

# CAPO VIC STATE 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	PANAGIOTIDIS, Jim	22-May-21						
	Deadlift	160kg	PANAGIOTIDIS, Jim	22-May-21						
	P/P Total	260kg	PANAGIOTIDIS, Jim	22-May-21						
67.5kg	Bench	117.5kg	BEVINS, Derek	12-Nov-05						
	Deadlift	205kg	BEVINS, Derek	12-Nov-05						
	P/P Total	322.5kg	BEVINS, Derek	12-Nov-05						
75kg	Bench				155kg	ROCCECCIOLI, Michael	25-Apr-21			
	Deadlift				170kg	ROCCECCIOLI, Michael	25-Apr-21			
	P/P Total				325kg	ROCCECCIOLI, Michael	25-Apr-21			
82.5kg	Bench	200kg	GALATI, Ange	18-Nov-05						
	Deadlift	250kg	GALATI, Ange	18-Nov-05						
	P/P Total	450kg	GALATI, Ange	18-Nov-05						
90kg	Bench	156kg	DAGHER, Milad	18-Nov-05						
	Deadlift	260kg	DAGHER, Milad	18-Nov-05						
	P/P Total	416kg	DAGHER, Milad	18-Nov-05						
100kg	Bench	210kg	SPITERI, Jacob	21-Jan-23						
	Deadlift	302.5kg	THOMPSON, Shannan	25-Apr-24						
	P/P Total	510kg	SPITERI, Jacob	21-Jan-23						
110kg	Bench	160kg	ANDERSON, Mark	2-Mar-24						
	Deadlift	291kg	ANDERSON, Mark	2-Mar-24						
	P/P Total	450kg	ANDERSON, Mark	2-Mar-24						
125kg	Bench	192.5 kg	DOWLING, Lewis	25-Apr-22						
	Deadlift	305 kg	KRUTLI, Glen	21-Nov-14						
	P/P Total	482.5 kg	DOWLING, Lewis	25-Apr-22						
140kg	Bench	173 kg	MILLS, Taylen	25-Apr-24						
	Deadlift	265 kg	MILLS, Taylen	25-Apr-24						
	P/P Total	437.5 kg	MILLS, Taylen	25-Apr-24						
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE RECORDS - MEN

# PUSH-PULL ONLY COMPETITION

Sub Teen Men (10-12)			Unofficial WPC							
BWT	Lift	Record	Athlete	Date	Record	Athlete	Date	Record	Athlete	Date
RAW					SINGLE PLY			MULTI PLY		
52kg	Bench	25kg	MUDIE, Kingston	25-Apr-24						
	Deadlift	85kg	MUDIE, Kingston	25-Apr-24						
	P/P Total	107.5kg	MUDIE, Kingston	25-Apr-24						
56kg	Bench	22.5kg	KOYA, Ariyan	25-Apr-24						
	Deadlift	85kg	KOYA, Ariyan	25-Apr-24						
	P/P Total	105kg	KOYA, Ariyan	25-Apr-24						
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 VIC STATE 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	132.5kg	BERARDONE, Anton	28-May-22						
	Deadlift	200kg	BERARDONE, Anton	28-May-22						
	P/P Total	315kg	BERARDONE, Anton	28-May-22						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE 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	60kg	MASON, Riley	25-Apr-23						
	Deadlift	170kg	MASON, Riley	25-Apr-23						
	P/P Total	230kg	MASON, Riley	25-Apr-23						
82.5kg	Bench	115kg	MILAT, Dylan	25-Apr-23						
	Deadlift	185kg	MILAT, Dylan	25-Apr-23						
	P/P Total	300kg	MILAT, Dylan	25-Apr-23						
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 VIC STATE 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	62.5kg	MASON, Riley	03-Jun-23						
	Deadlift	177.5kg	MASON, Riley	03-Jun-23						
	P/P Total	237.5	MASON, Riley	03-Jun-23						
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 VIC STATE 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										
	Deadlift										
	P/P Total										
82.5kg	Bench	115kg	COIRO,Adriano	21-Jan-23							
	Deadlift	250kg	COIRO,Adriano	21-Jan-23							
	P/P Total	365kg	COIRO,Adriano	21-Jan-23							
90kg	Bench	122.5kg	LLANES, Paul	21-Jan-23							
	Deadlift	235kg	LLANES, Paul	21-Jan-23							
	P/P Total	357.5kg	LLANES, Paul	21-Jan-23							
100kg	Bench	150kg	ROWLAND, Marc	18-Nov-05							
	Deadlift	245kg	ROWLAND, Marc	18-Nov-05							
	P/P Total	395kg	ROWLAND, Marc	18-Nov-05							
110kg	Bench	145kg	SKRNJUG, Brenden	25-Apr-21							
	Deadlift	270kg	SKRNJUG, Brenden	25-Apr-21							
	P/P Total	415kg	SKRNJUG, Brenden	25-Apr-21							
125kg	Bench	150kg	SKRNJUG, Brenden	22-May-21							
	Deadlift	262.5kg	SKRNJUG, Brenden	22-May-21							
	P/P Total	412.5kg	SKRNJUG, Brenden	22-May-21							
140kg	Bench										
	Deadlift										
	P/P Total										
SHW	Bench										
	Deadlift										
	P/P Total										

