

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	245kg	COE, Adam	07-Aug-94
	Deadlift	355kg	COE, Adam	12-Dec-93			
	Total	960kg	COE, Adam	07-Aug-94			
110kg	Squat	352.5kg	SHAKESPEARE, Luke	14-May-23	345kg	COE, Adam	18-Aug-96
	Bench	310kg	SHAKESPEARE, Luke	14-May-23	263.5kg	SYLVIA, R	13-May-93
	Deadlift	337.5kg	SHAKESPEARE, Luke	14-May-23	315kg	ROZEN, Warren	06-Dec-02
	Total	1000kg	SHAKESPEARE, Luke	14-May-23	877.5kg	ROZEN, Warren	06-Dec-02
125kg	Squat	410kg	HOWLETT, Wayne	12-Apr-14	350kg	TOCI, Dino	16-Nov-00
	Bench	255kg	HOWLETT, Wayne	26-Apr-14			
	Deadlift	365kg	GIAMPAOLI, Billy Joe	10-Jun-01	345kg	TOCI, Dino	20-Aug-00
	Total	970kg	HOWLETT, Wayne	26-Apr-14	907.5kg	TOCI, Dino	23-Aug-98
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	330kg	ATTA-SINGH, Shane	12-Aug-23	325kg	SUGARS, Steve	10-Jun-01
	Total	1010kg	HOWLETT, Wayne	16-Mar-13	860kg	LYNDON, Bill	18-Oct-92
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	215kg	FULLER, D	08-May-94			
	Bench	160kg	FULLER, D	08-May-94			
	Deadlift	252.5kg	FULLER, D	08-May-94			
	Total	627.5kg	FULLER, D	08-May-94			
90kg	Squat						
	Bench	80kg	SMALWOOD, D	26-Jun-02			
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	120kg	NEILL, Cameron	01-May-93			
	Bench	110kg	NEILL, Cameron	01-May-93			
	Deadlift	150kg	NEILL, Cameron	01-May-93			
	Total	380kg	NEILL, Cameron	01-May-93			
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	85kg	JOHNSON, Dieter	05-Apr-25			
	Bench	62.5kg	JOHNSON, Dieter	05-Apr-25			
	Deadlift	130kg	JOHNSON, Dieter	05-Apr-25			
	Total	267.5kg	JOHNSON, Dieter	05-Apr-25			
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	375kg	BURROWS, Jesse	12-Apr-14			
	Bench	230kg	BURROWS, Jesse	12-Apr-14			
	Deadlift	302.5kg	BURROWS, Jesse	12-Apr-14			
	Total	907.5kg	BURROWS, Jesse	12-Apr-14			
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						

