

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Open Men

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	100kg	DULLONA, Francisco	22-Feb-15						
	Deadlift	185kg	SINGH, Maninder	24-Mar-19						
	P/P Total	270kg	DULLONA, Francisco	22-Feb-15						
67.5kg	Bench	157.5kg	TAUMALOLO, Mateaki	01-Mar-20						
	Deadlift	220kg	TAUMALOLO, Mateaki	01-Mar-20						
	P/P Total	377.5kg	TAUMALOLO, Mateaki	01-Mar-20						
75kg	Bench	145kg	APPO, Bernard	24-Mar-19	155kg	ROCCECCIOLI, Michael	25-Apr-21	70kg	SANDERSON, Ron	22-Feb-15
	Deadlift	255kg	APPO, Bernard	24-Mar-19	170kg	ROCCECCIOLI, Michael	25-Apr-21	205kg	SANDERSON, Ron	22-Feb-15
	P/P Total	400kg	APPO, Bernard	24-Mar-19	325kg	ROCCECCIOLI, Michael	25-Apr-21	275kg	SANDERSON, Ron	22-Feb-15
82.5kg	Bench	160kg	RYAN, Heath	01-Mar-20						
	Deadlift	275kg	HULEMAH, Ahmed	18-Nov-18						
	P/P Total	417.5kg	ROSS, Nathan	24-Nov-14						
90kg	Bench	160kg	PUSKARIC, Sym	11-Aug-17						
	Deadlift	260kg	PUSKARIC, Sym	11-Aug-17						
	P/P Total	420kg	PUSKARIC, Sym	11-Aug-17						
100kg	Bench	177.5kg	CRANE, Damien	03-Jun-17						
	Deadlift	300kg	ROCK, Martin	18-Nov-18						
	P/P Total	465kg	CAMPBELL, Mitch	24-Nov-14						
110kg	Bench	225kg	LOVE, Kyle	18-Nov-18	130kg	NELSON, Jonny	24-Mar-19			
	Deadlift	315kg	MACAUGHAN, Joel	19-Nov-17	255kg	NELSON, Jonny	24-Mar-19			
	P/P Total	520kg	LOVE, KYLE	29-Nov-20	385kg	NELSON, Jonny	24-Mar-19			
125kg	Bench	222.5kg	TOOMER, David	29-Nov-20						
	Deadlift	350kg	MURPHY, Sam	29-Nov-20						
	P/P Total	550kg	TOOMER, David	29-Nov-20						
140kg	Bench	272.5kg	COOPER, Andrew	01-Mar-20						
	Deadlift	330kg	STEIGER, Daniel	29-May-16						
	P/P Total	572.5kg	COOPER, Andrew	01-Mar-20						
SHW	Bench	235kg	WILDE, Philip	29-Nov-20						
	Deadlift	325kg	WILDE, Philip	29-Nov-20						
	P/P Total	555kg	WILDE, Philip	29-Nov-20						

