

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Open Men**

BWT	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>		
52kg	37.5kg	O'SHEA, Mitchell	28-Jan-24				67.5kg	JARDINE, Lane	13-Aug-05	67.5kg	JARDINE, Lane	13-Aug-05
56kg				110kg	ZALCMAN, Adrian	16-Mar-02	135kg	FIGUEROA, J	04-Oct-08	135kg	FIGUEROA, J	04-Oct-08
60kg	132.5kg	FIGUEROA, J	08-Feb-09	119kg	FIGUEROA, J	29-Nov-02	75kg	JARDINE, Lane	05-Nov-05	132.5kg	FIGUEROA, J	08-Feb-09
67.5kg	160kg	ALLIE, Nick	24-Nov-14	140kg	ROCCECCIOLI, Michael	28-Oct-17	150kg	BERMINGHAM, Thomas	12-Oct-13	160kg	ALLIE, Nick	24-Nov-14
75kg	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17	231kg	GALATI, Ange	05-Aug-06	250kg	GALATI, Ange	25-Apr-17
82.5kg	215kg	GALATI, Ange	26-Apr-14	245kg	GALATI, Ange	13-Aug-16	265kg	GALATI, Ange	15-Mar-15	265kg	GALATI, Ange	15-Mar-15
90kg	210.5	SPITERI, Jacob	22-Mar-25	242.5kg	BRIGUGLIO, David	25-Apr-18	233kg	JARDINE, Mason	02-Aug-03	265kg	OWEN, Ray	03-Aug-25
100kg	227.5kg	JONES, Caleb	01-Aug-24	252.5kg	ROSS,Laird	15-Mar-15	252.5kg	SUTTON, Peter	03-Aug-25	253kg	HAINS, Brendan	20-Oct-24
110kg	230kg	LLOYD, Kevin	24-Mar-19	220kg	JOHNSON, Mitch	03-Aug-25	275kg	ROSS, Laird	28-Oct-17	350kg	GREEN, Lachlan	25-Jan-26
125kg	230kg	ROCKS, Nathan	15-Mar-15	215kg	LEE, Fabian	22-May-21	280kg	NAY, Paul	15-Aug-10	385kg	VORSTER, Le Roy	14-Sep-24
140kg	250kg	HOWLETT, Wayne	08-Dec-13	350kg	BOSTOCK, Shaun	14-Aug-15	330kg	BOSTOCK, Shaun	13-Mar-10	400kg	VORSTER, Le Roy	03-Aug-25
SHW	295kg	COOPER, Andrew	31-Jan-21	345kg	BOSTOCK, Shaun	09-May-15	365kg	BOSTOCK, Shaun	15-Mar-15	440kg	VORSTER, Le Roy	25-Jan-26

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

BWT	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>		
52kg	37.5kg	O'SHEA, Mitchell	28-Jan-24							37.5kg	O'SHEA, Mitchell	28-Jan-24
56kg	37.5kg	HAINS, Grover	13-Jul-25							37.5kg	HAINS, Grover	13-Jul-25
60kg	25kg	KOYA, Ariyan	01-Aug-24							25kg	KOYA, Ariyan	01-Aug-24
67.5kg	45kg	LLOYD, Kane	29-May-16							45kg	LLOYD, Kane	29-May-16
75kg												
82.5kg												
90kg												
100kg												
110kg												
125kg	38kg	DOLE, Jackson	03-Aug-25							38kg	DOLE, Jackson	03-Aug-25
140kg												
SHW												

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

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

BWT	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>		
52kg	35kg	POSTLETHWAITE, Lenny	02-Mar-24				67.5kg	JARDINE, Lane	30-Apr-05	67.5kg	JARDINE, Lane	30-Apr-05
56kg	45kg	HAINS, Grover	07-Mar-26				67.5kg	JARDINE, Lane	13-Aug-05	67.5kg	JARDINE, Lane	13-Aug-05
60kg	85kg	McBAIN, Sam	24-Nov-14				75kg	JARDINE, Lane	05-Nov-05	85kg	McBAIN, Sam	24-Nov-14
67.5kg	67.5kg	TORCASIO, Ashton	15-Jan-22				60kg	BASSETT, N	18-Sep-04	67.5kg	TORCASIO, Ashton	15-Jan-22
75kg	77.5kg	BATTAGLIA, Brandon	25-Apr-22				85kg	FISHER, K	13-Feb-03	85kg	FISHER, K	13-Feb-03
82.5kg	72.5kg	HILGARD TROUW, Sebastian	07-Mar-26				100kg	BELGROVE, Guy	01-Nov-03	100kg	BELGROVE, Guy	01-Nov-03
90kg												
100kg	125kg	HEATH, Dane	18-Aug-18				65kg	ALCORN, J	18-Sep-04	125kg	HEATH, Dane	18-Aug-18
110kg												
125kg												
140kg												
SHW												

