

Open Men

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | 82.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| | Bench | 42.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| | Deadlift | 97.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| | Total | 222.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| 56kg | Squat | 140.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Bench | 87.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Deadlift | 197.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Total | 408kg | ATTARD, Paul | 03-Aug-14 | | | |
| 60kg | Squat | 156kg | SINGH, Maninder | 13-Aug-17 | 155kg | ETTIA, C | 29-May-11 |
| | Bench | 120kg | VONGPHACHANH, Danny | 01-Dec-24 | 100kg | WONG, G | 29-May-11 |
| | Deadlift | 217.5kg | VONGPHACHANH, Danny | 01-Dec-24 | 205kg | ATTARD, Paul | 25-May-14 |
| | Total | 492.5kg | VONGPHACHANH, Danny | 01-Dec-24 | 442.5kg | ATTARD, Paul | 25-May-14 |
| 67.5kg | Squat | 212.5kg | CHIU, Alen | 18-May-24 | 200kg | WEYMARK, Jordan | 18-Nov-23 |
| | Bench | 137.5kg | THOMAS, Colin | 30-May-10 | | | |
| | Deadlift | 270kg | CHIU, Alen | 18-May-24 | 243.5kg | WEYMARK, Jordan | 18-Nov-23 |
| | Total | 610kg | CHIU, Alen | 18-May-24 | 570kg | WEYMARK, Jordan | 18-Nov-23 |
| 75kg | Squat | 210kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| | Bench | 170kg | BALESTRA, Mark | 30-May-10 | | | |
| | Deadlift | 265kg | PUNSHON, Dale | 06-Jun-15 | | | |
| | Total | 600kg | ROMAIN, Caba | 15-Aug-15 | 595kg | ROMAIN, Caba | 31-May-15 |
| 82.5kg | Squat | 240kg | GENEVER, Joshua | 22-May-22 | 232.5kg | SPITERI, JACOB | 15-Aug-15 |
| | Bench | 200kg | GALATI, Angelo | 05-Dec-13 | 162.5kg | SMITH, Eldene | 11-Aug-13 |
| | Deadlift | 290kg | HOLMWOOD, Erik | 29-May-22 | 285kg | PARMITER, Dave | 12-May-12 |
| | Total | 670kg | GENEVER, Joshua | 22-May-22 | 657.5kg | SPITERI, JACOB | 15-Aug-15 |
| 90kg | Squat | 272.5kg | MIDDLETON, Matthew | 27-Apr-14 | 250kg | OREB, Sabastian | 11-Aug-13 |
| | Bench | 200kg | MIDDLETON, Matthew | 27-Apr-14 | 195kg | OREB, Sabastian | 11-May-13 |
| | Deadlift | 340kg | PARMITER, Dave | 03-Aug-14 | 327.5kg | PARMITER, Dave | 11-Aug-13 |
| | Total | 760kg | PARMITER, Dave | 03-Aug-14 | 745kg | MIDDLETON, Matthew | 27-Apr-14 |
| 100kg | Squat | 310kg | DURBRIDGE, Jason | 25-Aug-12 | | | |
| | Bench | 220kg | LOWE, Alex | 10-Aug-13 | 205kg | LOWE, Alex | 25-Aug-12 |
| | Deadlift | 342.5kg | DURBRIDGE, Jason | 25-Aug-12 | | | |
| | Total | 850kg | LOWE, Alex | 03-Aug-14 | 842.5kg | DURBRIDGE, Jason | 25-Aug-12 |
| 110kg | Squat | 305kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| | Bench | 220kg | PIPER, Adam | 09-May-15 | 201kg | JONES, Nathan | 25-May-14 |
| | Deadlift | 343kg | GIAMPAOLI, Billy Joe | 14-Aug-10 | | | |
| | Total | 842.5kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| 125kg | Squat | 330kg | NAYLOR, Shane | 23-Nov-14 | 320kg | HOWLETT, Shaun | 16-Mar-13 |
| | Bench | 230kg | FLORISSEN, Shannon | 26-Aug-12 | | | |
| | Deadlift | 342.5kg | FLORISSEN, Shannon | 26-Aug-12 | | | |
| | Total | 875kg | NAYLOR, Shane | 23-Nov-14 | 860kg | FLORISSEN, Shannon | 26-Aug-12 |
| 140kg | Squat | 350kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Bench | 235kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Deadlift | 350kg | TULLO, Adrian | 26-Apr-14 | 345kg | BOYER, Derek | 14-Aug-10 |
| | Total | 915kg | TULLO, Adrian | 26-Apr-14 | 900kg | HOWLETT, Wayne | 31-Mar-12 |
| SHW | Squat | 360kg | McLAREN, George | 11-Aug-13 | 357.5kg | McLAREN, George | 26-Aug-12 |
| | Bench | 240kg | TULLO, Adrian | 27-Aug-11 | | | |
| | Deadlift | 382.5kg | McLAREN, George | 11-Aug-13 | 380kg | McLAREN, George | 05-May-12 |
| | Total | 952.5 | McLAREN, George | 11-Aug-13 | 930kg | McLAREN, George | 26-Aug-11 |

Sub Teen Men (10-12)