# CAPO VIC STATE 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	156kg	DAGHER, Milad	18-Nov-05							
	Deadlift	260kg	DAGHER, Milad	18-Nov-05							
	P/P Total	416kg	DAGHER, Milad	18-Nov-05							
100kg	Bench	185kg	THOMPSON, Shannan	25-Apr-24							
	Deadlift	302.5kg	THOMPSON, Shannan	25-Apr-24							
	P/P Total	487.5kg	THOMPSON, Shannan	25-Apr-24							
110kg	Bench										
	Deadlift										
	P/P Total										
125kg	Bench	192.5 kg	DOWLING, Lewis	25-Apr-22							
	Deadlift	305 kg	KRUTLI, Glen	21-Nov-14							
	P/P Total	482.5 kg	DOWLING, Lewis	25-Apr-22							
140kg	Bench	173 kg	MILLS, Taylen	25-Apr-24							
	Deadlift	265 kg	MILLS, Taylen	25-Apr-24							
	P/P Total	437.5 kg	MILLS, Taylen	25-Apr-24							
SHW	Bench										
	Deadlift										
	P/P Total										

# CAPO VIC STATE 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	117.5kg	BEVINS, Derek	12-Nov-05						
	Deadlift	205kg	BEVINS, Derek	12-Nov-05						
	P/P Total	322.5kg	BEVINS, Derek	12-Nov-05						
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	200kg	GALATI, Ange	18-Nov-05						
	Deadlift	250kg	GALATI, Ange	18-Nov-05						
	P/P Total	450kg	GALATI, Ange	18-Nov-05						
90kg	Bench	135kg	GREAME, James	18-Nov-05						
	Deadlift	260kg	GREAME, James	18-Nov-05						
	P/P Total	395kg	GREAME, James	18-Nov-05						
100kg	Bench	210kg	SPITERI, Jacob	21-Jan-23						
	Deadlift	301kg	SPITERI, Jacob	21-Jan-23						
	P/P Total	510kg	SPITERI, Jacob	21-Jan-23						
110kg	Bench	125kg	MCCUBBIN, Daniel	18-Nov-05						
	Deadlift	260kg	MCCUBBIN, Daniel	18-Nov-05						
	P/P Total	385kg	MCCUBBIN, Daniel	18-Nov-05						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench	97.5kg	VAN, Mike	02-Mar-24						
	Deadlift	160kg	VAN, Mike	02-Mar-24						
	P/P Total	257.5kg	VAN, Mike	02-Mar-24						
SHW	Bench									
	Deadlift									
	P/P Total									



