

# CAPO NATIONAL RECORDS - WOMEN

# SINGLE LIFT COMPETITION - BENCH PRESS

## Open Women

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench	45kg	TAKAHASHI, Fumi	13-Dec-14	57.5kg	SMEETON, Maria	21-Oct-89			
48kg	Bench	58kg	POOLE, Angie	12-Aug-17	81kg	MANNING, T	05-Nov-05	85kg	WEIR, Yolandie	10-Aug-13
52kg	Bench	85kg	WEIR, Coralie	10-Aug-13				90kg	WEIR, Coralie	22-Oct-11
56kg	Bench	85kg	ANTONINI, Gabriela	14-Mar-15				95kg	WEIR, Coralie	27-Aug-11
60kg	Bench	97.5kg	McKENZIE, Jiuliana	30-Oct-16	60kg	GANNON, L	05-Oct-02			
67.5kg	Bench	107.5kg	DAY, Jess	25-Mar-18				102.5kg	DESS, L	11-Oct-03
75kg	Bench	115kg	THOMPSON, Lucie	14-Mar-15	140kg	WATERS, Sharon	06-Oct-01			
82.5kg	Bench	92.5kg	THOMPSON, Lucie	26-Aug-12				115kg	WULFF, T	01-Nov-03
90kg	Bench	85kg	HOOSON, Janette	08-Oct-11				95kg	BLACKTHORN, Elizabeth	25-Apr-19
SHW	Bench	105kg	DAVIES, Natasha	10-Aug-13	80kg	BROWN, Alison	18-May-19	145kg	DAVIDSON, Heather	02-Aug-14

## Teenage 1 Women (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
48kg	Bench							25kg	BERMINGHAM,	30-Apr-05
52kg	Bench									
56kg	Bench									
60kg	Bench							42.5kg	SKARLATOS, C	07-Aug-04
67.5kg	Bench				64kg	HALL, T	16-Sep-02			
75kg	Bench									
82.5kg	Bench							50kg	RUNDELL, N	16-Feb-03
90kg	Bench									
SHW	Bench									

## Teenage 2 Women (16-17)

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							55kg	HAINS, R	08-Feb-09
75kg	Bench							47.5kg	MILLER, M	13-Aug-05
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

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## Teenage 3 Women (18-19)

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	42.5kg	TAYLOR, Jessica	28-Oct-17						
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	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							35kg	WHITE, M	05-Nov-05
52kg	Bench	47.5kg	CHEN, Fion	22-Oct-11				60kg	WEIR, Yolandie	04-Oct-08
56kg	Bench	45kg	HILTON, Kat	29-Apr-18						
60kg	Bench									
67.5kg	Bench									
75kg	Bench	70kg	LANGANIS, Ellie	11-May-19						
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

## Senior Women (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench	45kg	TAKAHASHI, Fumi	13-Dec-14	57.5kg	SMEETON, Maria	21-Oct-89			
48kg	Bench	45kg	DeFINA, Annbel	20-Oct-12	71.0kg	SMEETON, Maria	18-Oct-92	85kg	WEIR, Yolandie	10-Aug-13
52kg	Bench									
56kg	Bench	67.5kg	CARRICK, Bec	18-Aug-18				58kg	SMITH, V	13-Aug-05
60kg	Bench	80.5kg	McDONALD, Skye	25-Apr-17	60kg	GANNON, L	05-Oct-02			
67.5kg	Bench	87.5kg	McDONALD, Skye	25-Apr-15				100kg	ASHLEIGH, Lauren	18-May-19
75kg	Bench	95kg	De JONG, Kayleigh	30-Oct-16	140kg	WATERS, Sharon	06-Oct-01			
82.5kg	Bench	90kg	KELLY, Shanai	28-Oct-17				100kg	BLACKTHORN, Elizabeth	18-May-19
90kg	Bench	77.5kg	HELLRIEGEL, Temera	25-Mar-18				95kg	BLACKTHORN, Elizabeth	25-Apr-19
SHW	Bench	72kg	CROPLEY, Cassandra	25-Apr-19	80kg	BROWN, Alison	18-May-19	145kg	DAVIDSON, Heather	02-Aug-14

