CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI 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	200kg	ZALCMAN, Adrian	02-Aug-03	180kg	ZALCMAN, Adrian	08-Dec-01
	Bench	122.5kg	ZALCMAN, Adrian	02-Aug-03	115.5kg	ZALCMAN, Adrian	08-Dec-01
	Deadlift	216kg	ZALCMAN, Adrian	02-Aug-03	202.5kg	ZALCMAN, Adrian	03-Aug-02
	Total	537.5kg	ZALCMAN, Adrian	02-Aug-03	487.5kg	ZALCMAN, Adrian	03-Aug-02
67.5kg	Squat	200kg	ZALCMAN, Adrian	07-Aug-04	150kg	SCHARF, Shimon	18-Aug-01
	Bench	130kg	ZALCMAN, Adrian	07-Aug-04	105kg	SCHARF, Shimon	18-Aug-01
	Deadlift	220kg	BEVINS, Derek	07-Aug-04	205.5kg	SCHARF, Shimon	18-Aug-01
	Total	547.5kg	ZALCMAN, Adrian	07-Aug-04	457.5kg	SCHARF, Shimon	18-Aug-01
75kg	Squat	250.5kg	GALATI, Ange	05-Aug-06	220kg	GAUD, Gerard	02-Aug-03
	Bench	240kg	GALATI, Ange	05-Aug-06	230.5kg	GALATI, Ange	03-Nov-05
	Deadlift	250kg	GALATI, Ange	05-Aug-06	240kg	GAUD, Gerard	07-Aug-04
	Total	740.5kg	GALATI, Ange	05-Aug-06	680.5kg	GALATI, Ange	03-Nov-05
82.5kg	Squat	250kg	JARROT, Brian	07-Aug-04	205kg	GALATI, Ange	02-Aug-03
	Bench	237.5kg	GALATI, Ange	08-Aug-04	220kg	GALATI, Ange	02-Aug-03
	Deadlift	240kg	ELY, Graham	10-May-14	200kg	GALATI, Ange	04-May-02
	Total	625kg	GALATI, Ange	02-Aug-03	625kg	GALATI, Ange	02-Aug-03
90kg	Squat	305kg	TRAN-CONG, David	10-May-14	280kg	VERMISH, Rhys	25-Aug-12
	Bench	200kg	TRAN-CONG, David	10-May-14	180kg	GORDAN, Gregg	04-Oct-08
	Deadlift	320kg	HAINS, Brendan	10-Aug-13	262.5kg	HAINS, Brendan	04-Oct-08
	Total	775kg	TRAN-CONG, David	10-May-14	707.5kg	VERMISH, Rhys	25-Aug-12
100kg	Squat	352.5kg	ROZEN, Warren	06-Dec-02	300kg	BROWN, Chris	18-Aug-01
	Bench	215kg	ROZEN, Warren	08-Dec-01	185kg	VERIKIOS, George	18-Aug-01
	Deadlift	335.5kg	ROZEN, Warren	03-Aug-02	331kg	ROZEN, Warren	08-Dec-01
	Total	835kg	UPTON, Brendan	08-Dec-01	818.5kg	ROZEN, Warren	08-Dec-01
110kg	Squat	347.5kg	SIMONETTA, Vince	02-Aug-03	337.5kg	ROZEN, Warren	06-Dec-02
	Bench	230.5kg	NAY, Paul	18-Aug-01			
	Deadlift	340kg	SIMONETTA, Vince	02-Aug-03	335kg	SIMONETTA, Vince	03-Aug-02
	Total	877.5kg	ROZEN, Warren	06-Dec-02			
125kg	Squat	385kg	BROWN, Steve	04-Oct-08			
	Bench	200kg	BROWN, Steve	04-Oct-08			
	Deadlift	285kg	BROWN, Steve	04-Oct-08			
	Total	870kg	BROWN, Steve	04-Oct-08			
140kg	Squat	315kg	FARMER, Jarrad	01-Aug-25	300kg	GIRVAN, Marty	02-Aug-03
	Bench	235kg	FARMER, Jarrad	22-Mar-25	225kg	WARLAND, Gavin	01-Aug-24
	Deadlift	327.5kg	WARLAND, Gavin	01-Aug-24	315kg	WARLAND, Gavin	02-Mar-24
	Total	842.5kg	WARLAND, Gavin	01-Aug-24	800kg	WARLAND, Gavin	02-Mar-24
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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	130kg	ROZEN, Andrew	18-Aug-01			
	Bench	72.5kg	ROZEN, Andrew	18-Aug-01			
	Deadlift	160kg	ROZEN, Andrew	18-Aug-01			