Unofficial WPC

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | 65kg | O'SHEA, Mitchell | 22-Oct-23 | 52.5kg | O'SHEA, Mitchell | 30-Apr-23 |
| | Bench | 35kg | PEVREAL, Jaxon | 30-Nov-24 | 32.5kg | O'SHEA, Mitchell | 22-Oct-23 |
| | Deadlift | 92.5kg | O'SHEA, Mitchell | 22-Oct-23 | 80kg | O'SHEA, Mitchell | 30-Apr-23 |
| | Total | 190kg | O'SHEA, Mitchell | 22-Oct-23 | 157.5kg | O'SHEA, Mitchell | 30-Apr-23 |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 60kg | KOCH, Theon | 18-Nov-23 | | | |
| | Bench | 45kg | KOCH, Theon | 18-Nov-23 | | | |
| | Deadlift | 100kg | KOCH, Theon | 18-Nov-23 | | | |
| | Total | 205kg | KOCH, Theon | 18-Nov-23 | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 77.5kg | GRAHAM KUMABE, Torma | 30-Nov-24 | | | |
| | Bench | 35kg | GRAHAM KUMABE, Torma | 30-Nov-24 | | | |
| | Deadlift | 95kg | GRAHAM KUMABE, Torma | 30-Nov-24 | | | |
| | Total | 200kg | GRAHAM KUMABE, Torma | 30-Nov-24 | | | |
| 82.5kg | Squat | 77.5kg | McCALLUM, Xander | 18-May-24 | | | |
| | Bench | 32.5kg | McCALLUM, Xander | 18-May-24 | | | |
| | Deadlift | 100kg | McCALLUM, Xander | 18-May-24 | | | |
| | Total | 205kg | McCALLUM, Xander | 18-May-24 | | | |
| 90kg | Squat | 72.5kg | GARDE, Chayse | 07-May-22 | | | |
| | Bench | 40kg | GARDE, Chayse | 07-May-22 | | | |
| | Deadlift | 110kg | GARDE, Chayse | 07-May-22 | | | |
| | Total | 222.5kg | GARDE, Chayse | 07-May-22 | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Teenage Men (13-15)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | 82.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| | Bench | 42.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| | Deadlift | 97.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| | Total | 222.5kg | LITTLE, Johnathan | 07-May-22 | | | |
| 56kg | Squat | 135kg | WATERSON, Jesse | 01-Aug-24 | 120kg | WATERSON, Jesse | 13-Apr-24 |
| | Bench | 77.5kg | WATERSON, Jesse | 01-Aug-24 | 75kg | WATERSON, Jesse | 13-Apr-24 |
| | Deadlift | 145kg | WATERSON, Jesse | 01-Aug-24 | 135kg | WATERSON, Jesse | 13-Apr-24 |
| | Total | 357.5kg | WATERSON, Jesse | 01-Aug-24 | 330kg | WATERSON, Jesse | 13-Apr-24 |
| 60kg | Squat | 150kg | WATERSON, Jesse | 14-Nov-24 | 140kg | MCBAIN, Sam | 21-Nov-14 |
| | Bench | 85kg | MCBAIN, Sam | 21-Nov-14 | 70.5kg | McBAIN, Sam | 01-Aug-14 |
| | Deadlift | 180kg | MCBAIN, Sam | 21-Nov-14 | 150kg | McBAIN, Sam | 01-Aug-14 |
| | Total | 395kg | MCBAIN, Sam | 21-Nov-14 | 310.5kg | McBAIN, Sam | 01-Aug-14 |
| 67.5kg | Squat | 125kg | TORY, Noah | 15-Sep-24 | 112.5kg | SHERIDAN, Josh | 01-Aug-14 |
| | Bench | 80kg | SHERIDAN, Josh | 01-Aug-14 | 60kg | TAYLOR, Seth | 10-Aug-13 |
| | Deadlift | 160kg | SHERIDAN, Josh | 01-Aug-14 | 110kg | TAYLOR, Seth | 10-Aug-13 |
| | Total | 355kg | TORY, Noah | 15-Sep-24 | 342.5kg | SHERIDAN, Josh | 01-Aug-14 |
| 75kg | Squat | 126kg | JORDAN, Sebastian | 24-Oct-21 | 125kg | DOWLEY, Owen | 18-Aug-18 |
| | Bench | 71kg | JORDAN, Sebastian | 24-Oct-21 | 70kg | DOWLEY, Owen | 18-Aug-18 |
| | Deadlift | 175kg | JORDAN, Sebastian | 24-Oct-21 | 137.5kg | DOWLEY, Owen | 18-Aug-18 |
| | Total | 370kg | JORDAN, Sebastian | 24-Oct-21 | 332.5kg | DOWLEY, Owen | 18-Aug-18 |
| 82.5kg | Squat | 130kg | NAVICKAS, Jayden | 19-Jan-25 | 115kg | BALCOMBE, Kayden | 18-Nov-23 |
| | Bench | 70kg | NAVICKAS, Jayden | 19-Jan-25 | 62.5kg | FOXWELL RJ | 22-Oct-23 |
| | Deadlift | 175kg | NAVICKAS, Jayden | 19-Jan-25 | 172.5kg | BALCOMBE, Kayden | 18-Nov-23 |
| | Total | 370kg | NAVICKAS, Jayden | 19-Jan-25 | 340kg | BALCOMBE, Kayden | 18-Nov-23 |
| 90kg | Squat | 146kg | BARRINGTON, Mackenzie | 30-Apr-17 | | | |
| | Bench | 110kg | ELENIS, K | 02-May-10 | | | |
| | Deadlift | 200kg | ELENIS, K | 02-May-10 | | | |
| | Total | 450kg | ELENIS, K | 02-May-10 | | | |
| 100kg | Squat | 215kg | CLIFFORD, Kelley | 14-Nov-24 | 170kg | CLIFFORD, Kelley | 01-Aug-24 |
| | Bench | 130.5kg | CLIFFORD, Kelley | 14-Nov-24 | 117.5kg | CLIFFORD, Kelley | 01-Aug-24 |
| | Deadlift | 255kg | CLIFFORD, Kelley | 14-Nov-24 | 220kg | CLIFFORD, Kelley | 01-Aug-24 |
| | Total | 585kg | CLIFFORD, Kelley | 14-Nov-24 | 497.5kg | CLIFFORD, Kelley | 01-Aug-24 |
| 110kg | Squat | 193kg | SIPPLE, Alex | 11-Aug-23 | 192.5kg | TURNER, Z | 27-Aug-11 |
| | Bench | 150kg | TURNER, Z | 27-Aug-11 | | | |
| | Deadlift | 201kg | SIPPLE, Alex | 11-Aug-23 | 200kg | TURNER, Z | 27-Aug-11 |
| | Total | 530kg | TURNER, Z | 27-Aug-11 | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | 157.5kg | BARRETT, Danny | 01-Aug-14 | | | |
| | Bench | 92.5kg | BARRETT, Danny | 01-Aug-14 | | | |
| | Deadlift | 190kg | BARRETT, Danny | 01-Aug-14 | | | |
| | Total | 425kg | BARRETT, Danny | 01-Aug-14 | | | |

