

# CAPO NATIONAL 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     | 87.5kg  | LOY, Sky           | 26-Nov-23 |            |                      |           |           |                 |           |
|        | Deadlift  | 155kg   | LOY, Sky           | 26-Nov-23 |            |                      |           |           |                 |           |
|        | P/P Total | 242.5kg | LOY, Sky           | 26-Nov-23 |            |                      |           |           |                 |           |
| 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     | 100kg   | DULLONA, Francisco | 22-Feb-15 |            |                      |           |           |                 |           |
|        | Deadlift  | 185kg   | SINGH, Maninder    | 24-Mar-19 |            |                      |           |           |                 |           |
|        | P/P Total | 270kg   | DULLONA, Francisco | 22-Feb-15 |            |                      |           |           |                 |           |
| 67.5kg | Bench     | 157.5kg | TAUMALOLO, Mateaki | 01-Mar-20 |            |                      |           |           |                 |           |
|        | Deadlift  | 250kg   | CHIU, Alan         | 26-Nov-23 |            |                      |           |           |                 |           |
|        | P/P Total | 377.5kg | TAUMALOLO, Mateaki | 01-Mar-20 |            |                      |           |           |                 |           |
| 75kg   | Bench     | 145kg   | APPO, Bernard      | 24-Mar-19 | 155kg      | ROCCECCIOLI, Michael | 25-Apr-21 | 70kg      | SANDERSON, Ron  | 22-Feb-15 |
|        | Deadlift  | 255kg   | APPO, Bernard      | 24-Mar-19 | 170kg      | ROCCECCIOLI, Michael | 25-Apr-21 | 205kg     | SANDERSON, Ron  | 22-Feb-15 |
|        | P/P Total | 400kg   | APPO, Bernard      | 24-Mar-19 | 325kg      | ROCCECCIOLI, Michael | 25-Apr-21 | 275kg     | SANDERSON, Ron  | 22-Feb-15 |
| 82.5kg | Bench     | 160kg   | RYAN, Heath        | 01-Mar-20 |            |                      |           |           |                 |           |
|        | Deadlift  | 275kg   | HULEMAH, Ahmed     | 18-Nov-18 |            |                      |           |           |                 |           |
|        | P/P Total | 417.5kg | ROSS, Nathan       | 24-Nov-14 |            |                      |           |           |                 |           |
| 90kg   | Bench     | 162.5kg | NEWMAN, Chris      | 21-Nov-21 |            |                      |           |           |                 |           |
|        | Deadlift  | 305kg   | NEWMAN, Chris      | 21-Nov-21 |            |                      |           |           |                 |           |
|        | P/P Total | 467.5kg | NEWMAN, Chris      | 21-Nov-21 |            |                      |           |           |                 |           |
| 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     | 225kg   | LOVE, Kyle         | 18-Nov-18 | 175kg      | TRENTIN, Michael     | 04-Mar-23 |           |                 |           |
|        | Deadlift  | 327.5kg | PARNELL, Shane     | 26-Nov-23 | 255kg      | NELSON, Jonny        | 24-Mar-19 |           |                 |           |
|        | P/P Total | 522.5kg | PARNELL, Shane     | 26-Nov-23 | 410kg      | TRENTIN, Michael     | 04-Mar-23 |           |                 |           |
| 125kg  | Bench     | 222.5kg | TOOMER, David      | 29-Nov-20 | 230kg      | PRYOR, Manatuki      | 16-Feb-25 | 160kg     | PRYOR, Manatuki | 29-Oct-22 |
|        | Deadlift  | 352.5kg | MURPHY, Sam        | 20-Nov-22 | 265kg      | PRYOR, Manatuki      | 16-Feb-25 | 280kg     | MANNAGH, Paul   | 22-Mar-25 |
|        | P/P Total | 555kg   | MURPHY, Sam        | 20-Nov-22 | 495kg      | PRYOR, Manatuki      | 16-Feb-25 | 400kg     | PRYOR, Manatuki | 29-Oct-22 |
| 140kg  | Bench     | 272.5kg | COOPER, Andrew     | 01-Mar-20 |            |                      |           |           |                 |           |
|        | Deadlift  | 330kg   | STEIGER, Daniel    | 29-May-16 |            |                      |           |           |                 |           |
|        | P/P Total | 572.5kg | COOPER, Andrew     | 01-Mar-20 |            |                      |           |           |                 |           |
| SHW    | Bench     | 235kg   | WILDE, Philip      | 29-Nov-20 |            |                      |           |           |                 |           |
|        | Deadlift  | 325kg   | WILDE, Philip      | 29-Nov-20 |            |                      |           |           |                 |           |
|        | P/P Total | 555kg   | WILDE, Philip      | 29-Nov-20 |            |                      |           |           |                 |           |

# CAPO NATIONAL 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     | 35kg    | GRAHAM-KUMABE, Issah | 02-Mar-25 |            |         |      |           |         |      |
|        | Deadlift  | 90kg    | MUDIE, Kingston      | 01-Aug-24 |            |         |      |           |         |      |
|        | P/P Total | 115kg   | MUDIE, Kingston      | 01-Aug-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     | 25kg    | KOYA, Ariyan         | 01-Aug-24 |            |         |      |           |         |      |
|        | Deadlift  | 85kg    | KOYA, Ariyan         | 01-Aug-24 |            |         |      |           |         |      |
|        | P/P Total | 110kg   | KOYA, Ariyan         | 01-Aug-24 |            |         |      |           |         |      |
| 67.5kg | Bench     | 42.5kg  | LINDON, Jasper       | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 100kg   | LINDON, Jasper       | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 137.5kg | LINDON, Jasper       | 26-Nov-23 |            |         |      |           |         |      |
| 75kg   | Bench     | 42.5kg  | GRAHAM-KUMABE, Torma | 02-Mar-25 |            |         |      |           |         |      |
|        | Deadlift  | 110kg   | GRAHAM-KUMABE, Torma | 02-Mar-25 |            |         |      |           |         |      |
