

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 | 87.5kg | LOY, Sky | 26-Nov-23 | | | | | | |
| | Deadlift | 155kg | LOY, Sky | 26-Nov-23 | | | | | | |
| | P/P Total | 242.5kg | LOY, Sky | 26-Nov-23 | | | | | | |
| 56kg | Bench | 22.5kg | KOYA, Ariyan | 25-Apr-24 | | | | | | |
| | Deadlift | 85kg | KOYA, Ariyan | 25-Apr-24 | | | | | | |
| | P/P Total | 105kg | KOYA, Ariyan | 25-Apr-24 | | | | | | |
| 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 | 250kg | CHIU, Alan | 26-Nov-23 | | | | | | |
| | 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 | 155kg | TRENTIN, Michael | 28-Feb-26 | | | |
| | Deadlift | 275kg | HULEMAH, Ahmed | 18-Nov-18 | 235kg | TRENTIN, Michael | 28-Feb-26 | | | |
| | P/P Total | 417.5kg | ROSS, Nathan | 24-Nov-14 | 390kg | TRENTIN, Michael | 28-Feb-26 | | | |
| 90kg | Bench | 167.5kg | PILAPIL, Cameron | 26-Nov-23 | 127.5kg | GODFREY, Michael | 03-Aug-25 | | | |
| | Deadlift | 305kg | NEWMAN, Chris | 21-Nov-21 | 190kg | GODFREY, Michael | 03-Aug-25 | | | |
| | P/P Total | 467.5kg | NEWMAN, Chris | 21-Nov-21 | 317.5kg | GODFREY, Michael | 03-Aug-25 | | | |
| 100kg | Bench | 210kg | SPITERI, JACOB | 21-Jan-23 | | | | | | |
| | Deadlift | 302.5kg | THOMPSON, Shannan | 25-Apr-24 | | | | | | |
| | P/P Total | 510kg | SPITERI, JACOB | 21-Jan-23 | | | | | | |
| 110kg | Bench | 225kg | LOVE, Kyle | 18-Nov-18 | 220kg | JOHNSON, Mitch | 03-Aug-25 | | | |
| | Deadlift | 327.5kg | PARNELL, Shane | 26-Nov-23 | 300kg | JOHNSON, Mitch | 03-Aug-25 | | | |
| | P/P Total | 522.5kg | PARNELL, Shane | 26-Nov-23 | 520kg | JOHNSON, Mitch | 03-Aug-25 | | | |
| 125kg | Bench | 222.5kg | TOOMER, David | 29-Nov-20 | 230kg | PRYOR, Manatuki | 16-Feb-25 | 160kg | PRYOR, Manatuki | 29-Oct-22 |
| | Deadlift | 352.5kg | MURPHY, Sam | 20-Nov-22 | 265kg | PRYOR, Manatuki | 16-Feb-25 | 280kg | MANNAGH, Paul | 22-Mar-25 |
| | P/P Total | 555kg | MURPHY, Sam | 20-Nov-22 | 495kg | PRYOR, Manatuki | 16-Feb-25 | 417.5kg | WATTS, Mitchell | 03-Aug-25 |
| 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 (7-9)

Unofficial WPC - RAW ONLY

| BWT | Lift | Record | Athlete | Date | Record | Athlete | Date | Record | Athlete | Date | |
|--------|-----------|--------|------------|------|--------|---------------------------|------|--------|---------------------------|------|--|
| | | | RAW | | | Previously Held By | | | Previously Held By | | |
| 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

Sub Teen Men (10-12)

Unofficial WPC - RAW ONLY

| BWT | Lift | Record | Athlete | Date | Record | Athlete | Date | Record | Athlete | Date |
|--------|-----------|---------|----------------------|-----------|--------------------|-----------------|-----------|--------------------|-----------------|-----------|