Teenage Men (16-17)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | 147.5kg | MCBAIN, Sam | 06-Jun-15 | 145kg | MCBAIN, Sam | 15-Mar-15 |
| | Bench | 90kg | MCBAIN, Sam | 15-Mar-15 | | | |
| | Deadlift | 190kg | VONGPHACHANH, Danny | 20-Aug-22 | 180kg | VONGPHACHANH, Danny | 30-Apr-22 |
| | Total | 420kg | VONGPHACHANH, Danny | 20-Aug-22 | 405kg | MCBAIN, Sam | 15-Mar-15 |
| 60kg | Squat | 155kg | MCBAIN, Sam | 15-Aug-15 | | | |
| | Bench | 95kg | MCBAIN, Sam | 15-Aug-15 | | | |
| | Deadlift | 187.5kg | MCBAIN, Sam | 15-Aug-15 | | | |
| | Total | 437.5kg | MCBAIN, Sam | 15-Aug-15 | | | |
| 67.5kg | Squat | 175kg | TEMPLAR, Bowen | 16-Mar-13 | 140kg | CHAPMAN, D | 16-May-10 |
| | Bench | 112.5kg | TEMPLAR, Bowen | 16-Mar-13 | 110kg | CHAPMAN, D | 16-May-10 |
| | Deadlift | 201kg | NAUNG, Hain | 10-Jun-23 | 200kg | TEMPLAR, Bowen | 16-Mar-13 |
| | Total | 477.5kg | TEMPLAR, Bowen | 16-Mar-13 | 420kg | CHAPMAN, D | 16-May-10 |
| 75kg | Squat | 170kg | ADINA, Carlos | 30-Apr-22 | 167.5kg | JUDD, Matthew | 27-May-18 |
| | Bench | 125kg | JUDD, Matthew | 27-May-18 | 95kg | MARKOPOULUS, Max | 25-Apr-10 |
| | Deadlift | 225kg | ADINA, Carlos | 30-Apr-22 | 212.5kg | MARKOPOULUS, Max | 25-Apr-10 |
| | Total | 500kg | ADINA, Carlos | 30-Apr-22 | 477.5kg | JUDD, Matthew | 27-May-18 |
| 82.5kg | Squat | 212.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| | Bench | 135.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| | Deadlift | 252.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| | Total | 597.5kg | BURROWS, Jesse | 25-Aug-12 | | | |
| 90kg | Squat | 187.5kg | PREKETES, Peter | 25-May-14 | 170kg | GORDON, Dijon | 27-Aug-11 |
| | Bench | 130kg | JOSEPH, Hyrum | 15-Aug-15 | 115kg | BEWSEY, Taylor | 26-Apr-14 |
| | Deadlift | 231kg | KENDALL, Michael | 30-Oct-22 | 230kg | JOSEPH, Hyrum | 15-Aug-15 |
| | Total | 515kg | PREKETES, Peter | 25-May-14 | 475kg | BEWSEY, Taylor | 26-Apr-14 |
| 100kg | Squat | 231kg | YAMMINE, James | 01-Aug-14 | 206kg | YAMMINE, James | 25-May-14 |
| | Bench | 145kg | YAMMINE, James | 01-Aug-14 | 130kg | LADEWIG, Jory | 26-Apr-14 |
| | Deadlift | 285kg | LADEWIG, Jory | 01-Aug-14 | 260kg | YAMMINE, James | 25-May-14 |
| | Total | 646kg | YAMMINE, James | 01-Aug-14 | 586kg | YAMMINE, James | 25-May-14 |
| 110kg | Squat | 205kg | HARBISON, Matthew | 25-Apr-24 | 200kg | ROGERS, Will | 10-Aug-13 |
| | Bench | 150kg | ROGERS, Will | 10-Aug-13 | 85kg | PENNANT, N | 27-Mar-11 |
| | Deadlift | 250kg | ROGERS, Will | 10-Aug-13 | 160kg | PENNANT, N | 27-Mar-11 |
| | Total | 600kg | ROGERS, Will | 10-Aug-13 | 355kg | PENNANT, N | 27-Mar-11 |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Teenage Men (18-19)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 155kg | VONGPHACHANH, Danny | 01-Dec-24 | 130kg | RHADIAN, Wildan | 19-May-24 |
| | Bench | 120kg | VONGPHACHANH, Danny | 01-Dec-24 | 81kg | RHADIAN, Wildan | 01-Aug-24 |
| | Deadlift | 217.5kg | VONGPHACHANH, Danny | 01-Dec-24 | 170kg | RHADIAN, Wildan | 01-Aug-24 |
| | Total | 492.5kg | VONGPHACHANH, Danny | 01-Dec-24 | 377.5kg | RHADIAN, Wildan | 19-May-24 |
| 67.5kg | Squat | 160kg | LE, Lyndon | 14-Mar-15 | 145kg | HO, Steven | 12-May-12 |
| | Bench | 120kg | TUBBY, Benjamin | 12-Mar-23 | 112.5kg | RAYNER, Lachlan | 12-Aug-17 |
| | Deadlift | 205kg | LE, Lyndon | 14-Mar-15 | 202.5kg | HO, Steven | 12-May-12 |
| | Total | 467.5kg | HO, Steven | 12-May-12 | | | |
| 75kg | Squat | 181kg | YOUNG, Jason | 13-Mar-15 | 180kg | MUNRO, Kelly | 14-Aug-11 |
| | Bench | 137.5kg | CROCKER, Bryden | 01-Aug-24 | 127.5kg | HEE KIM, Chan | 31-May-15 |
| | Deadlift | 240kg | HEE KIM, Chan | 31-May-15 | 235kg | YOUNG, Jason | 03-May-15 |
| | Total | 527.5kg | HEE KIM, Chan | 31-May-15 | 520kg | YOUNG, Jason | 03-May-15 |
| 82.5kg | Squat | 230kg | GOULD, Nathan | 25-May-14 | 215kg | MUNRO, Kelly | 22-Oct-11 |
| | Bench | 145kg | GOULD, Nathan | 25-May-14 | 125kg | MUNRO, Kelly | 22-Oct-11 |
| | Deadlift | 252.5kg | POOLE, Marcus | 12-Aug-16 | 240kg | GOULD, Nathan | 25-May-14 |
| | Total | 606kg | GOULD, Nathan | 25-May-14 | 560kg | MUNRO, Kelly | 22-Oct-11 |
| 90kg | Squat | 245kg | LEAH, Dominic | 25-May-14 | 235kg | BURROWS, Jesse | 16-Mar-13 |
| | Bench | 155kg | TULLO, Joe | 22-Oct-11 | | | |
| | Deadlift | 267.5kg | BURROWS, Jesse | 16-Mar-13 | 250kg | DOUEK, Michael | 16-May-10 |
| | Total | 655kg | BURROWS, Jesse | 16-Mar-13 | 562.5kg | DOUEK, Michael | 16-May-10 |
| 100kg | Squat | 240kg | EL ACHKAR, Firas | 27-Aug-11 | | | |
| | Bench | 170kg | KINGSLEY, Aaron | 25-Apr-10 | | | |
| | Deadlift | 322.5kg | EL ACHKAR, Firas | 27-Aug-11 | | | |
| | Total | 687.5kg | EL ACHKAR, Firas | 27-Aug-11 | | | |
| 110kg | Squat | 225kg | BUCHANEK, Jeremy | 25-Aug-12 | | | |
| | Bench | 145kg | BUCHANEK, Jeremy | 25-Aug-12 | | | |
| | Deadlift | 290kg | EL ACHKAR, Firas | 29-May-11 | | | |
| | Total | 627.5kg | BUCHANEK, Jeremy | 25-Aug-12 | | | |
| 125kg | Squat | 240kg | GIUBILATO, Matteo | 29-Aug-20 | | | |
| | Bench | 135kg | GIUBILATO, Matteo | 29-Aug-20 | | | |
| | Deadlift | 270kg | GIUBILATO, Matteo | 29-Aug-20 | | | |
| | Total | 635kg | GIUBILATO, Matteo | 29-Aug-20 | | | |
| 140kg | Squat | 250kg | ROGERS, Will | 01-Aug-14 | | | |
| | Bench | 160kg | ROGERS, Will | 01-Aug-14 | | | |
| | Deadlift | 275kg | ROGERS, Will | 01-Aug-14 | | | |
| | Total | 685kg | ROGERS, Will | 01-Aug-14 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Junior Men (20-23)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 155kg | ETTIA, C | 29-Sep-11 | | | |
| | Bench | 100kg | WONG, G | 29-May-11 | | | |
| | Deadlift | 180kg | WONG, G | 29-May-11 | | | |
| | Total | 425kg | WONG, G | 29-May-11 | | | |
| 67.5kg | Squat | 212.5kg | CHIU, Alen | 18-May-24 | 172.5kg | REED, Jay | 10-Aug-13 |
| | Bench | 132.5kg | BROOK, M | 14-Aug-10 | | | |
| | Deadlift | 270kg | CHIU, Alen | 18-May-24 | 242.5kg | KAO, Andy | 15-Aug-15 |
| | Total | 610kg | CHIU, Alen | 18-May-24 | 535kg | KAO, Andy | 15-Aug-15 |
| 75kg | Squat | 210kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| | Bench | 145kg | STEWART, Lachlan | 12-May-12 | | | |
| | Deadlift | 260kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| | Total | 590kg | MIDDLETON, Matthew | 25-Apr-10 | | | |
| 82.5kg | Squat | 240kg | GENEVER, Joshua | 22-May-22 | 230kg | MIDDLETON, Matthew | 15-Aug-10 |
| | Bench | 175kg | GENEVER, Joshua | 22-May-22 | 155kg | MIDDLETON, Matthew | 15-Aug-10 |
| | Deadlift | 270kg | MIDDLETON, Matthew | 15-Aug-10 | | | |
| | Total | 670kg | GENEVER, Joshua | 22-May-22 | 655kg | MIDDLETON, Matthew | 15-Aug-10 |
| 90kg | Squat | 260kg | BEWSEY, Alex | 26-Apr-14 | 245kg | TAUKAVE, Riga | 10-Aug-13 |
| | Bench | 167.5kg | BEWSEY, Alex | 26-Apr-14 | 165kg | MIDDLETON, Matthew | 09-Aug-09 |
| | Deadlift | 305kg | BEWSEY, Alex | 26-Apr-14 | 295kg | TAUKAVE, Riga | 10-Aug-13 |
| | Total | 732.5kg | BEWSEY, Alex | 26-Apr-14 | 700kg | TAUKAVE, Riga | 10-Aug-13 |
| 100kg | Squat | 285kg | LOWE, Alex | 10-Aug-13 | 280kg | GORDON, Gregg | 12-Mar-12 |
| | Bench | 220kg | LOWE, Alex | 10-Aug-13 | 205kg | LOWE, Alex | 25-Aug-12 |
| | Deadlift | 340kg | LOWE, Alex | 10-Aug-13 | 330kg | LOWE, Alex | 25-Aug-12 |
| | Total | 845kg | LOWE, Alex | 10-Aug-13 | 800kg | LOWE, Alex | 25-Aug-12 |
| 110kg | Squat | 275kg | BURROWS, Jesse | 06-Jun-15 | 260kg | DEKEN, Alex | 14-Mar-15 |
| | Bench | 220kg | PIPER, Adam | 09-May-15 | 195kg | DEKEN, Alex | 14-Mar-15 |
| | Deadlift | 300kg | BURROWS, Jesse | 06-Jun-15 | 286kg | MORRISSEY, Tyson | 10-May-14 |
| | Total | 755kg | BURROWS, Jesse | 06-Jun-15 | 735kg | DEKEN, Alex | 14-Mar-15 |
| 125kg | Squat | 273kg | LEE, M | 31-Mar-12 | | | |
| | Bench | 205kg | ROCKS, Nathan | 10-May-14 | 200kg | LEE, M | 31-Aug-12 |
| | Deadlift | 300kg | HOPKINS, Geoff | 05-May-12 | | | |
| | Total | 730kg | LEE, M | 31-Mar-12 | | | |
| 140kg | Squat | 285kg | MAHMOUD, Ali | 10-Aug-13 | 210kg | POLLARD, J | 27-Aug-11 |
| | Bench | 200kg | MAHMOUD, Ali | 10-Aug-13 | 142.5kg | POLLARD, J | 27-Aug-11 |
| | Deadlift | 335kg | MAHMOUD, Ali | 10-Aug-13 | 247.5kg | POLLARD, J | 27-Aug-11 |
| | Total | 815kg | MAHMOUD, Ali | 10-Aug-13 | 600kg | POLLARD, J | 27-Aug-11 |
| SHW | Squat | 240kg | BERTUNA, Josh | 01-Aug-14 | 155kg | FERRAR, Ricky | 12-Apr-14 |
| | Bench | 160kg | BERTUNA, Josh | 01-Aug-14 | 85kg | FERRAR, Ricky | 12-Apr-14 |
| | Deadlift | 265kg | BERTUNA, Josh | 01-Aug-14 | 175kg | FERRAR, Ricky | 12-Apr-12 |
| | Total | 665kg | BERTUNA, Josh | 01-Aug-14 | 400kg | FERRAR, Ricky | 14-Apr-14 |

