

## Open Men

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete              | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 52kg   | Squat    | 82.5kg        | LITTLE, Johnathan    | 07-May-22    |               |                           |              |
|        | Bench    | 42.5kg        | LITTLE, Johnathan    | 07-May-22    |               |                           |              |
|        | Deadlift | 97.5kg        | LITTLE, Johnathan    | 07-May-22    |               |                           |              |
|        | Total    | 222.5kg       | LITTLE, Johnathan    | 07-May-22    |               |                           |              |
| 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    | 157.5kg       | WATERSON, Jesse      | 05-Apr-25    | 156kg         | SINGH, Maninder           | 13-Aug-17    |
|        | Bench    | 120kg         | VONGPHACHANH, Danny  | 01-Dec-24    | 100kg         | WONG, G                   | 29-May-11    |
|        | Deadlift | 217.5kg       | VONGPHACHANH, Danny  | 01-Dec-24    | 205kg         | ATTARD, Paul              | 25-May-14    |
|        | Total    | 492.5kg       | VONGPHACHANH, Danny  | 01-Dec-24    | 442.5kg       | ATTARD, Paul              | 25-May-14    |
| 67.5kg | Squat    | 212.5kg       | CHIU, Alen           | 18-May-24    | 200kg         | WEYMARK, Jordan           | 18-Nov-23    |
|        | Bench    | 137.5kg       | THOMAS, Colin        | 30-May-10    |               |                           |              |
|        | Deadlift | 270kg         | CHIU, Alen           | 18-May-24    | 243.5kg       | WEYMARK, Jordan           | 18-Nov-23    |
|        | Total    | 610kg         | CHIU, Alen           | 18-May-24    | 570kg         | WEYMARK, Jordan           | 18-Nov-23    |
| 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    | 240kg         | GENEVER, Joshua      | 22-May-22    | 232.5kg       | SPITERI, JACOB            | 15-Aug-15    |
|        | Bench    | 200kg         | GALATI, Angelo       | 05-Dec-13    | 162.5kg       | SMITH, Eldene             | 11-Aug-13    |
|        | Deadlift | 290kg         | HOLMWOOD, Erik       | 29-May-22    | 285kg         | PARMITER, Dave            | 12-May-12    |
|        | Total    | 670kg         | GENEVER, Joshua      | 22-May-22    | 657.5kg       | SPITERI, JACOB            | 15-Aug-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    | 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    |

**Sub Teen Men (10-12)**

Unofficial WPC

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete              | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 52kg   | Squat    | 65kg          | O'SHEA, Mitchell     | 22-Oct-23    | 52.5kg        | O'SHEA, Mitchell          | 30-Apr-23    |
|        | Bench    | 35kg          | PEVREAL, Jaxon       | 30-Nov-24    | 32.5kg        | O'SHEA, Mitchell          | 22-Oct-23    |
|        | Deadlift | 92.5kg        | O'SHEA, Mitchell     | 22-Oct-23    | 80kg          | O'SHEA, Mitchell          | 30-Apr-23    |
|        | Total    | 190kg         | O'SHEA, Mitchell     | 22-Oct-23    | 157.5kg       | O'SHEA, Mitchell          | 30-Apr-23    |
| 56kg   | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 60kg   | Squat    | 60kg          | KOCH, Theon          | 18-Nov-23    |               |                           |              |
|        | Bench    | 45kg          | KOCH, Theon          | 18-Nov-23    |               |                           |              |
|        | Deadlift | 100kg         | KOCH, Theon          | 18-Nov-23    |               |                           |              |
|        | Total    | 205kg         | KOCH, Theon          | 18-Nov-23    |               |                           |              |
| 67.5kg | Squat    |               |                      |              |               |                           |              |
|        | Bench    |               |                      |              |               |                           |              |
|        | Deadlift |               |                      |              |               |                           |              |
|        | Total    |               |                      |              |               |                           |              |
| 75kg   | Squat    | 77.5kg        | GRAHAM KUMABE, Torma | 30-Nov-24    |               |                           |              |
|        | Bench    | 35kg          | GRAHAM KUMABE, Torma | 30-Nov-24    |               |                           |              |
|        | Deadlift | 95kg          | GRAHAM KUMABE, Torma | 30-Nov-24    |               |                           |              |
|        | Total    | 200kg         | GRAHAM KUMABE, Torma | 30-Nov-24    |               |                           |              |
| 82.5kg | Squat    | 77.5kg        | McCALLUM, Xander     | 18-May-24    |               |                           |              |
|        | Bench    | 32.5kg        | McCALLUM, Xander     | 18-May-24    |               |                           |              |
|        | Deadlift | 100kg         | McCALLUM, Xander     | 18-May-24    |               |                           |              |
|        | Total    | 205kg         | McCALLUM, Xander     | 18-May-24    |               |                           |              |
| 90kg   | Squat    | 72.5kg        | GARDE, Chayse        | 07-May-22    |               |                           |              |
|        | Bench    | 40kg          | GARDE, Chayse        | 07-May-22    |               |                           |              |
|        | Deadlift | 110kg         | GARDE, Chayse        | 07-May-22    |               |                           |              |
|        | Total    | 222.5kg       | GARDE, Chayse        | 07-May-22    |               |                           |              |
| 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    |               |                      |              |               |                           |              |

