

CAPO NATIONAL RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Open Men													
BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	Bench	87.5kg	LOY, Sky	26-Nov-23							87.5kg	LOY, Sky	26-Nov-23
	Deadlift	155kg	LOY, Sky	26-Nov-23							155kg	LOY, Sky	26-Nov-23
	P/P Total	242.5kg	LOY, Sky	26-Nov-23							242.5kg	LOY, Sky	26-Nov-23
56kg	Bench	42.5kg	TROUW, Benjamin	25-Apr-26							42.5kg	TROUW, Benjamin	25-Apr-26
	Deadlift	105kg	TROUW, Benjamin	25-Apr-26							105kg	TROUW, Benjamin	25-Apr-26
	P/P Total	142.5kg	TROUW, Benjamin	25-Apr-26							142.5kg	TROUW, Benjamin	25-Apr-26
60kg	Bench	100kg	DULLONA, Francisco	22-Feb-15							100kg	DULLONA, Francisco	22-Feb-15
	Deadlift	185kg	SINGH, Maninder	24-Mar-19							185kg	SINGH, Maninder	24-Mar-19
	P/P Total	270kg	DULLONA, Francisco	22-Feb-15							270kg	DULLONA, Francisco	22-Feb-15
67.5kg	Bench	157.5kg	TAUMALOLO, Mateaki	01-Mar-20							157.5kg	TAUMALOLO, Mateaki	01-Mar-20
	Deadlift	250kg	CHIU, Alan	26-Nov-23							250kg	CHIU, Alan	26-Nov-23
	P/P Total	377.5kg	TAUMALOLO, Mateaki	01-Mar-20							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	155kg	ROCCECCIOLI, Michael	25-Apr-21
	Deadlift	255kg	APPO, Bernard	24-Mar-19	170kg	ROCCECCIOLI, Michael	25-Apr-21	205kg	SANDERSON, Ron	22-Feb-15	255kg	APPO, Bernard	24-Mar-19
	P/P Total	400kg	APPO, Bernard	24-Mar-19	325kg	ROCCECCIOLI, Michael	25-Apr-21	275kg	SANDERSON, Ron	22-Feb-15	400kg	APPO, Bernard	24-Mar-19
82.5kg	Bench	160kg	RYAN, Heath	01-Mar-20	155kg	TRENTIN, Michael	28-Feb-26				160kg	RYAN, Heath	01-Mar-20
	Deadlift	275kg	HULEMAH, Ahmed	18-Nov-18	235kg	TRENTIN, Michael	28-Feb-26				275kg	HULEMAH, Ahmed	18-Nov-18
	P/P Total	417.5kg	ROSS, Nathan	24-Nov-14	390kg	TRENTIN, Michael	28-Feb-26				417.5kg	ROSS, Nathan	24-Nov-14
90kg	Bench	167.5kg	PILAPIL, Cameron	26-Nov-23	165kg	WATT, Michael	16-Aug-26				167.5kg	PILAPIL, Cameron	26-Nov-23
	Deadlift	305kg	NEWMAN, Chris	21-Nov-21	265kg	WATT, Michael	16-Aug-26				305kg	NEWMAN, Chris	21-Nov-21
	P/P Total	467.5kg	NEWMAN, Chris	21-Nov-21	430kg	WATT, Michael	16-Aug-26				467.5kg	NEWMAN, Chris	21-Nov-21
100kg	Bench	210kg	SPITERI, JACOB	21-Jan-23							210kg	SPITERI, JACOB	21-Jan-23
	Deadlift	302.5kg	THOMPSON, Shannan	25-Apr-24							302.5kg	THOMPSON, Shannan	25-Apr-24
	P/P Total	510kg	SPITERI, JACOB	21-Jan-23							510kg	SPITERI, JACOB	21-Jan-23
110kg	Bench	225kg	LOVE, Kyle	18-Nov-18	220kg	JOHNSON, Mitch	03-Aug-25				225kg	LOVE, Kyle	18-Nov-18
	Deadlift	327.5kg	PARNELL, Shane	26-Nov-23	300kg	JOHNSON, Mitch	03-Aug-25				327.5kg	PARNELL, Shane	26-Nov-23
	P/P Total	522.5kg	PARNELL, Shane	26-Nov-23	520kg	JOHNSON, Mitch	03-Aug-25				522.5kg	PARNELL, Shane	26-Nov-23
125kg	Bench	222.5kg	TOOMER, David	29-Nov-20	230kg	PRYOR, Manatuki	16-Feb-25	160kg	PRYOR, Manatuki	29-Oct-22	230kg	PRYOR, Manatuki	16-Feb-25
	Deadlift	352.5kg	MURPHY, Sam	20-Nov-22	265kg	PRYOR, Manatuki	16-Feb-25	280kg	MANNAGH, Paul	22-Mar-25	352.5kg	MURPHY, Sam	20-Nov-22
	P/P Total	555kg	MURPHY, Sam	20-Nov-22	495kg	PRYOR, Manatuki	16-Feb-25	417.5kg	WATTS, Mitchell	03-Aug-25	555kg	MURPHY, Sam	20-Nov-22
140kg	Bench	272.5kg	COOPER, Andrew	01-Mar-20							272.5kg	COOPER, Andrew	01-Mar-20
	Deadlift	330kg	STEIGER, Daniel	29-May-16							330kg	STEIGER, Daniel	29-May-16
	P/P Total	572.5kg	COOPER, Andrew	01-Mar-20							572.5kg	COOPER, Andrew	01-Mar-20
SHW	Bench	235kg	WILDE, Philip	29-Nov-20							235kg	WILDE, Philip	29-Nov-20
	Deadlift	325kg	WILDE, Philip	29-Nov-20							325kg	WILDE, Philip	29-Nov-20
	P/P Total	555kg	WILDE, Philip	29-Nov-20							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	Record	Athlete	Date
			RAW			Previously Held By			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	Record	Athlete	Date
		RAW			Previously Held By			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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	Bench	62.5kg	LITTLE, Johnathan	04-Mar-23							62.5kg	LITTLE, Johnathan	04-Mar-23
	Deadlift	130kg	LITTLE, Johnathan	04-Mar-23							130kg	LITTLE, Johnathan	04-Mar-23