Senior Men (24-32)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | 140.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Bench | 87.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Deadlift | 197.5kg | ATTARD, Paul | 03-Aug-14 | | | |
| | Total | 408kg | ATTARD, Paul | 03-Aug-14 | | | |
| 60kg | Squat | 156kg | SINGH, Maninder | 13-Aug-17 | 155kg | SINGH, Maninder | 30-Apr-17 |
| | Bench | 92.5kg | ATTARD, Paul | 25-May-14 | | | |
| | Deadlift | 205kg | ATTARD, Paul | 25-May-14 | | | |
| | Total | 442.5kg | ATTARD, Paul | 25-May-14 | | | |
| 67.5kg | Squat | 200kg | WEYMARK, Jordan | 18-Nov-23 | 167.5kg | VELLA, Luke | 03-Aug-14 |
| | Bench | 127.5kg | WEYMARK, Jordan | 18-Nov-23 | 125kg | McBEY, Nathan | 21-May-23 |
| | Deadlift | 243.5kg | WEYMARK, Jordan | 18-Nov-23 | 227.5kg | VELLA, Luke | 03-Aug-14 |
| | Total | 570kg | WEYMARK, Jordan | 18-Nov-23 | 510kg | VELLA, Luke | 03-Aug-14 |
| 75kg | Squat | 200kg | CABA, Romain | 31-May-15 | 195kg | WALKER, Lucas | 25-Apr-10 |
| | Bench | 145kg | DOWELL, Ash | 14-Aug-15 | 135kg | ROMAIN, Caba | 31-May-15 |
| | Deadlift | 265kg | ROMAIN, Caba | 15-Aug-15 | 260kg | ROMAIN, Caba | 31-May-15 |
| | Total | 600kg | ROMAIN, Caba | 15-Aug-15 | 595kg | ROMAIN, Caba | 31-May-15 |
| 82.5kg | Squat | 232.5kg | SPITERI, Jacob | 15-Aug-15 | 215.5kg | SPITERI, Jacob | 09-May-15 |
| | Bench | 170kg | SPITERI, Jacob | 09-May-15 | 162.5kg | SMITH, Eldene | 11-Aug-13 |
| | Deadlift | 290kg | HOLMWOOD, Erik | 29-May-22 | 285kg | PARMITER, Dave | 12-May-12 |
| | Total | 657.5kg | SPITERI, Jacob | 15-Aug-15 | 645.5kg | SPITERI, Jacob | 09-May-15 |
| 90kg | Squat | 272.5kg | MIDDLETON, Matthew | 27-Apr-14 | 250kg | OREB, Sebastian | 11-Aug-13 |
| | Bench | 200kg | MIDDLETON, Matthew | 27-Apr-14 | 195kg | OREB, Sebastian | 11-May-13 |
| | Deadlift | 340kg | PARMITER, Dave | 03-Aug-14 | 327.5kg | PARMITER, Dave | 11-Aug-13 |
| | Total | 760kg | PARMITER, Dave | 03-Aug-14 | 745kg | MIDDLETON, Matthew | 27-Apr-14 |
| 100kg | Squat | 295kg | MIDDLETON, Matthew | 25-Apr-15 | 290kg | LOWE, Alex | 03-Aug-14 |
| | Bench | 220kg | LOWE, Alex | 03-Aug-14 | 182.5kg | CHAN, Chris | 25-Apr-10 |
| | Deadlift | 340kg | LOWE, Alex | 03-Aug-14 | 240kg | CHAN, Chris | 25-Apr-10 |
| | Total | 850kg | LOWE, Alex | 03-Aug-14 | 622.5kg | CHAN, Chris | 25-Apr-10 |
| 110kg | Squat | 305kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| | Bench | 203kg | CALTABIANO, Andrew | 16-Aug-15 | 202.5kg | CALTABIANO, Andrew | 31-May-15 |
| | Deadlift | 340kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| | Total | 842.5kg | DURBRIDGE, Jason | 14-Aug-10 | | | |
| 125kg | Squat | 320kg | HOWLETT, Shaun | 16-Mar-13 | 310kg | HOWLETT, Shaun | 31-Mar-12 |
| | Bench | 215kg | ROCKS, Nathan | 03-Aug-14 | 212.5kg | HOWLETT, Shaun | 16-Mar-13 |
| | Deadlift | 335kg | DURBRIDGE, Jason | 04-Oct-08 | | | |
| | Total | 822.5kg | HOWLETT, Shaun | 16-Mar-13 | 820kg | HOWLETT, Shaun | 31-Mar-12 |
| 140kg | Squat | 350kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Bench | 235kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| | Deadlift | 320kg | TOOMER, David | 11-Aug-13 | 315kg | HOWLETT, Wayne | 31-Mar-12 |
| | Total | 900kg | HOWLETT, Wayne | 31-Mar-12 | | | |
| SHW | Squat | 357.5kg | McLAREN, George | 25-Aug-12 | | | |
| | Bench | 235kg | PARK, Dave | 31-Mar-12 | | | |
| | Deadlift | 380kg | McLAREN, George | 05-May-12 | | | |
| | Total | 930kg | McLAREN, George | 25-Aug-12 | | | |