| RAW | | | | | Previously Held By | | | Previously Held By | | |
| 52kg | Bench | 35kg | GRAHAM-KUMABE, Issah | 02-Mar-25 | 27.5kg | MUDIE, Kingston | 01-Aug-24 | 25kg | MUDIE, Kingston | 25-Apr-24 |
| | Deadlift | 90kg | MUDIE, Kingston | 01-Aug-24 | 85kg | MUDIE, Kingston | 25-Apr-24 | | | |
| | P/P Total | 115kg | MUDIE, Kingston | 01-Aug-24 | 107.5kg | MUDIE, Kingston | 25-Apr-24 | | | |
| 56kg | Bench | 32.5kg | HUMMEL, Elijah | 28-Feb-26 | 22.5kg | KOYA, Ariyan | 25-Apr-24 | | | |
| | Deadlift | 85kg | KOYA, Ariyan | 25-Apr-24 | | | | | | |
| | P/P Total | 107.5kg | HUMMEL, Elijah | 28-Feb-26 | 105kg | KOYA, Ariyan | 25-Apr-24 | | | |
| 60kg | Bench | 25kg | KOYA, Ariyan | 01-Aug-24 | | | | | | |
| | Deadlift | 85kg | KOYA, Ariyan | 01-Aug-24 | | | | | | |
| | P/P Total | 110kg | KOYA, Ariyan | 01-Aug-24 | | | | | | |
| 67.5kg | Bench | 42.5kg | LINDON, Jasper | 26-Nov-23 | | | | | | |
| | Deadlift | 100kg | LINDON, Jasper | 26-Nov-23 | | | | | | |
| | P/P Total | 137.5kg | LINDON, Jasper | 26-Nov-23 | | | | | | |
| 75kg | Bench | 42.5kg | GRAHAM-KUMABE, Torma | 02-Mar-25 | | | | | | |
| | Deadlift | 110kg | GRAHAM-KUMABE, Torma | 02-Mar-25 | | | | | | |
| | P/P Total | 150kg | GRAHAM-KUMABE, Torma | 02-Mar-25 | | | | | | |
| 82.5kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 90kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 100kg | Bench | 30kg | GARDE, Chayse | 06-Mar-22 | | | | | | |
| | Deadlift | 90kg | GARDE, Chayse | 06-Mar-22 | | | | | | |
| | P/P Total | 120kg | GARDE, Chayse | 06-Mar-22 | | | | | | |
| 110kg | Bench | 37.5kg | CROUCH, Jai | 25-Apr-25 | | | | | | |
| | Deadlift | 115kg | CROUCH, Jai | 25-Apr-25 | | | | | | |
| | P/P Total | 152.5kg | CROUCH, Jai | 25-Apr-25 | | | | | | |
| 125kg | Bench | 40kg | DOLE, Jackson | 21-Mar-26 | 38kg | DOLE, Jackson | 31-Jul-25 | 37.5kg | DOLE, Jackson | 25-Apr-25 |
| | Deadlift | 80kg | DOLE, Jackson | 21-Mar-26 | 77.5kg | DOLE, Jackson | 31-Jul-25 | 72.5kg | DOLE, Jackson | 25-Apr-25 |
| | P/P Total | 120kg | DOLE, Jackson | 21-Mar-26 | 112.5kg | DOLE, Jackson | 31-Jul-25 | 110kg | DOLE, Jackson | 25-Apr-25 |
| 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 | 62.5kg | LITTLE, Johnathan | 04-Mar-23 | | | | | | |
| | Deadlift | 130kg | LITTLE, Johnathan | 04-Mar-23 | | | | | | |
| | P/P Total | 185kg | LITTLE, Johnathan | 04-Mar-23 | | | | | | |
| 56kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 60kg | Bench | 65kg | ROBERTSON, Oscar | 01-Mar-26 | | | | | | |
| | Deadlift | 150kg | ROBERTSON, Oscar | 01-Mar-26 | | | | | | |
| | P/P Total | 215kg | ROBERTSON, Oscar | 01-Mar-26 | | | | | | |
| 67.5kg | Bench | 60kg | HULM, Isaac | 24-Nov-24 | | | | | | |
| | Deadlift | 145kg | HULM, Isaac | 24-Nov-24 | | | | | | |
