

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION



OPEN MEN

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench	135kg	Nguyen, Nang	8-Mar-15				135kg	Figuerroa, James	4-Oct-08
60kg	Bench									
67.5kg	Bench	110kg	Epple, Michael	19-Oct-14						
75kg	Bench	120kg	Tubby, Benjamin	17-Aug-23				155kg	Rowlands, Luke	4-Oct-08
82.5kg	Bench	140kg	Mullins, Luke	21-Aug-21						
90kg	Bench	160kg	Henderson, Keith	21-Aug-21						
100kg	Bench	217.5kg	Lloyd, Kevin	24-Nov-14						
110kg	Bench	230kg	Lloyd, Kevin	24-Mar-19						
125kg	Bench	205kg	Murphy, Sam	11-Aug-23						
140kg	Bench	220kg	Florissen, Shannon	19-Oct-14						
SHW	Bench	230kg	Toomer, David	17-Sep-23						

Updated on 1/02/2024

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SUB TEEN MEN (10-12)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	45kg	Lloyd, Kane	29-Mar-16						
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

Updated on 1/02/2024

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TEENAGE MEN (13-15)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench	60kg	Lloyd, Kane	24-Mar-19						
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

TEENAGE MEN (16-17)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench									
75kg	Bench	110kg	DeBeer, Simon	18-Aug-22						
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench	105kg	Buba, Zachary	17-Aug-23						
SHW	Bench									

Updated on 1/02/2024

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TEENAGE MEN (18-19)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	105kg	Quadros, Ashley	18-Sep-22						
75kg	Bench	120kg	Tubby, Ben	18-Aug-22						
82.5kg	Bench									
90kg	Bench	90kg	Tomplin-Drew, Orlando	17-Aug-23						
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

JUNIOR MEN (20-23)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	95kg	Ettia, Corey	20-Mar-11						
75kg	Bench									
82.5kg	Bench									
90kg	Bench	117.5kg	Pringle, Skye	8-Mar-15						
100kg	Bench	130kg	Gibbs, Jacob	9-Jun-19						
110kg	Bench	217.5kg	Young, Nathan	17-Aug-23						
125kg	Bench									
140kg	Bench									
SHW	Bench									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

SENIOR MEN (24-32)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
56kg	Bench	130kg	Nguyen, Nang	8-Mar-15						
60kg	Bench									
67.5kg	Bench	112.5kg	May, Reuben	8-Mar-15						
75kg	Bench	110kg	Parkin, Jeremy	8-Mar-15						
82.5kg	Bench									
90kg	Bench	180kg	Lloyd, Kevin	10-Aug-13						
100kg	Bench	217.5kg	Lloyd, Kevin	24-Nov-14						
110kg	Bench	220kg	Lowe, Kyle	25-Mar-18						
125kg	Bench	180kg	Adams, Benjamin	29-Aug-20						
140kg	Bench	210kg	Lee, Fabian	17-Aug-19						
SHW	Bench	205kg	Wilde, Phill	8-Mar-15						

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CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (70-74)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (75-79)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (80-84)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (85-89)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
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									

Updated on 1/02/2024