**Teenage Men (13-15)**

(Bare Knees)

| BWT    | Lift     | Weight Lifted | Athlete               | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------------|--------------|---------------|---------------------------|--------------|
| 52kg   | Squat    | 82.5kg        | LITTLE, Johnathan     | 07-May-22    |               |                           |              |
|        | Bench    | 42.5kg        | LITTLE, Johnathan     | 07-May-22    |               |                           |              |
|        | Deadlift | 97.5kg        | LITTLE, Johnathan     | 07-May-22    |               |                           |              |
|        | Total    | 222.5kg       | LITTLE, Johnathan     | 07-May-22    |               |                           |              |
| 56kg   | Squat    | 135kg         | WATERSON, Jesse       | 01-Aug-24    | 120kg         | WATERSON, Jesse           | 13-Apr-24    |
|        | Bench    | 77.5kg        | WATERSON, Jesse       | 01-Aug-24    | 75kg          | WATERSON, Jesse           | 13-Apr-24    |
|        | Deadlift | 145kg         | WATERSON, Jesse       | 01-Aug-24    | 135kg         | WATERSON, Jesse           | 13-Apr-24    |
|        | Total    | 357.5kg       | WATERSON, Jesse       | 01-Aug-24    | 330kg         | WATERSON, Jesse           | 13-Apr-24    |
| 60kg   | Squat    | 157.5kg       | WATERSON, Jesse       | 05-Apr-25    | 150kg         | WATERSON, Jesse           | 14-Nov-24    |
|        | Bench    | 90kg          | WATERSON, Jesse       | 05-Apr-25    | 85kg          | MCBAIN, Sam               | 21-Nov-14    |
|        | Deadlift | 180kg         | MCBAIN, Sam           | 21-Nov-14    | 150kg         | McBAIN, Sam               | 01-Aug-14    |
|        | Total    | 412.5kg       | WATERSON, Jesse       | 05-Apr-25    | 395kg         | MCBAIN, Sam               | 21-Nov-14    |
| 67.5kg | Squat    | 125kg         | TORY, Noah            | 15-Sep-24    | 112.5kg       | SHERIDAN, Josh            | 01-Aug-14    |
|        | 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    | 355kg         | TORY, Noah            | 15-Sep-24    | 342.5kg       | SHERIDAN, Josh            | 01-Aug-14    |
| 75kg   | Squat    | 145kg         | TORY, Noah            | 05-Apr-25    | 126kg         | JORDAN, Sebastian         | 24-Oct-21    |
|        | Bench    | 77.5kg        | TORY, Noah            | 05-Apr-25    | 71kg          | JORDAN, Sebastian         | 24-Oct-21    |
|        | Deadlift | 180kg         | TORY, Noah            | 05-Apr-25    | 175kg         | JORDAN, Sebastian         | 24-Oct-21    |
|        | Total    | 397.5kg       | TORY, Noah            | 05-Apr-25    | 370kg         | JORDAN, Sebastian         | 24-Oct-21    |
| 82.5kg | Squat    | 160kg         | NAVICKAS, Jayden      | 05-Apr-25    | 130kg         | NAVICKAS, Jayden          | 19-Jan-25    |
|        | Bench    | 80kg          | NAVICKAS, Jayden      | 05-Apr-25    | 70kg          | NAVICKAS, Jayden          | 19-Jan-25    |
|        | Deadlift | 185kg         | NAVICKAS, Jayden      | 05-Apr-25    | 175kg         | NAVICKAS, Jayden          | 19-Jan-25    |
|        | Total    | 420kg         | NAVICKAS, Jayden      | 05-Apr-25    | 370kg         | NAVICKAS, Jayden          | 19-Jan-25    |
| 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    | 215kg         | CLIFFORD, Kelley      | 14-Nov-24    | 170kg         | CLIFFORD, Kelley          | 01-Aug-24    |
|        | Bench    | 130.5kg       | CLIFFORD, Kelley      | 14-Nov-24    | 117.5kg       | CLIFFORD, Kelley          | 01-Aug-24    |
|        | Deadlift | 255kg         | CLIFFORD, Kelley      | 14-Nov-24    | 220kg         | CLIFFORD, Kelley          | 01-Aug-24    |
|        | Total    | 585kg         | CLIFFORD, Kelley      | 14-Nov-24    | 497.5kg       | CLIFFORD, Kelley          | 01-Aug-24    |
| 110kg  | Squat    | 193kg         | SIPPLE, Alex          | 11-Aug-23    | 192.5kg       | TURNER, Z                 | 27-Aug-11    |
|        | Bench    | 150kg         | TURNER, Z             | 27-Aug-11    |               |                           |              |
|        | Deadlift | 201kg         | SIPPLE, Alex          | 11-Aug-23    | 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)**

