

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench	40kg	Winwood, Tania	19-Nov-17						
	Deadlift	115kg	Winwood, Tania	19-Nov-17						
	Total	155kg	Winwood, Tania	19-Nov-17						
48kg	Bench	50kg	Winwood, Tania	24-Nov-14						
	Deadlift	135kg	Winwood, Tania	24-Nov-14						
	Total	180kg	Winwood, Tania	24-Nov-14						
52kg	Bench	57.5kg	Watkinson, Ashlee	21-Nov-21						
	Deadlift	132.5kg	Watkinson, Ashlee	21-Nov-21						
	Total	190kg	Watkinson, Ashlee	21-Nov-21						
56kg	Bench	65kg	Reed, Kate	24-Nov-19						
	Deadlift	140kg	Reed, Kate	24-Nov-19						
	Total	197.5kg	Reed, Kate	24-Nov-19						
60kg	Bench	67.5kg	Jenkins, Katie	20-Nov-23						
	Deadlift	145kg	Jenkins, Katie	20-Nov-23						
	Total	212.5kg	Jenkins, Katie	20-Nov-23						
67.5kg	Bench	100kg	Day, Jess	19-Nov-17						
	Deadlift	202.5kg	Maylard, Annie	20-Nov-22						
	Total	292.5kg	Maylard, Annie	20-Nov-22						
75kg	Bench	90kg	Day, Jess	18-Nov-18						
	Deadlift	177.5kg	Maylard, Annie	29-Nov-20						
	Total	267.5kg	Hayto, Alexis	21-Nov-21						
82.5kg	Bench	100kg	Bennett, Leah	29-Nov-20						
	Deadlift	200kg	Michon, Lucy	29-Nov-20						
	Total	287.5kg	Michon, Lucy	29-Nov-20						
90kg	Bench	97.5kg	Bennett, Leah	21-Nov-21						
	Deadlift	181kg	Bennett, Leah	21-Nov-21						
	Total	278.5kg	Bennett, Leah	21-Nov-21						
100kg	Bench	107.5kg	Cole, Kathryn	20-Nov-22						
	Deadlift	160kg	Cole, Kathryn	20-Nov-22						
	Total	267.5kg	Cole, Kathryn	20-Nov-22						
110kg	Bench	97.5kg	Waru, Ebony	21-Nov-21						
	Deadlift	170kg	Waru, Ebony	21-Nov-21						
	Total	257.5kg	Waru, Ebony	21-Nov-21						
110+kg	Bench	67.5kg	Forsyth, Steph	20-Nov-21						
	Deadlift	155kg	Forsyth, Steph	20-Nov-21						
	Total	222.5kg	Forsyth, Steph	20-Nov-21						

