

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Open Men

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift	170kg	BRIGHT, William	31-Oct-14				75kg	SMITH, L	10-Dec-05
56kg	Deadlift							165kg	WENMAN, D	08-Dec-07
60kg	Deadlift	191kg	SINGH, Maninder	11-Dec-16	170kg	SWEENEY, Chris	10-Dec-95	175kg	WENMAN, D	06-Dec-08
67.5kg	Deadlift	222.5kg	BANNISTER, David	06-Dec-14	230kg	HILLS, Greg	14-Dec-97	190kg	RETALLACK, Jack	06-Dec-08
75kg	Deadlift	260kg	CABA, Romain	06-Dec-15	280kg	HILLS, Greg	05-Dec-09	280kg	HILLS, Greg	05-Dec-09
82.5kg	Deadlift	295kg	PARMITER, David	08-Dec-12	300kg	SMITH, D	14-Dec-97	282.5kg	TRENTIN, Michael	04-Dec-10
90kg	Deadlift	325kg	HAYHOW, Damon	06-Dec-08	322.5kg	BUTLER, Laurie	13-Dec-98	336kg	WELSFORD, B	13-Dec-03
100kg	Deadlift	336kg	PARMITER, David	31-Oct-14	332.5kg	HAYHOW, Damon	14-Dec-97	355kg	GIAMPAOLO, Billy Joe	06-Dec-08
110kg	Deadlift	330kg	MORRISSEY, Tyson	10-Dec-16	330kg	SIMONETTA, Vince	07-Dec-02	340kg	NAY, Paul	08-Dec-07
125kg	Deadlift	352.5kg	NAY, Paul	09-Mar-14	342.5kg	MORMILE, F	08-Dec-01	325kg	MORMILE, Frank	09-Dec-06
140kg	Deadlift	345kg	MAHMOUD, Ali	09-Mar-14	350kg	SUGARS, Steve	08-Dec-01	370kg	BOYER, D	05-Dec-09
SHW	Deadlift	382.5kg	GLENISTER, Lee	14-Mar-15				350kg	COWAN, D	11-Dec-04

### Teenage 1 Men (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift							75kg	SMITH, L	10-Dec-05
56kg	Deadlift									
60kg	Deadlift	130kg	TAYLOR, Seth	01-Dec-13				125kg	JARDINE, L	10-Dec-05
67.5kg	Deadlift							150kg	ROGERS, J	09-Dec-06
75kg	Deadlift	162.5kg	GANDUR, Jonah	04-Dec-10	172.5kg	ROZEN, A	08-Dec-01			
82.5kg	Deadlift	105kg	ARAGON, Gerado	06-Dec-14				180kg	GORDON, G	09-Dec-06
90kg	Deadlift	140kg	BARRINGTON, Mackenzie	06-Mar-16						
100kg	Deadlift									
110kg	Deadlift	220kg	VISCIGLIO, D	03-Dec-11						
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Teenage 2 Men (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift							132.5kg	COLLOSS, C	13-Feb-03
67.5kg	Deadlift	180kg	BARR, Joshua	01-Dec-13				180kg	JARROT, Z	05-Dec-10
75kg	Deadlift	200kg	DOUEK, Michael	06-Dec-08				185kg	PATON, N	13-Dec-03
82.5kg	Deadlift	212.5kg	HOMMYARD, Zac	06-Dec-14				220kg	BELGROVE, G	10-Dec-05
90kg	Deadlift	215kg	RUDLOFF, Luke	06-Dec-15				230kg	SARIMAN, A	13-Feb-03
100kg	Deadlift	205kg	COLLIER, Steve	03-Dec-11				200kg	BURNETT, M	11-Dec-04
110kg	Deadlift	265kg	McNALLY, Brodie	10-Dec-16	280kg	EDWARDS, N	07-Dec-02			
125kg	Deadlift							200kg	COUCHY, T	13-Feb-03
140kg	Deadlift	260kg	ROGERS, Will	01-Dec-13						
SHW	Deadlift									

