

**Open Women**

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	90kg	NOWAK, Lauren	25-Apr-17			
	Bench	52.5kg	NOWAK, Lauren	25-Apr-17			
	Deadlift	110kg	NOWAK, Lauren	25-Apr-17			
	Total	252.5kg	NOWAK, Lauren	25-Apr-17			
52kg	Squat	100kg	PULLEN, Brittany	25-Apr-15			
	Bench	52.5kg	PULLEN, Brittany	25-Apr-15			
	Deadlift	125kg	SAPIANO, Georgia	19-May-18			
	Total	272.5kg	PULLEN, Brittany	25-Apr-15			
56kg	Squat	92.5kg	MUDIE, Katrina	25-Apr-22			
	Bench	50kg	MUDIE, Katrina	25-Apr-22			
	Deadlift	118kg	MUDIE, Katrina	25-Apr-23	117.5kg	MUDIE, Katrina	25-Apr-22
	Total	260kg	MUDIE, Katrina	25-Apr-22			
60kg	Squat	105kg	LANG, Maddie	25-Apr-17			
	Bench	57.5kg	LAW, Jenny	25-Apr-21	52.5kg	LANG, Maddie	25-Apr-17
	Deadlift	145kg	LANG, Maddie	25-Apr-17			
	Total	302.5kg	LANG, Maddie	25-Apr-17			
67.5kg	Squat	155kg	YOUNG, Tylor	01-Aug-14			
	Bench	95kg	YOUNG, Tylor	01-Aug-14			
	Deadlift	187.5kg	YOUNG, Tylor	01-Aug-14			
	Total	437.5kg	YOUNG, Tylor	01-Aug-14			
75kg	Squat	161kg	KUIPERS, Robin	11-Aug-17	145kg	BAKER, Zoe	21-Nov-14
	Bench	87.5kg	BAKER, Zoe	21-Nov-14	85kg	BAKER, Zoe	01-Aug-14
	Deadlift	185kg	KUIPERS, Robin	11-Aug-17	180kg	LY, Lisa	12-Aug-16
	Total	415.5kg	KUIPERS, Robin	11-Aug-17	407.5kg	BAKER, Zoe	21-Nov-14
82.5kg	Squat	172.5kg	DALDRY, Carmen	12-Aug-17	130kg	VAN DER POLL, Gigi	01-Aug-14
	Bench	92.5kg	LONGERI, Rachel	25-Apr-19	75kg	DALDRY, Carmen	12-Aug-17
	Deadlift	200kg	DALDRY, Carmen	12-Aug-17	175kg	VAN DER POLL, Gigi	01-Aug-14
	Total	447.5kg	DALDRY, Carmen	12-Aug-17	370kg	VAN DER POLL, Gigi	01-Aug-14
90kg	Squat	170kg	DALDRY, Carmen	20-May-17	165kg	DALDRY, Carmen	25-Apr-17
	Bench	85kg	DALDRY, Carmen	20-May-17	82.5kg	DALDRY, Carmen	25-Apr-17
	Deadlift	182.5kg	DALDRY, Carmen	25-Apr-17			
	Total	435kg	DALDRY, Carmen	20-May-17	430kg	DALDRY, Carmen	25-Apr-17
100kg	Squat	95kg	LOVE, Megan	28-May-22	72.5kg	CULLEN, Deborah	25-Apr-17
	Bench	67.5kg	CULLEN, Deborah	25-Apr-17			
	Deadlift	170kg	LOVE, Megan	28-May-22	122.5kg	CULLEN, Deborah	25-Apr-17
	Total	327.5kg	LOVE, Megan	28-May-22	262.5kg	CULLEN, Deborah	25-Apr-17
110kg	Squat	130kg	AITKEN, Brooke	01-Aug-14	117.5kg	AITKEN, Brooke	10-May-14
	Bench	67.5kg	AITKEN, Brooke	21-Nov-14	62.5kg	AITKEN, Brooke	10-May-14
	Deadlift	177.5kg	AITKEN, Brooke	01-Aug-14	175kg	AITKEN, Brooke	10-May-14
	Total	367.5kg	AITKEN, Brooke	01-Aug-14	355kg	AITKEN, Brooke	10-May-14
110+kg	Squat	150kg	PALETUA,Alyshianna	15-Apr-23			
	Bench	100kg	PALETUA,Alyshianna	15-Apr-23			
	Deadlift	213kg	PALETUA,Alyshianna	15-Apr-23			
	Total	462.5kg	PALETUA,Alyshianna	15-Apr-23			