# CAPO VIC STATE 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									
	Deadlift									
	P/P Total									
67.5kg	Bench									
	Deadlift									
	P/P Total									
75kg	Bench									
	Deadlift									
	P/P Total									
82.5kg	Bench	110kg	GAUD, Gerald	12-Nov-05						
	Deadlift	235kg	GAUD, Gerald	12-Nov-05						
	P/P Total	345kg	GAUD, Gerald	12-Nov-05						
90kg	Bench	145kg	CHRISTOPOULOS, Johnny	25-Apr-22						
	Deadlift	215kg	CHRISTOPOULOS, Johnny	25-Apr-22						
	P/P Total	355kg	CHRISTOPOULOS, Johnny	25-Apr-22						
100kg	Bench	147.5kg	CHRISTOPOULOS, Johnny	28-May-22						
	Deadlift	240 kg	TYRRELL, Paul	25-Apr-21						
	P/P Total	357.5 kg	TYRRELL, Paul	25-Apr-21						
110kg	Bench	160kg	ANDERSON, Mark	2-Mar-24						
	Deadlift	291kg	ANDERSON, Mark	2-Mar-24						
	P/P Total	450kg	ANDERSON, Mark	2-Mar-24						
125kg	Bench	165kg	ANDERSON, Mark	20-Oct-24						
	Deadlift	270kg	ANDERSON, Mark	20-Oct-24						
	P/P Total	435kg	ANDERSON, Mark	20-Oct-24						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE 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	147.5kg	BROWN, Steve	18-Nov-05						
	Deadlift	260kg	BROWN, Steve	18-Nov-05						
	P/P Total	407.5kg	BROWN, Steve	18-Nov-05						
125kg	Bench									
	Deadlift									
	P/P Total									
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE 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	160kg	HAINS, Brendan	21-Jan-23						
	Deadlift	200kg	HAINS, Brendan	21-Jan-23						
	P/P Total	360kg	HAINS, Brendan	21-Jan-23						
110kg	Bench	152.5kg	WALSH, Patrick	25-Apr-23						
	Deadlift	240kg	GUALA, Alan	12-Aug-16						
	P/P Total	382.5kg	WALSH, Patrick	25-Apr-23						
125kg	Bench	180kg	WALLIN, John	25-Apr-24						
	Deadlift	265kg	WALLIN, John	25-Apr-24						
	P/P Total	445kg	WALLIN, John	25-Apr-24						
140kg	Bench	85kg	CHRISTIDIS, Damien	22-May-21						
	Deadlift	220kg	CHRISTIDIS, Damien	22-May-21						
	P/P Total	305kg	CHRISTIDIS, Damien	22-May-21						
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE 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	97.5kg	TORCASIO, Tony	25-Apr-22						
	Deadlift	195kg	TORCASIO, Tony	25-Apr-22						
	P/P Total	292.5kg	TORCASIO, Tony	25-Apr-22						
100kg	Bench									
	Deadlift									
	P/P Total									
110kg	Bench									
	Deadlift									
	P/P Total									
125kg	Bench	170 kg	HANRAHAN, James	25-Apr-22						
	Deadlift	265kg	HANRAHAN, James	25-Apr-22						
	P/P Total	435 kg	HANRAHAN, James	25-Apr-22						
140kg	Bench									
	Deadlift									
	P/P Total									
SHW	Bench									
	Deadlift									
	P/P Total									

# CAPO VIC STATE 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									
	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 VIC STATE 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 VIC STATE 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	107.5	VAN WEENEN, Wim	12-Nov-05						
	Deadlift	210kg	VAN WEENEN, Wim	12-Nov-05						
	P/P Total	317.5kg	VAN WEENEN, Wim	12-Nov-05						
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 VIC STATE 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 VIC STATE 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 VIC STATE 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 VIC STATE 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									