| | P/P Total | 202.5kg | HULM, Isaac | 24-Nov-24 | | | | | | |
| 75kg | Bench | 47.5kg | VELLA, Darcy | 01-Aug-24 | | | | | | |
| | Deadlift | 125kg | VELLA, Darcy | 01-Aug-24 | | | | | | |
| | P/P Total | 170kg | VELLA, Darcy | 01-Aug-24 | | | | | | |
| 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 | 67.5kg | MURPHY, Kobi | 20-Nov-22 | | | | | | |
| | Deadlift | 162.5kg | MURPHY, Kobi | 20-Nov-22 | | | | | | |
| | P/P Total | 230kg | MURPHY, Kobi | 20-Nov-22 | | | | | | |
| 110kg | Bench | 132.5kg | BERARDONE, Anton | 28-May-22 | | | | | | |
| | Deadlift | 200kg | BERARDONE, Anton | 28-May-22 | | | | | | |
| | P/P Total | 315kg | BERARDONE, Anton | 28-May-22 | | | | | | |
| 125kg | Bench | 80kg | STINSON, Riley | 20-Nov-22 | | | | | | |
| | Deadlift | 157.5kg | STINSON, Riley | 20-Nov-22 | | | | | | |
| | P/P Total | 225kg | STINSON, Riley | 20-Nov-22 | | | | | | |
| 140kg | Bench | 140kg | AGIR, Kaemar | 29-Nov-20 | | | | | | |
| | Deadlift | 230kg | AGIR, Kaemar | 29-Nov-20 | | | | | | |
| | P/P Total | 360kg | AGIR, Kaemar | 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 | 85kg | NAUG, Hain | 04-Mar-23 | | | | | | |
| | Deadlift | 190kg | NAUG, Hain | 04-Mar-23 | | | | | | |
| | P/P Total | 275kg | NAUG, Hain | 04-Mar-23 | | | | | | |
| 75kg | Bench | 115kg | MOGNO, Luke | 15-Nov-25 | | | | | | |
| | Deadlift | 180kg | MOGNO, Luke | 15-Nov-25 | | | | | | |
| | P/P Total | 295kg | MOGNO, Luke | 15-Nov-25 | | | | | | |
| 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 | 100kg | QUINLAN, Macauley | 15-Nov-25 | | | | | | |
| | Deadlift | 200kg | TOMPKIN, Orlando | 20-Nov-22 | | | | | | |
| | P/P Total | 300kg | QUINLAN, Macauley | 15-Nov-25 | | | | | | |
| 100kg | Bench | 125kg | DOWLEY, Owen | 21-Nov-21 | | | | | | |
| | Deadlift | 215kg | QUINLAN, Nicholas | 04-Mar-23 | | | | | | |
| | P/P Total | 310kg | QUINLAN, Nicholas | 04-Mar-23 | | | | | | |
| 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 | 100kg | BUBA, Zachary | 20-Nov-22 | | | | | | |
| | Deadlift | 160kg | BUBA, Zachary | 20-Nov-22 | | | | | | |
| | P/P Total | 260kg | BUBA, Zachary | 20-Nov-22 | | | | | | |
| SHW | Bench | 90kg | ROBERTSON, Brodie | 01-Jul-23 | | | | | | |
| | Deadlift | 150kg | ROBERTSON, Brodie | 01-Jul-23 | | | | | | |
| | P/P Total | 240kg | ROBERTSON, Brodie | 01-Jul-23 | | | | | | |

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 | 87.5kg | LOY, Sky | 26-Nov-23 | | | | | | |
| | Deadlift | 155kg | LOY, Sky | 26-Nov-23 | | | | | | |
| | P/P Total | 242.5kg | LOY, Sky | 26-Nov-23 | | | | | | |
| 56kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 60kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 67.5kg | Bench | 110kg | CHIU, Alan | 26-Nov-23 | | | | | | |