(Bare Knees)

| 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 | 190kg         | VONGPHACHANH, Danny | 20-Aug-22    | 180kg         | VONGPHACHANH, Danny       | 30-Apr-22    |
|        | Total    | 420kg         | VONGPHACHANH, Danny | 20-Aug-22    | 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 | 201kg         | NAUNG, Hain         | 10-Jun-23    | 200kg         | TEMPLAR, Bowen            | 16-Mar-13    |
|        | Total    | 477.5kg       | TEMPLAR, Bowen      | 16-Mar-13    | 420kg         | CHAPMAN, D                | 16-May-10    |
| 75kg   | Squat    | 170kg         | ADINA, Carlos       | 30-Apr-22    | 167.5kg       | JUDD, Matthew             | 27-May-18    |
|        | Bench    | 125kg         | JUDD, Matthew       | 27-May-18    | 95kg          | MARKOPOULUS, Max          | 25-Apr-10    |
|        | Deadlift | 225kg         | ADINA, Carlos       | 30-Apr-22    | 212.5kg       | MARKOPOULUS, Max          | 25-Apr-10    |
|        | Total    | 500kg         | ADINA, Carlos       | 30-Apr-22    | 477.5kg       | JUDD, Matthew             | 27-May-18    |
| 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 | 240kg         | GUNN, Cooper        | 13-Apr-25    | 231kg         | KENDALL, Michael          | 30-Oct-22    |
|        | Total    | 550kg         | GUNN, Cooper        | 13-Apr-25    | 515kg         | PREKETES, Peter           | 25-May-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    | 205kg         | HARBISON, Matthew   | 25-Apr-24    | 200kg         | ROGERS, Will              | 10-Aug-13    |
|        | 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    | 195kg         | SIPPLE, Alex        | 16-Feb-25    |               |                           |              |
|        | Bench    | 130kg         | SIPPLE, Alex        | 16-Feb-25    |               |                           |              |
|        | Deadlift | 190kg         | SIPPLE, Alex        | 16-Feb-25    |               |                           |              |
|        | Total    | 515kg         | SIPPLE, Alex        | 16-Feb-25    |               |                           |              |
| 140kg  | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |
| SHW    | Squat    |               |                     |              |               |                           |              |
|        | Bench    |               |                     |              |               |                           |              |
|        | Deadlift |               |                     |              |               |                           |              |
|        | Total    |               |                     |              |               |                           |              |

**Teenage Men (18-19)**

(Bare Knees)

| 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         | VONGPHACHANH, Danny | 01-Dec-24    | 130kg         | RHADIAN, Wildan           | 19-May-24    |
|        | Bench    | 120kg         | VONGPHACHANH, Danny | 01-Dec-24    | 81kg          | RHADIAN, Wildan           | 01-Aug-24    |
|        | Deadlift | 217.5kg       | VONGPHACHANH, Danny | 01-Dec-24    | 170kg         | RHADIAN, Wildan           | 01-Aug-24    |
|        | Total    | 492.5kg       | VONGPHACHANH, Danny | 01-Dec-24    | 377.5kg       | RHADIAN, Wildan           | 19-May-24    |
| 67.5kg | Squat    | 160kg         | LE, Lyndon          | 14-Mar-15    | 145kg         | HO, Steven                | 12-May-12    |
|        | Bench    | 120kg         | TUBBY, Benjamin     | 12-Mar-23    | 112.5kg       | RAYNER, Lachlan           | 12-Aug-17    |
|        | 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    | 137.5kg       | CROCKER, Bryden     | 01-Aug-24    | 127.5kg       | HEE KIM, Chan             | 31-May-15    |
|        | 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    | 240kg         | GIUBILATO, Matteo   | 29-Aug-20    |               |                           |              |
|        | Bench    | 135kg         | GIUBILATO, Matteo   | 29-Aug-20    |               |                           |              |
|        | Deadlift | 270kg         | GIUBILATO, Matteo   | 29-Aug-20    |               |                           |              |
|        | Total    | 635kg         | GIUBILATO, Matteo   | 29-Aug-20    |               |                           |              |
| 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)