### Teenage 3 Men (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift							165kg	WENMAN, D	08-Dec-07
60kg	Deadlift							105kg	GOSTIN, S	10-Dec-05
67.5kg	Deadlift	201kg	HO, Steven	03-Dec-11	195kg	STONE, A	11-Dec-94			
75kg	Deadlift	230kg	KAO, Andy	31-Oct-14				195kg	CHRISTODOULOU, A	13-Dec-03
82.5kg	Deadlift	230kg	DENNETT, Andrew	31-Oct-14				235kg	FRANKLIN, S	13-Feb-03
90kg	Deadlift	270kg	BURROWS, Jesse	08-Dec-12				220kg	JAMESON, R	11-Dec-04
100kg	Deadlift	300kg	BURROWS, Jesse	01-Dec-13				220kg	BURNETT, M	10-Dec-05
110kg	Deadlift							215kg	CECIL, A	06-Dec-08
125kg	Deadlift									
140kg	Deadlift							265kg	NIENABETS, Q	10-Dec-05
SHW	Deadlift									

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Junior Men (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	190kg	ETTIA, Corey	04-Dec-10				175kg	WENMAN, D	06-Dec-08
67.5kg	Deadlift	222.5kg	BANNISTER, David	06-Dec-14	200kg	SCHARF, S	08-Dec-01			
75kg	Deadlift	260kg	KAO, Andy	06-Dec-15				220.5kg	TRENTIN, Michael	10-Dec-05
82.5kg	Deadlift	280kg	DENNET, Andrew	06-Dec-15	255kg	WILSON, Stephen	05-Dec-15			
90kg	Deadlift	290kg	MIDDLETON, Matthew	04-Dec-10	265kg	KADDOUS, P	11-Dec-94			
100kg	Deadlift	300kg	MORRISSY, Tyson	01-Aug-14	332.5kg	HAYHOW, D	14-Dec-97			
110kg	Deadlift	280kg	OAKENFULL, Jake	01-Dec-13				310kg	MOORE, R	11-Dec-04
125kg	Deadlift	290kg	HOPKINS, G	03-Dec-11	230kg	IRVING, Jack	30-Nov-14			
140kg	Deadlift	345kg	MAHMOUD, Ali	09-Mar-14				280kg	DELICH, S	13-Mar-04
SHW	Deadlift	300kg	MAYNE, Luke	01-Dec-13						

### Senior Men (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift	170kg	BRIGHT, William	31-Oct-14						
56kg	Deadlift									
60kg	Deadlift	191kg	SINGH, Maninder	11-Dec-16						
67.5kg	Deadlift	220kg	VELLA, Luke	01-Dec-13	230kg	HILLS, Greg	14-Dec-97			
75kg	Deadlift	260kg	CABA, Romain	06-Dec-15	255kg	HILLS, Greg	05-Dec-99			
82.5kg	Deadlift	295kg	PARMITER, David	08-Dec-12				282.5kg	TRENTIN, Michael	04-Dec-10
90kg	Deadlift	325kg	HAYHOW, Damon	06-Dec-08				320kg	HAYHOW, D	10-Dec-05
100kg	Deadlift	336kg	PARMITER, David	31-Oct-14				320kg	HAYHOW, D	11-Dec-04
110kg	Deadlift	330kg	MORRISSEY, Tyson	10-Dec-16				330kg	GIAMPAOLO, Billy Joe	13-Dec-03
125kg	Deadlift	330kg	VRLJIC, Michael	09-Mar-14	340kg	GIAMPAOLO, Billy Joe	13-Dec-98			
140kg	Deadlift	330kg	JONES, M	03-Dec-11						
SHW	Deadlift	375kg	McLAREN, George	03-Dec-11				342.5kg	KOLASINAC, S	11-Dec-04