|        | P/P Total | 150kg   | GRAHAM-KUMABE, Torma | 02-Mar-25 |            |         |      |           |         |      |
| 82.5kg | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |
| 90kg   | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |
| 100kg  | Bench     | 30kg    | GARDE, Chayse        | 06-Mar-22 |            |         |      |           |         |      |
|        | Deadlift  | 90kg    | GARDE, Chayse        | 06-Mar-22 |            |         |      |           |         |      |
|        | P/P Total | 120kg   | GARDE, Chayse        | 06-Mar-22 |            |         |      |           |         |      |
| 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 NATIONAL 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     | 62.5kg  | LITTLE, Johnathan | 04-Mar-23 |            |         |      |           |         |      |
|        | Deadlift  | 130kg   | LITTLE, Johnathan | 04-Mar-23 |            |         |      |           |         |      |
|        | P/P Total | 185kg   | LITTLE, Johnathan | 04-Mar-23 |            |         |      |           |         |      |
| 56kg   | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |
| 60kg   | Bench     | 40kg    | RYAN, Mitch       | 01-Mar-20 |            |         |      |           |         |      |
|        | Deadlift  | 115kg   | RYAN, Mitch       | 01-Mar-20 |            |         |      |           |         |      |
|        | P/P Total | 155kg   | RYAN, Mitch       | 01-Mar-20 |            |         |      |           |         |      |
| 67.5kg | Bench     | 60kg    | HULM, Isaac       | 24-Nov-24 |            |         |      |           |         |      |
|        | Deadlift  | 145kg   | HULM, Isaac       | 24-Nov-24 |            |         |      |           |         |      |
|        | P/P Total | 202.5kg | HULM, Isaac       | 24-Nov-24 |            |         |      |           |         |      |
| 75kg   | Bench     | 47.5kg  | VELLA, Darcy      | 01-Aug-24 |            |         |      |           |         |      |
|        | Deadlift  | 125kg   | VELLA, Darcy      | 01-Aug-24 |            |         |      |           |         |      |
|        | P/P Total | 170kg   | VELLA, Darcy      | 01-Aug-24 |            |         |      |           |         |      |
| 82.5kg | Bench     | 115kg   | WALDER, Jonathon  | 12-Aug-16 |            |         |      |           |         |      |
|        | Deadlift  | 210kg   | WALDER, Jonathon  | 29-May-16 |            |         |      |           |         |      |
|        | P/P Total | 325kg   | WALDER, Jonathon  | 12-Aug-16 |            |         |      |           |         |      |
| 90kg   | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |
| 100kg  | Bench     | 67.5kg  | MURPHY, Kobi      | 20-Nov-22 |            |         |      |           |         |      |
|        | Deadlift  | 162.5kg | MURPHY, Kobi      | 20-Nov-22 |            |         |      |           |         |      |
|        | P/P Total | 230kg   | MURPHY, Kobi      | 20-Nov-22 |            |         |      |           |         |      |
| 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     | 80kg    | STINSON, Riley    | 20-Nov-22 |            |         |      |           |         |      |
|        | Deadlift  | 157.5kg | STINSON, Riley    | 20-Nov-22 |            |         |      |           |         |      |
|        | P/P Total | 225kg   | STINSON, Riley    | 20-Nov-22 |            |         |      |           |         |      |
| 140kg  | Bench     | 140kg   | AGIR, Kaevan      | 29-Nov-20 |            |         |      |           |         |      |
|        | Deadlift  | 230kg   | AGIR, Kaevan      | 29-Nov-20 |            |         |      |           |         |      |
|        | P/P Total | 360kg   | AGIR, Kaevan      | 29-Nov-20 |            |         |      |           |         |      |
| SHW    | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |

# CAPO NATIONAL 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     | 85kg    | NAUG, Hain                   | 04-Mar-23 |            |         |      |           |         |      |
|        | Deadlift  | 190kg   | NAUG, Hain                   | 04-Mar-23 |            |         |      |           |         |      |
|        | P/P Total | 275kg   | NAUG, Hain                   | 04-Mar-23 |            |         |      |           |         |      |
| 75kg   | Bench     | 70kg    | FRIGANIOTIS, Jaxon           | 09-Mar-24 |            |         |      |           |         |      |
|        | Deadlift  | 170kg   | MASON, Riley                 | 25-Apr-23 |            |         |      |           |         |      |
|        | P/P Total | 230kg   | MASON, Riley                 | 25-Apr-23 |            |         |      |           |         |      |
| 82.5kg | Bench     | 115kg   | WALDER, Jonathon             | 12-Aug-16 |            |         |      |           |         |      |
|        | Deadlift  | 210kg   | WALDER, Jonathon             | 29-May-16 |            |         |      |           |         |      |
|        | P/P Total | 325kg   | WALDER, Jonathon             | 12-Aug-16 |            |         |      |           |         |      |
| 90kg   | Bench     | 92.5kg  | TOMPKIN, Orlando             | 20-Nov-22 |            |         |      |           |         |      |
|        | Deadlift  | 200kg   | TOMPKIN, Orlando             | 20-Nov-22 |            |         |      |           |         |      |
|        | P/P Total | 292.5kg | TOMPKIN, Orlando             | 20-Nov-22 |            |         |      |           |         |      |
| 100kg  | Bench     | 125kg   | DOWLEY, Owen                 | 21-Nov-21 |            |         |      |           |         |      |
|        | Deadlift  | 215kg   | QUINLAN, Nicholas            | 04-Mar-23 |            |         |      |           |         |      |
|        | P/P Total | 310kg   | QUINLAN, Nicholas            | 04-Mar-23 |            |         |      |           |         |      |
| 110kg  | Bench     | 72.5kg  | BARRINGTON-JACOBI, Mackenzie | 24-Mar-19 |            |         |      |           |         |      |
|        | Deadlift  | 165kg   | BARRINGTON-JACOBI, Mackenzie | 24-Mar-19 |            |         |      |           |         |      |