# CAPO VIC STATE RECORDS - WOMEN

# 3-LIFT COMPETITION - RAW

Sub Teen Women (10-12)

Unofficial WPC

(Bare Knees)

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						
100kg	Squat	80kg	MURPHY, Sienna	01-Aug-24	70kg	MURPHY, Sienna	25-Apr-24
	Bench	42.5kg	MURPHY, Sienna	25-Apr-24			
	Deadlift	110kg	MURPHY, Sienna	25-Apr-24			
	Total	232.5kg	MURPHY, Sienna	01-Aug-24	210kg	MURPHY, Sienna	25-Apr-24
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage Women (13-15)**

(Bare Knees)

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	80kg	SANGER, Tahlia	22-May-21			
	Bench	42.5kg	SANGER, Tahlia	22-May-21			
	Deadlift	90kg	SANGER, Tahlia	22-May-21			
	Total	212.5kg	SANGER, Tahlia	22-May-21			
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	85kg	STEPHENS, Amber	20-May-17			
	Bench	45kg	STEPHENS, Amber	12-Aug-17	42.5kg	STEPHENS, Amber	20-May-17
	Deadlift	130kg	STEPHENS, Amber	12-Aug-17	125kg	STEPHENS, Amber	20-May-17
	Total	260kg	STEPHENS, Amber	12-Aug-17	247.5kg	STEPHENS, Amber	20-May-17
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						

**Teenage Women (16-17)**

(Bare Knees)

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	105kg	STEPHENS, Amber	18-Aug-18	90kg	STEPHENS, Amber	19-May-18
	Bench	50kg	STEPHENS, Amber	19-May-18			
	Deadlift	130kg	STEPHENS, Amber	19-May-18			
	Total	272.5kg	STEPHENS, Amber	18-Aug-18	265kg	STEPHENS, Amber	19-May-18
67.5kg	Squat	100kg	SCOBLE, Monique	01-Jul-23			
	Bench	70kg	SCOBLE, Monique	01-Jul-23			
	Deadlift	112.5kg	SCOBLE, Monique	01-Jul-23			
	Total	280kg	SCOBLE, Monique	01-Jul-23			
75kg	Squat	92.5kg	ABDULLAH, Jasmine	28-May-22			
	Bench	35kg	ABDULLAH, Jasmine	28-May-22			
	Deadlift	112.5kg	ABDULLAH, Jasmine	28-May-22			
	Total	240kg	ABDULLAH, Jasmine	28-May-22			
82.5kg	Squat	100kg	ABDULLAH, Jasmine	25-Apr-23			
	Bench	45kg	ABDULLAH, Jasmine	25-Apr-23			
	Deadlift	130kg	ABDULLAH, Jasmine	25-Apr-23			
	Total	275kg	ABDULLAH, Jasmine	25-Apr-23			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage Women (18-19)**

(Bare Knees)

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	SAPIANO, Georgia	19-May-18			
	Bench	52.5kg	SAPIANO, Georgia	19-May-18			
	Deadlift	125kg	SAPIANO, Georgia	19-May-18			
	Total	262.5kg	SAPIANO, Georgia	19-May-18			
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	65kg	THISTLETWAITE, Emily	25-Apr-23			
	Bench	37.5kg	THISTLETWAITE, Emily	25-Apr-24	32.5kg	THISTLETWAITE, Emily	25-Apr-23
	Deadlift	95kg	THISTLETWAITE, Emily	25-Apr-24	85kg	THISTLETWAITE, Emily	25-Apr-23
	Total	187.5kg	THISTLETWAITE, Emily	25-Apr-24	182.5kg	THISTLETWAITE, Emily	25-Apr-23
67.5kg	Squat	70kg	HARVEY, Brianna	25-Apr-18			
	Bench	47.5kg	HARVEY, Brianna	25-Apr-18			
	Deadlift	105kg	HARVEY, Brianna	25-Apr-18			
	Total	222.5kg	HARVEY, Brianna	25-Apr-18			
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						

**Junior Women (20-23)**

(Bare Knees)

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	100kg	PULLEN, Brittany	25-Apr-15			
	Bench	52.5kg	PULLEN, Brittany	25-Apr-15			
	Deadlift	120kg	PULLEN, Brittany	25-Apr-15			
	Total	272.5kg	PULLEN, Brittany	25-Apr-15			
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	127.5kg	RALPH, Anisa	01-Aug-24			
	Bench	67.5kg	RALPH, Anisa	01-Aug-24			
	Deadlift	140kg	RALPH, Anisa	01-Aug-24			
	Total	335kg	RALPH, Anisa	01-Aug-24			
75kg	Squat	122.5kg	RALPH, Anisa	11-Aug-23	115kg	HAINS, Ruby	09-May-15
	Bench	65kg	RALPH, Anisa	11-Aug-23	63kg	HAINS, Ruby	09-May-15
	Deadlift	150kg	HAINS, Ruby	09-May-15	145kg	HAINS, Ruby	25-Apr-15
	Total	335kg	RALPH, Anisa	11-Aug-23	328kg	HAINS, Ruby	09-May-15
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						