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Sub Masters Men (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift				170kg	SWEENEY, C	10-Dec-95			
67.5kg	Deadlift	202.5kg	PEDIS, Con	01-Dec-13	230kg	GIAMPINO, F	05-Dec-99			
75kg	Deadlift	250kg	PUNSHION, Dale	06-Dec-14	280kg	HILLS, Greg	05-Dec-09	280kg	HILLS, Greg	05-Dec-09
82.5kg	Deadlift	275kg	DE BONO, Joe	01-Dec-13	300kg	SMITH, D	14-Dec-97			
90kg	Deadlift	300kg	McNAUGHT, James	09-Mar-14	315kg	SMITH, D	13-Dec-98			
100kg	Deadlift	290kg	CARROL, Dean	11-Dec-16	280kg	DRAKE, Brent	07-Dec-14	355kg	GIAMPAOLO, Billy Joe	06-Dec-08
110kg	Deadlift	300kg	VENTER, Dirk	02-Aug-14				340kg	NAY, Paul	08-Dec-07
125kg	Deadlift	295kg	GALUVAO, Conrad	02-Aug-14	340kg	BARCLAY, G	14-Dec-97			
140kg	Deadlift	300kg	KUIPERS, Terence	10-Dec-16	350kg	SUGARS, Steve	08-Dec-01			
SHW	Deadlift							350kg	COWAN, D	11-Dec-04

### Masters 1 Men (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift							190kg	RETALLACK, Jack	06-Dec-08
75kg	Deadlift	250kg	HILLS, Greg	01-Dec-13	215kg	ODGERS, A	10-Dec-95			
82.5kg	Deadlift	250kg	ROSS, Nathan	30-Apr-17	250kg	LINDLEY, R	08-Dec-96			
90kg	Deadlift	288kg	DOBONO, Joe	02-Aug-14				336kg	WELSFORD, B	
100kg	Deadlift	256kg	BIGGS, John	06-Dec-15				310kg	SMITH, D	
110kg	Deadlift	300kg	CANN, Daniel	21-Nov-14	330kg	SIMONETTA, V	07-Dec-02			
125kg	Deadlift	352.5kg	NAY, Paul	09-Mar-14	305kg	MORMILE, F	10-Dec-95			
140kg	Deadlift	322.5kg	WRIGHT, Dan	05-Dec-09				370kg	BOYER, D	05-Dec-09
SHW	Deadlift	382.5kg	GLENISTER, Lee	14-Mar-15						

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Masters 2 Men (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift	112.5kg	ROGERS, K	03-Dec-11						
67.5kg	Deadlift									
75kg	Deadlift	197.5kg	RETALLACK, Jack	07-Dec-14	227.5kg	GALATI, Ange	05-Dec-15	175kg	KAYE, D	06-Dec-08
82.5kg	Deadlift	240kg	BUTLER, Andrew	10-Dec-16				205kg	SMITH, K	13-Dec-03
90kg	Deadlift	240kg	JARROTT, Brian	01-Dec-13				195kg	WILLIAMS, S	13-Dec-03
100kg	Deadlift	230kg	TAYLOR, Terry	01-Dec-13				252.5kg	MURRAY, B	10-Dec-05
110kg	Deadlift	261kg	WEATHERALL, Peter	14-Dec-14				300kg	BARCLAY, G	10-Dec-05
125kg	Deadlift				342.5kg	MORMILE, F	08-Dec-01			
140kg	Deadlift	285kg	NICHOLAS, Michael	02-Aug-14						
SHW	Deadlift									