|        | P/P Total | 237.5kg | BARRINGTON-JACOBI, Mackenzie | 24-Mar-19 |            |         |      |           |         |      |
| 125kg  | Bench     |         |                              |           |            |         |      |           |         |      |
|        | Deadlift  |         |                              |           |            |         |      |           |         |      |
|        | P/P Total |         |                              |           |            |         |      |           |         |      |
| 140kg  | Bench     | 100kg   | BUBA, Zachary                | 20-Nov-22 |            |         |      |           |         |      |
|        | Deadlift  | 160kg   | BUBA, Zachary                | 20-Nov-22 |            |         |      |           |         |      |
|        | P/P Total | 260kg   | BUBA, Zachary                | 20-Nov-22 |            |         |      |           |         |      |
| SHW    | Bench     | 90kg    | ROBERTSON, Brodie            | 01-Jul-23 |            |         |      |           |         |      |
|        | Deadlift  | 150kg   | ROBERTSON, Brodie            | 01-Jul-23 |            |         |      |           |         |      |
|        | P/P Total | 240kg   | ROBERTSON, Brodie            | 01-Jul-23 |            |         |      |           |         |      |

# CAPO NATIONAL 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     | 87.5kg  | LOY, Sky          | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 155kg   | LOY, Sky          | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 242.5kg | LOY, Sky          | 26-Nov-23 |            |         |      |           |         |      |
| 56kg   | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |
| 60kg   | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |
| 67.5kg | Bench     | 110kg   | CHIU, Alan        | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 250kg   | CHIU, Alan        | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 350kg   | CHIU, Alan        | 26-Nov-23 |            |         |      |           |         |      |
| 75kg   | Bench     | 90kg    | SMITH, Brandon    | 20-Nov-22 |            |         |      |           |         |      |
|        | Deadlift  | 177.5kg | MASON, Riley      | 03-Jun-23 |            |         |      |           |         |      |
|        | P/P Total | 250kg   | SMITH, Brandon    | 20-Nov-22 |            |         |      |           |         |      |
| 82.5kg | Bench     | 130kg   | WALDER, Jonathan  | 11-Aug-17 |            |         |      |           |         |      |
|        | Deadlift  | 220kg   | WALDER, Jonathan  | 11-Aug-17 |            |         |      |           |         |      |
|        | P/P Total | 347.5kg | WALDER, Jonathan  | 11-Aug-17 |            |         |      |           |         |      |
| 90kg   | Bench     | 125kg   | ELLIOTT, Ethan    | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 250kg   | ELLIOTT, Ethan    | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 375kg   | ELLIOTT, Ethan    | 26-Nov-23 |            |         |      |           |         |      |
| 100kg  | Bench     | 110kg   | UYS, Nickie       | 04-Mar-23 |            |         |      |           |         |      |
|        | Deadlift  | 230kg   | UYS, Nickie       | 04-Mar-23 |            |         |      |           |         |      |
|        | P/P Total | 340kg   | UYS, Nickie       | 04-Mar-23 |            |         |      |           |         |      |
| 110kg  | Bench     | 145kg   | GIUBILATO, Matteo | 29-Nov-20 |            |         |      |           |         |      |
|        | Deadlift  | 280kg   | GIUBILATO, Matteo | 29-Nov-20 |            |         |      |           |         |      |
|        | P/P Total | 422.5kg | GIUBILATO, Matteo | 29-Nov-20 |            |         |      |           |         |      |
| 125kg  | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |
| 140kg  | Bench     | 150kg   | MOURIKIS, Xander  | 24-Nov-24 |            |         |      |           |         |      |
|        | Deadlift  | 260kg   | MOURIKIS, Xander  | 24-Nov-24 |            |         |      |           |         |      |
|        | P/P Total | 400kg   | MOURIKIS, Xander  | 24-Nov-24 |            |         |      |           |         |      |
| SHW    | Bench     |         |                   |           |            |         |      |           |         |      |
|        | Deadlift  |         |                   |           |            |         |      |           |         |      |
|        | P/P Total |         |                   |           |            |         |      |           |         |      |

# CAPO NATIONAL 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     | 130kg   | MARCUS, Leo       | 01-Mar-20 |            |         |      |           |         |      |
|        | Deadlift  | 250kg   | COIRO, Adriano    | 21-Jan-23 |            |         |      |           |         |      |
|        | P/P Total | 365kg   | COIRO, Adriano    | 21-Jan-23 |            |         |      |           |         |      |
| 90kg   | Bench     | 130kg   | KELLY, Matthew    | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 260kg   | DONALDSON, Kenyon | 19-Nov-17 |            |         |      |           |         |      |
|        | P/P Total | 380kg   | DONALDSON, Kenyon | 19-Nov-17 |            |         |      |           |         |      |
| 100kg  | Bench     | 167.5kg | CRODIN, Rundle    | 24-Nov-19 |            |         |      |           |         |      |
|        | Deadlift  | 280kg   | WESTHEAD, Jamie   | 29-Nov-20 |            |         |      |           |         |      |
|        | P/P Total | 430kg   | WESTHEAD, Jamie   | 29-Nov-20 |            |         |      |           |         |      |
| 110kg  | Bench     | 150kg   | LARGE, Trent      | 29-May-16 |            |         |      |           |         |      |
|        | Deadlift  | 290kg   | GIUBILATO, Matteo | 21-Nov-21 |            |         |      |           |         |      |
|        | P/P Total | 440kg   | GIUBILATO, Matteo | 21-Nov-21 |            |         |      |           |         |      |
