

Open Men

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	60kg	SMITH, L	13-Aug-05			
	Bench	25kg	SMITH, L	13-Aug-05			
	Deadlift	82.5kg	SMITH, L	13-Aug-05			
	Total	167.5kg	SMITH, L	13-Aug-05			
56kg	Squat	170kg	ZALCMAN, A	30-Mar-03			
	Bench	95kg	ZALCMAN, A	30-Mar-03			
	Deadlift	185.5kg	ZALCMAN, A	03-May-03			
	Total	450kg	ZALCMAN, A	30-Mar-03			
60kg	Squat	227.5kg	ZALCMAN, A	03-Nov-06			
	Bench	130kg	ZALCMAN, A	03-Nov-06			
	Deadlift	217.5kg	BEVINS, D	23-Apr-05			
	Total	552.5kg	ZALCMAN, A	03-Nov-06			
67.5kg	Squat	250kg	HILLS, Greg	09-Aug-09			
	Bench	120kg	ZALCMAN, A	06-Mar-04			
	Deadlift	251kg	HILLS, Greg	09-Aug-09			
	Total	541.5kg	HILLS, Greg	09-Aug-09			
75kg	Squat	250.5kg	GALATI, Ange	05-Aug-06			
	Bench	240kg	GALATI, Ange	05-Aug-06			
	Deadlift	260kg	STANTON, J	14-Aug-05			
	Total	740kg	GALATI, Ange	05-Aug-06			
82.5kg	Squat	290kg	LINDLEY, C	03-Nov-05			
	Bench	237.5kg	GALATI, Ange	08-Aug-04			
	Deadlift	255kg	RILEY, Johnny	10-Aug-13			
	Total	677.5kg	LINDLEY, C	14-Aug-05			
90kg	Squat	315kg	LAM, Jeff	27-Aug-11			
	Bench	255kg	LAM, Leff	26-Aug-12			
	Deadlift	300kg	HAYHOW, D	24-Apr-04			
	Total	850kg	LAM, Jeff	27-Aug-11			
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	400kg	NAY, Paul	03-Nov-05			
	Bench	250.5kg	NAY, Paul	03-Nov-05			
	Deadlift	360kg	GIAMPAOLI, Billy Joe	01-Nov-06			
	Total	965.5kg	NAY, Paul	03-Nov-05			
125kg	Squat	385kg	BROWN, Steve	04-Oct-08			
	Bench	275kg	NAY, Paul	14-Aug-10			
	Deadlift	330kg	TITUS, Terrance	05-Aug-07			
	Total	910kg	NAY, Paul	24-Apr-04			
140kg	Squat	360kg	HOWLETT, Wayne	27-Aug-11			
	Bench	260kg	BOSTOCK, Shaun	29-Nov-03			
	Deadlift	332.5kg	WRIGHT, Dan	27-Aug-11			
	Total	915kg	WRIGHT, Dan	27-Aug-11			
SHW	Squat	365kg	PIANKO, M	03-Aug-03			
	Bench	270kg	COWAN, D	01-May-04			
	Deadlift	315kg	BACH, H	07-Aug-04			
	Total	870kg	BACH, H	25-Apr-10			

Teenage 1 Men (13-15)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	62.5kg	DISTEFANO, D	03-Aug-07			
	Bench	50kg	SMITH, L	13-Aug-05			
	Deadlift	82.5kg	DISTEFANO, D	03-Aug-07			
	Total	182.5kg	DISTEFANO, D	03-Aug-07			
56kg	Squat	110kg	JARDINE, L	13-Aug-05			
	Bench	70kg	JARDINE, L	13-Aug-05			
	Deadlift	115kg	JARDINE, L	13-Aug-05			
	Total	287.5kg	JARDINE, L	13-Aug-05			
60kg	Squat	140kg	JARDINE, L	05-Aug-06			
	Bench	98kg	JARDINE, L	05-Aug-06			
	Deadlift	155kg	JARDINE, L	05-Aug-06			
	Total	285kg	JARDINE, L	05-Aug-06			
67.5kg	Squat	140kg	JARROTT, Zac	04-Aug-07			
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	110kg	MATTHEWS, B	18-May-03			
	Bench						
	Deadlift	165kg	MATTHEWS, B	18-May-03			
	Total	355kg	MATTHEWS, B	18-May-03			
100kg	Squat	110kg	MATTHEWS, B	26-Apr-03			