	P/P Total	185kg	LITTLE, Johnathan	04-Mar-23							185kg	LITTLE, Johnathan	04-Mar-23
56kg	Bench	42.5kg	TROUW, Benjamin	25-Apr-26							42.5kg	TROUW, Benjamin	25-Apr-26
	Deadlift	105kg	TROUW, Benjamin	25-Apr-26							105kg	TROUW, Benjamin	25-Apr-26
	P/P Total	142.5kg	TROUW, Benjamin	25-Apr-26							142.5kg	TROUW, Benjamin	25-Apr-26
60kg	Bench	65kg	ROBERTSON, Oscar	01-Mar-26							65kg	ROBERTSON, Oscar	01-Mar-26
	Deadlift	150kg	ROBERTSON, Oscar	01-Mar-26							150kg	ROBERTSON, Oscar	01-Mar-26
	P/P Total	215kg	ROBERTSON, Oscar	01-Mar-26							215kg	ROBERTSON, Oscar	01-Mar-26
67.5kg	Bench	60kg	HULM, Isaac	24-Nov-24							60kg	HULM, Isaac	24-Nov-24
	Deadlift	145kg	HULM, Isaac	24-Nov-24							145kg	HULM, Isaac	24-Nov-24
	P/P Total	202.5kg	HULM, Isaac	24-Nov-24							202.5kg	HULM, Isaac	24-Nov-24
75kg	Bench	47.5kg	VELLA, Darcy	01-Aug-24							47.5kg	VELLA, Darcy	01-Aug-24
	Deadlift	125kg	VELLA, Darcy	01-Aug-24							125kg	VELLA, Darcy	01-Aug-24
	P/P Total	170kg	VELLA, Darcy	01-Aug-24							170kg	VELLA, Darcy	01-Aug-24
82.5kg	Bench	115kg	WALDER, Jonathon	12-Aug-16							115kg	WALDER, Jonathon	12-Aug-16
	Deadlift	210kg	WALDER, Jonathon	29-May-16							210kg	WALDER, Jonathon	29-May-16
	P/P Total	325kg	WALDER, Jonathon	12-Aug-16							325kg	WALDER, Jonathon	12-Aug-16
90kg	Bench	77.5kg	TROUW, Sebastian	25-Apr-26							77.5kg	TROUW, Sebastian	25-Apr-26
	Deadlift	152.5kg	TROUW, Sebastian	25-Apr-26							152.5kg	TROUW, Sebastian	25-Apr-26
	P/P Total	230kg	TROUW, Sebastian	25-Apr-26							230kg	TROUW, Sebastian	25-Apr-26
100kg	Bench	67.5kg	MURPHY, Kobi	20-Nov-22							67.5kg	MURPHY, Kobi	20-Nov-22
	Deadlift	162.5kg	MURPHY, Kobi	20-Nov-22							162.5kg	MURPHY, Kobi	20-Nov-22
	P/P Total	230kg	MURPHY, Kobi	20-Nov-22							230kg	MURPHY, Kobi	20-Nov-22
110kg	Bench	132.5kg	BERARDONE, Anton	28-May-22							132.5kg	BERARDONE, Anton	28-May-22
	Deadlift	200kg	BERARDONE, Anton	28-May-22							200kg	BERARDONE, Anton	28-May-22
	P/P Total	315kg	BERARDONE, Anton	28-May-22							315kg	BERARDONE, Anton	28-May-22
125kg	Bench	80kg	STINSON, Riley	20-Nov-22							80kg	STINSON, Riley	20-Nov-22
	Deadlift	157.5kg	STINSON, Riley	20-Nov-22							157.5kg	STINSON, Riley	20-Nov-22
	P/P Total	225kg	STINSON, Riley	20-Nov-22							225kg	STINSON, Riley	20-Nov-22
140kg	Bench	140kg	AGIR, Kaevvar	29-Nov-20							140kg	AGIR, Kaevvar	29-Nov-20
	Deadlift	230kg	AGIR, Kaevvar	29-Nov-20							230kg	AGIR, Kaevvar	29-Nov-20
	P/P Total	360kg	AGIR, Kaevvar	29-Nov-20							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							85kg	NAUG, Hain	04-Mar-23
	Deadlift	190kg	NAUG, Hain	04-Mar-23							190kg	NAUG, Hain	04-Mar-23
	P/P Total	275kg	NAUG, Hain	04-Mar-23							275kg	NAUG, Hain	04-Mar-23
75kg	Bench	115kg	MOGNO, Luke	15-Nov-25							115kg	MOGNO, Luke	15-Nov-25
	Deadlift	180kg	MOGNO, Luke	15-Nov-25							180kg	MOGNO, Luke	15-Nov-25
	P/P Total	295kg	MOGNO, Luke	15-Nov-25							295kg	MOGNO, Luke	15-Nov-25
82.5kg	Bench	115kg	WALDER, Jonathon	12-Aug-16							115kg	WALDER, Jonathon	12-Aug-16
	Deadlift	210kg	WALDER, Jonathon	29-May-16							210kg	WALDER, Jonathon	29-May-16
	P/P Total	325kg	WALDER, Jonathon	12-Aug-16							325kg	WALDER, Jonathon	12-Aug-16
90kg	Bench	100kg	QUINLAN, Macauley	15-Nov-25							100kg	QUINLAN, Macauley	15-Nov-25
	Deadlift	200kg	TOMPKIN, Orlando	20-Nov-22							200kg	TOMPKIN, Orlando	20-Nov-22
	P/P Total	300kg	QUINLAN, Macauley	15-Nov-25							300kg	QUINLAN, Macauley	15-Nov-25
100kg	Bench	125kg	DOWLEY, Owen	21-Nov-21							125kg	DOWLEY, Owen	21-Nov-21
	Deadlift	215kg	QUINLAN, Nicholas	04-Mar-23							215kg	QUINLAN, Nicholas	04-Mar-23
	P/P Total	310kg	QUINLAN, Nicholas	04-Mar-23							310kg	QUINLAN, Nicholas	04-Mar-23
110kg	Bench	72.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19							72.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19
	Deadlift	165kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19							165kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19
	P/P Total	237.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19							237.5kg	BARRINGTON-JACOBI, Mackenzie	24-Mar-19
125kg	Bench												