| 125kg  | Bench     | 172.5kg | NELSON, Aaron     | 20-Mar-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 NATIONAL 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     | 80kg    | SINGH, Maninder    | 24-Mar-19 |            |         |      |           |                 |           |
|        | Deadlift  | 185kg   | SINGH, Maninder    | 24-Mar-19 |            |         |      |           |                 |           |
|        | P/P Total | 265kg   | SINGH, Maninder    | 24-Mar-19 |            |         |      |           |                 |           |
| 67.5kg | Bench     | 157.5kg | TAUMALOLO, Mateaki | 01-Mar-20 |            |         |      |           |                 |           |
|        | Deadlift  | 220kg   | TAUMALOLO, Mateaki | 01-Mar-20 |            |         |      |           |                 |           |
|        | P/P Total | 377.5kg | TAUMALOLO, Mateaki | 01-Mar-20 |            |         |      |           |                 |           |
| 75kg   | Bench     | 142.5kg | WEYMARK, Jordan    | 04-Mar-23 |            |         |      |           |                 |           |
|        | Deadlift  | 245kg   | WEYMARK, Jordan    | 09-Mar-24 |            |         |      |           |                 |           |
|        | P/P Total | 385kg   | WEYMARK, Jordan    | 09-Mar-24 |            |         |      |           |                 |           |
| 82.5kg | Bench     | 156kg   | DODSON, Hayden     | 26-Nov-23 |            |         |      |           |                 |           |
|        | Deadlift  | 251kg   | DODSON, Hayden     | 26-Nov-23 |            |         |      |           |                 |           |
|        | P/P Total | 405kg   | DODSON, Hayden     | 26-Nov-23 |            |         |      |           |                 |           |
| 90kg   | Bench     | 167.5kg | PILAPIL, Cameron   | 26-Nov-23 |            |         |      |           |                 |           |
|        | Deadlift  | 305kg   | NEWMAN, Chris      | 21-Nov-21 |            |         |      |           |                 |           |
|        | P/P Total | 467.5kg | NEWMAN, Chris      | 21-Nov-21 |            |         |      |           |                 |           |
| 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     | 225kg   | LOVE, KYLE         | 18-Nov-18 |            |         |      |           |                 |           |
|        | Deadlift  | 300kg   | LOVE, KYLE         | 29-Nov-20 |            |         |      |           |                 |           |
|        | P/P Total | 520kg   | LOVE, KYLE         | 29-Nov-20 |            |         |      |           |                 |           |
| 125kg  | Bench     | 222.5kg | TOOMER, David      | 29-Nov-20 |            |         |      | 140kg     | WATTS, Mitchell | 22-Mar-25 |
|        | Deadlift  | 335kg   | LANG, Benji        | 04-Mar-23 |            |         |      | 235kg     | WATTS, Mitchell | 22-Mar-25 |
|        | P/P Total | 550kg   | TOOMER, David      | 29-Nov-20 |            |         |      | 375kg     | WATTS, Mitchell | 22-Mar-25 |
| 140kg  | Bench     | 190kg   | HARRIS, Alec       | 29-Nov-20 |            |         |      |           |                 |           |
|        | Deadlift  | 330kg   | STEIGER, Daniel    | 29-May-16 |            |         |      |           |                 |           |
|        | P/P Total | 495kg   | STEIGER, Daniel    | 29-May-16 |            |         |      |           |                 |           |
| SHW    | Bench     | 235kg   | WILDE, Philip      | 29-Nov-20 |            |         |      |           |                 |           |
|        | Deadlift  | 325kg   | WILDE, Philip      | 29-Nov-20 |            |         |      |           |                 |           |
|        | P/P Total | 555kg   | WILDE, Philip      | 29-Nov-20 |            |         |      |           |                 |           |

# CAPO NATIONAL 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     | 112.5kg | BIGGS, Aidan   | 09-Mar-24  |        |                      |           |        |         |      |
|        | Deadlift  | 210kg   | BIGGS, Aidan   | 09-Mar-24  |        |                      |           |        |         |      |
|        | P/P Total | 322.5kg | BIGGS, Aidan   | 09-Mar-24  |        |                      |           |        |         |      |
| 75kg   | Bench     | 145kg   | APPO, Bernard  | 24-Mar-19  | 155kg  | ROCCECCIOLI, Michael | 25-Apr-21 |        |         |      |
|        | Deadlift  | 255kg   | APPO, Bernard  | 24-Mar-19  | 170kg  | ROCCECCIOLI, Michael | 25-Apr-21 |        |         |      |
|        | P/P Total | 400kg   | APPO, Bernard  | 24-Mar-19  | 325kg  | ROCCECCIOLI, Michael | 25-Apr-21 |        |         |      |
| 82.5kg | Bench     | 155kg   | ROSS, Nathan   | 24-Nov-14  |        |                      |           |        |         |      |
|        | Deadlift  | 275kg   | HULEMAH, Ahmed | 18-Nov-18  |        |                      |           |        |         |      |
|        | P/P Total | 417.5kg | ROSS, Nathan   | 24-Nov-14  |        |                      |           |        |         |      |
| 90kg   | Bench     | 160kg   | PUSKARIC, Sym  | 11-Aug-17  |        |                      |           |        |         |      |
|        | Deadlift  | 270kg   | JACKSON, Tim   | 24-Nov-24  |        |                      |           |        |         |      |
|        | P/P Total | 425kg   | JACKSON, Tim   | 24-Nov-24  |        |                      |           |        |         |      |
| 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     | 220kg   | LOVE, KYLE     | 20-Nov-22  | 150kg  | PIVA, Steven         | 02-Mar-25 |        |         |      |
|        | Deadlift  | 302.5kg | KELLY, Chris   | 01-Aug-24  | 255kg  | NELSON, Jonny        | 24-Mar-19 |        |         |      |
|        | P/P Total | 512.5kg | KELLY, Chris   | 01-Aug-24  | 385kg  | NELSON, Jonny        | 24-Mar-19 |        |         |      |
| 125kg  | Bench     | 202.5kg | MURPHY, Sam    | 20-Nov-22  |        |                      |           |        |         |      |
