

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Open Men

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	155kg	RUTLAND, C	28-Mar-92			
	Bench	105kg	RUTLAND, C	28-Mar-92			
	Deadlift	180kg	RUTLAND, C	28-Mar-92			
	Total	440kg	RUTLAND, C	28-Mar-92			
60kg	Squat	140kg	ANDERSON, M	07-Jun-98			
	Bench	120kg	ANDERSON, M	07-Jun-98			
	Deadlift	195kg	RUTLAND, C	20-Jun-92			
	Total	440kg	ANDERSON, M	07-Jun-98			
67.5kg	Squat	275kg	COLEIRO, Charlie	18-Oct-92			
	Bench	155kg	PUGH, D	05-May-02			
	Deadlift	250kg	COLEIRO, Charlie	18-Oct-92			
	Total	657.5kg	COLEIRO, Charlie	18-Oct-92			
75kg	Squat	266kg	HILLS, Greg	21-Aug-99			
	Bench	180.5kg	GALATI, Ange	16-Sep-95			
	Deadlift	280kg	STANTON, J	21-Aug-99			
	Total	670kg	HILLS, Greg	21-Aug-99			
82.5kg	Squat	280kg	SMITH, A	17-Sep-95			
	Bench	210kg	GALATI, Ange	21-May-00			
	Deadlift	290kg	BUTLER, Laurie	23-Mar-02			
	Total	757.5kg	BUTLER, Laurie	23-Mar-02			
90kg	Squat	342.5kg	BUTLER, Laurie	23-Aug-98			
	Bench	215.5kg	JARDINE, Mason	04-Aug-02			
	Deadlift	347.5kg	BUTLER, Laurie	01-Aug-93			
	Total	892.5kg	BUTLER, Laurie	01-Aug-93			
100kg	Squat	370kg	COE, Adam	07-Aug-94			
	Bench	250kg	ROSS, Laird	02-Aug-14			
	Deadlift	355kg	COE, Adam	12-Dec-93			
	Total	960kg	COE, Adam	07-Aug-94			
110kg	Squat	345kg	COE, Adam	18-Aug-96			
	Bench	263.5kg	SYLVIA, R	13-May-93			
	Deadlift	315kg	ROZEN, Warren	06-Dec-02			
	Total	877.5kg	ROZEN, Warren	06-Dec-02			
125kg	Squat	410kg	HOWLETT, Wayne	12-Apr-14			
	Bench	220kg	PAPAS, John	29-May-16			
	Deadlift	365kg	GIAMPAOLI, Billy Joe	10-Jun-01			
	Total	970kg	HOWLETT, Wayne	26-Apr-14			
140kg	Squat	420kg	HOWLETT, Wayne	16-Mar-13			
	Bench	270kg	HOWLETT, Wayne	16-Mar-13			
	Deadlift	320kg	HOWLETT, Wayne	16-Mar-13			
	Total	1010kg	HOWLETT, Wayne	16-Mar-13			
SHW	Squat	355kg	MAYNE, Luke	14-Mar-15			
	Bench	272.5kg	ATTA-SINGH, Shane	13-Aug-17	250kg	MAYNE, Luke	14-Mar-15
	Deadlift	327.5kg	ATTA-SINGH, Shane	13-Aug-17	325kg	COWAN, D	09-Jun-02
	Total	940kg	ATTA-SINGH, Shane	13-Aug-17	917.5kg	MAYNE, Luke	14-Mar-15

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Teenage 1 Men (13-15)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench	72.5kg	ROZEN, A	18-Aug-01			
	Deadlift	160kg	ROZEN, A	18-Aug-01			
	Total	350kg	ROZEN, A	18-Aug-01			
75kg	Squat	140kg	ROZEN, A	16-Dec-01			
	Bench	85kg	ROZEN, A	16-Dec-01			
	Deadlift	180kg	ROZEN, A	16-Dec-01			
	Total	405kg	ROZEN, A	16-Dec-01			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench	80kg	SMALWOOD, D	26-Jun-02			
	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 - SINGLE PLY