	Total	350kg	ROZEN, Andrew	18-Aug-01			
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 - MULTI PLY

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	170kg	DOUEK, Michael	04-Oct-08	157kg	ROZEN, Andrew	04-May-02
	Bench	110kg	DOUEK, Michael	04-Oct-08	90kg	ROZEN, Andrew	04-May-02
	Deadlift	192.5kg	DOUEK, Michael	04-Oct-08	182.5kg	ROZEN, Andrew	04-May-02
	Total	472.5kg	DOUEK, Michael	04-Oct-08	430kg	ROZEN, Andrew	04-May-02
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	270kg	GORDAN, Gregg	08-Aug-09	230kg	GORDAN, Gregg	04-Oct-08
	Bench	180kg	GORDAN, Gregg	04-Oct-08			
	Deadlift	260kg	GORDAN, Gregg	08-Aug-09	245kg	GORDAN, Gregg	04-Oct-08
	Total	655kg	GORDAN, Gregg	04-Oct-08			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	260kg	EDWARDS, Nathan	03-Aug-02	250kg	EDWARDS, Nathan	04-May-02
	Bench	140kg	EDWARDS, Nathan	03-Aug-02	110kg	EDWARDS, Nathan	04-May-02
	Deadlift	270kg	EDWARDS, Nathan	04-May-02			
	Total	670kg	EDWARDS, Nathan	03-Aug-02	630kg	EDWARDS, Nathan	04-May-02
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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	170kg	CHRISTODOULOU, Anthony	02-Aug-03			
	Bench	96kg	CHRISTODOULOU, Anthony	02-Aug-03			
	Deadlift	185.5kg	CHRISTODOULOU, Anthony	02-Aug-03			
	Total	437.5kg	CHRISTODOULOU, Anthony	02-Aug-03			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	200kg	WIESNER, Andrew	07-Aug-04			
	Bench	125.5kg	WIESNER, Andrew	07-Aug-04			
	Deadlift	205kg	WIESNER, Andrew	07-Aug-04			
	Total	527.5kg	WIESNER, Andrew	07-Aug-04			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	300kg	GORDAN, Gregg	01-Nov-10			
	Bench	195kg	GORDAN, Gregg	01-Nov-10			
	Deadlift	300kg	GORDAN, Gregg	01-Nov-10			
	Total	795kg	GORDAN, Gregg	01-Nov-10			
110kg	Squat	3300kg	EDWARDS, Nathan	02-Aug-03			
	Bench	145kg	EDWARDS, Nathan	02-Aug-03			
	Deadlift	300kg	EDWARDS, Nathan	02-Aug-03			
	Total	745kg	EDWARDS, Nathan	02-Aug-03			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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	200kg	ZALCMAN, Adrian	02-Aug-03	180kg	ZALCMAN, Adrian	08-Dec-01
	Bench	122.5kg	ZALCMAN, Adrian	02-Aug-03	115.5kg	ZALCMAN, Adrian	08-Dec-01
	Deadlift	216kg	ZALCMAN, Adrian	02-Aug-03	202.5kg	ZALCMAN, Adrian	03-Aug-02
	Total	537.5kg	ZALCMAN, Adrian	02-Aug-03	487.5kg	ZALCMAN, Adrian	03-Aug-02
67.5kg	Squat	150kg	SCHARF, Shimon	18-Aug-01			
	Bench	105kg	SCHARF, Shimon	18-Aug-01			
	Deadlift	205.5kg	SCHARF, Shimon	18-Aug-01			
	Total	457.5kg	SCHARF, Shimon	18-Aug-01			
75kg	Squat	180kg	DIPASQUA, Daniel	02-Aug-03			
	Bench	100kg	DIPASQUA, Daniel	02-Aug-03			
	Deadlift	203kg	DIPASQUA, Daniel	02-Aug-03			
	Total	482.5kg	DIPASQUA, Daniel	02-Aug-03			
