

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 |

Sub Teen Men (10-12)

Unofficial WPC

| 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 | 45kg | LLOYD, Kane | 29-May-16 | | | | | | |
| 75kg | Bench | | | | | | | | | |
| 82.5kg | Bench | | | | | | | | | |
| 90kg | Bench | | | | | | | | | |
| 100kg | Bench | | | | | | | | | |
| 110kg | Bench | | | | | | | | | |
| 125kg | Bench | | | | | | | | | |
| 140kg | Bench | | | | | | | | | |
| SHW | Bench | | | | | | | | | |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 | 67.5kg | TORCASIO, Ashton | 15-Jan-22 | | | | 60kg | BASSETT, N | 18-Sep-04 |
| 75kg | Bench | 77.5kg | BATTAGLIA, Brandon | 25-Apr-22 | | | | 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 | | | | | | | | | |

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 | 115.5kg | ROSS, Alex | 25-Apr-22 | | | | | | |
| 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 | | | | | | | | | |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 | | | | | | | | | |

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 | 120kg | ENGLER, Hugh | 30-Jan-22 | 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 |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 |

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 |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 | 180kg | POSTLETHWAITE, Neil | 25-Apr-22 |
| 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 | 160kg | MAYER, Miki | 15-Jan-22 | 210kg | WEATHERALL, Peter | 31-Mar-12 |
| 125kg | Bench | 187.5kg | DRUMMOND, Brad | 07-May-22 | | | | 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 |

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 | 110kg | JOHNSON, Simon | 25-Apr-22 | 232.5kg | JARDINE, M | 01-Nov-03 |
| 110kg | Bench | 186kg | WEATHERALL, Peter | 13-Dec-14 | 165kg | MAYER, Miki | 25-Apr-22 | 210kg | DAY, Henry | 04-Dec-10 |
| 125kg | Bench | 190kg | NAPPER, George | 19-Sep-21 | 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 | | | |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 | 102.5kg | PANAGIOTIDIS, Jim | 15-Jan-22 | | | | | | |
| 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 | 200kg | GALATI, Ange | 15-Jan-22 | | | |
| 90kg | Bench | 140kg | HAINS, Brendan | 30-Apr-22 | 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 | 205kg | ROSS, Phil | 25-Apr-22 | | | | | | |

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 | 102.5kg | TORCASIO, Tony | 15-Jan-22 | | | | 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 | | | | | | | | | |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 | | | | | | | | | |

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 | 85kg | BASKERVILLE, Peter | 07-May-22 | | | | | | |
| 125kg | Bench | | | | | | | | | |
| 140kg | Bench | | | | | | | | | |
| SHW | Bench | | | | | | | | | |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 | | | | | | | | | |

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 | | | | | | | | | |

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

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 |
|--------|-------|--------|---------|------|------------|---------|------|-----------|---------|------|
| | | RAW | | | SINGLE PLY | | | MULTI PLY | | |
| 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 | | | | | | | | | |