Teenage 2 Men (16-17)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	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	260kg	EDWARDS, N	03-Aug-02			
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Teenage 3 Men (18-19)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat	140kg	ANDERSON, M	07-Jun-98			
	Bench	120kg	ANDERSON, M	07-Jun-98			
	Deadlift	180kg	ANDERSON, M	07-Jun-98			
	Total	440kg	ANDERSON, M	07-Jun-98			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total	437.5kg	TRENTIN, Michael	03-Aug-02			
75kg	Squat	210kg	MORTON, D	19-Sep-95			
	Bench						
	Deadlift	260kg	STONE, A	17-Aug-96			
	Total	570kg	STONE, A	17-Aug-96			
82.5kg	Squat	250kg	SMART, M	11-Jun-95			
	Bench						
	Deadlift						
	Total						
90kg	Squat	280kg	SMART, M	16-Sep-95			
	Bench						
	Deadlift	300kg	HAYHOW, Damien	16-Sep-95			
	Total	685kg	SMART, M	16-Sep-95			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	221kg	SANDOW, G	30-May-01			
	Bench	150kg	SANDOW, G	30-May-01			
	Deadlift	260kg	HAWKER, G	28-Feb-98			
	Total	575kg	SANDOW, G	30-May-01			
140kg	Squat	225kg	SANDOW, G	16-Oct-01			
	Bench	155kg	SANDOW, G	16-Oct-01			
	Deadlift	250kg	SANDOW, G	16-Oct-01			
	Total	630kg	SANDOW, G	16-Oct-01			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Junior Men (20-23)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift	235kg	WILSON, P	16-Oct-01			
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift	300kg	HAYHOW, D	05-Mar-99			
	Total	720kg	HAYHOW, D	05-Mar-99			
100kg	Squat	285kg	MAXWELL-WRIGHT, L	17-Aug-96			
	Bench	250kg	ROSS, Laird	02-Aug-14			
	Deadlift	335.5kg	ROZEN, Warren	04-Aug-02			
	Total	817.5kg	ROZEN, Warren	05-Dec-01			
110kg	Squat	337.5kg	ROZEN, Warren	06-Dec-02			
	Bench	250kg	ARCHER, Z	18-Dec-94			
	Deadlift	315kg	ROZEN, Warren	06-Dec-02			
	Total	877.5kg	ROZEN, Warren	06-Dec-02			
125kg	Squat	305kg	PAPAS, John	13-Aug-16	300kg	PAPAS, John	29-May-16
	Bench	220kg	PAPAS, John	29-May-16	192.5kg	IRVING, Jack	14-Aug-15
	Deadlift	300kg	EBLING, T	20-Aug-00			
	Total	805kg	PAPAS, John	13-Aug-16	795kg	EBLING, T	20-Aug-00
140kg	Squat	280kg	SHARMAC, D	01-Sep-91			
	Bench	240.5kg	KOVACEVIC, R	12-Nov-94			
	Deadlift						
	Total	765kg	KOVACEVIC, R	12-Nov-94			
SHW	Squat	355kg	MAYNE, Luke	14-Mar-15	335kg	MAYNE, Luke	12-Apr-14
	Bench	250kg	MAYNE, Luke	14-Mar-15	240kg	MAYNE, Luke	12-Apr-14
	Deadlift	312.5kg	MAYNE, Luke	14-Mar-15	305kg	MAYNE, Luke	12-Apr-14
	Total	917.5kg	MAYNE, Luke	14-Mar-15	880kg	MAYNE, Luke	12-Apr-14