Sub Masters Men (33-39)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 165kg | WHITBY, Rian | 12-Aug-23 | 152.5kg | LOVELOCK, Jeffrey | 19-Feb-23 |
| | Bench | 110kg | WHITBY, Rian | 12-Aug-23 | 101kg | LOVELOCK, Jeffrey | 19-Feb-23 |
| | Deadlift | 216kg | WHITBY, Rian | 12-Aug-23 | 210kg | Vidu EB | 24-Jun-18 |
| | Total | 490kg | WHITBY, Rian | 12-Aug-23 | 455kg | Vidu EB | 24-Jun-18 |
| 75kg | Squat | 200kg | HILLS, Greg | 25-Apr-10 | | | |
| | Bench | 137.5kg | HILLS, Greg | 25-Apr-10 | | | |
| | Deadlift | 265kg | PUNSHON, Dale | 06-Jun-15 | 245kg | HILLS, Greg | 25-Apr-10 |
| | Total | 595kg | PUNSHON, Dale | 06-Jun-15 | 560kg | HILLS, Greg | 25-Apr-10 |
| 82.5kg | Squat | 200kg | SIOPIIS, George | 15-Dec-13 | 170kg | RUCCI, Dan | |
| | Bench | 132.5kg | CROSS, Ash | 14-Aug-16 | 127.5kg | SIOPIIS, George | 15-Dec-13 |
| | Deadlift | 250kg | SIOPIIS, George | 15-Dec-13 | 180kg | RUCCI, Dan | |
| | Total | 577.5kg | SIOPIIS, George | 15-Dec-13 | 475kg | RUCCI, Dan | |
| 90kg | Squat | 240.5kg | HARNIMAN, Robert | 19-May-18 | 240kg | SIOPIIS, George | 25-May-14 |
| | Bench | 180kg | HARNIMAN, Robert | 19-May-18 | 163.5kg | LANGER, Andre | 30-Apr-17 |
| | Deadlift | 280.5kg | HARNIMAN, Robert | 19-May-18 | 280kg | SIOPIIS, George | 25-May-14 |
| | Total | 690kg | HARNIMAN, Robert | 19-May-18 | 680kg | SIOPIIS, George | 25-May-14 |
| 100kg | Squat | 310kg | DURBRIDGE, Jason | 26-Aug-12 | | | |
| | Bench | 210kg | COLLINS, Michael | 03-Aug-14 | 190kg | DURBRIDGE, Jason | 26-Aug-12 |
| | Deadlift | 342.5kg | DURBRIDGE, Jason | 26-Aug-12 | | | |
| | Total | 842.5kg | DURBRIDGE, Jason | 26-Aug-12 | | | |
| 110kg | Squat | 290kg | JONES, Nathan | 25-May-14 | 205kg | MORTON, Dom | 26-Apr-14 |
| | Bench | 210kg | COLLINS, Matthew (Nipper) | 13-Aug-17 | 201kg | JONES, Nathan | 25-May-14 |
| | Deadlift | 343kg | GIAMPAOLO, Billy Joe | 15-Aug-10 | | | |
| | Total | 815kg | JONES, Nathan | 25-May-14 | 595kg | MORTON, Dom | 26-Apr-14 |
| 125kg | Squat | 300kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| | Bench | 230kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| | Deadlift | 342.5kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| | Total | 860kg | FLORISSEN, Shannon | 15-Aug-10 | | | |
| 140kg | Squat | 290kg | ZINETTI, Dustin | 03-Aug-14 | 275kg | ROSSI, Luca | 15-Aug-10 |
| | Bench | 192.5kg | WRIGHT, Dan | 09-Aug-09 | | | |
| | Deadlift | 327.5kg | WRIGHT, Dan | 09-Aug-09 | | | |
| | Total | 750kg | ROSSI, Luca | 15-Aug-10 | | | |
| SHW | Squat | 260kg | TOOMER, David | 22-May-22 | | | |
| | Bench | 220kg | TOOMER, David | 22-May-22 | | | |
| | Deadlift | 325kg | TOOMER, David | 22-May-22 | | | |
| | Total | 805kg | TOOMER, David | 22-May-22 | | | |

