SINGLE LIFT COMPETITION - BENCH PRESS

Open W	omen	CAPUS	OUTH AUSTRALI	AIN RECO	ND3 VI	OIVIEN	3	SINGLE LI	FI COMPETITION	I - DEINCH
BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench				57.5kg	SMEETON, Maria	21-Oct-89			
48kg	Bench				71.0kg	SMEETON, Maria	18-Oct-92			
52kg	Bench									
56kg	Bench	62.5kg	MOYSES, Yasmin	23-Oct-22						
60kg	Bench									
67.5kg	Bench				71kg	SIMON, Raelen	18-Jul-92			
75kg	Bench	60kg	CONNOR, Samantha	28-Oct-18						
82.5kg	Bench									
90kg	Bench									
100kg	Bench	90kg	STONE, Natalie	27-Feb-22						
110kg	Bench									
110+kg	Bench									

Sub Teen Women (10-12)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
	Bench									
110+kg	Bench									

Teenage 1 Women (13-15)

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BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
	Bench									
110+kg	Bench									

SINGLE LIFT COMPETITION - BENCH PRESS

Teenage 2 Women (16-17)

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BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

Teenage 3 Women (18-19)

reemage	3 Women	(10-13)								
BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
	Bench									
	Bench									
110+kg	Bench									

Junior Women (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

SINGLE LIFT COMPETITION - BENCH PRESS

Senior Women (24-32)

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BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
·			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench				57.5kg	SMEETON, Maria	21-Oct-89			
48kg	Bench				71.0kg	SMEETON, Maria	18-Oct-92			
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench	60kg	CONNOR, Samantha	28-Oct-18						
82.5kg	Bench									
90kg	Bench									
100kg	Bench	90kg	STONE, Natalie	27-Feb-22						
110kg	Bench									
110+kg	Bench									

Sub Masters Women (33-39)

Sub ivias	ters wome	in (33-39)								
BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench	62.5kg	MOYSES, Yasmin	23-Oct-22						
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

Masters 1 Women (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench				71kg	SIMON, Raelen	18-Jul-92			
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
	Bench									
110+kg	Bench									

SINGLE LIFT COMPETITION - BENCH PRESS

Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
	Bench									
	Bench									
110kg	Bench									
110+kg	Bench									

Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		necoru	RAW	Date	Hecora	SINGLE PLY	2410	Hedord	MULTI PLY	Dute
44kg	Bench									
	Bench									
	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
	Bench									
	Bench									
110+kg	Bench									

Masters 4 Women (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
	Bench									
75kg	Bench									
	Bench									
90kg	Bench									
100kg	Bench									
	Bench									
110+kg	Bench									

SINGLE LIFT COMPETITION - BENCH PRESS

Masters 5 Women (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW				SINGLE PLY		MULTI PLY		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

Masters 6 Women (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
		RAW			Hecora	SINGLE PLY			MULTI PLY		
44kg	Bench										
48kg	Bench										
	Bench										
56kg	Bench										
60kg	Bench										
67.5kg	Bench										
75kg	Bench										
	Bench										
90kg	Bench										
	Bench										
	Bench										
110+kg	Bench										

Masters 7 Women (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY		MULTI PLY		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
	Bench									
110+kg	Bench									

SINGLE LIFT COMPETITION - BENCH PRESS

Masters 8 Women (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW				SINGLE PLY		MULTI PLY		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

Masters 9 Women (80-84)

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BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	
			RAW			SINGLE PLY			MULTI PLY		
44kg	Bench										
48kg	Bench										
52kg	Bench										
56kg	Bench										
60kg	Bench										
67.5kg	Bench										
75kg	Bench										
82.5kg	Bench										
90kg	Bench										
	Bench										
	Bench										
110+kg	Bench										

Masters 10 Women (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
			RAW			SINGLE PLY		MULTI PLY		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
	Bench									
110+kg	Bench									