

# 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	80kg	WEATHERALL, Michelina	21-Sep-19	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	32.5kg	JOHNSON, Mia	22-May-21	102.5kg	DESS, L	11-Oct-03
75kg	Bench	115kg	THOMPSON, Lucie	14-Mar-15	140kg	WATERS, Sharon	06-Oct-01			
82.5kg	Bench	100kg	GRAY, Jessica	21-Sep-19	92.5kg	DUMAY, Jessica	17-Oct-20	115kg	WULFF, T	01-Nov-03
90kg	Bench	100kg	BLACKTHORN, Liz	25-Apr-21				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

## 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									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

## 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	30kg	TANNER, Zara	25-Apr-21						
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									

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**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	30kg	JOHNSON, Mia	25-Apr-21	32.5kg	JOHNSON, Mia	22-May-21	55kg	HAINS, R	08-Feb-09
75kg	Bench							47.5kg	MILLER, M	13-Aug-05
82.5kg	Bench									
90kg	Bench									
SHW	Bench									

**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	72.5kg	LANGANIS, Ellie	17-Oct-20						
75kg	Bench	70kg	LANGANIS, Ellie	11-May-19						
82.5kg	Bench									
90kg	Bench									
SHW	Bench	50kg	MURRAY, Alexandra	25-Apr-21						

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## 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	112.5kg	McNEILL, Alex	25-Apr-21				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	92.5kg	DUMAY, Jessica	17-Oct-20	100kg	BLACKTHORN, Elizabeth	18-May-19
90kg	Bench	100kg	BLACKTHORN, Liz	25-Apr-21				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

## 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	RYBICKI, 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	100kg	GRAY, Jessica	21-Sep-19				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	52.5kg	KEEFFE, Michelle	24-Oct-21	80kg	WEATHERALL, Michelina	21-Sep-19			
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	85kg	HAYTO, Alexis	22-Aug-21						
82.5kg	Bench									
90kg	Bench	72.5kg	SORCKA, Domenica	19-Sep-21						
SHW	Bench	52.5kg	HAWKSWORTH, Shoned	25-Apr-21						

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**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	60kg	VAN DER POLL, Gigi	25-Apr-21				62.5kg	SMITH, S	26-Sep-05
90kg	Bench	60kg	VAN DER POLL, Gigi	22-May-21						
SHW	Bench	95kg	WARU, Ebony	19-Sep-21						

**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	48kg	WINWOOD, Tania	19-Sep-21						
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	67.5kg	McKNIGHT, Erica	22-Aug-21						
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	52.5kg	DOWDLE, Bobbie	24-Oct-21						
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
		RAW			SINGLE PLY			MULTI PLY		
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	47.5kg	KELLY, Colleen	24-Oct-21						
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
		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									
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										