

The Australian Women's Register

Entry type: Person
Entry ID: AWE2531

Francis, Bev

(1955 -)

Born 15 February, 1955, Geelong Victoria Australia

Occupation Bodybuilder

Summary

As a teenager, Bev Francis was an accomplished shot-putter in track and field. She began powerlifting, winning six world titles from 1980 to 1985 and earning the accolade of "Strongest Woman in History". In 1983 Francis was invited to attend the Caesar's World Cup in Las Vegas, representing the 'muscular extreme' and sparking a debate within the bodybuilding community on 'how much muscle is too much?'

At the contest Francis met IFBB judge and powerlifter Steve Weinberger, whom she later married. She relocated to Weinberger's Long Island abode and entered her first IFBB Ms. Olympia contest in 1986, where she was placed 10th. The next year, she won the IFBB Women's World Pro Championships and was third in that year's IFBB Ms. Olympia. She was third again in 1988 and 1989, and runner-up in 1990. In the 1991 contest she presented the most muscular female physique ever seen and finished, controversially, as runner-up to Lenda Murray. Once again, Francis' extreme muscular form sparked debate and led to an attempt to overhaul procedure.

Today Francis and Weinberger live in Syosset, Long Island, as co-owners of Bev Francis Gold's Gym.

Published resources

Site Exhibition

She's Game: Women Making Australian Sporting History, Australian Women's Archives Project, 2007, <http://www.womenaustralia.info/exhib/sg/sport-home.html>

Resource

Trove, National Library of Australia, 2009

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Digital resources



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