	Bench	85kg	MATTHEWS, B	30-Mar-03			
	Deadlift	160kg	MATTHEWS, B	26-Apr-03			
	Total	350kg	MATTHEWS, B	26-May-03			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	235kg	MACRI, Dan	17-Nov-04			
	Bench	147.5kg	MACRI, Dan	17-Nov-04			
	Deadlift	230kg	MACRI, Dan	17-Nov-04			
	Total	600kg	MACRI, Dan	17-Nov-04			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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	145kg	BERMINGHAM, T	02-Aug-03			
	Bench	85kg	BERMINGHAM, T	02-Aug-03			
	Deadlift	180kg	BERMINGHAM, T	02-Aug-03			
	Total	400kg	BERMINGHAM, T	02-Aug-03			
67.5kg	Squat	160kg	JARROTT, Zac	26-Apr-09			
	Bench	100kg	JARDINE, L	12-May-07			
	Deadlift	205kg	STRATTON, B	02-Aug-03			
	Total	437.5kg	STRATTON, B	02-Aug-03			
75kg	Squat	180kg	ERDELYI, M	04-May-08			
	Bench	110kg	DOUEK, Michael	04-Oct-08			
	Deadlift	200kg	PARSONS, N	28-Mar-04			
	Total	472.5kg	DOUEK, Michael	04-Oct-08			
82.5kg	Squat	170kg	MUNRO, Kelly	04-Oct-08			
	Bench	130kg	BELGROVE, G	30-Apr-05			
	Deadlift	210kg	BELGROVE, G	30-Apr-05			
	Total	500kg	BELGROVE, G	13-Aug-05			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	177.5kg	BURNETT, M	28-Feb-04			
	Bench	115kg	BURNETT, M	07-Aug-04			
	Deadlift	192.5kg	BURNETT, M	07-Aug-04			
	Total	482.5kg	BURNETT, M	07-Aug-04			
110kg	Squat						
	Bench	140kg	EDWARDS, N	03-Aug-04			
	Deadlift	270kg	EDWARDS, N	03-Aug-04			
	Total	670kg	EDWARDS, N	03-Aug-04			
125kg	Squat	300kg	MACRI, D	03-Nov-05			
	Bench	175kg	MACRI, D	03-Nov-05			
	Deadlift	242.5kg	MACRI, D	03-Nov-05			
	Total	717.5kg	MACRI, D	03-Nov-05			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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	85kg	WENMAN, D	13-May-06			
	Bench	60kg	WENMAN, D	13-May-06			
	Deadlift	120kg	WENMAN, D	13-May-06			
	Total	265kg	WENMAN, D	13-May-06			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	170kg	CHRISTODOULOU, A	02-Aug-03			
	Bench	96kg	CHRISTODOULOU, A	02-Aug-03			
	Deadlift	185.5kg	CHRISTODOULOU, A	02-Aug-03			
	Total						
75kg	Squat						
	Bench	132.5kg	JEFFRIES, M	08-Nov-03			
	Deadlift						
	Total						
82.5kg	Squat						
	Bench	150kg	BELGROVE, G	22-Apr-06			
	Deadlift	247.5kg	BELGROVE, G	04-Aug-07			
	Total	607.5	BELGROVE, G	04-Aug-07			
90kg	Squat						
	Bench	175kg	WALLACE, Nathan	04-Aug-07			
	Deadlift						
	Total						
100kg	Squat	375kg	BURROWS, Jesse	12-Apr-14			
	Bench	230kg	BURROWS, Jesse	12-Apr-14			
	Deadlift	302.5kg	BURROWS, Jesse	12-Apr-14	301kg	EL ACHKAR, Firas	22-Oct-11
	Total	907.5kg	BURROWS, Jesse	12-Apr-14			
110kg	Squat						
	Bench						
	Deadlift	300kg	EDWARDS, N	08-Mar-03			
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	300kg	MAYNE, Luke	31-Mar-12			