(Bare Knees)

| 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    | 212.5kg       | CHIU, Alen         | 18-May-24    | 172.5kg       | REED, Jay                 | 10-Aug-13    |
|        | Bench    | 132.5kg       | BROOK, M           | 14-Aug-10    |               |                           |              |
|        | Deadlift | 270kg         | CHIU, Alen         | 18-May-24    | 242.5kg       | KAO, Andy                 | 15-Aug-15    |
|        | Total    | 610kg         | CHIU, Alen         | 18-May-24    | 535kg         | KAO, Andy                 | 15-Aug-15    |
| 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    | 240kg         | GENEVER, Joshua    | 22-May-22    | 230kg         | MIDDLETON, Matthew        | 15-Aug-10    |
|        | Bench    | 175kg         | GENEVER, Joshua    | 22-May-22    | 155kg         | MIDDLETON, Matthew        | 15-Aug-10    |
|        | Deadlift | 270kg         | MIDDLETON, Matthew | 15-Aug-10    |               |                           |              |
|        | Total    | 670kg         | GENEVER, Joshua    | 22-May-22    | 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    |

## Senior Men (24-32)

(Bare Knees)

| 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    | 200kg         | WEYMARK, Jordan    | 18-Nov-23    | 167.5kg       | VELLA, Luke               | 03-Aug-14    |
|        | Bench    | 127.5kg       | WEYMARK, Jordan    | 18-Nov-23    | 125kg         | McBEY, Nathan             | 21-May-23    |
|        | Deadlift | 243.5kg       | WEYMARK, Jordan    | 18-Nov-23    | 227.5kg       | VELLA, Luke               | 03-Aug-14    |
|        | Total    | 570kg         | WEYMARK, Jordan    | 18-Nov-23    | 510kg         | VELLA, Luke               | 03-Aug-14    |
| 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 | 290kg         | HOLMWOOD, Erik     | 29-May-22    | 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)**

(Bare Knees)

| 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    | 165kg         | WHITBY, Rian              | 12-Aug-23    | 152.5kg       | LOVELOCK, Jeffrey         | 19-Feb-23    |
|        | Bench    | 110kg         | WHITBY, Rian              | 12-Aug-23    | 101kg         | LOVELOCK, Jeffrey         | 19-Feb-23    |
|        | Deadlift | 216kg         | WHITBY, Rian              | 12-Aug-23    | 210kg         | Vidu EB                   | 24-Jun-18    |
|        | Total    | 490kg         | WHITBY, Rian              | 12-Aug-23    | 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    | 260kg         | TOOMER, David             | 22-May-22    |               |                           |              |
|        | Bench    | 220kg         | TOOMER, David             | 22-May-22    |               |                           |              |
|        | Deadlift | 325kg         | TOOMER, David             | 22-May-22    |               |                           |              |
|        | Total    | 805kg         | TOOMER, David             | 22-May-22    |               |                           |              |



**Masters Men (40-44)**

(Bare Knees)

| 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    | 165kg         | MOORE, Peter      | 20-May-23    | 162.5kg       | THOMAS, Colin             | 30-May-10    |
|        | Bench    | 137.5kg       | THOMAS, Colin     | 30-May-10    |               |                           |              |
|        | Deadlift | 212.5kg       | MOORE, Peter      | 20-May-23    | 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    | 200kg         | McMINN, Shannon   | 22-Mar-25    | 195kg         | MILLARD, Troy             | 12-Aug-23    |
|        | Bench    | 145kg         | McMINN, Shannon   | 22-Mar-25    | 142.5kg       | MILLARD, Troy             | 12-Aug-23    |
|        | Deadlift | 237.5kg       | MILLARD, Troy     | 12-Aug-23    | 225kg         | TULUN, Jim                | 02-Aug-14    |
|        | Total    | 575kg         | MILLARD, Troy     | 12-Aug-23    | 537.5kg       | TULUN, Jim                | 02-Aug-14    |
| 90kg   | Squat    | 211kg         | PUOPOLO, Vito     | 25-Apr-21    | 210kg         | JARROTT, Brian            | 14-Aug-10    |
|        | Bench    | 140.5kg       | PUOPOLO, Vito     | 25-Apr-21    | 140kg         | RANKINE, Duncan           | 02-Jun-19    |
|        | Deadlift | 246.5kg       | PUOPOLO, Vito     | 25-Apr-21    | 246kg         | RANKINE, Duncan           | 02-Jun-19    |
|        | Total    | 595kg         | PUOPOLO, Vito     | 25-Apr-21    | 585kg         | JARROTT, Brian            | 14-Aug-10    |
| 100kg  | Squat    | 265kg         | GREGG, Matthew    | 01-Aug-24    | 250kg         | GREGG, Matthew            | 30-Apr-23    |
|        | Bench    | 180kg         | ANDREWS, Chris    | 12-May-12    |               |                           |              |
|        | Deadlift | 285kg         | GREGG, Matthew    | 01-Aug-24    | 275kg         | GREGG, Matthew            | 30-Apr-23    |
|        | Total    | 710kg         | GREGG, Matthew    | 01-Aug-24    | 700kg         | GREGG, Matthew            | 30-Apr-23    |
| 110kg  | Squat    | 270kg         | GREGG, Matthew    | 13-Apr-24    | 255kg         | VENTER, Dirk              | 16-Aug-15    |
|        | Bench    | 187.5kg       | WEATHERALL, Peter | 03-Apr-11    |               |                           |              |
|        | Deadlift | 291kg         | VENTER, Dirk      | 16-Aug-15    | 280kg         | VENTER, Dirk              | 31-May-15    |
|        | Total    | 710kg         | GREGG, Matthew    | 13-Apr-24    | 700kg         | VENTER, Dirk              | 16-Aug-15    |
| 125kg  | Squat    | 277.5kg       | McPHERSON, Kurt   | 13-Apr-24    | 275kg         | BEECHAM, Tony             | 11-Aug-17    |
|        | Bench    | 190kg         | WEATHERALL, Peter | 27-Aug-11    |               |                           |              |
|        | Deadlift | 330kg         | McPHERSON, Kurt   | 13-Apr-24    | 306kg         | McPHERSON, Kurt           | 12-Aug-23    |
|        | Total    | 777.5kg       | McPHERSON, Kurt   | 13-Apr-24    | 740kg         | CANN, Dan                 | 13-Aug-17    |
| 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)

