

Open Men

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | 140.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Bench | 87.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Deadlift | 197.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Total | 408kg | ATTARD, Paul | 03-Aug-14 | | | |
| 60kg | Squat | 156kg | SINGH, Maninder | 13-Aug-17 | 155kg | ETTIA, C | 29-May-11 |
| | Bench | 100kg | WONG, G | 29-May-11 | | | |
| | Deadlift | 205kg | ATTARD, Paul | 25-May-14 | 180kg | WONG, G | 29-May-11 |
| | Total | 442.5kg | ATTARD, Paul | 25-May-14 | 425kg | WONG, G | 29-May-11 |
| 67.5kg | Squat | 175kg | TEMPLAR, Bowen | 16-Mar-13 | 170kg | BROOK, M | 14-Aug-10 |
| | Bench | 137.5kg | THOMAS, Colin | 30-May-10 | | | |
| | Deadlift | 242.5kg | KAO, Andy | 15-Aug-15 | | | |
| | Total | 535kg | KAO, Andy | 15-Aug-15 | | | |
| 75kg | Squat | 210kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| | Bench | 170kg | BALESTRA, Mark | 30-May-10 | | | |
| | Deadlift | 265kg | PUNSHON, Dale | 06-Jun-15 | | | |
| | Total | 600kg | ROMAIN, Caba | 15-Aug-15 | 595kg | ROMAIN, Caba | 31-May-15 |
| 82.5kg | Squat | 232.5kg | SPITERI, JACOB | 15-Aug-15 | 231kg | MITCHEL, Nathan | 11-Aug-13 |
| | Bench | 200kg | GALATI, Angelo | 05-Dec-13 | 162.5kg | SMITH, Eldene | 11-Aug-13 |
| | Deadlift | 285kg | PARMITER, Dave | 12-May-12 | | | |
| | Total | 657.5kg | SPITERI, JACOB | 15-Aug-15 | 655kg | MIDDLETON, Matthew | 14-Aug-10 |
| 90kg | Squat | 272.5kg | MIDDLETON, Matthew | 27-Apr-14 | 250kg | OREB, Sabastian | 11-Aug-13 |
| | Bench | 200kg | MIDDLETON, Matthew | 27-Apr-14 | 195kg | OREB, Sabastian | 11-May-13 |
| | Deadlift | 340kg | PARMITER, Dave | 03-Aug-14 | 327.5kg | PARMITER, Dave | 11-Aug-13 |
| | Total | 760kg | PARMITER, Dave | 03-Aug-14 | 745kg | MIDDLETON, Matthew | 27-Apr-14 |
| 100kg | Squat | 310kg | DURBRIDGE, Jason | 25-Aug-12 | | | |
| | Bench | 220kg | LOWE, Alex | 10-Aug-13 | 205kg | LOWE, Alex | 25-Aug-12 |
| | Deadlift | 342.5kg | DURBRIDGE, Jason | 25-Aug-12 | | | |
| | Total | 850kg | LOWE, Alex | 03-Aug-14 | 842.5kg | DURBRIDGE, Jason | 25-Aug-12 |
| 110kg | Squat | 305kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| | Bench | 220kg | PIPER, Adam | 09-May-15 | 201kg | JONES, Nathan | 25-May-14 |
| | Deadlift | 343kg | GIAMPAOLI, Billy Joe | 14-Aug-10 | | | |
| | Total | 842.5kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| 125kg | Squat | 330kg | NAYLOR, Shane | 23-Nov-14 | 320kg | HOWLETT, Shaun | 16-Mar-13 |
| | Bench | 230kg | FLORISSEN, Shannon | 26-Aug-12 | | | |
| | Deadlift | 342.5kg | FLORISSEN, Shannon | 26-Aug-12 | | | |
| | Total | 875kg | NAYLOR, Shane | 23-Nov-14 | 860kg | FLORISSEN, Shannon | 26-Aug-12 |
| 140kg | Squat | 350kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Bench | 235kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Deadlift | 350kg | TULLO, Adrian | 26-Apr-14 | 345kg | BOYER, Derek | 14-Aug-10 |
| | Total | 915kg | TULLO, Adrian | 26-Apr-14 | 900kg | HOWLETT, Wayne | 31-Mar-12 |
| SHW | Squat | 360kg | McLAREN, George | 11-Aug-13 | 357.5kg | McLAREN, George | 26-Aug-12 |
| | Bench | 240kg | TULLO, Adrian | 27-Aug-11 | | | |
| | Deadlift | 382.5kg | McLAREN, George | 11-Aug-13 | 380kg | McLAREN, George | 05-May-12 |
| | Total | 952.5 | McLAREN, George | 11-Aug-13 | 930kg | McLAREN, George | 26-Aug-11 |

Teenage Men (13-15)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 140kg | MCBAIN, Sam | 21-Nov-14 | 90kg | McBAIN, Sam | 01-Aug-14 |
| | Bench | 85kg | MCBAIN, Sam | 21-Nov-14 | 70.5kg | McBAIN, Sam | 01-Aug-14 |
| | Deadlift | 180kg | MCBAIN, Sam | 21-Nov-14 | 150kg | McBAIN, Sam | 01-Aug-14 |
| | Total | 395kg | MCBAIN, Sam | 21-Nov-14 | 310.5kg | McBAIN, Sam | 01-Aug-14 |
| 67.5kg | Squat | 112.5kg | SHERIDAN, Josh | 01-Aug-14 | 85kg | TAYLOR, Seth | 10-Aug-13 |
| | Bench | 80kg | SHERIDAN, Josh | 01-Aug-14 | 60kg | TAYLOR, Seth | 10-Aug-13 |
| | Deadlift | 160kg | SHERIDAN, Josh | 01-Aug-14 | 110kg | TAYLOR, Seth | 10-Aug-13 |