|        | Deadlift  | 352.5kg | MURPHY, Sam    | 20-Nov-22  |        |                      |           |        |         |      |
|        | P/P Total | 555kg   | MURPHY, Sam    | 20-Nov-22  |        |                      |           |        |         |      |
| 140kg  | Bench     | 172.5kg | LAING, Andrew  | 02-Mar-25  |        |                      |           |        |         |      |
|        | Deadlift  | 250kg   | GRAHAM, Nathan | 19-Nov-17  |        |                      |           |        |         |      |
|        | P/P Total | 405kg   | GRAHAM, Nathan | 19-Nov-17  |        |                      |           |        |         |      |
| SHW    | Bench     | 187.5kg | KOVACS, Sheen  | 21-Nov-21  |        |                      |           |        |         |      |
|        | Deadlift  | 290kg   | KOVACS, Sheen  | 21-Nov-21  |        |                      |           |        |         |      |
|        | P/P Total | 477.5kg | KOVACS, Sheen  | 21-Nov-21  |        |                      |           |        |         |      |



# CAPO NATIONAL 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     | 72.5kg  | BOWEN, Michael         | 26-Nov-23 |            |                  |           |           |               |           |
|        | Deadlift  | 135kg   | BOWEN, Michael         | 26-Nov-23 |            |                  |           |           |               |           |
|        | P/P Total | 205kg   | BOWEN, Michael         | 26-Nov-23 |            |                  |           |           |               |           |
| 82.5kg | Bench     | 150kg   | HENDERSON, Keith       | 29-Nov-20 |            |                  |           |           |               |           |
|        | Deadlift  | 255kg   | SIMMONS, Matthew       | 09-Mar-24 |            |                  |           |           |               |           |
|        | P/P Total | 370kg   | HENDERSON, Keith       | 29-Nov-20 |            |                  |           |           |               |           |
| 90kg   | Bench     | 162.5kg | WALKER, Nicholas       | 02-Jun-24 |            |                  |           |           |               |           |
|        | Deadlift  | 250kg   | BECKER, Xavier         | 24-Nov-24 |            |                  |           |           |               |           |
|        | P/P Total | 390kg   | EBDON-WALKER, Nicholas | 01-Aug-24 |            |                  |           |           |               |           |
| 100kg  | Bench     | 147.5kg | CHRISTOPOULOS, Johny   | 28-May-22 |            |                  |           |           |               |           |
|        | Deadlift  | 240kg   | TYRRELL, Paul          | 25-Apr-21 |            |                  |           |           |               |           |
|        | P/P Total | 357.5kg | TYRRELL, Paul          | 25-Apr-21 |            |                  |           |           |               |           |
| 110kg  | Bench     | 195kg   | PARNELL, Shane         | 26-Nov-23 | 175kg      | TRENTIN, Michael | 04-Mar-23 |           |               |           |
|        | Deadlift  | 327.5kg | PARNELL, Shane         | 26-Nov-23 | 240kg      | TRENTIN, Michael | 04-Mar-23 |           |               |           |
|        | P/P Total | 522.5kg | PARNELL, Shane         | 26-Nov-23 | 410kg      | TRENTIN, Michael | 04-Mar-23 |           |               |           |
| 125kg  | Bench     | 170kg   | AMARAL, Tiago          | 02-Mar-25 |            |                  |           | 115kg     | MANNAGH, Paul | 22-Mar-25 |
|        | Deadlift  | 275kg   | NELSON, Jonny          | 14-Nov-24 |            |                  |           | 280kg     | MANNAGH, Paul | 22-Mar-25 |
|        | P/P Total | 435kg   | ANDERSON, Mark         | 20-Oct-24 |            |                  |           | 395kg     | MANNAGH, Paul | 22-Mar-25 |
| 140kg  | Bench     | 272.5kg | COOPER, Andrew         | 01-Mar-20 |            |                  |           |           |               |           |
|        | Deadlift  | 300kg   | COOPER, Andrew         | 01-Mar-20 |            |                  |           |           |               |           |
|        | P/P Total | 572.5kg | COOPER, Andrew         | 01-Mar-20 |            |                  |           |           |               |           |
| SHW    | Bench     | 152.5kg | PILIPOVIC, Damir       | 02-Aug-14 |            |                  |           |           |               |           |
|        | Deadlift  | 290kg   | PILIPOVIC, Damir       | 02-Aug-14 |            |                  |           |           |               |           |
|        | P/P Total | 442.5kg | PILIPOVIC, Damir       | 02-Aug-14 |            |                  |           |           |               |           |

# CAPO NATIONAL 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     | 160kg   | RYAN, Heath       | 01-Mar-20 |         |                  |           |        |                 |           |  |
|        | Deadlift  | 250kg   | RYAN, Heath       | 01-Mar-20 |         |                  |           |        |                 |           |  |
|        | P/P Total | 410kg   | RYAN, Heath       | 01-Mar-20 |         |                  |           |        |                 |           |  |
| 90kg   | Bench     | 135kg   | MULLINS, Luke     | 21-Nov-21 | 120kg   | GODFREY, Michael | 02-Mar-25 |        |                 |           |  |
|        | Deadlift  | 252.5kg | HARNETT, Bill     | 19-Nov-17 | 185kg   | GODFREY, Michael | 02-Mar-25 |        |                 |           |  |
|        | P/P Total | 342.5kg | HARNETT, Bill     | 19-Nov-17 | 297.5kg | GODFREY, Michael | 02-Mar-25 |        |                 |           |  |
| 100kg  | Bench     | 177.5kg | CRANE, Damien     | 03-Jun-17 |         |                  |           |        |                 |           |  |
|        | Deadlift  | 290kg   | BRAMMALL, Beau    | 02-Mar-25 |         |                  |           |        |                 |           |  |
|        | P/P Total | 462.5kg | BRAMMALL, Beau    | 02-Mar-25 |         |                  |           |        |                 |           |  |
