

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	42.5kg	TROUW, Benjamin	25-Apr-26						
	Deadlift	105kg	TROUW, Benjamin	25-Apr-26						
	P/P Total	142.5kg	TROUW, Benjamin	25-Apr-26						
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	40kg	HUMMEL, Elijah	06-Jun-26	25kg	KOYA, Ariyan	01-Aug-24			
	Deadlift	100kg	HUMMEL, Elijah	06-Jun-26	85kg	KOYA, Ariyan	01-Aug-24			
	P/P Total	140kg	HUMMEL, Elijah	06-Jun-26	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	40.5kg	DOLE, Jackson	24-May-26	40kg	DOLE, Jackson	21-Mar-26	38kg	DOLE, Jackson	31-Jul-25
	Deadlift	80.5kg	DOLE, Jackson	24-May-26	80kg	DOLE, Jackson	21-Mar-26	77.5kg	DOLE, Jackson	31-Jul-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	42.5kg	TROUW, Benjamin	25-Apr-26						
	Deadlift	105kg	TROUW, Benjamin	25-Apr-26						
	P/P Total	142.5kg	TROUW, Benjamin	25-Apr-26						
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	77.5kg	TROUW, Sebastian	25-Apr-26						
	Deadlift	152.5kg	TROUW, Sebastian	25-Apr-26						
	P/P Total	230kg	TROUW, Sebastian	25-Apr-26						
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, Kaevvar	29-Nov-20						
	Deadlift	230kg	AGIR, Kaevvar	29-Nov-20						
	P/P Total	360kg	AGIR, Kaevvar	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	155kg	WINSER, Bailey	09-Aug-26						
	Deadlift	265kg	WINSER, Bailey	06-Jun-26						
	P/P Total	415kg	WINSER, Bailey	06-Jun-26						
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	280kg	BURT, David	09-Aug-26						
	P/P Total	430kg	BURT, David	09-Aug-26						
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	147.5kg	VAN SPALL, Michael	09-Aug-26						
	Deadlift	210kg	VAN SPALL, Michael	09-Aug-26						
	P/P Total	357.5kg	VAN SPALL, Michael	09-Aug-26						
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	100kg	AMBROSE, Jim	25-Apr-26						
	Deadlift	197.5kg	AMBROSE, Jim	25-Apr-26						
	P/P Total	295kg	AMBROSE, Jim	25-Apr-26						
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	135kg	TITUS, Terrence	09-Aug-26						
	Deadlift	265kg	TITUS, Terrence	09-Aug-26						
	P/P Total	400kg	TITUS, Terrence	09-Aug-26						
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									