	Bench	240kg	MACRI, D	12-Jul-08			
	Deadlift	265kg	MAYNE, Luke	31-Mar-12			
	Total	780kg	MAYNE, Luke	31-Mar-12			

CAPO NATIONAL RECORDS -MEN

3-LIFT - MULTI 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	170kg	ZALCMAN, A	30-Mar-03			
	Bench	95kg	ZALCMAN, A	30-Mar-03			
	Deadlift	185.5kg	ZALCMAN, A	03-May-03			
	Total	450kg	ZALCMAN, A	03-May-03			
60kg	Squat	200kg	ZALCMAN, A	03-Aug-03			
	Bench	122.5kg	ZALCMAN, A	03-Aug-03			
	Deadlift	215kg	ZALCMAN, A	03-Aug-03			
	Total	537.5kg	ZALCMAN, A	03-Aug-03			
67.5kg	Squat	185kg	ZALCMAN, A	06-Mar-04			
	Bench	120kg	ZALCMAN, A	06-Mar-04			
	Deadlift	225kg	VELLA, Luke	15-Aug-10			
	Total	525kg	VELLA, Luke	15-Aug-10			
75kg	Squat	212.5kg	TRENTIN, Michael	01-Nov-06			
	Bench	165kg	TRENTIN, Michael	01-Nov-06			
	Deadlift	230kg	TRENTIN, Michael	01-Nov-06			
	Total	607.5kg	TRENTIN, Michael	01-Nov-06			
82.5kg	Squat	290kg	LINDLEY, C	03-Nov-05			
	Bench	195kg	LINDLEY, C	03-Nov-05			
	Deadlift	255kg	RILEY, Johnny	10-Aug-13	250.5kg	WEINSER, A	04-Aug-07
	Total	677.5kg	LINDLEY, C	14-Aug-05			
90kg	Squat	280kg	VERMISH, Rhys	25-Aug-12			
	Bench	205kg	HUXLEY, R	05-Aug-06			
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	75kg	COLLIER, Steven	30-Apr-17			
	Bench	25kg	COLLIER, Steven	30-Apr-17			
	Deadlift	75kg	COLLIER, Steven	30-Apr-17			
	Total	175kg	COLLIER, Steven	30-Apr-17			
125kg	Squat	320kg	SHERIDAN, John	27-Aug-11			
	Bench	210kg	VAN BEUNINGEN, M	04-Aug-07			
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift	272.5kg	NIENABER, Q	22-Apr-06			
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
60kg	Squat	227.5kg	ZALCMAN, A	03-Nov-06			
	Bench	130kg	ZALCMAN, A	03-Nov-06			
	Deadlift						
	Total	552.5kg	ZALCMAN, A	03-Nov-06			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	260kg	CARLISLE, Ray	03-Aug-14			
	Bench	165kg	CARLISLE, Ray	03-Aug-14			
	Deadlift	230kg	CARLISLE, Ray	03-Aug-14			
	Total	655kg	CARLISLE, Ray	03-Aug-14			
90kg	Squat	305kg	LINDLEY, C	05-Aug-06			
	Bench	255kg	LAM, Leff	26-Aug-12			
	Deadlift	300kg	HAYHOW, D	24-Apr-04			
	Total	807.5kg	LAM, Leff	15-Aug-10			
100kg	Squat	317.5kg	TRAN-CONG, David	14-Mar-15	315kg	TRAN-CONG, David	29-Nov-14
	Bench	210kg	TRAN-CONG, David	29-Nov-14			
	Deadlift	280kg	TRAN-CONG, David	14-Mar-15	275kg	TRAN-CONG, David	29-Nov-14
	Total	800kg	TRAN-CONG, David	29-Nov-14			
110kg	Squat						
	Bench						
	Deadlift	360kg	GIAMPAOLI, Billy Joe	01-Nov-06			
	Total						
125kg	Squat	350.5kg	NAY, Paul	24-Apr-04			
	Bench	272.5kg	TYE, S	03-Aug-03			
	Deadlift						
	Total	910kg	NAY, Paul	24-Apr-04			
140kg	Squat	275kg	HUNT, Will	03-Aug-14			