82.5kg	Squat	290kg	LINDLEY, Cameron	03-Nov-05	160kg	FERMANIAN, Michael	04-May-02
	Bench	195kg	LINDLEY, Cameron	03-Nov-05	122.5kg	FERMANIAN, Michael	04-May-02
	Deadlift	180kg	LINDLEY, Cameron	03-Nov-05	200kg	FERMANIAN, Michael	19-Aug-00
	Total	665kg	LINDLEY, Cameron	03-Nov-05	482.5kg	FERMANIAN, Michael	04-May-02
90kg	Squat	280kg	VERMISH, Rhys	25-Aug-12			
	Bench	167.5kg	VERMISH, Rhys	25-Aug-12			
	Deadlift	260kg	VERMISH, Rhys	25-Aug-12			
	Total	707.5kg	VERMISH, Rhys	25-Aug-12			
100kg	Squat	272.5kg	ROZEN, Warren	08-Dec-01	265kg	ROZEN, Warren	18-Aug-01
	Bench	215kg	ROZEN, Warren	08-Dec-01	208kg	ROZEN, Warren	18-Aug-01
	Deadlift	335.5kg	ROZEN, Warren	03-Aug-02	331kg	ROZEN, Warren	08-Dec-01
	Total	818.5kg	ROZEN, Warren	08-Dec-01	622.5kg	FRENCH, Anthony	19-Aug-00
110kg	Squat	337.5kg	ROZEN, Warren	06-Dec-02			
	Bench	225kg	ROZEN, Warren	06-Dec-02			
	Deadlift	315kg	ROZEN, Warren	06-Dec-02			
	Total	877.5	ROZEN, Warren	06-Dec-02			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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	200kg	ZALCMAN, Adrian	07-Aug-04			
	Bench	130kg	ZALCMAN, Adrian	07-Aug-04			
	Deadlift	220kg	BEVINS, Derek	07-Aug-04			
	Total	547.5kg	ZALCMAN, Adrian	07-Aug-04			
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	65kg	ELY, Graham	10-May-14			
	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	318kg	UPTON, Brendan	01-Aug-24	310kg	UPTON, Brendan	02-Mar-24
	Bench	195kg	UPTON, Brendan	01-Aug-24	190kg	BUTCHER, Andrew	02-Aug-03
	Deadlift	295kg	VERIKIOS, George	18-Aug-01	285kg	VERIKIOS, George	19-Aug-00
	Total	780kg	UPTON,Brendan	01-Aug-24	775kg	UPTON,Brendan	02-Mar-24
110kg	Squat	310kg	WEBB, Ian	02-Aug-03			
	Bench	180kg	WEBB, Ian	02-Aug-03			
	Deadlift	305kg	WEBB, Ian	02-Aug-03			
	Total	795kg	WEBB, Ian	02-Aug-03			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	250.5kg	GALATI, Ange	05-Aug-06	220kg	GAUD, Gerard	02-Aug-03
	Bench	240kg	GALATI, Ange	05-Aug-06	237.5kg	GALATI, Ange	07-Aug-04
	Deadlift	250kg	GALATI, Ange	05-Aug-06	240kg	GAUD, Gerard	02-Aug-03
	Total	740.5kg	GALATI, Ange	05-Aug-06	680kg	GALATI, Ange	03-Nov-05
82.5kg	Squat	290kg	LINDLEY, Cameron	03-Nov-05	260.5kg	JARROT, Brian	07-Aug-04
	Bench	237.5kg	GALATI, Ange	08-Aug-04	220kg	GALATI, Ange	02-Aug-03
	Deadlift	245kg	JARROT, Brian	07-Aug-04	200kg	GALATI, Ange	04-May-02
	Total	665kg	LINDLEY, Cameron	03-Nov-05	635kg	JARROT, Brian	07-Aug-04
90kg	Squat	266kg	HAINS, Brendan	04-Oct-08	255kg	JARROT, Brian	02-Aug-03
	Bench	140kg	JARROT, Brian	02-Aug-03			
	Deadlift	272.5kg	GEERS, Steve	08-Aug-09	262.5kg	HAINS, Brendan	04-Oct-08
	Total	668.5kg	HAINS, Brendan	04-Oct-08	655kg	JARROT, Brian	02-Aug-03
100kg	Squat	330kg	UPTON, Brendan	01-Aug-25	325kg	UPTON, Brendan	22-Mar-25
