

CAPO NATIONAL RECORDS - WOMEN

SINGLE LIFT COMPETITION - BENCH PRESS

Open Women

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	45kg	TAKAHASHI, Fumi	13-Dec-14	57.5kg	SMEETON, Maria	21-Oct-89				57.5kg	SMEETON, Maria	21-Oct-89
48kg	58kg	POOLE, Angie	12-Aug-17	81kg	MANNING, Teresa	05-Nov-05	85kg	WEIR, Yolandie	10-Aug-13	85kg	WEIR, Yolandie	10-Aug-13
52kg	85kg	WEIR, Coralie	10-Aug-13				90kg	WEIR, Coralie	22-Oct-11	90kg	WEIR, Coralie	22-Oct-11
56kg	85kg	ANTONINI, Gabriela	14-Mar-15	80kg	WEATHERALL, Michelina	21-Sep-19	95kg	WEIR, Coralie	27-Aug-11	95kg	WEIR, Coralie	27-Aug-11
60kg	97.5kg	McKENZIE, Jiuliana	30-Oct-16	80kg	WEATHERALL, Michelina	13-Sep-25	80kg	WEATHERALL, Michelina	07-Dec-25	97.5kg	McKENZIE, Jiuliana	30-Oct-16
67.5kg	112.5kg	McNEILL, Alex	25-Apr-21	100kg	POSTLETHWAITE, Siobhan	02-Mar-24	102.5kg	DESS, L	11-Oct-03	117.5kg	SHARP, Alisha	03-Aug-25
75kg	117.5kg	MICHON, Lucy	17-Sep-23	140kg	WATERS, Sharon	06-Oct-01	47.5kg	MILLER, M	13-Aug-05	140kg	WATERS, Sharon	06-Oct-01
82.5kg	110kg	FORMOSA, Jessica	24-Sep-23	115kg	CLAYSON, Emma	29-Jan-23	115kg	WULFF, T	01-Nov-03	155kg	MAXEY, Melissa	13-Sep-25
90kg	107.5kg	FAULKNER, Shontelle	31-May-25	120kg	FLANAGAN, Lesley	28-Oct-23	95kg	BLACKTHORN, Elizabeth	25-Apr-19	160.5kg	GRIMALDI, Maria	03-Aug-25
100kg	112.5kg	LANCASTER, Laura	06-Apr-25							112.5kg	LANCASTER, Laura	06-Apr-25
110kg	92.5kg	HONEYSETT, Kimberly	25-Jan-26	90kg	SHEPPARD, Xanthe	03-Aug-25				92.5kg	HONEYSETT, Kimberly	25-Jan-26
110+kg	110kg	STEWART, Gemma	26-Jan-25	80kg	BROWN, Alison	18-May-19	145kg	DAVIDSON, Heather	02-Aug-14	145kg	DAVIDSON, Heather	02-Aug-14

Sub Teen Women (7-9) Unofficial WPC - RAW ONLY

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			Previously Held By			Previously Held By			Previously Held By		
44kg												
48kg												
52kg												
56kg	25kg	HONEYSETT, Khloe	25-Jan-26									
60kg												
67.5kg												
75kg												
82.5kg												
90kg												
100kg												
110kg												
110+kg												

Sub Teen Women (10-12) Unofficial WPC - RAW ONLY

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			Previously Held By			Previously Held By			Previously Held By		
44kg												
48kg												
52kg												
56kg	37.5kg	MAYER, Arielle	15-Jan-22									
60kg												
67.5kg	35kg	JEFFERY, Imogen	14-Sep-24									
75kg												
82.5kg												
90kg												
100kg	42.5kg	MURPHY, Izzy	24-Sep-23									
110kg												
110+kg												