**Teenage 2 Men (16-17)**

BWT	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>		
52kg												
56kg				60kg	BARBARA, S	06-Oct-01				60kg	BARBARA, S	06-Oct-01
60kg	67.5kg	RAVEH, Eiten	01-Jul-23							67.5kg	RAVEH, Eiten	01-Jul-23
67.5kg	75kg	RAVEH, Eiten	24-Sep-23				97.5kg	STANTON, B	01-Nov-03	97.5kg	STANTON, B	01-Nov-03
75kg	122.5kg	ROSS, Alex	17-Sep-22							122.5kg	ROSS, Alex	17-Sep-22
82.5kg	140kg	GUNN, Cooper	07-Dec-25				140kg	BELGROVE, Guy	05-Nov-05	140kg	BELGROVE, Guy	05-Nov-05
90kg	152.5kg	BURROWS, Jesse	26-Aug-12				152.5kg	BURROWS, Jesse	26-Aug-12	152.5kg	BURROWS, Jesse	26-Aug-12
100kg	145kg	PAISH, Kade	15-Sep-24				120kg	BURNETT, Martin	07-Aug-04	145kg	PAISH, Kade	15-Sep-24
110kg	160kg	O'LAUGHLIN, Chet	15-Nov-25							145kg	O'LAUGHLIN, Chet	31-May-25
125kg	160kg	TURNER, Zach	08-Oct-11				170kg	MACRI, Dan	04-Nov-05	170kg	MACRI, Dan	04-Nov-05
140kg	170kg	ROGERS, Will	12-Apr-14				205kg	MACRI, Dan	05-Aug-06	205kg	MACRI, Dan	05-Aug-06
SHW												

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Teenage 3 Men (18-19)**

BWT	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>		
52kg												
56kg												
60kg	102.5kg	BURNS, J	26-Jun-11							102.5kg	BURNS, J	26-Jun-11
67.5kg	112.5kg	AJDARI, Aryan	03-Jun-17	100kg	CELEP, E	03-Oct-98				112.5kg	AJDARI, Aryan	03-Jun-17
75kg	120kg	TUBBY, Benjamin	17-Sep-23				130kg	JEFFRIES, M	01-Nov-03	130kg	JEFFRIES, M	01-Nov-03
82.5kg	152.5kg	COTTAM, Matthew	03-Jun-17	125kg	WILLIAMSON, Adam	31-Jan-21	150kg	FRANKLIN, S	13-Feb-03	152.5kg	COTTAM, Matthew	03-Jun-17
90kg	147.5kg	SHAKESPEARE, Luke	10-Aug-13				200kg	SHAKESPEARE, Luke	15-Dec-13	200kg	SHAKESPEARE, Luke	15-Dec-13
100kg	170kg	KNEALE, Luca	14-Sep-24	125kg	PRODEO, D	16-Sep-02				170kg	KNEALE, Luca	14-Sep-24
110kg	120kg	LEE, Mitch	13-Aug-16	155kg	ROZEN, W	03-Oct-98	120kg	JANES, Anderson	31-Jan-21	155kg	ROZEN, W	03-Oct-98
125kg	137.5kg	SCHOORMANS, Phoenix	13-Sep-25							137.5kg	SCHOORMANS, Phoenix	13-Sep-25
140kg							185kg	NIENABER, Q	05-Nov-05	185kg	NIENABER, Q	05-Nov-05
SHW												