**Senior Women (24-32)**

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	90kg	NOWAK, Lauren	25-Apr-17			
	Bench	52.5kg	NOWAK, Lauren	25-Apr-17			
	Deadlift	110kg	NOWAK, Lauren	25-Apr-17			
	Total	252.5kg	NOWAK, Lauren	25-Apr-17			
52kg	Squat	60kg	BROWNSTEIN, Hannah	25-Apr-15			
	Bench	35kg	BROWNSTEIN, Hannah	25-Apr-15			
	Deadlift	75kg	BROWNSTEIN, Hannah	09-May-15	70kg	BROWNSTEIN, Hannah	25-Apr-15
	Total	167.5kg	BROWNSTEIN, Hannah	09-May-15	165kg	BROWNSTEIN, Hannah	25-Apr-15
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	105kg	LANG, Maddie	25-Apr-17			
	Bench	52.5kg	LANG, Maddie	25-Apr-17			
	Deadlift	145kg	LANG, Maddie	25-Apr-17			
	Total	302.5kg	LANG, Maddie	25-Apr-17			
67.5kg	Squat	100kg	HATZHRISTODOULOU,Alycia	20-May-17			
	Bench	62.5kg	HATZHRISTODOULOU,Alycia	20-May-17			
	Deadlift	120kg	RAMOS, Candace	25-Apr-18			
	Total	280kg	HATZHRISTODOULOU,Alycia	20-May-17			
75kg	Squat	145kg	BAKER, Zoe	21-Nov-14	140.5kg	BAKER, Zoe	01-Aug-14
	Bench	87.5kg	BAKER, Zoe	21-Nov-14	85kg	BAKER, Zoe	01-Aug-14
	Deadlift	175kg	BAKER, Zoe	21-Nov-14	170kg	BAKER, Zoe	01-Aug-14
	Total	407.5kg	BAKER, Zoe	21-Nov-14	395.5kg	BAKER, Zoe	01-Aug-14
82.5kg	Squat	125kg	LONGERI, Rachel	25-Apr-19	105kg	MOLONEY, Belinda	09-May-15
	Bench	92.5kg	LONGERI, Rachel	25-Apr-19	55kg	MOLONEY, Belinda	09-May-15
	Deadlift	180kg	LONGERI, Rachel	25-Apr-19	150kg	MOLONEY, Belinda	09-May-15
	Total	397.5kg	LONGERI, Rachel	25-Apr-19	310kg	MOLONEY, Belinda	09-May-15
90kg	Squat	165kg	DALDRY, Carmen	25-Apr-17			
	Bench	82.5kg	DALDRY, Carmen	25-Apr-17			
	Deadlift	182.5kg	DALDRY, Carmen	25-Apr-17			
	Total	430kg	DALDRY, Carmen	25-Apr-17			
100kg	Squat	82.5kg	BULZOMI, Franca	25-Apr-19			
	Bench	67.5kg	BULZOMI, Franca	25-Apr-19			
	Deadlift	140kg	BULZOMI, Franca	25-Apr-19			
	Total	290kg	BULZOMI, Franca	25-Apr-19			
110kg	Squat	100kg	DELLIOS, Angelika	25-Apr-24	85kg	DELLIOS, Angelika	25-Apr-23
	Bench	50kg	DELLIOS, Angelika	25-Apr-23			
	Deadlift	130kg	DELLIOS, Angelika	25-Apr-23			
	Total	275kg	DELLIOS, Angelika	25-Apr-24	265kg	DELLIOS, Angelika	25-Apr-23
110+kg	Squat	150kg	PALETUA,Alyshianna	15-Apr-23			
	Bench	100kg	PALETUA,Alyshianna	15-Apr-23			
	Deadlift	213kg	PALETUA,Alyshianna	15-Apr-23			
	Total	462.5kg	PALETUA,Alyshianna	15-Apr-23			

# CAPO VIC STATE RECORDS - WOMEN

# 3-LIFT COMPETITION - RAW

## Sub Masters Women (33-39)

(Bare Knees)