| | Total | 342.5kg | SHERIDAN, Josh | 01-Aug-14 | 255kg | TAYLOR, Seth | 10-Aug-13 |
| 75kg | Squat | 125kg | DOWLEY, Owen | 18-Aug-18 | 100kg | COONEY, Alex | 14-Jun-15 |
| | Bench | 70kg | DOWLEY, Owen | 18-Aug-18 | 65kg | COONEY, Alex | 14-Jun-15 |
| | Deadlift | 137.5kg | DOWLEY, Owen | 18-Aug-18 | 122.5kg | COONEY, Alex | 14-Jun-15 |
| | Total | 332.5kg | DOWLEY, Owen | 18-Aug-18 | 277.5kg | COONEY, Alex | 14-Jun-15 |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | 146kg | BARRINGTON, Mackenzie | 30-Apr-17 | | | |
| | Bench | 110kg | ELENIS, K | 02-May-10 | | | |
| | Deadlift | 200kg | ELENIS, K | 02-May-10 | | | |
| | Total | 450kg | ELENIS, K | 02-May-10 | | | |
| 100kg | Squat | 140kg | BARRINGTON, Mackenzie | 13-Aug-16 | | | |
| | Bench | 60kg | BARRINGTON, Mackenzie | 13-Aug-16 | | | |
| | Deadlift | 150kg | BARRINGTON, Mackenzie | 13-Aug-16 | | | |
| | Total | 345kg | BARRINGTON, Mackenzie | 13-Aug-16 | | | |
| 110kg | Squat | 192.5kg | TURNER, Z | 27-Aug-11 | | | |
| | Bench | 150kg | TURNER, Z | 27-Aug-11 | | | |
| | Deadlift | 200kg | TURNER, Z | 27-Aug-11 | | | |
| | Total | 530kg | TURNER, Z | 27-Aug-11 | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | 157.5kg | BARRETT, Danny | 01-Aug-14 | | | |
| | Bench | 92.5kg | BARRETT, Danny | 01-Aug-14 | | | |
| | Deadlift | 190kg | BARRETT, Danny | 01-Aug-14 | | | |
| | Total | 425kg | BARRETT, Danny | 01-Aug-14 | | | |

Teenage Men (16-17)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | 147.5kg | MCBAIN, Sam | 06-Jun-15 | 145kg | MCBAIN, Sam | 15-Mar-15 |
| | Bench | 90kg | MCBAIN, Sam | 15-Mar-15 | | | |
| | Deadlift | 170kg | MCBAIN, Sam | 15-Mar-15 | | | |
| | Total | 405kg | MCBAIN, Sam | 15-Mar-15 | | | |
| 60kg | Squat | 155kg | MCBAIN, Sam | 15-Aug-15 | | | |
| | Bench | 95kg | MCBAIN, Sam | 15-Aug-15 | | | |
| | Deadlift | 187.5kg | MCBAIN, Sam | 15-Aug-15 | | | |
| | Total | 437.5kg | MCBAIN, Sam | 15-Aug-15 | | | |
| 67.5kg | Squat | 175kg | TEMPLAR, Bowen | 16-Mar-13 | 140kg | CHAPMAN, D | 16-May-10 |
| | Bench | 112.5kg | TEMPLAR, Bowen | 16-Mar-13 | 110kg | CHAPMAN, D | 16-May-10 |
| | Deadlift | 200kg | TEMPLAR, Bowen | 16-Mar-13 | 170kg | CHAPMAN, D | 16-May-10 |
| | Total | 477.5kg | TEMPLAR, Bowen | 16-Mar-13 | 420kg | CHAPMAN, D | 16-May-10 |
| 75kg | Squat | 167.5kg | JUDD, Matthew | 27-May-18 | 160kg | MARKOPOULUS, Max | 25-Apr-10 |
| | Bench | 125kg | JUDD, Matthew | 27-May-18 | 95kg | MARKOPOULUS, Max | 25-Apr-10 |
| | Deadlift | 212.5kg | MARKOPOULUS, Max | 25-Apr-10 | | | |
| | Total | 477.5kg | JUDD, Matthew | 27-May-18 | 467.5kg | MARKOPOULUS, Max | 25-Apr-10 |
| 82.5kg | Squat | 212.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| | Bench | 135.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| | Deadlift | 252.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| | Total | 597.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| 90kg | Squat | 187.5kg | PREKETES, Peter | 25-May-14 | 170kg | GORDON, Dijon | 27-Aug-11 |
| | Bench | 130kg | JOSEPH, Hyrum | 15-Aug-15 | 115kg | BEWSEY, Taylor | 26-Apr-14 |
| | Deadlift | 230kg | JOSEPH, Hyrum | 15-Aug-15 | 220.5kg | BEWSEY, Taylor | 03-Aug-14 |
| | Total | 515kg | PREKETES, Peter | 25-May-14 | 475kg | BEWSEY, Taylor | 26-Apr-14 |
| 100kg | Squat | 231kg | YAMMINE, James | 01-Aug-14 | 206kg | YAMMINE, James | 25-May-14 |
| | Bench | 145kg | YAMMINE, James | 01-Aug-14 | 130kg | LADEWIG, Jory | 26-Apr-14 |
| | Deadlift | 285kg | LADEWIG, Jory | 01-Aug-14 | 260kg | YAMMINE, James | 25-May-14 |
| | Total | 646kg | YAMMINE, James | 01-Aug-14 | 586kg | YAMMINE, James | 25-May-14 |
| 110kg | Squat | 200kg | ROGERS, Will | 10-Aug-13 | 110kg | PENNANT, N | 27-Mar-11 |
| | Bench | 150kg | ROGERS, Will | 10-Aug-13 | 85kg | PENNANT, N | 27-Mar-11 |
| | Deadlift | 250kg | ROGERS, Will | 10-Aug-13 | 160kg | PENNANT, N | 27-Mar-11 |
