# **CAPO SOUTH AUSTRALIAN RECORDS - MEN**

#### **Open Men**

Open I		Weight			Weight	Record Previously	
BWT	Lift	Lifted	Athlete	Date of Lift	Lifted	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	210kg	WAKEFIELD, Russell	09-May-93	205kg	WAKEFIELD, Russell	18-Oct-92
	Bench	147.5kg	WAKEFIELD, Russell	09-May-93	142.5kg	WAKEFIELD, Russell	18-Oct-92
	Deadlift	235kg	WAKEFIELD, Russell	18-Oct-92			
	Total	582.5kg	WAKEFIELD, Russell	18-Oct-92			
82.5kg	Squat	240kg	SMITH, Allen	09-May-93	220kg	DOBBIN, Ray	18-Oct-92
	Bench	155kg	SMITH, Allen	09-May-93	140kg	DOBBIN, Ray	18-Oct-92
	Deadlift	250kg	JINETTE, J	09-May-93	240kg	DOBBIN, Ray	18-Oct-92
	Total	640kg	SMITH, Allen	09-May-93	600kg	DOBBIN, Ray	18-Oct-92
90kg	Squat	267.5kg	STERNS, Yuris	18-Oct-92	265kg	STERNS, Yuris	18-Oct-92
	Bench	140kg	STERNS, Yuris	18-Oct-92			
	Deadlift	282.5kg	STERNS, Yuris	18-Oct-92	270kg	STERNS, Yuris	18-Oct-92
	Total	685kg	STERNS, Yuris	18-Oct-92	675kg	STERNS, Yuris	18-Oct-92
100kg	Squat	290kg	STOKES, Grant	18-Oct-92			
	Bench	195kg	LARNER, Craig	09-May-93	180kg	STOKES, Grant	18-Oct-92
	Deadlift	297.5kg	STOKES, Grant	09-May-93	295kg	STOKES, Grant	18-Oct-92
	Total	765kg	STOKES, Grant	18-Oct-92			
110kg	Squat	300kg	STOKES, Grant	18-May-94			
	Bench	180kg	STOKES, Grant	18-May-94			
	Deadlift	300kg	STOKES, Grant	18-May-94			
	Total	780kg	STOKES, Grant	18-May-94			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Teenage 1 Men (13-15)

Teenag	Feenage 1 Men (13-15)								
BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift		
52kg	Squat								
	Bench								
	Deadlift								
	Total								
56kg	Squat								
0	Bench								
	Deadlift								
	Total								
60kg	Squat								
	Bench								
	Deadlift								
	Total								
67.5kg	Squat								
67.15.1.B	Bench								
	Deadlift								
	Total								
75kg	Squat								
7516	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
OZ.JKg	Bench								
	Deadlift								
	Total								
90kg	Squat						+		
90kg	Bench								
	Deadlift	+							
	Total								
1001/2		+					+		
100kg	Squat								
	Bench Deadlift								
110kg	Total								
110kg	Squat								
	Bench								
	Deadlift								
4251	Total								
125kg	Squat								
	Bench								
	Deadlift								
4.401	Total								
140kg	Squat								
	Bench								
	Deadlift	<b> </b>							
	Total	<b> </b>							
SHW	Squat								
	Bench	1							
	Deadlift								
	Total						1		

Teenage 2 Men (16-17)

Teenag	eenage 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							
55.18	Bench							
	Deadlift						1	
	Total						+	
67.5kg	Squat							
07.5Kg	Bench							
	Deadlift							
	Total							
75kg	Squat							
73Kg	Bench							
	Deadlift						+	
	Total						+	
02 Fkg							+	
82.5kg	Squat Bench							
	Deadlift							
001	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							

Teenage 3 Men (18-19)

Teenag	enage 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							
	Bench							
	Deadlift							
	Total							
60kg	Squat							
	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
07.5Kg	Bench							
	Deadlift							
	Total							
75kg	Squat							
7 J Ng	Bench							
	Deadlift							
	Total							
02 51-5								
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							

Junior	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								
	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								

# **CAPO SOUTH AUSTRALIAN RECORDS - MEN**

Senior Men (24-32)

