

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, Adrian	30-Mar-03			
	Bench	95kg	ZALCMAN, Adrian	30-Mar-03			
	Deadlift	185.5kg	ZALCMAN, Adrian	03-May-03			
	Total	450kg	ZALCMAN, Adrian	30-Mar-03			
60kg	Squat	227.5kg	ZALCMAN, Adrian	03-Nov-06			
	Bench	130kg	ZALCMAN, Adrian	03-Nov-06			
	Deadlift	217.5kg	BEVINS, D	23-Apr-05			
	Total	552.5kg	ZALCMAN, Adrian	03-Nov-06			
67.5kg	Squat	250kg	HILLS, Greg	09-Aug-09			
	Bench	120kg	ZALCMAN, Adrian	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, Cameron	03-Nov-05			
	Bench	237.5kg	GALATI, Ange	08-Aug-04			
	Deadlift	260kg	TRENTIN, Michael	27-Aug-11			
	Total	677.5kg	LINDLEY, Cameron	14-Aug-05			
90kg	Squat	315kg	LAM, Jeff	27-Aug-11			
	Bench	255kg	LAM, Leff	26-Aug-12			
	Deadlift	300kg	HAYHOW, Damien	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	370kg	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, Michael	03-Aug-03			
	Bench	270kg	COWAN, Dean	01-May-04			
	Deadlift	372.5kg	McLAREN, George	27-Aug-11			
	Total	902.5kg	McLAREN, George	27-Aug-11			

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	80kg	MATTHEWS, B	18-May-03			
	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, Guy	30-Apr-05			
	Deadlift	210kg	BELGROVE, Guy	30-Apr-05			
	Total	500kg	BELGROVE, Guy	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	260kg	EDWARDS, Nathan	03-Aug-04			
	Bench	140kg	EDWARDS, Nathan	03-Aug-04			
	Deadlift	270kg	EDWARDS, Nathan	03-Aug-04			
	Total	670kg	EDWARDS, Nathan	03-Aug-04			
125kg	Squat	300kg	MACRI, Daniel	03-Nov-05			
	Bench	175kg	MACRI, Daniel	03-Nov-05			
	Deadlift	242.5kg	MACRI, Daniel	03-Nov-05			
	Total	717.5kg	MACRI, Daniel	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	450kg	CHRISTODOULOU, A	02-Aug-03			
75kg	Squat						
	Bench	132.5kg	JEFFRIES, M	08-Nov-03			
	Deadlift						
	Total						
82.5kg	Squat	210kg	BELGROVE, Guy	04-Aug-07			
	Bench	150kg	BELGROVE, Guy	22-Apr-06			
	Deadlift	247.5kg	BELGROVE, Guy	04-Aug-07			
	Total	607.5	BELGROVE, Guy	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	300kg	EDWARDS, Nathan	02-Aug-03			
	Bench	145kg	EDWARDS, Nathan	02-Aug-03			
	Deadlift	300kg	EDWARDS, Nathan	08-Mar-03			
	Total	745kg	EDWARDS, Nathan	02-Aug-03			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat	300kg	MAYNE, Luke	31-Mar-12			
	Bench	240kg	MACRI, Daniel	12-Jul-08			
	Deadlift	265kg	MAYNE, Luke	31-Mar-12			
	Total	780kg	MAYNE, Luke	31-Mar-12			

