

# CAPO NATIONAL 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	40kg	WINWOOD, Tania	19-Nov-17						
	Deadlift	115kg	WINWOOD, Tania	19-Nov-17						
	P/P Total	155kg	WINWOOD, Tania	19-Nov-17						
48kg	Bench	50kg	MIDDLETON, Sandra	24-Nov-14						
	Deadlift	135kg	WINWOOD, Tania	24-Nov-19						
	P/P Total	180kg	WINWOOD, Tania	24-Nov-19						
52kg	Bench	57.5kg	WATKINSON, Ashlee	21-Nov-21						
	Deadlift	135kg	HENDERSON, Regina	06-Mar-22						
	P/P Total	192.5kg	HENDERSON, Regina	06-Mar-22						
56kg	Bench	75kg	SMITH, Alex	13-Dec-14	40kg	BOTTOMLEY, Chloe	24-Nov-24			
	Deadlift	150kg	SMITH, Alex	13-Dec-14	75kg	BOTTOMLEY, Chloe	24-Nov-24			
	P/P Total	225kg	SMITH, Alex	13-Dec-14	115kg	BOTTOMLEY, Chloe	24-Nov-24			
60kg	Bench	67.5kg	JENKINS, Katie	26-Nov-23						
	Deadlift	155kg	SOUTH, Georgia	19-Nov-17						
	P/P Total	215kg	WHITMORE, Emily	20-Mar-21						
67.5kg	Bench	100kg	DAY, Jess	19-Nov-17						
	Deadlift	202.5kg	MALARD, Annie	20-Nov-22						
	P/P Total	292.5kg	MALARD, Annie	20-Nov-22						
75kg	Bench	120kg	GRAHAM, Kristy	30-Nov-24	95kg	KING, Kelly-Ann	03-Mar-24			
	Deadlift	216kg	GRAHAM, Kristy	30-Nov-24	185.5kg	KING, Kelly-Ann	03-Mar-24			
	P/P Total	325kg	GRAHAM, Kristy	30-Nov-24	277.5kg	KING, Kelly-Ann	03-Mar-24			
82.5kg	Bench	117.5kg	ROWEN, Kerry	06-Mar-22				87.5kg	XUEREB, Jessica	25-Apr-22
	Deadlift	215kg	ROWEN, Kerry	06-Mar-22				170kg	XUEREB, Jessica	25-Apr-22
	P/P Total	327.5kg	ROWEN, Kerry	06-Mar-22				257.5kg	XUEREB, Jessica	25-Apr-22
90kg	Bench	97.5kg	BENNETT, Leah	24-Nov-19						
	Deadlift	222.5kg	FITZPATRICK, Frances	21-Jan-23						
	P/P Total	307.5kg	FITZPATRICK, Frances	21-Jan-23						
100kg	Bench	110kg	FAULKNER, Shontelle	02-Jun-24						
	Deadlift	160kg	COLE, Kathryn	20-Nov-22						
	P/P Total	267.5kg	COLE, Kathryn	20-Nov-22						
110kg	Bench	105kg	FAULKNER, Shontelle	09-Mar-24						
	Deadlift	200kg	TOLEAFOA, Marakesh	25-Apr-24						
	P/P Total	285kg	TOLEAFOA, Marakesh	25-Apr-24						
110+kg	Bench	97.5kg	WARU, Ebony	21-Nov-21	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	202.5kg	CROUCH, Janelle	25-Apr-24	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	280kg	CROUCH, Janelle	25-Apr-24	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14

