

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	180kg	SU, Ming	10-Dec-17				165kg	WENMAN, D	08-Dec-07
60kg	Deadlift	191kg	SINGH, Maninder	11-Dec-16	195kg	PAL, Selz	09-Dec-17	175kg	WENMAN, D	06-Dec-08
67.5kg	Deadlift	240kg	MILLAR, Corey	16-Feb-19	230kg	HILLS, Greg	14-Dec-97	190kg	RETALLACK, Jack	06-Dec-08
75kg	Deadlift	265kg	MILLAR, Corey	19-Feb-22	280kg	HILLS, Greg	05-Dec-09	280kg	HILLS, Greg	05-Dec-09
82.5kg	Deadlift	300kg	ADALA, Amose	09-Dec-23	300kg	SMITH, D	14-Dec-97	282.5kg	TRENTIN, Michael	04-Dec-10
90kg	Deadlift	327.5kg	McGRATH, Tommy Lee	10-Dec-22	322.5kg	BUTLER, Laurie	13-Dec-98	336kg	WELSFORD, B	13-Dec-03
100kg	Deadlift	350kg	MORRISON, Patrick	09-Dec-23	332.5kg	HAYHOW, Damon	14-Dec-97	355kg	GIAMPAOLO, Billy Joe	06-Dec-08
110kg	Deadlift	331kg	PARNELL, Shane	20-Jan-24	340kg	SHAKESPEARE, Luke	10-Dec-22	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	410kg	MADDOX, Theo	01-Aug-24	350kg	SUGARS, Steve	08-Dec-01	370kg	BOYER, D	05-Dec-09
SHW	Deadlift	382.5kg	GLENISTER, Lee	14-Mar-15	320.5kg	KUIPERS, Terence	07-Dec-19	350kg	COWAN, D	11-Dec-04

Sub Teen Men (10-12)

Unofficial WPC

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift	95kg	O'SHEA, Mitchell	09-Dec-23						
56kg	Deadlift	80kg	KOYA, Ariyan	09-Dec-23						
60kg	Deadlift	105kg	KOCH, Theon	09-Dec-23						
67.5kg	Deadlift	55kg	GORDON-WEST, Xavier	09-Dec-23						
75kg	Deadlift									
82.5kg	Deadlift	130kg	MURPHY, Kobi	19-Feb-22						
90kg	Deadlift									
100kg	Deadlift									
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - DEADLIFT

Teenage 1 Men (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift	105kg	FRISINA, Lucas	07-Dec-19				75kg	SMITH, L	10-Dec-05
56kg	Deadlift	115kg	VARY, Richie	01-Jul-23						
60kg	Deadlift	130kg	TAYLOR, Seth	01-Dec-13				125kg	JARDINE, L	10-Dec-05
67.5kg	Deadlift	190kg	MICHAELS, Jayden	09-Dec-23				150kg	ROGERS, J	09-Dec-06
75kg	Deadlift	215kg	IBLE, Ashton	10-Dec-22	172.5kg	ROZEN, A	08-Dec-01			
82.5kg	Deadlift	165kg	NOUD-WITHERS, Conrad	09-Dec-23				180kg	GORDON, G	09-Dec-06
90kg	Deadlift	141kg	FOXWELL, RJ	09-Dec-23						
100kg	Deadlift	255KG	CLIFFORD, Kelley	14-Nov-24						
110kg	Deadlift	220kg	VISCIGLIO, D	03-Dec-11						
125kg	Deadlift									
140kg	Deadlift	160kg	LEMUELU, Jonathan	09-Dec-23						
SHW	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	120kg	BROWN, Andrew	09-Dec-23						
60kg	Deadlift	125kg	WATSON, Jacob	28-Mar-21				132.5kg	COLLOSS, C	13-Feb-03
67.5kg	Deadlift	187.5kg	RYAN, Mitchell	09-Dec-23				180kg	JARROT, Z	05-Dec-10
75kg	Deadlift	230kg	De BEER, Simon	19-Feb-22				185kg	PATON, N	13-Dec-03
82.5kg	Deadlift	245kg	KENDALL, Michael	10-Dec-22				220kg	BELGROVE, G	10-Dec-05
90kg	Deadlift	250kg	O'FLAHERTY, Rishi	19-Feb-22				230kg	SARIMAN, A	13-Feb-03
100kg	Deadlift	220kg	MORETTI, Jake	09-Dec-17				200kg	BURNETT, M	11-Dec-04
110kg	Deadlift	265kg	McNALLY, Brodie	10-Dec-16	280kg	EDWARDS, N	07-Dec-02			
125kg	Deadlift	150kg	McANDREW, Alex	25-Apr-22				200kg	COUCHY, T	13-Feb-03
140kg	Deadlift	260kg	ROGERS, Will	01-Dec-13						
SHW	Deadlift									

