

CAPO VIC STATE 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	102.5kg	PANAGIOTIDIS, Jim	15-Jan-22				115.5kg	ZALCMAN, Adrian	08-Dec-01
67.5kg	Bench	117.5kg	ROCCECCIOLI, Michael	11-Aug-17	140kg	ROCCECCIOLI, Michael	28-Oct-17			
75kg	Bench	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17	242.5kg	GALATI, Ange	05-Nov-05
82.5kg	Bench	215kg	GALATI, Ange	26-Apr-14	245kg	GALATI, Ange	13-Aug-16	265kg	GALATI, Ange	15-Mar-15
90kg	Bench	215.5kg	GALATI, Ange	21-Nov-14	242.5kg	BRIGUGLIO, David	25-Apr-18	180kg	POSTLETHWAITE, Neil	25-Apr-22
100kg	Bench	200kg	MIDDLETON, Matthew	05-Mar-16	245kg	BRIGUGLIO, David	22-Oct-18	215kg	ROZEN, Warren	08-Dec-01
110kg	Bench	217.5kg	PIPER, Adam	25-Apr-15	195kg	DORWARD, Ian	18-May-19	275kg	ROSS, Laird	28-Oct-17
125kg	Bench	222.5kg	ROCKS, Nathan	01-Aug-14	180kg	KUIPERS, Terence	25-Apr-18			
140kg	Bench	232.5kg	KERCHER, Jake	24-Sep-23	350kg	BOSTOCK, Shaun	14-Aug-15	290kg	BOSTOCK, Shaun	08-Aug-09
SHW	Bench	240kg	BOSTOCK, Shawn	21-Nov-14	345kg	BOSTOCK, Shaun	09-May-15	325kg	BOSTOCK, Shaun	14-Mar-09

Sub Teen Men (10-12)

Unofficial WPC

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	35kg	POSTLETHWAITE, Lenny	02-Mar-24						
56kg	Bench									
60kg	Bench									
67.5kg	Bench	67.5kg	TORCASIO, Ashton	15-Jan-22						
75kg	Bench	77.5kg	BATTAGLIA, Brandon	25-Apr-22						
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	RAVEH, Eitan	24-Sep-23						
75kg	Bench	122.5kg	ROSS, Alex	17-Sep-22						
82.5kg	Bench	120kg	MILAT, Dylan	03-Jun-23						
90kg	Bench	112.5kg	VILLAFLOR, Bradley	25-Apr-23						
100kg	Bench	125kg	PICCININ, Thomas	25-Apr-21						
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	115kg	LEI, Alex	17-Sep-22						
82.5kg	Bench	132.5kg	ROSS, Alex	25-Apr-23						
90kg	Bench									
100kg	Bench	115kg	SCHUTT, Callum	20-May-17						
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							115.5kg	ZALCMAN, Adrian	08-Dec-01
67.5kg	Bench	90kg	KHATSERNOV, Alexander	21-Sep-19						
75kg	Bench									
82.5kg	Bench	145kg	MAGRATH, Riley	28-Oct-17						
90kg	Bench	157.5kg	THOMPSON, Shannan	11-Aug-17						
100kg	Bench	150kg	BREUKER, Jacob	21-Sep-19				215kg	ROZEN, Warren	08-Dec-01
110kg	Bench	217.5kg	PIPER Adam	25-Apr-15						
125kg	Bench	162.5kg	BAHTJAK, Igor	15-Jan-22						
140kg	Bench									
SHW	Bench									

CAPO VIC STATE 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	130kg	JAMMEH, Nuru	24-Sep-23						
82.5kg	Bench	160kg	MALLIARAS, George	25-Apr-23						
90kg	Bench	147.5kg	HARNIMAN, Rob	25-Apr-15	242.5kg	BRIGUGLIO, David	25-Apr-18			
100kg	Bench	200kg	MIDDLETON, Matthew	05-Mar-16	245kg	BRIGUGLIO, David	22-Oct-18			
110kg	Bench	205kg	WORLAND, Brett	14-Aug-15	192.5kg	HOLIAN, Christopher	21-Sep-19	275kg	ROSS, Laird	28-Oct-17
125kg	Bench	222.5kg	ROCKS, Nathan	01-Aug-14						
140kg	Bench	231kg	KERCHER, Jake	17-Sep-22						
SHW	Bench				272.5kg	MAYNE, Luke	25-Apr-17			