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# SINGLE LIFT COMPETITION - BENCH PRESS

## Sub Masters Women (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
48kg	Bench	37.5kg	EATON, Emma	08-Oct-11						
52kg	Bench									
56kg	Bench	47.5kg	POSTLETHWAITE, Diane	18-May-19				37.5kg	THACKER, S	26-Sep-05
60kg	Bench	72.5kg	RYBECKI, Sharon	18-May-19						
67.5kg	Bench	107.5kg	DAY, Jess	25-Mar-18				102.5kg	DESS, L	11-Oct-03
75kg	Bench	115kg	THOMPSON, Lucie	14-Mar-15	122.5kg	THOMPSON, Lucie	14-Aug-15			
82.5kg	Bench	92.5kg	THOMPSON, Lucie	26-Aug-12				115kg	WULFF, T	01-Nov-03
90kg	Bench	85kg	HOOSON, Janette	08-Oct-11						
SHW	Bench	105kg	DAVIES, Natasha	10-Aug-13						

## 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							73kg	MANNING, T	05-Nov-05
52kg	Bench	62.5kg	BELTON, Tina	27-May-18				45kg	GIGLIA, J	13-Dec-03
56kg	Bench									
60kg	Bench	93kg	McKENZIE, Jiuliana	13-Aug-16						
67.5kg	Bench	100kg	MASSON, Freda	26-Aug-12				55kg	WHITEHEAD, A	13-Dec-03
75kg	Bench	82.5kg	KUIPERS, Robyn	28-Oct-17						
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

## Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench	37.5kg	WINWOOD, Tania	25-Mar-18						
48kg	Bench	58kg	POOLE, Angie	12-Aug-17	81kg	MANNING, T	05-Nov-05			
52kg	Bench	50kg	JOHNSON, Anna	25-Apr-19				90kg	WEIR, Coralie	22-Oct-11
56kg	Bench	85kg	ANTONINI, Gabriela	14-Mar-15				95kg	WEIR, Coralie	28-Aug-11
60kg	Bench	97.5kg	McKENZIE, Jiuliana	30-Oct-16	50kg	VELLA, M	05-Oct-02			
67.5kg	Bench	100.5kg	McKENZIE, Jiuliana	25-Apr-17						
75kg	Bench	55kg	GIBSON, Bev	29-Apr-18						
82.5kg	Bench							62.5kg	SMITH, S	26-Sep-05
90kg	Bench									
SHW	Bench									

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## Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
48kg	Bench									
52kg	Bench	85kg	WEIR, Coralie	10-Aug-13						
56kg	Bench									
60kg	Bench	75kg	PEARCE, Andrea	28-Oct-17						
67.5kg	Bench	90kg	BARBA, Maria	30-Oct-16	77.5kg	SIMON, R	19-Apr-98			
75kg	Bench									
82.5kg	Bench									
90kg	Bench	50kg	MATTHEWS, T	20-Mar-11						
SHW	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	47.5kg	NELSON, Lorell	28-Aug-11						
60kg	Bench	57.5kg	NELSON, Lorell	21-Nov-14						
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench	62.5kg	BURKE, Eva	25-Apr-19						
90kg	Bench									
SHW	Bench									

## 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	57.5kg	NELSON, Lorell	12-Aug-17						
60kg	Bench	55kg	NELSON, Lorell	29-Apr-18						
67.5kg	Bench	45.5kg	LEAHY, Debbie	19-May-18						
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

**Masters 6 Women (65-69)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench	46kg	MAGRI, Pauline	22-Sep-18						
90kg	Bench	47.5kg	MAGRI, Pauline	18-May-19						
SHW	Bench									

**Masters 7 Women (70-74)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

**Masters 8 Women (75-79)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

**Masters 9 Women (80-84)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

**Masters 10 Women (85-89)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	Bench									