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

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									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Teenage 1 Men (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	40kg	RYAN, Mitch	01-Mar-20						
	Deadlift	115kg	RYAN, Mitch	01-Mar-20						
	P/P Total	155kg	RYAN, Mitch	01-Mar-20						
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	115kg	WALDER, Jonathon	12-Aug-16						
	Deadlift	210kg	WALDER, Jonathon	29-May-16						
	P/P Total	325kg	WALDER, Jonathon	12-Aug-16						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	72.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19						
	Deadlift	165kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19						
	P/P Total	237.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench	140kg	AGIR, Kaevar	29-Nov-20						
	Deadlift	230kg	AGIR, Kaevar	29-Nov-20						
	P/P Total	360kg	AGIR, Kaevar	29-Nov-20						
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Teenage 2 Men (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	115kg	WALDER, Jonathon	12-Aug-16						
	Deadlift	210kg	WALDER, Jonathon	29-May-16						
	P/P Total	325kg	WALDER, Jonathon	12-Aug-16						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	72.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19						
	Deadlift	165kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19						
	P/P Total	237.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Teenage 3 Men (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	130kg	WALDER, Jonathan	11-Aug-17						
	Deadlift	220kg	WALDER, Jonathan	11-Aug-17						
	P/P Total	347.5kg	WALDER, Jonathan	11-Aug-17						
90kg	Bench	107.5kg	HARTIGAN, Connor	20-Mar-21						
	Deadlift	227.5kg	HARTIGAN, Connor	20-Mar-21						
	P/P Total	335kg	HARTIGAN, Connor	20-Mar-21						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	145kg	GIUBILATO, Matteo	29-Nov-20						
	Deadlift	280kg	GIUBILATO, Matteo	29-Nov-20						
	P/P Total	422.5kg	GIUBILATO, Matteo	29-Nov-20						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Junior Men (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	130kg	NELSON, Scott	22-Feb-15						
	Deadlift	232.5kg	NELSON, Scott	22-Feb-15						
	P/P Total	362.5kg	NELSON, Scott	22-Feb-15						
82.5kg	Bench	130kg	MARCUS, Leo	01-Mar-20						
	Deadlift	235kg	NUNNARI, Daniel	21-Nov-15						
	P/P Total	357.5kg	NUNNARI, Daniel	21-Nov-15						
90kg	Bench	120kg	DONALDSON, Kenyon	19-Nov-17						
	Deadlift	260kg	DONALDSON, Kenyon	19-Nov-17						
	P/P Total	380kg	DONALDSON, Kenyon	19-Nov-17						
100kg	Bench	167.5kg	CRODIN, Rundle	24-Nov-19						
	Deadlift	280kg	WESTHEAD, Jamie	29-Nov-20						
	P/P Total	430kg	WESTHEAD, Jamie	29-Nov-20						
110kg	Bench	150kg	LARGE, Trent	29-May-16						
	Deadlift	270kg	SKRNJUG, Brenden	25-Apr-21						
	P/P Total	415kg	SKRNJUG, Brenden	25-Apr-21						
125kg	Bench	172.5kg	NELSON, Aaron	20-Mar-21						
	Deadlift	262.5kg	SKRNJUG, Brenden	22-May-21						
	P/P Total	412.5kg	SKRNJUG, Brenden	22-May-21						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Senior Men (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	80kg	SINGH, Maninder	24-Mar-19						
	Deadlift	185kg	SINGH, Maninder	24-Mar-19						
	P/P Total	265kg	SINGH, Maninder	24-Mar-19						
67.5kg	Bench	157.5kg	TAUMALOLO, Mateaki	01-Mar-20						
	Deadlift	220kg	TAUMALOLO, Mateaki	01-Mar-20						
	P/P Total	377.5kg	TAUMALOLO, Mateaki	01-Mar-20						
75kg	Bench	130kg	BORMOLINI, Nikolas	24-Nov-19						
	Deadlift	242.5kg	MILLAR, Corey	24-Nov-19						
	P/P Total	352.5kg	MILLAR, Corey	24-Nov-19						
82.5kg	Bench	150kg	STEVENS, James	19-Nov-17						
	Deadlift	250kg	STEVENS, James	19-Nov-17						
	P/P Total	400kg	STEVENS, James	19-Nov-17						
90kg	Bench	130.5kg	UPTON, Brendan	25-Apr-21						
	Deadlift	250kg	UPTON, Brendan	25-Apr-21						
	P/P Total	370kg	HINES, Philip	03-Jun-17						
100kg	Bench	175kg	CAMPBELL, Mitch	24-Nov-14						
	Deadlift	300kg	ROCK, Martin	18-Nov-18						
	P/P Total	465kg	CAMPBELL, Mitch	24-Nov-14						
110kg	Bench	225kg	LOVE, KYLE	18-Nov-18						
	Deadlift	300kg	LOVE, KYLE	29-Nov-20						
	P/P Total	520kg	LOVE, KYLE	29-Nov-20						
125kg	Bench	222.5kg	TOOMER, David	29-Nov-20						
	Deadlift	327.5kg	TOOMER, David	29-Nov-20						
	P/P Total	550kg	TOOMER, David	29-Nov-20						
140kg	Bench	190kg	HARRIS, Alec	29-Nov-20						
	Deadlift	330kg	STEIGER, Daniel	29-May-16						
	P/P Total	495kg	STEIGER, Daniel	29-May-16						
SHW	Bench	235kg	WILDE, Philip	29-Nov-20						
	Deadlift	325kg	WILDE, Philip	29-Nov-20						
	P/P Total	555kg	WILDE, Philip	29-Nov-20						

