelle	22-May-21	W.A State Championships
	Deadlift	135kg	Rea, Shantelle	22-May-21	W.A State Championships
	Total	282.5kg	Rea, Shantelle	22-May-21	W.A State Championships
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## JUNIOR WOMEN (20-23)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat	100kg	Moore, Kate	14-Jun-15	W.A State Championships
	Bench	57.5kg	Moore, Kate	14-Jun-15	W.A State Championships
	Deadlift	117.5kg	Rigney, Emily	18-May-24	W.A State Championships
	Total	272.5kg	Moore, Kate	14-Jun-15	W.A State Championships
67.5kg	Squat	130kg	Vincent, Danielle	12-Mar-23	Wild West Shootout
	Bench	65kg	Vincent, Danielle	12-Mar-23	Wild West Shootout
	Deadlift	152.5kg	Vincent, Danielle	12-Mar-23	Wild West Shootout
	Total	347.5kg	Vincent, Danielle	12-Mar-23	Wild West Shootout
75kg	Squat	155kg	Caisley, Chloe	18-May-24	W.A State Championships
	Bench	95kg	Caisley, Chloe	18-May-24	W.A State Championships
	Deadlift	170kg	Caisley, Chloe	18-May-24	W.A State Championships
	Total	420kg	Caisley, Chloe	18-May-24	W.A State Championships
82.5kg	Squat	147.5kg	Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
	Bench	75kg	Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
	Deadlift	175kg	Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
	Total	397.5kg	Skinner-Drakeford-Elizabeth	20-May-23	W.A State Championships
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## SENIOR WOMEN (24-32)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat	97.5kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Bench	55kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Deadlift	115kg	Caldona, Jackie	29-Aug-20	W.A State Championships
	Total	267.5kg	Caldona, Jackie	29-Aug-20	W.A State Championships
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	142.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Bench	70kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Deadlift	157.5kg	Johannes, Sammie	17-Aug-19	Australian Championships
	Total	370kg	Johannes, Sammie	17-Aug-19	Australian Championships
60kg	Squat	185kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Bench	95kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Deadlift	220kg	Sharp, Aliesha	18-May-24	W.A State Championships
	Total	500kg	Sharp, Aliesha	18-May-24	W.A State Championships
67.5kg	Squat	160kg	Day, Jessica	29-May-16	W.A State Championships
	Bench	92.5kg	Day, Jessica	29-May-16	W.A State Championships
	Deadlift	185kg	Day, Jessica	29-May-16	W.A State Championships
	Total	437.5kg	Day, Jessica	29-May-16	W.A State Championships
75kg	Squat	210kg	Becker, Kat	12-Aug-16	Australian Championships
	Bench	95kg	Becker, Kat	12-Aug-16	Australian Championships
	Deadlift	220kg	Becker, Kat	12-Aug-16	Australian Championships
	Total	525kg	Becker, Kat	12-Aug-16	Australian Championships
82.5kg	Squat	150kg	Whisson, Sophie	27-Aug-23	Poseidons Cup
	Bench	102.5kg	Whisson, Sophie	27-Aug-23	Poseidons Cup
	Deadlift	170kg	Boswood, Kayah	20-May-23	W.A State Championships
	Total	417.5kg	Whisson, Sophie	27-Aug-23	Poseidons Cup
90kg	Squat	210kg	Ashplant, Raegan	18-May-24	W.A State Championships
	Bench	87.5kg	Ashplant, Raegan	18-May-24	W.A State Championships
	Deadlift	210kg	Ashplant, Raegan	18-May-24	W.A State Championships
	Total	507.5kg	Ashplant, Raegan	18-May-24	W.A State Championships
100kg	Squat	195kg	Ashplant, Raegan	27-Aug-23	Poseidons Cup
	Bench	85kg	Ashplant, Raegan	20-May-23	W.A State Championships