**Junior Men (20-23)**

BWT	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>		
52kg												
56kg				110kg	ZALCMAN, Adrian	16-Mar-02				110kg	ZALCMAN, Adrian	16-Mar-02
60kg				115kg	ZALCMAN, Adrian	22-Oct-02				115kg	ZALCMAN, Adrian	22-Oct-02
67.5kg	120kg	HEAN, Pheavarth	27-Apr-25	112.5kg	CELEP, E	09-Oct-99				120kg	HEAN, Pheavarth	27-Apr-25
75kg				120kg	CAMPBELL, Joshua	25-Jan-26	155kg	ROWLANDS, Luke	04-Oct-08	155kg	ROWLANDS, Luke	04-Oct-08
82.5kg	145kg	MAGRATH, Riley	28-Oct-17				170kg	JEFFRIES, M	05-Nov-05	170kg	JEFFRIES, M	05-Nov-05
90kg	157.5kg	THOMPSON, Shannan	12-Aug-17				215kg	LINDLEY, C	19-Mar-06	215kg	LINDLEY, C	19-Mar-06
100kg	195kg	WORLAND, Brett	09-May-15				215.5kg	HUXLEY, Richard	19-Mar-06	215.5kg	HUXLEY, Richard	19-Mar-06
110kg	217.5kg	PIPER, Adam	25-Apr-15				200kg	ROZEN W	15-Mar-03	217.5kg	PIPER, Adam	25-Apr-15
125kg	227.5kg	KINGI, R	08-Oct-11	120kg	ENGLER, Hugh	30-Jan-22	167.5kg	SHERIDAN, John	26-Jun-11	227.5kg	KINGI, R	08-Oct-11
140kg	222.5kg	DESLAND, Reace	09-May-15				191kg	HUNT, W	28-Aug-11	222.5kg	DESLAND, Reace	09-May-15
SHW	190kg	MACRI, Dan	04-Dec-10	255kg	MAYNE, Luke	13-Aug-16	215kg	MAYNE, Luke	10-Aug-13	255kg	MAYNE, Luke	13-Aug-16

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Senior Men (24-32)**

BWT	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>		
52kg												
56kg							122.5kg	FIGUEROA, J	16-Feb-03	122.5kg	FIGUEROA, J	16-Feb-03
60kg				119kg	FIGUEROA, J	29-Nov-02				119kg	FIGUEROA, J	29-Nov-02
67.5kg	160kg	ALLIE, Nick	24-Nov-14				150kg	BERMINGHAM, Thomas	12-Oct-13	160kg	ALLIE, Nick	24-Nov-14
75kg	160kg	ALLIE, Nick	26-Apr-14	172.5kg	GALATI, Ange	03-Dec-94				172.5kg	GALATI, Ange	03-Dec-94
82.5kg	160kg	MALLIARAS, George	25-Apr-23				193kg	TRENTIN, Michael	07-Nov-15	193kg	TRENTIN, Michael	07-Nov-15
90kg	182.5kg	LEEMBRUGGEN, Mark	03-Jun-17	242.5kg	BRIGUGLIO, David	25-Apr-18				250.5kg	UPTON, Brendan	14-Sep-24
100kg	227.5kg	JONES, Caleb	01-Aug-24	252.5kg	ROSS, Laird	15-Mar-15	240kg	KIRBY, Stephen	10-Aug-13	252.5kg	ROSS, Laird	15-Mar-15
110kg	220kg	LOVE, Kyle	25-Mar-18	220kg	JOHNSON, Mitch	03-Aug-25	275kg	ROSS, Laird	28-Oct-17	315kg	JONES, Asher	25-Jan-26
125kg	230kg	ROCKS, Nathan	15-Mar-15	142.5kg	LAL, Varun	08-Nov-25	260kg	McKINLEY, Matt	19-Mar-06	260kg	McKINLEY, Matt	19-Mar-06
140kg	232.5kg	KERCHER, Jake	24-Sep-23	245kg	COWN, D	29-Nov-02				245kg	COWN, D	29-Nov-02
SHW	265kg	KINGI, Rongoiti	24-Nov-14	272.5kg	MAYNE, Luke	25-Apr-17	320kg	KLIESE, A	08-Oct-11	320kg	KLIESE, A	08-Oct-11

