

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Open Men

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench							67.5kg	JARDINE, L	13-Aug-05
56kg	Bench				110kg	ZALCMAN, A	16-Mar-02	135kg	FIGUEROA, J	04-Oct-08
60kg	Bench	132.5kg	FIGUEROA, J	08-Feb-09	119kg	FIGUEROA, J	29-Nov-02	75kg	JARDINE, L	05-Nov-05
67.5kg	Bench	160kg	ALLIE, Nick	24-Nov-14	140kg	ROCCECCIOLI, Michael	28-Oct-17	150kg	BERMINGHAM, Thomas	12-Oct-13
75kg	Bench	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17	231kg	GALATI, Ange	05-Aug-06
82.5kg	Bench	215kg	GALATI, Ange	26-Apr-14	245kg	GALATI, Ange	13-Aug-16	265kg	GALATI, Ange	15-Mar-15
90kg	Bench	210kg	GALATI, Ange	24-Nov-14	242.5kg	BRIGUGLIO, David	25-Apr-18	233kg	JARDINE, M	02-Aug-03
100kg	Bench	217.5kg	LLOYD, Kevin	24-Nov-14	252.5kg	ROSS,Laird	15-Mar-15	250kg	LAM, Leff	10-Aug-13
110kg	Bench	230kg	LLOYD, Kevin	24-Mar-19	197.5kg	JONES, Gary	28-Oct-17	275kg	ROSS, Laird	28-Oct-17
125kg	Bench	230kg	ROCKS, Nathan	15-Mar-15	215kg	LEE, Fabian	22-May-21	280kg	NAY, Paul	15-Aug-10
140kg	Bench	250kg	HOWLETT, Wayne	08-Dec-13	350kg	BOSTOCK, Shaun	14-Aug-15	330kg	BOSTOCK, Shaun	13-Mar-10
SHW	Bench	295kg	COOPER, Andrew	31-Jan-21	345kg	BOSTOCK, Shaun	09-May-15	365kg	BOSTOCK, Shaun	15-Mar-15

## Teenage 1 Men (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench							67.5kg	JARDINE, L	30-Apr-05
56kg	Bench							67.5kg	JARDINE, L	13-Aug-05
60kg	Bench	85kg	McBAIN, Sam	24-Nov-14				75kg	JARDINE, L	05-Nov-05
67.5kg	Bench	50kg	ROSS, Alex	21-Sep-19				60kg	BASSETT, N	18-Sep-04
75kg	Bench	76kg	MACEY, Kirill	17-Feb-19				85kg	FISHER, K	13-Feb-03
82.5kg	Bench	60kg	LLOYD, Kane	24-Mar-19				100kg	BELGROVE, G	01-Nov-03
90kg	Bench									
100kg	Bench	125kg	HEATH, Dane	18-Aug-18				65kg	ALCORN, J	18-Sep-04
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Teenage 2 Men (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench				60kg	BARBARA, S	06-Oct-01			
60kg	Bench									
67.5kg	Bench							97.5kg	STANTON, B	01-Nov-03
75kg	Bench	115kg	JUDD, Matthew	25-Apr-17						
82.5kg	Bench	135kg	COTTAM, Matthew	13-Aug-16				140kg	BELGROVE, G	05-Nov-05
90kg	Bench	152.5kg	BURROWS, Jesse	26-Aug-12				152.5kg	BURROWS, Jesse	26-Aug-12
100kg	Bench	125kg	PICCININ, Thomas	25-Apr-21				120kg	BURNETT, M	07-Aug-04
110kg	Bench									
125kg	Bench	160kg	TURNER, Z	08-Oct-11				170kg	MACRI, D	04-Nov-05
140kg	Bench	170kg	ROGERS, Will	12-Apr-14				205kg	MACRI, D	05-Aug-06
SHW	Bench									