| | Total | 600kg | ROGERS, Will | 10-Aug-13 | 355kg | PENNANT, N | 27-Mar-11 |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Teenage Men (18-19)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 160kg | LE, Lyndon | 14-Mar-15 | 145kg | HO, Steven | 12-May-12 |
| | Bench | 112.5kg | RAYNER, Lachlan | 12-Aug-17 | 110kg | HO, Steven | 12-May-12 |
| | Deadlift | 205kg | LE, Lyndon | 14-Mar-15 | 202.5kg | HO, Steven | 12-May-12 |
| | Total | 467.5kg | HO, Steven | 12-May-12 | | | |
| 75kg | Squat | 181kg | YOUNG, Jason | 13-Mar-15 | 180kg | MUNRO, Kelly | 14-Aug-11 |
| | Bench | 127.5kg | HEE KIM, Chan | 31-May-15 | 125kg | CHAPMAN, D | 27-Mar-11 |
| | Deadlift | 240kg | HEE KIM, Chan | 31-May-15 | 235kg | YOUNG, Jason | 03-May-15 |
| | Total | 527.5kg | HEE KIM, Chan | 31-May-15 | 520kg | YOUNG, Jason | 03-May-15 |
| 82.5kg | Squat | 230kg | GOULD, Nathan | 25-May-14 | 215kg | MUNRO, Kelly | 22-Oct-11 |
| | Bench | 145kg | GOULD, Nathan | 25-May-14 | 125kg | MUNRO, Kelly | 22-Oct-11 |
| | Deadlift | 252.5kg | POOLE, Marcus | 12-Aug-16 | 240kg | GOULD, Nathan | 25-May-14 |
| | Total | 606kg | GOULD, Nathan | 25-May-14 | 560kg | MUNRO, Kelly | 22-Oct-11 |
| 90kg | Squat | 245kg | LEAH, Dominic | 25-May-14 | 235kg | BURROWS, Jesse | 16-Mar-13 |
| | Bench | 155kg | TULLO, Joe | 22-Oct-11 | | | |
| | Deadlift | 267.5kg | BURROWS, Jesse | 16-Mar-13 | 250kg | DOUEK, Michael | 16-May-10 |
| | Total | 655kg | BURROWS, Jesse | 16-Mar-13 | 562.5kg | DOUEK, Michael | 16-May-10 |
| 100kg | Squat | 240kg | EL ACHKAR, Firas | 27-Aug-11 | | | |
| | Bench | 170kg | KINGSLEY, Aaron | 25-Apr-10 | | | |
| | Deadlift | 322.5kg | EL ACHKAR, Firas | 27-Aug-11 | | | |
| | Total | 687.5kg | EL ACHKAR, Firas | 27-Aug-11 | | | |
| 110kg | Squat | 225kg | BUCHANEK, Jeremy | 25-Aug-12 | | | |
| | Bench | 145kg | BUCHANEK, Jeremy | 25-Aug-12 | | | |
| | Deadlift | 290kg | EL ACHKAR, Firas | 29-May-11 | | | |
| | Total | 627.5kg | BUCHANEK, Jeremy | 25-Aug-12 | | | |
| 125kg | Squat | 215kg | HAW, Daniel | 30-Apr-17 | | | |
| | Bench | 140kg | HAW, Daniel | 30-Apr-17 | | | |
| | Deadlift | 240kg | HAW, Daniel | 30-Apr-17 | | | |
| | Total | 595kg | HAW, Daniel | 30-Apr-17 | | | |
| 140kg | Squat | 250kg | ROGERS, Will | 01-Aug-14 | | | |
| | Bench | 160kg | ROGERS, Will | 01-Aug-14 | | | |
| | Deadlift | 275kg | ROGERS, Will | 01-Aug-14 | | | |
| | Total | 685kg | ROGERS, Will | 01-Aug-14 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Junior Men (20-23)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 155kg | ETTIA, C | 29-Sep-11 | | | |
| | Bench | 100kg | WONG, G | 29-May-11 | | | |
| | Deadlift | 180kg | WONG, G | 29-May-11 | | | |
| | Total | 425kg | WONG, G | 29-May-11 | | | |
| 67.5kg | Squat | 172.5kg | REED, Jay | 10-Aug-13 | 170kg | BROOK, M | 14-Aug-10 |
| | Bench | 132.5kg | BROOK, M | 14-Aug-10 | | | |
| | Deadlift | 242.5kg | KAO, Andy | 15-Aug-15 | 235kg | KAO, Andy | 09-May-15 |
| | Total | 535kg | KAO, Andy | 15-Aug-15 | 522.5kg | HO, Steven | 10-Aug-13 |
| 75kg | Squat | 210kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| | Bench | 145kg | STEWART, Lachlan | 12-May-12 | | | |
| | Deadlift | 260kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| | Total | 590kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| 82.5kg | Squat | 230kg | MIDDLETON, Matthew | 15-Aug-10 | | | |
| | Bench | 155kg | MIDDLETON, Matthew | 15-Aug-10 | | | |
| | Deadlift | 270kg | MIDDLETON, Matthew | 15-Aug-10 | | | |
| | Total | 655kg | MIDDLETON, Matthew | 15-Aug-10 | | | |
| 90kg | Squat | 260kg | BEWSEY, Alex | 26-Apr-14 | 245kg | TAUKAVE, Riga | 10-Aug-13 |
| | Bench | 167.5kg | BEWSEY, Alex | 26-Apr-14 | 165kg | MIDDLETON, Matthew | 09-Aug-09 |
| | Deadlift | 305kg | BEWSEY, Alex | 26-Apr-14 | 295kg | TAUKAVE, Riga | 10-Aug-13 |
| | Total | 732.5kg | BEWSEY, Alex | 26-Apr-14 | 700kg | TAUKAVE, Riga | 10-Aug-13 |
| 100kg | Squat | 285kg | LOWE, Alex | 10-Aug-13 | 280kg | GORDON, Gregg | 12-Mar-12 |
| | Bench | 220kg | LOWE, Alex | 10-Aug-13 | 205kg | LOWE, Alex | 25-Aug-12 |
