

CAPO Vic State Records

MEN

SINGLE LIFT COMPETITION

BENCH PRESS ONLY

Open Men

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date		
RAW				SINGLE PLY				MULTI PLY				UNLIMITED			
52kg	Bench														
56kg	Bench	45kg	HAINS, Grover	07-Mar-26							45kg	HAINS, Grover	07-Mar-26		
60kg	Bench	102.5kg	PANAGIOTIDIS, Jim	15-Jan-22				115.5kg	ZALCMAN, Adrian	08-Dec-01	115.5kg	ZALCMAN, Adrian	08-Dec-01		
67.5kg	Bench	117.5kg	ROCCECCIOLI, Michael	11-Aug-17	140kg	ROCCECCIOLI, Michael	28-Oct-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	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	265kg	GALATI, Ange	15-Mar-15		
90kg	Bench	210.5kg	SPITERI, Jacob	22-Mar-25	242.5kg	BRIGUGLIO, David	25-Apr-18	180kg	POSTLETHWAITE, Neil	25-Apr-22	250.5	UPTON, Brendan	14-Sep-24		
100kg	Bench	200kg	MIDDLETON, Matthew	05-Mar-16	245kg	BRIGUGLIO, David	22-Oct-18	215kg	ROZEN, Warren	08-Dec-01	253kg	HAINS, Brendan	20-Oct-24		
110kg	Bench	217.5kg	PIPER, Adam	25-Apr-15	195kg	DORWARD, Ian	18-May-19	275kg	ROSS, Laird	28-Oct-17	275kg	ROSS, Laird	28-Oct-17		
125kg	Bench	222.5kg	ROCKS, Nathan	01-Aug-14	180kg	KUIPERS, Terence	25-Apr-18	140kg	CLEWER, James	13-Sep-25	222.5kg	ROCKS, Nathan	01-Aug-14		
140kg	Bench	232.5kg	KERCHEK, Jake	24-Sep-23	350kg	BOSTOCK, Shaun	14-Aug-15	290kg	BOSTOCK, Shaun	08-Aug-09	380kg	BOSTOCK, Shaun	14-Sep-24		
SHW	Bench	240kg	BOSTOCK, Shawn	21-Nov-14	345kg	BOSTOCK, Shaun	09-May-15	325kg	BOSTOCK, Shaun	14-Mar-09	345kg	BOSTOCK, Shaun	09-May-15		

Sub Teen Men (10-12)

Unofficial WPC

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date		
RAW				SINGLE PLY				MULTI PLY				UNLIMITED			
52kg	Bench	27.5kg	MUDIE, Kingston	01-Aug-24							27.5kg	MUDIE, Kingston	01-Aug-24		
56kg	Bench	37.5kg	HAINS, Grover	13-Jul-25							37.5kg	HAINS, Grover	13-Jul-25		
60kg	Bench	25kg	KOYA, Ariyan	01-Aug-24							25kg	KOYA, Ariyan	01-Aug-24		
67.5kg	Bench														
75kg	Bench														
82.5kg	Bench														
90kg	Bench														
100kg	Bench														
110kg	Bench														
125kg	Bench	38kg	DOLE, Jackson	03-Aug-25							38kg	DOLE, Jackson	03-Aug-25		
140kg	Bench														
SHW	Bench														

Teenage 1 Men (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date		
RAW				SINGLE PLY				MULTI PLY				UNLIMITED			
52kg	Bench	35kg	POSTLETHWAITE, Lenny	02-Mar-24							35kg	POSTLETHWAITE, Lenny	02-Mar-24		
56kg	Bench	45kg	HAINS, Grover	07-Mar-26							45kg	HAINS, Grover	07-Mar-26		
60kg	Bench														
67.5kg	Bench	67.5kg	TORCASIO, Ashton	15-Jan-22							67.5kg	TORCASIO, Ashton	15-Jan-22		
75kg	Bench	77.5kg	BATTAGLIA, Brandon	25-Apr-22							77.5kg	BATTAGLIA, Brandon	25-Apr-22		
82.5kg	Bench	72.5kg	TROUW, Sebastian Hilgard	07-Mar-26							72.5kg	TROUW, Sebastian Hilgard	07-Mar-26		
90kg	Bench														
100kg	Bench														
110kg	Bench														
125kg	Bench														
140kg	Bench														
SHW	Bench														