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, Adrian	30-Mar-03			
	Bench	95kg	ZALCMAN, Adrian	30-Mar-03			
	Deadlift	185.5kg	ZALCMAN, Adrian	03-May-03			
	Total	450kg	ZALCMAN, Adrian	03-May-03			
60kg	Squat	200kg	ZALCMAN, Adrian	03-Aug-03			
	Bench	122.5kg	ZALCMAN, Adrian	03-Aug-03			
	Deadlift	215kg	ZALCMAN, Adrian	03-Aug-03			
	Total	537.5kg	ZALCMAN, Adrian	03-Aug-03			
67.5kg	Squat	185kg	ZALCMAN, Adrian	06-Mar-04			
	Bench	120kg	ZALCMAN, Adrian	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, Cameron	03-Nov-05			
	Bench	195kg	LINDLEY, Cameron	03-Nov-05			
	Deadlift	255kg	RILEY, Johnny	10-Aug-13	250.5kg	WEINSER, A	04-Aug-07
	Total	677.5kg	LINDLEY, Cameron	14-Aug-05			
90kg	Squat	280kg	VERMISH, Rhys	25-Aug-12			
	Bench	205kg	HUXLEY, Richard	05-Aug-06			
	Deadlift	260kg	VERMISH, Rhys	25-Aug-12			
	Total	707.5kg	VERMISH, Rhys	25-Aug-12			
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, Matt	04-Aug-07			
	Deadlift	210kg	SHERIDAN, John	27-Aug-11			
	Total	700kg	SHERIDAN, John	27-Aug-11			
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, Adrian	03-Nov-06			
	Bench	130kg	ZALCMAN, Adrian	03-Nov-06			
	Deadlift	195kg	ZALCMAN, Adrian	03-Nov-06			
	Total	552.5kg	ZALCMAN, Adrian	03-Nov-06			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	220kg	D'COSTA, Sage	25-Apr-22			
	Bench	155kg	D'COSTA, Sage	25-Apr-22			
	Deadlift	240kg	D'COSTA, Sage	25-Apr-22			
	Total	615kg	D'COSTA, Sage	25-Apr-22			
82.5kg	Squat	260kg	CARLISLE, Ray	03-Aug-14			
	Bench	180kg	TRENTIN, Michael	27-Aug-11			
	Deadlift	260kg	TRENTIN, Michael	27-Aug-11			
	Total	665kg	TRENTIN, Michael	27-Aug-11			
90kg	Squat	305kg	LINDLEY, Cameron	05-Aug-06			
	Bench	255kg	LAM, Leff	26-Aug-12			
	Deadlift	300kg	HAYHOW, Damien	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, Steve	03-Aug-03			
	Deadlift		NAY, Paul	24-Apr-04			
	Total	910kg	NAY, Paul	24-Apr-04			
140kg	Squat	370kg	HOWLETT, Wayne	27-Aug-11			
	Bench	240kg	HUNT, Will	03-Aug-14			
	Deadlift	375kg	HUNT, Will	03-Aug-14			
	Total	870kg	HOWLETT, Wayne	27-Aug-11			
SHW	Squat	365kg	PIANKO, Michael	03-Aug-03			
	Bench	270kg	COWAN, Dean	01-May-04			
	Deadlift	372.5kg	McLAREN, George	27-Aug-11			
	Total	902.5kg	McLAREN, George	27-Aug-11			

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, Derek	23-Apr-05			
	Bench	120kg	FIGUEROA, James	12-Jul-08			
	Deadlift	217.5kg	BEVINS, Derek	23-Apr-05			
	Total	507.5kg	BEVINS, Derek	23-Apr-05			
67.5kg	Squat	250kg	HILLS, Greg	09-Aug-09			
	Bench	140kg	HILLS, Greg	09-Aug-09			
	Deadlift	251kg	HILLS, Greg	09-Aug-09			
	Total	640kg	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	70kg	GALATI, Ange	08-Aug-04			
	Bench	237.5kg	GALATI, Ange	08-Aug-04			
	Deadlift	65kg	GALATI, Ange	08-Aug-04			
	Total	372.5kg	GALATI, Ange	08-Aug-04			
90kg	Squat	315kg	LAM, Jeff	27-Aug-11			
	Bench	245kg	LAM, Jeff	12-May-11			
	Deadlift	295kg	LAM, Jeff	27-Aug-11			
	Total	850kg	LAM, Jeff	27-Aug-11			
100kg	Squat	255kg	COLEIRO, Kristian	25-Apr-22			
	Bench	150kg	COLEIRO, Kristian	25-Apr-22			
	Deadlift	220kg	COLEIRO, Kristian	25-Apr-22			
	Total	625kg	COLEIRO, Kristian	25-Apr-22			
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	310kg	NAY, Paul	04-Aug-02			
	Total	877.5kg	NAY, Paul	29-Nov-03			
140kg	Squat	305kg	GIRVAN, Marty	29-Nov-03			
	Bench	260kg	BOSTOCK, Shaun	29-Nov-03			
	Deadlift	280kg	GIRVAN, Marty	02-Aug-03			
	Total	780kg	GIRVAN, Marty	02-Aug-03			
SHW	Squat	290kg	TULLO, Adrian	27-Aug-11			
	Bench	240kg	TULLO, Adrian	27-Aug-11			
	Deadlift	330kg	TULLO, Adrian	27-Aug-11			
	Total	855kg	TULLO, Adrian	27-Aug-11			