	Deadlift	192.5kg	Ashplant, Raegan	20-May-23	W.A State Championships
	Total	465kg	Ashplant, Raegan	27-Aug-23	Poseidons Cup
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## SUB MASTERS WOMEN (33-39)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat	97.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
	Bench	52.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
	Deadlift	137.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
	Total	287.5kg	Watkinson, Ashlee	5-May-23	W.A State Championships
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	102.5kg	Rushton, Tegan	18-May-24	W.A State Championships
	Bench	57.5kg	Rushton, Tegan	18-May-24	W.A State Championships
	Deadlift	140kg	Rushton, Tegan	18-May-24	W.A State Championships
	Total	300kg	Rushton, Tegan	18-May-24	W.A State Championships
60kg	Squat	120kg	Cass, Laura	17-Aug-19	Australian Championships
	Bench	110kg	Maciel, Sarah	29-May-16	W.A State Championships
	Deadlift	55kg	Maciel, Sarah	29-May-16	W.A State Championships
	Total	145kg	Maciel, Sarah	29-May-16	W.A State Championships
67.5kg	Squat	125kg	Malard, Annie	17-Aug-19	Australian Championships
	Bench	57.5kg	Malard, Annie	17-Aug-19	Australian Championships
	Deadlift	150kg	Isaac, Maria	14-Jun-15	W.A State Championships
	Total	325kg	Malard, Annie	17-Aug-19	Australian Championships
75kg	Squat	200kg	Day, Jessica	22-May-22	W.A State Championships
	Bench	115kg	Day, Jessica	22-May-22	W.A State Championships
	Deadlift	227.5kg	Day, Jessica	22-May-22	W.A State Championships
	Total	542.5kg	Day, Jessica	22-May-22	W.A State Championships
82.5kg	Squat	235kg	Becker, Kat	18-Nov-18	Australian Championships
	Bench	120kg	Michon, Lucy	11-Aug-23	Australian Championships
	Deadlift	222.5kg	Becker, Kat	18-Nov-18	Australian Championships
	Total	570kg	Becker, Kat	18-Nov-18	Australian Championships
90kg	Squat	235kg	Becker, Kat	22-May-22	W.A State Championships
	Bench	110kg	Becker, Kat	22-May-22	W.A State Championships
	Deadlift	215kg	Becker, Kat	22-May-22	W.A State Championships
	Total	570kg	Becker, Kat	22-May-22	W.A State Championships
100kg	Squat	241kg	Becker, Kat	9-Jun-19	W.A State Championships
	Bench	107.5kg	Becker, Kat	9-Jun-19	W.A State Championships
	Deadlift	215kg	Becker, Kat	9-Jun-19	W.A State Championships
	Total	563.5kg	Becker, Kat	9-Jun-19	W.A State Championships
110kg	Squat	175kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Bench	75kg	Palmer, Brooke	18-Feb-24	Wild West Shootout
	Deadlift	165kg	Palmer, Brooke	20-May-23	W.A State Championships
	Total	405.5kg	Palmer, Brooke	11-Aug-23	Australian Championships
110+kg	Squat	120kg	Forsyth, Steph	20-May-23	W.A State Championships
	Bench	72.5kg	Forsyth, Steph	18-Feb-24	Wild West Shootout
	Deadlift	167.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout
	Total	352.5kg	Forsyth, Steph	12-Mar-23	Wild West Shootout



# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (40-44)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat	70kg	Allan, Joanne	22-May-21	W.A State Championships
	Bench	40kg	Allan, Joanne	22-May-21	W.A State Championships
	Deadlift	115kg	Allan, Joanne	22-May-21	W.A State Championships
	Total	225kg	Allan, Joanne	22-May-21	W.A State Championships
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	100kg	Allan, Joanne	20-May-23	W.A State Championships
	Bench	52.5kg	Allan, Joanne	20-May-23	W.A State Championships
	Deadlift	130kg	Allan, Joanne	20-May-23	W.A State Championships
	Total	282.5kg	Allan, Joanne	20-May-23	W.A State Championships