CAPO Vic State Records

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Teenage 2 Men (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	75kg	RAVEH, Eitan	24-Sep-23							75kg	RAVEH, Eitan	24-Sep-23
75kg	Bench	122.5kg	ROSS, Alex	17-Sep-22							122.5kg	ROSS, Alex	17-Sep-22
82.5kg	Bench	120kg	MILAT, Dylan	03-Jun-23							120kg	MILAT, Dylan	03-Jun-23
90kg	Bench	112.5kg	VILLAFLO, Bradley	25-Apr-23							112.5kg	VILLAFLO, Bradley	25-Apr-23
100kg	Bench	125kg	PICCININ, Thomas	25-Apr-21							125kg	PICCININ, Thomas	25-Apr-21
110kg	Bench	135kg	SPANO, Santo	07-Mar-26							135kg	SPANO, Santo	07-Mar-26
125kg	Bench												
140kg	Bench												
SHW	Bench												

Teenage 3 Men (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench	65kg	HUNT, Raynen	13-Sep-25							65kg	HUNT, Raynen	13-Sep-25
67.5kg	Bench												
75kg	Bench	115kg	LEI, Alex	17-Sep-22							115kg	LEI, Alex	17-Sep-22
82.5kg	Bench	132.5kg	ROSS, Alex	25-Apr-23							132.5kg	ROSS, Alex	25-Apr-23
90kg	Bench												
100kg	Bench	170kg	KNEALE, Luca	14-Sep-24							170kg	KNEALE, Luca	14-Sep-24
110kg	Bench												
125kg	Bench	137.5kg	SCHOORMANS, Phoenix	13-Sep-25							137.5kg	SCHOORMANS, Phoenix	13-Sep-25
140kg	Bench												
SHW	Bench												

Junior Men (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench							115.5kg	ZALCMAN, Adrian	08-Dec-01	115.5kg	ZALCMAN, Adrian	08-Dec-01
67.5kg	Bench	90kg	KHATSERNOV, Alexander	21-Sep-19							90kg	KHATSERNOV, Alexander	21-Sep-19
75kg	Bench				100kg	VOUDIOTIS, Peej	13-Sep-25				100kg	VOUDIOTIS, Peej	13-Sep-25
82.5kg	Bench	145kg	MAGRATH, Riley	28-Oct-17							145kg	MAGRATH, Riley	28-Oct-17
90kg	Bench	157.5kg	THOMPSON, Shannan	11-Aug-17							157.5kg	THOMPSON, Shannan	11-Aug-17
100kg	Bench	150kg	BREUKER, Jacob	21-Sep-19				215kg	ROZEN, Warren	08-Dec-01	215kg	ROZEN, Warren	08-Dec-01
110kg	Bench	217.5kg	PIPER Adam	25-Apr-15							217.5kg	PIPER Adam	25-Apr-15
125kg	Bench	162.5kg	BAHTJAK, Igor	15-Jan-22							162.5kg	BAHTJAK, Igor	15-Jan-22
140kg	Bench												
SHW	Bench												

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Senior Men (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench	130kg	JAMMEH, Nuru	24-Sep-23							130kg	JAMMEH, Nuru	24-Sep-23
82.5kg	Bench	160kg	MALLIARAS, George	25-Apr-23							160kg	MALLIARAS, George	25-Apr-23
90kg	Bench	147.5kg	HARNIMAN, Rob	25-Apr-15	242.5kg	BRIGUGLIO, David	25-Apr-18				250.5	UPTON, Brendan	14-Sep-24
100kg	Bench	200kg	MIDDLETON, Matthew	05-Mar-16	245kg	BRIGUGLIO, David	22-Oct-18				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	275kg	ROSS, Laird	28-Oct-17
125kg	Bench	222.5kg	ROCKS, Nathan	01-Aug-14							222.5kg	ROCKS, Nathan	01-Aug-14
140kg	Bench	232.5	KERCHER, Jake	24-Sep-24							232.5	KERCHER, Jake	24-Sep-24
SHW	Bench				272.5kg	MAYNE, Luke	25-Apr-17				272.5kg	MAYNE, Luke	25-Apr-17

