

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Open Men

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	100kg	DULLONA, Francisco	22-Feb-15						
	Deadlift	170kg	DULLONA, Francisco	22-Feb-15						
	P/P Total	270kg	DULLONA, Francisco	22-Feb-15						
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	130kg	NELSON, Scott	22-Feb-15				70kg	SANDERSON, Ron	22-Feb-15
	Deadlift	232.5kg	NELSON, Scott	22-Feb-15				205kg	SANDERSON, Ron	22-Feb-15
	P/P Total	362.5kg	NELSON, Scott	22-Feb-15				275kg	SANDERSON, Ron	22-Feb-15
82.5kg	Bench	90kg	TANSKA, Kim	29-May-22						
	Deadlift	187.5kg	TANSKA, Kim	29-May-22						
	P/P Total	277.5kg	TANSKA, Kim	29-May-22						
90kg	Bench	120kg	Manny B	22-Feb-15						
	Deadlift	242.5kg	Manny B	22-Feb-15						
	P/P Total	362.5kg	Manny B	22-Feb-15						
100kg	Bench	192.5kg	VERCO, Sam	21-May-23						
	Deadlift	285kg	VERCO, Sam	21-May-23						
	P/P Total	477.5kg	VERCO, Sam	21-May-23						
110kg	Bench	170kg	JONES, Gary	11-Aug-17						
	Deadlift	245kg	JONES, Gary	11-Aug-17						
	P/P Total	415kg	JONES, Gary	11-Aug-17						
125kg	Bench	186kg	JONES, Gary	24-Oct-21						
	Deadlift	300kg	TOOMER, Michael	01-Aug-14						
	P/P Total	475kg	TOOMER, Michael	01-Aug-14						
140kg	Bench	165kg	HOOD, Anthony	27-Feb-22						
	Deadlift	220kg	HOOD, Anthony	27-Feb-22						
	P/P Total	385kg	HOOD, Anthony	27-Feb-22						
SHW	Bench	160kg	PAGE, Brett	24-Oct-21						
	Deadlift	225kg	PAGE, Brett	24-Oct-21						
	P/P Total	385kg	PAGE, Brett	24-Oct-21						

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Sub Teen Men (10-12)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Teenage 1 Men (13-15)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Teenage 2 Men (16-17)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Teenage 3 Men (18-19)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Junior Men (20-23)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench	130kg	NELSON, Scott	22-Feb-15						
	Deadlift	232.5kg	NELSON, Scott	22-Feb-15						
	P/P Total	362.5kg	NELSON, Scott	22-Feb-15						
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	117.5kg	BARTER, Angus	24-Oct-21						
	Deadlift	207.5kg	BARTER, Angus	24-Oct-21						
	P/P Total	305kg	BARTER, Angus	24-Oct-21						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Senior Men (24-32)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench	120kg	Manny B	22-Feb-15						
	Deadlift	242.5kg	Manny B	22-Feb-15						
	P/P Total	362.5kg	Manny B	22-Feb-15						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench	175kg	TOOMER, Michael	01-Aug-14						
	Deadlift	300kg	TOOMER, Michael	01-Aug-14						
	P/P Total	475kg	TOOMER, Michael	01-Aug-14						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Sub Masters Men (33-39)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench	192.5kg	VERCO, Sam	21-May-23						
	Deadlift	285kg	VERCO, Sam	21-May-23						
	P/P Total	477.5kg	VERCO, Sam	21-May-23						
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench	165kg	HOOD, Anthony	27-Feb-22						
	Deadlift	220kg	HOOD, Anthony	27-Feb-22						
	P/P Total	385kg	HOOD, Anthony	27-Feb-22						
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 1 Men (40-44)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench	100kg	DULLONA, Francisco	22-Feb-15						
	Deadlift	170kg	DULLONA, Francisco	22-Feb-15						
	P/P Total	270kg	DULLONA, Francisco	22-Feb-15						
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 2 Men (45-49)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench	160kg	PAGE, Brett	24-Oct-21						
	Deadlift	225kg	PAGE, Brett	24-Oct-21						
	P/P Total	385kg	PAGE, Brett	24-Oct-21						

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 3 Men (50-54)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench	170kg	JONES, Gary	11-Aug-17						
	Deadlift	245kg	JONES, Gary	11-Aug-17						
	P/P Total	415kg	JONES, Gary	11-Aug-17						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 4 Men (55-59)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench	186kg	JONES, Gary	24-Oct-21						
	Deadlift	260kg	JONES, Gary	24-Oct-21						
	P/P Total	445kg	JONES, Gary	24-Oct-21						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 5 Men (60-64)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench							70kg	SANDERSON, Ron	22-Feb-15
	Deadlift							205kg	SANDERSON, Ron	22-Feb-15
	P/P Total							275kg	SANDERSON, Ron	22-Feb-15
82.5kg	Bench	90kg	TANSKA, Kim	29-May-22						
	Deadlift	187.5kg	TANSKA, Kim	29-May-22						
	P/P Total	277.5kg	TANSKA, Kim	29-May-22						
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 6 Men (65-69)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 7 Men (70-74)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 8 Men (75-79)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 9 Men (80-84)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 10 Men (85-89)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

CAPO SOUTH AUSTRALIAN RECORDS - MEN

PUSH-PULL ONLY COMPETITION

Masters 11 Men (90-94)

BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW				SINGLE PLY			MULTI PLY			
52kg	Bench									
	Deadlift									
	P/P Total									
56kg	Bench									
	Deadlift									
	P/P Total									
60kg	Bench									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench									
	Deadlift									
	P/P Total									
90kg	Bench									
	Deadlift									
	P/P Total									
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									