| | Deadlift | 340kg | LOWE, Alex | 10-Aug-13 | 330kg | LOWE, Alex | 25-Aug-12 |
| | Total | 845kg | LOWE, Alex | 10-Aug-13 | 800kg | LOWE, Alex | 25-Aug-12 |
| 110kg | Squat | 275kg | BURROWS, Jesse | 06-Jun-15 | 260kg | DEKEN, Alex | 14-Mar-15 |
| | Bench | 220kg | PIPER, Adam | 09-May-15 | 195kg | DEKEN, Alex | 14-Mar-15 |
| | Deadlift | 300kg | BURROWS, Jesse | 06-Jun-15 | 286kg | MORRISSEY, Tyson | 10-May-14 |
| | Total | 755kg | BURROWS, Jesse | 06-Jun-15 | 735kg | DEKEN, Alex | 14-Mar-15 |
| 125kg | Squat | 273kg | LEE, M | 31-Mar-12 | | | |
| | Bench | 205kg | ROCKS, Nathan | 10-May-14 | 200kg | LEE, M | 31-Aug-12 |
| | Deadlift | 300kg | HOPKINS, Geoff | 05-May-12 | | | |
| | Total | 730kg | LEE, M | 31-Mar-12 | | | |
| 140kg | Squat | 285kg | MAHMOUD, Ali | 10-Aug-13 | 210kg | POLLARD, J | 27-Aug-11 |
| | Bench | 200kg | MAHMOUD, Ali | 10-Aug-13 | 142.5kg | POLLARD, J | 27-Aug-11 |
| | Deadlift | 335kg | MAHMOUD, Ali | 10-Aug-13 | 247.5kg | POLLARD, J | 27-Aug-11 |
| | Total | 815kg | MAHMOUD, Ali | 10-Aug-13 | 600kg | POLLARD, J | 27-Aug-11 |
| SHW | Squat | 240kg | BERTUNA, Josh | 01-Aug-14 | 155kg | FERRAR, Ricky | 12-Apr-14 |
| | Bench | 160kg | BERTUNA, Josh | 01-Aug-14 | 85kg | FERRAR, Ricky | 12-Apr-14 |
| | Deadlift | 265kg | BERTUNA, Josh | 01-Aug-14 | 175kg | FERRAR, Ricky | 12-Apr-12 |
| | Total | 665kg | BERTUNA, Josh | 01-Aug-14 | 400kg | FERRAR, Ricky | 14-Apr-14 |

CAPO NATIONAL RECORDS - MEN

3-LIFT COMPETITION - RAW

Senior Men (24-32)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | 140.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Bench | 87.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Deadlift | 197.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Total | 408kg | ATTARD, Paul | 03-Aug-14 | | | |
| 60kg | Squat | 156kg | SINGH, Maninder | 13-Aug-17 | 155kg | SINGH, Maninder | 30-Apr-17 |
| | Bench | 92.5kg | ATTARD, Paul | 25-May-14 | | | |
| | Deadlift | 205kg | ATTARD, Paul | 25-May-14 | | | |
| | Total | 442.5kg | ATTARD, Paul | 25-May-14 | | | |
| 67.5kg | Squat | 167.5kg | VELLA, Luke | 03-Aug-14 | 160kg | VERVAART, Troy | 12-Apr-14 |
| | Bench | 116kg | JOHNSON, Anton | 25-Apr-18 | 115kg | VELLA, Luke | 03-Aug-14 |
| | Deadlift | 227.5kg | VELLA, Luke | 03-Aug-14 | 221kg | BEARD, M | 27-Aug-11 |
| | Total | 510kg | VELLA, Luke | 03-Aug-14 | 485kg | VELLA, L | 27-Mar-11 |
| 75kg | Squat | 200kg | CABA, Romain | 31-May-15 | 195kg | WALKER, Lucas | 25-Apr-10 |
| | Bench | 145kg | DOWELL, Ash | 14-Aug-15 | 135kg | ROMAIN, Caba | 31-May-15 |
| | Deadlift | 265kg | ROMAIN, Caba | 15-Aug-15 | 260kg | ROMAIN, Caba | 31-May-15 |
| | Total | 600kg | ROMAIN, Caba | 15-Aug-15 | 595kg | ROMAIN, Caba | 31-May-15 |
| 82.5kg | Squat | 232.5kg | SPITERI, Jacob | 15-Aug-15 | 215.5kg | SPITERI, Jacob | 09-May-15 |
| | Bench | 170kg | SPITERI, Jacob | 09-May-15 | 162.5kg | SMITH, Eldene | 11-Aug-13 |
| | Deadlift | 285kg | PARMITER, Dave | 12-May-12 | | | |
| | Total | 657.5kg | SPITERI, Jacob | 15-Aug-15 | 645.5kg | SPITERI, Jacob | 09-May-15 |
| 90kg | Squat | 272.5kg | MIDDLETON, Matthew | 27-Apr-14 | 250kg | OREB, Sebastian | 11-Aug-13 |
| | Bench | 200kg | MIDDLETON, Matthew | 27-Apr-14 | 195kg | OREB, Sebastian | 11-May-13 |
| | Deadlift | 340kg | PARMITER, Dave | 03-Aug-14 | 327.5kg | PARMITER, Dave | 11-Aug-13 |
| | Total | 760kg | PARMITER, Dave | 03-Aug-14 | 745kg | MIDDLETON, Matthew | 27-Apr-14 |
| 100kg | Squat | 295kg | MIDDLETON, Matthew | 25-Apr-15 | 290kg | LOWE, Alex | 03-Aug-14 |
| | Bench | 220kg | LOWE, Alex | 03-Aug-14 | 182.5kg | CHAN, Chris | 25-Apr-10 |
| | Deadlift | 340kg | LOWE, Alex | 03-Aug-14 | 240kg | CHAN, Chris | 25-Apr-10 |
| | Total | 850kg | LOWE, Alex | 03-Aug-14 | 622.5kg | CHAN, Chris | 25-Apr-10 |
| 110kg | Squat | 305kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| | Bench | 203kg | CALTABIANO, Andrew | 16-Aug-15 | 202.5kg | CALTABIANO, Andrew | 31-May-15 |