# CAPO NATIONAL 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	27.5kg	HIPWELL, Ayla	12-Nov-22							
	Deadlift	60kg	HIPWELL, Ayla	12-Nov-22							
	P/P Total	87.5kg	HIPWELL, Ayla	12-Nov-22							
48kg	Bench										
	Deadlift										
	P/P Total										
52kg	Bench										
	Deadlift										
	P/P Total										
56kg	Bench	25kg	PAVREAL, Tori	12-Nov-22							
	Deadlift	82.5kg	CHETWIN, Amarni	30-Apr-23							
	P/P Total	105kg	CHETWIN, Amarni	30-Apr-23							
60kg	Bench										
	Deadlift										
	P/P Total										
67.5kg	Bench										
	Deadlift										
	P/P Total										
75kg	Bench	22.5kg	ROBERTS, Layla	12-Nov-22							
	Deadlift	50kg	ROBERTS, Layla	12-Nov-22							
	P/P Total	72.5kg	ROBERTS, Layla	12-Nov-22							
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 NATIONAL 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	35kg	HIPWELL, Ayla	02-Jun-24						
	Deadlift	80kg	HIPWELL, Ayla	02-Jun-24						
	P/P Total	105kg	HIPWELL, Ayla	02-Jun-24						
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	35kg	HIPWELL, Ayla	01-Aug-24						
	Deadlift	90kg	HIPWELL, Ayla	01-Aug-24						
	P/P Total	120kg	HIPWELL, Ayla	01-Aug-24						
60kg	Bench	35kg	MURPHY, Isabella	20-Nov-22						
	Deadlift	105kg	MURPHY, Isabella	20-Nov-22						
	P/P 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						
	P/P Total	125kg	NAPPER, Janie	20-Nov-22						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	47.5kg	ARMSTRONG, Isabelle	26-Nov-23						
	Deadlift	135kg	ARMSTRONG, Isabelle	26-Nov-23						
	P/P Total	177.5kg	ARMSTRONG, Isabelle	26-Nov-23						
90kg	Bench	70kg	LAWRY, Miah	24-Nov-24						
	Deadlift	147.5kg	LAWRY, Miah	24-Nov-24						
	P/P Total	212.5kg	LAWRY, Miah	24-Nov-24						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL 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	72.5kg	KEEP, Nyah	20-Nov-22						
	Deadlift	145kg	KEEP, Nyah	20-Nov-22						
	P/P Total	215kg	KEEP, Nyah	20-Nov-22						
75kg	Bench	60kg	EBBS, Jess	20-Mar-21	32.5kg	JOHNSON, Mia	25-Apr-22			
	Deadlift	145kg	EBBS, Jess	20-Mar-21	90kg	JOHNSON, Mia	25-Apr-22			
	P/P Total	200kg	EBBS, Jess	20-Mar-21	112.5kg	JOHNSON, Mia	25-Apr-22			
82.5kg	Bench	40kg	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 NATIONAL 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	70kg	COE, Amie	18-Nov-18						
	Deadlift	127.5kg	COE, Amie	18-Nov-18						
	P/P Total	197.5kg	COE, Amie	18-Nov-18						
75kg	Bench	72.5kg	CARWARDINE, Ruby	29-Nov-20						
	Deadlift	175kg	CARWARDINE, Ruby	29-Nov-20						
	P/P Total	247.5kg	CARWARDINE, Ruby	29-Nov-20						
82.5kg	Bench	52.5kg	NAPPER, Jessica	20-Nov-22						
	Deadlift	145kg	NAPPER, Jessica	20-Nov-22						
	P/P Total	197.5kg	NAPPER, Jessica	20-Nov-22						
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 NATIONAL 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	50kg	SOUTH, Georgia	19-Nov-17						
	Deadlift	155kg	SOUTH, Georgia	19-Nov-17						
	P/P Total	205kg	SOUTH, Georgia	19-Nov-17						
67.5kg	Bench	80kg	McNAMARA, Millie	01-Aug-24						
	Deadlift	165kg	McNAMARA, Millie	01-Aug-24						
	P/P Total	245kg	McNAMARA, Millie	01-Aug-24						
75kg	Bench	75kg	HALL, Emma	18-Nov-18						
	Deadlift	165kg	HALL, Emma	18-Nov-18						
	P/P Total	240kg	HALL, Emma	18-Nov-18						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	70kg	DAVIDSON, Tori	11-Oct-20						
	Deadlift	125kg	DAVIDSON, Tori	11-Oct-20						
	P/P Total	192.5kg	DAVIDSON, Tori	11-Oct-20						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	60kg	COUNSELL, Paige	19-Nov-17						
	Deadlift	160kg	COUNSELL, Paige	19-Nov-17						
	P/P Total	220kg	COUNSELL, Paige	19-Nov-17						