CAPO NATIONAL RECORDS - MEN

3-LIFT - SINGLE PLY

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	160kg	GASMANN, Tristan	06-Jun-94			
	Bench	90kg	GASMANN, Tristan	06-Jun-94			
	Deadlift	200kg	GASMANN, Tristan	06-Jun-94			
	Total	450kg	GASMANN, Tristan	06-Jun-94			
75kg	Squat	207.5kg	TRENTIN, Michael	05-Aug-06			
	Bench	155kg	TRENTIN, Michael	05-Aug-06			
	Deadlift	235kg	WILSON, P	16-Oct-01			
	Total	590kg	TRENTIN, Michael	05-Aug-06			
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	220kg	DOBBIN, Ray	18-Oct-92
	Bench	210kg	GALATI, Ange	21-May-00	140kg	DOBBIN, Ray	18-Oct-92
	Deadlift	287.5kg	WATERS, R	21-Aug-99	240kg	DOBBIN, Ray	18-Oct-92
	Total	710kg	SMITH, A	17-Sep-95	600kg	DOBBIN, Ray	18-Oct-92
90kg	Squat	260kg	BROWN, Chris	01-May-93			
	Bench	140kg	BROWN, Chris	01-May-93			
	Deadlift	250kg	BROWN, Chris	01-May-93			
	Total	650kg	BROWN, Chris	01-May-93			
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	352.5kg	SHAKESPEARE, Luke	14-May-23	345kg	COE, Adam	18-Aug-96
	Bench	310kg	SHAKESPEARE, Luke	14-May-23	230.5kg	NAY, Paul	19-Aug-01
	Deadlift	337.5kg	SHAKESPEARE, Luke	14-May-23	280kg	RIDGE, Jack	18-Aug-18
	Total	1000kg	SHAKESPEARE, Luke	14-May-23	875kg	BARCLAY, Geoff	18-Oct-92
125kg	Squat	325kg	WEBB, Ian	05-Aug-06			
	Bench	220kg	WEBB, Ian	05-Aug-06			
	Deadlift	365kg	GIAMPAOLI, Billy Joe	10-Jun-01			
	Total	850kg	WEBB, Ian	05-Aug-06			
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	205kg	LOVELOCK, Jeffrey	22-Mar-25			
	Bench	155kg	PUGH, D	05-May-02			
	Deadlift	215kg	LOVELOCK, Jeffrey	22-Mar-25			
	Total	535kg	LOVELOCK, Jeffrey	22-Mar-25			
75kg	Squat	230kg	LOVELOCK, Jeffrey	19-May-24			
	Bench	130kg	LOVELOCK, Jeffrey	17-Nov-24	115kg	LOVELOCK, Jeffrey	19-May-24
	Deadlift	280kg	STANTON, J	21-Aug-99			
	Total	580kg	LOVELOCK, Jeffrey	17-Nov-24	565kg	LOVELOCK, Jeffrey	19-May-24
82.5kg	Squat	240kg	LOVELOCK, Jeffrey	05-Nov-25	232.5kg	LOVELOCK, Jeffrey	01-Aug-25
	Bench	152.5kg	LOVELOCK, Jeffrey	05-Nov-25	150kg	LOVELOCK, Jeffrey	01-Aug-25
	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	342.5kg	GREEN, Lachlan	01-Aug-25	340kg	GREEN, Lachlan	22-Mar-25
	Bench	267.5kg	GREEN, Lachlan	22-Mar-25	230kg	GREEN, Lachlan	09-Jun-24
	Deadlift	335kg	DIFFEY, S	17-Aug-97			
	Total	870kg	GREEN, Lachlan	22-Mar-25	810kg	GREEN, Lachlan	09-Jun-24
125kg	Squat	410kg	HOWLETT, Wayne	12-Apr-14	325kg	NAY, Paul	04-Aug-02
	Bench	255kg	HOWLETT, Wayne	26-Apr-14	200kg	MORMILE, Frank	08-May-94
	Deadlift	315kg	HOWLETT, Wayne	26-Apr-14	312.5kg	GERMANOS, G	17-Aug-96
	Total	970kg	HOWLETT, Wayne	26-Apr-14			
140kg	Squat	375kg	ATTA-SINGH, Shane	12-Aug-23			
	Bench	210kg	ATTA-SINGH, Shane	12-Aug-23			
	Deadlift	330kg	ATTA-SINGH, Shane	12-Aug-23	325kg	SUGARS, Steve	10-Jun-01
	Total	915kg	ATTA-SINGH, Shane	12-Aug-23	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	210kg	JINETTE, J	08-May-94			
	Bench	145kg	JINETTE, J	08-May-94			
	Deadlift	250kg	JINETTE, J	08-May-94			
	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	230kg	ROSS, Chris	06-May-23	190kg	GEERS, Steve	25-Apr-16
	Bench	263.5kg	SYLVIA, Rod	13-Jun-93			
	Deadlift	320kg	JARDINE, Mason	14-May-00			
	Total	632.5kg	SYLVIA, Rod	13-Jun-93			
110kg	Squat	300kg	BROWN, Chris	05-Aug-06	105kg	SYLVIA, Rod	13-May-93
	Bench	245kg	SYLVIA, Rod	13-May-93			
	Deadlift	265kg	BROWN, Chris	05-Aug-06	205kg	SYLVIA, Rod	13-May-93
	Total	755kg	BROWN, Chris	05-Aug-06	555kg	SYLVIA, Rod	13-May-93
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	345kg	ATTA-SINGH, Shane	01-Aug-25	290kg	ATTA-SINGH, Shane	05-Apr-25
	Bench	180kg	ATTA-SINGH, Shane	01-Aug-25	150kg	ATTA-SINGH, Shane	05-Apr-25
	Deadlift	320kg	ATTA-SINGH, Shane	01-Aug-25	300kg	ATTA-SINGH, Shane	05-Apr-25
	Total	845kg	ATTA-SINGH, Shane	01-Aug-25	740kg	ATTA-SINGH, Shane	05-Apr-25
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	132.5kg	ODGERS, A	17-Aug-97			
	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	190kg	MORTON, Dominic	04-Mar-23	180kg	JOHNSON, Simon	22-May-21
	Bench	155kg	MORTON, Dominic	20-Oct-24	145kg	MORTON, Dominic	04-Mar-23
	Deadlift	312.5kg	TITUS, Terrance	03-Aug-02			
	Total	485kg	JOHNSON, Simon	22-May-21			
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	135kg	PANAGIOTIDIS, Jim	25-Apr-23			
	Bench	135kg	PANAGIOTIDIS, Jim	25-Apr-23			
	Deadlift	190kg	PANAGIOTIDIS, Jim	25-Apr-23			
	Total	457.5kg	PANAGIOTIDIS, Jim	25-Apr-23			
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	232.5kg	PRYOR, Manatuki	01-Aug-25	230kg	PRYOR, Manatuki	01-Aug-24
	Bench	170kg	PRYOR, Manatuki	01-Aug-25	140kg	PRYOR, Manatuki	01-Aug-24
	Deadlift	267.5kg	PRYOR, Manatuki	01-Aug-25	262.5kg	PRYOR, Manatuki	01-Aug-24
	Total	670kg	PRYOR, Manatuki	01-Aug-25	632.5kg	PRYOR, Manatuki	01-Aug-24
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	135kg	Mayhew, Peter	07-Aug-26	120kg	Mayhew, Peter	09-Feb-25
	Bench	90kg	Mayhew, Peter	07-Aug-26	82.5kg	Mayhew, Peter	01-Aug-25
	Deadlift	170kg	Mayhew, Peter	07-Aug-26	132.5kg	Mayhew, Peter	01-Aug-25
	Total	395kg	Mayhew, Peter	07-Aug-26	330kg	Mayhew, Peter	09-Feb-25
75kg	Squat	120kg	Mayhew, Peter	12-Apr-26			
	Bench	75kg	Mayhew, Peter	12-Apr-26			
	Deadlift	160kg	Mayhew, Peter	12-Apr-26			
	Total	355kg	Mayhew, Peter	12-Apr-26			
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	150kg	CASH, Clint	01-Aug-25	130kg	CASH, Clint	05-Apr-25
	Bench	90kg	CASH, Clint	05-Apr-25			
	Deadlift	172.5kg	CASH, Clint	01-Aug-25	162.5kg	CASH, Clint	05-Apr-25
	Total	402.5kg	CASH, Clint	01-Aug-25	380kg	CASH, Clint	05-Apr-25
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	110kg	ROSS, Steve	25-Apr-25	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	105kg	ROSS, Steve	01-Aug-25			
	Bench	105kg	ROSS, Steve	01-Aug-25			
	Deadlift	145kg	ROSS, Steve	01-Aug-25			
	Total	355kg	ROSS, Steve	01-Aug-25			
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 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						