

# CAPO VIC STATE RECORDS - MEN

# 3-LIFT - SINGLE PLY

## Open 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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	275kg	COLEIRO, Charlie	18-Oct-92			
	Bench	135kg	PANAGIOTIDIS, Jim	25-Apr-23	132.5kg	COLEIRO, Charlie	18-Oct-92
	Deadlift	250kg	COLEIRO, Charlie	18-Oct-92			
	Total	657.5kg	COLEIRO, Charlie	18-Oct-92			
75kg	Squat	250.5kg	GALATI, Ange	5-Aug-06			
	Bench	240kg	GALATI, Ange	5-Aug-06			
	Deadlift	250kg	GALATI, Ange	5-Aug-06			
	Total	740.5	GALATI, Ange	5-Aug-06			
82.5kg	Squat	237.5kg	BRITAIN, M	5-Aug-94			
	Bench	210kg	GALATI, Ange	21-May-00			
	Deadlift	240kg	ELY, Graham	10-May-14			
	Total	520kg	ELY, Graham	10-May-14			
90kg	Squat	305kg	TRAN-CONG, David	10-May-14			
	Bench	200kg	TRAN-CONG, David	10-May-14			
	Deadlift	270kg	TRAN-CONG, David	10-May-14			
	Total	775kg	TRAN-CONG, David	10-May-14			
100kg	Squat	370kg	COE, Adam	7-Aug-94	260kg	WILSON, Len	18-Oct-92
	Bench	250kg	ROSS, Laird	2-Aug-14	217.5kg	COE, Adam	8-May-94
	Deadlift	355kg	COE, Adam	12-Dec-93			
	Total	960kg	COE, Adam	7-Aug-94	705kg	WILSON, Len	18-Oct-92
110kg	Squat	360kg	COE, Adam	01-Jan-94	335kg	BARCLAY, Geoff	1-Aug-93
	Bench	263.5kg	SYLVIA, R	13-May-93	207.5kg	BARCLAY, Geoff	18-Oct-92
	Deadlift	355kg	COE, Adam	01-Jan-94	325kg	BARCLAY, Geoff	18-Oct-92
	Total	955kg	COE, Adam	01-Jan-94	860kg	BARCLAY, Geoff	1-Aug-93
125kg	Squat	332.5kg	BARCLAY, Geoff	1-May-93	295kg	SHARMAN, D	18-Oct-92
	Bench	227.5kg	DISTEPHANO, John	8-May-94	205kg	SHARMAN, D	18-Oct-92
	Deadlift	315kg	BARCLAY, Geoff	1-May-93	305kg	SHARMAN, D	18-Oct-92
	Total	850kg	BARCLAY, Geoff	1-May-93	805kg	SHARMAN, D	18-Oct-92
140kg	Squat	340kg	LYNDON, Bill	18-Oct-92			
	Bench	216kg	LYNDON, Bill	18-Oct-92			
	Deadlift	305kg	LYNDON, Bill	18-Oct-92			
	Total	861kg	LYNDON, Bill	18-Oct-92			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Teenage 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						
	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						

**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						
	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						

**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						
	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						

**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	250kg	ROSS, Laird	01-Aug-14			
	Bench	250kg	ROSS, Laird	01-Aug-14			
	Deadlift	220kg	ROSS, Laird	01-Aug-14			
	Total	720kg	ROSS, Laird	01-Aug-14			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	265kg	IRVING, Jack	13-Aug-16	260kg	IRVING, Jack	14-Aug-15
	Bench	192.5kg	IRVING, Jack	14-Aug-15	187.5kg	IRVING, Jack	25-Apr-15
	Deadlift	240kg	IRVING, Jack	13-Aug-16	232.5kg	IRVING, Jack	25-Apr-15
	Total	675kg	IRVING, Jack	25-Apr-15			
140kg	Squat						
	Bench						
	Deadlift						
	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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	275kg	COLEIRO, Charlie	18-Oct-92			
	Bench	132.5kg	COLEIRO, Charlie	18-Oct-92			
	Deadlift	250kg	COLEIRO, Charlie	18-Oct-92			
	Total	657.5kg	COLEIRO, Charlie	18-Oct-92			
75kg	Squat	205kg	D'COSTA, Sage	25-Apr-21			
	Bench	180.5kg	GALATI, Ange	16-Sep-95			
	Deadlift	235kg	D'COSTA, Sage	25-Apr-21			
	Total	575kg	D'COSTA, Sage	25-Apr-21			
82.5kg	Squat						
	Bench	210kg	GALATI, Ange	21-May-00			
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	340kg	COE, Adam	08-May-94			
	Bench	217.5kg	COE, Adam	08-May-94			
	Deadlift	342.5kg	COE, Adam	08-May-94			
	Total	900kg	COE, Adam	08-May-94			
110kg	Squat	360kg	COE, Adam	01-Jan-94			
	Bench	240kg	COE, Adam	01-Jan-94			
	Deadlift	355kg	COE, Adam	01-Jan-94			
	Total	955kg	COE, Adam	01-Jan-94			
125kg	Squat	247.5kg	BALDACCHINO,Ryan	15-Apr-23			
	Bench	125kg	BALDACCHINO,Ryan	15-Apr-23			
	Deadlift	260kg	BALDACCHINO,Ryan	15-Apr-23			
	Total	632.5kg	BALDACCHINO,Ryan	15-Apr-23			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**Sub Masters Men (33-39)**