# CAPO NATIONAL 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	57.5kg	WATKINSON, Ashlee	21-Nov-21						
	Deadlift	132.5kg	WATKINSON, Ashlee	21-Nov-21						
	P/P Total	190kg	WATKINSON, Ashlee	21-Nov-21						
56kg	Bench	75kg	SMITH, Alex	13-Dec-14	40kg	BOTTOMLEY, Chloe	24-Nov-24			
	Deadlift	150kg	SMITH, Alex	13-Dec-14	75kg	BOTTOMLEY, Chloe	24-Nov-24			
	P/P Total	225kg	SMITH, Alex	13-Dec-14	115kg	BOTTOMLEY, Chloe	24-Nov-24			
60kg	Bench	67.5kg	JENKINS, Katie	26-Nov-23						
	Deadlift	152.5kg	WHITMORE, Emily	20-Mar-21						
	P/P Total	215kg	WHITMORE, Emily	20-Mar-21						
67.5kg	Bench	100kg	DAY, Jess	19-Nov-17						
	Deadlift	192.5kg	DAY, Jess	19-Nov-17						
	P/P Total	280kg	DAY, Jess	19-Nov-17						
75kg	Bench	85kg	VILE, Lyndall	13-Dec-14	82.5kg	XUEREB, Jessica	25-Apr-21			
	Deadlift	210kg	VILE, Lyndall	13-Dec-14	140kg	XUEREB, Jessica	25-Apr-21			
	P/P Total	295kg	VILE, Lyndall	13-Dec-14	210kg	XUEREB, Jessica	25-Apr-21			
82.5kg	Bench	75kg	COX, Amie	06-Mar-22				87.5kg	XUEREB, Jessica	25-Apr-22
	Deadlift	147.5kg	COX, Amie	06-Mar-22				170kg	XUEREB, Jessica	25-Apr-22
	P/P Total	222.5kg	COX, Amie	06-Mar-22				257.5kg	XUEREB, Jessica	25-Apr-22
90kg	Bench	75kg	ASHPLANT, Raegan	24-Nov-24						
	Deadlift	190kg	ASHPLANT, Raegan	24-Nov-24						
	P/P Total	265kg	ASHPLANT, Raegan	24-Nov-24						
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	77.5kg	PEARSON, Stephanie	01-Aug-24	70kg	BROWN, Alison	25-Apr-21	145kg	DAVIDSON, Heather	02-Aug-14
	Deadlift	162.5kg	PEARSON, Stephanie	01-Aug-24	130kg	BROWN, Alison	25-Apr-21	130kg	DAVIDSON, Heather	02-Aug-14
	P/P Total	240kg	PEARSON, Stephanie	01-Aug-24	200kg	BROWN, Alison	25-Apr-21	275kg	DAVIDSON, Heather	02-Aug-14

