

# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Open Women

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench	40kg	SANGER, Tahlia	22-May-21						
	Deadlift	85kg	SANGER, Tahlia	22-May-21						
	P/P Total	125kg	SANGER, Tahlia	22-May-21						
56kg	Bench	47.5kg	MUDIE, Katrina	28-May-22						
	Deadlift	115kg	MUDIE, Katrina	28-May-22						
	P/P Total	162.5kg	MUDIE, Katrina	28-May-22						
60kg	Bench	65kg	PARYGINA, Anna	25-Apr-22						
	Deadlift	130.5kg	PARYGINA, Anna	25-Apr-22						
	P/P Total	195.5kg	PARYGINA, Anna	25-Apr-22						
67.5kg	Bench	77.5kg	O'BRIEN, Vicki	18-Nov-05						
	Deadlift	155kg	PUOPOLO, Louise	25-Apr-21						
	P/P Total	217.5kg	O'BRIEN, Vicki	18-Nov-05						
75kg	Bench	85kg	O'CONNOR, Danielle	18-Nov-05	82.5kg	XUERE, Jessica	25-Apr-21			
	Deadlift	185kg	O'CONNOR, Danielle	18-Nov-05	140kg	XUERE, Jessica	25-Apr-21			
	P/P Total	270kg	O'CONNOR, Danielle	18-Nov-05	210kg	XUERE, Jessica	25-Apr-21			
82.5kg	Bench	75kg	MERCER, Kaye	25-Apr-23				87.5kg	XUERE, Jessica	25-Apr-22
	Deadlift	160kg	MERCER, Kaye	25-Apr-23				170kg	XUERE, Jessica	25-Apr-22
	P/P Total	235kg	MERCER, Kaye	25-Apr-23				257.5kg	XUERE, Jessica	25-Apr-22
90kg	Bench	57.5kg	NHAU, Natasha	11-Aug-17						
	Deadlift	152.5kg	NHAU, Natasha	11-Aug-17						
	P/P Total	210kg	NHAU, Natasha	11-Aug-17						
100kg	Bench	55kg	TAFFE, Samantha	28-May-22						
	Deadlift	115kg	TAFFE, Samantha	28-May-22						
	P/P Total	165kg	TAFFE, Samantha	28-May-22						
110kg	Bench	85kg	TOLEAFOA, Marakesh	25-Apr-24						
	Deadlift	200kg	TOLEAFOA, Marakesh	25-Apr-24						
	P/P Total	285kg	TOLEAFOA, Marakesh	25-Apr-24						
110+kg	Bench	77.5kg	CROUCH, Janelle	25-Apr-24	70kg	BROWN, Alison	25-Apr-21			
	Deadlift	202.5kg	CROUCH, Janelle	25-Apr-24	130kg	BROWN, Alison	25-Apr-21			
	P/P Total	280kg	CROUCH, Janelle	25-Apr-24	200kg	BROWN, Alison	25-Apr-21			

# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

Sub Teen Women (10-12)