<b>BWT</b>	<b>Lift</b>	<b>Weight Lifted</b>	<b>Athlete</b>	<b>Date of Lift</b>	<b>Weight Lifted</b>	<b>Record Previously Held By</b>	<b>Date of Lift</b>
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	250.5kg	GALATI, Ange	5-Aug-06			
	Bench	240kg	GALATI, Ange	5-Aug-06			
	Deadlift	250kg	GALATI, Ange	5-Aug-06			
	Total	740.5	GALATI, Ange	5-Aug-06			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	310kg	ZOLLO, Joe	01-Aug-93			
	Bench	200kg	ZOLLO, Joe	01-Aug-93			
	Deadlift	310kg	ZOLLO, Joe	01-Aug-93			
	Total	820kg	ZOLLO, Joe	01-Aug-93			
140kg	Squat						
	Bench						
	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						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	170kg	POSTLETHWAITE, Neil	25-Apr-21			
	Bench	170kg	POSTLETHWAITE, Neil	25-Apr-21			
	Deadlift	220kg	POSTLETHWAITE, Neil	25-Apr-21			
	Total	560kg	POSTLETHWAITE, Neil	25-Apr-21			
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 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						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	175kg	JOHNSON, Simon	22-May-21			
	Bench	115kg	JOHNSON, Simon	22-May-21			
	Deadlift	195kg	JOHNSON, Simon	22-May-21			
	Total	485kg	JOHNSON, Simon	22-May-21			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
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	135kg	PANAGIOTIDIS,Jim	25-Apr-23			
	Bench	135kg	PANAGIOTIDIS,Jim	25-Apr-23			
	Deadlift	190kg	PANAGIOTIDIS,Jim	25-Apr-23			
	Total	457.5kg	PANAGIOTIDIS,Jim	25-Apr-23			
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 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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	235kg	MURRAY, Barry	14-Aug-15	232.5kg	MURRAY, Barry	14-Mar-15
	Bench	170kg	MURRAY, Barry	02-Aug-14			
	Deadlift	240kg	MURRAY, Barry	14-Mar-15	230kg	MURRAY, Barry	02-Aug-14
	Total	640kg	MURRAY, Barry	14-Mar-15	620kg	MURRAY, Barry	02-Aug-14
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

**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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	120kg	MURRAY, Barry	25-Apr-18			
	Bench	187.5kg	MURRAY, Barry	25-Apr-18			
	Deadlift	227.5kg	MURRAY, Barry	25-Apr-18			
	Total	515kg	MURRAY, Barry	25-Apr-18			
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						
	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 VIC STATE RECORDS - MEN

# 3-LIFT - SINGLE 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						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	100kg	ROSS, Steve	25-Apr-25			
	Bench	110kg	ROSS, Steve	25-Apr-25			
	Deadlift	135kg	ROSS, Steve	25-Apr-25			
	Total	345kg	ROSS, Steve	25-Apr-25			
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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	105kg	ROSS, Steve	01-Aug-25			
	Bench	105kg	ROSS, Steve	01-Aug-25			
	Deadlift	145kg	ROSS, Steve	01-Aug-25			
	Total	355kg	ROSS, Steve	01-Aug-25			
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						