

**CAPO Vic State Records**

**WOMEN SINGLE LIFT COMPETITION BENCH PRESS ONLY**

**Open Women**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>			<b>UNLIMITED</b>		
44kg	Bench												
48kg	Bench	47.5kg	LI, Pam	25-Apr-21							47.5kg	LI, Pam	25-Apr-21
52kg	Bench	60kg	COCOLARAS, Anastasia	01-Aug-24							60kg	COCOLARAS, Anastasia	01-Aug-24
56kg	Bench	85kg	BEEFORTH, Nicole	14-Sep-24							85kg	BEEFORTH, Nicole	14-Sep-24
60kg	Bench	97.5kg	McKENZIE, Jiuliana	30-Oct-16	77.5kg	PARYGINA, Anna	02-Mar-24				77.5kg	PARYGINA, Anna	02-Mar-24
67.5kg	Bench	112.5kg	McNEILL, Alex	25-Apr-21	100kg	POSTLETHWAITE, Siobhan	02-Mar-24	100kg	ASHLEIGH, Lauren	18-May-19	100kg	ASHLEIGH, Lauren	18-May-19
75kg	Bench	82.5kg	KUPIERS, Robin	28-Oct-17				132.5	MITCHELL, Joanne	17-Nov-09	132.5	MITCHELL, Joanne	17-Nov-09
82.5kg	Bench	110kg	FORMOSA, Jessica	24-Sep-23				100kg	BLACKTHORN, Elizabeth	18-May-19	110kg	FORMOSA, Jessica	24-Sep-23
90kg	Bench	100kg	BLACKTHORN, Liz	25-Apr-21				95kg	BLACKTHORN, Elizabeth	25-Apr-19	160kg	MAXEY, Melissa	14-Sep-24
100kg	Bench												
110kg	Bench	52.5kg	DELLIOS, Angelika	01-Aug-24	80kg	BROWN, Alison	18-May-19				80kg	BROWN, Alison	18-May-19
110+kg	Bench	80kg	ALBERT-SAMMUT, Michaela	01-Aug-24	75kg	BROWN, Alison	24-Sep-23				80kg	ALBERT-SAMMUT, Michaela	01-Aug-24

**Sub Teen Women (10-12)**

Unofficial WPC

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>			<b>UNLIMITED</b>		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench	37.5kg	MAYER, Arielle	15-Jan-22							37.5kg	MAYER, Arielle	15-Jan-22
60kg	Bench												
67.5kg	Bench	35kg	JEFFERY, Imogen	14-Sep-24							35kg	JEFFERY, Imogen	14-Sep-24
75kg	Bench												
82.5kg	Bench												
90kg	Bench												
100kg	Bench												
110kg	Bench	42.5kg	MURPHY, Izzy	24-Sep-23							42.5kg	MURPHY, Izzy	24-Sep-23
110+kg	Bench												

**Teenage 1 Women (13-15)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>			<b>UNLIMITED</b>		
44kg	Bench												
48kg	Bench												
52kg	Bench	30kg	TANNER, Zara	25-Apr-21							30kg	TANNER, Zara	25-Apr-21
56kg	Bench	42.5kg	MAYER, Arielle	17-Sep-22							42.5kg	MAYER, Arielle	17-Sep-22
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench												
90kg	Bench												
100kg	Bench												
110kg	Bench	47.5kg	MURPHY, Izzy	25-Apr-24							47.5kg	MURPHY, Izzy	25-Apr-24
110+kg	Bench	50kg	MURPHY, Izzy	14-Sep-24							50kg	MURPHY, Izzy	14-Sep-24

Teenage 2 Women (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench												
60kg	Bench	35kg	THISTLETHWAITE, Emily	17-Sep-22							35kg	THISTLETHWAITE, Emily	17-Sep-22
67.5kg	Bench	30kg	JOHNSON, Mia	25-Apr-21	32.5kg	JOHNSON, Mia	22-May-21				32.5kg	JOHNSON, Mia	22-May-21
75kg	Bench	37.5kg	ABDULLAH, Jasmine	28-May-22							37.5kg	ABDULLAH, Jasmine	28-May-22
82.5kg	Bench												
90kg	Bench												
100kg	Bench												
110kg	Bench												
110+kg	Bench												

Teenage 3 Women (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench	60kg	COCOLARAS, Anastasia	01-Aug-24							60kg	COCOLARAS, Anastasia	01-Aug-24
56kg	Bench	60kg	COCOLARAS, Anastasia	25-Apr-24							60kg	COCOLARAS, Anastasia	25-Apr-24
60kg	Bench	70kg	COCOLARAS, Anastasia	24-Sep-23							70kg	COCOLARAS, Anastasia	24-Sep-23
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench												
90kg	Bench												
100kg	Bench												
110kg	Bench												
110+kg	Bench												