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	85kg	MUDIE, Katrina	25-Apr-24			
	Bench	50kg	MUDIE, Katrina	25-Apr-24			
	Deadlift	125kg	MUDIE, Katrina	25-Apr-24			
	Total	260kg	MUDIE, Katrina	25-Apr-24			
56kg	Squat	92.5kg	MUDIE, Katrina	25-Apr-22			
	Bench	50kg	MUDIE, Katrina	25-Apr-22			
	Deadlift	118kg	MUDIE, Katrina	25-Apr-23	117.5kg	MUDIE, Katrina	25-Apr-22
	Total	260kg	MUDIE, Katrina	25-Apr-22			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	100kg	YAIKUL, Tukkier	26-Sep-15			
	Bench	55kg	YAIKUL, Tukkier	26-Sep-15			
	Deadlift	130kg	YAIKUL, Tukkier	26-Sep-15			
	Total	285kg	YAIKUL, Tukkier	26-Sep-15			
75kg	Squat	140kg	McDONNELL, Stacey	01-Aug-24	135kg	McDONNELL, Stacey	25-Apr-24
	Bench	75kg	McDONNELL, Stacey	25-Apr-24	72.5kg	TYRRELL, Lauren	25-Apr-18
	Deadlift	180.5	TYRRELL, Lauren	25-Apr-18	152.5	LY, Lisa	26-Sep-15
	Total	383kg	TYRRELL, Lauren	25-Apr-18	327.5kg	LY, Lisa	26-Sep-15
82.5kg	Squat	172.5kg	DALDRY, Carmen	12-Aug-17	130kg	VAN DER POLL, Gigi	01-Aug-14
	Bench	75kg	DALDRY, Carmen	12-Aug-17	70kg	VAN DER POLL, Gigi	01-Aug-14
	Deadlift	200kg	DALDRY, Carmen	12-Aug-17	175kg	VAN DER POLL, Gigi	01-Aug-14
	Total	447.5kg	DALDRY, Carmen	12-Aug-17	370kg	VAN DER POLL, Gigi	01-Aug-14
90kg	Squat	170kg	DALDRY, Carmen	20-May-17	165kg	DALDRY, Carmen	25-Apr-17
	Bench	70kg	MOLONEY, Belinda	20-May-17			
	Deadlift	150kg	MOLONEY, Belinda	20-May-17			
	Total	330kg	MOLONEY, Belinda	20-May-17			
100kg	Squat	95kg	LOVE, Megan	28-May-22	72.5kg	CULLEN, Deborah	25-Apr-17
	Bench	67.5kg	CULLEN, Deborah	25-Apr-17			
	Deadlift	170kg	LOVE, Megan	28-May-22	122.5kg	CULLEN, Deborah	25-Apr-17
	Total	327.5kg	LOVE, Megan	28-May-22	262.5kg	CULLEN, Deborah	25-Apr-17
110kg	Squat	130kg	AITKEN, Brooke	01-Aug-14	117.5kg	AITKEN, Brooke	10-May-14
	Bench	67.5kg	AITKEN, Brooke	21-Nov-14	62.5kg	AITKEN, Brooke	10-May-14
	Deadlift	177.5kg	AITKEN, Brooke	01-Aug-14	175kg	AITKEN, Brooke	10-May-14
	Total	367.5kg	AITKEN, Brooke	01-Aug-14	355kg	AITKEN, Brooke	10-May-14
110+kg	Squat						
	Bench						
	Deadlift						
	Total						



# CAPO VIC STATE RECORDS - WOMEN

# 3-LIFT COMPETITION - RAW

## Masters Women (40-44)

(Bare Knees)

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	110.5kg	LY, Lisa	20-May-17	110kg	LY, Lisa	25-Apr-17
	Bench	67.5kg	LY, Lisa	20-May-17	65kg	LY, Lisa	25-Apr-17
	Deadlift	160kg	LY, Lisa	20-May-17	150kg	LY, Lisa	25-Apr-17
	Total	338kg	LY, Lisa	20-May-17	325kg	LY, Lisa	25-Apr-17
75kg	Squat	161kg	KUIPERS, Robin	11-Aug-17	140kg	KUIPERS, Robin	20-May-17
	Bench	85kg	LY, Lisa	12-Aug-16			
	Deadlift	185kg	KUIPERS, Robin	11-Aug-17	180kg	LY, Lisa	12-Aug-16
	Total	415.5kg	KUIPERS, Robin	11-Aug-17	385kg	LY, Lisa	12-Aug-16
82.5kg	Squat	75kg	ODELL, Yvonne	25-Apr-22			
	Bench	45kg	ODELL, Yvonne	25-Apr-22			
	Deadlift	117.5kg	ODELL, Yvonne	25-Apr-22			
	Total	237.5kg	ODELL, Yvonne	25-Apr-22			
90kg	Squat	60kg	GLANFIELD, Narelle	18-May-19	55kg	GLANFIELD, Narelle	25-Apr-19
	Bench	47.5kg	GLANFIELD, Narelle	25-Apr-19			
	Deadlift	120kg	GLANFIELD, Narelle	18-May-19	115kg	GLANFIELD, Narelle	25-Apr-19
	Total	227.5kg	GLANFIELD, Narelle	18-May-19	217.5kg	GLANFIELD, Narelle	25-Apr-19
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Women (45-49)**