| | Deadlift | 340kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| | Total | 842.5kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| 125kg | Squat | 320kg | HOWLETT, Shaun | 16-Mar-13 | 310kg | HOWLETT, Shaun | 31-Mar-12 |
| | Bench | 215kg | ROCKS, Nathan | 03-Aug-14 | 212.5kg | HOWLETT, Shaun | 16-Mar-13 |
| | Deadlift | 335kg | DURBRIDGE, Jason | 04-Oct-08 | | | |
| | Total | 822.5kg | HOWLETT, Shaun | 16-Mar-13 | 820kg | HOWLETT, Shaun | 31-Mar-12 |
| 140kg | Squat | 350kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Bench | 235kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Deadlift | 320kg | TOOMER, David | 11-Aug-13 | 315kg | HOWLETT, Wayne | 31-Mar-12 |
| | Total | 900kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| SHW | Squat | 357.5kg | McLAREN, George | 25-Aug-12 | | | |
| | Bench | 235kg | PARK, Dave | 31-Mar-12 | | | |
| | Deadlift | 380kg | McLAREN, George | 05-May-12 | | | |
| | Total | 930kg | McLAREN, George | 25-Aug-12 | | | |

Sub Masters Men (33-39)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 150kg | Vidu EB | 24-Jun-18 | | | |
| | Bench | 100kg | Vidu EB | 18-Aug-18 | 95kg | Vidu EB | 24-Jun-18 |
| | Deadlift | 210kg | Vidu EB | 24-Jun-18 | | | |
| | Total | 455kg | Vidu EB | 24-Jun-18 | | | |
| 75kg | Squat | 200kg | HILLS, Greg | 25-Apr-10 | | | |
| | Bench | 137.5kg | HILLS, Greg | 25-Apr-10 | | | |
| | Deadlift | 265kg | PUNSHON, Dale | 06-Jun-15 | 245kg | HILLS, Greg | 25-Apr-10 |
| | Total | 595kg | PUNSHON, Dale | 06-Jun-15 | 560kg | HILLS, Greg | 25-Apr-10 |
| 82.5kg | Squat | 200kg | SIOPIIS, George | 15-Dec-13 | 170kg | RUCCI, Dan | |
| | Bench | 132.5kg | CROSS, Ash | 14-Aug-16 | 127.5kg | SIOPIIS, George | 15-Dec-13 |
| | Deadlift | 250kg | SIOPIIS, George | 15-Dec-13 | 180kg | RUCCI, Dan | |
| | Total | 577.5kg | SIOPIIS, George | 15-Dec-13 | 475kg | RUCCI, Dan | |
| 90kg | Squat | 240.5kg | HARNIMAN, Robert | 19-May-18 | 240kg | SIOPIIS, George | 25-May-14 |
| | Bench | 180kg | HARNIMAN, Robert | 19-May-18 | 163.5kg | LANGER, Andre | 30-Apr-17 |
| | Deadlift | 280.5kg | HARNIMAN, Robert | 19-May-18 | 280kg | SIOPIIS, George | 25-May-14 |
| | Total | 690kg | HARNIMAN, Robert | 19-May-18 | 680kg | SIOPIIS, George | 25-May-14 |
| 100kg | Squat | 310kg | DURBRIDGE, Jason | 26-Aug-12 | | | |
| | Bench | 210kg | COLLINS, Michael | 03-Aug-14 | 190kg | DURBRIDGE, Jason | 26-Aug-12 |
| | Deadlift | 342.5kg | DURBRIDGE, Jason | 26-Aug-12 | | | |
| | Total | 842.5kg | DURBRIDGE, Jason | 26-Aug-12 | | | |
| 110kg | Squat | 290kg | JONES, Nathan | 25-May-14 | 205kg | MORTON, Dom | 26-Apr-14 |
| | Bench | 210kg | COLLINS, Matthew (Nipper) | 13-Aug-17 | 201kg | JONES, Nathan | 25-May-14 |
| | Deadlift | 343kg | GIAMPAOLO, Billy Joe | 15-Aug-10 | | | |
| | Total | 815kg | JONES, Nathan | 25-May-14 | 595kg | MORTON, Dom | 26-Apr-14 |
| 125kg | Squat | 300kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| | Bench | 230kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| | Deadlift | 342.5kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| | Total | 860kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| 140kg | Squat | 290kg | ZINETTI, Dustin | 03-Aug-14 | 275kg | ROSSI, Luca | 15-Aug-10 |
| | Bench | 192.5kg | WRIGHT, Dan | 09-Aug-09 | | | |
| | Deadlift | 327.5kg | WRIGHT, Dan | 09-Aug-09 | | | |
| | Total | 750kg | ROSSI, Luca | 15-Aug-10 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (40-44)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 162.5kg | THOMAS, Colin | 30-May-10 | | | |
| | Bench | 137.5kg | THOMAS, Colin | 30-May-10 | | | |
| | Deadlift | 210kg | THOMAS, Colin | 30-May-10 | | | |
| | Total | 510kg | THOMAS, Colin | 30-May-10 | | | |
| 75kg | Squat | 202.5kg | WINCHESTER, Grant | 27-May-18 | 200kg | HILLS, Greg | 21-Nov-14 |
| | Bench | 145kg | WINCHESTER, Grant | 27-May-18 | 133kg | HILLS, Greg | 08-Nov-12 |
| | Deadlift | 250kg | HILLS, Greg | 08-Nov-12 | 230kg | HILLS, Greg | 10-Jun-12 |