Junior Women (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	62.5kg	KUES, Chloe	24-Sep-23							62.5kg	KUES, Chloe	24-Sep-23
75kg	Bench	67.5kg	COLLINS, Ella	21-Sep-19							67.5kg	COLLINS, Ella	21-Sep-19
82.5kg	Bench												
90kg	Bench												
100kg	Bench												
110kg	Bench	50kg	MURRAY, Alexandra	25-Apr-21							50kg	MURRAY, Alexandra	25-Apr-21
110+kg	Bench												

**CAPO Vic State Records**

**WOMEN SINGLE LIFT COMPETITION BENCH PRESS ONLY**

**Senior Women (24-32)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>			<b>UNLIMITED</b>		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench	42.5kg	POSTLETHWAITE, Dianne	25-Apr-18							42.5kg	POSTLETHWAITE, Dianne	25-Apr-18
60kg	Bench	80.5kg	McDONALD, Skye	25-Apr-17							80.5kg	McDONALD, Skye	25-Apr-17
67.5kg	Bench	112.5kg	McNEILL, Alex	25-Apr-21				100kg	ASHLEIGH, Lauren	18-May-19	112.5kg	McNEILL, Alex	25-Apr-21
75kg	Bench	75kg	JEWELL, Elissa	25-Apr-18				132.5	MITCHELL, Joanne	17-Nov-09	132.5	MITCHELL, Joanne	17-Nov-09
82.5kg	Bench	90kg	KELLY, Shanai	28-Oct-17				100kg	BLACKTHORN, Elizabeth	18-May-19	100kg	BLACKTHORN, Elizabeth	18-May-19
90kg	Bench	100kg	BLACKTHORN, Liz	25-Apr-21				95kg	BLACKTHORN, Elizabeth	25-Apr-19	100kg	BLACKTHORN, Liz	25-Apr-21
100kg	Bench												
110kg	Bench	50kg	PARKER, Kylie	30-Oct-16							50kg	PARKER, Kylie	30-Oct-16
110+kg	Bench	77.5kg	PEARSON, Stephanie	01-Aug-24							77.5kg	PEARSON, Stephanie	01-Aug-24

**Sub Masters Women (33-39)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>			<b>UNLIMITED</b>		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench	52.5kg	MUDIE, Kat	17-Sep-22							52.5kg	MUDIE, Kat	17-Sep-22
60kg	Bench	72.5kg	RYBICKI, Sharon	18-May-19							72.5kg	RYBICKI, Sharon	18-May-19
67.5kg	Bench	62.5kg	LY, Lisa	14-Aug-15	100kg	POSTLETHWAITE, Siobhan	02-Mar-24				100kg	POSTLETHWAITE, Siobhan	02-Mar-24
75kg	Bench	72.5kg	LEIGH, Sarah	25-Apr-24							72.5kg	LEIGH, Sarah	25-Apr-24
82.5kg	Bench	110kg	FORMOSA, Jessica	24-Sep-23							110kg	FORMOSA, Jessica	24-Sep-23
90kg	Bench												
100kg	Bench	47.5kg	FRANCIS, Jessica	14-Sep-24							47.5kg	FRANCIS, Jessica	14-Sep-24
110kg	Bench	55kg	DELLIOS,Angelika	14-Sep-24							55kg	DELLIOS,Angelika	14-Sep-24
110+kg	Bench	62.5kg	BROWN, Alison	14-Sep-24	75kg	BROWN, Alison	24-Sep-23				75kg	BROWN, Alison	24-Sep-23

**Masters 1 Women (40-44)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>			<b>UNLIMITED</b>		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench	82.5kg	FLEMING, Danielle	15-Jan-22							82.5kg	FLEMING, Danielle	15-Jan-22
60kg	Bench	93kg	McKENZIE, Jiuliana	13-Aug-16							93kg	McKENZIE, Jiuliana	13-Aug-16
67.5kg	Bench	100kg	DINAKIS, Freda	25-Aug-12							100kg	DINAKIS, Freda	25-Aug-12
75kg	Bench												
82.5kg	Bench												
90kg	Bench												
100kg	Bench	95kg	BESSLER, Heidi	24-Sep-23							95kg	BESSLER, Heidi	24-Sep-23
110kg	Bench	62.5kg	ALBERT-SAMMUT, Michaela	25-Apr-23							62.5kg	ALBERT-SAMMUT, Michaela	25-Apr-23
110+kg	Bench	80kg	ALBERT-SAMMUT, Michaela	01-Aug-24							80kg	ALBERT-SAMMUT, Michaela	01-Aug-24