Masters Men (40-44)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 165kg | MOORE, Peter | 20-May-23 | 162.5kg | THOMAS, Colin | 30-May-10 |
| | Bench | 137.5kg | THOMAS, Colin | 30-May-10 | | | |
| | Deadlift | 212.5kg | MOORE, Peter | 20-May-23 | 210kg | THOMAS, Colin | 30-May-10 |
| | Total | 510kg | THOMAS, Colin | 30-May-10 | | | |
| 75kg | Squat | 202.5kg | WINCHESTER, Grant | 27-May-18 | 200kg | HILLS, Greg | 21-Nov-14 |
| | Bench | 145kg | WINCHESTER, Grant | 27-May-18 | 133kg | HILLS, Greg | 08-Nov-12 |
| | Deadlift | 250kg | HILLS, Greg | 08-Nov-12 | 230kg | HILLS, Greg | 10-Jun-12 |
| | Total | 597.5kg | WINCHESTER, Grant | 27-May-18 | 568.5kg | HILLS, Greg | 21-Nov-14 |
| 82.5kg | Squat | 195kg | MILLARD, Troy | 12-Aug-23 | 190kg | TULUN, Jim | 02-Aug-14 |
| | Bench | 142.5kg | MILLARD, Troy | 12-Aug-23 | 127.5kg | TULUN, Jim | 02-Aug-14 |
| | Deadlift | 237.5kg | MILLARD, Troy | 12-Aug-23 | 225kg | TULUN, Jim | 02-Aug-14 |
| | Total | 575kg | MILLARD, Troy | 12-Aug-23 | 537.5kg | TULUN, Jim | 02-Aug-14 |
| 90kg | Squat | 211kg | PUOPOLO, Vito | 25-Apr-21 | 210kg | JARROTT, Brian | 14-Aug-10 |
| | Bench | 140.5kg | PUOPOLO, Vito | 25-Apr-21 | 140kg | RANKINE, Duncan | 02-Jun-19 |
| | Deadlift | 246.5kg | PUOPOLO, Vito | 25-Apr-21 | 246kg | RANKINE, Duncan | 02-Jun-19 |
| | Total | 595kg | PUOPOLO, Vito | 25-Apr-21 | 585kg | JARROTT, Brian | 14-Aug-10 |
| 100kg | Squat | 265kg | GREGG, Matthew | 01-Aug-24 | 250kg | GREGG, Matthew | 30-Apr-23 |
| | Bench | 180kg | ANDREWS, Chris | 12-May-12 | | | |
| | Deadlift | 285kg | GREGG, Matthew | 01-Aug-24 | 275kg | GREGG, Matthew | 30-Apr-23 |
| | Total | 710kg | GREGG, Matthew | 01-Aug-24 | 700kg | GREGG, Matthew | 30-Apr-23 |
| 110kg | Squat | 270kg | GREGG, Matthew | 13-Apr-24 | 255kg | VENTER, Dirk | 16-Aug-15 |
| | Bench | 187.5kg | WEATHERALL, Peter | 03-Apr-11 | | | |
| | Deadlift | 291kg | VENTER, Dirk | 16-Aug-15 | 280kg | VENTER, Dirk | 31-May-15 |
| | Total | 710kg | GREGG, Matthew | 13-Apr-24 | 700kg | VENTER, Dirk | 16-Aug-15 |
| 125kg | Squat | 277.5kg | McPHERSON, Kurt | 13-Apr-24 | 275kg | BEECHAM, Tony | 11-Aug-17 |
| | Bench | 190kg | WEATHERALL, Peter | 27-Aug-11 | | | |
| | Deadlift | 330kg | McPHERSON, Kurt | 13-Apr-24 | 306kg | McPHERSON, Kurt | 12-Aug-23 |
| | Total | 777.5kg | McPHERSON, Kurt | 13-Apr-24 | 740kg | CANN, Dan | 13-Aug-17 |
| 140kg | Squat | 330kg | TULLO, Adrian | 26-Apr-14 | 320kg | BOYER, Derek | 15-Aug-10 |
| | Bench | 235kg | TULLO, Adrian | 26-Apr-14 | 215kg | BOYER, Derek | 15-Aug-10 |
| | Deadlift | 350kg | TULLO, Adrian | 26-Apr-14 | 345kg | BOYER, Derek | 15-Aug-10 |
| | Total | 915kg | TULLO, Adrian | 26-Apr-14 | 880kg | BOYER, Derek | 15-Aug-10 |
| SHW | Squat | 320kg | TULLO, Adrian | 12-Apr-14 | | | |
| | Bench | 230kg | TULLO, Adrian | 12-Apr-14 | 200kg | BOYER, Derek | 09-Aug-09 |
| | Deadlift | 350kg | BOYER, Derek | 09-Aug-09 | | | |
| | Total | 900kg | TULLO, Adrian | 12-Apr-14 | | | |

Masters Men (45-49)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 20kg | ROGERS, Kevin | 08-May-10 | | | |
| | Bench | 90kg | ROGERS, Kevin | 12-Mar-11 | 80kg | ROGERS, Kevin | 08-May-10 |
| | Deadlift | 65kg | ROGERS, Kevin | 08-May-10 | | | |
| | Total | 165kg | ROGERS, Kevin | 08-May-10 | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 160kg | REYNOLDS, Shane | 24-Oct-21 | 120kg | KNIGHT, Richard | 14-Jun-15 |
| | Bench | 108kg | HANSSON, Chris | 30-Apr-23 | 107.5kg | REYNOLDS, Shane | 24-Oct-21 |
| | Deadlift | 202.5kg | REYNOLDS, Shane | 24-Oct-21 | 175kg | KNIGHT, Richard | 14-Jun-15 |
| | Total | 470kg | REYNOLDS, Shane | 24-Oct-21 | 400kg | KNIGHT, Richard | 14-Jun-15 |
| 82.5kg | Squat | 200kg | GALATI, Angelo | 05-Dec-13 | 150kg | SEMPlice, Ross | 11-Aug-13 |
| | Bench | 200kg | GALATI, Angelo | 05-Dec-13 | 85kg | SEMPlice, Ross | 11-Aug-13 |
| | Deadlift | 220kg | GALATI, Angelo | 05-Dec-13 | 175kg | SEMPlice, Ross | 11-Aug-13 |
| | Total | 620kg | GALATI, Angelo | 05-Dec-13 | 410kg | SEMPlice, Ross | 11-Aug-13 |
| 90kg | Squat | 187.5kg | FRANKE, Gary | 13-Apr-24 | 185kg | RANKINE, Duncan | 24-Oct-21 |
| | Bench | 165kg | FRANKE, Gary | 13-Apr-24 | 135kg | RANKINE, Duncan | 24-Oct-21 |
| | Deadlift | 232.5kg | FRANKE, Gary | 13-Apr-24 | 230kg | RANKINE, Duncan | 24-Oct-21 |
| | Total | 585kg | FRANKE, Gary | 13-Apr-24 | 550kg | RANKINE, Duncan | 24-Oct-21 |
| 100kg | Squat | 240kg | TYRRELL, Paul | 15-Apr-23 | 200kg | KEEP, Brad | 22-May-22 |
| | Bench | 180kg | DAY, Henry | 09-Aug-09 | | | |
| | Deadlift | 281kg | BIGGS, John | 11-Aug-17 | 270kg | DAY, Henry | 09-Aug-09 |
| | Total | 620kg | TYRRELL, Paul | 15-Apr-23 | 600kg | BIGGS, John | 11-Aug-17 |
| 110kg | Squat | 222.5kg | PRESLAND, Hilton | 18-Nov-23 | 220kg | WEATHERALL, Peter | 31-May-15 |
| | Bench | 172.5kg | WEATHERALL, Peter | 31-May-15 | 170kg | DAY, Henry | 30-May-10 |
| | Deadlift | 281kg | PRESLAND, Hilton | 18-Nov-23 | 280kg | BIGGS, John | 03-Jun-17 |
| | Total | 625kg | WEATHERALL, Peter | 31-May-15 | 600kg | DAY, Henry | 30-May-10 |
| 125kg | Squat | 330kg | NAYLOR, Shane | 21-Nov-14 | 300kg | NAYLOR, Shane | 03-Aug-14 |
| | Bench | 207.5kg | NAYLOR, Shane | 21-Nov-14 | 190kg | NAYLOR, Shane | 03-Aug-14 |
| | Deadlift | 337.5kg | NAYLOR, Shane | 21-Nov-14 | 310kg | NAYLOR, Shane | 03-Aug-14 |
| | Total | 875kg | NAYLOR, Shane | 21-Nov-14 | 800kg | NAYLOR, Shane | 03-Aug-14 |
| 140kg | Squat | 280kg | NICHOLAS, Michael | 02-Aug-14 | 250kg | NICHOLAS, Michael | 12-Apr-14 |
| | Bench | 172.5kg | NICHOLAS, Michael | 12-Apr-14 | 170kg | NICHOLAS, Michael | 31-Mar-12 |
| | Deadlift | 285kg | NICHOLAS, Michael | 02-Aug-14 | 280kg | NICHOLAS, Michael | 12-Apr-14 |
| | Total | 720kg | NICHOLAS, Michael | 02-Aug-14 | 702.5kg | NICHOLAS, Michael | 12-Apr-14 |
| SHW | Squat | 215kg | RUSTERHOLZ, Marco | 31-Mar-12 | | | |
| | Bench | 220kg | RUSTERHOLZ, Marco | 31-Mar-12 | | | |
| | Deadlift | 250kg | O'SHEA, Tim | 22-Oct-23 | 215kg | RUSTERHOLZ, Marco | 31-Mar-12 |
| | Total | 650kg | RUSTERHOLZ, Marco | 31-Mar-12 | | | |