## Teenage 3 Men (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench	102.5kg	BURNS, J	26-Jun-11						
67.5kg	Bench	112.5kg	AJDARI, Aryan	03-Jun-17	100kg	CELEP, E	03-Oct-98			
75kg	Bench	105kg	RENNIE, N	20-Mar-11				130kg	JEFFRIES, M	01-Nov-03
82.5kg	Bench	152.5kg	COTTAM, Matthew	03-Jun-17	125kg	WILLIAMSON, Adam	31-Jan-21	150kg	FRANKLIN, S	13-Feb-03
90kg	Bench	147.5kg	SHAKESPEARE, Luke	10-Aug-13				200kg	SHAKESPEARE, Luke	15-Dec-13
100kg	Bench	160kg	TULLO, Joe	31-Mar-12	125kg	PRODEO, D	16-Sep-02			
110kg	Bench	120kg	LEE, Mitch	13-Aug-16	155kg	ROZEN, W	03-Oct-98	120kg	JANES, Anderson	31-Jan-21
125kg	Bench									
140kg	Bench							185kg	NIENABER, Q	05-Nov-05
SHW	Bench									

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Junior Men (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench				110kg	ZALCMAN, A	16-Mar-02			
60kg	Bench				115kg	ZALCMAN, A	22-Oct-02			
67.5kg	Bench	95kg	ETTIA, C	20-Mar-11	112.5kg	CELEP, E	09-Oct-99			
75kg	Bench	155kg	ROWLANDS, L	04-Oct-08				155kg	ROWLANDS, L	04-Oct-08
82.5kg	Bench	145kg	MAGRATH, Riley	28-Oct-17				170kg	JEFFRIES, M	05-Nov-05
90kg	Bench	157.5kg	THOMPSON, Shannan	12-Aug-17				215kg	LINDLEY, C	19-Mar-06
100kg	Bench	195kg	WORLAND, Brett	09-May-15				215.5kg	HUXLEY, R	19-Mar-06
110kg	Bench	217.5kg	PIPER, Adam	25-Apr-15				200kg	ROZEN W	15-Mar-03
125kg	Bench	227.5kg	KINGI, R	08-Oct-11				167.5kg	SHERIDAN, J	26-Jun-11
140kg	Bench	222.5kg	DESLAND, Reace	09-May-15				191kg	HUNT, W	28-Aug-11
SHW	Bench	190kg	MACRI, Dan	04-Dec-10	255kg	MAYNE, Luke	13-Aug-16	215kg	MAYNE, Luke	10-Aug-13

## Senior Men (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench							122.5kg	FIGUEROA, J	16-Feb-03
60kg	Bench				119kg	FIGUEROA, J	29-Nov-02			
67.5kg	Bench	160kg	ALLIE, Nick	24-Nov-14				150kg	BERMINGHAM, Thomas	12-Oct-13
75kg	Bench	160kg	ALLIE, Nick	26-Apr-14	172.5kg	GALATI, Ange	03-Dec-94			
82.5kg	Bench	150kg	HARNIMAN, Rob	09-May-15				193kg	TRENTIN, Michael	07-Nov-15
90kg	Bench	182.5kg	LEEMBRUGGEN, Mark	03-Jun-17	242.5kg	BRIGUGLIO, David	25-Apr-18			
100kg	Bench	217.5kg	LLOYD, Kevin	24-Nov-14	252.5kg	ROSS, Laird	15-Mar-15	240kg	KIRBY, Stephen	10-Aug-13
110kg	Bench	220kg	LOVE, Kyle	25-Mar-18	192.5kg	HOLIAN, Christopher	21-Sep-19	275kg	ROSS, Laird	28-Oct-17
125kg	Bench	230kg	ROCKS, Nathan	15-Mar-15				260kg	McKINLEY, M	19-Mar-06
140kg	Bench	230.5kg	HOWLETT, Shaune	26-Apr-14	245kg	COWN, D	29-Nov-02			
SHW	Bench	265kg	KINGI, Rongoiti	24-Nov-14	272.5kg	MAYNE, Luke	25-Apr-17	320kg	KLIESE, A	08-Oct-11