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Sub Masters Men (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	145kg	APPO, Bernard	24-Mar-19	155kg	ROCCECCIOLI, Michael	25-Apr-21			
	Deadlift	255kg	APPO, Bernard	24-Mar-19	170kg	ROCCECCIOLI, Michael	25-Apr-21			
	P/P Total	400kg	APPO, Bernard	24-Mar-19	325kg	ROCCECCIOLI, Michael	25-Apr-21			
82.5kg	Bench	155kg	ROSS, Nathan	24-Nov-14						
	Deadlift	275kg	HULEMAH, Ahmed	18-Nov-18						
	P/P Total	417.5kg	ROSS, Nathan	24-Nov-14						
90kg	Bench	160kg	PUSKARIC, Sym	11-Aug-17						
	Deadlift	260kg	PUSKARIC, Sym	11-Aug-17						
	P/P Total	420kg	PUSKARIC, Sym	11-Aug-17						
100kg	Bench	135kg	TERWARN, Andy	19-Nov-17						
	Deadlift	262.5kg	TERWARN, Andy	19-Nov-17						
	P/P Total	397.5kg	TERWARN, Andy	19-Nov-17						
110kg	Bench	160kg	CHAUDHRY, Ryan	29-Nov-20	130kg	NELSON, Jonny	24-Mar-19			
	Deadlift	300kg	JOYNER, Rob	19-Nov-17	255kg	NELSON, Jonny	24-Mar-19			
	P/P Total	450kg	JOYNER, Rob	19-Nov-17	385kg	NELSON, Jonny	24-Mar-19			
125kg	Bench	200kg	MURPHY, Sam	29-Nov-20						
	Deadlift	350kg	MURPHY, Sam	29-Nov-20						
	P/P Total	550kg	MURPHY, Sam	29-Nov-20						
140kg	Bench	155kg	GRAHAM, Nathan	19-Nov-17						
	Deadlift	250kg	GRAHAM, Nathan	19-Nov-17						
	P/P Total	405kg	GRAHAM, Nathan	19-Nov-17						
SHW	Bench									
	Deadlift									
	P/P Total									



# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 1 Men (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	100kg	DULLONA, Francisco	22-Feb-15						
	Deadlift	170kg	DULLONA, Francisco	22-Feb-15						
	P/P Total	270kg	DULLONA, Francisco	22-Feb-15						
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	150kg	HENDERSON, Keith	29-Nov-20						
	Deadlift	220kg	HENDERSON, Keith	29-Nov-20						
	P/P Total	370kg	HENDERSON, Keith	29-Nov-20						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench	125kg		25-Apr-21						
	Deadlift	240kg		25-Apr-21						
	P/P Total	357.5kg		25-Apr-21						
110kg	Bench	125kg	MAYER, Miki	22-May-21						
	Deadlift	230kg	REID, Kelvin	20-Mar-21						
	P/P Total	342.5kg	REID, Kelvin	20-Mar-21						
125kg	Bench	152.5kg	MORTON, Domenic	20-Mar-21						
	Deadlift	235kg	MORTON, Domenic	20-Mar-21						
	P/P Total	387.5kg	MORTON, Domenic	20-Mar-21						
140kg	Bench	272.5kg	COOPER, Andrew	01-Mar-20						
	Deadlift	300kg	COOPER, Andrew	01-Mar-20						
	P/P Total	572.5kg	COOPER, Andrew	01-Mar-20						
SHW	Bench	152.5kg	PILIPOVIC, Damir	02-Aug-14						
	Deadlift	290kg	PILIPOVIC, Damir	02-Aug-14						
	P/P Total	442.5kg	PILIPOVIC, Damir	02-Aug-14						

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 2 Men (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	160kg	RYAN, Heath	01-Mar-20						
	Deadlift	250kg	RYAN, Heath	01-Mar-20						
	P/P Total	410kg	RYAN, Heath	01-Mar-20						
90kg	Bench	90kg	HARNETT, Bill	19-Nov-17						
	Deadlift	252.5kg	HARNETT, Bill	19-Nov-17						
	P/P Total	342.5kg	HARNETT, Bill	19-Nov-17						
100kg	Bench	177.5kg	CRANE, Damien	03-Jun-17						
	Deadlift	277.5kg	HARNETT, Bill	29-Nov-20						
	P/P Total	447.5kg	CRANE, Damien	03-Jun-17						
110kg	Bench	160kg	WEATHERALL, Peter	13-Dec-14						
	Deadlift	250kg	WEATHERALL, Peter	13-Dec-14						
	P/P Total	410kg	WEATHERALL, Peter	13-Dec-14						
125kg	Bench	185kg	NAPPER, George	29-Nov-20						
	Deadlift	260kg	NAPPER, George	29-Nov-20						
	P/P Total	442.5kg	NAPPER, George	29-Nov-20						
140kg	Bench	155kg	NICHOLAS, Michael	02-Aug-14						
	Deadlift	285kg	NICHOLAS, Michael	02-Aug-14						
	P/P Total	440kg	NICHOLAS, Michael	02-Aug-14						
SHW	Bench	160kg	PAGE, Brett	24-Oct-21						
	Deadlift	225kg	PAGE, Brett	24-Oct-21						
	P/P Total	385kg	PAGE, Brett	24-Oct-21						