| | Deadlift | 250kg | CHIU, Alan | 26-Nov-23 | | | | | | |
| | P/P Total | 350kg | CHIU, Alan | 26-Nov-23 | | | | | | |
| 75kg | Bench | 112.5kg | ROCK, Jackson | 31-May-25 | | | | | | |
| | Deadlift | 210kg | ROCK, Jackson | 31-May-25 | | | | | | |
| | P/P Total | 322.5kg | ROCK, Jackson | 31-May-25 | | | | | | |
| 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 | 132.5kg | CRAMOND, Bryce | 15-Nov-25 | | | | | | |
| | Deadlift | 250kg | ELLIOTT, Ethan | 26-Nov-23 | | | | | | |
| | P/P Total | 375kg | ELLIOTT, Ethan | 26-Nov-23 | | | | | | |
| 100kg | Bench | 110kg | UYS, Nickie | 04-Mar-23 | | | | | | |
| | Deadlift | 230kg | UYS, Nickie | 04-Mar-23 | | | | | | |
| | P/P Total | 340kg | UYS, Nickie | 04-Mar-23 | | | | | | |
| 110kg | Bench | 160kg | PAISH, Kade | 21-Sep-25 | | | | | | |
| | Deadlift | 280kg | GIUBILATO, Matteo | 29-Nov-20 | | | | | | |
| | P/P Total | 422.5kg | GIUBILATO, Matteo | 29-Nov-20 | | | | | | |
| 125kg | Bench | 155kg | SCHOORMANS, Phoenix | 07-Mar-26 | | | | | | |
| | Deadlift | 182.5kg | SCHOORMANS, Phoenix | 07-Mar-26 | | | | | | |
| | P/P Total | 337.5kg | SCHOORMANS, Phoenix | 07-Mar-26 | | | | | | |
| 140kg | Bench | 150kg | MOURIKIS, Xander | 24-Nov-24 | | | | | | |
| | Deadlift | 260kg | MOURIKIS, Xander | 24-Nov-24 | | | | | | |
| | P/P Total | 400kg | MOURIKIS, Xander | 24-Nov-24 | | | | | | |
| 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 | 137.5kg | GRACE, Jack | 28-Feb-26 | | | | | | |
| | Deadlift | 252.5kg | GRACE, Jack | 28-Feb-26 | | | | | | |
| | P/P Total | 390kg | GRACE, Jack | 28-Feb-26 | | | | | | |
| 90kg | Bench | 152.5kg | WILLIAMSON, Adam | 22-Feb-26 | | | | | | |
| | Deadlift | 262.5kg | UYS, Nickie | 15-Nov-25 | | | | | | |
| | P/P Total | 392.5kg | UYS, Nickie | 15-Nov-25 | | | | | | |
| 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 | 290kg | GIUBILATO, Matteo | 21-Nov-21 | | | | | | |
| | P/P Total | 440kg | GIUBILATO, Matteo | 21-Nov-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 | 150kg | WINSER, Bailey | 15-Nov-25 | | | | | | |
| | Deadlift | 240kg | WINSER, Bailey | 15-Nov-25 | | | | | | |
| | P/P Total | 390kg | WINSER, Bailey | 15-Nov-25 | | | | | | |
| 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 | 142.5kg | WEYMARK, Jordan | 04-Mar-23 | | | | | | |
| | Deadlift | 245kg | WEYMARK, Jordan | 09-Mar-24 | | | | | | |
| | P/P Total | 385kg | WEYMARK, Jordan | 09-Mar-24 | | | | | | |
| 82.5kg | Bench | 156kg | DODSON, Hayden | 26-Nov-23 | | | | | | |
| | Deadlift | 251kg | DODSON, Hayden | 26-Nov-23 | | | | | | |
| | P/P Total | 405kg | DODSON, Hayden | 26-Nov-23 | | | | | | |
| 90kg | Bench | 167.5kg | PILAPIL, Cameron | 26-Nov-23 | | | | | | |
| | Deadlift | 305kg | NEWMAN, Chris | 21-Nov-21 | | | | | | |
| | P/P Total | 467.5kg | NEWMAN, Chris | 21-Nov-21 | | | | | | |