	Deadlift												
	P/P Total												
140kg	Bench	100kg	BUBA, Zachary	20-Nov-22							100kg	BUBA, Zachary	20-Nov-22
	Deadlift	160kg	BUBA, Zachary	20-Nov-22							160kg	BUBA, Zachary	20-Nov-22
	P/P Total	260kg	BUBA, Zachary	20-Nov-22							260kg	BUBA, Zachary	20-Nov-22
SHW	Bench	90kg	ROBERTSON, Brodie	01-Jul-23							90kg	ROBERTSON, Brodie	01-Jul-23
	Deadlift	150kg	ROBERTSON, Brodie	01-Jul-23							150kg	ROBERTSON, Brodie	01-Jul-23
	P/P Total	240kg	ROBERTSON, Brodie	01-Jul-23							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	Bench	87.5kg	LOY, Sky	26-Nov-23							87.5kg	LOY, Sky	26-Nov-23
	Deadlift	155kg	LOY, Sky	26-Nov-23							155kg	LOY, Sky	26-Nov-23
	P/P Total	242.5kg	LOY, Sky	26-Nov-23							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							110kg	CHIU, Alan	26-Nov-23
	Deadlift	250kg	CHIU, Alan	26-Nov-23							250kg	CHIU, Alan	26-Nov-23
	P/P Total	350kg	CHIU, Alan	26-Nov-23							350kg	CHIU, Alan	26-Nov-23
75kg	Bench	112.5kg	ROCK, Jackson	31-May-25							112.5kg	ROCK, Jackson	31-May-25
	Deadlift	210kg	ROCK, Jackson	31-May-25							210kg	ROCK, Jackson	31-May-25
	P/P Total	322.5kg	ROCK, Jackson	31-May-25							322.5kg	ROCK, Jackson	31-May-25
82.5kg	Bench	130kg	WALDER, Jonathan	11-Aug-17							130kg	WALDER, Jonathan	11-Aug-17
	Deadlift	220kg	WALDER, Jonathan	11-Aug-17							220kg	WALDER, Jonathan	11-Aug-17
	P/P Total	347.5kg	WALDER, Jonathan	11-Aug-17							347.5kg	WALDER, Jonathan	11-Aug-17
90kg	Bench	132.5kg	CRAMOND, Bryce	15-Nov-25							132.5kg	CRAMOND, Bryce	15-Nov-25
	Deadlift	250kg	ELLIOTT, Ethan	26-Nov-23							250kg	ELLIOTT, Ethan	26-Nov-23
	P/P Total	375kg	ELLIOTT, Ethan	26-Nov-23							375kg	ELLIOTT, Ethan	26-Nov-23
100kg	Bench	110kg	UYS, Nickie	04-Mar-23							110kg	UYS, Nickie	04-Mar-23
	Deadlift	230kg	UYS, Nickie	04-Mar-23							230kg	UYS, Nickie	04-Mar-23
	P/P Total	340kg	UYS, Nickie	04-Mar-23							340kg	UYS, Nickie	04-Mar-23
110kg	Bench	160kg	PAISH, Kade	21-Sep-25							160kg	PAISH, Kade	21-Sep-25
	Deadlift	280kg	GIUBILATO, Matteo	29-Nov-20							280kg	GIUBILATO, Matteo	29-Nov-20
	P/P Total	422.5kg	GIUBILATO, Matteo	29-Nov-20							422.5kg	GIUBILATO, Matteo	29-Nov-20
125kg	Bench	155kg	SCHOORMANS, Phoenix	07-Mar-26							155kg	SCHOORMANS, Phoenix	07-Mar-26
	Deadlift	182.5kg	SCHOORMANS, Phoenix	07-Mar-26							182.5kg	SCHOORMANS, Phoenix	07-Mar-26
	P/P Total	337.5kg	SCHOORMANS, Phoenix	07-Mar-26							337.5kg	SCHOORMANS, Phoenix	07-Mar-26
140kg	Bench	150kg	MOURIKIS, Xander	24-Nov-24							150kg	MOURIKIS, Xander	24-Nov-24
	Deadlift	260kg	MOURIKIS, Xander	24-Nov-24							260kg	MOURIKIS, Xander	24-Nov-24
	P/P Total	400kg	MOURIKIS, Xander	24-Nov-24							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							130kg	NELSON, Scott	22-Feb-15
	Deadlift	232.5kg	NELSON, Scott	22-Feb-15							232.5kg	NELSON, Scott	22-Feb-15
	P/P Total	362.5kg	NELSON, Scott	22-Feb-15							362.5kg	NELSON, Scott	22-Feb-15
82.5kg	Bench	137.5kg	GRACE, Jack	28-Feb-26							137.5kg	GRACE, Jack	28-Feb-26
	Deadlift	252.5kg	GRACE, Jack	28-Feb-26							252.5kg	GRACE, Jack	28-Feb-26
	P/P Total	390kg	GRACE, Jack	28-Feb-26							390kg	GRACE, Jack	28-Feb-26
90kg	Bench	152.5kg	WILLIAMSON, Adam	22-Feb-26							152.5kg	WILLIAMSON, Adam	22-Feb-26
	Deadlift	262.5kg	UYS, Nickie	15-Nov-25							262.5kg	UYS, Nickie	15-Nov-25
	P/P Total	392.5kg	UYS, Nickie	15-Nov-25							392.5kg	UYS, Nickie	15-Nov-25
100kg	Bench	167.5kg	CRODIN, Rundle	24-Nov-19							167.5kg	CRODIN, Rundle	24-Nov-19
	Deadlift	280kg	WESTHEAD, Jamie	29-Nov-20							280kg	WESTHEAD, Jamie	29-Nov-20
	P/P Total	430kg	WESTHEAD, Jamie	29-Nov-20							430kg	WESTHEAD, Jamie	29-Nov-20
110kg	Bench	150kg	LARGE, Trent	29-May-16							150kg	LARGE, Trent	29-May-16
	Deadlift	290kg	GIUBILATO, Matteo	21-Nov-21							290kg	GIUBILATO, Matteo	21-Nov-21
	P/P Total	440kg	GIUBILATO, Matteo	21-Nov-21							440kg	GIUBILATO, Matteo	21-Nov-21
125kg	Bench	172.5kg	NELSON, Aaron	20-Mar-21							172.5kg	NELSON, Aaron	20-Mar-21
	Deadlift	262.5kg	SKRNJUG, Brenden	22-May-21							262.5kg	SKRNJUG, Brenden	22-May-21