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Sub Masters Men (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench							135kg	FIGUEROA, J	04-Oct-08
60kg	Bench	132.5kg	FIGUEROA, J	08-Feb-09						
67.5kg	Bench	117.5kg	ROCCECCIOLI, Michael	12-Aug-17	140kg	ROCCECCIOLI, Michael	28-Oct-17			
75kg	Bench	150kg	ALLIE, Nick	15-Mar-15	157.5kg	ROCCECCIOLI, Michael	21-Sep-19	231kg	GALATI, Ange	05-Aug-06
82.5kg	Bench	200kg	LAM, Jeff	08-Oct-11	182.5kg	POSTLETHWAITE, Neil	25-Apr-19	250.5kg	GALATI, Ange	10-Mar-07
90kg	Bench	180kg	CARNOVALE, Adrian	28-Oct-17	205kg	MARCHESI, R	07-Oct-00	155kg	WAKEFIELD, James	21-Sep-19
100kg	Bench	190kg	LEE, Michael	24-Nov-14	110kg	DENNET, Mark	18-Aug-18	250kg	LAM, Leff	10-Aug-13
110kg	Bench	230kg	LLOYD, Kevin	24-Mar-19	190kg	KUIPERS, Terence	22-Sep-18	260kg	NAY, Paul	19-Mar-06
125kg	Bench	200kg	LEE, Fabian	18-Aug-18	215kg	LEE, Fabian	22-May-21	263kg	MCKINLEY, M	12-May-07
140kg	Bench	250kg	HOWLETT, Wayne	08-Dec-13	220kg	KUIPERS, Terence	28-Oct-17	330kg	BOSTOCK, Shaun	13-Mar-10
SHW	Bench	250kg	KLIESE, Allan	10-Aug-13				325kg	BOSTOCK, Shaun	04-Mar-09

## Masters 1 Men (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	90kg	RAMSAY, Stephen	21-Mar-10						
75kg	Bench	95kg	DAY, Anthony	13-Aug-16				100kg	KAY, D	16-Feb-03
82.5kg	Bench	210.5kg	GALATI, Ange	16-Mar-13				262.5kg	GALATI, Ange	13-Mar-10
90kg	Bench	167.5kg	LANGER, Andre	31-Jan-21	225kg	JARDINE, M	16-Mar-02	105kg	JOHNSON, Simon	18-May-19
100kg	Bench	182.5kg	ANDREWS, Chris	20-Oct-12	250kg	Day, Henry	29-Nov-02	162.5kg	MITCHELL, Regan	22-May-21
110kg	Bench	200kg	COPE, B	20-Mar-11				210kg	WEATHERALL, Peter	31-Mar-12
125kg	Bench	182.5kg	ROSS, Phil	14-Aug-15				280kg	NAY, Paul	15-Aug-10
140kg	Bench	195kg	ROSS, Phil	14-May-16	220kg	KUIPERS, Terence	25-Apr-19			
SHW	Bench	295kg	COOPER, Andrew	31-Jan-21	345kg	BOSTOCK, Shaun	09-May-15	365kg	BOSTOCK, Shaun	15-Mar-15

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Masters 2 Men (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench							100kg	ROGERS, K	08-Oct-11
75kg	Bench	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17	165kg	BALESTRA, F	13-Dec-03
82.5kg	Bench	215kg	GALATI, Ange	26-Apr-14	245kg	GALATI, Ange	13-Aug-16	265kg	GALATI, Ange	15-Mar-15
90kg	Bench	210kg	GALATI, Ange	24-Nov-14				233kg	JARDINE, M	02-Aug-03
100kg	Bench	175kg	WEATHERALL, Peter	07-Nov-15				232.5kg	JARDINE, M	01-Nov-03
110kg	Bench	186kg	WEATHERALL, Peter	13-Dec-14	115kg	JOHNSON, Simon	22-May-21	210kg	DAY, Henry	04-Dec-10
125kg	Bench	180kg	WEATHERALL, Peter	25-Apr-16	205kg	MORMILE, F	09-Oct-99			
140kg	Bench	202.5kg	ROSS, Phil	25-Apr-21	350kg	BOSTOCK, Shaun	14-Aug-15	110kg	TATAM, F	01-Feb-04
SHW	Bench	202.5kg	ROSS, Phil	18-May-19	330kg	BOSTOCK, Shaun	25-Apr-15			