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

BWT	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>		
52kg												
56kg							135kg	FIGUEROA, J	04-Oct-08	135kg	FIGUEROA, J	04-Oct-08
60kg	132.5kg	FIGUEROA, J	08-Feb-09							132.5kg	FIGUEROA, J	08-Feb-09
67.5kg	117.5kg	ROCCECCIOLI, Michael	12-Aug-17	140kg	ROCCECCIOLI, Michael	28-Oct-17				140kg	ROCCECCIOLI, Michael	28-Oct-17
75kg	150kg	ALLIE, Nick	15-Mar-15	157.5kg	ROCCECCIOLI, Michael	21-Sep-19	231kg	GALATI, Ange	05-Aug-06	231kg	GALATI, Ange	05-Aug-06
82.5kg	200kg	LAM, Jeff	08-Oct-11	182.5kg	POSTLETHWAITE, Neil	25-Apr-19	250.5kg	GALATI, Ange	10-Mar-07	250.5kg	GALATI, Ange	10-Mar-07
90kg	210.5	SPITERI, Jacob	22-Mar-25	205kg	MARCHESI, R	07-Oct-00	155kg	WAKEFIELD, James	21-Sep-19	220.5kg	TUOMIKALLIO, Raimo	20-Oct-24
100kg	197.5kg	LEAREY, Michael	17-Sep-23	152.5kg	PIVA, Steve	03-Aug-25	250kg	LAM, Leff	10-Aug-13	250kg	LAM, Leff	10-Aug-13
110kg	230kg	LLOYD, Kevin	24-Mar-19	190kg	KUIPERS, Terence	22-Sep-18	260kg	NAY, Paul	19-Mar-06	350kg	GREEN, Lachlan	25-Jan-26
125kg	220kg	WILSON, Jeremy	06-May-23	215kg	LEE, Fabian	22-May-21	263kg	McKINLEY, Matt	12-May-07	385kg	VORSTER, Le Roy	14-Sep-24
140kg	250kg	HOWLETT, Wayne	08-Dec-13	220kg	KUIPERS, Terence	28-Oct-17	330kg	BOSTOCK, Shaun	13-Mar-10	400kg	VORSTER, Le Roy	03-Aug-25
SHW	250kg	KLIESE, Allan	10-Aug-13				325kg	BOSTOCK, Shaun	04-Mar-09	440kg	VORSTER, Le Roy	25-Jan-26

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

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

BWT	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>		
52kg												
56kg												
60kg												
67.5kg	95kg	NGUYEN, Quyen	25-Jan-26							95kg	NGUYEN, Quyen	25-Jan-26
75kg	125kg	COTTRILL, Ji	03-Jun-23	155kg	ROCCECCIOLI, Michael	17-Sep-22	100kg	KAY, D	16-Feb-03	155kg	ROCCECCIOLI, Michael	17-Sep-22
82.5kg	210.5kg	GALATI, Ange	16-Mar-13	150kg	ROCCECCIOLI, Michael	25-Apr-23	262.5kg	GALATI, Ange	13-Mar-10	262.5kg	GALATI, Ange	13-Mar-10
90kg	167.5kg	LANGER, Andre	31-Jan-21	225kg	JARDINE, Mason	16-Mar-02	180kg	POSTLETHWAITE, Neil	25-Apr-22	225kg	JARDINE, Mason	16-Mar-02
100kg	182.5kg	ANDREWS, Chris	20-Oct-12	250kg	DAY, Henry	29-Nov-02	205kg	STRINGER, Shane	07-Aug-04	250kg	DAY, Henry	29-Nov-02
110kg	200kg	COPE, B	20-Mar-11	160kg	MAYER, Miki	15-Jan-22	210kg	WEATHERALL, Peter	31-Mar-12	210kg	WEATHERALL, Peter	31-Mar-12
125kg	205kg	BRIERE, Brandon	30-Nov-24				280kg	NAY, Paul	15-Aug-10	280kg	NAY, Paul	15-Aug-10
140kg	195kg	ROSS, Phil	14-May-16	220kg	KUIPERS, Terence	25-Apr-19				220kg	KUIPERS, Terence	25-Apr-19
SHW	295kg	COOPER, Andrew	31-Jan-21	345kg	BOSTOCK, Shaun	09-May-15	365kg	BOSTOCK, Shaun	15-Mar-15	365kg	BOSTOCK, Shaun	15-Mar-15