(Bare Knees)

| 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    | 160kg         | REYNOLDS, Shane   | 24-Oct-21    | 120kg         | KNIGHT, Richard           | 14-Jun-15    |
|        | Bench    | 108kg         | HANSSON, Chris    | 30-Apr-23    | 107.5kg       | REYNOLDS, Shane           | 24-Oct-21    |
|        | Deadlift | 202.5kg       | REYNOLDS, Shane   | 24-Oct-21    | 175kg         | KNIGHT, Richard           | 14-Jun-15    |
|        | Total    | 470kg         | REYNOLDS, Shane   | 24-Oct-21    | 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    | 187.5kg       | FRANKE, Gary      | 13-Apr-24    | 185kg         | RANKINE, Duncan           | 24-Oct-21    |
|        | Bench    | 165kg         | FRANKE, Gary      | 13-Apr-24    | 135kg         | RANKINE, Duncan           | 24-Oct-21    |
|        | Deadlift | 232.5kg       | FRANKE, Gary      | 13-Apr-24    | 230kg         | RANKINE, Duncan           | 24-Oct-21    |
|        | Total    | 585kg         | FRANKE, Gary      | 13-Apr-24    | 550kg         | RANKINE, Duncan           | 24-Oct-21    |
| 100kg  | Squat    | 240kg         | TYRRELL, Paul     | 15-Apr-23    | 200kg         | KEEP, Brad                | 22-May-22    |
|        | Bench    | 180kg         | DAY, Henry        | 09-Aug-09    |               |                           |              |
|        | Deadlift | 281kg         | BIGGS, John       | 11-Aug-17    | 270kg         | DAY, Henry                | 09-Aug-09    |
|        | Total    | 620kg         | TYRRELL, Paul     | 15-Apr-23    | 600kg         | BIGGS, John               | 11-Aug-17    |
| 110kg  | Squat    | 222.5kg       | PRESLAND, Hilton  | 18-Nov-23    | 220kg         | WEATHERALL, Peter         | 31-May-15    |
|        | Bench    | 172.5kg       | WEATHERALL, Peter | 31-May-15    | 170kg         | DAY, Henry                | 30-May-10    |
|        | Deadlift | 281kg         | PRESLAND, Hilton  | 18-Nov-23    | 280kg         | BIGGS, John               | 03-Jun-17    |
|        | Total    | 625kg         | 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    |               |                           |              |
|        | Bench    | 220kg         | RUSTERHOLZ, Marco | 31-Mar-12    |               |                           |              |
|        | Deadlift | 250kg         | O'SHEA, Tim       | 22-Oct-23    | 215kg         | RUSTERHOLZ, Marco         | 31-Mar-12    |
|        | Total    | 650kg         | RUSTERHOLZ, Marco | 31-Mar-12    |               |                           |              |

## Masters Men (50-54)

(Bare Knees)