	P/P Total	412.5kg	SKRNJUG, Brenden	22-May-21							412.5kg	SKRNJUG, Brenden	22-May-21
140kg	Bench	155kg	WINSER, Bailey	09-Aug-26							155kg	WINSER, Bailey	09-Aug-26
	Deadlift	265kg	WINSER, Bailey	06-Jun-26							265kg	WINSER, Bailey	06-Jun-26
	P/P Total	415kg	WINSER, Bailey	06-Jun-26							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	Bench												
	Deadlift												
	P/P Total												
56kg	Bench												
	Deadlift												
	P/P Total												
60kg	Bench	80kg	SINGH, Maninder	24-Mar-19							80kg	SINGH, Maninder	24-Mar-19
	Deadlift	185kg	SINGH, Maninder	24-Mar-19							185kg	SINGH, Maninder	24-Mar-19
	P/P Total	265kg	SINGH, Maninder	24-Mar-19							265kg	SINGH, Maninder	24-Mar-19
67.5kg	Bench	157.5kg	TAUMALOLO, Mateaki	01-Mar-20							157.5kg	TAUMALOLO, Mateaki	01-Mar-20
	Deadlift	220kg	TAUMALOLO, Mateaki	01-Mar-20							220kg	TAUMALOLO, Mateaki	01-Mar-20
	P/P Total	377.5kg	TAUMALOLO, Mateaki	01-Mar-20							377.5kg	TAUMALOLO, Mateaki	01-Mar-20
75kg	Bench	142.5kg	WEYMARK, Jordan	04-Mar-23							142.5kg	WEYMARK, Jordan	04-Mar-23
	Deadlift	245kg	WEYMARK, Jordan	09-Mar-24							245kg	WEYMARK, Jordan	09-Mar-24
	P/P Total	385kg	WEYMARK, Jordan	09-Mar-24							385kg	WEYMARK, Jordan	09-Mar-24
82.5kg	Bench	156kg	DODSON, Hayden	26-Nov-23							156kg	DODSON, Hayden	26-Nov-23
	Deadlift	251kg	DODSON, Hayden	26-Nov-23							251kg	DODSON, Hayden	26-Nov-23
	P/P Total	405kg	DODSON, Hayden	26-Nov-23							405kg	DODSON, Hayden	26-Nov-23
90kg	Bench	167.5kg	PILAPIL, Cameron	26-Nov-23							167.5kg	PILAPIL, Cameron	26-Nov-23
	Deadlift	305kg	NEWMAN, Chris	21-Nov-21							305kg	NEWMAN, Chris	21-Nov-21
	P/P Total	467.5kg	NEWMAN, Chris	21-Nov-21							467.5kg	NEWMAN, Chris	21-Nov-21
100kg	Bench	185kg	THOMPSON, Shannan	25-Apr-24							185kg	THOMPSON, Shannan	25-Apr-24
	Deadlift	302.5kg	THOMPSON, Shannan	25-Apr-24							302.5kg	THOMPSON, Shannan	25-Apr-24
	P/P Total	487.5kg	THOMPSON, Shannan	25-Apr-24							487.5kg	THOMPSON, Shannan	25-Apr-24
110kg	Bench	225kg	LOVE, KYLE	18-Nov-18	220kg	JOHNSON, Mitch	03-Aug-25				225kg	LOVE, KYLE	18-Nov-18
	Deadlift	320kg	DWYER, Rohan	28-Feb-26	300kg	JOHNSON, Mitch	03-Aug-25				320kg	DWYER, Rohan	28-Feb-26
	P/P Total	520kg	LOVE, KYLE	29-Nov-20	520kg	JOHNSON, Mitch	03-Aug-25				520kg	LOVE, KYLE	29-Nov-20
125kg	Bench	222.5kg	TOOMER, David	29-Nov-20				157.5kg	WATTS, Mitchell	03-Aug-25	222.5kg	TOOMER, David	29-Nov-20
	Deadlift	335kg	LANG, Benji	04-Mar-23				260kg	WATTS, Mitchell	03-Aug-25	335kg	LANG, Benji	04-Mar-23
	P/P Total	550kg	TOOMER, David	29-Nov-20				417.5kg	WATTS, Mitchell	03-Aug-25	550kg	TOOMER, David	29-Nov-20
140kg	Bench	190kg	HARRIS, Alec	29-Nov-20							190kg	HARRIS, Alec	29-Nov-20
	Deadlift	330kg	STEIGER, Daniel	29-May-16							330kg	STEIGER, Daniel	29-May-16
	P/P Total	495kg	STEIGER, Daniel	29-May-16							495kg	STEIGER, Daniel	29-May-16
SHW	Bench	235kg	WILDE, Philip	29-Nov-20							235kg	WILDE, Philip	29-Nov-20
	Deadlift	325kg	WILDE, Philip	29-Nov-20							325kg	WILDE, Philip	29-Nov-20
	P/P Total	555kg	WILDE, Philip	29-Nov-20							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							112.5kg	BIGGS, Aidan	09-Mar-24
	Deadlift	210kg	BIGGS, Aidan	09-Mar-24							210kg	BIGGS, Aidan	09-Mar-24
	P/P Total	322.5kg	BIGGS, Aidan	09-Mar-24							322.5kg	BIGGS, Aidan	09-Mar-24
75kg	Bench	145kg	APPO, Bernard	24-Mar-19	155kg	ROCCECCIOLI, Michael	25-Apr-21				155kg	ROCCECCIOLI, Michael	25-Apr-21
	Deadlift	255kg	APPO, Bernard	24-Mar-19	170kg	ROCCECCIOLI, Michael	25-Apr-21				255kg	APPO, Bernard	24-Mar-19
	P/P Total	400kg	APPO, Bernard	24-Mar-19	325kg	ROCCECCIOLI, Michael	25-Apr-21				400kg	APPO, Bernard	24-Mar-19
82.5kg	Bench	155kg	ROSS, Nathan	24-Nov-14							155kg	ROSS, Nathan	24-Nov-14
	Deadlift	275kg	HULEMAH, Ahmed	18-Nov-18							275kg	HULEMAH, Ahmed	18-Nov-18
	P/P Total	417.5kg	ROSS, Nathan	24-Nov-14							417.5kg	ROSS, Nathan	24-Nov-14
90kg	Bench	160kg	PUSKARIC, Sym	11-Aug-17							160kg	PUSKARIC, Sym	11-Aug-17
	Deadlift	280kg	BURT, David	09-Aug-26							280kg	BURT, David	09-Aug-26