CAPO NATIONAL RECORDS - WOMEN

SINGLE LIFT COMPETITION - BENCH PRESS

Teenage 1 Women (13-15)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg							25kg	BERMINGHAM,	30-Apr-05	25kg	BERMINGHAM,	30-Apr-05
52kg	30kg	TANNER, Zara	25-Apr-21							30kg	TANNER, Zara	25-Apr-21
56kg	42.5kg	MAYER, Arielle	17-Sep-22							42.5kg	MAYER, Arielle	17-Sep-22
60kg							42.5kg	SKARLATOS, Christina	07-Aug-04	42.5kg	SKARLATOS, Christina	07-Aug-04
67.5kg				64kg	HALL, T	16-Sep-02				64kg	HALL, T	16-Sep-02
75kg												
82.5kg							50kg	RUNDELL, N	16-Feb-03	50kg	RUNDELL, N	16-Feb-03
90kg												
100kg												
110kg	47.5kg	STINSON, Evelyn	19-Aug-22							47.5kg	STINSON, Evelyn	19-Aug-22
110+kg	58kg	MURPHY, Izzy	24-May-26							57.5kg	MURPHY, Izzy	21-Mar-26

Teenage 2 Women (16-17)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg												
56kg												
60kg	35kg	THISTLETHWAITE, Emily	17-Sep-22							35kg	THISTLETHWAITE, Emily	17-Sep-22
67.5kg	40kg	LIM, Giselle	18-Sep-22	32.5kg	JOHNSON, Mia	22-May-21	55kg	HAINS, R	08-Feb-09	55kg	HAINS, R	08-Feb-09
75kg	37.5kg	ABDULLAH, Jasmine	28-May-22				47.5kg	MILLER, M	13-Aug-05	47.5kg	MILLER, M	13-Aug-05
82.5kg												
90kg	57.5kg	SINGH, Shristi	03-Aug-25							57.5kg	SINGH, Shristi	03-Aug-25
100kg												
110kg												
110+kg												

Teenage 3 Women (18-19)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg	60kg	COCOLARAS, Anastasia	01-Aug-24							60kg	COCOLARAS, Anastasia	01-Aug-24
56kg	60kg	COCOLARAS, Anastasia	25-Apr-24							60kg	COCOLARAS, Anastasia	25-Apr-24
60kg	70kg	COCOLARAS, Anastasia	24-Sep-23							70kg	COCOLARAS, Anastasia	24-Sep-23
67.5kg	57.5kg	BIANCO, Sofia	09-Jun-24							57.5kg	BIANCO, Sofia	09-Jun-24
75kg	50kg	FREEMAN, Jocelyn	10-Jun-23							50kg	FREEMAN, Jocelyn	10-Jun-23
82.5kg												
90kg												
100kg												
110kg												
110+kg												

CAPO NATIONAL RECORDS - WOMEN

SINGLE LIFT COMPETITION - BENCH PRESS

Junior Women (20-23)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg							35kg	WHITE, M	05-Nov-05	35kg	WHITE, M	05-Nov-05
52kg	47.5kg	CHEN, Fion	22-Oct-11				60kg	WEIR, Yolandie	04-Oct-08	60kg	WEIR, Yolandie	04-Oct-08
56kg	45kg	HILTON, Kat	29-Apr-18							45kg	HILTON, Kat	29-Apr-18
60kg												
67.5kg	80kg	McNAMARA, Millie	01-Aug-24							80kg	McNAMARA, Millie	01-Aug-24
75kg	75.5kg	VENNING, Sophie	03-Aug-25							75.5kg	VENNING, Sophie	03-Aug-25
82.5kg												
90kg	95kg	HOFFMANN, Taylah	01-Aug-24							95kg	HOFFMANN, Taylah	01-Aug-24
100kg												
110kg												
110+kg	50kg	MURRAY, Alexandra	25-Apr-21							50kg	MURRAY, Alexandra	25-Apr-21