# CAPO NATIONAL 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	50kg	BRODIE, Sandra	20-Mar-21						
	Deadlift	127.5kg	WATKINSON, Ashlee	20-Nov-22						
	P/P Total	167.5kg	WATKINSON, Ashlee	20-Nov-22						
52kg	Bench	57.5kg	HENDERSON, Regina	06-Mar-22						
	Deadlift	135kg	HENDERSON, Regina	06-Mar-22						
	P/P Total	192.5kg	HENDERSON, Regina	06-Mar-22						
56kg	Bench	65kg	REED, Kate	24-Nov-19						
	Deadlift	140kg	REED, Kate	24-Nov-19						
	P/P Total	197.5kg	REED, Kate	24-Nov-19						
60kg	Bench	60kg	CARR, Aoife	19-Nov-17						
	Deadlift	125kg	BAJJADA, Michelina	13-Dec-14						
	P/P Total	170kg	CARR, Aoife	19-Nov-17						
67.5kg	Bench	75kg	MOLLOY, Alexis	29-Nov-20						
	Deadlift	172.5kg	STEWART, Dion	21-Nov-21						
	P/P Total	240kg	STEWART, Dion	21-Nov-21						
75kg	Bench	100kg	RODWELL, Sarah	29-Nov-20	95kg	KING, Kelly-Ann	03-Mar-24			
	Deadlift	215kg	RODWELL, Sarah	29-Nov-20	185.5kg	KING, Kelly-Ann	03-Mar-24			
	P/P Total	315kg	RODWELL, Sarah	29-Nov-20	277.5kg	KING, Kelly-Ann	03-Mar-24			
82.5kg	Bench	117.5kg	ROWEN, Kerry	06-Mar-22						
	Deadlift	215kg	ROWEN, Kerry	06-Mar-22						
	P/P Total	327.5kg	ROWEN, Kerry	06-Mar-22						
90kg	Bench	97.5kg	BENNETT, Leah	24-Nov-19						
	Deadlift	181kg	BENNETT, Leah	21-Nov-21						
	P/P Total	277.5kg	BENNETT, Leah	21-Nov-21						
100kg	Bench	110kg	FAULKNER, Shontelle	02-Jun-24						
	Deadlift	160kg	COLE, Kathryn	20-Nov-22						
	P/P Total	267.5kg	COLE, Kathryn	20-Nov-22						
110kg	Bench	105kg	FAULKNER, Shontelle	09-Mar-24						
	Deadlift	200kg	TOLEAFOA, Marakesh	25-Apr-24						
	P/P Total	285kg	TOLEAFOA, Marakesh	25-Apr-24						
110+kg	Bench	67.5kg	FORSYTH, Steph	20-Nov-22						
	Deadlift	155kg	FORSYTH, Steph	20-Nov-22						
	P/P Total	222.5kg	FORSYTH, Steph	20-Nov-22						



# CAPO NATIONAL 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	45kg	ALLAN, Joanne	20-Nov-22						
	Deadlift	132.5kg	ALLAN, Joanne	20-Nov-22						
	P/P Total	177.5kg	ALLAN, Joanne	20-Nov-22						
56kg	Bench	45kg	KOSICK, Carrie	24-Nov-24						
	Deadlift	95kg	KOSICK, Carrie	24-Nov-24						
	P/P Total	140kg	KOSICK, Carrie	24-Nov-24						
60kg	Bench	62kg	KEEFFE, Michelle	03-Mar-24						
	Deadlift	132.5kg	RAPPEPORT, Belinda	24-Nov-24						
	P/P Total	190kg	RAPPEPORT, Belinda	24-Nov-24						
67.5kg	Bench	90kg	MALARD, Annie	20-Nov-22						
	Deadlift	202.5kg	MALARD, Annie	20-Nov-22						
	P/P Total	292.5kg	MALARD, Annie	20-Nov-22						
75kg	Bench	120kg	GRAHAM, Kristy	30-Nov-24						
	Deadlift	216kg	GRAHAM, Kristy	30-Nov-24						
	P/P Total	325kg	GRAHAM, Kristy	30-Nov-24						
82.5kg	Bench	87.5kg	HAYTO, Alexis	20-Nov-22						
	Deadlift	182.5kg	HAYTO, Alexis	20-Nov-22						
	P/P Total	270kg	HAYTO, Alexis	20-Nov-22						
90kg	Bench	90kg	HENDERSON, Catherine	21-Nov-21						
	Deadlift	172.5kg	HENDERSON, Catherine	21-Nov-21						
	P/P Total	260kg	HENDERSON, Catherine	21-Nov-21						
100kg	Bench	107.5kg	FAULKNER, Shontelle	14-Nov-24						
	Deadlift	160kg	FAULKNER, Shontelle	14-Nov-24						
	P/P Total	267.5kg	FAULKNER, Shontelle	14-Nov-24						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	80kg	ALBERT, Michaela	01-Aug-24						
	Deadlift	202.5kg	CROUCH, Janelle	25-Apr-24						
	P/P Total	280kg	CROUCH, Janelle	25-Apr-24						