	P/P Total	430kg	BURT, David	09-Aug-26							430kg	BURT, David	09-Aug-26
100kg	Bench	210kg	SPITERI, JACOB	21-Jan-23							210kg	SPITERI, JACOB	21-Jan-23
	Deadlift	301kg	SPITERI, JACOB	21-Jan-23							301kg	SPITERI, JACOB	21-Jan-23
	P/P Total	510kg	SPITERI, JACOB	21-Jan-23							510kg	SPITERI, JACOB	21-Jan-23
110kg	Bench	220kg	LOVE, KYLE	20-Nov-22	150kg	PIVA, Steven	02-Mar-25				220kg	LOVE, KYLE	20-Nov-22
	Deadlift	302.5kg	KELLY, Chris	01-Aug-24	255kg	NELSON, Jonny	24-Mar-19				302.5kg	KELLY, Chris	01-Aug-24
	P/P Total	512.5kg	KELLY, Chris	01-Aug-24	385kg	NELSON, Jonny	24-Mar-19				512.5kg	KELLY, Chris	01-Aug-24
125kg	Bench	202.5kg	MURPHY, Sam	20-Nov-22							202.5kg	MURPHY, Sam	20-Nov-22
	Deadlift	352.5kg	MURPHY, Sam	20-Nov-22							352.5kg	MURPHY, Sam	20-Nov-22
	P/P Total	555kg	MURPHY, Sam	20-Nov-22							555kg	MURPHY, Sam	20-Nov-22
140kg	Bench	172.5kg	LAING, Andrew	02-Mar-25							172.5kg	LAING, Andrew	02-Mar-25
	Deadlift	270kg	NUNU, Joshua	21-Mar-26							270kg	NUNU, Joshua	21-Mar-26
	P/P Total	420kg	NUNU, Joshua	21-Mar-26							420kg	NUNU, Joshua	21-Mar-26
SHW	Bench	187.5kg	KOVACS, Sheen	21-Nov-21							187.5kg	KOVACS, Sheen	21-Nov-21
	Deadlift	290kg	KOVACS, Sheen	21-Nov-21							290kg	KOVACS, Sheen	21-Nov-21
	P/P Total	477.5kg	KOVACS, Sheen	21-Nov-21							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
52kg	Bench												
	Deadlift												
	P/P Total												
56kg	Bench												
	Deadlift												
	P/P Total												
60kg	Bench	100kg	DULLONA, Francisco	22-Feb-15							100kg	DULLONA, Francisco	22-Feb-15
	Deadlift	170kg	DULLONA, Francisco	22-Feb-15							170kg	DULLONA, Francisco	22-Feb-15
	P/P Total	270kg	DULLONA, Francisco	22-Feb-15							270kg	DULLONA, Francisco	22-Feb-15
67.5kg	Bench												
	Deadlift												
	P/P Total												
75kg	Bench	72.5kg	BOWEN, Michael	26-Nov-23							72.5kg	BOWEN, Michael	26-Nov-23
	Deadlift	135kg	BOWEN, Michael	26-Nov-23							135kg	BOWEN, Michael	26-Nov-23
	P/P Total	205kg	BOWEN, Michael	26-Nov-23							205kg	BOWEN, Michael	26-Nov-23
82.5kg	Bench	150kg	HENDERSON, Keith	29-Nov-20	155kg	TRENTIN, Michael	28-Feb-26				155kg	TRENTIN, Michael	28-Feb-26
	Deadlift	255kg	SIMMONS, Matthew	09-Mar-24	235kg	TRENTIN, Michael	28-Feb-26				255kg	SIMMONS, Matthew	09-Mar-24
	P/P Total	370kg	HENDERSON, Keith	29-Nov-20	390kg	TRENTIN, Michael	28-Feb-26				390kg	TRENTIN, Michael	28-Feb-26
90kg	Bench	162.5kg	WALKER, Nicholas	02-Jun-24	165kg	WATT, Michael	16-Aug-26				165kg	WATT, Michael	16-Aug-26
	Deadlift	260kg	SIMMONS, Matthew	28-Feb-26	265kg	WATT, Michael	16-Aug-26				265kg	WATT, Michael	16-Aug-26
	P/P Total	390kg	EBDON-WALKER, Nicholas	01-Aug-24	430kg	WATT, Michael	16-Aug-26				430kg	WATT, Michael	16-Aug-26
100kg	Bench	165kg	HODGSON, Pete	28-Feb-26							165kg	HODGSON, Pete	28-Feb-26
	Deadlift	292.5kg	HODGSON, Pete	28-Feb-26							292.5kg	HODGSON, Pete	28-Feb-26
	P/P Total	457.5kg	HODGSON, Pete	28-Feb-26							457.5kg	HODGSON, Pete	28-Feb-26
110kg	Bench	195kg	PARNELL, Shane	26-Nov-23	175.5kg	MARTIN, Jimmy	05-Apr-25				195kg	PARNELL, Shane	26-Nov-23
	Deadlift	327.5kg	PARNELL, Shane	26-Nov-23	260kg	MARTIN, Jimmy	05-Apr-25				327.5kg	PARNELL, Shane	26-Nov-23
	P/P Total	522.5kg	PARNELL, Shane	26-Nov-23	435kg	MARTIN, Jimmy	05-Apr-25				522.5kg	PARNELL, Shane	26-Nov-23
125kg	Bench	180kg	DAVIDSON, Aaron	28-Feb-26				115kg	MANNAGH, Paul	22-Mar-25	180kg	DAVIDSON, Aaron	28-Feb-26
	Deadlift	300kg	DAVIDSON, Aaron	28-Feb-26				280kg	MANNAGH, Paul	22-Mar-25	300kg	DAVIDSON, Aaron	28-Feb-26
	P/P Total	475kg	DAVIDSON, Aaron	28-Feb-26				395kg	MANNAGH, Paul	22-Mar-25	475kg	DAVIDSON, Aaron	28-Feb-26
140kg	Bench	272.5kg	COOPER, Andrew	01-Mar-20							272.5kg	COOPER, Andrew	01-Mar-20
	Deadlift	300kg	COOPER, Andrew	01-Mar-20							300kg	COOPER, Andrew	01-Mar-20
	P/P Total	572.5kg	COOPER, Andrew	01-Mar-20							572.5kg	COOPER, Andrew	01-Mar-20
SHW	Bench	152.5kg	PILIPOVIC, Damir	02-Aug-14							152.5kg	PILIPOVIC, Damir	02-Aug-14
	Deadlift	290kg	PILIPOVIC, Damir	02-Aug-14							290kg	PILIPOVIC, Damir	02-Aug-14