| 110kg  | Bench     | 161kg   | MORTON, Dominic   | 02-Mar-25 |         |                  |           |        |                 |           |  |
|        | Deadlift  | 250kg   | WEATHERALL, Peter | 13-Dec-14 |         |                  |           |        |                 |           |  |
|        | P/P Total | 410kg   | WEATHERALL, Peter | 13-Dec-14 |         |                  |           |        |                 |           |  |
| 125kg  | Bench     | 185kg   | NAPPER, George    | 29-Nov-20 |         |                  |           | 160kg  | PRYOR, Manatuki | 29-Oct-22 |  |
|        | Deadlift  | 260kg   | NAPPER, George    | 29-Nov-20 |         |                  |           | 240kg  | PRYOR, Manatuki | 29-Oct-22 |  |
|        | P/P Total | 442.5kg | NAPPER, George    | 29-Nov-20 |         |                  |           | 400kg  | PRYOR, Manatuki | 29-Oct-22 |  |
| 140kg  | Bench     | 155kg   | NICHOLAS, Michael | 02-Aug-14 |         |                  |           |        |                 |           |  |
|        | Deadlift  | 285kg   | NICHOLAS, Michael | 02-Aug-14 |         |                  |           |        |                 |           |  |
|        | P/P Total | 440kg   | NICHOLAS, Michael | 02-Aug-14 |         |                  |           |        |                 |           |  |
| 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 NATIONAL 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     | 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     | 96kg    | MANSFIELD, Peter      | 24-Nov-14  |        |                 |           |        |         |      |
|        | Deadlift  | 185kg   | MANSFIELD, Peter      | 24-Nov-14  |        |                 |           |        |         |      |
|        | P/P Total | 278.5kg | MANSFIELD, Peter      | 24-Nov-14  |        |                 |           |        |         |      |
| 75kg   | Bench     | 138kg   | NEWMAN, Rodney        | 24-Nov-14  |        |                 |           |        |         |      |
|        | Deadlift  | 220kg   | NEWMAN, Rodney        | 24-Nov-14  |        |                 |           |        |         |      |
|        | P/P Total | 358kg   | NEWMAN, Rodney        | 24-Nov-14  |        |                 |           |        |         |      |
| 82.5kg | Bench     | 132.5kg | HANSSON, Chris        | 02-Mar-25  |        |                 |           |        |         |      |
|        | Deadlift  | 220kg   | McGRATH, Peter        | 12-Aug-16  |        |                 |           |        |         |      |
|        | P/P Total | 337.5kg | HANSSON, Chris        | 02-Mar-25  |        |                 |           |        |         |      |
| 90kg   | Bench     | 80kg    | CORRIGAN, Tim         | 26-Nov-23  |        |                 |           |        |         |      |
|        | Deadlift  | 175kg   | BARKER, Mark          | 26-Nov-23  |        |                 |           |        |         |      |
|        | P/P Total | 255kg   | BARKER, Mark          | 26-Nov-23  |        |                 |           |        |         |      |
| 100kg  | Bench     | 170kg   | KEEP, Brad            | 20-Nov-22  |        |                 |           |        |         |      |
|        | Deadlift  | 220kg   | KEEP, Brad            | 20-Nov-22  |        |                 |           |        |         |      |
|        | P/P Total | 390kg   | KEEP, Brad            | 20-Nov-22  |        |                 |           |        |         |      |
| 110kg  | Bench     | 170kg   | JONES, Gary           | 11-Aug-17  |        |                 |           |        |         |      |
|        | Deadlift  | 260kg   | BUTLER-Blaxell, Terry | 24-Nov-24  |        |                 |           |        |         |      |
|        | P/P Total | 420kg   | BUTLER-Blaxell, Terry | 24-Nov-24  |        |                 |           |        |         |      |
| 125kg  | Bench     | 180kg   | WALLIN, John          | 25-Apr-24  | 230kg  | PRYOR, Manatuki | 16-Feb-25 |        |         |      |
|        | Deadlift  | 265kg   | WALLIN, John          | 25-Apr-24  | 265kg  | PRYOR, Manatuki | 16-Feb-25 |        |         |      |
|        | P/P Total | 445kg   | WALLIN, John          | 25-Apr-24  | 495kg  | PRYOR, Manatuki | 16-Feb-25 |        |         |      |
| 140kg  | Bench     | 210kg   | SZABO, Michael        | 14-May-23  |        |                 |           |        |         |      |
|        | Deadlift  | 230kg   | SZABO, Michael        | 14-May-23  |        |                 |           |        |         |      |
|        | P/P Total | 440kg   | SZABO, Michael        | 14-May-23  |        |                 |           |        |         |      |
| SHW    | Bench     | 87.5kg  | JAMES, Stewart        | 24-Nov-24  |        |                 |           |        |         |      |
|        | Deadlift  | 215kg   | CHRISTIDIS, Damien    | 01-Mar-25  |        |                 |           |        |         |      |
|        | P/P Total | 300kg   | CHRISTIDIS, Damien    | 01-Mar-25  |        |                 |           |        |         |      |

# CAPO NATIONAL 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     | 77.5kg  | KNECTLI, Simon       | 01-Aug-24 |            |         |      |           |         |      |
|        | Deadlift  | 125kg   | KNECTLI, Simon       | 01-Aug-24 |            |         |      |           |         |      |
|        | P/P Total | 202.5kg | KNECTLI, Simon       | 01-Aug-24 |            |         |      |           |         |      |
| 75kg   | Bench     | 80kg    | SIVACOLUNDHU, Ramesh | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 170kg   | SIVACOLUNDHU, Ramesh | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 250kg   | SIVACOLUNDHU, Ramesh | 26-Nov-23 |            |         |      |           |         |      |
| 82.5kg | Bench     | 105kg   | McGRATH, Peter       | 03-Jun-17 |            |         |      |           |         |      |
|        | Deadlift  | 220kg   | McGRATH, Peter       | 03-Jun-17 |            |         |      |           |         |      |