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Senior Men (24-32)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	155kg	RUTLAND, C	28-Mar-92			
	Bench	105kg	RUTLAND, C	28-Mar-92			
	Deadlift	180kg	RUTLAND, C	28-Mar-92			
	Total	440kg	RUTLAND, C	28-Mar-92			
60kg	Squat						
	Bench						
	Deadlift	195kg	RUTLAND, C	20-Jun-92			
	Total						
67.5kg	Squat	275kg	COLEIRO, Charlie	18-Oct-92			
	Bench	135kg	CHILDS, G	19-Aug-00			
	Deadlift	250kg	COLEIRO, Charlie	18-Oct-92			
	Total	657.5kg	COLEIRO, Charlie	18-Oct-92			
75kg	Squat	266kg	HILLS, Greg	21-Aug-99			
	Bench	180.5kg	GALATI, Ange	16-Sep-95			
	Deadlift	265kg	HILLS, Greg	21-Aug-99			
	Total	670kg	HILLS, Greg	21-Aug-99			
82.5kg	Squat	280kg	SMITH, A	17-Sep-95			
	Bench	210kg	GALATI, Ange	21-May-00			
	Deadlift	287.5kg	WATERS, R	21-Aug-99			
	Total	710kg	SMITH, A	17-Sep-95			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	370kg	COE, Adam	07-Aug-94			
	Bench	245kg	COE, Adam	07-Aug-94			
	Deadlift	355kg	COE, Adam	12-Dec-93			
	Total	960kg	COE, Adam	07-Aug-94			
110kg	Squat	345kg	COE, Adam	18-Aug-96			
	Bench	230.5kg	NAY, Paul	19-Aug-01			
	Deadlift	280kg	RIDGE, Jack	18-Aug-18	270kg	RIDGE, Jack	24-Jun-18
	Total	875kg	BARCLAY, Geoff	18-Oct-92			
125kg	Squat						
	Bench						
	Deadlift	365kg	GIAMPAOLI, Billy Joe	10-Jun-01			
	Total						
140kg	Squat	420kg	HOWLETT, Wayne	16-Mar-13	360kg	HOWLETT, Wayne	27-Aug-11
	Bench	270kg	HOWLETT, Wayne	16-Mar-13	232.5kg	LYNDON, Bill	06-May-95
	Deadlift	320kg	HOWLETT, Wayne	16-Mar-13	305kg	LYNDON, Bill	18-Oct-92
	Total	1010kg	HOWLETT, Wayne	16-Mar-13	860kg	LYNDON, Bill	18-Oct-92
SHW	Squat						
	Bench						
	Deadlift	325kg	COWAN, D	09-Jun-02			
	Total	895kg	COWAN, D	09-Jun-02			

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Sub Masters Men (33-39)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench	155kg	PUGH, D	05-May-02			
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift	280kg	STANTON, J	21-Aug-99			
	Total						
82.5kg	Squat						
	Bench						
	Deadlift	280kg	SMITH, D	17-Aug-97			
	Total	672.5kg	GRANERI, T	23-Aug-98			
90kg	Squat	60kg	DENNETT, Mark	24-Jun-18			
	Bench	60kg	DENNETT, Mark	24-Jun-18			
	Deadlift	312.5kg	SMITH, D	22-Aug-99			
	Total	TBC					
100kg	Squat	310kg	DAY, Henry	19-Aug-01			
	Bench	202.5kg	DAY, Henry	19-Aug-01			
	Deadlift	315kg	ZAMOLO, C	28-Feb-98			
	Total	805kg	ZAMOLO, C	28-Feb-98			
110kg	Squat						
	Bench						
	Deadlift	335kg	DIFFEY, S	17-Aug-97			
	Total						
125kg	Squat	410kg	HOWLETT, Wayne	12-Apr-14	325kg	NAY, Paul	04-Aug-02
	Bench						
	Deadlift	315kg	HOWLETT, Wayne	26-Apr-14	312.5kg	GERMANOS, G	17-Aug-96
	Total	970kg	HOWLETT, Wayne	26-Apr-14			
140kg	Squat						
	Bench						
	Deadlift	325kg	SUGARS, Steve	10-Jun-01			
	Total	770kg	SUGARS, Steve	11-Jun-00			
SHW	Squat	340kg	ATTA-SINGH, Shane	13-Aug-17	270kg	ATTA-SINGH, Shane	30-Apr-17
	Bench	272.5kg	ATTA-SINGH, Shane	13-Aug-17	230kg	ATTA-SINGH, Shane	30-Apr-17
	Deadlift	327.5kg	ATTA-SINGH, Shane	13-Aug-17	300kg	ATTA-SINGH, Shane	30-Apr-17
	Total	940kg	ATTA-SINGH, Shane	13-Aug-17	800kg	ATTA-SINGH, Shane	30-Apr-17