# CAPO NATIONAL 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	40kg	WINWOOD, Tania	19-Nov-17						
	Deadlift	115kg	WINWOOD, Tania	19-Nov-17						
	P/P Total	155kg	WINWOOD, Tania	19-Nov-17						
48kg	Bench	45kg	WINWOOD, Tania	24-Nov-19						
	Deadlift	135kg	WINWOOD, Tania	24-Nov-19						
	P/P Total	180kg	WINWOOD, Tania	24-Nov-19						
52kg	Bench	35kg	McCormack, Celeste	26-Nov-23						
	Deadlift	100kg	McCormack, Celeste	26-Nov-23						
	P/P Total	135kg	McCormack, Celeste	26-Nov-23						
56kg	Bench	60kg	ALLAN, Joanne	24-Nov-24						
	Deadlift	140kg	ALLAN, Joanne	24-Nov-24						
	P/P Total	200kg	ALLAN, Joanne	24-Nov-24						
60kg	Bench	60kg	KEEFFE, Michelle	20-Oct-24						
	Deadlift	130kg	KEEFFE, Michelle	20-Oct-24						
	P/P Total	190kg	KEEFFE, Michelle	20-Oct-24						
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	72.5kg	CHAMBERLIN, Janelle	06-Mar-22						
	Deadlift	162.5kg	CHAMBERLIN, Janelle	06-Mar-22						
	P/P Total	235kg	CHAMBERLIN, Janelle	06-Mar-22						
82.5kg	Bench	90kg	CONNORS, Renae	09-Mar-24						
	Deadlift	167.5kg	CONNORS, Renae	09-Mar-24						
	P/P Total	257.5kg	CONNORS, Renae	09-Mar-24						
90kg	Bench	57.5kg	LOWER, Wendy	09-Mar-24						
	Deadlift	150kg	LOWER, Wendy	09-Mar-24						
	P/P Total	207.5kg	LOWER, Wendy	09-Mar-24						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	97.5kg	WARU, Ebony	21-Nov-21						
	Deadlift	175kg	WARU, Ebony	26-Nov-23						
	P/P Total	257.5kg	WARU, Ebony	21-Nov-21						

## Masters 3 Women (50-54)

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
44kg	Bench									
	Deadlift									
	P/P Total									
48kg	Bench	50kg	MIDDLETON, Sandra	24-Nov-14						
	Deadlift	120kg	WINWOOD, Tania	20-Nov-22						
	P/P Total	165kg	MIDDLETON, Sandra	24-Nov-14						
52kg	Bench	55kg	FRIGANIOTIS, Victoria	09-Mar-24						
	Deadlift	117.5kg	MIDDLETON, Sandra	02-Aug-14						
	P/P Total	162.5kg	MIDDLETON, Sandra	02-Aug-14						
56kg	Bench	70kg	FRANKE, Sarah	06-Mar-22						
	Deadlift	145kg	FRANKE, Sarah	06-Mar-22						
	P/P Total	205kg	FRANKE, Sarah	06-Mar-22						
60kg	Bench	65kg	PARYGINA, Anna	25-Apr-22						
	Deadlift	130.5kg	PARYGINA, Anna	25-Apr-22						
	P/P Total	195kg	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	65kg	McKNIGHT, Erica	24-Nov-19						
	Deadlift	152.5kg	SUTTON, Samantha	21-Jan-23						
	P/P Total	212.5kg	SUTTON, Samantha	21-Jan-23						
82.5kg	Bench	65kg	McKNIGHT, Erica	29-Nov-20						
	Deadlift	150kg	McKNIGHT, Erica	29-Nov-20						
	P/P Total	210kg	McKNIGHT, Erica	29-Nov-20						
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	70kg	LIHOU, Melanie	01-Aug-24						
	Deadlift	140kg	LIHOU, Melanie	01-Aug-24						
	P/P Total	210kg	LIHOU, Melanie	01-Aug-24						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL 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	57.5kg	NELSON, Lorell	12-Aug-16						
	Deadlift	115kg	NELSON, Lorell	12-Aug-16						
	P/P Total	172.5kg	NELSON, Lorell	12-Aug-16						
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	90kg	COOK, Monica	24-Nov-19						
	Deadlift	140kg	COOK, Monica	20-Nov-22						
	P/P Total	230kg	COOK, Monica	20-Nov-22						
75kg	Bench	62.5kg	FAUCETT, Tracey	06-Mar-22						
	Deadlift	130kg	FAUCETT, Tracey	06-Mar-22						
	P/P Total	192.5kg	FAUCETT, Tracey	06-Mar-22						
82.5kg	Bench	55kg	HORN, Leesa	01-Mar-20						
	Deadlift	135kg	HORN, Leesa	01-Mar-20						
	P/P Total	190kg	HORN, Leesa	01-Mar-20						
90kg	Bench	62.5kg	De'LANEY, Dot	01-Aug-24						
	Deadlift	147.5kg	LAVAKA, Mui Mui Kovi a Uluvalu	01-Aug-24						
	P/P Total	200kg	LAVAKA, Mui Mui Kovi a Uluvalu	01-Aug-24						
100kg	Bench	50kg	OXLEY, Lu-ella	06-Mar-22						
	Deadlift	110kg	OXLEY, Lu-ella	06-Mar-22						
	P/P Total	150kg	OXLEY, Lu-ella	06-Mar-22						
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench	60kg	TANSKA, Julie	29-May-22						
	Deadlift	120kg	TANSKA, Julie	29-May-22						
	P/P Total	180kg	TANSKA, Julie	29-May-22						