|        | P/P Total | 325kg   | McGRATH, Peter       | 03-Jun-17 |            |         |      |           |         |      |
| 90kg   | Bench     | 150kg   | BARKER, David        | 24-Nov-24 |            |         |      |           |         |      |
|        | Deadlift  | 210kg   | BARKER, David        | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 355kg   | BARKER, David        | 24-Nov-24 |            |         |      |           |         |      |
| 100kg  | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |
| 110kg  | Bench     | 182.5kg | GUY, Miles           | 29-Nov-20 |            |         |      |           |         |      |
|        | Deadlift  | 260kg   | GUY, Miles           | 29-Nov-20 |            |         |      |           |         |      |
|        | P/P Total | 442.5kg | GUY, Miles           | 29-Nov-20 |            |         |      |           |         |      |
| 125kg  | Bench     | 186kg   | JONES, Gary          | 24-Oct-21 |            |         |      |           |         |      |
|        | Deadlift  | 265kg   | HANRAHAN, James      | 25-Apr-22 |            |         |      |           |         |      |
|        | P/P Total | 445kg   | JONES, Gary          | 24-Oct-21 |            |         |      |           |         |      |
| 140kg  | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |
| SHW    | Bench     |         |                      |           |            |         |      |           |         |      |
|        | Deadlift  |         |                      |           |            |         |      |           |         |      |
|        | P/P Total |         |                      |           |            |         |      |           |         |      |

# CAPO NATIONAL 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     | 87.5kg  | MAYHEW, Peter      | 24-Nov-24  |        |         |           |        |                |           |
|        | Deadlift  | 150kg   | MAYHEW, Peter      | 24-Nov-24  |        |         |           |        |                |           |
|        | P/P Total | 237.5kg | MAYHEW, Peter      | 24-Nov-24  |        |         |           |        |                |           |
| 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     | 82.5kg  | CASH, Clint        | 19-Jan-25  |        |         |           |        |                |           |
|        | Deadlift  | 150kg   | CASH, Clint        | 19-Jan-25  |        |         |           |        |                |           |
|        | P/P Total | 230kg   | CASH, Clint        | 19-Jan-25  |        |         |           |        |                |           |
| 100kg  | Bench     | 85kg    | BASKERVILLE, Peter | 24-Mar-19  |        |         |           |        |                |           |
|        | Deadlift  | 197.5kg | BASKERVILLE, Peter | 24-Mar-19  |        |         |           |        |                |           |
|        | P/P Total | 282.5kg | BASKERVILLE, Peter | 24-Mar-19  |        |         |           |        |                |           |
| 110kg  | Bench     |         |                    |            |        |         |           |        |                |           |
|        | Deadlift  |         |                    |            |        |         |           |        |                |           |
|        | P/P Total |         |                    |            |        |         |           |        |                |           |
| 125kg  | Bench     | 180kg   | TITUS, Terrence    | 12-Aug-16  |        |         |           |        |                |           |
|        | Deadlift  | 325kg   | TITUS, Terrence    | 12-Aug-16  |        |         |           |        |                |           |
|        | P/P Total | 505kg   | TITUS, Terrence    | 12-Aug-16  |        |         |           |        |                |           |
| 140kg  | Bench     | 135kg   | SZANN, Troy        | 12-Mar-23  |        |         |           |        |                |           |
|        | Deadlift  | 120kg   | SZANN, Troy        | 12-Mar-23  |        |         |           |        |                |           |
|        | P/P Total | 255kg   | SZANN, Troy        | 12-Mar-23  |        |         |           |        |                |           |
| SHW    | Bench     |         |                    |            |        |         |           |        |                |           |
|        | Deadlift  |         |                    |            |        |         |           |        |                |           |
|        | P/P Total |         |                    |            |        |         |           |        |                |           |

# CAPO NATIONAL 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     | 120kg   | AMBROSE, Jim       | 19-Nov-17 |            |         |      |           |         |      |
|        | Deadlift  | 227.5kg | AMBROSE, Jim       | 19-Nov-17 |            |         |      |           |         |      |
|        | P/P Total | 347.5kg | AMBROSE, Jim       | 19-Nov-17 |            |         |      |           |         |      |
| 82.5kg | Bench     |         |                    |           |            |         |      |           |         |      |
|        | Deadlift  |         |                    |           |            |         |      |           |         |      |
|        | P/P Total |         |                    |           |            |         |      |           |         |      |
| 90kg   | Bench     | 87.5kg  | CASH, Clint        | 02-Mar-25 |            |         |      |           |         |      |
|        | Deadlift  | 160kg   | CASH, Clint        | 02-Mar-25 |            |         |      |           |         |      |
|        | P/P Total | 237.5kg | CASH, Clint        | 02-Mar-25 |            |         |      |           |         |      |
| 100kg  | Bench     |         |                    |           |            |         |      |           |         |      |
|        | Deadlift  |         |                    |           |            |         |      |           |         |      |
|        | P/P Total |         |                    |           |            |         |      |           |         |      |
