

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Open Women

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	65kg	WHITE, M	05-Aug-06			
	Bench	40kg	WHITE, M	22-Mar-06			
	Deadlift	90kg	WHITE, M	22-Mar-06			
	Total	192.5kg	WHITE, M	22-Mar-06			
48kg	Squat	115kg	COLLIVER, T	13-Aug-05			
	Bench	85kg	WEIR, Yolandie	05-May-13			
	Deadlift	140kg	WEIR, Yolandie	05-May-13			
	Total	340kg	WEIR, Yolandie	05-May-13	305kg	COLLIVER, T	13-Aug-05
52kg	Squat	135kg	WEIR, Coralie	10-Aug-13			
	Bench	105kg	WEIR, Coralie	10-Aug-13			
	Deadlift	170kg	WEIR, Coralie	10-Aug-13			
	Total	410kg	WEIR, Coralie	10-Aug-13			
56kg	Squat	147.5kg	VU-DUY, L	09-Aug-09			
	Bench	75kg	VU-DUY, L	16-May-10			
	Deadlift	147.5kg	VU-DUY, L	14-Aug-10			
	Total	365kg	VU-DUY, L	16-May-10			
60kg	Squat	125kg	HODGES, Rebecca	31-May-15			
	Bench	66kg	WILLIAMS, V	02-May-10			
	Deadlift	140kg	HODGES, Rebecca	31-May-15			
	Total	330kg	HODGES, Rebecca	31-May-15			
67.5kg	Squat	150kg	HODGES, Rebecca	14-Aug-15			
	Bench	75kg	HODGES, Rebecca	14-Aug-15			
	Deadlift	140kg	HODGES, Rebecca	14-Aug-15			
	Total	365kg	HODGES, Rebecca	14-Aug-15			
75kg	Squat	180kg	BARBA, Marie	04-Oct-08			
	Bench	99.5kg	BARBA, Marie	04-Oct-08			
	Deadlift	175kg	DINAKIS, F	03-Aug-03			
	Total	452.5kg	BARBA, Marie	04-Oct-08			
82.5kg	Squat	190kg	GURNEY, T	14-Aug-10			
	Bench	110kg	WULFF, T	03-Aug-03			
	Deadlift	197.5kg	WULFF, T	03-Aug-03			
	Total	435kg	WULFF, T	03-Aug-03			
90kg	Squat	120kg	PENGALLY, K	24-Apr-04			
	Bench	90kg	COWAN, V	27-Oct-04			
	Deadlift	142.5kg	PENGALLY, K	24-Apr-04			
	Total	320kg	VYAS, M	13-Aug-05			
SHW	Squat	230kg	DAVIDSON, Heather	27-Aug-16	182.5kg	DAVIDSON, Heather	16-Nov-14
	Bench	147.5kg	DAVIDSON, Heather	16-Nov-14	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	180kg	COWAN, V	13-Aug-05			
	Total	547.5kg	DAVIDSON, Heather	27-Aug-16	467.5kg	DAVIDSON, Heather	16-Nov-14

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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	95kg	WALL, S	12-Jul-08			
	Bench	50kg	WALL, S	12-Jul-08			
	Deadlift	107.5kg	WALL, S	12-Jul-08			
	Total	235kg	WALL, S	12-Jul-08			
56kg	Squat	95kg	SMITH, S	13-Aug-05			
	Bench	27.5kg	SMITH, S	28-Feb-04			
	Deadlift	105.5kg	SMITH, S	01-May-05			
	Total	220.5kg	SMITH, S	28-Feb-04			
60kg	Squat	90kg	SKARLATOS, C	08-Aug-04			
	Bench	42.5kg	SKARLATOS, C	01-May-04			
	Deadlift	105kg	SKARLATOS, C	01-May-04			
	Total	230kg	SKARLATOS, C	08-Aug-04			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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	95kg	MILLER, M	13-May-06			
	Bench	55kg	MILLER, M	13-May-06			
	Deadlift	117.5kg	MILLER, M	28-Feb-04			
	Total	220kg	MILLER, M	28-Feb-04			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	82.5kg	MORMILE, G	04-Aug-07			
	Bench	45kg	MORMILE, G	04-Aug-07			
	Deadlift	110kg	MORMILE, G	04-Aug-07			
	Total	237.5kg	MORMILE, G	04-Aug-07			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	117.5kg	SMITH, M	01-May-05			
	Bench	62.5kg	SMITH, M	01-May-05			
	Deadlift	135kg	SMITH, M	01-May-05			
	Total	315kg	SMITH, M	01-May-05			
90kg	Squat	120kg	VYAS, M	13-Aug-05			
	Bench	65kg	VYAS, M	13-Aug-05			
	Deadlift	135kg	VYAS, M	13-Aug-05			
	Total	320kg	VYAS, M	13-Aug-05			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