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 1 Men (40-44)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total	605kg	JINETTE, J	08-May-94			
82.5kg	Squat	235kg	GRANERI, T	06-Nov-98			
	Bench	175kg	GRANERI, T	06-Nov-98			
	Deadlift	270kg	GRANERI, T	06-Nov-98			
	Total	680kg	GRANERI, T	06-Nov-98			
90kg	Squat	325kg	JARDINE, Mason	22-Aug-99			
	Bench	215.5kg	JARDINE, Mason	04-Aug-02			
	Deadlift	332.5kg	JARDINE, Mason	04-Aug-02			
	Total	865.5kg	JARDINE, Mason	20-Aug-00			
100kg	Squat	190kg	GEERS, Steve	25-Apr-16			
	Bench	120kg	GEERS, Steve	25-Apr-16			
	Deadlift	320kg	JARDINE, Mason	14-May-00			
	Total	572.5kg	GEERS, Steve	25-Apr-16			
110kg	Squat						
	Bench	263.5kg	SYLVIA, R	13-May-93			
	Deadlift						
	Total						
125kg	Squat	350kg	TOCI, Dino	16-Nov-00			
	Bench						
	Deadlift	345kg	TOCI, Dino	20-Aug-00			
	Total	907.5kg	TOCI, Dino	23-Aug-98			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 2 Men (45-49)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	130kg	BRADFORD, J	22-May-99			
	Bench	85kg	BRADFORD, J	22-May-99			
	Deadlift	170kg	BRADFORD, J	22-May-99			
	Total	385kg	BRADFORD, J	22-May-99			
75kg	Squat	217.5kg	ODGERS, A	17-Aug-97			
	Bench						
	Deadlift	220kg	ODGERS, A	17-Aug-97			
	Total	570kg	ODGERS, A	17-Aug-97			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	340kg	BUTLER, Laurie	01-Aug-93			
	Bench	205kg	BUTLER, Laurie	01-Aug-93			
	Deadlift	347.5kg	BUTLER, Laurie	01-Aug-93			
	Total	892.5kg	BUTLER, Laurie	01-Aug-93			
100kg	Squat	325kg	BUTLER, Laurie	18-Aug-96			
	Bench	200kg	BUTLER, Laurie	18-Aug-96			
	Deadlift	330kg	BUTLER, Laurie	18-Aug-96			
	Total	855kg	BUTLER, Laurie	18-Aug-96			
110kg	Squat						
	Bench						
	Deadlift	312.5kg	TITUS, Terrance	03-Aug-02			
	Total						
125kg	Squat						
	Bench						
	Deadlift	325kg	MORMILE, Frank	16-Dec-01			
	Total						
140kg	Squat	280kg	MORMILE, Frank	20-Aug-00			
	Bench	205kg	MORMILE, Frank	20-Aug-00			
	Deadlift	280kg	MORMILE, Frank	20-Aug-00			
	Total	765kg	MORMILE, Frank	20-Aug-00			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 3 Men (50-54)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	342.5kg	BUTLER, Laurie	23-Aug-98			
	Bench	195kg	BUTLER, Laurie	08-Jun-97			
	Deadlift	310kg	BUTLER, Laurie	22-Aug-99			
	Total	832.5kg	BUTLER, Laurie	08-Jun-97			
100kg	Squat	330kg	BUTLER, Laurie	20-Jun-99			
	Bench	195kg	BUTLER, Laurie	20-Jun-99			
	Deadlift	336kg	BUTLER, Laurie	20-Jun-99			
	Total	860kg	BUTLER, Laurie	20-Jun-99			
110kg	Squat	330kg	BUTLER, Laurie	21-May-00			
	Bench	190kg	BUTLER, Laurie	11-Jun-00			
	Deadlift	310kg	BUTLER, Laurie	11-Jun-00			
	Total	830kg	BUTLER, Laurie	21-Apr-00			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 4 Men (55-59)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	285kg	BUTLER, Laurie	23-Mar-02			
	Bench	180kg	BUTLER, Laurie	23-Mar-02			
	Deadlift	275kg	BUTLER, Laurie	23-Mar-02			
	Total	740kg	BUTLER, Laurie	23-Mar-02			
100kg	Squat	315kg	BUTLER, Laurie	30-Mar-03			
	Bench	200kg	BUTLER, Laurie	30-Mar-03			
	Deadlift	320kg	BUTLER, Laurie	30-Mar-03			
	Total	835kg	BUTLER, Laurie	30-Mar-03			
110kg	Squat	232.5kg	MURRAY, Barry	14-Mar-15	220kg	MURRAY, Barry	02-Aug-14
	Bench	170kg	MURRAY, Barry	02-Aug-14			
	Deadlift	240kg	MURRAY, Barry	14-Mar-15	230kg	MURRAY, Barry	02-Aug-14
	Total	640kg	MURRAY, Barry	14-Mar-15	620kg	MURRAY, Barry	02-Aug-14
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 5 Men (60-64)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	165kg	SANDERSON, Ronald	19-Apr-15			
	Bench	87.5kg	SANDERSON, Ronald	19-Apr-15			
	Deadlift	220kg	SANDERSON, Ronald	19-Apr-15			
	Total	472.5kg	SANDERSON, Ronald	19-Apr-15			
90kg	Squat	255kg	BUTLER, Laurie	15-Aug-10			
	Bench	175kg	BUTLER, Laurie	15-Aug-10			
	Deadlift	300kg	BUTLER, Laurie	15-Aug-10			
	Total	722.5kg	BUTLER, Laurie	15-Aug-10			
100kg	Squat	190kg	DALVEAN, A	10-Dec-00			
	Bench	150kg	DALVEAN, A	10-Dec-00			
	Deadlift	230kg	DALVEAN, A	10-Dec-00			
	Total	570kg	DALVEAN, A	10-Dec-00			
110kg	Squat	220kg	CARTER, K	14-May-00			
	Bench	167.5kg	MURRAY, Barry	25-Apr-18	117.5kg	CARTER, K	14-May-00
	Deadlift	227.5kg	MURRAY, Barry	25-Apr-18	200kg	COOK, P	21-Aug-99
	Total	515kg	MURRAY, Barry	25-Apr-18	500kg	CARTER, K	14-May-00
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 6 Men (65-69)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	180kg	CRAGGS, M	13-May-01			
	Bench	85kg	CRAGGS, M	13-May-01			
	Deadlift	200kg	CRAGGS, M	13-May-01			
	Total	465kg	CRAGGS, M	13-May-01			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	160kg	COOK, P	27-May-01			
	Bench	115kg	COOK, P	27-May-01			
	Deadlift	210kg	COOK, P	27-May-01			
	Total	485kg	COOK, P	27-May-01			
110kg	Squat	172.5kg	COOK, P	19-Aug-00			
	Bench	130kg	COOK, P	19-Aug-00			
	Deadlift	217.5kg	COOK, P	19-Aug-00			
	Total	517.5kg	COOK, P	19-Aug-00			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