| | Total | 597.5kg | WINCHESTER, Grant | 27-May-18 | 568.5kg | HILLS, Greg | 21-Nov-14 |
| 82.5kg | Squat | 190kg | TULUN, Jim | 02-Aug-14 | 181kg | TULUN, Jim | 25-May-14 |
| | Bench | 127.5kg | TULUN, Jim | 02-Aug-14 | 122.5kg | TULUN, Jim | 25-May-14 |
| | Deadlift | 225kg | TULUN, Jim | 02-Aug-14 | 207.5kg | TULUN, Jim | 25-May-14 |
| | Total | 537.5kg | TULUN, Jim | 02-Aug-14 | 511kg | TULUN, Jim | 25-May-14 |
| 90kg | Squat | 210kg | JARROTT, Brian | 14-Aug-10 | | | |
| | Bench | 140kg | RANKINE, Duncan | 02-Jun-19 | 130kg | JARROTT, Brian | 14-Aug-10 |
| | Deadlift | 246kg | RANKINE, Duncan | 02-Jun-19 | 245kg | JARROTT, Brian | 14-Aug-10 |
| | Total | 585kg | JARROTT, Brian | 14-Aug-10 | | | |
| 100kg | Squat | 235kg | RAHBAN, Feyde | 03-Jun-17 | 202.5kg | BIGGS, John | 29-May-16 |
| | Bench | 180kg | ANDREWS, Chris | 12-May-12 | | | |
| | Deadlift | 262kg | RANKINE, Duncan | 27-May-18 | 261kg | BIGGS, John | 12-Aug-16 |
| | Total | 620kg | RANKINE, Duncan | 27-May-18 | 605kg | RAHBAN, Feyde | 03-Jun-17 |
| 110kg | Squat | 255kg | VENTER, Dirk | 16-Aug-15 | 240kg | VENTER, Dirk | 31-May-15 |
| | Bench | 187.5kg | WEATHERALL, Peter | 03-Apr-11 | | | |
| | Deadlift | 291kg | VENTER, Dirk | 16-Aug-15 | 280kg | VENTER, Dirk | 31-May-15 |
| | Total | 701kg | VENTER, Dirk | 16-Aug-15 | 660kg | VENTER, Dirk | 31-May-15 |
| 125kg | Squat | 275kg | BEECHAM, Tony | 11-Aug-17 | 272.5kg | BEECHAM, Tony | 03-Jun-17 |
| | Bench | 190kg | WEATHERALL, Peter | 27-Aug-11 | | | |
| | Deadlift | 305kg | BEECHAM, Tony | 11-Aug-17 | 302.5kg | BEECHAM, Tony | 03-Jun-17 |
| | Total | 740kg | CANN, Dan | 13-Aug-17 | 732.5kg | BEECHAM, Tony | 12-Aug-16 |
| 140kg | Squat | 330kg | TULLO, Adrian | 26-Apr-14 | 320kg | BOYER, Derek | 15-Aug-10 |
| | Bench | 235kg | TULLO, Adrian | 26-Apr-14 | 215kg | BOYER, Derek | 15-Aug-10 |
| | Deadlift | 350kg | TULLO, Adrian | 26-Apr-14 | 345kg | BOYER, Derek | 15-Aug-10 |
| | Total | 915kg | TULLO, Adrian | 26-Apr-14 | 880kg | BOYER, Derek | 15-Aug-10 |
| SHW | Squat | 320kg | TULLO, Adrian | 12-Apr-14 | | | |
| | Bench | 230kg | TULLO, Adrian | 12-Apr-14 | 200kg | BOYER, Derek | 09-Aug-09 |
| | Deadlift | 350kg | BOYER, Derek | 09-Aug-09 | | | |
| | Total | 900kg | TULLO, Adrian | 12-Apr-14 | | | |

Masters Men (45-49)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 20kg | ROGERS, Kevin | 08-May-10 | | | |
| | Bench | 90kg | ROGERS, Kevin | 12-Mar-11 | 80kg | ROGERS, Kevin | 08-May-10 |
| | Deadlift | 65kg | ROGERS, Kevin | 08-May-10 | | | |
| | Total | 165kg | ROGERS, Kevin | 08-May-10 | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 120kg | KNIGHT, Richard | 14-Jun-15 | | | |
| | Bench | 105kg | KNIGHT, Richard | 14-Jun-15 | | | |
| | Deadlift | 175kg | KNIGHT, Richard | 14-Jun-15 | | | |
| | Total | 400kg | KNIGHT, Richard | 14-Jun-15 | | | |
| 82.5kg | Squat | 200kg | GALATI, Angelo | 05-Dec-13 | 150kg | SEMPlice, Ross | 11-Aug-13 |
| | Bench | 200kg | GALATI, Angelo | 05-Dec-13 | 85kg | SEMPlice, Ross | 11-Aug-13 |
| | Deadlift | 220kg | GALATI, Angelo | 05-Dec-13 | 175kg | SEMPlice, Ross | 11-Aug-13 |
| | Total | 620kg | GALATI, Angelo | 05-Dec-13 | 410kg | SEMPlice, Ross | 11-Aug-13 |
| 90kg | Squat | 165kg | GLASS, Phillip | 18-Aug-18 | 155kg | JONES, Eddie | 12-Aug-16 |
| | Bench | 125kg | JONES, Eddie | 12-Aug-16 | 122.5kg | JONES, Eddie | 22-May-16 |
| | Deadlift | 195kg | JONES, Eddie | 22-May-16 | | | |
| | Total | 457.5kg | JONES, Eddie | 22-May-16 | | | |
| 100kg | Squat | 192.5kg | GREGORY, Stefan | 25-Apr-18 | 190kg | BIGGS, John | 11-Aug-17 |
| | Bench | 180kg | DAY, Henry | 09-Aug-09 | | | |
| | Deadlift | 281kg | BIGGS, John | 11-Aug-17 | 270kg | DAY, Henry | 09-Aug-09 |
| | Total | 600kg | BIGGS, John | 11-Aug-17 | 550kg | TAYLOR, Terry | 11-Aug-13 |
| 110kg | Squat | 220kg | WEATHERALL, Peter | 31-May-15 | 180kg | DAY, Henry | 30-May-10 |
| | Bench | 172.5kg | WEATHERALL, Peter | 31-May-15 | 170kg | DAY, Henry | 30-May-10 |
