

APL Australian Womens Records (Tested)  
RAW BENCH PRESS ONLY



OPEN						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	50.0					
48 kg	55.0					
52 kg	57.5					
56 kg	62.5					
60 kg	65.0					
67.5 kg	72.5					
75 kg	77.5					
82.5 kg	82.5					
90 kg	87.5					
90+ kg	92.5					
J1 JUNIOR 15-19						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	42.5					
48 kg	47.5					
52 kg	50.0					
56 kg	57.5	Ishbel Graham	27-Apr-19	55.0	Ishbel Graham	08-Nov-18
60 kg	55.0					
67.5 kg	62.5					
75 kg	67.5					
82.5 kg	72.5					
90 kg	75.0					
90+ kg	80.0					
J2 JUNIOR 20-23						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	47.5					
48 kg	50.0					
52 kg	55.0					
56 kg	57.5					
60 kg	60.0					
67.5 kg	67.5					
75 kg	72.5					
82.5 kg	77.5					
90 kg	82.5					
90+ kg	87.5					
M1 40-44						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	50.0					
48 kg	52.5					
52 kg	57.5					
56 kg	60.0					
60 kg	62.5					
67.5 kg	70.0					
75 kg	75.0					
82.5 kg	82.5					
90 kg	87.5					
90+ kg	92.5					
	152.5					

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M2 45-49						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	45.0					
48 kg	50.0					
52 kg	52.5					
56 kg	55.0					
60 kg	60.0					
67.5 kg	65.0					
75 kg	70.0					
82.5 kg	75.0					
90 kg	80.0					
90+ kg	85.0					
M3 50-54						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	42.5					
48 kg	45.0					
52 kg	50.0					
56 kg	52.5					
60 kg	55.0					
67.5 kg	60.0					
75 kg	65.0					
82.5 kg	70.0					
90 kg	75.0					
90+ kg	80.0					
M4 55-59						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	37.5					
48 kg	42.5					
52 kg	45.0					
56 kg	47.5					
60 kg	50.0					
67.5 kg	55.0					
75 kg	60.0					
82.5 kg	62.5					
90 kg	67.5					
90+ kg	70.0					
M5 60-64						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	32.5					
48 kg	35.0					
52 kg	37.5					
56 kg	40.0					
60 kg	42.5					
67.5 kg	47.5					
75 kg	52.5					
82.5 kg	55.0					
90 kg	60.0					
90+ kg	62.5					

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M6 65-69						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	30.0					
48 kg	32.5					
52 kg	35.0					
56 kg	37.5					
60 kg	40.0					
67.5 kg	45.0					
75 kg	47.5					
82.5 kg	52.5					
90 kg	55.0					
90+ kg	57.5					
M7 70-74						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	27.5					
48 kg	30.0					
52 kg	32.5					
56 kg	35.0					
60 kg	37.5					
67.5 kg	40.0					
75 kg	45.0					
82.5 kg	47.5					
90 kg	50.0					
90+ kg	52.5					
M8 75-79						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	25.0					
48 kg	27.5					
52 kg	30.0					
56 kg	32.5					
60 kg	32.5					
67.5 kg	37.5					
75 kg	40.0					
82.5 kg	42.5					
90 kg	45.0					
90+ kg	47.5					
M9 80+						
Current Record				Former Record		
BWT	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	22.5					
48 kg	25.0					
52 kg	25.0					
56 kg	27.5					
60 kg	30.0					
67.5 kg	32.5					
75 kg	35.0					
82.5 kg	37.5					
90 kg	40.0					
90+ kg	42.5					