Masters 7 Men (70-74)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	180kg	CRAGGS, M	03-Aug-02			
	Bench	85kg	CRAGGS, M	03-Aug-02			
	Deadlift	200kg	CRAGGS, M	03-Aug-02			
	Total	465kg	CRAGGS, M	03-Aug-02			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	127.5kg	BIRCH, Ron	18-Aug-18			
	Bench	80kg	BIRCH, Ron	18-Aug-18			
	Deadlift	170kg	BIRCH, Ron	18-Aug-18			
	Total	377.5kg	BIRCH, Ron	18-Aug-18			
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 - SINGLE PLY

Masters 8 Men (75-79)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	130kg	NICHOLSON, N	18-Aug-01			
	Bench	85kg	NICHOLSON, N	18-Aug-01			
	Deadlift	175kg	NICHOLSON, N	18-Aug-01			
	Total	390kg	NICHOLSON, N	18-Aug-01			
90kg	Squat	140kg	BORG, Reno	14-Mar-15			
	Bench	105kg	BORG, Reno	14-Mar-15			
	Deadlift	185kg	BORG, Reno	14-Mar-15			
	Total	430kg	BORG, Reno	14-Mar-15			
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 9 Men (80-84)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	100kg	YOUNGER, V	21-Oct-93			
	Bench	67.5kg	YOUNGER, V	21-Oct-93			
	Deadlift	150kg	YOUNGER, V	21-Oct-93			
	Total	317.5kg	YOUNGER, V	21-Oct-93			
75kg	Squat	100.5kg	YOUNGER, V	07-Aug-94			
	Bench	70kg	YOUNGER, V	01-Aug-93			
	Deadlift	150.5kg	YOUNGER, V	07-Aug-94			
	Total	320kg	YOUNGER, V	07-Aug-94			
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 - SINGLE PLY

Masters 10 Men (85-89)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	85kg	YOUNGER, V	17-Aug-97			
	Bench	70kg	YOUNGER, V	17-Aug-97			
	Deadlift	135kg	YOUNGER, V	17-Aug-97			
	Total	280kg	YOUNGER, V	17-Aug-97			
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						