	Bench	215kg	TRAN-CONG, David	25-Apr-25	183kg	UPTON, Brendan	22-Mar-25
	Deadlift	305kg	UPTON, Brendan	22-Mar-25	277.5	BROWN, Chris	18-Aug-01
	Total	835kg	UPTON, Brendan	01-Aug-25	762.5kg	BROWN, Chris	18-Aug-01
110kg	Squat	345.5kg	BROWN, Chris	03-Aug-02			
	Bench	205kg	BROWN, Chris	27-Aug-04	195kg	BROWN, Chris	02-Aug-03
	Deadlift	305kg	BROWN, Chris	02-Aug-03			
	Total	837.5kg	BROWN, Chris	03-Aug-02			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat	315kg	FARMER, Jarrad	01-Aug-25	300kg	GIRVAN, Marty	02-Aug-03
	Bench	235kg	FARMER, Jarrad	22-Mar-25	225kg	WARLAND, Gavin	01-Aug-24
	Deadlift	327.5kg	WARLAND, Gavin	01-Aug-24	315kg	WARLAND, Gavin	02-Mar-24
	Total	842.5kg	WARLAND, Gavin	01-Aug-24	800kg	WARLAND, Gavin	02-Mar-24
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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						
	Bench						
	Deadlift						
	Total						
90kg	Squat	237.5kg	BRITTAIN, Mike	07-Aug-04	212.5kg	BRITTAIN, Mike	02-Aug-03
	Bench	145kg	BRITTAIN, Mike	07-Aug-04	135kg	BRITTAIN, Mike	02-Aug-03
	Deadlift	320kg	HAINS, Brendan	10-Aug-13	188kg	BRITTAIN, Mike	02-Aug-03
	Total	580kg	BRITTAIN, Mike	07-Aug-04	535kg	BRITTAIN, Mike	02-Aug-03
100kg	Squat	350kg	HAINS, Brendan	27-Aug-11	230kg	BROWN, Steve	19-Aug-00
	Bench	190 kg	HAINS, Brendan	27-Aug-11	150kg	BROWN, Steve	19-Aug-00
	Deadlift	270kg	HAINS, Brendan	27-Aug-11	250kg	BROWN, Steve	19-Aug-00
	Total	810kg	HAINS, Brendan	27-Aug-11	630kg	BROWN, Steve	19-Aug-00
110kg	Squat	347.5kg	SIMONETTA, Vince	02-Aug-03	335kg	SIMONETTA, Vince	03-Aug-02
	Bench	200kg	SIMONETTA, Vince	07-Aug-04	192.5kg	SIMONETTA, Vince	02-Aug-03
	Deadlift	340kg	SIMONETTA, Vince	02-Aug-03	335kg	SIMONETTA, Vince	03-Aug-02
	Total	862.5kg	SIMONETTA, Vince	02-Aug-03	852.5kg	SIMONETTA, Vince	03-Aug-02
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE 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						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift	270kg	HAINS, Brendan	01-May-14			
	Total						
100kg	Squat	240kg	HAINS, Brendan	10-May-14			
	Bench	180kg	HAINS, Brendan	10-May-14			
	Deadlift	245kg	HAINS, Brendan	10-May-14			
	Total	665kg	HAINS, Brendan	10-May-14			
110kg	Squat	232.5kg	BROWN, Steve	05-Aug-06	220kg	MURRAY, Barry	02-Aug-03
	Bench	180kg	MURRAY, Barry	02-Aug-03			
	Deadlift	275kg	BROWN, Steve	05-Aug-06	230kg	MURRAY, Barry	02-Aug-03
	Total	672.5kg	BROWN, Steve	05-Aug-06	627.5kg	MURRAY, Barry	02-Aug-03
125kg	Squat	385kg	BROWN, Steve	04-Oct-08			
	Bench	200kg	BROWN, Steve	04-Oct-08			
	Deadlift	285kg	BROWN, Steve	04-Oct-08			
	Total	870kg	BROWN, Steve	04-Oct-08			
140kg	Squat	280kg	MORMILE, Frank	19-Aug-00			
	Bench	205kg	MORMILE, Frank	19-Aug-00			
	Deadlift	280kg	MORMILE, Frank	19-Aug-00			