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	500kg	RETALLACK, Jack	27-Aug-11			
82.5kg	Squat	250kg	JARROTT, Brian	26-Apr-09			
	Bench						
	Deadlift						
	Total						
90kg	Squat	280kg	JARROTT, Brian	27-Aug-11			
	Bench	160kg	JARROTT, Brian	27-Aug-11			
	Deadlift	255kg	JARROTT, Brian	27-Aug-11			
	Total	695kg	JARROTT, Brian	27-Aug-11			
100kg	Squat	350kg	HAINS, Brendan	27-Aug-11			
	Bench	225kg	STRINGER, Shane	01-May-04			
	Deadlift	270kg	HAINS, Brendan	27-Aug-11			
	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			

CAPO NATIONAL RECORDS -MEN

3-LIFT - MULTI 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						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench	173kg	BALESTRA, Frank	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	260kg	SUTTON, PETE	30-Apr-22			
	Bench	200kg	SUTTON, PETE	30-Apr-22			
	Deadlift	250kg	SUTTON, PETE	30-Apr-22			
	Total	710kg	SUTTON, PETE	30-Apr-22			
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	290kg	BROWN, Steve	05-Aug-07			
	Total	785kg	BROWN, Steve	05-Aug-07			
125kg	Squat	385kg	BROWN, Steve	04-Oct-08			
	Bench	201kg	SANDOW, Grant	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, Danny	02-Aug-03			
	Bench	120kg	GOUJON, Peter	02-Aug-03			
	Deadlift	220kg	BRIEN, Danny	04-May-03			
	Total	542.5kg	BRIEN, Danny	02-Aug-03			
82.5kg	Squat	180kg	SMITH, Ken	01-May-04			
	Bench	120kg	GOUJON, Peter	08-Aug-04			
	Deadlift	190kg	SMITH, Ken	01-May-04			
	Total	485kg	SMITH, Ken	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	310kg	TITUS, Terrance	05-Aug-06			
	Bench	195kg	TITUS, Terrance	22-Apr-06			
	Deadlift	310.5kg	TITUS, Terrance	05-Aug-06			
	Total	805kg	TITUS, Terrance	05-Aug-06			
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, Henning	02-Aug-03			
	Bench	165kg	BACH, Henning	02-Aug-03			
	Deadlift	300kg	BACH, Henning	02-Aug-03			
	Total	685kg	BACH, Henning	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, Henning	07-Aug-04			
	Bench	150kg	BACH, Henning	07-Aug-04			
	Deadlift	315kg	BACH, Henning	07-Aug-04			
	Total	700kg	BACH, Henning	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, Reno	22-Feb-04			
	Bench	122.5kg	BORG, Reno	06-Mar-04			
	Deadlift	206kg	BORG, Reno	09-May-04			
	Total	490kg	BORG, Reno	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, Reno	05-Aug-07			
	Bench	120kg	BORG, Reno	07-Aug-04			
	Deadlift	215kg	BORG, Reno	05-Aug-07			
	Total	500kg	BORG, Reno	05-Aug-07			
90kg	Squat	175kg	BORG, Reno	28-Apr-07			
	Bench	122.5kg	BORG, Reno	28-Apr-07			
	Deadlift	215kg	BORG, Reno	28-Apr-07			
	Total	512.5kg	BORG, Reno	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						

CAPO NATIONAL RECORDS -MEN

3-LIFT - MULTI 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						
	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, Maurie	05-Aug-07			
	Bench	90kg	CRAGGS, Maurie	05-Aug-07			
	Deadlift	170kg	CRAGGS, Maurie	05-Aug-07			
	Total	420kg	CRAGGS, Maurie	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						