| 100kg | Bench | 185kg | THOMPSON, Shannan | 25-Apr-24 | | | | | | |
| | Deadlift | 302.5kg | THOMPSON, Shannan | 25-Apr-24 | | | | | | |
| | P/P Total | 487.5kg | THOMPSON, Shannan | 25-Apr-24 | | | | | | |
| 110kg | Bench | 225kg | LOVE, KYLE | 18-Nov-18 | 220kg | JOHNSON, Mitch | 03-Aug-25 | | | |
| | Deadlift | 320kg | DWYER, Rohan | 28-Feb-26 | 300kg | JOHNSON, Mitch | 03-Aug-25 | | | |
| | P/P Total | 520kg | LOVE, KYLE | 29-Nov-20 | 520kg | JOHNSON, Mitch | 03-Aug-25 | | | |
| 125kg | Bench | 222.5kg | TOOMER, David | 29-Nov-20 | | | | 157.5kg | WATTS, Mitchell | 03-Aug-25 |
| | Deadlift | 335kg | LANG, Benji | 04-Mar-23 | | | | 260kg | WATTS, Mitchell | 03-Aug-25 |
| | P/P Total | 550kg | TOOMER, David | 29-Nov-20 | | | | 417.5kg | WATTS, Mitchell | 03-Aug-25 |
| 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 | 112.5kg | BIGGS, Aidan | 09-Mar-24 | | | | | | |
| | Deadlift | 210kg | BIGGS, Aidan | 09-Mar-24 | | | | | | |
| | P/P Total | 322.5kg | BIGGS, Aidan | 09-Mar-24 | | | | | | |
| 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 | 270kg | JACKSON, Tim | 24-Nov-24 | | | | | | |
| | P/P Total | 425kg | JACKSON, Tim | 24-Nov-24 | | | | | | |
| 100kg | Bench | 210kg | SPITERI, JACOB | 21-Jan-23 | | | | | | |
| | Deadlift | 301kg | SPITERI, JACOB | 21-Jan-23 | | | | | | |
| | P/P Total | 510kg | SPITERI, JACOB | 21-Jan-23 | | | | | | |
| 110kg | Bench | 220kg | LOVE, KYLE | 20-Nov-22 | 150kg | PIVA, Steven | 02-Mar-25 | | | |
| | Deadlift | 302.5kg | KELLY, Chris | 01-Aug-24 | 255kg | NELSON, Jonny | 24-Mar-19 | | | |
| | P/P Total | 512.5kg | KELLY, Chris | 01-Aug-24 | 385kg | NELSON, Jonny | 24-Mar-19 | | | |
| 125kg | Bench | 202.5kg | MURPHY, Sam | 20-Nov-22 | | | | | | |
| | Deadlift | 352.5kg | MURPHY, Sam | 20-Nov-22 | | | | | | |
| | P/P Total | 555kg | MURPHY, Sam | 20-Nov-22 | | | | | | |
| 140kg | Bench | 172.5kg | LAING, Andrew | 02-Mar-25 | | | | | | |
| | Deadlift | 270kg | NUNU, Joshua | 21-Mar-26 | | | | | | |
| | P/P Total | 420kg | NUNU, Joshua | 21-Mar-26 | | | | | | |
| SHW | Bench | 187.5kg | KOVACS, Sheen | 21-Nov-21 | | | | | | |
| | Deadlift | 290kg | KOVACS, Sheen | 21-Nov-21 | | | | | | |
| | P/P Total | 477.5kg | KOVACS, Sheen | 21-Nov-21 | | | | | | |

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 | 72.5kg | BOWEN, Michael | 26-Nov-23 | | | | | | |
| | Deadlift | 135kg | BOWEN, Michael | 26-Nov-23 | | | | | | |
| | P/P Total | 205kg | BOWEN, Michael | 26-Nov-23 | | | | | | |
| 82.5kg | Bench | 150kg | HENDERSON, Keith | 29-Nov-20 | 155kg | TRENTIN, Michael | 28-Feb-26 | | | |
| | Deadlift | 255kg | SIMMONS, Matthew | 09-Mar-24 | 235kg | TRENTIN, Michael | 28-Feb-26 | | | |