Senior Women (24-32)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	45kg	TAKAHASHI, Fumi	13-Dec-14	57.5kg	SMEETON, Maria	21-Oct-89				57.5kg	SMEETON, Maria	21-Oct-89
48kg	45kg	DeFINA, Annbel	20-Oct-12	72.5	SMEETON, Maria	18-Oct-92	85kg	WEIR, Yolandie	10-Aug-13	85kg	WEIR, Yolandie	10-Aug-13
52kg												
56kg	67.5kg	CARRICK, Bec	18-Aug-18				58kg	SMITH, V	13-Aug-05	67.5kg	CARRICK, Bec	18-Aug-18
60kg	80.5kg	McDONALD, Skye	25-Apr-17	60kg	GANNON, L	05-Oct-02				80.5kg	McDONALD, Skye	25-Apr-17
67.5kg	112.5kg	McNEILL, Alex	25-Apr-21				100kg	ASHLEIGH, Lauren	18-May-19	117.5kg	SHARP, Alisha	03-Aug-25
75kg	97.5kg	POTGIETER, Chantal	11-Aug-23	140kg	WATERS, Sharon	06-Oct-01				140kg	WATERS, Sharon	06-Oct-01
82.5kg	101kg	CLAYSON, Emma	30-Jan-22	115kg	CLAYSON, Emma	29-Jan-23	100kg	BLACKTHORN, Elizabeth	18-May-19	115kg	CLAYSON, Emma	29-Jan-23
90kg	102.5kg	LANCASTER, Laura	22-Oct-23				95kg	BLACKTHORN, Elizabeth	25-Apr-19	102.5kg	LANCASTER, Laura	22-Oct-23
100kg	90kg	STONE, Natalie	27-Feb-22							90kg	STONE, Natalie	27-Feb-22
110kg	50kg	DELLIOS, Angelika	17-Sep-22	90kg	SHEPPARD, Xanthe	03-Aug-25				90kg	SHEPPARD, Xanthe	03-Aug-25
110+kg	82.5kg	HUMBLE, Abbey	03-Aug-25	80kg	BROWN, Alison	18-May-19	145kg	DAVIDSON, Heather	02-Aug-14	145kg	DAVIDSON, Heather	02-Aug-14

Sub Masters Women (33-39)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg	47.5kg	WU, Cho	28-Jan-24							47.5kg	WU, Cho	28-Jan-24
52kg	52.5kg	GIL, Beatriz	29-Jan-23							52.5kg	GIL, Beatriz	29-Jan-23
56kg	65kg	ROBERTS, Natalie	28-Feb-26				37.5kg	THACKER, S	26-Sep-05	52.5kg	MUDIE, Kat	17-Sep-22
60kg	77.5kg	WESTDORP, Keshia	25-Jan-26							77.5kg	WESTDORP, Keshia	25-Jan-26
67.5kg	107.5kg	DAY, Jess	25-Mar-18	100kg	POSTLETHWAITE, Siobhan	02-Mar-24	102.5kg	DESS, L	11-Oct-03	107.5kg	DAY, Jess	25-Mar-18
75kg	117.5kg	MICHON, Lucy	17-Sep-23	122.5kg	THOMPSON, Lucie	14-Aug-15				122.5kg	THOMPSON, Lucie	14-Aug-15
82.5kg	110kg	FORMOSA, Jessica	24-Sep-23	90kg	KING, Kelly-Ann	25-Jan-26	115kg	WULFF, T	01-Nov-03	115kg	WULFF, T	01-Nov-03
90kg	85kg	HOOSON, Janette	08-Oct-11	120kg	FLANAGAN, Lesley	28-Oct-23				120kg	FLANAGAN, Lesley	28-Oct-23
100kg	112.5kg	LANCASTER, Laura	06-Apr-25							112.5kg	LANCASTER, Laura	06-Apr-25
110kg	80kg	PALMER, Brooke	18-Sep-22							80kg	PALMER, Brooke	18-Sep-22
110+kg	110kg	STEWART, Gemma	26-Jan-25	75kg	BROWN, Alison	24-Sep-23	142.5kg	STEWART, Gemma	28-Jan-24	142.5kg	STEWART, Gemma	28-Jan-24