Sub Masters Men (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	117.5kg	ROCCECCIOLI, Michael	11-Aug-17	140kg	ROCCECCIOLI, Michael	28-Oct-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	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	250.5kg	GALATI, Ange	10-Mar-07
90kg	Bench	210.5kg	SPITERI, Jacob	22-Mar-25	175kg	POSTLETHWAITE, Neil	25-Apr-18	155kg	WAKEFIELD, James	21-Sep-19	210.5kg	SPITERI, Jacob	22-Mar-25
100kg	Bench	160kg	DANK, Michael	25-Apr-19				175kg	LESTER, Matt	05-Aug-06	175kg	LESTER, Matt	05-Aug-06
110kg	Bench	160kg	LOIDL, Jarrod	28-Oct-17	190kg	KUIPERS, Terence	22-Sep-18				190kg	KUIPERS, Terence	22-Sep-18
125kg	Bench	170kg	LOIDL, Jarrod	19-May-18	180kg	KUIPERS, Terence	25-Apr-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	290kg	BOSTOCK, Shaun	08-Aug-09
SHW	Bench	170kg	LAWSON, Alexander	13-Sep-25	230kg	WARLAND, Gavin	13-Sep-25	325kg	BOSTOCK, Shaun	14-Mar-09	325kg	BOSTOCK, Shaun	14-Mar-09

Masters 1 Men (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench	125kg	COTTRILL, Ji	03-Jun-23	155kg	ROCCECCIOLI, Michael	17-Sep-22				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	262.5kg	GALATI, Ange	13-Mar-10
90kg	Bench	150kg	CHRISTOPOULOS, Johny	24-Sep-23				180kg	POSTLETHWAITE, Neil	25-Apr-22	180kg	POSTLETHWAITE, Neil	25-Apr-22
100kg	Bench												
110kg	Bench	150kg	MAJOR, Leigh	26-Sep-15	160kg	MAYER, Miki	15-Jan-22				160kg	MAYER, Miki	15-Jan-22
125kg	Bench												
140kg	Bench	192.5kg	ROSS, Phill	05-Mar-16	220kg	KUIPERS, Terence	25-Apr-19				220kg	KUIPERS, Terence	25-Apr-19
SHW	Bench	240kg	BOSTOCK, Shawn	21-Nov-14	345kg	BOSTOCK, Shaun	09-May-15				345kg	BOSTOCK, Shaun	09-May-15

CAPO Vic State Records

MEN

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Masters 2 Men (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench	202.5kg	GALATI, Ange	05-Mar-16	250kg	GALATI, Ange	25-Apr-17				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	265kg	GALATI, Ange	15-Mar-15
90kg	Bench	210kg	GALATI, Ange	21-Nov-14	175kg	POSTLETHWAITE, Neil	13-Sep-25	140kg	HAINS, Brendan	01-Aug-14	210kg	GALATI, Ange	21-Nov-14
100kg	Bench	170kg	MAJOR, Leigh	06-Jul-24	110kg	JOHNSON, Simon	25-Apr-22				170kg	MAJOR, Leigh	06-Jul-24
110kg	Bench	161.5kg	PIOPOLO, Michael	03-Aug-25	167.5kg	MAYER, Miki	17-Sep-22	200kg	BROWN, Steve	14-Mar-09	200kg	BROWN, Steve	14-Mar-09
125kg	Bench	182.5kg	ROSS, Phil	14-Aug-15							182.5kg	ROSS, Phil	14-Aug-15
140kg	Bench	202.5kg	ROSS, Phil	25-Apr-21	350kg	BOSTOCK, Shaun	14-Aug-15				350kg	BOSTOCK, Shaun	14-Aug-15
SHW	Bench	202.5kg	ROSS, Phil	18-May-19							202.5kg	ROSS, Phil	18-May-19

Masters 3 Men (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench	102.5kg	PANAGIOTIDIS, Jim	15-Jan-22							102.5kg	PANAGIOTIDIS, Jim	15-Jan-22
67.5kg	Bench	105kg	PANAGIOTIDIS, Jim	17-Sep-22	122.5kg	PANAGIOTIDIS, Jim	24-Sep-23				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	230kg	GALATI, Ange	22-Sep-18
82.5kg	Bench				200kg	GALATI, Ange	15-Jan-22				200kg	GALATI, Ange	15-Jan-22
90kg	Bench	150kg	HAINS, Brendan	19-Aug-22							150kg	HAINS, Brendan	19-Aug-22
100kg	Bench	172.5 kg	DORWARD, Ian	20-May-17				160kg	MURRAY, Barry	23-Oct-10	172.5 kg	DORWARD, Ian	20-May-17
110kg	Bench	175kg	DORWARD, Ian	25-Apr-17				180kg	MURRAY, Barry	08-Oct-11	180kg	MURRAY, Barry	08-Oct-11
125kg	Bench	192.5kg	WALLIN, John	25-Apr-21							192.5kg	WALLIN, John	25-Apr-21
140kg	Bench	200kg	ROSS, Phil	22-May-21							380kg	BOSTOCK, Shaun	14-Sep-24
SHW	Bench	205.5kg	ROSS, Phil	14-Sep-24							205.5kg	ROSS, Phil	14-Sep-24