| | P/P Total | 370kg | HENDERSON, Keith | 29-Nov-20 | 390kg | TRENTIN, Michael | 28-Feb-26 | | | |
| 90kg | Bench | 162.5kg | WALKER, Nicholas | 02-Jun-24 | | | | | | |
| | Deadlift | 260kg | SIMMONS, Matthew | 28-Feb-26 | | | | | | |
| | P/P Total | 390kg | EBDON-WALKER, Nicholas | 01-Aug-24 | | | | | | |
| 100kg | Bench | 165kg | HODGSON, Pete | 28-Feb-26 | | | | | | |
| | Deadlift | 292.5kg | HODGSON, Pete | 28-Feb-26 | | | | | | |
| | P/P Total | 457.5kg | HODGSON, Pete | 28-Feb-26 | | | | | | |
| 110kg | Bench | 195kg | PARNELL, Shane | 26-Nov-23 | 175.5kg | MARTIN, Jimmy | 05-Apr-25 | | | |
| | Deadlift | 327.5kg | PARNELL, Shane | 26-Nov-23 | 260kg | MARTIN, Jimmy | 05-Apr-25 | | | |
| | P/P Total | 522.5kg | PARNELL, Shane | 26-Nov-23 | 435kg | MARTIN, Jimmy | 05-Apr-25 | | | |
| 125kg | Bench | 180kg | DAVIDSON, Aaron | 28-Feb-26 | | | | 115kg | MANNAGH, Paul | 22-Mar-25 |
| | Deadlift | 300kg | DAVIDSON, Aaron | 28-Feb-26 | | | | 280kg | MANNAGH, Paul | 22-Mar-25 |
| | P/P Total | 475kg | DAVIDSON, Aaron | 28-Feb-26 | | | | 395kg | MANNAGH, Paul | 22-Mar-25 |
| 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 | 135kg | MULLINS, Luke | 21-Nov-21 | 127.5kg | GODFREY, Michael | 03-Aug-25 | | | |
| | Deadlift | 252.5kg | HARNETT, Bill | 19-Nov-17 | 190kg | GODFREY, Michael | 03-Aug-25 | | | |
| | P/P Total | 342.5kg | HARNETT, Bill | 19-Nov-17 | 317.5kg | GODFREY, Michael | 03-Aug-25 | | | |
| 100kg | Bench | 177.5kg | CRANE, Damien | 03-Jun-17 | | | | | | |
| | Deadlift | 290kg | BRAMMALL, Beau | 02-Mar-25 | | | | | | |
| | P/P Total | 462.5kg | BRAMMALL, Beau | 02-Mar-25 | | | | | | |
| 110kg | Bench | 161.5kg | PUOPOLO, Michael | 03-Aug-25 | | | | | | |
| | Deadlift | 260kg | PUOPOLO, Michael | 03-Aug-25 | | | | | | |
| | P/P Total | 415kg | PUOPOLO, Michael | 03-Aug-25 | | | | | | |
| 125kg | Bench | 185kg | NAPPER, George | 29-Nov-20 | | | | 160kg | PRYOR, Manatuki | 29-Oct-22 |
| | Deadlift | 260kg | NAPPER, George | 29-Nov-20 | | | | 240kg | PRYOR, Manatuki | 29-Oct-22 |
| | P/P Total | 442.5kg | NAPPER, George | 29-Nov-20 | | | | 400kg | PRYOR, Manatuki | 29-Oct-22 |
| 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 | 132.5kg | HANSSON, Chris | 02-Mar-25 | | | | | | |
| | Deadlift | 220kg | McGRATH, Peter | 12-Aug-16 | | | | | | |
| | P/P Total | 337.5kg | HANSSON, Chris | 02-Mar-25 | | | | | | |
| 90kg | Bench | 80kg | CORRIGAN, Tim | 26-Nov-23 | | | | | | |
| | Deadlift | 175kg | BARKER, Mark | 26-Nov-23 | | | | | | |
| | P/P Total | 255kg | BARKER, Mark | 26-Nov-23 | | | | | | |
| 100kg | Bench | 170kg | KEEP, Brad | 20-Nov-22 | | | | | | |
| | Deadlift | 242.5kg | MORTON, Dominic | 01-Mar-26 | | | | | | |
| | P/P Total | 395kg | MORTON, Dominic | 01-Mar-26 | | | | | | |
| 110kg | Bench | 170kg | JONES, Gary | 11-Aug-17 | 150kg | MORTON, Dominic | 22-Feb-26 | | | |