Senior	enior 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								
	Bench								
	Deadlift								
	Total								
67.5kg	Squat			1					
07.13 Ng	Bench			+					
	Deadlift								
	Total								
75kg	Squat								
73Kg	Bench								
	Deadlift								
	Total								
82.5kg	Squat	220kg	DOBBIN, Ray	18-Oct-92					
62.5Kg	Bench	140kg	DOBBIN, Ray	18-Oct-92					
	Deadlift			18-Oct-92					
		240kg	DOBBIN, Ray DOBBIN, Ray	18-Oct-92					
001	Total	600kg	DOBBIN, Ray	18-001-92					
90kg	Squat Bench								
	-								
	Deadlift								
4001	Total	2001	STOKES Count	40.0-+ 02					
100kg	Squat	290kg	STOKES, Grant	18-Oct-92	400	STOKES S	40.0 + 02		
	Bench	195kg	LARNER, Craig	09-May-93	180kg	STOKES, Grant	18-Oct-92		
	Deadlift	297.5kg	STOKES, Grant	09-May-93	295kg	STOKES, Grant	18-Oct-92		
4401	Total	765kg	STOKES, Grant	18-Oct-92					
110kg	Squat	300kg	STOKES, Grant	18-May-94					
	Bench	180kg	STOKES, Grant	18-May-94					
	Deadlift	300kg	STOKES, Grant	18-May-94					
	Total	780kg	STOKES, Grant	18-May-94					
125kg	Squat								
	Bench								
	Deadlift								
	Total								
140kg	Squat								
	Bench								
	Deadlift	ļ							
	Total								
SHW	Squat	1							
	Bench								
	Deadlift	1							
	Total	<u> </u>							

Sub Masters Men (33-39)

Sub M	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							
0	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
0	Bench							
	Deadlift							
	Total							
75kg	Squat							
	Bench							
	Deadlift							
	Total							
82.5kg	Squat						+	
02.316	Bench							
	Deadlift							
	Total							
90kg	Squat							
JONE	Bench							
	Deadlift							
	Total							
100kg	Squat							
10016	Bench							
	Deadlift							
	Total							
110kg	Squat							
TIONS	Bench							
	Deadlift							
	Total							
125kg	Squat							
IZJNg	Bench							
	Deadlift							
	Total							
140kg	Squat	+		+				
170NB	Bench	+						
	Deadlift	+						
	Total	+						
SHW	Squat	<del>                                     </del>		+				
31100	Bench	<del>                                     </del>		+				
	Deadlift	<del>                                     </del>		<del>                                     </del>				
	Total	+		+				
	Tiotal							

Masters 1 Men (40-44)

	rs 1 Men (	Weight	A.1.1.	5 . (1)(1	Weight	Record Previously	5 . (116
BWT	Lift	Lifted	Athlete	Date of Lift	Lifted	Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						1
	Bench						
	Deadlift						
	Total						
75kg	Squat						
- 0	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
02.016	Bench						+
	Deadlift						+
	Total						+
90kg	Squat						
3016	Bench						+
	Deadlift						
	Total						
100kg	Squat						
10016	Bench						
	Deadlift						
	Total						
110kg	Squat						
11016	Bench						
	Deadlift						
	Total						
125kg	Squat						
IZJNg	Bench						
	Deadlift						
	Total						-
140kg							+
THOKE	Squat Bench						
	Deadlift						
	Total						
SHW							
3HVV	Squat						
	Bench						
	Deadlift						
	Total						

# **CAPO SOUTH AUSTRALIAN RECORDS - MEN**

Masters 2 Men (45-49)

iviaste	rs 2 Men (					10.10.1	
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						
02.5Kg	Bench						
	Deadlift						
	Total						
90kg	Squat	267.5kg	STERNS, Yuris	18-Oct-92	265kg	STERNS, Yuris	18-Oct-92
3016	Bench	140kg	STERNS, Yuris	18-Oct-92	20316	STERRO, TOTA	10 000 32
	Deadlift	282.5kg	STERNS, Yuris	18-Oct-92	270kg	STERNS, Yuris	18-Oct-92
	Total	685kg	STERNS, Yuris	18-Oct-92	675kg	STERNS, Yuris	18-Oct-92
100kg	Squat	265kg	STERNS, Yuris	08-May-94	075Kg	STERNO, TUTIS	10-000-32
100Kg	Bench	137.5kg	STERNS, Yuris	08-May-94			
	Deadlift	270kg	STERNS, Yuris	08-May-94			
	Total	672.5kg	STERNS, Yuris	08-May-94			
110kg	Squat	072.3Kg	STERINS, FULLS	08-1VIdy-94			
TIONS	Bench						
	Deadlift						
	Total						
125kg	Squat						
123Kg	Bench						
	Deadlift						
	Total						
1.40kg							
140kg	Squat Bench						
	Deadlift						
CLIVA	Total			<del></del>			+
SHW	Squat	-					_
	Bench						
	Deadlift						
	Total						

Masters 3 Men (50-54)

Maste	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							
0	Bench							
	Deadlift							
	Total							
67.5kg	Squat							
0	Bench							
	Deadlift							
	Total							
75kg	Squat							
	Bench							
	Deadlift							
	Total							
82.5kg	Squat							
02.3Kg	Bench							
	Deadlift							
	Total							
90kg	Squat							
30116	Bench							
	Deadlift							
	Total							
100kg	Squat							
100118	Bench							
	Deadlift							
	Total							
110kg	Squat							
110118	Bench							
	Deadlift							
	Total							
125kg	Squat							
12316	Bench							
	Deadlift							
	Total	<del> </del>						
140kg	Squat	+						
1-10KB	Bench							
	Deadlift							
	Total	+						
SHW	Squat	+						
J11VV	Bench	+						
	Deadlift							
	Total	+						
	TOTAL	i l				l .	1	