	Bench	240kg	HUNT, Will	03-Aug-14			
	Deadlift	375kg	HUNT, Will	03-Aug-14			
	Total	790kg	HUNT, Will	03-Aug-14			
SHW	Squat	365kg	PIANKO, M	03-Aug-03			
	Bench	270kg	COWAN, D	01-May-04			
	Deadlift						
	Total						

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	182.5kg	BEVINS, D	23-Apr-05			
	Bench	120kg	FIGUEROA, J	12-Jul-08			
	Deadlift	217.5kg	BEVINS, D	23-Apr-05			
	Total	507.5kg	BEVINS, D	23-Apr-05			
67.5kg	Squat	250kg	HILLS, Greg	09-Aug-09			
	Bench						
	Deadlift	251kg	HILLS, Greg	09-Aug-09			
	Total	541.5kg	HILLS, Greg	09-Aug-09			
75kg	Squat	250.5kg	GALATI, Ange	05-Aug-06			
	Bench	240kg	GALATI, Ange	05-Aug-06			
	Deadlift	250kg	GALATI, Ange	05-Aug-06			
	Total	740kg	GALATI, Ange	05-Aug-06			
82.5kg	Squat						
	Bench	237.5kg	GALATI, Ange	08-Aug-04			
	Deadlift						
	Total						
90kg	Squat	315kg	LAM, Jeff	27-Aug-11			
	Bench	245kg	LAM, Jeff	12-May-11			
	Deadlift	235kg	FAELLA, Justin	18-May-19			
	Total	850kg	LAM, Jeff	27-Aug-11			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	400kg	NAY, Paul	03-Nov-05			
	Bench	250.5kg	NAY, Paul	03-Nov-05			
	Deadlift	315kg	NAY, Paul	03-Nov-05			
	Total	965.5kg	NAY, Paul	03-Nov-05			
125kg	Squat	325kg	NAY, Paul	04-Aug-02			
	Bench	262.5kg	NAY, Paul	04-Oct-08			
	Deadlift						
	Total	877.5kg	NAY, Paul	29-Nov-03			
140kg	Squat	305kg	GIRVAN,	29-Nov-03			
	Bench	260kg	BOSTOCK, Shaun	29-Nov-03			
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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	235kg	RAMSAY, Stephen	27-Aug-11			
	Bench	130kg	RAMSAY, Stephen	27-Aug-11			
	Deadlift	240kg	RAMSAY, Stephen	27-Aug-11			
	Total	605kg	RAMSAY, Stephen	27-Aug-11			
75kg	Squat	230kg	RAMSAY, Stephen	29-May-11			
	Bench	145kg	JINETTE, J	08-May-11			
	Deadlift	260kg	STANTON, J	14-Aug-05			
	Total						
82.5kg	Squat	250kg	JARROTT, Brian	26-Apr-09			
	Bench						
	Deadlift						
	Total						
90kg	Squat	190kg	JOHNSON, Simon	18-May-19			
	Bench	105kg	JOHNSON, Simon	18-May-19			
	Deadlift	200kg	JOHNSON, Simon	18-May-19			
	Total	475kg	JOHNSON, Simon	18-May-19			
100kg	Squat	350kg	HAINS, Brendan	27-Aug-11			
	Bench	225kg	STRINGER, S	01-May-04			
	Deadlift						
	Total	810kg	BROWN, Chris	14-Aug-05			
110kg	Squat	347.5kg	SIMONETTA, Vince	03-Aug-03			
	Bench	175kg	SIMONETTA, Vince	03-Aug-03			
	Deadlift	340kg	SIMONETTA, Vince	03-Aug-03			
	Total	862.5kg	SIMONETTA, Vince	03-Aug-03			
125kg	Squat						
	Bench	275kg	NAY, Paul	14-Aug-10			
	Deadlift						
	Total						
140kg	Squat	350kg	WRIGHT, Dan	27-Aug-11			
	Bench	232.5kg	WRIGHT, Dan	27-Aug-11			
	Deadlift	332.5kg	WRIGHT, Dan	27-Aug-11			
	Total	915kg	WRIGHT, Dan	27-Aug-11			
SHW	Squat	330kg	WRIGHT, Dan	25-Apr-10			