	Total	765kg	MORMILE, Frank	19-Aug-00			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	120kg	GOUJON, Peter	07-Aug-04	100kg	GOUJON, Peter	02-Aug-03
	Bench	120kg	GOUJON, Peter	02-Aug-03			
	Deadlift	65kg	GOUJON, Peter	02-Aug-03			
	Total	305kg	GOUJON, Peter	07-Aug-04	275kg	GOUJON, Peter	02-Aug-03
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	280kg	BROWN, Steve	09-Jun-13			
	Bench	135kg	BROWN, Steve	09-Jun-13			
	Deadlift	265kg	BROWN, Steve	09-Jun-13			
	Total	680kg	BROWN, Steve	09-Jun-13			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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	220kg	MURRAY, Barry	01-Aug-14			
	Bench	170kg	MURRAY, Barry	01-Aug-14			
	Deadlift	230kg	MURRAY, Barry	01-Aug-14			
	Total	620kg	MURRAY, Barry	01-Aug-14			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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	160kg	BORG, Reno	02-Aug-03			
	Bench	110kg	BORG, Reno	02-Aug-03			
	Deadlift	180kg	BORG, Reno	02-Aug-03			
	Total	450kg	BORG, Reno	02-Aug-03			
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 - MULTI PLY

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	167.5	BORG, Reno	07-Aug-04			
	Bench	120.0	BORG, Reno	07-Aug-04			
	Deadlift	210.0	BORG, Reno	07-Aug-04			
	Total	497.5	BORG, Reno	07-Aug-04			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	172.5kg	COOK, Peter	19-Aug-00			
	Bench	130kg	COOK, Peter	19-Aug-00			
	Deadlift	217.5kg	COOK, Peter	18-Aug-01	215kg	COOK, Peter	19-Aug-00
	Total	517.5kg	COOK, Peter	19-Aug-00			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE 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						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	170kg	VAN WEENEN, Wim	07-Aug-04	160kg	VAN WEENEN, Wim	02-Aug-03
	Bench	102.5kg	VAN WEENEN, Wim	07-Aug-04	100kg	VAN WEENEN, Wim	02-Aug-03
	Deadlift	225kg	VAN WEENEN, Wim	07-Aug-04	190kg	VAN WEENEN, Wim	02-Aug-03
	Total	497.5kg	VAN WEENEN, Wim	07-Aug-04	450kg	VAN WEENEN, Wim	02-Aug-03
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 - MULTI PLY

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	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	01-May-14			
	Bench	110kg	BORG, Reno	01-May-14			
	Deadlift	190kg	BORG, Reno	01-May-14			
	Total	465kg	BORG, Reno	01-May-14			
100kg	Squat	130kg	NICHOLSON, Nick	18-Aug-01			
	Bench	85kg	NICHOLSON, Nick	18-Aug-01			
	Deadlift	175kg	NICHOLSON, Nick	18-Aug-01			
	Total	390kg	NICHOLSON, Nick	18-Aug-01			
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 - MULTI PLY

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						

CAPO VIC STATE RECORDS -MEN

3-LIFT - MULTI PLY

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						

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