| | Deadlift | 280kg | BIGGS, John | 03-Jun-17 | 251kg | WEATHERALL, Peter | 31-May-15 |
| | Total | 626kg | WEATHERALL, Peter | 31-May-15 | 600kg | DAY, Henry | 30-May-10 |
| 125kg | Squat | 330kg | NAYLOR, Shane | 21-Nov-14 | 300kg | NAYLOR, Shane | 03-Aug-14 |
| | Bench | 207.5kg | NAYLOR, Shane | 21-Nov-14 | 190kg | NAYLOR, Shane | 03-Aug-14 |
| | Deadlift | 337.5kg | NAYLOR, Shane | 21-Nov-14 | 310kg | NAYLOR, Shane | 03-Aug-14 |
| | Total | 875kg | NAYLOR, Shane | 21-Nov-14 | 800kg | NAYLOR, Shane | 03-Aug-14 |
| 140kg | Squat | 280kg | NICHOLAS, Michael | 02-Aug-14 | 250kg | NICHOLAS, Michael | 12-Apr-14 |
| | Bench | 172.5kg | NICHOLAS, Michael | 12-Apr-14 | 170kg | NICHOLAS, Michael | 31-Mar-12 |
| | Deadlift | 285kg | NICHOLAS, Michael | 02-Aug-14 | 280kg | NICHOLAS, Michael | 12-Apr-14 |
| | Total | 720kg | NICHOLAS, Michael | 02-Aug-14 | 702.5kg | NICHOLAS, Michael | 12-Apr-14 |
| SHW | Squat | 215kg | RUSTERHOLZ, Marco | 31-Mar-12 | | RUSTERHOLZ, Marco | |
| | Bench | 220kg | RUSTERHOLZ, Marco | 31-Mar-12 | | RUSTERHOLZ, Marco | |
| | Deadlift | 215kg | RUSTERHOLZ, Marco | 31-Mar-12 | | RUSTERHOLZ, Marco | |
| | Total | 650kg | RUSTERHOLZ, Marco | 31-Mar-12 | | RUSTERHOLZ, Marco | |

Masters Men (50-54)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 137.5kg | MANSFIELD, Peter | 21-Nov-14 | 130kg | MANSFIELD, Peter | 02-Aug-14 |
| | Bench | 95kg | MANSFIELD, Peter | 02-Aug-14 | 90kg | MANSFIELD, Peter | 12-Apr-14 |
| | Deadlift | 182.5kg | MANSFIELD, Peter | 21-Nov-14 | 180kg | MANSFIELD, Peter | 02-Aug-14 |
| | Total | 410kg | MANSFIELD, Peter | 21-Nov-14 | 405kg | MANSFIELD, Peter | 02-Aug-14 |
| 75kg | Squat | 150.5kg | TORCASIO, Tony | 19-May-18 | 150kg | BALESTRA, Frank | 30-May-10 |
| | Bench | 170kg | BALESTRA, Frank | 30-May-10 | | | |
| | Deadlift | 197.5kg | TORCASIO, Tony | 19-May-18 | 195kg | TORCASIO, Tony | 14-May-16 |
| | Total | 447.5kg | TORCASIO, Tony | 19-May-18 | 427.5kg | TORCASIO, Tony | 14-May-16 |
| 82.5kg | Squat | 165kg | TORCASIO, Tony | 25-Apr-19 | 140kg | TORCASIO, Tony | 25-Apr-16 |
| | Bench | 95.5kg | TORCASIO, Tony | 25-Apr-19 | 95kg | TORCASIO, Tony | 25-Apr-16 |
| | Deadlift | 190.5kg | TORCASIO, Tony | 25-Apr-19 | 190kg | TORCASIO, Tony | 25-Apr-16 |
| | Total | 450kg | TORCASIO, Tony | 25-Apr-19 | 425kg | TORCASIO, Tony | 25-Apr-16 |
| 90kg | Squat | 200kg | SIMONETTA, Vince | 02-Aug-14 | 180kg | SIMONETTA, Vince | 10-May-14 |
| | Bench | 150kg | STRINGER, Shane | 03-May-15 | 100kg | SIMONETTA, Vince | 10-May-14 |
| | Deadlift | 270kg | SIMONETTA, Vince | 10-May-14 | 200kg | PAOLETTI, Aldo | 27-Apr-14 |
| | Total | 570kg | STRINGER, Shane | 03-May-14 | 562.5kg | SIMONETTA, Vince | 02-Aug-14 |
| 100kg | Squat | 180kg | JONES, Eddie | 25-Apr-18 | 150kg | HENDRIE, Ian | 21-May-17 |
| | Bench | 130kg | JONES, Eddie | 25-Apr-18 | 125kg | RAY, Michael | 14-May-16 |
| | Deadlift | 230kg | HENDRIE, Ian | 21-May-17 | 180kg | RAY, Michael | 14-May-16 |
| | Total | 500kg | JONES, Eddie | 25-Apr-18 | 495kg | HENDRIE, Ian | 21-May-17 |
| 110kg | Squat | 207.5kg | JONES, Gary | 18-May-19 | 205kg | JONES, Gary | 12-Aug-16 |
| | Bench | 170kg | JONES, Gary | 18-May-19 | 155kg | JONES, Gary | 12-Aug-16 |
| | Deadlift | 250kg | JONES, Gary | 12-Aug-16 | 240kg | BOYD, P | 27-Aug-11 |
| | Total | 612.5kg | JONES, Gary | 18-May-19 | 610kg | JONES, Gary | 12-Aug-16 |
| 125kg | Squat | 270kg | NICHOLAS, Michael | 20-May-17 | | | |
| | Bench | 155kg | NICHOLAS, Michael | 20-May-17 | | | |
| | Deadlift | 285kg | NICHOLAS, Michael | 20-May-17 | | | |
| | Total | 710kg | NICHOLAS, Michael | 20-May-17 | | | |
| 140kg | Squat | 265kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| | Bench | 150kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| | Deadlift | 270kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| | Total | 670kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (55-59)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 150.5kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| | Bench | 90kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| | Deadlift | 215kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| | Total | 455kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | 162.5kg | BASKERVILLE, Peter | 02-Aug-14 | 160kg | BASKERVILLE, Peter | 11-Aug-13 |