(Bare Knees)

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	105kg	HORSFALL, Megan	06-Jul-24	95kg	HORSFALL, Megan	02-Mar-24
	Bench	60kg	HORSFALL, Megan	06-Jul-24	55kg	HORSFALL, Megan	02-Mar-24
	Deadlift	140kg	HORSFALL, Megan	06-Jul-24	130kg	HORSFALL, Megan	02-Mar-24
	Total	302.5kg	HORSFALL, Megan	06-Jul-24	280kg	HORSFALL, Megan	02-Mar-24
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 VIC STATE RECORDS - WOMEN

# 3-LIFT COMPETITION - RAW

## Masters Women (50-54)

(Bare Knees)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
44kg	Squat						
	Bench						
	Deadlift						
	Total						
48kg	Squat	70kg	JOHNSON,Anna Elizabeth	01-Jul-23			
	Bench	52.5kg	JOHNSON,Anna Elizabeth	01-Jul-23			
	Deadlift	87.5kg	JOHNSON,Anna Elizabeth	01-Jul-23			
	Total	210kg	JOHNSON,Anna Elizabeth	01-Jul-23			
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	95kg	LAW, Jenny	25-Apr-21			
	Bench	57.5kg	LAW, Jenny	25-Apr-21			
	Deadlift	140kg	LAW, Jenny	25-Apr-21			
	Total	292.5kg	LAW, Jenny	25-Apr-21			
67.5kg	Squat	100kg	ALDAMIZ, Connie	13-Aug-23			
	Bench	42.5kg	ALDAMIZ, Connie	13-Aug-23			
	Deadlift	115kg	ALDAMIZ, Connie	13-Aug-23			
	Total	257.5kg	ALDAMIZ, Connie	13-Aug-23			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	92.5kg	BIGGIN, Peta	25-Apr-22			
	Bench	67.5kg	BIGGIN, Peta	25-Apr-24	60kg	BIGGIN, Peta	25-Apr-22
	Deadlift	120kg	BIGGIN, Peta	25-Apr-22			
	Total	277.5kg	BIGGIN, Peta	25-Apr-24	272.5kg	BIGGIN, Peta	25-Apr-22
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Women (55-59)**

(Bare Knees)

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	155kg	YOUNG, Tylor	01-Aug-14			
	Bench	95kg	YOUNG, Tylor	01-Aug-14			
	Deadlift	187.5kg	YOUNG, Tylor	01-Aug-14			
	Total	437.5kg	YOUNG, Tylor	01-Aug-14			
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						

**Masters Women (60-64)**

(Bare Knees)

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	47.5kg	WATTELET, Roseline	25-Apr-17			
	Bench	30kg	WATTELET, Roseline	25-Apr-17			
	Deadlift	102.5kg	WATTELET, Roseline	25-Apr-17			
	Total	177.5kg	WATTELET, Roseline	25-Apr-17			
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						

**Masters Women (65-69)**

(Bare Knees)

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	82.5kg	CASAN, Claire	25-Apr-22			
	Bench	55kg	CASAN, Claire	25-Apr-22			
	Deadlift	117.5kg	CASAN, Claire	25-Apr-22			
	Total	250kg	CASAN, Claire	25-Apr-22			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	65kg	MARGI, Pauline	25-Apr-18			
	Bench	45kg	MARGI, Pauline	25-Apr-18			
	Deadlift	130kg	MARGI, Pauline	25-Apr-18			
	Total	240kg	MARGI, Pauline	25-Apr-18			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Women (70-74)**

(Bare Knees)

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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Women (75-79)**

(Bare Knees)

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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						



**Masters Women (80-84)**

(Bare Knees)

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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						

**Masters Women (85-89)**

(Bare Knees)

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						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
110+kg	Squat						
	Bench						
	Deadlift						
	Total						