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench	37.5kg	Coe, Amie	30-Nov-14						
	Deadlift	87.5kg	Coe, Amie	30-Nov-14						
	Total	125kg	Coe, Amie	30-Nov-14						
60kg	Bench	35kg	Murphy, Isabella	20-Nov-22						
	Deadlift	105kg	Murphy, Isabella	20-Nov-22						
	Total	140kg	Murphy, Isabella	20-Nov-22						
67.5kg	Bench	32.5kg	Napper, Janie	20-Nov-22						
	Deadlift	92.5kg	Napper, Janie	20-Nov-22						
	Total	125kg	Napper, Janie	20-Nov-22						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench	47.5kg	Armstrong, Isabelle	20-Nov-23						
	Deadlift	135kg	Armstrong, Isabelle	20-Nov-23						
	Total	177.5kg	Armstrong, Isabelle	20-Nov-23						
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	72.5kg	Keep, Nyah	20-Nov-22						
	Deadlift	145kg	Keep, Nyah	20-Nov-22						
	Total	215kg	Keep, Nyah	20-Nov-22						
75kg	Bench	40kg	Martin, Jordan	21-Nov-21						
	Deadlift	115kg	Martin, Jordan	21-Nov-21						
	Total	155kg	Martin, Jordan	21-Nov-21						
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	70kg	Coe, Amy	18-Nov-18						
	Deadlift	127.5kg	Coe, Amy	18-Nov-18						
	Total	197.5kg	Coe, Amy	18-Nov-18						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench	52.5kg	Napper, Jessica	20-Nov-22						
	Deadlift	145kg	Napper, Jessica	20-Nov-22						
	Total	197.5kg	Napper, Jessica	20-Nov-22						
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	57.5kg	Hanapo, Nicole	30-Nov-14						
	Deadlift	135kg	Hanapo, Nicole	30-Nov-14						
	Total	192.5kg	Hanapo, Nicole	30-Nov-14						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench	45kg	Watkinson, Ashlee	20-Nov-22						
	Deadlift	127.5kg	Watkinson, Ashlee	20-Nov-22						
	Total	167.5kg	Watkinson, Ashlee	20-Nov-22						
52kg	Bench	57.5kg	Watkinson, Ashlee	21-Nov-21						
	Deadlift	132.5kg	Watkinson, Ashlee	21-Nov-21						
	Total	190kg	Watkinson, Ashlee	21-Nov-21						
56kg	Bench	57.5kg	Watkinson, Ashlee	29-Nov-20						
	Deadlift	130kg	Watkinson, Ashlee	29-Nov-20						
	Total	187.5kg	Watkinson, Ashlee	29-Nov-20						
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	100kg	Day, Jessica	19-Nov-17						
	Deadlift	192.5kg	Day, Jessica	19-Nov-17						
	Total	280kg	Day, Jessica	19-Nov-17						
75kg	Bench	90kg	Day, Jessica	18-Nov-18						
	Deadlift	175kg	Day, Jessica	18-Nov-18						
	Total	265kg	Day, Jessica	18-Nov-18						
82.5kg	Bench	92.5kg	Day, Jessica	30-Nov-14						
	Deadlift	175kg	Day, Jessica	30-Nov-14						
	Total	267.5kg	Day, Jessica	30-Nov-14						
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench	107.5kg	Cole, Kathryn	20-Nov-22						
	Deadlift	160kg	Cole, Kathryn	20-Nov-22						
	Total	267.5kg	Cole, Kathryn	20-Nov-22						
110kg	Bench	77.5kg	Palmer, Brooke	20-Nov-22						
	Deadlift	155kg	Palmer, Brooke	20-Nov-22						
	Total	232.5kg	Palmer, Brooke	20-Nov-22						
110+kg	Bench	75kg	Hellriegel, Temera lee	19-Nov-17						
	Deadlift	150kg	Hellriegel, Temera lee	19-Nov-17						
	Total	225kg	Hellriegel, Temera lee	19-Nov-17						

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CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench	65kg	Reed, Kate	24-Nov-19						
	Deadlift	140kg	Reed, Kate	24-Nov-19						
	Total	197.5kg	Reed, Kate	24-Nov-19						
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	72.5kg	Clarke, Niamh	20-Nov-23						
	Deadlift	172.5kg	Stewart, Dion	21-Nov-21						
	Total	240kg	Stewart, Dion	21-Nov-21						
75kg	Bench	100kg	Rodwell, Sarah	29-Nov-20						
	Deadlift	215kg	Rodwell, Sarah	29-Nov-20						
	Total	315kg	Rodwell, Sarah	29-Nov-20						
82.5kg	Bench	100kg	Bennett, Leah	29-Nov-20						
	Deadlift	200kg	Michon, Lucy	29-Nov-20						
	Total	287.5kg	Michon, Lucy	29-Nov-20						
90kg	Bench	97.5kg	Bennett, Leah	21-Nov-21						
	Deadlift	181kg	Bennett, Leah	21-Nov-21						
	Total	278.5kg	Bennett, Leah	21-Nov-21						
100kg	Bench	107.5kg	Cole, Kathryn	20-Nov-22						
	Deadlift	160kg	Cole, Kathryn	20-Nov-22						
	Total	267.5kg	Cole, Kathryn	20-Nov-22						
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench	67.5kg	Forsyth, Steph	20-Nov-22						
	Deadlift	155kg	Forsyth, Steph	20-Nov-22						
	Total	222.5kg	Forsyth, Steph	20-Nov-22						