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						
07.5Kg	Bench						
	Deadlift						
	Total						
75kg	Squat						
/JKg	Bench						
	Deadlift						
	Total						
92 Eka							
82.5kg	Squat Bench						
	Deadlift						
001:-	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						

# **CAPO SOUTH AUSTRALIAN RECORDS - MEN**

Maste	rs 5 Men (		_				_
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						
0	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
7316	Bench						
	Deadlift			+			
	Total						
82.5kg	Squat	165kg	SANDERSON, Ronald	19-Apr-15			
02.3Kg	Bench	87.5kg	SANDERSON, Ronald	19-Apr-15			
	Deadlift	220kg	SANDERSON, Ronald	19-Apr-15			
	Total	472.5kg	SANDERSON, Ronald	19-Apr-15			
90kg	Squat	472.3Kg	SANDENSON, Nondia	13 Apr 13			
JUNE	Bench						
	Deadlift						
	Total						
100kg	Squat						
TOOKS	Bench						
	Deadlift						
	Total						
110kg	Squat						
TIONS	Bench						
	Deadlift						
	Total						
125kg	Squat						
123Kg	Bench						
	Deadlift			+			
	Total	-					1
140kg	Squat	+					
THOKE	Bench	+					
	Deadlift	+					1
	_						
CH/A/	Total						
SHW	Squat						
	Bench						
	Deadlift	-					
	Total		1				

Masters 6 Men (65-69)

Maste	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							
55.18	Bench							
	Deadlift							
	Total						+	
67.5kg	Squat						+	
07.5Kg	Bench							
	Deadlift							
	Total							
75kg	Squat							
7 J Ng	Bench							
	Deadlift							
	Total						+	
02 51								
82.5kg	Squat Bench							
	Deadlift							
001	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 7 Men (70-74)

Maste	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								
J	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
	Bench								
	Deadlift								
	Total								
90kg	Squat								
0	Bench								
	Deadlift								
	Total								
100kg	Squat								
J	Bench								
	Deadlift								
	Total								
110kg	Squat								
	Bench								
	Deadlift								
	Total								
125kg	Squat								
J	Bench								
	Deadlift								
	Total	†							
140kg	Squat	<del>                                     </del>							
	Bench	†							
	Deadlift	†							
	Total	† †							
SHW	Squat	†							
	Bench	† †							
	Deadlift	†							
	Total								

Masters 8 Men (75-79)

Maste	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								
67.15.18	Bench								
	Deadlift								
	Total								
75kg	Squat	<del> </del>							
7516	Bench								
	Deadlift								
	Total								
82.5kg	Squat								
oz.Jkg	Bench								
	Deadlift								
	Total								
90kg	Squat								
JUNE	Bench								
	Deadlift								
	Total								
100kg	Squat								
TOOKS	Bench								
	Deadlift								
	Total								
110kg	Squat	+					+		
TIUKE	Bench	+							
	Deadlift								
	Total								
1251/2		+					+		
125kg	Squat Bench								
	Deadlift Total	-							
1401-		+							
140kg	Squat	-							
	Bench	<del>                                     </del>							
	Deadlift	<del>                                     </del>							
CLIVA	Total	<del>                                     </del>							
SHW	Squat								
	Bench								
	Deadlift								
	Total								

Masters 9 Men (80-84)

BWT	rs 9 Men (8 Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat	Lincu			Liitea	Ticlu by	
	Bench						
	Deadlift						
	Total						
56kg	Squat						
3016	Bench						
	Deadlift						
	Total						
60kg	Squat						
OONS	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
07.5Kg	Bench						
	Deadlift						
	Total						
75kg	Squat						
73Kg	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
oz.skg	Bench						
	Deadlift						
	Total						
001	-						
90kg	Squat Bench						
	Deadlift						
1001	Total						
100kg	Squat						
	Bench						
	Deadlift						
4401	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						1
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

Masters 10 Men (85-89)

	rs 10 Men	Weight			Weight	Record Previously	
BWT	Lift	Lifted	Athlete	Date of Lift	Lifted	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						
, 51.6	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
02.3Kg	Bench						
	Deadlift						
	Total						
90kg	Squat						
JUNE	Bench						
	Deadlift						
	Total						
100kg	Squat						
TOOKS	Bench						
	Deadlift						
110kg	Total Squat						
TIUKE	Bench						
	Deadlift						
1251	Total						
125kg	Squat Bench						
	Deadlift						
4.61	Total	<del>                                     </del>					+
140kg	Squat						
	Bench						
	Deadlift						
	Total	<b> </b>					1
SHW	Squat						
	Bench						
	Deadlift						
	Total						