Masters 4 Men (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY				MULTI PLY			UNLIMITED		
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	90kg	GATH, David	24-Sep-23							90kg	GATH, David	24-Sep-23
75kg	Bench	160kg	GALATI, Ange	13-Sep-25	181.5kg	GALATI, Ange	13-Sep-25	150kg	GALATI, Ange	13-Sep-25	181.5kg	GALATI, Ange	13-Sep-25
82.5kg	Bench	102.5kg	TORCASIO, Tony	15-Jan-22							102.5kg	TORCASIO, Tony	15-Jan-22
90kg	Bench	150kg	HAINS, Brendan	19-Aug-22							225kg	HAINS, Brendan	14-Sep-24
100kg	Bench							170kg	MURRAY, Barry	28-Oct-17	253kg	HAINS, Brendan	20-Oct-24
110kg	Bench	170.5kg	DORWARD, Ian	21-Sep-19	195kg	DORWARD, Ian	18-May-19	200kg	DORWARD, Ian	25-Apr-19	200kg	DORWARD, Ian	25-Apr-19
125kg	Bench												
140kg	Bench	155kg	MURPHY, David	14-Sep-24							155kg	MURPHY, David	14-Sep-24
SHW	Bench	90kg	CHRISTIDIS, Damien	13-Sep-25							90kg	CHRISTIDIS, Damien	13-Sep-25

CAPO Vic State Records

MEN

SINGLE LIFT COMPETITION

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Masters 5 Men (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			UNLIMITED			
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench	67.5kg	BEEFORTH, Graham	14-Sep-24							67.5kg	BEEFORTH, Graham	14-Sep-24
75kg	Bench												
82.5kg	Bench	65kg	BARONE, John	22-Mar-25							65kg	BARONE, John	22-Mar-25
90kg	Bench	130kg	ROSS, Steve	13-Mar-15							130kg	ROSS, Steve	13-Mar-15
100kg	Bench	125kg	RAY, Michael	25-Apr-23							125kg	RAY, Michael	25-Apr-23
110kg	Bench	165kg	DORWARD, Ian	25-Apr-23				177.5kg	MURRAY, Barry	22-Sep-18	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	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			UNLIMITED			
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench												
90kg	Bench	120.5kg	ZOLLO, Will	03-Aug-25							120.5kg	ZOLLO, Will	03-Aug-25
100kg	Bench	115kg	ROSS, Steve	30-Oct-16							115kg	ROSS, Steve	30-Oct-16
110kg	Bench												
125kg	Bench	200kg	McMURRAY, Steve	13-Sep-25							200kg	McMURRAY, Steve	13-Sep-25
140kg	Bench												
SHW	Bench												

Masters 7 Men (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			UNLIMITED			
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench												
90kg	Bench	100kg	McCARTY, Frank	25-Apr-25	112.5kg	ROSS, Steve	14-Sep-24				112.5kg	ROSS, Steve	14-Sep-24
100kg	Bench	137.5 kg	SYLVIA, Rod	19-Aug-22							137.5 kg	SYLVIA, Rod	19-Aug-22
110kg	Bench	147.5kg	SYLVIA, Rod	03-Aug-25							147.5kg	SYLVIA, Rod	03-Aug-25
125kg	Bench												
140kg	Bench												
SHW	Bench												

Masters 8 Men (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			UNLIMITED			
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench												
90kg	Bench				90kg	ROSS, Steve	13-Sep-25				90kg	ROSS, Steve	13-Sep-25
100kg	Bench												
110kg	Bench												
125kg	Bench												
140kg	Bench												
SHW	Bench												

Masters 9 Men (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			UNLIMITED			
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench	85kg	LIETCH, Campbell	14-Sep-24							85kg	LIETCH, Campbell	14-Sep-24
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	Record	Athlete	Date
RAW			SINGLE PLY				MULTI PLY			UNLIMITED			
52kg	Bench												
56kg	Bench												
60kg	Bench												
67.5kg	Bench												
75kg	Bench												
82.5kg	Bench	35kg	ZWAAN, Adrian	25-Apr-25							35kg	ZWAAN, Adrian	25-Apr-25
90kg	Bench												
100kg	Bench												
110kg	Bench												
125kg	Bench												
140kg	Bench												
SHW	Bench												