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - 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	205kg	QUADROS, Ashley	11-Feb-23	195kg	STONE, A	11-Dec-94			
75kg	Deadlift	230kg	KAO, Andy	31-Oct-14				195kg	CHRISTODOULOU, A	13-Dec-03
82.5kg	Deadlift	245kg	ABREY, Dominick	09-Dec-23				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				235kg	JANES, Anderson	12-Dec-20
110kg	Deadlift	290kg	GIUBILATO, Matteo	20-Feb-21				215kg	CECIL, A	06-Dec-08
125kg	Deadlift									
140kg	Deadlift							265kg	NIENABETS, Q	10-Dec-05
SHW	Deadlift									

Junior Men (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
		RAW			SINGLE PLY			MULTI PLY		
52kg	Deadlift	160kg	CHIEN, Peter	08-Dec-18						
56kg	Deadlift	180kg	SU, Ming	10-Dec-17						
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	300kg	ADALA, Amose	09-Dec-23	255kg	WILSON, Stephen	05-Dec-15			
90kg	Deadlift	290kg	MIDDLETON, Matthew	04-Dec-10	265kg	KADDOUS, P	11-Dec-94			
100kg	Deadlift	302.5kg	THOMPSON, Shannan	07-Dec-19	332.5kg	HAYHOW, D	14-Dec-97	250kg	JANES, Anderson	09-Dec-23
110kg	Deadlift	307.5kg	WOLFE, Jack	09-Dec-23	240kg	FINDELATOR, Nicholas	11-Dec-21	310kg	MOORE, R	11-Dec-04
125kg	Deadlift	290kg	HOPKINS, G	03-Dec-11	230kg	IRVING, Jack	30-Nov-14			
140kg	Deadlift	410kg	MADDOX, Theo	01-Aug-24				280kg	DELICH, S	13-Mar-04
SHW	Deadlift	320kg	GIANOMI, Jayden	09-Dec-23						

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - DEADLIFT

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	155kg	ROBERTS, Tim	09-Dec-17						
60kg	Deadlift	191kg	SINGH, Maninder	11-Dec-16	195kg	PAL, Selz	09-Dec-17			
67.5kg	Deadlift	240kg	MILLAR, Corey	16-Feb-19	230kg	HILLS, Greg	14-Dec-97			
75kg	Deadlift	265kg	MILLAR, Corey	19-Feb-22	255kg	HILLS, Greg	05-Dec-99	247.5kg	DA COSTA, Sage	10-Dec-22
82.5kg	Deadlift	295kg	PARMITER, David	08-Dec-12				282.5kg	TRENTIN, Michael	04-Dec-10
90kg	Deadlift	327.5kg	McGRATH, Tommy Lee	10-Dec-22	255kg	FERGUSON, Joshua	12-Dec-20	320kg	HAYHOW, D	10-Dec-05
100kg	Deadlift	336kg	PARMITER, David	31-Oct-14	280kg	RIDGE, Jack	09-Dec-17	320kg	HAYHOW, D	11-Dec-04
110kg	Deadlift	330kg	MORRISSEY, Tyson	10-Dec-16	340kg	SHAKESPEARE, Luke	10-Dec-22	330kg	GIAMPAOLO, Billy Joe	13-Dec-03
125kg	Deadlift	330kg	VRJIC, Michael	09-Mar-14	340kg	GIAMPAOLO, Billy Joe	13-Dec-98			
140kg	Deadlift	340kg	WELCH, Jack	09-Dec-23						
SHW	Deadlift	375kg	McLAREN, George	03-Dec-11				342.5kg	KOLASINAC, S	11-Dec-04