	P/P Total	442.5kg	PILIPOVIC, Damir	02-Aug-14							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							160kg	RYAN, Heath	01-Mar-20
	Deadlift	250kg	RYAN, Heath	01-Mar-20							250kg	RYAN, Heath	01-Mar-20
	P/P Total	410kg	RYAN, Heath	01-Mar-20							410kg	RYAN, Heath	01-Mar-20
90kg	Bench	135kg	MULLINS, Luke	21-Nov-21	127.5kg	GODFREY, Michael	03-Aug-25				135kg	MULLINS, Luke	21-Nov-21
	Deadlift	252.5kg	HARNETT, Bill	19-Nov-17	190kg	GODFREY, Michael	03-Aug-25				252.5kg	HARNETT, Bill	19-Nov-17
	P/P Total	342.5kg	HARNETT, Bill	19-Nov-17	317.5kg	GODFREY, Michael	03-Aug-25				342.5kg	HARNETT, Bill	19-Nov-17
100kg	Bench	177.5kg	CRANE, Damien	03-Jun-17							177.5kg	CRANE, Damien	03-Jun-17
	Deadlift	290kg	BRAMMALL, Beau	02-Mar-25							290kg	BRAMMALL, Beau	02-Mar-25
	P/P Total	462.5kg	BRAMMALL, Beau	02-Mar-25							462.5kg	BRAMMALL, Beau	02-Mar-25
110kg	Bench	161.5kg	PUOPOLO, Michael	03-Aug-25							161.5kg	PUOPOLO, Michael	03-Aug-25
	Deadlift	260kg	PUOPOLO, Michael	03-Aug-25							260kg	PUOPOLO, Michael	03-Aug-25
	P/P Total	415kg	PUOPOLO, Michael	03-Aug-25							415kg	PUOPOLO, Michael	03-Aug-25
125kg	Bench	185kg	NAPPER, George	29-Nov-20				160kg	PRYOR, Manatuki	29-Oct-22	185kg	NAPPER, George	29-Nov-20
	Deadlift	260kg	NAPPER, George	29-Nov-20				240kg	PRYOR, Manatuki	29-Oct-22	260kg	NAPPER, George	29-Nov-20
	P/P Total	442.5kg	NAPPER, George	29-Nov-20				400kg	PRYOR, Manatuki	29-Oct-22	442.5kg	NAPPER, George	29-Nov-20
140kg	Bench	155kg	NICHOLAS, Michael	02-Aug-14							155kg	NICHOLAS, Michael	02-Aug-14
	Deadlift	285kg	NICHOLAS, Michael	02-Aug-14							285kg	NICHOLAS, Michael	02-Aug-14
	P/P Total	440kg	NICHOLAS, Michael	02-Aug-14							440kg	NICHOLAS, Michael	02-Aug-14
SHW	Bench	160kg	PAGE, Brett	24-Oct-21							160kg	PAGE, Brett	24-Oct-21
	Deadlift	225kg	PAGE, Brett	24-Oct-21							225kg	PAGE, Brett	24-Oct-21
	P/P Total	385kg	PAGE, Brett	24-Oct-21							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	Record	Athlete	Date
			RAW			SINGLE PLY			MULTI PLY			UNLIMITED	
52kg	Bench												
	Deadlift												
	P/P Total												
56kg	Bench												
	Deadlift												
	P/P Total												
60kg	Bench	100kg	PANAGIOTIDIS, Jim	22-May-21							100kg	PANAGIOTIDIS, Jim	22-May-21
	Deadlift	160kg	PANAGIOTIDIS, Jim	22-May-21							160kg	PANAGIOTIDIS, Jim	22-May-21
	P/P Total	260kg	PANAGIOTIDIS, Jim	22-May-21							260kg	PANAGIOTIDIS, Jim	22-May-21
67.5kg	Bench	96kg	MANSFIELD, Peter	24-Nov-14							96kg	MANSFIELD, Peter	24-Nov-14
	Deadlift	185kg	MANSFIELD, Peter	24-Nov-14							185kg	MANSFIELD, Peter	24-Nov-14
	P/P Total	278.5kg	MANSFIELD, Peter	24-Nov-14							278.5kg	MANSFIELD, Peter	24-Nov-14
75kg	Bench	138kg	NEWMAN, Rodney	24-Nov-14							138kg	NEWMAN, Rodney	24-Nov-14
	Deadlift	220kg	NEWMAN, Rodney	24-Nov-14							220kg	NEWMAN, Rodney	24-Nov-14
	P/P Total	358kg	NEWMAN, Rodney	24-Nov-14							358kg	NEWMAN, Rodney	24-Nov-14
82.5kg	Bench	132.5kg	HANSSON, Chris	02-Mar-25							132.5kg	HANSSON, Chris	02-Mar-25
	Deadlift	220kg	McGRATH, Peter	12-Aug-16							220kg	McGRATH, Peter	12-Aug-16
	P/P Total	337.5kg	HANSSON, Chris	02-Mar-25							337.5kg	HANSSON, Chris	02-Mar-25
90kg	Bench	147.5kg	VAN SPALL, Michael	09-Aug-26							147.5kg	VAN SPALL, Michael	09-Aug-26
	Deadlift	210kg	VAN SPALL, Michael	09-Aug-26							210kg	VAN SPALL, Michael	09-Aug-26
	P/P Total	357.5kg	VAN SPALL, Michael	09-Aug-26							357.5kg	VAN SPALL, Michael	09-Aug-26
100kg	Bench	170kg	KEEP, Brad	20-Nov-22							170kg	KEEP, Brad	20-Nov-22
	Deadlift	242.5kg	MORTON, Dominic	01-Mar-26							242.5kg	MORTON, Dominic	01-Mar-26
	P/P Total	395kg	MORTON, Dominic	01-Mar-26							395kg	MORTON, Dominic	01-Mar-26
110kg	Bench	170kg	JONES, Gary	11-Aug-17	150kg	MORTON, Dominic	22-Feb-26				170kg	JONES, Gary	11-Aug-17
	Deadlift	260kg	BUTLER-Blaxell, Terry	24-Nov-24	240kg	MORTON, Dominic	22-Feb-26				260kg	BUTLER-Blaxell, Terry	24-Nov-24
	P/P Total	420kg	BUTLER-Blaxell, Terry	24-Nov-24	390kg	MORTON, Dominic	22-Feb-26				420kg	BUTLER-Blaxell, Terry	24-Nov-24
125kg	Bench	180kg	WALLIN, John	25-Apr-24	230kg	PRYOR, Manatuki	16-Feb-25				230kg	PRYOR, Manatuki	16-Feb-25
