

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

Open Men

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	37.5kg	O'SHEA, Mitchell	28-Jan-24				67.5kg	JARDINE, Lane	13-Aug-05	67.5kg	JARDINE, Lane	13-Aug-05
56kg	130kg	NGUYEN, Nang	08-Mar-15	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	260kg	OWEN, Ray	06-Jun-26
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	235kg	ROSS, Laird	12-Sep-26	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	465kg	VORSTER, Le Roy	06-Jun-26
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 (7-9)

Unofficial WPC - RAW ONLY

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			Previously Held By			Previously Held By			Previously Held By		
52kg												
56kg												
60kg												
67.5kg												
75kg												
82.5kg												
90kg												
100kg												
110kg												
125kg												
140kg												
SHW												

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

Sub Teen Men (10-12) Unofficial WPC - RAW ONLY

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

Teenage 1 Men (13-15)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	35kg	POSTLETHWAITE, Lenny	02-Mar-24				67.5kg	JARDINE, Lane	30-Apr-05	67.5kg	JARDINE, Lane	30-Apr-05
56kg	45.5kg	HAINS, Grover	25-Apr-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												

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

Teenage 2 Men (16-17)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	132.5kg	ROBERTS, Kurt	06-Jun-26							132.5kg	ROBERTS, Kurt	06-Jun-26
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												

Teenage 3 Men (18-19)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg												
56kg												
60kg	102.5kg	BURNS, J	26-Jun-11							102.5kg	BURNS, J	26-Jun-11
67.5kg	137.5kg	PEARCE, Hayden	03-May-26	100kg	CELEP, E	03-Oct-98				112.5kg	AJDARI, Aryan	03-Jun-17
75kg	132.5kg	BLACKMORE, Dylan	06-Jun-26				130kg	JEFFRIES, M	01-Nov-03	132.5kg	BLACKMORE, Dylan	06-Jun-26
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
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	200kg	KNEALE, Luca	12-Sep-26				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

Senior Men (24-32)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	262.5kg	MILLER, Kevin	06-Jun-26
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

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

Sub Masters Men (33-39)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	235kg	ROSS, Laird	12-Sep-26	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	465kg	VORSTER, Le Roy	06-Jun-26
SHW	250kg	KLIESE, Allan	10-Aug-13				325kg	BOSTOCK, Shaun	04-Mar-09	440kg	VORSTER, Le Roy	25-Jan-26

Masters 1 Men (40-44)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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

Masters 3 Men (50-54)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	270kg	MAUFF, Andrew	24-May-26
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

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

Masters 4 Men (55-59)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	185kg	GALATI, Ange	12-Sep-26
82.5kg	102.5kg	TORCASIO, Tony	15-Jan-22				120kg	ANDERSON, D	16-Feb-03	120kg	ANDERSON, D	16-Feb-03
90kg	152.5kg	BARKER, David	07-Dec-25							235kg	BARKER, David	12-Apr-26
100kg	170kg	GUY, Miles	24-Mar-19	191kg	BUTLER, Laurie	15-Mar-03	170kg	MURRAY, Barry	28-Oct-17	260kg	OWEN, Ray	06-Jun-26
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	202.5kg	ROSS, Phil	12-Sep-26							202.5kg	ROSS, Phil	12-Sep-26

Masters 5 Men (60-64)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	165kg	JONES, Gary	29-Mar-26							272.5kg	JONES, Gary	28-Mar-26
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
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	185kg	McMURRAY, Steve	12-Sep-26							185kg	McMURRAY, Steve	12-Sep-26
125kg	200kg	McMURRAY, Steve	13-Sep-25							200kg	McMURRAY, Steve	13-Sep-25
140kg												
SHW												

Masters 7 Men (70-74)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	115kg	LABSON, Steve	22-Mar-26	112.5kg	ROSS, Steve	14-Sep-24	62.5kg	McBAY, J	01-Feb-04	115kg	LABSON, Steve	22-Mar-26
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												

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT - BENCH PRESS

Masters 8 Men (75-79)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	92.5kg	ROSS, Steve	12-Sep-26				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												

Masters 9 Men (80-84)

BWT	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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
	RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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												