

## CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION

### OPEN MEN

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
RAW					SINGLE PLY			MULTIPLY		
52kg	Bench	50kg	Shortis, Matthew	30-Nov-14						
	Deadlift	105kg	Shortis, Matthew	30-Nov-14						
	Total	155kg	Shortis, Matthew	30-Nov-14						
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	105kg	Quadros, Ashley	20-Nov-22						
	Deadlift	220kg	Quadros, Ashley	20-Nov-22						
	Total	325kg	Quadros, Ashley	20-Nov-22						
75kg	Bench	130kg	Tay, Russell	29-Nov-20						
	Deadlift	242.5kg	Millar, Corey	24-Nov-19						
	Total	360kg	Tay, Russell	29-Nov-20						
82.5kg	Bench	156kg	Dodson, Hayden	20-Nov-23						
	Deadlift	275kg	Hulameh, Ahmed	18-Nov-18						
	Total	415kg	Hulameh, Ahmed	18-Nov-18						
90kg	Bench	167.5kg	Pilapil, Cameron	20-Nov-23						
	Deadlift	305kg	Newman, Chris	21-Nov-21						
	Total	467.5kg	Newman, Chris	21-Nov-21						
100kg	Bench	180kg	McCaughan, Joel	30-Nov-14						
	Deadlift	280kg	Westhead, Jamie	29-Nov-20						
	Total	450kg	McCaughan, Joel	30-Nov-14						
110kg	Bench	225kg	Love, Kyle	18-Nov-18						
	Deadlift	327.5kg	Parnell, Shane	20-Nov-23						
	Total	522.5kg	Parnell, Shane	20-Nov-23						
125kg	Bench	222.5kg	Toomer, David	29-Nov-20						
	Deadlift	352.5kg	Murphy, Sam	20-Nov-22						
	Total	555kg	Murphy, Sam	20-Nov-22						
140kg	Bench	202.5kg	Wilde, Phill	30-Nov-14						
	Deadlift	300kg	Wilde, Phill	30-Nov-14						
	Total	502.5kg	Wilde, Phill	30-Nov-14						
SHW	Bench	235kg	Wilde, Phill	29-Nov-20						
	Deadlift	325kg	Wilde, Phill	29-Nov-20						
	Total	555kg	Wilde, Phill	29-Nov-20						