	Deadlift	265kg	WALLIN, John	25-Apr-24	265kg	PRYOR, Manatuki	16-Feb-25				265kg	PRYOR, Manatuki	16-Feb-25
	P/P Total	445kg	WALLIN, John	25-Apr-24	495kg	PRYOR, Manatuki	16-Feb-25				495kg	PRYOR, Manatuki	16-Feb-25
140kg	Bench	210kg	SZABO, Michael	14-May-23							210kg	SZABO, Michael	14-May-23
	Deadlift	230kg	SZABO, Michael	14-May-23							230kg	SZABO, Michael	14-May-23
	P/P Total	440kg	SZABO, Michael	14-May-23							440kg	SZABO, Michael	14-May-23
SHW	Bench	87.5kg	JAMES, Stewart	24-Nov-24							87.5kg	JAMES, Stewart	24-Nov-24
	Deadlift	215kg	CHRISTIDIS, Damien	01-Mar-25							215kg	CHRISTIDIS, Damien	01-Mar-25
	P/P Total	300kg	CHRISTIDIS, Damien	01-Mar-25							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							77.5kg	KNECTLI, Simon	01-Aug-24
	Deadlift	125kg	KNECTLI, Simon	01-Aug-24							125kg	KNECTLI, Simon	01-Aug-24
	P/P Total	202.5kg	KNECTLI, Simon	01-Aug-24							202.5kg	KNECTLI, Simon	01-Aug-24
75kg	Bench	105kg	PANAGIOTIDIS, Jim	07-Mar-26							105kg	PANAGIOTIDIS, Jim	07-Mar-26
	Deadlift	187.5kg	PANAGIOTIDIS, Jim	07-Mar-26							187.5kg	PANAGIOTIDIS, Jim	07-Mar-26
	P/P Total	287.5kg	PANAGIOTIDIS, Jim	07-Mar-26							287.5kg	PANAGIOTIDIS, Jim	07-Mar-26
82.5kg	Bench	105kg	McGRATH, Peter	03-Jun-17							105kg	McGRATH, Peter	03-Jun-17
	Deadlift	220kg	McGRATH, Peter	03-Jun-17							220kg	McGRATH, Peter	03-Jun-17
	P/P Total	325kg	McGRATH, Peter	03-Jun-17							325kg	McGRATH, Peter	03-Jun-17
90kg	Bench	150kg	BARKER, David	24-Nov-24							150kg	BARKER, David	24-Nov-24
	Deadlift	210kg	BARKER, David	26-Nov-23							210kg	BARKER, David	26-Nov-23
	P/P Total	355kg	BARKER, David	24-Nov-24							355kg	BARKER, David	24-Nov-24
100kg	Bench	100kg	WICKS, David	31-May-25							100kg	WICKS, David	31-May-25
	Deadlift	190kg	WICKS, David	31-May-25							190kg	WICKS, David	31-May-25
	P/P Total	290kg	WICKS, David	31-May-25							290kg	WICKS, David	31-May-25
110kg	Bench	182.5kg	GUY, Miles	29-Nov-20							182.5kg	GUY, Miles	29-Nov-20
	Deadlift	275kg	PARRY, Tony	22-Feb-26							275kg	PARRY, Tony	22-Feb-26
	P/P Total	442.5kg	GUY, Miles	29-Nov-20							442.5kg	GUY, Miles	29-Nov-20
125kg	Bench	200kg	LONGDON, Steve	15-Nov-25							200kg	LONGDON, Steve	15-Nov-25
	Deadlift	317.5kg	LONGDON, Steve	15-Nov-25							317.5kg	LONGDON, Steve	15-Nov-25
	P/P Total	517.5kg	LONGDON, Steve	15-Nov-25							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							87.5kg	MAYHEW, Peter	24-Nov-24
	Deadlift	150kg	MAYHEW, Peter	24-Nov-24							150kg	MAYHEW, Peter	24-Nov-24
	P/P Total	237.5kg	MAYHEW, Peter	24-Nov-24							237.5kg	MAYHEW, Peter	24-Nov-24
75kg	Bench							70kg	SANDERSON, Ron	22-Feb-15	70kg	SANDERSON, Ron	22-Feb-15
	Deadlift							205kg	SANDERSON, Ron	22-Feb-15	205kg	SANDERSON, Ron	22-Feb-15
	P/P Total							275kg	SANDERSON, Ron	22-Feb-15	275kg	SANDERSON, Ron	22-Feb-15
82.5kg	Bench	90kg	TANSKA, Kim	29-May-22							90kg	TANSKA, Kim	29-May-22
	Deadlift	187.5kg	TANSKA, Kim	29-May-22							187.5kg	TANSKA, Kim	29-May-22
	P/P Total	277.5kg	TANSKA, Kim	29-May-22							277.5kg	TANSKA, Kim	29-May-22
90kg	Bench	82.5kg	CASH, Clint	19-Jan-25							82.5kg	CASH, Clint	19-Jan-25
	Deadlift	150kg	CASH, Clint	19-Jan-25							150kg	CASH, Clint	19-Jan-25
	P/P Total	230kg	CASH, Clint	19-Jan-25							230kg	CASH, Clint	19-Jan-25
100kg	Bench	100kg	JONES, Michael	15-Feb-26							100kg	JONES, Michael	15-Feb-26
	Deadlift	212.5kg	JONES, Michael	15-Feb-26							212.5kg	JONES, Michael	15-Feb-26
	P/P Total	307.5kg	JONES, Michael	15-Feb-26							307.5kg	JONES, Michael	15-Feb-26
110kg	Bench												
	Deadlift												
	P/P Total												
125kg	Bench	180kg	TITUS, Terrence	12-Aug-16							180kg	TITUS, Terrence	12-Aug-16
	Deadlift	325kg	TITUS, Terrence	12-Aug-16							325kg	TITUS, Terrence	12-Aug-16
	P/P Total	505kg	TITUS, Terrence	12-Aug-16							505kg	TITUS, Terrence	12-Aug-16
140kg	Bench	135kg	SZANN, Troy	12-Mar-23							135kg	SZANN, Troy	12-Mar-23
	Deadlift	120kg	SZANN, Troy	12-Mar-23							120kg	SZANN, Troy	12-Mar-23