| 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    | 120kg         | PANAGIOTIDIS, Jim     | 20-Aug-22    | 110kg         | PANAGIOTIDIS, Jim         | 22-May-21    |
|        | Bench    | 97.5kg        | PANAGIOTIDIS, Jim     | 20-Aug-22    | 92.5kg        | PANAGIOTIDIS, Jim         | 22-May-21    |
|        | Deadlift | 167.5kg       | PANAGIOTIDIS, Jim     | 20-Aug-22    | 165kg         | PANAGIOTIDIS, Jim         | 22-May-21    |
|        | Total    | 385kg         | PANAGIOTIDIS, Jim     | 20-Aug-22    | 367.5kg       | PANAGIOTIDIS, Jim         | 22-May-21    |
| 67.5kg | Squat    | 137.5kg       | MANSFIELD, Peter      | 21-Nov-14    | 130kg         | MANSFIELD, Peter          | 02-Aug-14    |
|        | Bench    | 100kg         | PANAGIOTIDIS, Jim     | 25-Apr-24    | 95kg          | MANSFIELD, Peter          | 02-Aug-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    | 166kg         | JONES, Eddie          | 28-Mar-21    | 165kg         | TORCASIO, Tony            | 25-Apr-19    |
|        | Bench    | 117.5kg       | HANSSON, Chris        | 22-Oct-23    | 112.5kg       | JONES, Eddie              | 28-Mar-21    |
|        | Deadlift | 192.5kg       | HANSSON, Chris        | 22-Oct-23    | 191kg         | JONES, Eddie              | 28-Mar-21    |
|        | Total    | 467.5kg       | JONES, Eddie          | 28-Mar-21    | 450kg         | TORCASIO, Tony            | 25-Apr-19    |
| 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    | 200kg         | BERGE, Peter          | 13-Apr-25    | 195kg         | BUTLER-BLAXELL, Terry     | 12-Mar-23    |
|        | Bench    | 150kg         | BUTLER-BLAXELL, Terry | 12-Mar-23    | 130kg         | JONES, Eddie              | 25-Apr-18    |
|        | Deadlift | 245kg         | BUTLER-BLAXELL, Terry | 12-Mar-23    | 230kg         | HENDRIE, Ian              | 21-May-17    |
|        | Total    | 590kg         | BUTLER-BLAXELL, Terry | 12-Mar-23    | 500kg         | JONES, Eddie              | 25-Apr-18    |
| 110kg  | Squat    | 208kg         | HETA, Kim             | 25-Apr-21    | 207.5kg       | JONES, Gary               | 18-May-19    |
|        | Bench    | 170kg         | JONES, Gary           | 18-May-19    | 155kg         | JONES, Gary               | 12-Aug-16    |
|        | Deadlift | 250.5kg       | HETA, Kim             | 25-Apr-21    | 250kg         | JONES, Gary               | 12-Aug-16    |
|        | Total    | 612.5kg       | JONES, Gary           | 18-May-19    | 610kg         | JONES, Gary               | 12-Aug-16    |
| 125kg  | Squat    | 270kg         | NICHOLAS, Michael     | 20-May-17    |               |                           |              |
|        | Bench    | 180kg         | GASSMAN, Tristan      | 02-Mar-24    | 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)**

(Bare Knees)

| 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    | 107.5kg       | FRY, Darren     | 13-Apr-24    | 102.5kg       | BUCKMAN, Steve            | 22-Oct-23    |
|        | Bench    | 67.5kg        | BUCKMAN, Steve  | 22-Oct-23    |               |                           |              |
|        | Deadlift | 152.5kg       | FRY, Darren     | 13-Apr-24    | 140kg         | BUCKMAN, Steve            | 22-Oct-23    |
|        | Total    | 325kg         | FRY, Darren     | 13-Apr-24    | 310kg         | BUCKMAN, Steve            | 22-Oct-23    |
| 90kg   | Squat    | 185kg         | JONES, Eddie    | 20-Aug-22    | 162.5kg       | BASKERVILLE, Peter        | 02-Aug-14    |
|        | Bench    | 125kg         | JONES, Eddie    | 20-Aug-22    | 85kg          | BASKERVILLE, Peter        | 02-Aug-14    |
|        | Deadlift | 217.5kg       | JONES, Eddie    | 20-Aug-22    | 215kg         | BASKERVILLE, Peter        | 11-Aug-13    |
|        | Total    | 522.5kg       | JONES, Eddie    | 20-Aug-22    | 462.5kg       | BASKERVILLE, Peter        | 02-Aug-14    |
| 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    | 215kg         | JONES, Gary     | 25-Apr-22    | 202.5kg       | JONES, Gary               | 01-Mar-20    |
|        | Bench    | 181.5kg       | JONES, Gary     | 01-Mar-20    | 125kg         | ZOLLO, Joe                | 25-Apr-15    |
|        | Deadlift | 260kg         | JONES, Gary     | 25-Apr-22    | 237.5kg       | JONES, Gary               | 01-Mar-20    |
|        | Total    | 655kg         | JONES, Gary     | 25-Apr-22    | 620kg         | JONES, Gary               | 01-Mar-20    |
| 125kg  | Squat    | 222.5kg       | JONES, Gary     | 30-Aug-20    | 220kg         | VAUGHAN, Wayne            | 08-May-10    |
|        | Bench    | 183kg         | JONES, Gary     | 30-Aug-20    | 100kg         | VAUGHAN, Wayne            | 08-May-10    |
|        | Deadlift | 280kg         | VAUGHAN, Wayne  | 08-May-10    |               |                           |              |
|        | Total    | 660kg         | JONES, Gary     | 30-Aug-20    | 600kg         | VAUGHAN, Wayne            | 08-May-10    |
| 140kg  | Squat    | 230kg         | WISBEY, Leigh   | 02-Jul-22    |               |                           |              |
|        | Bench    | 75kg          | WISBEY, Leigh   | 02-Jul-22    |               |                           |              |
|        | Deadlift | 276.5kg       | WISBEY, Leigh   | 02-Jul-22    |               |                           |              |
|        | Total    | 580kg         | WISBEY, Leigh   | 02-Jul-22    |               |                           |              |
| SHW    | Squat    |               |                 |              |               |                           |              |
|        | Bench    |               |                 |              |               |                           |              |
|        | Deadlift |               |                 |              |               |                           |              |
|        | Total    |               |                 |              |               |                           |              |