Masters 2 Women (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench	50kg	JOHNSON, Anna	25-Apr-19							50kg	JOHNSON, Anna	25-Apr-19
56kg	Bench												
60kg	Bench	97.5kg	McKENZIE, Jiuliana	30-Oct-16							97.5kg	McKENZIE, Jiuliana	30-Oct-16
67.5kg	Bench	100.5kg	McKENZIE, Jiuliana	25-Apr-17							100.5kg	McKENZIE, Jiuliana	25-Apr-17
75kg	Bench	82.5kg	KUPIERS, Robin	28-Oct-17							82.5kg	KUPIERS, Robin	28-Oct-17
82.5kg	Bench	70kg	MERCER, Kaye	15-Jan-22							70kg	MERCER, Kaye	15-Jan-22
90kg	Bench	60kg	VAN DER POLL, Gigi	22-May-21							160kg	MAXEY, Melissa	14-Sep-24
100kg	Bench												
110kg	Bench												
110+kg	Bench	77.5kg	ALBERT-SAMMUT, Michaela	14-Sep-24							77.5kg	ALBERT-SAMMUT, Michaela	14-Sep-24

Masters 3 Women (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench	47.5kg	LI, Pam	25-Apr-21							47.5kg	LI, Pam	25-Apr-21
52kg	Bench	57.5kg	LI, Pam	24-Sep-23							57.5kg	LI, Pam	24-Sep-23
56kg	Bench	85kg	BEEFORTH, Nicole	14-Sep-24							85kg	BEEFORTH, Nicole	14-Sep-24
60kg	Bench	80kg	BEEFORTH, Nicole	24-Sep-23	77.5kg	PARYGINA, Anna	02-Mar-24				80kg	BEEFORTH, Nicole	24-Sep-23
67.5kg	Bench	90kg	BARBA, Maria	30-Oct-16							90kg	BARBA, Maria	30-Oct-16
75kg	Bench	77.5kg	LEVEQUE, Deb	24-Sep-23							77.5kg	LEVEQUE, Deb	24-Sep-23
82.5kg	Bench	70.5kg	BIGGIN, Peta	14-Sep-24							70.5kg	BIGGIN, Peta	14-Sep-24
90kg	Bench	70kg	BIGGIN, Peta	17-Sep-22							70kg	BIGGIN, Peta	17-Sep-22
100kg	Bench												
110kg	Bench												
110+kg	Bench												

Masters 4 Women (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench	62.5kg	BURKE, Eva	25-Apr-19							62.5kg	BURKE, Eva	25-Apr-19
90kg	Bench	52.5kg	LAVAKA, Mui Mui	01-Aug-24							52.5kg	LAVAKA, Mui Mui	01-Aug-24
100kg	Bench												
110kg	Bench												
110+kg	Bench	40kg	WILTON, Erica	24-Sep-23							40kg	WILTON, Erica	24-Sep-23

Masters 5 Women (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	45.5kg	LEAHY, Debbie	19-May-18							45.5kg	LEAHY, Debbie	19-May-18
75kg	Bench												
82.5kg	Bench	40kg	DAVIES, Karen	24-Sep-23							40kg	DAVIES, Karen	24-Sep-23
90kg	Bench	40kg	DAVIES, Karen	25-Apr-24							40kg	DAVIES, Karen	25-Apr-24
100kg	Bench												
110kg	Bench												
110+kg	Bench												

Masters 6 Women (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
44kg	Bench												
48kg	Bench												
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	42.5kg	LEAHY, Debbie	25-Apr-18							42.5kg	LEAHY, Debbie	25-Apr-18
75kg	Bench												
82.5kg	Bench	46kg	MAGRI, Pauline	22-Sep-18							46kg	MAGRI, Pauline	22-Sep-18
90kg	Bench	47.5kg	MAGRI, Pauline	18-May-19							47.5kg	MAGRI, Pauline	18-May-19
100kg	Bench	42.5kg	OBRIEN, Olive	25-Apr-24							42.5kg	OBRIEN, Olive	25-Apr-24
110kg	Bench	45kg	OBRIEN, Olive	01-Aug-24							45kg	OBRIEN, Olive	01-Aug-24
110+kg	Bench												

Masters 7 Women (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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												

Masters 8 Women (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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												

Masters 9 Women (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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												

Masters 10 Women (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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												