Masters Men (50-54)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | 120kg | PANAGIOTIDIS, Jim | 20-Aug-22 | 110kg | PANAGIOTIDIS, Jim | 22-May-21 |
| | Bench | 97.5kg | PANAGIOTIDIS, Jim | 20-Aug-22 | 92.5kg | PANAGIOTIDIS, Jim | 22-May-21 |
| | Deadlift | 167.5kg | PANAGIOTIDIS, Jim | 20-Aug-22 | 165kg | PANAGIOTIDIS, Jim | 22-May-21 |
| | Total | 385kg | PANAGIOTIDIS, Jim | 20-Aug-22 | 367.5kg | PANAGIOTIDIS, Jim | 22-May-21 |
| 67.5kg | Squat | 137.5kg | MANSFIELD, Peter | 21-Nov-14 | 130kg | MANSFIELD, Peter | 02-Aug-14 |
| | Bench | 100kg | PANAGIOTIDIS, Jim | 25-Apr-24 | 95kg | MANSFIELD, Peter | 02-Aug-14 |
| | Deadlift | 182.5kg | MANSFIELD, Peter | 21-Nov-14 | 180kg | MANSFIELD, Peter | 02-Aug-14 |
| | Total | 410kg | MANSFIELD, Peter | 21-Nov-14 | 405kg | MANSFIELD, Peter | 02-Aug-14 |
| 75kg | Squat | 150.5kg | TORCASIO, Tony | 19-May-18 | 150kg | BALESTRA, Frank | 30-May-10 |
| | Bench | 170kg | BALESTRA, Frank | 30-May-10 | | | |
| | Deadlift | 197.5kg | TORCASIO, Tony | 19-May-18 | 195kg | TORCASIO, Tony | 14-May-16 |
| | Total | 447.5kg | TORCASIO, Tony | 19-May-18 | 427.5kg | TORCASIO, Tony | 14-May-16 |
| 82.5kg | Squat | 166kg | JONES, Eddie | 28-Mar-21 | 165kg | TORCASIO, Tony | 25-Apr-19 |
| | Bench | 117.5kg | HANSSON, Chris | 22-Oct-23 | 112.5kg | JONES, Eddie | 28-Mar-21 |
| | Deadlift | 192.5kg | HANSSON, Chris | 22-Oct-23 | 191kg | JONES, Eddie | 28-Mar-21 |
| | Total | 467.5kg | JONES, Eddie | 28-Mar-21 | 450kg | TORCASIO, Tony | 25-Apr-19 |
| 90kg | Squat | 200kg | SIMONETTA, Vince | 02-Aug-14 | 180kg | SIMONETTA, Vince | 10-May-14 |
| | Bench | 150kg | STRINGER, Shane | 03-May-15 | 100kg | SIMONETTA, Vince | 10-May-14 |
| | Deadlift | 270kg | SIMONETTA, Vince | 10-May-14 | 200kg | PAOLETTI, Aldo | 27-Apr-14 |
| | Total | 570kg | STRINGER, Shane | 03-May-14 | 562.5kg | SIMONETTA, Vince | 02-Aug-14 |
| 100kg | Squat | 195kg | BUTLER-BLAXELL, Terry | 12-Mar-23 | 180kg | JONES, Eddie | 25-Apr-18 |
| | Bench | 150kg | BUTLER-BLAXELL, Terry | 12-Mar-23 | 130kg | JONES, Eddie | 25-Apr-18 |
| | Deadlift | 245kg | BUTLER-BLAXELL, Terry | 12-Mar-23 | 230kg | HENDRIE, Ian | 21-May-17 |
| | Total | 590kg | BUTLER-BLAXELL, Terry | 12-Mar-23 | 500kg | JONES, Eddie | 25-Apr-18 |
| 110kg | Squat | 208kg | HETA, Kim | 25-Apr-21 | 207.5kg | JONES, Gary | 18-May-19 |
| | Bench | 170kg | JONES, Gary | 18-May-19 | 155kg | JONES, Gary | 12-Aug-16 |
| | Deadlift | 250.5kg | HETA, Kim | 25-Apr-21 | 250kg | JONES, Gary | 12-Aug-16 |
| | Total | 612.5kg | JONES, Gary | 18-May-19 | 610kg | JONES, Gary | 12-Aug-16 |
| 125kg | Squat | 270kg | NICHOLAS, Michael | 20-May-17 | | | |
| | Bench | 180kg | GASSMAN, Tristan | 02-Mar-24 | 155kg | NICHOLAS, Michael | 20-May-17 |
| | Deadlift | 285kg | NICHOLAS, Michael | 20-May-17 | | | |
| | Total | 710kg | NICHOLAS, Michael | 20-May-17 | | | |
| 140kg | Squat | 265kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| | Bench | 150kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| | Deadlift | 270kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| | Total | 670kg | NICHOLAS, Michael | 16-Aug-15 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO NATIONAL RECORDS - MEN

