

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION



OPEN WOMAN

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift	90kg	Winwood, Tania	17-Feb-18						
48kg	Deadlift	130kg	Winwood, Tania	11-Feb-23						
52kg	Deadlift	130kg	Winwood, Tania	16-Feb-19						
56kg	Deadlift	120kg	Cook, Lynne	2-Dec-12						
60kg	Deadlift	120kg	Dorsett, Shandell	16-Feb-19						
67.5kg	Deadlift	140kg	Rawlinson, Elisha	2-Dec-12						
75kg	Deadlift	175kg	Maylard, Annie	20-Feb-21						
82.5kg	Deadlift	165kg	Mcleod, Kylie	11-Feb-23						
90kg	Deadlift	190kg	Ashplant, Raegan	11-Feb-23						
100kg	Deadlift	177.5kg	Counsell, Paige	16-Feb-19						
110kg	Deadlift	120kg	Tracey, Asha	2-Dec-12						
110+kg	Deadlift	175kg	Forsyth, Steph	11-Feb-23						

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

SUB TEEN WOMAN (10-12)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift	70kg	Kovacs, Olivia	19-Feb-22						
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

TEENAGE WOMANS (13-15)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift	77.5kg	Day, Kyia	11-Feb-23						
48kg	Deadlift	80kg	Day, Kyia	20-Jan-24						
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	107.5kg	Murphy, Isabella	11-Feb-23						
67.5kg	Deadlift	75kg	Murphy, Isabella	19-Feb-22						
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

TEENAGE WOMANS (16-17)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	107.5kg	Napper, Jessica	20-Feb-21						
75kg	Deadlift									
82.5kg	Deadlift	130kg	Marin, Jordan	19-Feb-22						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

TEENAGE WOMANS (18-19)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift	97.5kg	Winwood, Shayla	11-Feb-23						
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	130kg	Hall, Emma	17-Feb-18						
75kg	Deadlift	130kg	Rea, Shantelle	20-Feb-21						
82.5kg	Deadlift	97.5kg	Baker, Connie	16-Feb-19						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

JUNIOR WOMANS (20-23)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift	77.5kg	Bullen-Fuentes, Aminta	17-Feb-18						
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	107.5kg	Jovovic, Ana	2-Dec-12						
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift	140kg	Al-Shabib, Aliah	11-Feb-23						
100kg	Deadlift	117.5kg	Counsell, Paige	16-Feb-19						
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

SENIOR WOMANS (24-32)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift	127.5kg	Watkinson, Ashlee	20-Feb-21						
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	155kg	Michon, Lucy	17-Feb-18						
82.5kg	Deadlift									
90kg	Deadlift	190kg	Ashplant, Raegan	11-Feb-23						
100kg	Deadlift	202.5kg	Ashplant, Raegan	20-Jan-24						
110kg	Deadlift	120kg	Tracey, Asha	2-Dec-12						
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

SUB MASTERS (33-39)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	140kg	Rawlinson, Elisha	2-Dec-12						
75kg	Deadlift	175kg	Maylard, Annie	20-Feb-21						
82.5kg	Deadlift	125kg	Wells, Laura	19-Feb-22						
90kg	Deadlift	160kg	Sandover, Danielle	17-Feb-18						
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift	175kg	Forsyth, Steph	11-Feb-23						

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (40-44)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	120kg	Dorestt, Shandell	16-Feb-19						
67.5kg	Deadlift									
75kg	Deadlift	152.5kg	Reeves, Nicole	17-Feb-18						
82.5kg	Deadlift	165kg	McLeod, Kylie	11-Feb-23						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (45-49)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift	90kg	Winwood, Tania	17-Feb-18						
48kg	Deadlift	130kg	Winwood, Tania	11-Feb-23						
52kg	Deadlift	130kg	Winwood, Tania	16-Feb-19						
56kg	Deadlift	120kg	Cook, Lynne	2-Dec-12						
60kg	Deadlift	112.5kg	Tchernakoff, Zoe	2-Dec-12						
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift	120kg	Gauci, Rae	20-Jan-24						
90kg	Deadlift	110kg	Choto-Mutete, Nyasha	20-Jan-24						
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (50-54)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift	130kg	Winwood, Tania	11-Feb-23						
52kg	Deadlift	142.5kg	Winwood, Tania	20-Jan-24						
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	145kg	McKnight, Erica	16-Feb-19						
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (55-59)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	90kg	McPaul, Marilyn	20-Jan-24						
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (60-64)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (65-69)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	105kg	Hughes, Margreat	20-Jan-24						
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (70-74)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (75-79)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (80-84)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

CAPO WESTERN AUSTRALIAN WOMANS DEADLIFT ONLY COMPETITION

MASTERS (85-89)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Deadlift									
48kg	Deadlift									
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
110+kg	Deadlift									

Updated on 1/02/2024