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench	45kg	Allan, Joanne	20-Nov-22						
	Deadlift	132.5kg	Allan, Joanne	20-Nov-22						
	Total	177.5kg	Allan, Joanne	20-Nov-22						
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench	43kg	Kosick, Carrie	20-Nov-23						
	Deadlift	105kg	Wasden, Tanya	21-Nov-21						
	Total	147.5kg	Wasden, Tanya	21-Nov-21						
67.5kg	Bench	90kg	Maylard, Annie	20-Nov-22						
	Deadlift	202.5kg	Maylard, Annie	20-Nov-22						
	Total	292.5kg	Maylard, Annie	20-Nov-22						
75kg	Bench	90kg	Hayto, Alexis	21-Nov-21						
	Deadlift	177.5kg	Hayto, Alexis	21-Nov-21						
	Total	267.5kg	Hayto, Alexis	21-Nov-21						
82.5kg	Bench	87.5kg	Hayto, Alexis	20-Nov-22						
	Deadlift	182.5kg	Hayto, Alexis	20-Nov-22						
	Total	270kg	Hayto, Alexis	20-Nov-22						
90kg	Bench	90kg	Henderson, Catherine	21-Nov-21						
	Deadlift	172.5kg	Henderson, Catherine	21-Nov-21						
	Total	260kg	Henderson, Catherine	21-Nov-21						
100kg	Bench	62.5kg	Taheny, Cara	20-Nov-23						
	Deadlift	140kg	Taheny, Cara	20-Nov-23						
	Total	200kg	Taheny, Cara	20-Nov-23						
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench	40kg	Winwood, Tania		19-Nov-17								
	Deadlift	115kg	Winwood, Tania		19-Nov-17								
	Total	155kg	Winwood, Tania		19-Nov-17								
48kg	Bench	50kg	Winwood, Tania		24-Nov-14								
	Deadlift	135kg	Winwood, Tania		24-Nov-14								
	Total	180kg	Winwood, Tania		24-Nov-14								
52kg	Bench	35kg	McCormack, Celest		20-Nov-23								
	Deadlift	100kg	McCormack, Celest		20-Nov-23								
	Total	135kg	McCormack, Celest		20-Nov-23								
56kg	Bench												
	Deadlift												
	Total												
60kg	Bench												
	Deadlift												
	Total												
67.5kg	Bench												
	Deadlift												
	Total												
75kg	Bench	60kg	Armstorng, Trish		20-Nov-23								
	Deadlift	120kg	Armstorng, Trish		20-Nov-23								
	Total	180kg	Armstorng, Trish		20-Nov-23								
82.5kg	Bench												
	Deadlift												
	Total												
90kg	Bench												
	Deadlift												
	Total												
100kg	Bench												
	Deadlift												
	Total												
110kg	Bench	97.5kg	Waru, Ebony		21-Nov-21								
	Deadlift	170kg	Waru, Ebony		21-Nov-21								
	Total	257.5kg	Waru, Ebony		21-Nov-21								
110+kg	Bench	85kg	Waru, Ebony		20-Nov-23								
	Deadlift	175kg	Waru, Ebony		20-Nov-23								
	Total	257.5kg	Waru, Ebony		20-Nov-23								

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench	42.5kg	Winwood, Tania	20-Nov-22						
	Deadlift	120kg	Winwood, Tania	20-Nov-22						
	Total	162.5kg	Winwood, Tania	20-Nov-22						
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	90kg	Cook, Monica	30-Nov-14						
	Deadlift	145kg	Cook, Monica	30-Nov-14						
	Total	235kg	Cook, Monica	30-Nov-14						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench	65kg	McKnight, Erica	29-Nov-20						
	Deadlift	150kg	McKnight, Erica	29-Nov-20						
	Total	210kg	McKnight, Erica	29-Nov-20						
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench	45kg	Hammill, Stephanie	20-Nov-23						
	Deadlift	105kg	Hammill, Stephanie	20-Nov-23						
	Total	150kg	Hammill, Stephanie	20-Nov-23						
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	90kg	Cook, Monica	24-Nov-19						
	Deadlift	140kg	Cook, Monica	20-Nov-22						
	Total	230kg	Cook, Monica	20-Nov-22						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	35kg	Mayhew, Lorraine	20-Nov-23						
	Deadlift	90kg	Mayhew, Lorraine	20-Nov-23						
	Total	120kg	Mayhew, Lorraine	20-Nov-23						
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
48kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS PUSH / PULL 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	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
110+kg	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024