	Bench	230kg	WRIGHT, Dan	25-Apr-10			
	Deadlift	310kg	WRIGHT, Dan	25-Apr-10			
	Total	870kg	WRIGHT, Dan	25-Apr-10			

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						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench	173kg	BALESTRA, F	16-May-04			
	Deadlift						
	Total						
82.5kg	Squat	227.5kg	RAMSAY, Stephen	11-Aug-13	175kg	SMITH, K	10-May-03
	Bench	152.5kg	RAMSAY, Stephen	11-Aug-13	110kg	SMITH, K	10-May-03
	Deadlift	247.5kg	RAMSAY, Stephen	11-Aug-13	202.5kg	SMITH, K	02-Aug-03
	Total	627.5kg	RAMSAY, Stephen	11-Aug-13	485kg	SMITH, K	10-May-03
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	230kg	STEWART, Glen	29-May-16			
	Bench	210kg	STRINGER, S	13-May-06			
	Deadlift	230kg	STEWART, Glen	29-May-16			
	Total	600kg	STEWART, Glen	29-May-16			
110kg	Squat	325kg	BROWN, Steve	05-Aug-07			
	Bench	185kg	NICHOLAS, Michael	14-Aug-10			
	Deadlift						
	Total	785kg	BROWN, Steve	05-Aug-07			
125kg	Squat	385kg	BROWN, Steve	04-Oct-08			
	Bench	201kg	SANDOW, G	12-Aug-07			
	Deadlift	285kg	BROWN, Steve	04-Oct-08			
	Total	870kg	BROWN, Steve	04-Oct-08			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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	220kg	BRIEN, D	02-Aug-03			
	Bench	120kg	GOUJON, P	02-Aug-03			
	Deadlift	220kg	BRIEN, D	04-May-03			
	Total	542.5kg	BRIEN, D	02-Aug-03			
82.5kg	Squat	180kg	SMITH, K	01-May-04			
	Bench	120kg	GOUJON, P	08-Aug-04			
	Deadlift	190kg	SMITH, K	01-May-04			
	Total	485kg	SMITH, K	01-May-04			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	240kg	HAMBLING, Mark	02-Aug-14			
	Bench	140kg	HAMBLING, Mark	02-Aug-14			
	Deadlift	220kg	HAMBLING, Mark	02-Aug-14			
	Total	600kg	HAMBLING, Mark	02-Aug-14			
110kg	Squat						
	Bench	195kg	TITUS, Terrance	22-Apr-06			
	Deadlift	310.5kg	TITUS, Terrance	05-Aug-06			
	Total						
125kg	Squat	355kg	TITUS, Terrance	14-Aug-10			
	Bench	200kg	TITUS, Terrance	14-Aug-10			
	Deadlift	330kg	TITUS, Terrance	05-Aug-07			
	Total	880kg	TITUS, Terrance	14-Aug-10			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	220kg	BACH, H	02-Aug-03			
	Bench	165kg	BACH, H	02-Aug-03			
	Deadlift	300kg	BACH, H	02-Aug-03			
	Total	685kg	BACH, H	02-Aug-03			

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	195kg	AMBROSE, Jim	29-May-11			
	Bench	140kg	AMBROSE, Jim	29-May-11			
	Deadlift	235kg	AMBROSE, Jim	29-May-11			
	Total	570kg	AMBROSE, Jim	29-May-11			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	200kg	MURRAY, Barry	25-Apr-17			
	Bench	165kg	MURRAY, Barry	25-Apr-17			
	Deadlift	220kg	MURRAY, Barry	25-Apr-17			
	Total	585kg	MURRAY, Barry	25-Apr-17			
125kg	Squat	325kg	VAUGHN, Wayne	14-Aug-10			