60kg	Squat	112.5kg	Rappeport, Belinda	18-Feb-24	Wild West Shootout
	Bench	57.5kg	Rappeport, Belinda	18-Feb-24	Wild West Shootout
	Deadlift	122.5kg	Rappeport, Belinda	18-Feb-24	Wild West Shootout
	Total	292.5kg	Rappeport, Belinda	18-Feb-24	Wild West Shootout
67.5kg	Squat	182.5kg	Malard, Annie	18-Feb-24	Wild West Shootout
	Bench	90kg	Ramage, Liz	18-May-24	W.A State Championships
	Deadlift	215kg	Malard, Annie	18-Feb-24	Wild West Shootout
	Total	480kg	Malard, Annie	18-Feb-24	Wild West Shootout
75kg	Squat	177.5kg	Malard, Annie	19-Aug-22	Australian Championships
	Bench	92.5kg	Hayto, Alexis	22-May-21	W.A State Championships
	Deadlift	207.5kg	Malard, Annie	19-Aug-22	Australian Championships
	Total	467.5kg	Malard, Annie	19-Aug-22	Australian Championships
82.5kg	Squat	212.5kg	Malard, Annie	11-Aug-23	Australian Championships
	Bench	100kg	Henderson, Catherine	18-May-24	W.A State Championships
	Deadlift	225kg	Malard, Annie	11-Aug-23	Australian Championships
	Total	527.5kg	Malard, Annie	11-Aug-23	Australian Championships
90kg	Squat	200kg	Retallack, Lisa	27-Aug-23	Poseidons Cup
	Bench	92.5kg	Craven, Alison	18-May-24	W.A State Championships
	Deadlift	222.5kg	Fitzpatrick, Frances	14-Jun-15	W.A State Championships
	Total	490kg	Retallack, Lisa	27-Aug-23	Poseidons Cup
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (45-49)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat	100kg	Winwood, Tania	17-Aug-19	Australian Championships
	Bench	47.5kg	Winwood, Tania	17-Aug-19	Australian Championships
	Deadlift	145kg	Winwood, Tania	17-Aug-19	Australian Championships
	Total	292.5kg	Winwood, Tania	17-Aug-19	Australian Championships
52kg	Squat	95kg	Winwood, Tania	29-Aug-20	W.A State Championships
	Bench	55kg	Allan, Joanne	18-May-24	W.A State Championships
	Deadlift	135kg	Winwood, Tania	29-Aug-20	W.A State Championships
	Total	275kg	Winwood, Tania	29-Aug-20	W.A State Championships
56kg	Squat	120kg	Pearsil, Dani	14-Jun-15	
	Bench	72.5kg	Pearsil, Dani	14-Jun-15	
	Deadlift	130kg	Pearsil, Dani	14-Jun-15	
	Total	317.5kg	Pearsil, Dani	14-Jun-15	
60kg	Squat	125kg	Tipper, Bianca	22-May-21	W.A State Championships
	Bench	60kg	Tipper, Bianca	22-May-21	W.A State Championships
	Deadlift	127.5kg	Tipper, Bianca	22-May-21	W.A State Championships
	Total	312.5kg	Tipper, Bianca	22-May-21	W.A State Championships
67.5kg	Squat	130kg	Tipper, Bianca	29-Aug-20	W.A State Championships
	Bench	85kg	Cook, Monica	25-May-14	W.A State Championships
	Deadlift	147.5kg	Tipper, Bianca	29-Aug-20	W.A State Championships
	Total	340kg	Tipper, Bianca	29-Aug-20	W.A State Championships
75kg	Squat	140kg	Soroka, Domenica	18-May-24	W.A State Championships
	Bench	75kg	Soroka, Domenica	18-May-24	W.A State Championships
	Deadlift	157.5kg	Soroka, Domenica	18-May-24	W.A State Championships
	Total	372.5kg	Soroka, Domenica	18-May-24	W.A State Championships
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat	165kg	Dolden, Melanie	19-Feb-24	Wild West Shootout
	Bench	70kg	Dolden, Melanie	19-Feb-24	Wild West Shootout
	Deadlift	180kg	Dolden, Melanie	19-Feb-24	Wild West Shootout
	Total	415kg	Dolden, Melanie	19-Feb-24	Wild West Shootout
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (50-54)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat	90kg	Winwood, Tania	22-Aug-21	Australian Championships
	Bench	47.5kg	Winwood, Tania	22-Aug-21	Australian Championships
	Deadlift	150kg	Winwood, Tania	18-May-24	W.A State Championships