Junior Women (20-23)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat	65kg	WHITE, M	05-Aug-06			
	Bench	40kg	WHITE, M	22-Mar-06			
	Deadlift	90kg	WHITE, M	22-Mar-06			
	Total	192.5kg	WHITE, M	22-Mar-06			
48kg	Squat						
	Bench	65kg	WEIR, Yolandie	09-Sep-09			
	Deadlift						
	Total						
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift	130kg	MORMILE, G	19-Apr-09			
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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	115kg	WEIR, Yolandie	05-May-13	110kg	COLLIVER, T	09-May-04
	Bench	85kg	WEIR, Yolandie	05-May-13			
	Deadlift	140kg	WEIR, Yolandie	05-May-13	120kg	COLLIVER, T	03-Aug-03
	Total	340kg	WEIR, Yolandie	05-May-13	280kg	COLLIVER, T	09-May-04
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	125kg	HODGES, Rebecca	31-May-15			
	Bench	66kg	WILLIAMS, V	02-May-10			
	Deadlift	140kg	HODGES, Rebecca	31-May-15			
	Total	330kg	HODGES, Rebecca	31-May-15			
67.5kg	Squat	150kg	HODGES, Rebecca	14-Aug-15			
	Bench	75kg	HODGES, Rebecca	14-Aug-15			
	Deadlift	140kg	HODGES, Rebecca	14-Aug-15			
	Total	365kg	HODGES, Rebecca	14-Aug-15			
75kg	Squat	175kg	MITCHELL, Jo	20-Apr-09			
	Bench						
	Deadlift	175kg	DINAKIS, F	03-Aug-03			
	Total	437.5kg	MITCHELL, Jo	09-Aug-09			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench	90kg	COWAN, V	27-Oct-04			
	Deadlift						
	Total						
SHW	Squat	182.5kg	DAVIDSON, Heather	16-Nov-14	177.5kg	DAVIDSON, Heather	02-Aug-14
	Bench	147.5kg	DAVIDSON, Heather	16-Nov-14	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	137.5kg	DAVIDSON, Heather	16-Nov-14	130kg	DAVIDSON, Heather	02-Aug-14
	Total	467.5kg	DAVIDSON, Heather	16-Nov-14	452.5kg	DAVIDSON, Heather	02-Aug-14

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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	115kg	COLLIVER, T	13-Aug-05			
	Bench	57.5kg	COLLIVER, T	23-Apr-05			
	Deadlift	132.5kg	COLLIVER, T	13-Aug-05			
	Total	305kg	COLLIVER, T	13-Aug-05			
52kg	Squat	105kg	COLLIVER-MURRAY, T	30-Apr-06			
	Bench	53kg	COLLIVER-MURRAY, T	30-Apr-06			
	Deadlift	125kg	COLLIVER-MURRAY, T	30-Apr-06			
	Total	282.5kg	COLLIVER-MURRAY, T	30-Apr-06			
56kg	Squat	147.5kg	VU-DUY, L	09-Aug-09			
	Bench	75kg	VU-DUY, L	16-May-10			
	Deadlift	147.5kg	VU-DUY, L	14-Aug-10			
	Total	365kg	VU-DUY, L	16-May-10			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	137.5kg	HODGES, Rebecca	29-May-16			
	Bench	75kg	HODGES, Rebecca	29-May-16			
	Deadlift	140kg	HODGES, Rebecca	29-May-16			
	Total	352.5kg	HODGES, Rebecca	29-May-16			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	190kg	GURNEY, Therese	14-Aug-10			
	Bench	110kg	WULFF, T	03-Aug-03			
	Deadlift	197.5kg	WULFF, T	03-Aug-03			
	Total	435kg	WULFF, T	03-Aug-03			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	230kg	DAVIDSON, Heather	27-Aug-16	170kg	COWAN, V	13-Aug-05
	Bench	145kg	DAVIDSON, Heather	27-Aug-16	110kg	COWAN, V	13-Aug-05
	Deadlift	180kg	COWAN, V	13-Aug-05			
	Total	547.5kg	DAVIDSON, Heather	27-Aug-16	460kg	COWAN, V	13-Aug-05

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
	Bench	78kg	MANNING, T	08-Aug-04			
	Deadlift	132.5kg	MANNING, T	13-Aug-05			
	Total	302.5kg	MANNING, T	08-Aug-04			
52kg	Squat						
	Bench	75kg	MANNING, T	24-Apr-04			
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	180kg	BARBA, Marie	04-Oct-08			
	Bench	99.5kg	BARBA, Marie	04-Oct-08			
	Deadlift	175kg	BARBA, Marie	04-Oct-08			
	Total	452.5kg	BARBA, Marie	04-Oct-08			
82.5kg	Squat	140kg	TITUS, C	30-Mar-03			
	Bench	92.5kg	TITUS, C	30-Mar-03			
	Deadlift	190kg	TITUS, C	30-Mar-03			
	Total	422.5kg	TITUS, C	30-Mar-03			
90kg	Squat	120kg	PENGALLY, K	24-Apr-04			
	Bench	65kg	PENGALLY, K	24-Apr-04			
	Deadlift	142.5kg	PENGALLY, K	24-Apr-04			
	Total	317.5kg	PENGALLY, K	24-Apr-04			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
	Bench						
	Deadlift						
	Total						
52kg	Squat	125kg	WIER, Coralie	14-Aug-10			
	Bench	80kg	WIER, Coralie	14-Aug-10			
	Deadlift	155kg	WIER, Coralie	14-Aug-10			
	Total	360kg	WIER, Coralie	14-Aug-10			
56kg	Squat	105kg	WIER, Coralie	10-May-08			
	Bench	70kg	WIER, Coralie	10-May-08			
	Deadlift	152.5kg	GIGLIA, J	04-Oct-08			
	Total	327.5kg	GIGLIA, J	04-Oct-08			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	105kg	SMITH, S	13-Aug-05			
	Bench	60kg	SMITH, S	13-Aug-05			
	Deadlift	140kg	SMITH, S	13-Aug-05			
	Total	305kg	SMITH, S	13-Aug-05			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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	120kg	WIER, Coralie	12-May-12			
	Bench	105kg	WIER, Coralie	10-Aug-13			
	Deadlift	170kg	WIER, Coralie	11-May-13			
	Total	410kg	WIER, Coralie	11-May-13			
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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	100kg	JACKSON, S	08-Aug-04			
	Bench	55kg	JACKSON, S	08-Aug-04			
	Deadlift	135kg	JACKSON, S	08-Aug-04			
	Total	290kg	JACKSON, S	08-Aug-04			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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	60kg	WILYMAN, M	27-May-11			
	Bench	40kg	WILYMAN, M	27-May-11			
	Deadlift	100kg	WILYMAN, M	27-May-11			
	Total	200kg	WILYMAN, M	27-May-11			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO MULTI PLY - WOMEN

3 LIFT COMPETITION

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						
SHW	Squat						
	Bench						
	Deadlift						
	Total						