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 3 Men (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	100kg	PANAGIOTIDIS, Jim	22-May-21						
	Deadlift	160kg	PANAGIOTIDIS, Jim	22-May-21						
	P/P Total	260kg	PANAGIOTIDIS, Jim	22-May-21						
67.5kg	Bench	96kg	MANSFIELD, Peter	24-Nov-14						
	Deadlift	185kg	MANSFIELD, Peter	24-Nov-14						
	P/P Total	278.5kg	MANSFIELD, Peter	24-Nov-14						
75kg	Bench	138kg	NEWMAN, Rodney	24-Nov-14						
	Deadlift	220kg	NEWMAN, Rodney	24-Nov-14						
	P/P Total	358kg	NEWMAN, Rodney	24-Nov-14						
82.5kg	Bench	100kg	McGRATH, Peter	12-Aug-16						
	Deadlift	220kg	McGRATH, Peter	12-Aug-16						
	P/P Total	320kg	McGRATH, Peter	12-Aug-16						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench	100kg	WICKS, David	20-Mar-21						
	Deadlift	210kg	WICKS, David	20-Mar-21						
	P/P Total	305kg	WICKS, David	20-Mar-21						
110kg	Bench	170kg	JONES, Gary	11-Aug-17						
	Deadlift	245kg	JONES, Gary	11-Aug-17						
	P/P Total	415kg	JONES, Gary	11-Aug-17						
125kg	Bench	172.5kg	BLOWERS, Lee	20-Mar-21						
	Deadlift	260.5kg	HANRAHAN, James	25-Apr-21						
	P/P Total	432.5kg	BLOWERS, Lee	20-Mar-21						
140kg	Bench	85kg	CHRISTIDIS, Damien	22-May-21						
	Deadlift	220kg	CHRISTIDIS, Damien	22-May-21						
	P/P Total	305kg	CHRISTIDIS, Damien	22-May-21						
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 4 Men (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	105kg	McGRATH, Peter	03-Jun-17						
	Deadlift	220kg	McGRATH, Peter	03-Jun-17						
	P/P Total	325kg	McGRATH, Peter	03-Jun-17						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	182.5kg	GUY, Miles	29-Nov-20						
	Deadlift	260kg	GUY, Miles	29-Nov-20						
	P/P Total	442.5kg	GUY, Miles	29-Nov-20						
125kg	Bench	186kg	JONES, Gary	24-Oct-21						
	Deadlift	260kg	JONES, Gary	24-Oct-21						
	P/P Total	445kg	JONES, Gary	24-Oct-21						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 5 Men (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench							70kg	SANDERSON, Ron	22-Feb-15
	Deadlift							205kg	SANDERSON, Ron	22-Feb-15
	P/P Total							275kg	SANDERSON, Ron	22-Feb-15
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench	85kg	BASKERVILLE, Peter	24-Mar-19						
	Deadlift	197.5kg	BASKERVILLE, Peter	24-Mar-19						
	P/P Total	282.5kg	BASKERVILLE, Peter	24-Mar-19						
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench	180kg	TITUS, Terrence	12-Aug-16						
	Deadlift	325kg	TITUS, Terrence	12-Aug-16						
	P/P Total	505kg	TITUS, Terrence	12-Aug-16						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 6 Men (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	120kg	AMBROSE, Jim	19-Nov-17						
	Deadlift	227.5kg	AMBROSE, Jim	19-Nov-17						
	P/P Total	347.5kg	AMBROSE, Jim	19-Nov-17						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	90kg	BASKERVILLE, Peter	20-Mar-21						
	Deadlift	220kg	BASKERVILLE, Peter	20-Mar-21						
	P/P Total	310kg	BASKERVILLE, Peter	20-Mar-21						
125kg	Bench	160kg	TITUS, Terrence	20-Mar-21						
	Deadlift	285kg	TITUS, Terrence	20-Mar-21						
	P/P Total	445kg	TITUS, Terrence	20-Mar-21						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 7 Men (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	60kg	WILLIAMSON, Hugh	24-Mar-19						
	Deadlift	140kg	WILLIAMSON, Hugh	24-Mar-19						
	P/P Total	200kg	WILLIAMSON, Hugh	24-Mar-19						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench	130kg	BREITSAMETER, Wulff	03-Jun-17						
	Deadlift	182.5kg	BREITSAMETER, Wulff	11-Aug-17						
	P/P Total	305kg	BREITSAMETER, Wulff	03-Jun-17						
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 8 Men (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									



# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 9 Men (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 10 Men (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	25kg	PERRYMAN, Hercules	19-Nov-17						
	Deadlift	70kg	PERRYMAN, Hercules	19-Nov-17						
	P/P Total	95kg	PERRYMAN, Hercules	19-Nov-17						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO NATIONAL RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

## Masters 11 Men (90-94)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench	27.5kg	PERRYMAN, Hercules	24-Nov-19						
	Deadlift	20kg	PERRYMAN, Hercules	24-Nov-19						
	P/P Total	47.5kg	PERRYMAN, Hercules	24-Nov-19						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									