	Bench	195kg	TITUS, Terrence	27-Aug-11			
	Deadlift	325kg	TITUS, Terrence	27-Aug-11			
	Total	845kg	TITUS, Terrence	27-Aug-11			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	235kg	BACH, H	07-Aug-04			
	Bench	150kg	BACH, H	07-Aug-04			
	Deadlift	315kg	BACH, H	07-Aug-04			
	Total	700kg	BACH, H	07-Aug-04			

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	195kg	AMBROSE, Jim	27-Aug-11			
	Bench	135kg	AMBROSE, Jim	27-Aug-11			
	Deadlift	237.5kg	AMBROSE, Jim	27-Aug-11			
	Total	567.5kg	AMBROSE, Jim	27-Aug-11			
82.5kg	Squat	170kg	BORG, R	22-Feb-04			
	Bench	122.5kg	BORG, R	06-Mar-04			
	Deadlift	206kg	BORG, R	09-May-04			
	Total	490kg	BORG, R	09-May-04			
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 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	95kg	PENNEY, K	14-Aug-05			
	Bench	77.5kg	PENNEY, K	14-Aug-05			
	Deadlift	155kg	PENNEY, K	14-Aug-05			
	Total	327.5kg	PENNEY, K	14-Aug-05			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	175kg	BORG, R	05-Aug-07			
	Bench	120kg	BORG, R	07-Aug-04			
	Deadlift	215kg	BORG, R	05-Aug-07			
	Total	500kg	BORG, R	05-Aug-07			
90kg	Squat	175kg	BORG, R	28-Apr-07			
	Bench	122.5kg	BORG, R	28-Apr-07			
	Deadlift	215kg	BORG, R	28-Apr-07			
	Total	512.5kg	BORG, R	28-Apr-07			
100kg	Squat	165kg	BIRCH, Ron	26-Apr-14			
	Bench	120kg	BIRCH, Ron	26-Apr-14			
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench	95kg	MILLER, J	03-May-03			
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	170kg	VAN WEENAN, W	07-Aug-04			
	Bench	102.5kg	VAN WEENAN, W	07-Aug-04			
	Deadlift	225kg	VAN WEENAN, W	07-Aug-04			
	Total	497.5kg	VAN WEENAN, W	07-Aug-04			
100kg	Squat	180kg	VAN WEENAN, W	09-May-04			
	Bench	107.5kg	BIRCH, Ron	30-Apr-17	105kg	VAN WEENAN, W	28-Mar-04
	Deadlift	222.5kg	VAN WEENAN, W	23-Apr-05			
	Total	505kg	VAN WEENAN, W	09-May-04			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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	160kg	CRAGGS, M	05-Aug-07			
	Bench	90kg	CRAGGS, M	05-Aug-07			
	Deadlift	170kg	CRAGGS, M	05-Aug-07			
	Total	420kg	CRAGGS, M	05-Aug-07			
82.5kg	Squat	145kg	BORG, Reno	10-May-14			
	Bench	100kg	BORG, Reno	10-May-14			
	Deadlift	192.5kg	BORG, Reno	10-May-14			
	Total	437.5kg	BORG, Reno	10-May-14			
90kg	Squat	165kg	BORG, Reno	02-Aug-14			
	Bench	110kg	BORG, Reno	02-Aug-14			
	Deadlift	190kg	BORG, Reno	02-Aug-14			
	Total	465kg	BORG, Reno	02-Aug-14			
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						
	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						

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						
	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						