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**SUB TEEN MEN (10-12)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	42.5kg	Lindon, Jasper	20-Nov-23						
	Deadlift	100kg	Lindon, Jasper	20-Nov-23						
	Total	137.5kg	Lindon, Jasper	20-Nov-23						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**TEENAGE MEN (13-15)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench	67.5kg	Murphy, Kobi	20-Nov-22						
	Deadlift	162.5kg	Murphy, Kobi	20-Nov-22						
	Total	230kg	Murphy, Kobi	20-Nov-22						
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench	80kg	Stinson, Riley	20-Nov-22						
	Deadlift	157.5kg	Stinson, Riley	20-Nov-22						
	Total	225kg	Stinson, Riley	20-Nov-22						
140kg	Bench	140kg	Agir, Kaevar	29-Nov-20						
	Deadlift	230kg	Agir, Kaevar	29-Nov-20						
	Total	360kg	Agir, Kaevar	29-Nov-20						
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**TEENAGE MEN (16-17)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench	50kg	Shortis, Matthew	30-Nov-14						
	Deadlift	105kg	Shortis, Matthew	30-Nov-14						
	Total	155kg	Shortis, Matthew	30-Nov-14						
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	55kg	Travcich, Damien	20-Nov-22						
	Deadlift	150kg	Travcich, Damien	20-Nov-22						
	Total	205kg	Travcich, Damien	20-Nov-22						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench	92.5kg	Tompkin-Drew, Orlando	20-Nov-22						
	Deadlift	200kg	Tompkin-Drew, Orlando	20-Nov-22						
	Total	292.5kg	Tompkin-Drew, Orlando	20-Nov-22						
100kg	Bench	125kg	Dowley, Owen	21-Nov-21						
	Deadlift	180kg	Dowley, Owen	21-Nov-21						
	Total	305kg	Dowley, Owen	21-Nov-21						
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench	120kg	Duszynski, Alex	30-Nov-14						
	Deadlift	210kg	Duszynski, Alex	30-Nov-14						
	Total	330kg	Duszynski, Alex	30-Nov-14						
140kg	Bench	100kg	Buba, Zachary	20-Nov-22						
	Deadlift	160kg	Buba, Zachary	20-Nov-22						
	Total	260kg	Buba, Zachary	20-Nov-22						
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**TEENAGE MEN (18-19)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench	87.5kg	Loy, Sky	20-Nov-23						
	Deadlift	155kg	Loy, Sky	20-Nov-23						
	Total	242.5kg	Loy, Sky	20-Nov-23						
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	105kg	Quadros, Ashley	20-Nov-22						
	Deadlift	220kg	Quadros, Ashley	20-Nov-22						
	Total	325kg	Quadros, Ashley	20-Nov-22						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench	125kg	Elliot, Ethan	20-Nov-23						
	Deadlift	250kg	Elliot, Ethan	20-Nov-23						
	Total	375kg	Elliot, Ethan	20-Nov-23						
100kg	Bench	92.5kg	Greetham, Charles	21-Nov-21						
	Deadlift	170kg	Greetham, Charles	21-Nov-21						
	Total	262.5kg	Greetham, Charles	21-Nov-21						
110kg	Bench	145kg	Giubilato, Matteo	29-Nov-20						
	Deadlift	280kg	Giubilato, Matteo	29-Nov-20						
	Total	422.5kg	Giubilato, Matteo	29-Nov-20						
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**JUNIOR MEN (20-23)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	125kg	O'Driscoll, Jake	30-Nov-14						
	Deadlift	220kg	O'Driscoll, Jake	30-Nov-14						
	Total	345kg	O'Driscoll, Jake	30-Nov-14						
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench	125kg	Millar, Corey	30-Nov-14						
	Deadlift	242.5kg	Millar, Corey	30-Nov-14						
	Total	367.5kg	Millar, Corey	30-Nov-14						
100kg	Bench	167.5kg	Crocin, Rundle	24-Nov-19						
	Deadlift	290kg	Westhead, Jamie	29-Nov-20						
	Total	440kg	Westhead, Jamie	29-Nov-20						
110kg	Bench	150kg	Giubilato, Matteo	21-Nov-21						
	Deadlift	290kg	Giubilato, Matteo	21-Nov-21						
	Total	440kg	Giubilato, Matteo	21-Nov-21						
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

## CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION

### SENIOR MEN (24-32)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	130kg	Bormolini, Nikolas	24-Nov-19						
	Deadlift	242.5kg	Millar, Corey	24-Nov-19						
	Total	352.5kg	Millar, Corey	24-Nov-19						
82.5kg	Bench	156kg	Dodson, Hayden	20-Nov-23						
	Deadlift	251kg	Dodson, Hayden	20-Nov-23						
	Total	407kg	Dodson, Hayden	20-Nov-23						
90kg	Bench	162.5kg	Newman, Chris	21-Nov-21						
	Deadlift	305kg	Newman, Chris	21-Nov-21						
	Total	467.5kg	Newman, Chris	21-Nov-21						
100kg	Bench	180kg	McCaughan, Joel	30-Nov-14						
	Deadlift	270kg	McCaughan, Joel	30-Nov-14						
	Total	450kg	McCaughan, Joel	30-Nov-14						
110kg	Bench	225kg	Love, Kyle	18-Nov-18						
	Deadlift	300kg	Love, Kyle	29-Nov-20						
	Total	520kg	Love, Kyle	29-Nov-20						
125kg	Bench	222.5kg	Toomer, David	29-Nov-20						
	Deadlift	327.5kg	Toomer, David	29-Nov-20						
	Total	550kg	Toomer, David	29-Nov-20						
140kg	Bench	190kg	Harris, Alec	29-Nov-20						
	Deadlift	300kg	Harris, Alec	29-Nov-20						
	Total	490kg	Harris, Alec	29-Nov-20						
SHW	Bench	235kg	Wilde, Phillip	29-Nov-20						
	Deadlift	325kg	Wilde, Phillip	29-Nov-20						
	Total	555kg	Wilde, Phillip	29-Nov-20						