| | Deadlift | 260kg | BUTLER-Blaxell, Terry | 24-Nov-24 | 240kg | MORTON, Dominic | 22-Feb-26 | | | |
| | P/P Total | 420kg | BUTLER-Blaxell, Terry | 24-Nov-24 | 390kg | MORTON, Dominic | 22-Feb-26 | | | |
| 125kg | Bench | 180kg | WALLIN, John | 25-Apr-24 | 230kg | PRYOR, Manatuki | 16-Feb-25 | | | |
| | Deadlift | 265kg | WALLIN, John | 25-Apr-24 | 265kg | PRYOR, Manatuki | 16-Feb-25 | | | |
| | P/P Total | 445kg | WALLIN, John | 25-Apr-24 | 495kg | PRYOR, Manatuki | 16-Feb-25 | | | |
| 140kg | Bench | 210kg | SZABO, Michael | 14-May-23 | | | | | | |
| | Deadlift | 230kg | SZABO, Michael | 14-May-23 | | | | | | |
| | P/P Total | 440kg | SZABO, Michael | 14-May-23 | | | | | | |
| SHW | Bench | 87.5kg | JAMES, Stewart | 24-Nov-24 | | | | | | |
| | Deadlift | 215kg | CHRISTIDIS, Damien | 01-Mar-25 | | | | | | |
| | P/P Total | 300kg | CHRISTIDIS, Damien | 01-Mar-25 | | | | | | |

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 | 77.5kg | KNECTLI, Simon | 01-Aug-24 | | | | | | |
| | Deadlift | 125kg | KNECTLI, Simon | 01-Aug-24 | | | | | | |
| | P/P Total | 202.5kg | KNECTLI, Simon | 01-Aug-24 | | | | | | |
| 75kg | Bench | 105kg | PANAGIOTIDIS, Jim | 07-Mar-26 | | | | | | |
| | Deadlift | 187.5kg | PANAGIOTIDIS, Jim | 07-Mar-26 | | | | | | |
| | P/P Total | 287.5kg | PANAGIOTIDIS, Jim | 07-Mar-26 | | | | | | |
| 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 | 150kg | BARKER, David | 24-Nov-24 | | | | | | |
| | Deadlift | 210kg | BARKER, David | 26-Nov-23 | | | | | | |
| | P/P Total | 355kg | BARKER, David | 24-Nov-24 | | | | | | |
| 100kg | Bench | 100kg | WICKS, David | 31-May-25 | | | | | | |
| | Deadlift | 190kg | WICKS, David | 31-May-25 | | | | | | |
| | P/P Total | 290kg | WICKS, David | 31-May-25 | | | | | | |
| 110kg | Bench | 182.5kg | GUY, Miles | 29-Nov-20 | | | | | | |
| | Deadlift | 275kg | PARRY, Tony | 22-Feb-26 | | | | | | |
| | P/P Total | 442.5kg | GUY, Miles | 29-Nov-20 | | | | | | |
| 125kg | Bench | 200kg | LONGDON, Steve | 15-Nov-25 | | | | | | |
| | Deadlift | 317.5kg | LONGDON, Steve | 15-Nov-25 | | | | | | |
| | P/P Total | 517.5kg | LONGDON, Steve | 15-Nov-25 | | | | | | |
| 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 | 87.5kg | MAYHEW, Peter | 24-Nov-24 | | | | | | |
| | Deadlift | 150kg | MAYHEW, Peter | 24-Nov-24 | | | | | | |
| | P/P Total | 237.5kg | MAYHEW, Peter | 24-Nov-24 | | | | | | |
| 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 | 90kg | TANSKA, Kim | 29-May-22 | | | | | | |
| | Deadlift | 187.5kg | TANSKA, Kim | 29-May-22 | | | | | | |
| | P/P Total | 277.5kg | TANSKA, Kim | 29-May-22 | | | | | | |
| 90kg | Bench | 82.5kg | CASH, Clint | 19-Jan-25 | | | | | | |
| | Deadlift | 150kg | CASH, Clint | 19-Jan-25 | | | | | | |