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	180kg	SINGH, Maninder	11-Dec-21	170kg	SWEENEY, C	10-Dec-95			
67.5kg	Deadlift	215kg	ELPITIYA BADALGE, Vidu	08-Dec-18	230kg	GIAMPINO, F	05-Dec-99			
75kg	Deadlift	262.5kg	WATT, Michael	11-Dec-21	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	240kg	FAELLA, Justin	28-Oct-23
100kg	Deadlift	350kg	MORRISON, Patrick	09-Dec-23	315kg	CORCORAN, Jamie	09-Dec-23	355kg	GIAMPAOLO, Billy Joe	06-Dec-08
110kg	Deadlift	302.5kg	KELLY, Chris	01-Aug-24	282.5kg	HALL, Clint	07-Dec-19	340kg	NAY, Paul	08-Dec-07
125kg	Deadlift	317.5kg	FLANAGAN, Troy	09-Dec-23	340kg	BARCLAY, G	14-Dec-97			
140kg	Deadlift	330kg	BRADSTOCK, Alex-The Fridge	10-Dec-16	350kg	SUGARS, Steve	08-Dec-01	225kg	SKAROUPKA, Chris	10-Dec-22
SHW	Deadlift	325kg	WROE, Les	09-Dec-23	320kg	ATTA-SINGH, Shane	09-Dec-17	350kg	COWAN, D	11-Dec-04

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - DEADLIFT

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	135kg	NAIR, Shaun	09-Dec-23				190kg	RETALLACK, Jack	06-Dec-08
75kg	Deadlift	255kg	WATT, Michael	10-Dec-22	215kg	ODGERS, A	10-Dec-95			
82.5kg	Deadlift	277.5kg	WATT, Michael	09-Dec-23	250kg	LINDLEY, R	08-Dec-96			
90kg	Deadlift	288kg	DOBONO, Joe	02-Aug-14				336kg	WELSFORD, B	
100kg	Deadlift	305kg	CAROL, Dean	09-Dec-17	270kg	BROWN, Josh	09-Dec-23	310kg	SMITH, D	
110kg	Deadlift	331kg	PARNELL, Shane	20-Jan-24	330kg	SIMONETTA, Vince	07-Dec-02			
125kg	Deadlift	352.5kg	NAY, Paul	09-Mar-14	305kg	MORMILE, F	10-Dec-95			
140kg	Deadlift	365kg	LE ROUX, Eben	12-Dec-20				370kg	BOYER, D	05-Dec-09
SHW	Deadlift	382.5kg	GLENISTER, Lee	14-Mar-15	320.5kg	KUIPERS, Terence	07-Dec-19			

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, Kevin	03-Dec-11						
67.5kg	Deadlift	240kg	ELPITIYA BADALGE, Vidu	09-Dec-23						
75kg	Deadlift	210kg	REYNOLDS, Shane	29-May-22	227.5kg	GALATI, Ange	05-Dec-15	175kg	KAYE, D	06-Dec-08
82.5kg	Deadlift	245kg	RYAN, Heath	10-Dec-22				205kg	SMITH, K	13-Dec-03
90kg	Deadlift	240kg	JARROTT, Brian	01-Dec-13	275kg	GEERS, Steve	08-Dec-18	195kg	WILLIAMS, S	13-Dec-03
100kg	Deadlift	282.5kg	BRAMMALL, Beau	10-Dec-22	305kg	BRAMMALL, Beau	09-Dec-23	252.5kg	MURRAY, Barry	10-Dec-05
110kg	Deadlift	265kg	PARK, Gavin	30-Nov-24	260kg	MITCHELL, Regan	10-Dec-22	300kg	BARCLAY, Geoff	10-Dec-05
125kg	Deadlift	280kg	WALLIN, John	12-Dec-20	342.5kg	MORMILE, Frank	08-Dec-01	240kg	PRYOR, Manatuki	10-Dec-22
140kg	Deadlift	285kg	NICHOLAS, Michael	02-Aug-14						
SHW	Deadlift	180kg	WALKER, Michael	09-Dec-23						

