### CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

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| DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | ATHLETE | DATE OF LIFT | WEIGHT LIFTED | THE LIFT | WEIGHT LIFTED | THE LIFT | THE L

### CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

SUB TEEN WO	MAN (10-12)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									

Updated on 1/02/2024

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench	30kg	Lidya, Savannah	8-Mar-15						
52kg	Bench									
56kg	Bench	47.5kg	Coe, Amie	8-Mar-15						
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

TEENAGE WOR	MANS (16-17)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	19-Aug-22	Lim, Giselle	40kg						
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									
						Updated on 1/02/2024				

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench	55kg	Bignell, Verity	19-Oct-14						
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench	55kg	Donnellan, Jessica	19-Oct-14						
60kg	Bench									
67.5kg	Bench	52.5kg	Kirk, Jemma	21-Sep-21						
75kg	Bench	115kg	Day, Jessica	24-May-19						
82.5kg	Bench	75kg	Day, Jessica	8-Mar-15						
90kg	Bench	77.5kg	Hellriegel, Temera	25-Mar-18						
100kg	Bench									
110kg	Bench									
110+kg	Bench									

Updated on 1/02/2024

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

SUB MASTERS	(33-39)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	107.5kg	Day, Jessica	25-Mar-18						
75kg	Bench	117.5kg	Michon, Lucy	17-Aug-23						
82.5kg	Bench	70kg	Henderson, Kit	24-Mar-19						
90kg	Bench									
100kg	Bench									
110kg	Bench	80kg	Palmer, Brooke	18-Aug-22						
110+kg	Bench	62.5kg	Fagan, Bernadette	17-Sep-23						

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench	67.5kg	Weatherall, Michelina	17-Aug-19						
67.5kg	Bench									
75kg	Bench	17-Aug-23	Maylard, Annie	92.5kg						
82.5kg	Bench									
90kg	Bench	17-Sep-23	Henderson, Catherine	95kg						
100kg	Bench	18-Sep-22	Stothard, Holly-Ann	55kg						
110kg	Bench									
110+kg	Bench									

CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

MASTERS (45-	49)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench	37.5kg	Winwood, Tania	25-Mar-18						
48kg	Bench	75kg	Pearsall, Danielle	8-Mar-15						
52kg	Bench	47.5kg	Winwood, Tania	24-Mar-19						
56kg	Bench									
60kg	Bench									
67.5kg	Bench	52.5kg	Fuentes, Justine	25-Mar-18						
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench	100kg	Waru, Ebony	18-Sep-22						
		-				Updated on 1/02/2024	-			

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

MASTERS (50-	54)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench	48kg	Winwood, Tania	21-Sep-21						
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	87.5kg	Cook, Monica	8-Mar-15						
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									
				•	•	Undated on 1/03/2024	•	•	•	

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
44kg	Bench									
48kg	Bench									
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	57.5kg	Feeny, Peta	17-Sep-23						
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
110+kg	Bench									

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

MASTERS (65-	69)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

#### Updated on 1/02/2024

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

MASTERS (70-	74)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									
						Updated on 1/02/2024				

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

MASTERS (75-	79)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

# CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									
						Updated on 1/02/2024				

## CAPO WESTERN AUSTRALIAN WOMANS BENCH ONLY COMPETITION

MASTERS (85-	89)									
BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

Updated on 1/02/2024