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**SUB MASTERS (33-39)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	130kg	Tay, Russel	29-Nov-20						
	Deadlift	230kg	Tay, Russel	29-Nov-20						
	Total	360kg	Tay, Russel	29-Nov-20						
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench	167.5kg	Pilapil, Cameron	20-Nov-23						
	Deadlift	260kg	Hogan, Colin	20-Nov-23						
	Total	417.5kg	Hogan, Colin	20-Nov-23						
100kg	Bench	100kg	Toop, James	24-Nov-19						
	Deadlift	220kg	Toop, James	24-Nov-19						
	Total	320kg	Toop, James	24-Nov-19						
110kg	Bench	160kg	Chaudhry, Ryan	29-Nov-20						
	Deadlift	260kg	Chaudhry, Ryan	29-Nov-20						
	Total	420kg	Chaudhry, Ryan	29-Nov-20						
125kg	Bench	202.5kg	Murphy, Sam	20-Nov-22						
	Deadlift	352.5kg	Murphy, Sam	20-Nov-22						
	Total	555kg	Murphy, Sam	20-Nov-22						
140kg	Bench	140kg	McDermott, Marty	20-Nov-23						
	Deadlift	240kg	McDermott, Marty	20-Nov-23						
	Total	380kg	McDermott, Marty	20-Nov-23						
SHW	Bench	187.5kg	Kovacs, Sheen	21-Nov-21						
	Deadlift	290kg	Kovacs, Sheen	21-Nov-21						
	Total	477.5kg	Kovacs, Sheen	21-Nov-21						

Updated on 1/02/2024



**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (40-44)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	72.5kg	Bowen, Michael	20-Nov-23						
	Deadlift	135kg	Bowen, Michael	20-Nov-23						
	Total	205kg	Bowen, Michael	20-Nov-23						
82.5kg	Bench	150kg	Henderson, Keith	29-Nov-20						
	Deadlift	220kg	Henderson, Keith	29-Nov-20						
	Total	370kg	Henderson, Keith	29-Nov-20						
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench	115kg	Coveney, Tom	21-Nov-21						
	Deadlift	225kg	Coveney, Tom	21-Nov-21						
	Total	340kg	Coveney, Tom	21-Nov-21						
110kg	Bench	195kg	Parnell, Shane	20-Nov-23						
	Deadlift	327.5kg	Parnell, Shane	20-Nov-23						
	Total	522.5kg	Parnell, Shane	20-Nov-23						
125kg	Bench	125kg	Fear, Peter	20-Nov-22						
	Deadlift	237.5kg	Fear, Peter	20-Nov-22						
	Total	363.5kg	Fear, Peter	20-Nov-22						
140kg	Bench	130kg	Smith, Joshua	20-Nov-23						
	Deadlift	240kg	Smith, Joshua	20-Nov-23						
	Total	370kg	Smith, Joshua	20-Nov-23						
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (45-49)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench	110kg	Chiu, Alen	20-Nov-23						
	Deadlift	250kg	Chiu, Alen	20-Nov-23						
	Total	350kg	Chiu, Alen	20-Nov-23						
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench	135kg	Harwood, David	20-Nov-22						
	Deadlift	240kg	Harwood, David	20-Nov-22						
	Total	375kg	Harwood, David	20-Nov-22						
90kg	Bench	145kg	Harnett, Bill	19-Nov-17						
	Deadlift	252.5kg	Harnett, Bill	19-Nov-17						
	Total	342.5kg	Harnett, Bill	19-Nov-17						
100kg	Bench	145kg	Harnett, Bill	29-Nov-20						
	Deadlift	277.5kg	Harnett, Bill	29-Nov-20						
	Total	422.5kg	Harnett, Bill	29-Nov-20						
110kg	Bench	160kg	Weatherall, Peter	13-Dec-14						
	Deadlift	250kg	Weatherall, Peter	13-Dec-14						
	Total	410kg	Weatherall, Peter	13-Dec-14						
125kg	Bench	185kg	Napper, George	29-Nov-20						
	Deadlift	260kg	Napper, George	29-Nov-20						
	Total	442.5kg	Napper, George	29-Nov-20						
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (50-54)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench	120kg	Kinsella, Bobby	20-Nov-23						
	Deadlift	185kg	Kinsella, Bobby	20-Nov-23						
	Total	305kg	Kinsella, Bobby	20-Nov-23						
90kg	Bench	80kg	Barker, Mark	20-Nov-23						
	Deadlift	175kg	Barker, Mark	20-Nov-23						
	Total	255kg	Barker, Mark	20-Nov-23						
100kg	Bench	170kg	Keep, Brad	20-Nov-22						
	Deadlift	220kg	Keep, Brad	20-Nov-22						
	Total	390kg	Keep, Brad	20-Nov-22						
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench	80kg	James, Stewart	20-Nov-23						
	Deadlift	150kg	James, Stewart	20-Nov-23						
	Total	230kg	James, Stewart	20-Nov-23						