**Masters 2 Men (45-49)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg							100kg	ROGERS, K	08-Oct-11	100kg	ROGERS, K	08-Oct-11
75kg	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17	165kg	BALESTRA, Frank	13-Dec-03	250kg	GALATI, Ange	25-Apr-17
82.5kg	215kg	GALATI, Ange	26-Apr-14	245kg	GALATI, Ange	13-Aug-16	265kg	GALATI, Ange	15-Mar-15	265kg	GALATI, Ange	15-Mar-15
90kg	210kg	GALATI, Ange	24-Nov-14	175kg	POSTLETHWAITE, Neil	13-Sep-25	233kg	JARDINE, Mason	02-Aug-03	233kg	JARDINE, Mason	02-Aug-03
100kg	175.5kg	HAYDOCK, Ken	30-Apr-23	157.5kg	MORTON, Dominic	05-Apr-25	252.5kg	SUTTON, Peter	03-Aug-25	252.5kg	SUTTON, Peter	03-Aug-25
110kg	186kg	WEATHERALL, Peter	13-Dec-14	200kg	HAYDOCK, Ken	11-Aug-23	210kg	DAY, Henry	04-Dec-10	210kg	DAY, Henry	04-Dec-10
125kg	190kg	NAPPER, George	19-Sep-21	205kg	MORMILE, Frank	09-Oct-99	185kg	PRYOR, Manatuki	30-Apr-23	205kg	MORMILE, Frank	09-Oct-99
140kg	202.5kg	ROSS, Phil	25-Apr-21	350kg	BOSTOCK, Shaun	14-Aug-15	110kg	TATAM, F	01-Feb-04	350kg	BOSTOCK, Shaun	14-Aug-15
SHW	202.5kg	ROSS, Phil	18-May-19	330kg	BOSTOCK, Shaun	25-Apr-15				330kg	BOSTOCK, Shaun	25-Apr-15

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Masters 3 Men (50-54)**

BWT	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>		
52kg												
56kg												
60kg	102.5kg	PANAGIOTIDIS, Jim	15-Jan-22							102.5kg	PANAGIOTIDIS, Jim	15-Jan-22
67.5kg	105kg	PANAGIOTIDIS, Jim	17-Sep-22	122.5kg	PANAGIOTIDIS, Jim	24-Sep-23				122.5kg	PANAGIOTIDIS, Jim	24-Sep-23
75kg	177.5kg	GALATI, Ange	21-Sep-19	230kg	GALATI, Ange	22-Sep-18	200.5kg	GALATI, Ange	17-Sep-22	230kg	GALATI, Ange	22-Sep-18
82.5kg	165kg	BALESTRA, Frank	21-Mar-10	200kg	GALATI, Ange	15-Jan-22				200kg	GALATI, Ange	15-Jan-22
90kg	190kg	OWEN, Ray	14-Sep-24	187.5kg	BUTLER, Laurie	16-Mar-02				265kg	OWEN, Ray	03-Aug-25
100kg	192.5kg	OWEN, Ray	20-Apr-24				160kg	MURRAY, Barry	23-Oct-10	192.5kg	OWEN, Ray	20-Apr-24
110kg	195kg	COPE, Bradley	17-Aug-19	197.5kg	JONES, Gary	28-Oct-17	180kg	MURRAY, Barry	08-Oct-11	197.5kg	JONES, Gary	28-Oct-17
125kg	192.5kg	WALLIN, John	25-Apr-21	175kg	PRYOR, Manatuki	25-Jan-26	172.5kg	PRYOR, Manatuki	25-Feb-24	245kg	PRYOR, Manatuki	03-Aug-25
140kg	227.5kg	STARK, Mick	30-Mar-24							380kg	BOSTOCK, Shaun	14-Sep-24
SHW	205.5kg	ROSS, Phil	14-Sep-24							205.5kg	ROSS, Phil	14-Sep-24

**Masters 4 Men (55-59)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg	90kg	GATH, David	24-Sep-23							90kg	GATH, David	24-Sep-23
75kg	160kg	GALATI, Ange	13-Sep-25	181.5kg	GALATI, Ange	13-Sep-25	150kg	GALATI, Ange	13-Sep-25	181.5kg	GALATI, Ange	13-Sep-25
82.5kg	102.5kg	TORCASIO, Tony	15-Jan-22				120kg	ANDERSON, D	16-Feb-03	120kg	ANDERSON, D	16-Feb-03
90kg	145kg	BARKER, David	17-Sep-23				152.5kg	BARKER, David	07-Dec-25	225kg	HAINS, Brendan	14-Sep-24
100kg	170kg	GUY, Miles	24-Mar-19	191kg	BUTLER, Laurie	15-Mar-03	170kg	MURRAY, Barry	28-Oct-17	253kg	HAINS, Brendan	20-Oct-24
110kg	171.5kg	JONES, Gary	21-Sep-19	195kg	DORWARD, Ian	18-May-19	200kg	DORWARD, Ian	25-Apr-19	200kg	DORWARD, Ian	25-Apr-19
125kg	180kg	THOMAS, Dave	19-May-24							180kg	THOMAS, Dave	19-May-24
140kg	155kg	MURPHY, David	14-Sep-24							155kg	MURPHY, David	14-Sep-24
SHW	90kg	CHRISTIDIS, Damien	13-Sep-25							90kg	CHRISTIDIS, Damien	13-Sep-25