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITON - 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	175kg	PANAGIOTIDIS, Jim	11-Dec-21						
67.5kg	Deadlift	185kg	MANSFIELD, Peter	21-Nov-14						
75kg	Deadlift	227.5kg	RAMSAY, Stephen	16-Feb-19				220kg	BRIEN, D	13-Dec-03
82.5kg	Deadlift	230kg	NICHOLSON, Matthew	10-Dec-16						
90kg	Deadlift	190kg	KINSELLA, Bobby	20-Jan-24	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	275kg	HARNETT, Bill	11-Feb-23				320kg	TITUS, T	08-Dec-07
125kg	Deadlift	280kg	NICHOLAS, Michael	10-Dec-16	260kg	PRYOR, Manatuki	09-Dec-23	325kg	MORMILE, F	09-Dec-06
140kg	Deadlift	295kg	NICHOLAS, Michael	05-Mar-16						
SHW	Deadlift							330kg	BACH, H	16-Feb-03

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	175kg	PANAGIOTIDIS, Jim	14-Nov-24						
75kg	Deadlift	237.5kg	AMBROSE, Jim	04-Dec-10				130kg	TRENTIN, M	10-Dec-05
82.5kg	Deadlift	227.5kg	SMITH, Greg	09-Dec-17				185kg	ANDERSON, D	16-Feb-03
90kg	Deadlift	222.5kg	SMITH, Greg	05-Dec-15	260kg	WILSON, L	08-Dec-96			
100kg	Deadlift	290kg	STEWART, Glen	10-Dec-22	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	320kg	DAVIS, Anthony	09-Dec-23						
140kg	Deadlift	275kg	WISBEY, Leigh	11-Dec-21						
SHW	Deadlift									

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - 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	TANSKA, Kim	10-Dec-22				190kg	ANDERSON, D	10-Dec-05
90kg	Deadlift	200kg	BASKERVILLE, Peter	06-Mar-16	292.5kg	BUTLER, Laurie	05-Dec-09			
100kg	Deadlift	230kg	GREGORY, Garnet	20-Feb-21	200kg	MURRAY, Barry	11-Dec-21			
110kg	Deadlift	260kg	CONWAY, Kevin	08-Dec-18						
125kg	Deadlift	330kg	TITUS, Terrence	06-Mar-16						
140kg	Deadlift	260kg	WISBEY, Leigh	10-Dec-22						
SHW	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	215kg	AMBROSE, Jim	20-Feb-21						
82.5kg	Deadlift	165kg	LINDLEY, Rud	10-Dec-22						
90kg	Deadlift	232.5kg	BUTLER, Laurie	07-Dec-14						
100kg	Deadlift	220kg	BASKERVILLE, Peter	12-Dec-20	190kg	MURRAY, Barry	09-Dec-23			
110kg	Deadlift	300kg	TITUS, TERRENCE	11-Dec-21	205kg	COOK, P	05-Dec-99			
125kg	Deadlift	305kg	TITUS, TERRENCE	10-Dec-22						
140kg	Deadlift									
SHW	Deadlift									

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - 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	205kg	AMBROSE, Jim	19-Feb-22				190kg	CRAGGS, Maurie	13-Dec-03
82.5kg	Deadlift	200kg	AMBROSE, Jim	11-Feb-23				110kg	PERRYMAN, E	13-Dec-03
90kg	Deadlift	107.5kg	HANDSJUK, Leo	08-Dec-18				170kg	BIRCH, Ron	09-Dec-17
100kg	Deadlift	157.5kg	BIRCH, Ron	07-Dec-19	217.5kg	VAN WEENAN, Wim	11-Dec-04	160kg	BIRCH, Ron	08-Dec-18
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	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	120kg	BIRCH, Ron	15-Sep-24						
100kg	Deadlift							130kg	BIRCH, Ron	09-Dec-23
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									

CAPO NATIONAL RECORDS - MEN

SINGLE LIFT COMPETITION - 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	160.5kg	LEITCH, Campbell	09-Dec-23						
90kg	Deadlift	156kg	ZWAAN, Adrian	10-Dec-22						
100kg	Deadlift									
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	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	142.5kg	CRAGGS, Maurie	11-May-19						
82.5kg	Deadlift	145kg	ZWAAN, Adrian	25-Apr-23						
90kg	Deadlift	150kg	ZWAAN, Adrian	09-Dec-23						
100kg	Deadlift									
110kg	Deadlift									
125kg	Deadlift									
140kg	Deadlift									
SHW	Deadlift									