CAPO NATIONAL RECORDS - WOMEN

SINGLE LIFT COMPETITION - BENCH PRESS

Masters 1 Women (40-44)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg							73kg	MANNING, Teresa	05-Nov-05	73kg	MANNING, Teresa	05-Nov-05
52kg	62.5kg	BELTON, Tina	27-May-18				45kg	GIGLIA, Jackie	13-Dec-03	62.5kg	BELTON, Tina	27-May-18
56kg	82.5kg	FLEMING, Danielle	15-Jan-22	80kg	WEATHERALL, Michelina	21-Sep-19				82.5kg	FLEMING, Danielle	15-Jan-22
60kg	93kg	McKENZIE, Jiuliana	13-Aug-16							93kg	McKENZIE, Jiuliana	13-Aug-16
67.5kg	102.5kg	CONTESSA, Rohiya	15-Feb-26				55kg	WHITEHEAD, A	13-Dec-03	102.5kg	CONTESSA, Rohiya	15-Feb-26
75kg	92.5kg	MALARD, Annie	17-Sep-23	70kg	ROSE, Jess	31-May-25				92.5kg	MALARD, Annie	17-Sep-23
82.5kg	65kg	WILLIAMS, Stacey	25-Jan-26							65kg	WILLIAMS, Stacey	25-Jan-26
90kg	107.5kg	FAULKNER, Shontelle	31-May-25							107.5kg	FAULKNER, Shontelle	31-May-25
100kg	107.5kg	FAULKNER, Shontelle	14-Nov-24							107.5kg	FAULKNER, Shontelle	14-Nov-24
110kg	92.5kg	HONEYSETT, Kimberly	25-Jan-26							92.5kg	HONEYSETT, Kimberly	25-Jan-26
110+kg	80kg	ALBERT, Michaela	01-Aug-24	87.5kg	BROWN, Mel	06-Jun-26				87.5kg	BROWN, Mel	06-Jun-26

Masters 2 Women (45-49)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	37.5kg	WINWOOD, Tania	25-Mar-18							37.5kg	WINWOOD, Tania	25-Mar-18
48kg	58kg	POOLE, Angie	12-Aug-17	81kg	MANNING, T	05-Nov-05	67.5kg	MANNING, Teresa	05-Aug-06	81kg	MANNING, Teresa	05-Nov-05
52kg	50kg	JOHNSON, Anna	25-Apr-19				90kg	WEIR, Coralie	22-Oct-11	90kg	WEIR, Coralie	22-Oct-11
56kg	85kg	ANTONINI, Gabriela	14-Mar-15				95kg	WEIR, Coralie	28-Aug-11	95kg	WEIR, Coralie	28-Aug-11
60kg	97.5kg	McKENZIE, Jiuliana	30-Oct-16	50kg	VELLA, M	05-Oct-02				97.5kg	McKENZIE, Jiuliana	30-Oct-16
67.5kg	100.5kg	McKENZIE, Jiuliana	25-Apr-17							100.5kg	McKENZIE, Jiuliana	25-Apr-17
75kg	95kg	WHITEHEAD, Tabitha	25-Jan-26	105kg	GREEN, Mel	06-Jun-26				105kg	GREEN, Mel	06-Jun-26
82.5kg	70kg	MERCER, Kaye	15-Jan-22				62.5kg	SMITH, S	26-Sep-05	155kg	MAXEY, Melissa	13-Sep-25
90kg	85kg	PREECE, Trudy	15-Nov-25							160kg	MAXEY, Melissa	14-Sep-24
100kg	62.5kg	STANIFORD, Harriet	12-Apr-26									
110kg	85kg	WARU, Ebony	07-Dec-25							85kg	WARU, Ebony	07-Dec-25
110+kg	100kg	WARU, Ebony	18-Sep-22							100kg	WARU, Ebony	18-Sep-22

Masters 3 Women (50-54)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg	48kg	WINWOOD, Tania	19-Sep-21							48kg	WINWOOD, Tania	19-Sep-21
52kg	85kg	WEIR, Coralie	10-Aug-13							85kg	WEIR, Coralie	10-Aug-13
56kg	85kg	BEEFORTH, Nicole	14-Sep-24							66kg	PARYGINA, Anna	11-Aug-23
60kg	80kg	BEEFORTH, Nicole	24-Sep-23	80kg	WEATHERALL, Michelina	13-Sep-25	80kg	WEATHERALL, Michelina	07-Dec-25	80kg	BEEFORTH, Nicole	24-Sep-23
67.5kg	90kg	BARBA, Maria	30-Oct-16	77.5kg	SIMON, R	19-Apr-98				90kg	BARBA, Maria	30-Oct-16
75kg	77.5kg	LEVEQUE, Deb	24-Sep-23							77.5kg	LEVEQUE, Deb	24-Sep-23
82.5kg	72.5kg	BIGGIN, Peta	03-Aug-25							72.5kg	BIGGIN, Peta	03-Aug-25
90kg	101kg	GRIMALDI, Maria	22-Mar-25	62.5kg	MORTON, Paula	25-Jan-26				160.5kg	GRIMALDI, Maria	03-Aug-25
100kg	70kg	LIHOU, Melanie	01-Aug-24							70kg	LIHOU, Melanie	01-Aug-24
110kg												
110+kg												