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Masters 5 Men (60-64)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg	85kg	MAYHEW, Peter	07-Dec-25							85kg	MAYHEW, Peter	07-Dec-25
75kg	125kg	AMBROSE, Jim	05-Mar-16							125kg	AMBROSE, Jim	05-Mar-16
82.5kg	82.5kg	FRY, Darren	25-Jan-26				72.5kg	DAVIES, T	01-Feb-04	82.5kg	FRY, Darren	25-Jan-26
90kg	130kg	ROSS, Steve	15-Mar-15							130kg	ROSS, Steve	15-Mar-15
100kg	132.5kg	LEPIDI, Ang	17-Sep-23				115kg	CARTER, K	01-Nov-03	230kg	JONES, Gary	13-Sep-25
110kg	165kg	DORWARD, Ian	25-Apr-23				177.5kg	MURRAY, Barry	22-Sep-18	265kg	JONES, Gary	22-Mar-25
125kg	142.5kg	SZANN, Troy	20-Nov-22							255kg	JONES, Gary	14-Sep-24
140kg	155kg	SZANN, Troy	22-May-22							155kg	SZANN, Troy	22-May-22
SHW												

**Masters 6 Men (65-69)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg												
75kg												
82.5kg												
90kg	120.5kg	ZOLLO, Will	03-Aug-25							120.5kg	ZOLLO, Will	03-Aug-25
100kg	120kg	GREGORY, Garnet	07-Dec-25				110kg	BIRCH, Ron	28-Aug-11	120kg	GREGORY, Garnet	07-Dec-25
110kg	85kg	BASKERVILLE, Peter	07-May-22							85kg	BASKERVILLE, Peter	07-May-22
125kg	200kg	McMURRAY, Steve	13-Sep-25							200kg	McMURRAY, Steve	13-Sep-25
140kg												
SHW												

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Masters 7 Men (70-74)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg							75kg	MILLER, John	08-Aug-04	75kg	MILLER, John	08-Aug-04
75kg												
82.5kg	97.5kg	WILSON, Ian	02-Aug-14				70kg	PERRYMAN, E (Hercules)	12-Dec-03	97.5kg	WILSON, Ian	02-Aug-14
90kg	100kg	McCARTY, Frank	25-Apr-25	112.5kg	ROSS, Steve	14-Sep-24	62.5kg	McBAY, J	01-Feb-04	112.5kg	ROSS, Steve	14-Sep-24
100kg	137.5kg	SYLVIA, Rod	19-Aug-22				90kg	BIRCH, Ron	29-Apr-18	137.5kg	SYLVIA, Rod	19-Aug-22
110kg	147.5kg	SYLVIA, Rod	03-Aug-25							147.5kg	SYLVIA, Rod	03-Aug-25
125kg												
140kg												
SHW												

**Masters 8 Men (75-79)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg												
75kg												
82.5kg							65kg	PERRYMAN, E (Hercules)	01-Feb-04	65kg	PERRYMAN, E (Hercules)	01-Feb-04
90kg	82.5kg	BIRCH, Ron	09-Jun-24	90kg	ROSS, Steve	13-Sep-25				100kg	BIRCH, Ron	26-Jan-25
100kg												
110kg												
125kg	127.5kg	BREITSAMETER, Wulff	29-Oct-22							127.5kg	BREITSAMETER, Wulff	29-Oct-22
140kg												
SHW												

**CAPO NATIONAL RECORDS - MEN**

**SINGLE LIFT - BENCH PRESS**

**Masters 9 Men (80-84)**

BWT	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>		
52kg												
56kg												
60kg												
67.5kg												
75kg												
82.5kg	85kg	LIETCH, Campbell	14-Sep-24							85kg	LIETCH, Campbell	14-Sep-24
90kg												
100kg												
110kg												
125kg												
140kg												
SHW												

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

BWT	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>		
52kg												
56kg												
60kg												
67.5kg												
75kg	52.5kg	BEYNON, Tom	07-Dec-25							52.5kg	BEYNON, Tom	07-Dec-25
82.5kg	35kg	ZWAAN, Adrian	25-Apr-25							35kg	ZWAAN, Adrian	25-Apr-25
90kg												
100kg												
110kg												
125kg												
140kg												
SHW												