Unofficial WPC

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
			RAW				SINGLE PLY				
									MULTI PLY		
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Teenage 1 Women (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW				SINGLE PLY			
						MULTI PLY				
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench	42.5kg	SANGER, Tahlia	22-May-21						
	Deadlift	87.5kg	SANGER, Tahlia	22-May-21						
	P/P Total	125kg	SANGER, Tahlia	22-May-21						
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Teenage 2 Women (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
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						
	Deadlift	80kg	THISTLETHWAITE, Emily	25-Apr-22						
	P/P Total	112.5kg	THISTLETHWAITE, Emily	25-Apr-22						
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench				32.5kg	JOHNSON, Mia	25-Apr-22			
	Deadlift				90kg	JOHNSON, Mia	25-Apr-22			
	P/P Total				112.5kg	JOHNSON, Mia	25-Apr-22			
82.5kg	Bench	37.5kg	MEYER, Chloe	25-Apr-23						
	Deadlift	92.5kg	MEYER, Chloe	25-Apr-23						
	P/P Total	127.5kg	MEYER, Chloe	25-Apr-23						
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Teenage 3 Women (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
			RAW				SINGLE PLY				
									MULTI PLY		
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Junior Women (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
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						
	Deadlift	80kg	HARBOTTLE, Chelsea-Lea	25-Apr-21						
	P/P Total	107.5kg	HARBOTTLE, Chelsea-Lea	25-Apr-21						
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Senior Women (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
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	45kg	MARTIN, Justine	25-Apr-21						
	Deadlift	100kg	MARTIN, Justine	25-Apr-21						
	P/P Total	145kg	MARTIN, Justine	25-Apr-21						
67.5kg	Bench	50kg	DELLIOS, Olivia	28-May-22						
	Deadlift	100kg	DELLIOS, Olivia	28-May-22						
	P/P Total	150kg	DELLIOS, Olivia	28-May-22						
75kg	Bench				82.5kg	XUEREB, Jessica	25-Apr-21			
	Deadlift				140kg	XUEREB, Jessica	25-Apr-21			
	P/P Total				210kg	XUEREB, Jessica	25-Apr-21			
82.5kg	Bench	50kg	GRIMBLE, Natasha	25-Apr-23				87.5kg	XUEREB, Jessica	25-Apr-22
	Deadlift	140kg	GRIMBLE, Natasha	25-Apr-23				170kg	XUEREB, Jessica	25-Apr-22
	P/P Total	190kg	GRIMBLE, Natasha	25-Apr-23				257.5kg	XUEREB, Jessica	25-Apr-22
90kg	Bench	57.5kg	NHAU, Natasha	11-Aug-17						
	Deadlift	152.5kg	NHAU, Natasha	11-Aug-17						
	P/P Total	210kg	NHAU, Natasha	11-Aug-17						
100kg	Bench	55kg	TAFFE, Samantha	28-May-22						
	Deadlift	115kg	TAFFE, Samantha	28-May-22						
	P/P Total	165kg	TAFFE, Samantha	28-May-22						
110kg	Bench	40kg	MCKIMMIE, Katie	02-Mar-24						
	Deadlift	100kg	MCKIMMIE, Katie	02-Mar-24						
	P/P Total	140kg	MCKIMMIE, Katie	02-Mar-24						
110+kg	Bench	72.5kg	PEARSON, Stephanie	25-Apr-24	70kg	BROWN, Alison	25-Apr-21			
	Deadlift	160kg	PEARSON, Stephanie	25-Apr-24	130kg	BROWN, Alison	25-Apr-21			
	P/P Total	232.5kg	PEARSON, Stephanie	25-Apr-24	200kg	BROWN, Alison	25-Apr-21			

# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Sub Masters Women (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench									
	Deadlift									
	P/P Total									
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench	47.5kg	MUDIE, Katrina	28-May-22						
	Deadlift	115kg	MUDIE, Katrina	28-May-22						
	P/P Total	162.5kg	MUDIE, Katrina	28-May-22						
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	40kg	HILLER, Kacey	25-Apr-21						
	Deadlift	100kg	HILLER, Kacey	25-Apr-21						
	P/P Total	140kg	HILLER, Kacey	25-Apr-21						
75kg	Bench	85kg	O'CONNOR, Danielle	18-Nov-05						
	Deadlift	185kg	O'CONNOR, Danielle	18-Nov-05						
	P/P Total	270kg	O'CONNOR, Danielle	18-Nov-05						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	85kg	TOLEAFOA, Marakesh	25-Apr-24						
	Deadlift	200kg	TOLEAFOA, Marakesh	25-Apr-24						
	P/P Total	285kg	TOLEAFOA, Marakesh	25-Apr-24						
110+kg	Bench									
	Deadlift									
	P/P Total									



# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 1 Women (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
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	77.5kg	O'BRIEN, Vicki	18-Nov-05						
	Deadlift	155kg	PUOPOLO, Louise	25-Apr-21						
	P/P Total	217.5kg	O'BRIEN, Vicki	18-Nov-05						
75kg	Bench	80kg	BARBA, Maria	18-Nov-05						
	Deadlift	135kg	BARBA, Maria	18-Nov-05						
	P/P Total	215kg	BARBA, Maria	18-Nov-05						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	47.5kg	GLANFIELD, Narelle	25-Apr-21						
	Deadlift	132.5kg	GLANFIELD, Narelle	25-Apr-21						
	P/P Total	180kg	GLANFIELD, Narelle	25-Apr-21						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	77.5kg	CROUCH, Janelle	25-Apr-24						
	Deadlift	202.5kg	CROUCH, Janelle	25-Apr-24						
	P/P Total	280kg	CROUCH, Janelle	25-Apr-24						

# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
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	42.5kg	BAUM, Sally	25-Apr-23						
	Deadlift	100kg	BAUM, Sally	25-Apr-23						
	P/P Total	137.5kg	BAUM, Sally	25-Apr-23						
67.5kg	Bench	52.5kg	GLANFIELD, Narelle	25-Apr-23						
	Deadlift	125kg	GLANFIELD, Narelle	25-Apr-23						
	P/P Total	177.5kg	GLANFIELD, Narelle	25-Apr-23						
75kg	Bench	37.5kg	DOWLER, Sue	18-Nov-05						
	Deadlift	105kg	DOWLER, Sue	18-Nov-05						
	P/P Total	142.5kg	DOWLER, Sue	18-Nov-05						
82.5kg	Bench	75kg	MERCER, Kaye	25-Apr-23						
	Deadlift	160kg	MERCER, Kaye	25-Apr-23						
	P/P Total	235kg	MERCER, Kaye	25-Apr-23						
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
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	65kg	PARYGINA, Anna	25-Apr-22						
	Deadlift	130.5kg	PARYGINA, Anna	25-Apr-22						
	P/P Total	195.5kg	PARYGINA, Anna	25-Apr-22						
67.5kg	Bench	50kg	SPITERI, Kelly	01-Jul-23						
	Deadlift	115kg	SPITERI, Kelly	01-Jul-23						
	P/P Total	157.5kg	SPITERI, Kelly	01-Jul-23						
75kg	Bench	60kg	SUTTON, Samantha	21-Jan-23						
	Deadlift	152.5kg	SUTTON, Samantha	21-Jan-23						
	P/P Total	212.5kg	SUTTON, Samantha	21-Jan-23						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	85kg	FITZPATRICK, Frances	21-Jan-23						
	Deadlift	222.5kg	FITZPATRICK, Frances	21-Jan-23						
	P/P Total	307.5kg	FITZPATRICK, Frances	21-Jan-23						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 4 Women (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
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	52.5kg	LAVAKA, Mui Mui Kovi A Uluvala	25-Apr-24						
	Deadlift	145kg	LAVAKA, Mui Mui Kovi A Uluvala	25-Apr-24						
	P/P Total	197.5kg	LAVAKA, Mui Mui Kovi A Uluvala	25-Apr-24						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 5 Women (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
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	45kg	STEWART, Linda	25-Apr-23						
	Deadlift	92.5kg	STEWART, Linda	25-Apr-23						
	P/P Total	137.5kg	STEWART, Linda	25-Apr-23						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	37.5kg	DAVIES, Karen	25-Apr-23						
	Deadlift	110kg	DAVIES, Karen	25-Apr-23						
	P/P Total	147.5kg	DAVIES, Karen	25-Apr-23						
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 6 Women (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 7 Women (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW				SINGLE PLY			
						MULTI PLY				
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 8 Women (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
			RAW				SINGLE PLY				
									MULTI PLY		
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 9 Women (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW				SINGLE PLY			
						MULTI PLY				
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 VIC STATE RECORDS - WOMEN

# PUSH/PULL COMPETITION

## Masters 10 Women (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW							
			SINGLE PLY							
						MULTI PLY				
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									