# CAPO NATIONAL 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	44.0kg	HARVEY, Helen	04-Mar-23						
	Deadlift	110kg	HARVEY, Helen	04-Mar-23						
	P/P Total	152.5kg	HARVEY, Helen	04-Mar-23						
67.5kg	Bench	92.5kg	COOK, Monica	24-Nov-24						
	Deadlift	140kg	COOK, Monica	24-Nov-24						
	P/P Total	232.5kg	COOK, Monica	24-Nov-24						
75kg	Bench	35kg	MAYHEW, Lorraine	26-Nov-23						
	Deadlift	90kg	MAYHEW, Lorraine	26-Nov-23						
	P/P Total	120kg	MAYHEW, Lorraine	26-Nov-23						
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 NATIONAL 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	55kg	WILLIAMS, Leanne	18-Nov-23							
	Deadlift	135kg	WILLIAMS, Leanne	09-Mar-24							
	P/P Total	182.5kg	WILLIAMS, Leanne	09-Mar-24							
82.5kg	Bench	52.5kg	WILSON, Katie	06-Mar-22							
	Deadlift	140kg	WILSON, Katie	06-Mar-22							
	P/P Total	190kg	WILSON, Katie	06-Mar-22							
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 NATIONAL 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	50kg	McCOOL, Jose	09-Mar-24						
	Deadlift	130kg	McCOOL, Jose	14-Nov-24						
	P/P Total	180kg	McCOOL, Jose	14-Nov-24						
82.5kg	Bench	62.5kg	WILSON, Katie	09-Mar-24						
	Deadlift	146kg	WILSON, Katie	09-Mar-24						
	P/P Total	207.5kg	WILSON, Katie	09-Mar-24						
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									

## Masters 8 Women (75-79)

# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

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	SILVER, Valerie	14-Nov-24							
	Deadlift	92.5kg	SILVER, Valerie	14-Nov-24							
	P/P Total	137.5kg	SILVER, Valerie	14-Nov-24							
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										

### Masters 9 Women (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
-----	------	--------	---------	------	--------	---------	------	--------	---------	------



# CAPO NATIONAL RECORDS - WOMEN

# PUSH/PULL COMPETITION

		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	30kg	MADDERN, Heather	14-Apr-24						
	Deadlift	82.5kg	MADDERN, Heather	14-Apr-24						
	P/P Total	112.5kg	MADDERN, Heather	14-Apr-24						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
110+kg	Bench									
	Deadlift									
	P/P Total									

### Masters 10 Women (85-89)

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

**CAPO NATIONAL RECORDS - WOMEN**

**PUSH/PULL COMPETITION**

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									