CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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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	Figueroa, James	4-Oct-08
60kg	Bench									
67.5kg	Bench	110kg	Epple, Michael	19-0ct-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	Llyod, 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						
						Hadatad on 1/03/2024				

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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	Tompkin-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

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									

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	Love, 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						

Updated on 1/02/2024

CAPO WESTERN AUSTRALIAN BENCH ONLY COMPETITION

	RAW			SINGLE PLY			MULTIPLY	
140kg	Rucci, Dan	19-Oct-14						
197.5kg	Leary, Michael	17-Sep-23						
230kg	Lloyd, Kevin	24-Mar-19						
205kg	Murphy, Sam	11-Aug-23						
235kg	Florissen, Shannon	10-Aug-13						
230kg	Toomer, Dave	17-Sep-23						
	197.5kg 230kg 205kg 235kg	197.5kg Leary, Michael 230kg Lloyd, Kevin 205kg Murphy, Sam 235kg Florissen, Shannon	197.5kg Leary, Michael 17-Sep-23 230kg Lloyd, Kevin 24-Mar-19 205kg Murphy, Sam 11-Aug-23 235kg Florissen, Shannon 10-Aug-13	197.5kg Leary, Michael 17-5ep-23 230kg Lloyd, Kevin 24-Mar-19 205kg Murphy, Sam 11-Aug-23 235kg Florissen, Shannon 10-Aug-13	197.5kg Leary, Michael 17-5ep-23 230kg Ubyd, Kevin 24-Mar-19 205kg Murphy, Sam 11-4ug-23 235kg Florisses, Shannon 10-4ug-13 230kg Toomer, Dave 17-5ep-23	197.5kg Leary, Michael 17-5ep-23 230kg Lloyd, Kevin 24-Mar-19 205kg Murphy, Sam 11-Jug-23 235kg Florissen, Shannon 10-Jug-13 230kg Floromer, Dave 17-5ep-23	197.5kg Leary, Michael 17-5p-23 230kg Lloyd, Kevin 24-Mar-19 205kg Murphy, Sam 11-4ug-23 235kg Florisen, Shannon 10-4ug-13 230kg Toomer, Dave 17-5p-23	197.5kg Leary, Michael 17.5ep-23 230kg Uoyd, Kevin 24-Mar-19 205kg Murphy, Sam 11-Aug-23 238kg Florissen, Shannon 10-Aug-13

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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	160kg	Henderson, Keith	21-Sep-21	250kg	Day, Henry	29-Nov-02			
100kg	Bench	170kg	Parnell, Shane	18-Sep-22				210kg	Weatherall, Peter	31-Mar-12
110kg	Bench	190kg	Parnell, Shane	17-Sep-23						
125kg	Bench	175kg	Weatherall, Peter	25-Aug-12						
140kg	Rench									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (45-	49)									
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	140kg	Mullins, Luke	21-Sep-21						
90kg	Bench	142.5kg	Mullins, Luke	21-Sep-21						
100kg	Bench	175kg	Weatherall, Peter	7-Nov-15						
110kg	Bench	170kg	Weatherall, Peter	12-Aug-16				210kg	Day, Henry	4-Dec-10
125kg	Bench	190kg	Napper, George	21-Sep-21						

Updated on 1/02/202

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (50-	54)									
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	142.5kg	Mullins, Luke	17-Sep-23						
100kg	Bench									
110kg	Bench	195kg	Cope, Bradley	17-Aug-19						
125kg	Bench							170kg	Boylan, Darcy	4-Oct-08
140kg	Bench									
SHW	Bench									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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							142.5kg	Ambrose, Jim	4-Dec-10
82.5kg	Bench									
90kg	Bench	145kg	Barker, David	17-Sep-23						
100kg	Bench	170kg	Guy, Miles	24-Mar-19						
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									
						Updated on 1/02/2024				

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (60-	64)									
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	125kg	Ambrose, Jim	5-Mar-16						
82.5kg	Bench									
90kg	Bench	100kg	McLernon, Peter	19-Oct-14						
100kg	Bench	132.5kg	Lepidi, Ange	17-Sep-23						
110kg	Bench									
125kg	Bench	142.5kg	Szann, Troy	20-Nov-22						
140kg	Bench	155kg	Szann, Troy	22-May-22						
SHW	Bench									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

MASTERS (65	-69)									
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

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-										
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									

CAPO WESTERN AUSTRALIAN MENS BENCH ONLY COMPETITION

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									

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	Rench									

Updated on 1/02/2024