| | P/P Total | 230kg | CASH, Clint | 19-Jan-25 | | | | | | |
| 100kg | Bench | 100kg | JONES, Michael | 15-Feb-26 | | | | | | |
| | Deadlift | 212.5kg | JONES, Michael | 15-Feb-26 | | | | | | |
| | P/P Total | 307.5kg | JONES, Michael | 15-Feb-26 | | | | | | |
| 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 | 135kg | SZANN, Troy | 12-Mar-23 | | | | | | |
| | Deadlift | 120kg | SZANN, Troy | 12-Mar-23 | | | | | | |
| | P/P Total | 255kg | SZANN, Troy | 12-Mar-23 | | | | | | |
| 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 | 120kg | ZOLLO, Will | 25-Apr-25 | | | | | | |
| | Deadlift | 160kg | CASH, Clint | 02-Mar-25 | | | | | | |
| | P/P Total | 270kg | ZOLLO, Will | 25-Apr-25 | | | | | | |
| 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 | 295kg | TITUS, Terrence | 04-Mar-23 | | | | | | |
| | 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 | 65kg | TRENTIN, Maurice | 04-Mar-23 | | | | | | |
| | Deadlift | 135kg | TRENTIN, Maurice | 04-Mar-23 | | | | | | |
| | P/P Total | 197.5kg | TRENTIN, Maurice | 04-Mar-23 | | | | | | |
| 75kg | Bench | 107.5kg | AMBROSE, Jim | 21-Nov-21 | | | | | | |
| | Deadlift | 200kg | AMBROSE, Jim | 21-Nov-21 | | | | | | |
| | P/P Total | 307.5kg | AMBROSE, Jim | 21-Nov-21 | | | | | | |
| 82.5kg | Bench | 95kg | McLERNON, Peter | 26-Nov-23 | | | | | | |
| | Deadlift | 190kg | McLERNON, Peter | 26-Nov-23 | | | | | | |
| | P/P Total | 285kg | McLERNON, Peter | 26-Nov-23 | | | | | | |
| 90kg | Bench | 90kg | McLERNON, Peter | 21-Nov-21 | | | | | | |
| | Deadlift | 190kg | McLERNON, Peter | 21-Nov-21 | | | | | | |
| | P/P Total | 280kg | McLERNON, Peter | 21-Nov-21 | | | | | | |
| 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 | 63.5kg | TRENTIN, Maurice | 28-Feb-26 | | | | | | |
| | Deadlift | 135kg | TRENTIN, Maurice | 28-Feb-26 | | | | | | |
| | P/P Total | 192.5kg | TRENTIN, Maurice | 28-Feb-26 | | | | | | |
| 75kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 82.5kg | Bench | | | | | | | | | |
| | Deadlift | | | | | | | | | |
| | P/P Total | | | | | | | | | |
| 90kg | Bench | | | | 80kg | BIRCH, Ron | 25-Feb-24 | | | |
| | Deadlift | | | | 122.5kg | BIRCH, Ron | 25-Feb-24 | | | |
| | P/P Total | | | | 202.5kg | BIRCH, Ron | 25-Feb-24 | | | |
| 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 | 35kg | ZWAAN, Adrian | 25-Apr-25 | | | | | | |
| | Deadlift | 148kg | ZWAAN, Adrian | 25-Apr-25 | | | | | | |
| | P/P Total | 182.5kg | ZWAAN, Adrian | 25-Apr-25 | | | | | | |
| 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 | 45kg | PERRYMAN, Hercules | 21-Nov-21 | | | | | | |
| | P/P Total | 70kg | PERRYMAN, Hercules | 21-Nov-21 | | | | | | |
| 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 | | | | | | | | | |