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (55-59)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	80kg	Sivacolundhu, Ramesh	20-Nov-23						
	Deadlift	170kg	Sivacolundhu, Ramesh	20-Nov-23						
	Total	250kg	Sivacolundhu, Ramesh	20-Nov-23						
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench	142.5kg	Barker, David	20-Nov-23						
	Deadlift	210kg	Barker, David	20-Nov-23						
	Total	352.5kg	Barker, David	20-Nov-23						
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench	182.5kg	Guy, Miles	29-Nov-20						
	Deadlift	260kg	Guy, Miles	29-Nov-20						
	Total	442.5kg	Guy, Miles	29-Nov-20						
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

MASTERS (60-64)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench	135kg	Szann, Troy	12-Mar-23						
	Deadlift	120kg	Szann, Troy	12-Mar-23						
	Total	255kg	Szann, Troy	12-Mar-23						
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

MASTERS (65-69)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	120kg	Ambrose, Jim	19-Nov-17						
	Deadlift	227.5kg	Ambrose, Jim	19-Nov-17						
	Total	347.5kg	Ambrose, Jim	19-Nov-17						
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (70-74)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench	107.5kg	Ambrose, Jim	21-Nov-21						
	Deadlift	200kg	Ambrose, Jim	21-Nov-21						
	Total	307.5kg	Ambrose, Jim	21-Nov-21						
82.5kg	Bench	95kg	McLernon, Peter	20-Nov-23						
	Deadlift	190kg	McLernon, Peter	20-Nov-23						
	Total	285kg	McLernon, Peter	20-Nov-23						
90kg	Bench	90kg	McLernon, Peter	21-Nov-21						
	Deadlift	190kg	McLernon, Peter	21-Nov-21						
	Total	280kg	McLernon, Peter	21-Nov-21						
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

MASTERS (75-79)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024



**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (80-84)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024

**CAPO WESTERN AUSTRALIAN MENS PUSH / PULL COMPETITION**

**MASTERS (85-89)**

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT
			RAW			SINGLE PLY			MULTIPLY	
52kg	Bench									
	Deadlift									
	Total									
56kg	Bench									
	Deadlift									
	Total									
60kg	Bench									
	Deadlift									
	Total									
67.5kg	Bench									
	Deadlift									
	Total									
75kg	Bench									
	Deadlift									
	Total									
82.5kg	Bench									
	Deadlift									
	Total									
90kg	Bench									
	Deadlift									
	Total									
100kg	Bench									
	Deadlift									
	Total									
110kg	Bench									
	Deadlift									
	Total									
125kg	Bench									
	Deadlift									
	Total									
140kg	Bench									
	Deadlift									
	Total									
SHW	Bench									
	Deadlift									
	Total									

Updated on 1/02/2024