	Total	272.5kg	Winwood, Tania	22-Aug-21	Australian Championships
52kg	Squat	105kg	Winwood, Tania	20-May-23	W.A State Championships
	Bench	47.5kg	Winwood, Tania	20-May-23	W.A State Championships
	Deadlift	147.5kg	Winwood, Tania	11-Aug-23	Australian Championships
	Total	290kg	Winwood, Tania	20-May-23	W.A State Championships
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	145kg	Cook, Monica	7-Oct-17	Wild West Shootout
	Bench	82.5kg	Cook, Monica	7-Oct-17	Wild West Shootout
	Deadlift	140kg	Cook, Monica	7-Oct-17	Wild West Shootout
	Total	367.5kg	Cook, Monica	7-Oct-17	Wild West Shootout
75kg	Squat	140kg	Taylor, Sarah	18-Feb-24	Wild West Shootout
	Bench	80kg	Taylor, Sarah	18-Feb-24	Wild West Shootout
	Deadlift	165kg	Taylor, Sarah	18-Feb-24	Wild West Shootout
	Total	385kg	Taylor, Sarah	18-Feb-24	Wild West Shootout
82.5kg	Squat	135kg	Mooney, Jac	27-Aug-23	Poseidons Cup
	Bench	80kg	Mooney, Jac	27-Aug-23	Poseidons Cup
	Deadlift	160kg	Mooney, Jac	27-Aug-23	Poseidons Cup
	Total	375kg	Mooney, Jac	27-Aug-23	Poseidons Cup
90kg	Squat	70kg	Schlemmer, Erika	14-Jun-15	W.A State Championships
	Bench	42.5kg	Schlemmer, Erika	14-Jun-15	W.A State Championships
	Deadlift	100kg	Schlemmer, Erika	14-Jun-15	W.A State Championships
	Total	212.5kg	Schlemmer, Erika	14-Jun-15	W.A State Championships
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (55-59)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
44kg	Squat				
	Bench				
	Deadlift				
	Total				
48kg	Squat				
	Bench				
	Deadlift				
	Total				
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat	85kg	Maddock, Sharon	18-May-24	W.A State Championships
	Bench	40kg	Maddock, Sharon	18-May-24	W.A State Championships
	Deadlift	112.5kg	Maddock, Sharon	18-May-24	W.A State Championships
	Total	237.5kg	Maddock, Sharon	18-May-24	W.A State Championships
67.5kg	Squat	122.5kg	Cook, Monica	18-May-24	W.A State Championships
	Bench	87.5kg	Cook, Monica	18-May-24	W.A State Championships
	Deadlift	135kg	Cook, Monica	18-May-24	W.A State Championships
	Total	345kg	Cook, Monica	18-May-24	W.A State Championships
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat	50kg	Becker, Sonia	21-Mar-21	Wild West Shootout
	Bench	40kg	Becker, Sonia	21-Mar-21	Wild West Shootout
	Deadlift	100kg	Becker, Sonia	21-Mar-21	Wild West Shootout
	Total	190kg	Becker, Sonia	21-Mar-21	Wild West Shootout
110+kg	Squat				
	Bench				
	Deadlift				
	Total				

# CAPO WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (60-64)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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 WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (65-69)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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 WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (70-74)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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 WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (75-79)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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 WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (80-84)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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 WESTERN AUSTRALIAN RAW PLUS WOMEN 3 LIFT



## MASTERS WOMEN (85-89)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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				