**Masters Men (60-64)**

(Bare Knees)

| 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    | 130kg         | THOMSON, Michael   | 18-Feb-24    | 125kg         | THOMSON, Michael          | 21-May-23    |
|        | Bench    | 77.5kg        | THOMSON, Michael   | 22-Oct-23    | 67.5kg        | THOMSON, Michael          | 21-May-23    |
|        | Deadlift | 185kg         | THOMSON, Michael   | 22-Oct-23    | 182.5kg       | THOMSON, Michael          | 21-May-23    |
|        | Total    | 390kg         | THOMSON, Michael   | 22-Oct-23    | 375kg         | THOMSON, Michael          | 21-May-23    |
| 82.5kg | Squat    | 147.5kg       | BASKERVILLE, Peter | 22-May-16    |               |                           |              |
|        | Bench    | 82.5kg        | THOMSON, Michael   | 29-May-22    | 72.5kg        | BASKERVILLE, Peter        | 22-May-16    |
|        | Deadlift | 190kg         | BASKERVILLE, Peter | 22-May-16    |               |                           |              |
|        | Total    | 410kg         | BASKERVILLE, Peter | 22-May-16    |               |                           |              |
| 90kg   | Squat    | 210kg         | DRAPER, Michael    | 16-Feb-25    | 205kg         | DRAPER, Michael           | 16-Feb-25    |
|        | Bench    | 160kg         | DRAPER, Michael    | 16-Feb-25    | 150kg         | DRAPER, Michael           | 16-Feb-25    |
|        | Deadlift | 220kg         | DRAPER, Michael    | 16-Feb-25    | 200kg         | DRAPER, Michael           | 16-Feb-25    |
|        | Total    | 590kg         | DRAPER, Michael    | 16-Feb-25    | 555kg         | DRAPER, Michael           | 16-Feb-25    |
| 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    | 207.5kg       | JONES, Gary        | 09-Feb-25    | 200kg         | ZOLLO, Joe                | 19-May-18    |
|        | Bench    | 162.5kg       | JONES, Gary        | 09-Feb-25    | 100kg         | ZOLLO, Joe                | 19-May-18    |
|        | Deadlift | 255kg         | CONWAY, Kevin      | 18-Aug-19    | 215kg         | THOMSON, James            | 27-Aug-11    |
|        | Total    | 615kg         | JONES, Gary        | 09-Feb-25    | 515kg         | CONWAY, Kevin             | 18-Aug-19    |
| 125kg  | Squat    | 250kg         | DAY, Henry         | 18-Feb-24    |               |                           |              |
|        | Bench    | 120kg         | DAY, Henry         | 18-Feb-24    |               |                           |              |
|        | Deadlift | 200kg         | DAY, Henry         | 18-Feb-24    |               |                           |              |
|        | Total    | 570kg         | DAY, Henry         | 18-Feb-24    |               |                           |              |
| 140kg  | Squat    | 235kg         | WISBEY, Leigh      | 20-Aug-22    |               |                           |              |
|        | Bench    | 97.5kg        | WISBEY, Leigh      | 20-Aug-22    |               |                           |              |
|        | Deadlift | 285kg         | WISBEY, Leigh      | 20-Aug-22    |               |                           |              |
|        | Total    | 617.5kg       | WISBEY, Leigh      | 20-Aug-22    |               |                           |              |
| SHW    | Squat    |               |                    |              |               |                           |              |
|        | Bench    |               |                    |              |               |                           |              |
|        | Deadlift |               |                    |              |               |                           |              |
|        | Total    |               |                    |              |               |                           |              |

**Master Men (65-69)**

(Bare Knees)

| 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    | 130kg         | THOMSON, Michael | 20-Oct-24    |               |                           |              |
|        | Bench    | 77.5kg        | THOMSON, Michael | 20-Oct-24    |               |                           |              |
|        | Deadlift | 180kg         | THOMSON, Michael | 20-Oct-24    |               |                           |              |
|        | Total    | 387.5kg       | THOMSON, Michael | 20-Oct-24    |               |                           |              |
| 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    | 182.5kg       | CONWAY, Kevin    | 19-May-24    |               |                           |              |
|        | Bench    | 60kg          | CONWAY, Kevin    | 19-May-24    |               |                           |              |
|        | Deadlift | 210kg         | CONWAY, Kevin    | 19-May-24    |               |                           |              |
|        | Total    | 452.5kg       | CONWAY, Kevin    | 19-May-24    |               |                           |              |
| 125kg  | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 140kg  | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| SHW    | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |

# CAPO NATIONAL RECORDS - MEN      3-LIFT COMPETITION - RAW - BARE KNEES

## Masters Men (70-74)

(Bare Knees)

| 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    | 80kg          | TRENTIN, Maurice | 26-Jun-21    |               |                           |              |
|        | Bench    | 61kg          | TRENTIN, Maurice | 22-Aug-21    | 60kg          | TRENTIN, Maurice          | 26-Jun-21    |
|        | Deadlift | 128kg         | TRENTIN, Maurice | 22-Aug-21    | 127.5kg       | TRENTIN, Maurice          | 26-Jun-21    |
|        | Total    | 267.5kg       | TRENTIN, Maurice | 22-Aug-21    | 262.5kg       | TRENTIN, Maurice          | 26-Jun-21    |
| 75kg   | Squat    | 90kg          | TRENTIN, Maurice | 10-Jun-23    | 82.5kg        | TRENTIN, Maurice          | 12-Nov-22    |
|        | Bench    | 63.5kg        | TRENTIN, Maurice | 10-Jun-23    | 62.5kg        | TRENTIN, Maurice          | 12-Nov-22    |
|        | Deadlift | 135kg         | TRENTIN, Maurice | 10-Jun-23    | 126kg         | TRENTIN, Maurice          | 12-Nov-22    |
|        | Total    | 277.5kg       | TRENTIN, Maurice | 10-Jun-23    | 270kg         | TRENTIN, Maurice          | 12-Nov-22    |
| 82.5kg | Squat    |               |                  |              |               |                           |              |
|        | Bench    |               |                  |              |               |                           |              |
|        | Deadlift |               |                  |              |               |                           |              |
|        | Total    |               |                  |              |               |                           |              |
| 90kg   | Squat    | 70kg          | ROSS, Steve      | 01-Aug-24    | 50kg          | ROSS, Steve               | 25-Apr-24    |
|        | Bench    | 100kg         | ROSS, Steve      | 01-Aug-24    | 80kg          | ROSS, Steve               | 25-Apr-24    |
|        | Deadlift | 125kg         | ROSS, Steve      | 01-Aug-24    | 100kg         | ROSS, Steve               | 25-Apr-24    |
|        | Total    | 295kg         | ROSS, Steve      | 01-Aug-24    | 230kg         | ROSS, Steve               | 25-Apr-24    |
| 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    |               |                  |              |               |                           |              |



# CAPO NATIONAL RECORDS - MEN      3-LIFT COMPETITION - RAW - BARE KNEES

## Masters Men (75-79)

(Bare Knees)

| 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    | 87.5kg        | TRENTIN, Maurice | 30-Nov-24    |               |                           |              |
|        | Bench    | 65kg          | TRENTIN, Maurice | 30-Nov-24    |               |                           |              |
|        | Deadlift | 130kg         | TRENTIN, Maurice | 30-Nov-24    |               |                           |              |
|        | Total    | 282.5kg       | TRENTIN, Maurice | 30-Nov-24    |               |                           |              |
| 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    |               |                  |              |               |                           |              |

# CAPO NATIONAL RECORDS - MEN      3-LIFT COMPETITION - RAW - BARE KNEES

## Masters Men (80-84)

(Bare Knees)

| 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    | 100kg         | ZWAAN, Adrian  | 25-Apr-21    |               |                           |              |
|        | Bench    | 60kg          | ZWAAN, Adrian  | 25-Apr-21    |               |                           |              |
|        | Deadlift | 150kg         | ZWAAN, Adrian  | 25-Apr-21    |               |                           |              |
|        | Total    | 310kg         | ZWAAN, Adrian  | 25-Apr-21    |               |                           |              |
| 90kg   | Squat    | 80kg          | ZWAAN, Adrian  | 20-Aug-22    |               |                           |              |
|        | Bench    | 55kg          | ZWAAN, Adrian  | 20-Aug-22    |               |                           |              |
|        | Deadlift | 150kg         | ZWAAN, Adrian  | 20-Aug-22    |               |                           |              |
|        | Total    | 285kg         | ZWAAN, Adrian  | 20-Aug-22    |               |                           |              |
| 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    |               |                |              |               |                           |              |

# CAPO NATIONAL RECORDS - MEN      3-LIFT COMPETITION - RAW - BARE KNEES

**Masters Men (85-89)**

(Bare Knees)

| 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    |               |         |              |               |                           |              |