## Masters 3 Men (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench	87.5kg	ROGERS, Kevin	21-Nov-14						
67.5kg	Bench	92.5kg	ROGERS, Kevin	30-Apr-17						
75kg	Bench	177.5kg	GALATI, Ange	21-Sep-19	230kg	GALATI, Ange	22-Sep-18	121kg	GOUJON, P	11-Oct-03
82.5kg	Bench	165kg	BALESTRA, F	21-Mar-10						
90kg	Bench	130kg	RAY, Michael	05-Mar-16	187.5kg	BUTLER, Laurie	16-Mar-02			
100kg	Bench	172.5kg	DORWARD, Ian	20-May-17				160kg	MURRAY, Barry	23-Oct-10
110kg	Bench	195kg	COPE, Bradley	17-Aug-19	197.5kg	JONES, Gary	28-Oct-17	180kg	MURRAY, Barry	08-Oct-11
125kg	Bench	192.5kg	WALLIN, John	25-Apr-21				170kg	BOYLAN, D	04-Oct-08
140kg	Bench	200kg	ROSS, Phil	22-May-21						
SHW	Bench	183kg	LOCK, Andrew	28-Oct-17						

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Masters 4 Men (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench							142.5kg	AMBROSE, J	04-Dec-10
82.5kg	Bench							120kg	ANDERSON, D	16-Feb-03
90kg	Bench	130kg	STRINGER, Shane	17-Aug-19						
100kg	Bench	170kg	GUY, Miles	24-Mar-19	191kg	BUTLER, Laurie	15-Mar-03	170kg	MURRAY, Barry	28-Oct-17
110kg	Bench	171.5kg	JONES, Gary	21-Sep-19	195kg	DORWARD, Ian	18-May-19	200kg	DORWARD, Ian	25-Apr-19
125kg	Bench									
140kg	Bench									
SHW	Bench									

## Masters 5 Men (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench	125kg	AMBROSE, Jim	05-Mar-16						
82.5kg	Bench							72.5kg	DAVIES, T	01-Feb-04
90kg	Bench	130kg	ROSS, Steve	15-Mar-15						
100kg	Bench	110kg	ROSS, Steve	02-Aug-14				115kg	CARTER, K	01-Nov-03
110kg	Bench							177.5kg	MURRAY, Barry	22-Sep-18
125kg	Bench	90kg	THOMSON, J	26-Jun-11						
140kg	Bench									
SHW	Bench									

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Masters 6 Men (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench	95kg	HANDSJUK, Leonid	28-Oct-17						
100kg	Bench	115kg	ROSS, Steve	30-Oct-16				110kg	BIRCH, Ron	28-Aug-11
110kg	Bench	80kg	BASKERVILLE, Peter	17-Oct-20						
125kg	Bench									
140kg	Bench									
SHW	Bench									

## Masters 7 Men (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench							75kg	MILLER, J	08-Aug-04
75kg	Bench									
82.5kg	Bench	97.5kg	WILSON, Ian	02-Aug-14				70kg	PERRYMAN, E	12-Dec-03
90kg	Bench	97.5kg	HANDSJUK, Leon	18-Aug-18	100kg	BIRCH, Ron	12-Aug-17	62.5kg	McBAY, J	01-Feb-04
100kg	Bench	122.5kg	BREITSAMETER, Wulff	14-Aug-15				90kg	BIRCH, Ron	29-Apr-18
110kg	Bench									
125kg	Bench									
140kg	Bench									

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT - BENCH PRESS

## Masters 8 Men (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench							65kg	PERRYMAN, E	01-Feb-04
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

## Masters 9 Men (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench	50kg	PERRYMAN, H	21-Mar-10						
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									



**Masters 10 Men (85-89)**

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		<b>RAW</b>			<b>SINGLE PLY</b>			<b>MULTI PLY</b>		
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									