

# 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						
SHW	Bench	105kg	DAVIES, Natasha	10-Aug-13				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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# SINGLE LIFT COMPETITION - BENCH PRESS

## 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									
60kg	Bench									
67.5kg	Bench									
75kg	Bench	62.5kg	DENTON, Skye	14-Aug-15						
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	57.5kg	MARTINOVICH, K	20-Mar-11				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						
75kg	Bench	95kg	De JONG, Kayleigh	30-Oct-16	140kg	WATERS, Sharon	06-Oct-01			
82.5kg	Bench	90kg	KELLY, Shanai	28-Oct-17						
90kg	Bench	77.5kg	HELLRIEGEL, Temera	25-Mar-18						
SHW	Bench	50kg	PARKER, Kylie	30-Oct-16				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							37.5kg	THACKER, S	26-Sep-05
60kg	Bench	67.5kg	VU-DUY, L	23-Oct-10						
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							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	37.5	WINWOOD, Tania	25-Mar-18						
48kg	Bench	58kg	POOLE, Angie	12-Aug-17	81kg	MANNING, T	05-Nov-05			
52kg	Bench							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	40kg	COTTONARO, Verity	30-Oct-16						
82.5kg	Bench							62.5kg	SMITH, S	26-Sep-05
90kg	Bench									
SHW	Bench									

**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									
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									
67.5kg	Bench	45kg	ROBERTSON, Leonie	12-Aug-17						
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									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
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
		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 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									