| | Bench | 85kg | BASKERVILLE, Peter | 02-Aug-14 | 82.5kg | BASKERVILLE, Peter | 11-Aug-13 |
| | Deadlift | 215kg | BASKERVILLE, Peter | 11-Aug-13 | | | |
| | Total | 462.5kg | BASKERVILLE, Peter | 02-Aug-14 | 452.5kg | BASKERVILLE, Peter | 11-Aug-13 |
| 100kg | Squat | 190kg | CONWAY, Kevin | 27-May-18 | 170kg | GIBBS, Terry | 12-Apr-14 |
| | Bench | 120kg | HENDRIE, Ian | 27-May-18 | 90kg | GIBBS, Terry | 11-Aug-13 |
| | Deadlift | 275kg | CONWAY, Kevin | 27-May-18 | 202.5kg | GIBBS, Terry | 12-Apr-14 |
| | Total | 555kg | CONWAY, Kevin | 27-May-18 | 435kg | GIBBS, Terry | 11-Aug-13 |
| 110kg | Squat | 202.5kg | JONES, Gary | 01-Mar-20 | 200kg | ZOLLO, Joe | 25-Apr-15 |
| | Bench | 181.5kg | JONES, Gary | 01-Mar-20 | 125kg | ZOLLO, Joe | 25-Apr-15 |
| | Deadlift | 237.5kg | JONES, Gary | 01-Mar-20 | 200kg | ZOLLO, Joe | 25-Apr-15 |
| | Total | 620kg | JONES, Gary | 01-Mar-20 | 525kg | ZOLLO, Joe | 25-Apr-15 |
| 125kg | Squat | 220kg | VAUGHAN, Wayne | 08-May-10 | | | |
| | Bench | 100kg | VAUGHAN, Wayne | 08-May-10 | | | |
| | Deadlift | 280kg | VAUGHAN, Wayne | 08-May-10 | | | |
| | Total | 600kg | VAUGHAN, Wayne | 08-May-10 | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (60-64)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | 147.5kg | BASKERVILLE, Peter | 22-May-16 | | | |
| | Bench | 72.5kg | BASKERVILLE, Peter | 22-May-16 | | | |
| | Deadlift | 190kg | BASKERVILLE, Peter | 22-May-16 | | | |
| | Total | 410kg | BASKERVILLE, Peter | 22-May-16 | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | 172.5kg | CONWAY, Kevin | 02-Jun-19 | 171kg | GIBBS, Terrence | 02-Aug-14 |
| | Bench | 100kg | CONWAY, Kevin | 02-Jun-19 | 70kg | GIBBS, Terrence | 02-Aug-14 |
| | Deadlift | 260kg | CONWAY, Kevin | 02-Jun-19 | 190kg | GIBBS, Terrence | 02-Aug-14 |
| | Total | 532.5kg | CONWAY, Kevin | 02-Jun-19 | 431kg | GIBBS, Terrence | 02-Aug-14 |
| 110kg | Squat | 200kg | ZOLLO, Joe | 19-May-18 | 165kg | THOMSON, James | 27-Aug-11 |
| | Bench | 100kg | ZOLLO, Joe | 19-May-18 | 90kg | THOMSON, James | 27-Aug-11 |
| | Deadlift | 255kg | CONWAY, Kevin | 18-Aug-19 | 215kg | THOMSON, James | 27-Aug-11 |
| | Total | 515kg | CONWAY, Kevin | 18-Aug-19 | 500kg | ZOLLO, Joe | 19-May-18 |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Master Men (65-69)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | 185kg | BUTLER, Laurie | 02-Aug-14 | 175kg | BUTLER, Laurie | 10-Jun-12 |
| | Bench | 140kg | BUTLER, Laurie | 10-Jun-12 | | | |
| | Deadlift | 240kg | BUTLER, Laurie | 10-Jun-12 | | | |
| | Total | 557.5kg | BUTLER, Laurie | 02-Aug-14 | 555kg | BUTLER, Laurie | 10-Jun-12 |
| 100kg | Squat | 150kg | BIRCH, Ron | 27-Aug-11 | | | |
| | Bench | 90kg | BIRCH, Ron | 27-Aug-11 | | | |
| | Deadlift | 192.5kg | BIRCH, Ron | 14-Aug-10 | | | |
| | Total | 425kg | BIRCH, Ron | 27-Aug-11 | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (70-74)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 60kg | RIXON, Doug | 27-Apr-14 | | | |
| | Bench | 50kg | RIXON, Doug | 27-Apr-14 | | | |
| | Deadlift | 120kg | RIXON, Doug | 27-Apr-14 | | | |
| | Total | 225kg | RIXON, Doug | 27-Apr-14 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (75-79)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (80-84)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 120kg | CRAGGS, Maurie | 12-May-12 | | | |
| | Bench | 65kg | CRAGGS, Maurie | 12-May-12 | | | |
| | Deadlift | 170kg | CRAGGS, Maurie | 12-May-12 | | | |
| | Total | 355kg | CRAGGS, Maurie | 12-May-12 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (85-89)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |