



## W/BOP SINGLE LIFT BENCHPRESS RECORDS

Updated: January 2007

| U18             |          | U23         |           | OPEN               |           | MASTER 40-49     |           | MASTER 50-59     |             | Master 60+ |             |
|-----------------|----------|-------------|-----------|--------------------|-----------|------------------|-----------|------------------|-------------|------------|-------------|
| U18 JUNIOR MENS |          | JUNIOR MENS |           | MENS               |           | MENS             |           | Men              |             | Men        |             |
| CLASS           | NAME     | NAME        |           | NAME               |           | NAME             |           | Name             |             |            |             |
| 52              | STANDARD | 60          | STANDARD  | 65                 | STANDARD  | 70               | STANDARD  | 65               | STANDARD    | 65         |             |
| 56              | STANDARD | 65          | STANDARD  | 70                 | STANDARD  | 80               | STANDARD  | 70               | STANDARD    | 70         |             |
| 60              | STANDARD | 70          | STANDARD  | 75                 | STANDARD  | 90               | STANDARD  | 75               | STANDARD    | 75         |             |
| 67.5            | STANDARD | 80          | STANDARD  | 85                 | STANDARD  | 100              | STANDARD  | 85               | STANDARD    | 85         |             |
| 75              | STANDARD | 85          | STANDARD  | 95                 | G RAE     | 147.5            | G RAE     | 147.5            | G RAE       | 147.5      |             |
| 82.5            | STANDARD | 90          | STANDARD  | 105                | N.FRANK   | 207.5            | N.FRANK   | 207.5            | A.ROLLESTON | 130        |             |
| 90              | STANDARD | 95          | S.PARSONS | 186.5              | N.FRANK   | 215              | N.FRANK   | 215              | B WILLS     | 120        | B WILLS 120 |
| 100             | STANDARD | 100         | S BERTRAM | 130                | N.FRANK   | 216              | N.FRANK   | 216              | G GIBSON    | 162.5      | B WILLS 125 |
| 110             | STANDARD | 105         | STANDARD  | 120                | W.DOYLE   | 210              | W.DOYLE   | 210              | STANDARD    | 115        |             |
| 125             | STANDARD | 110         | G SMITS   | 191                | D.SOLOMON | 255              | STANDARD  | 120              | STANDARD    | 120        |             |
| 125+            | STANDARD | 110         | STANDARD  | 125                | R.SIMANU  | 305              | P.SMITH   | 230              | STANDARD    | 120        |             |
|                 |          |             |           |                    |           |                  |           |                  |             |            |             |
| JUNIOR WOMEN    |          | OPEN WOMEN  |           | MASTER 40-49 WOMEN |           | MASTER 50+ WOMEN |           | MASTER 60+ WOMEN |             |            |             |
| CLASS           | NAME     | NAME        |           | NAME               |           | NAME             |           |                  |             |            |             |
| 44              | STANDARD | 32.5        | STANDARD  | 35                 | STANDARD  | 32.5             | STANDARD  | 32.5             |             |            |             |
| 48              | STANDARD | 37.5        | STANDARD  | 40                 | STANDARD  | 37.5             | STANDARD  | 37.5             |             |            |             |
| 52              | STANDARD | 40          | STANDARD  | 42.5               | STANDARD  | 40               | STANDARD  | 40               |             |            |             |
| 56              | STANDARD | 50          | STANDARD  | 52.5               | STANDARD  | 50               | STANDARD  | 50               |             |            |             |
| 60              | STANDARD | 55          | STANDARD  | 57.5               | STANDARD  | 55               | STANDARD  | 55               |             |            |             |
| 67.5            | STANDARD | 60          | S.PERRY   | 87.5               | S.PERRY   | 87.5             | C CADMAN  | 70               |             |            |             |
| 75              | STANDARD | 65          | D.TURNER  | 100                | D TURNER  | 100              | D.TURNER  | 100              |             |            |             |
| 82.5            | STANDARD | 67.5        | STANDARD  | 70                 | STANDARD  | 67.5             | STANDARD  | 67.5             |             |            |             |
| 90              | STANDARD | 70          | STANDARD  | 72.5               | STANDARD  | 70               | STANDARD  | 70               |             |            |             |
| 90+             | STANDARD | 70          | J.JOHNSON | 107.5              | J.JOHNSON | 80               | J.JOHNSON | 107.5            |             |            |             |