| 110kg  | Bench     | 90kg    | BASKERVILLE, Peter | 20-Mar-21 |            |         |      |           |         |      |
|        | Deadlift  | 220kg   | BASKERVILLE, Peter | 20-Mar-21 |            |         |      |           |         |      |
|        | P/P Total | 310kg   | BASKERVILLE, Peter | 20-Mar-21 |            |         |      |           |         |      |
| 125kg  | Bench     | 160kg   | TITUS, Terrence    | 20-Mar-21 |            |         |      |           |         |      |
|        | Deadlift  | 295kg   | TITUS, Terrence    | 04-Mar-23 |            |         |      |           |         |      |
|        | P/P Total | 445kg   | TITUS, Terrence    | 20-Mar-21 |            |         |      |           |         |      |
| 140kg  | Bench     |         |                    |           |            |         |      |           |         |      |
|        | Deadlift  |         |                    |           |            |         |      |           |         |      |
|        | P/P Total |         |                    |           |            |         |      |           |         |      |
| SHW    | Bench     |         |                    |           |            |         |      |           |         |      |
|        | Deadlift  |         |                    |           |            |         |      |           |         |      |
|        | P/P Total |         |                    |           |            |         |      |           |         |      |

# CAPO NATIONAL 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     | 65kg    | TRENTIN, Maurice    | 04-Mar-23 |            |         |      |           |         |      |
|        | Deadlift  | 135kg   | TRENTIN, Maurice    | 04-Mar-23 |            |         |      |           |         |      |
|        | P/P Total | 197.5kg | TRENTIN, Maurice    | 04-Mar-23 |            |         |      |           |         |      |
| 75kg   | Bench     | 107.5kg | AMBROSE, Jim        | 21-Nov-21 |            |         |      |           |         |      |
|        | Deadlift  | 200kg   | AMBROSE, Jim        | 21-Nov-21 |            |         |      |           |         |      |
|        | P/P Total | 307.5kg | AMBROSE, Jim        | 21-Nov-21 |            |         |      |           |         |      |
| 82.5kg | Bench     | 95kg    | McLERNON, Peter     | 26-Nov-23 |            |         |      |           |         |      |
|        | Deadlift  | 190kg   | McLERNON, Peter     | 26-Nov-23 |            |         |      |           |         |      |
|        | P/P Total | 285kg   | McLERNON, Peter     | 26-Nov-23 |            |         |      |           |         |      |
| 90kg   | Bench     | 90kg    | McLERNON, Peter     | 21-Nov-21 |            |         |      |           |         |      |
|        | Deadlift  | 190kg   | McLERNON, Peter     | 21-Nov-21 |            |         |      |           |         |      |
|        | P/P Total | 280kg   | McLERNON, Peter     | 21-Nov-21 |            |         |      |           |         |      |
| 100kg  | Bench     | 130kg   | BREITSAMETER, Wulff | 03-Jun-17 |            |         |      |           |         |      |
|        | Deadlift  | 182.5kg | BREITSAMETER, Wulff | 11-Aug-17 |            |         |      |           |         |      |
|        | P/P Total | 305kg   | BREITSAMETER, Wulff | 03-Jun-17 |            |         |      |           |         |      |
| 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 NATIONAL 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     | 57.5kg | TRENTIN, Maurice | 09-Mar-24  |         |            |           |        |         |      |
|        | Deadlift  | 121kg  | TRENTIN, Maurice | 09-Mar-24  |         |            |           |        |         |      |
|        | P/P Total | 170kg  | TRENTIN, Maurice | 09-Mar-24  |         |            |           |        |         |      |
| 75kg   | Bench     |        |                  |            |         |            |           |        |         |      |
|        | Deadlift  |        |                  |            |         |            |           |        |         |      |
|        | P/P Total |        |                  |            |         |            |           |        |         |      |
| 82.5kg | Bench     |        |                  |            |         |            |           |        |         |      |
|        | Deadlift  |        |                  |            |         |            |           |        |         |      |
|        | P/P Total |        |                  |            |         |            |           |        |         |      |
| 90kg   | Bench     |        |                  |            | 80kg    | BIRCH, Ron | 25-Feb-24 |        |         |      |
|        | Deadlift  |        |                  |            | 122.5kg | BIRCH, Ron | 25-Feb-24 |        |         |      |
|        | P/P Total |        |                  |            | 202.5kg | BIRCH, Ron | 25-Feb-24 |        |         |      |
| 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 NATIONAL 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 NATIONAL 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     | 25kg   | PERRYMAN, Hercules | 19-Nov-17 |            |         |      |           |         |      |
|        | Deadlift  | 70kg   | PERRYMAN, Hercules | 19-Nov-17 |            |         |      |           |         |      |
|        | P/P Total | 95kg   | PERRYMAN, Hercules | 19-Nov-17 |            |         |      |           |         |      |
| 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 NATIONAL 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     | 27.5kg | PERRYMAN, Hercules | 24-Nov-19 |            |         |      |           |         |      |
|        | Deadlift  | 45kg   | PERRYMAN, Hercules | 21-Nov-21 |            |         |      |           |         |      |
|        | P/P Total | 70kg   | PERRYMAN, Hercules | 21-Nov-21 |            |         |      |           |         |      |
| 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 |        |                    |           |            |         |      |           |         |      |