	P/P Total	255kg	SZANN, Troy	12-Mar-23							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							120kg	AMBROSE, Jim	19-Nov-17
	Deadlift	227.5kg	AMBROSE, Jim	19-Nov-17							227.5kg	AMBROSE, Jim	19-Nov-17
	P/P Total	347.5kg	AMBROSE, Jim	19-Nov-17							347.5kg	AMBROSE, Jim	19-Nov-17
82.5kg	Bench												
	Deadlift												
	P/P Total												
90kg	Bench	120kg	ZOLLO, Will	25-Apr-25							120kg	ZOLLO, Will	25-Apr-25
	Deadlift	160kg	CASH, Clint	02-Mar-25							160kg	CASH, Clint	02-Mar-25
	P/P Total	270kg	ZOLLO, Will	25-Apr-25							270kg	ZOLLO, Will	25-Apr-25
100kg	Bench												
	Deadlift												
	P/P Total												
110kg	Bench	90kg	BASKERVILLE, Peter	20-Mar-21							90kg	BASKERVILLE, Peter	20-Mar-21
	Deadlift	220kg	BASKERVILLE, Peter	20-Mar-21							220kg	BASKERVILLE, Peter	20-Mar-21
	P/P Total	310kg	BASKERVILLE, Peter	20-Mar-21							310kg	BASKERVILLE, Peter	20-Mar-21
125kg	Bench	160kg	TITUS, Terrence	20-Mar-21							160kg	TITUS, Terrence	20-Mar-21
	Deadlift	295kg	TITUS, Terrence	04-Mar-23							295kg	TITUS, Terrence	04-Mar-23
	P/P Total	445kg	TITUS, Terrence	20-Mar-21							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							65kg	TRENTIN, Maurice	04-Mar-23
	Deadlift	135kg	TRENTIN, Maurice	04-Mar-23							135kg	TRENTIN, Maurice	04-Mar-23
	P/P Total	197.5kg	TRENTIN, Maurice	04-Mar-23							197.5kg	TRENTIN, Maurice	04-Mar-23
75kg	Bench	107.5kg	AMBROSE, Jim	21-Nov-21							107.5kg	AMBROSE, Jim	21-Nov-21
	Deadlift	200kg	AMBROSE, Jim	21-Nov-21							200kg	AMBROSE, Jim	21-Nov-21
	P/P Total	307.5kg	AMBROSE, Jim	21-Nov-21							307.5kg	AMBROSE, Jim	21-Nov-21
82.5kg	Bench	100kg	AMBROSE, Jim	25-Apr-26							100kg	AMBROSE, Jim	25-Apr-26
	Deadlift	197.5kg	AMBROSE, Jim	25-Apr-26							197.5kg	AMBROSE, Jim	25-Apr-26
	P/P Total	295kg	AMBROSE, Jim	25-Apr-26							295kg	AMBROSE, Jim	25-Apr-26
90kg	Bench	90kg	McLERNON, Peter	21-Nov-21							90kg	McLERNON, Peter	21-Nov-21
	Deadlift	190kg	McLERNON, Peter	21-Nov-21							190kg	McLERNON, Peter	21-Nov-21
	P/P Total	280kg	McLERNON, Peter	21-Nov-21							280kg	McLERNON, Peter	21-Nov-21
100kg	Bench	130kg	BREITSAMETER, Wulff	03-Jun-17							130kg	BREITSAMETER, Wulff	03-Jun-17
	Deadlift	182.5kg	BREITSAMETER, Wulff	11-Aug-17							182.5kg	BREITSAMETER, Wulff	11-Aug-17
	P/P Total	305kg	BREITSAMETER, Wulff	03-Jun-17							305kg	BREITSAMETER, Wulff	03-Jun-17
110kg	Bench												
	Deadlift												
	P/P Total												
125kg	Bench	135kg	TITUS, Terrence	09-Aug-26							135kg	TITUS, Terrence	09-Aug-26
	Deadlift	265kg	TITUS, Terrence	09-Aug-26							265kg	TITUS, Terrence	09-Aug-26
	P/P Total	400kg	TITUS, Terrence	09-Aug-26							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							63.5kg	TRENTIN, Maurice	28-Feb-26
	Deadlift	135kg	TRENTIN, Maurice	28-Feb-26							135kg	TRENTIN, Maurice	28-Feb-26
	P/P Total	192.5kg	TRENTIN, Maurice	28-Feb-26							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				80kg	BIRCH, Ron	25-Feb-24
	Deadlift				122.5kg	BIRCH, Ron	25-Feb-24				122.5kg	BIRCH, Ron	25-Feb-24
	P/P Total				202.5kg	BIRCH, Ron	25-Feb-24				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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							25kg	PERRYMAN, Hercules	19-Nov-17
	Deadlift	70kg	PERRYMAN, Hercules	19-Nov-17							70kg	PERRYMAN, Hercules	19-Nov-17
	P/P Total	95kg	PERRYMAN, Hercules	19-Nov-17							95kg	PERRYMAN, Hercules	19-Nov-17
75kg	Bench												
	Deadlift												
	P/P Total												
82.5kg	Bench	35kg	ZWAAN, Adrian	25-Apr-25							35kg	ZWAAN, Adrian	25-Apr-25
	Deadlift	148kg	ZWAAN, Adrian	25-Apr-25							148kg	ZWAAN, Adrian	25-Apr-25
	P/P Total	182.5kg	ZWAAN, Adrian	25-Apr-25							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	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY			UNLIMITED		
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							27.5kg	PERRYMAN, Hercules	24-Nov-19
	Deadlift	45kg	PERRYMAN, Hercules	21-Nov-21							45kg	PERRYMAN, Hercules	21-Nov-21
	P/P Total	70kg	PERRYMAN, Hercules	21-Nov-21							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												