

MUSCLE PIT BENCH RECORDS - 200kg+ Club

Ranking	Name	Wight Lifted	Date of Lift	Competition
1	Shannon Florissen	252.5kg	14/10/18	2018 Big Dogs 3
2	George Okunev	240kg	18/3/17	2017 ProRaw 9
3	Dylan Hellriegel	240kg	15/3/19	2019 PrpRaw 11
4	Phil Wilde	235kg	29/11/20	CAPO 2020 Deadliest Deadlift & Bench
5	Kevin Liyod	230kg	25/3/19	CAPO 2019 King of the Bench - W.A State Champs
6	Kyle Love	225kg	19/11/18	CAPO 2018 Deadliest Dedlift & Bench
7	Dennis (Louie) Marciel	210kg	30/3/09	CAPO King of the Bench - W.A State Champs
8	Joel MaCaughan	210kg	30/1/21	GPC 2021 Western Clssic
9	Dan Macri	210kg	27/11/11	CAPO 2011 Deadliest Deadlift & Bench
10	Shane Manihera	205kg	29/5/16	CAPO 2016 WA State Chmpionships
11	Dylan Moltoni	200kg	2/3/19	GPC 2019 State Championships
12	Adeeb Rahman	200kg	14/9/19	GPC 2019 Perth Cup
13	Sam Murphy	200kg	29/8/20	CAPO 2020 WA State Championships