CAPO NATIONAL RECORDS - WOMEN

SINGLE LIFT COMPETITION - BENCH PRESS

Masters 4 Women (55-59)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg												
56kg	47.5kg	NELSON, Lorell	28-Aug-11							47.5kg	NELSON, Lorell	28-Aug-11
60kg	57.5kg	NELSON, Lorell	21-Nov-14							57.5kg	NELSON, Lorell	21-Nov-14
67.5kg	45kg	EWIN, Donna	10-Jun-23							45kg	EWIN, Donna	10-Jun-23
75kg	69kg	POWER, Lucy	20-Oct-24							69kg	POWER, Lucy	20-Oct-24
82.5kg	62.5kg	BURKE, Eva	25-Apr-19							62.5kg	BURKE, Eva	25-Apr-19
90kg	62.5kg	DELANEY, Dot	28-Jan-24							62.5kg	DELANEY, Dot	28-Jan-24
100kg												
110kg												
110+kg	47.5kg	MITCHELL, Kerry	25-Jan-26							47.5kg	MITCHELL, Kerry	25-Jan-26

Masters 5 Women (60-64)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg												
56kg	57.5kg	NELSON, Lorell	12-Aug-17							57.5kg	NELSON, Lorell	12-Aug-17
60kg	57.5kg	WISEMAN, Kaye	10-Jun-23							57.5kg	WISEMAN, Kaye	10-Jun-23
67.5kg	60kg	BLAKELEY KERR, Sue	03-Aug-25							60kg	BLAKELEY KERR, Sue	03-Aug-25
75kg	42.5kg	ABRAHMSSEN, Wendy	01-Aug-24							42.5kg	ABRAHMSSEN, Wendy	01-Aug-24
82.5kg	40kg	DAVIES, Karen	24-Sep-23							40kg	DAVIES, Karen	24-Sep-23
90kg	60kg	DOWDLE, Bobbie	14-Apr-24							60kg	DOWDLE, Bobbie	14-Apr-24
100kg	40kg	FORREST, Kim	19-Oct-25							37.5kg	DAVIES, Karen	25-Apr-25
110kg												
110+kg												

Masters 6 Women (65-69)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg												
56kg	50kg	NELSON, Lorell	30-Apr-23							50kg	NELSON, Lorell	30-Apr-23
60kg	47.5kg	NELSON, Lorell	28-Jan-24							47.5kg	NELSON, Lorell	28-Jan-24
67.5kg	47.5kg	KELLY, Colleen	24-Oct-21							47.5kg	KELLY, Colleen	24-Oct-21
75kg												
82.5kg	46kg	MAGRI, Pauline	22-Sep-18							46kg	MAGRI, Pauline	22-Sep-18
90kg	47.5kg	MAGRI, Pauline	18-May-19							47.5kg	MAGRI, Pauline	18-May-19
100kg												
110kg	46kg	O'BRIEN, Olive	22-Mar-25							45kg	O'BRIEN, Olive	01-Aug-24
110+kg												

CAPO NATIONAL RECORDS - WOMEN

SINGLE LIFT COMPETITION - BENCH PRESS

Masters 7 Women (70-74)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg												
56kg												
60kg												
67.5kg	40kg	McCOOL, Jose	03-Aug-25							40kg	McCOOL, Jose	03-Aug-25
75kg	50kg	McCOOL, Jose	14-Nov-24							50kg	McCOOL, Jose	14-Nov-24
82.5kg	60kg	WILSON, Katie	03-Aug-25							60kg	WILSON, Katie	03-Aug-25
90kg												
100kg												
110kg												
110+kg												

Masters 8 Women (75-79)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg												
48kg												
52kg												
56kg												
60kg												
67.5kg	45kg	SILVER, Valerie	14-Nov-24							60kg	SILVER, Valerie	25-Jan-26
75kg												
82.5kg	27.5kg	SCHMIDT, Cheryl	25-Apr-25							27.5kg	SCHMIDT, Cheryl	25-Apr-25
90kg												
100kg												
110kg												
110+kg												

Masters 9 Women (80-84)

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

Masters 10 Women (85-89)

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