

CAPO SOUTH AUSTRALIAN 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									
56kg	Bench									
60kg	Bench									
67.5kg	Bench	97.5kg	LEUNIG, Dean	18-Jul-92						
75kg	Bench	110kg	JONES, Eddie	18-Jul-92						
82.5kg	Bench				147.5kg	DOBBIN, Ray	18-Jul-92			
90kg	Bench	150kg	BATES, Laurie	19-Aug-22	130kg	NIELSEN, Craig	18-Jul-92	200kg	SHAKESPEARE, Luke	15-Dec-13
100kg	Bench	190kg	MITOLO, Dom	27-Oct-19	200kg	LARNER, Craig	18-Jul-92			
110kg	Bench	192.5kg	RANDELLS, Mick	22-Feb-15	197.5kg	JONES, Gary	28-Oct-17			
125kg	Bench	187.5kg	THOMAS, Dave	19-Aug-22						
140kg	Bench									
SHW	Bench									

Sub Teen Men (10-12)

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									

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Teenage 1 Men (13-15)

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	76kg	MACEY, Kirill	17-Feb-19						
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
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	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

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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									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench	147.5kg	SHAKESPEARE, Luke	10-Aug-13				200kg	SHAKESPEARE, Luke	15-Dec-13
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
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									
60kg	Bench									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

CAPO SOUTH AUSTRALIAN 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									
60kg	Bench									
67.5kg	Bench									
75kg	Bench	110kg	JONES, Eddie	18-Jul-92						
82.5kg	Bench				147.5kg	DOBBIN, Ray	18-Jul-92			
90kg	Bench				130kg	NIELSEN, Craig	18-Jul-92			
100kg	Bench	190kg	MITOLO, Dom	27-Oct-19	200kg	LARNER, Craig	18-Jul-92			
110kg	Bench	192.5kg	RANDELLS, Mick	22-Feb-15	170kg	STOKES, Grant	18-Jul-92			
125kg	Bench									
140kg	Bench									
SHW	Bench									

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									
60kg	Bench									
67.5kg	Bench	97.5kg	LEUNIG, Dean	18-Jul-92						
75kg	Bench									
82.5kg	Bench									
90kg	Bench	150kg	BATES, Laurie	19-Aug-22						
100kg	Bench	105kg	CEFAI, Grant	18-Jul-92						
110kg	Bench	132.5kg	SWANSON, Kaleb	19-Aug-22						
125kg	Bench	177.5kg	HOOD, Anthony	19-Aug-22						
140kg	Bench									
SHW	Bench									

CAPO SOUTH AUSTRALIAN 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									
75kg	Bench									
82.5kg	Bench									
90kg	Bench	95kg	WATKINS, Jay	27-Feb-22						
100kg	Bench	120kg	WATKINS, Jay	19-Feb-23						
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

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									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

CAPO SOUTH AUSTRALIAN 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									
67.5kg	Bench									
75kg	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench	140kg	THOMAS, Dave	02-Jun-19						
110kg	Bench	167.5kg	JONES, Gary	30-Oct-16	197.5kg	JONES, Gary	28-Oct-17			
125kg	Bench	187.5kg	THOMAS, Dave	19-Aug-22						
140kg	Bench									
SHW	Bench									

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									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench	171.5kg	JONES, Gary	21-Sep-19						
125kg	Bench									
140kg	Bench									
SHW	Bench									

CAPO SOUTH AUSTRALIAN 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									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
110kg	Bench	120kg	SMITH, Andrew	19-Aug-22						
125kg	Bench									
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									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

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	Bench									
82.5kg	Bench									
90kg	Bench									
100kg	Bench									
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									
90kg	Bench									
100kg	Bench									
110kg	Bench									
125kg	Bench									
140kg	Bench									
SHW	Bench									

CAPO SOUTH AUSTRALIAN 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									
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									