

CAPO NATIONAL RECORDS - MEN

3-LIFT COMPETITION - RAW - BARE KNEES

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	185kg	VONGPHACHANH, Danny	02-Aug-25	157.5kg	WATERSON, Jesse	05-Apr-25
	Bench	120kg	VONGPHACHANH, Danny	01-Dec-24	100kg	WONG, G	29-May-11
	Deadlift	220kg	VONGPHACHANH, Danny	02-Aug-25	217.5kg	VONGPHACHANH, Danny	01-Dec-24
	Total	525kg	VONGPHACHANH, Danny	02-Aug-25	492.5kg	VONGPHACHANH, Danny	01-Dec-24
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	165kg	WATERSON, Jesse	02-Aug-25	125kg	TORY, Noah	15-Sep-24
	Bench	95kg	WATERSON, Jesse	02-Aug-25	80kg	SHERIDAN, Josh	01-Aug-14
	Deadlift	185kg	WATERSON, Jesse	02-Aug-25	160kg	SHERIDAN, Josh	01-Aug-14
	Total	445kg	WATERSON, Jesse	02-Aug-25	355kg	TORY, Noah	15-Sep-24
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	165kg	NAVICKAS, Jayden	02-Aug-25	160kg	NAVICKAS, Jayden	05-Apr-25
	Bench	85kg	NAVICKAS, Jayden	02-Aug-25	80kg	NAVICKAS, Jayden	05-Apr-25
	Deadlift	200kg	NAVICKAS, Jayden	02-Aug-25	185kg	NAVICKAS, Jayden	05-Apr-25
	Total	450kg	NAVICKAS, Jayden	02-Aug-25	420kg	NAVICKAS, Jayden	05-Apr-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	02-Aug-25	130kg	RHADIAN, Wildan	19-May-24
	Bench	120kg	VONGPHACHANH, Danny	01-Dec-24	81kg	RHADIAN, Wildan	01-Aug-24
	Deadlift	220kg	VONGPHACHANH, Danny	02-Aug-25	170kg	RHADIAN, Wildan	01-Aug-24
	Total	525kg	VONGPHACHANH, Danny	02-Aug-25	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	SIOPIS, George	15-Dec-13	170kg	RUCCI, Dan	
	Bench	132.5kg	CROSS, Ash	14-Aug-16	127.5kg	SIOPIS, George	15-Dec-13
	Deadlift	250kg	SIOPIS, George	15-Dec-13	180kg	RUCCI, Dan	
	Total	577.5kg	SIOPIS, George	15-Dec-13	475kg	RUCCI, Dan	
90kg	Squat	240.5kg	HARNIMAN, Robert	19-May-18	240kg	SIOPIS, 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	SIOPIS, George	25-May-14
	Total	690kg	HARNIMAN, Robert	19-May-18	680kg	SIOPIS, 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	205kg	McMINN, Shannon	31-Jul-25	195kg	MILLARD, Troy	12-Aug-23
	Bench	155kg	McMINN, Shannon	31-Jul-25	142.5kg	MILLARD, Troy	12-Aug-23
	Deadlift	237.5kg	MILLARD, Troy	12-Aug-23	225kg	TULUN, Jim	02-Aug-14
	Total	595kg	McMINN, Shannon	31-Jul-25	575kg	MILLARD, Troy	12-Aug-23
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			

CAPO NATIONAL RECORDS - MEN

3-LIFT COMPETITION - RAW - BARE KNEES

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	205kg	BERGE, Peter	31-Jul-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	190kg	WALKER, Michael	31-Jul-25			
	Bench	127.5kg	WALKER, Michael	31-Jul-25			
	Deadlift	185kg	WALKER, Michael	31-Jul-25			
	Total	502.5kg	WALKER, Michael	31-Jul-25			

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	266kg	HANRAHAN, James	25-Apr-25	260kg	JONES, Gary	25-Apr-22
	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						

CAPO NATIONAL RECORDS - MEN

3-LIFT COMPETITION - RAW - BARE KNEES

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	90kg	JAMES, Craig	31-Jul-25			
	Bench	81kg	JAMES, Craig	31-Jul-25			
	Deadlift	151kg	JAMES, Craig	31-Jul-25			
	Total	320kg	JAMES, Craig	31-Jul-25			
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	217.5kg	DRAPER, Michael	31-Jul-25	210kg	DRAPER, Michael	16-Feb-25
	Bench	160kg	DRAPER, Michael	05-Apr-25	150kg	DRAPER, Michael	16-Feb-25
	Deadlift	225kg	DRAPER, Michael	31-Jul-25	220kg	DRAPER, Michael	16-Feb-25
	Total	602.5kg	DRAPER, Michael	31-Jul-25	590kg	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	163.5kg	JONES, Gary	04-Nov-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						

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						

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	85kg	TRENTIN, Maurice	31-May-25			
	Bench	65kg	TRENTIN, Maurice	31-May-25			
	Deadlift	137.5kg	TRENTIN, Maurice	31-May-25			
	Total	287.5kg	TRENTIN, Maurice	31-May-25			
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						

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						

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						