### Masters 3 Men (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	185kg	MANSFIELD, Peter	21-Nov-14						
75kg	Deadlift	192.5kg	TORCASIO, Tony	05-Mar-16				220kg	BRIEN, D	13-Dec-03
82.5kg	Deadlift	230kg	NICHOLSON, Matthew	10-Dec-16						
90kg	Deadlift	185kg	PAOLETTI, Aldo	07-Dec-14	322.5kg	BUTLER, Laurie	13-Dec-98			
100kg	Deadlift	275kg	SIMONETTA, Vince	01-Dec-13	327.5kg	BUTLER, Laurie	14-Dec-97	235kg	CHAMPS, Michael	07-Dec-14
110kg	Deadlift	250kg	GUALA, Alan	05-Dec-15				320kg	TITUS, T	08-Dec-07
125kg	Deadlift	280kg	NICHOLAS, Michael	10-Dec-16				325kg	MORMILE, F	09-Dec-06
140kg	Deadlift	295kg	NICHOLAS, Michael	05-Mar-16						
SHW	Deadlift							330kg	BACH, H	16-Feb-03

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Masters 4 Men (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	237.5kg	AMBROSE, Jim	04-Dec-10				130kg	TRENTIN, M	10-Dec-05
82.5kg	Deadlift	215kg	SMITH, Greg	10-Dec-16				185kg	ANDERSON, D	16-Feb-03
90kg	Deadlift	222.5kg	SMITH, Greg	05-Dec-15	260kg	WILSON, L	08-Dec-96			
100kg	Deadlift	205kg	GIBBS, Terry	01-Dec-13	250kg	WILSON, L	10-Dec-95			
110kg	Deadlift	245KG	ZOLLO, Joe	30-Nov-14	245kg	MURRAY, Barry	05-Dec-15	232.5kg	MURRAY, Barry	01-Dec-13
125kg	Deadlift	280kg	VAUGHAN, W	05-Dec-09						
140kg	Deadlift									
SHW	Deadlift									

### Masters 5 Men (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	230kg	AMBROSE, Jim	03-Dec-11						
82.5kg	Deadlift							190kg	ANDERSON, D	10-Dec-05
90kg	Deadlift	200kg	BASKERVILLE, Peter	06-Mar-16	292.5kg	BUTLER, Laurie	05-Dec-09			
100kg	Deadlift	210kg	BASKERVILLE, Peter	11-Dec-16						
110kg	Deadlift	202.5kg	THOMPSON, J	04-Dec-10						
125kg	Deadlift	330kg	TITUS, Terrence	06-Mar-16						
140kg	Deadlift									
SHW	Deadlift									

## CAPO NATIONAL RECORDS - MEN

## SINGLE LIFT COMPETITION - DEADLIFT

### Masters 6 Men (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift							152.5kg	PENNEY, K	11-Dec-04
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift	232.5kg	BUTLER, Laurie	07-Dec-14						
100kg	Deadlift	200kg	BIRCH, Ron	01-Dec-13	170kg	ROSS, Steve	10-Dec-16			
110kg	Deadlift				205kg	COOK, P	05-Dec-99			
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

### Masters 7 Men (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift	125kg	RIXON, Doug	07-Dec-14						
75kg	Deadlift							190kg	CRAGGS, Maurie	13-Dec-03
82.5kg	Deadlift	142.5kg	COLLINS, Jim	10-Dec-16				110kg	PERRYMAN, E	13-Dec-03
90kg	Deadlift									
100kg	Deadlift	140kg	BREITSAMETER, Wulff	31-May-15	217.5kg	VAN WEENAN, Wim	11-Dec-04			
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT COMPETITION - DEADLIFT

## Masters 8 Men (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift							90kg	GARVIN, J	09-Dec-06
75kg	Deadlift							180kg	CRAGGS, Maurie	08-Dec-07
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

## Masters 9 Men (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift	170kg	CRAGGS, Maurie	07-Dec-13						
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

# CAPO NATIONAL RECORDS - MEN

# SINGLE LIFT COMPETITION - DEADLIFT

## Masters 10 Men (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift									
56kg	Deadlift									
60kg	Deadlift									
67.5kg	Deadlift									
75kg	Deadlift									
82.5kg	Deadlift									
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									