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	117.5kg	ROCCECCIOLI, Michael	11-Aug-17	140kg	ROCCECCIOLI, Michael	28-Oct-17			
75kg	Bench	135kg	ROCCECCIOLI, Michael	18-May-19	157.5kg	ROCCECCIOLI, Michael	21-Sep-19	242.5kg	GALATI, Ange	05-Nov-05
82.5kg	Bench	140kg	TISO, Benjamin	22-Oct-18	182.5kg	POSTLETHWAITE, Neil	25-Apr-19	250.5kg	GALATI, Ange	10-Mar-07
90kg	Bench	180kg	CARNOVALE, Adrian	28-Oct-17	175kg	POSTLETHWAITE, Neil	25-Apr-18	155kg	WAKEFIELD, James	21-Sep-19
100kg	Bench	160kg	DANK, Michael	25-Apr-19				175kg	LESTER, Matt	05-Aug-06
110kg	Bench	160kg	LOIDL, Jarrod	28-Oct-17	190kg	KUIPERS, Terence	22-Sep-18			
125kg	Bench	170kg	LOIDL, Jarrod	19-May-18	180kg	KUIPERS, Terence	25-Apr-18			
140kg	Bench	185kg	NARAYAN, Edward	15-Jan-22	220kg	KUIPERS, Terence	28-Oct-17	290kg	BOSTOCK, Shaun	08-Aug-09
SHW	Bench							325kg	BOSTOCK, Shaun	14-Mar-09

CAPO VIC STATE 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	125kg	COTTRILL, Ji	03-Jun-23	155kg	ROCCECCIOLI, Michael	17-Sep-22			
82.5kg	Bench	210.5kg	GALATI, Ange	16-Mar-13	170kg	POSTLETHWAITE, Neil	02-Mar-24	262.5kg	GALATI, Ange	13-Mar-10
90kg	Bench	150kg	CHRISTOPOULOS, Johnny	24-Sep-23				180kg	POSTLETHWAITE, Neil	25-Apr-22
100kg	Bench									
110kg	Bench	150kg	MAJOR, Leigh	26-Sep-15	160kg	MAYER, Miki	15-Jan-22			
125kg	Bench									
140kg	Bench	192.5kg	ROSS, Phill	05-Mar-16	220kg	KUIPERS, Terence	25-Apr-19			
SHW	Bench	240kg	BOSTOCK, Shawn	21-Nov-14	345kg	BOSTOCK, Shaun	09-May-15			

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	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17			
82.5kg	Bench	215kg	GALATI, Ange	26-Apr-14	245kg	GALATI, Ange	13-Aug-16	265kg	GALATI, Ange	15-Mar-15
90kg	Bench	215.5kg	GALATI, Ange	21-Nov-14				140kg	HAINS, Brendan	01-Aug-14
100kg	Bench	160kg	HAINS, Brendan	21-Nov-14	110kg	JOHNSON, Simon	25-Apr-22			
110kg	Bench				167.5kg	MAYER, Miki	17-Sep-22	200kg	BROWN, Steve	14-Mar-09
125kg	Bench	182.5kg	ROSS, Phil	14-Aug-15						
140kg	Bench	202.5kg	ROSS, Phil	25-Apr-21	350kg	BOSTOCK, Shaun	14-Aug-15			
SHW	Bench	202.5kg	ROSS, Phil	18-May-19						

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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	102.5kg	PANAGIOTIDIS, Jim	15-Jan-22						
67.5kg	Bench	105kg	PANAGIOTIDIS, Jim	17-Sep-22	122.5kg	PANAGIOTIDIS, Jim	24-Sep-23			
75kg	Bench	177.5kg	GALATI, Ange	21-Sep-19	230kg	GALATI, Ange	22-Sep-18	200.5kg	GALATI, Ange	17-Sep-22
82.5kg	Bench				200kg	GALATI, Ange	15-Jan-22			
90kg	Bench	150kg	HAINS, Brendan	19-Aug-22						
100kg	Bench	172.5 kg	DORWARD, Ian	20-May-17				160kg	MURRAY, Barry	23-Oct-10
110kg	Bench	175kg	DORWARD, Ian	25-Apr-17				180kg	MURRAY, Barry	08-Oct-11
125kg	Bench	192.5kg	WALLIN, John	25-Apr-21						
140kg	Bench	200kg	ROSS, Phil	22-May-21						
SHW	Bench	205kg	ROSS, Phil	25-Apr-22						

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	90kg	GATH, David	24-Sep-23						
75kg	Bench									
82.5kg	Bench	102.5kg	TORCASIO, Tony	15-Jan-22						
90kg	Bench	150kg	HAINS, Brendan	19-Aug-22						
100kg	Bench							170kg	MURRAY, Barry	28-Oct-17
110kg	Bench	170.5kg	DORWARD, Ian	21-Sep-19	195kg	DORWARD, Ian	18-May-19	200kg	DORWARD, Ian	25-Apr-19
125kg	Bench									
140kg	Bench									
SHW	Bench									

CAPO VIC STATE 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	130kg	ROSS, Steve	13-Mar-15						
100kg	Bench	125kg	RAY, Michael	25-Apr-23						
110kg	Bench	165kg	DORWARD, Ian	25-Apr-23				177.5kg	MURRAY, Barry	22-Sep-18
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	95kg	HANDSTUK, Leo	28-Oct-17						
100kg	Bench	115kg	ROSS, Steve	30-Oct-16						
110kg	Bench									
125kg	Bench	135kg	ZOLLO, Joe	24-Sep-23						
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	97.5kg	HANDSJUK, Leo	18-Aug-18						
100kg	Bench	137.5 kg	SYLVIA, Rod	19-Aug-22						
110kg	Bench	140kg	SYLVIA, Rod	11-Aug-23						
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 VIC STATE 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									