3-LIFT COMPETITION - RAW - BARE KNEES

Masters Men (55-59)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|-----------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 150.5kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| | Bench | 90kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| | Deadlift | 215kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| | Total | 455kg | XEPAPAS, Angelo | 11-Aug-13 | | | |
| 82.5kg | Squat | 107.5kg | FRY, Darren | 13-Apr-24 | 102.5kg | BUCKMAN, Steve | 22-Oct-23 |
| | Bench | 67.5kg | BUCKMAN, Steve | 22-Oct-23 | | | |
| | Deadlift | 152.5kg | FRY, Darren | 13-Apr-24 | 140kg | BUCKMAN, Steve | 22-Oct-23 |
| | Total | 325kg | FRY, Darren | 13-Apr-24 | 310kg | BUCKMAN, Steve | 22-Oct-23 |
| 90kg | Squat | 185kg | JONES, Eddie | 20-Aug-22 | 162.5kg | BASKERVILLE, Peter | 02-Aug-14 |
| | Bench | 125kg | JONES, Eddie | 20-Aug-22 | 85kg | BASKERVILLE, Peter | 02-Aug-14 |
| | Deadlift | 217.5kg | JONES, Eddie | 20-Aug-22 | 215kg | BASKERVILLE, Peter | 11-Aug-13 |
| | Total | 522.5kg | JONES, Eddie | 20-Aug-22 | 462.5kg | BASKERVILLE, Peter | 02-Aug-14 |
| 100kg | Squat | 190kg | CONWAY, Kevin | 27-May-18 | 170kg | GIBBS, Terry | 12-Apr-14 |
| | Bench | 120kg | HENDRIE, Ian | 27-May-18 | 90kg | GIBBS, Terry | 11-Aug-13 |
| | Deadlift | 275kg | CONWAY, Kevin | 27-May-18 | 202.5kg | GIBBS, Terry | 12-Apr-14 |
| | Total | 555kg | CONWAY, Kevin | 27-May-18 | 435kg | GIBBS, Terry | 11-Aug-13 |
| 110kg | Squat | 215kg | JONES, Gary | 25-Apr-22 | 202.5kg | JONES, Gary | 01-Mar-20 |
| | Bench | 181.5kg | JONES, Gary | 01-Mar-20 | 125kg | ZOLLO, Joe | 25-Apr-15 |
| | Deadlift | 260kg | JONES, Gary | 25-Apr-22 | 237.5kg | JONES, Gary | 01-Mar-20 |
| | Total | 655kg | JONES, Gary | 25-Apr-22 | 620kg | JONES, Gary | 01-Mar-20 |
| 125kg | Squat | 222.5kg | JONES, Gary | 30-Aug-20 | 220kg | VAUGHAN, Wayne | 08-May-10 |
| | Bench | 183kg | JONES, Gary | 30-Aug-20 | 100kg | VAUGHAN, Wayne | 08-May-10 |
| | Deadlift | 280kg | VAUGHAN, Wayne | 08-May-10 | | | |
| | Total | 660kg | JONES, Gary | 30-Aug-20 | 600kg | VAUGHAN, Wayne | 08-May-10 |
| 140kg | Squat | 230kg | WISBEY, Leigh | 02-Jul-22 | | | |
| | Bench | 75kg | WISBEY, Leigh | 02-Jul-22 | | | |
| | Deadlift | 276.5kg | WISBEY, Leigh | 02-Jul-22 | | | |
| | Total | 580kg | WISBEY, Leigh | 02-Jul-22 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

Masters Men (60-64)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|--------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 130kg | THOMSON, Michael | 18-Feb-24 | 125kg | THOMSON, Michael | 21-May-23 |
| | Bench | 77.5kg | THOMSON, Michael | 22-Oct-23 | 67.5kg | THOMSON, Michael | 21-May-23 |
| | Deadlift | 185kg | THOMSON, Michael | 22-Oct-23 | 182.5kg | THOMSON, Michael | 21-May-23 |
| | Total | 390kg | THOMSON, Michael | 22-Oct-23 | 375kg | THOMSON, Michael | 21-May-23 |
| 82.5kg | Squat | 147.5kg | BASKERVILLE, Peter | 22-May-16 | | | |
| | Bench | 82.5kg | THOMSON, Michael | 29-May-22 | 72.5kg | BASKERVILLE, Peter | 22-May-16 |
| | Deadlift | 190kg | BASKERVILLE, Peter | 22-May-16 | | | |
| | Total | 410kg | BASKERVILLE, Peter | 22-May-16 | | | |
| 90kg | Squat | 125kg | JONES, Michael | 30-Apr-23 | 75kg | HARVEY, Ian | 07-May-22 |
| | Bench | 80kg | JONES, Michael | 12-Aug-23 | 77.5kg | JONES, Michael | 30-Apr-23 |
| | Deadlift | 175kg | JONES, Michael | 12-Aug-23 | 165kg | JONES, Michael | 30-Apr-23 |
| | Total | 370kg | JONES, Michael | 12-Aug-23 | 367.5kg | JONES, Michael | 30-Apr-23 |
| 100kg | Squat | 172.5kg | CONWAY, Kevin | 02-Jun-19 | 171kg | GIBBS, Terrence | 02-Aug-14 |
| | Bench | 100kg | CONWAY, Kevin | 02-Jun-19 | 70kg | GIBBS, Terrence | 02-Aug-14 |
| | Deadlift | 260kg | CONWAY, Kevin | 02-Jun-19 | 190kg | GIBBS, Terrence | 02-Aug-14 |
| | Total | 532.5kg | CONWAY, Kevin | 02-Jun-19 | 431kg | GIBBS, Terrence | 02-Aug-14 |
| 110kg | Squat | 207.5kg | JONES, Gary | 09-Feb-25 | 200kg | ZOLLO, Joe | 19-May-18 |
| | Bench | 162.5kg | JONES, Gary | 09-Feb-25 | 100kg | ZOLLO, Joe | 19-May-18 |
| | Deadlift | 255kg | CONWAY, Kevin | 18-Aug-19 | 215kg | THOMSON, James | 27-Aug-11 |
| | Total | 615kg | JONES, Gary | 09-Feb-25 | 515kg | CONWAY, Kevin | 18-Aug-19 |
| 125kg | Squat | 250kg | DAY, Henry | 18-Feb-24 | | | |
| | Bench | 120kg | DAY, Henry | 18-Feb-24 | | | |
| | Deadlift | 200kg | DAY, Henry | 18-Feb-24 | | | |
| | Total | 570kg | DAY, Henry | 18-Feb-24 | | | |
| 140kg | Squat | 235kg | WISBEY, Leigh | 20-Aug-22 | | | |
| | Bench | 97.5kg | WISBEY, Leigh | 20-Aug-22 | | | |
| | Deadlift | 285kg | WISBEY, Leigh | 20-Aug-22 | | | |
| | Total | 617.5kg | WISBEY, Leigh | 20-Aug-22 | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO NATIONAL RECORDS - MEN 3-LIFT COMPETITION - RAW - BARE KNEES

Master Men (65-69)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 130kg | THOMSON, Michael | 20-Oct-24 | | | |
| | Bench | 77.5kg | THOMSON, Michael | 20-Oct-24 | | | |
| | Deadlift | 180kg | THOMSON, Michael | 20-Oct-24 | | | |
| | Total | 387.5kg | THOMSON, Michael | 20-Oct-24 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | 185kg | BUTLER, Laurie | 02-Aug-14 | 175kg | BUTLER, Laurie | 10-Jun-12 |
| | Bench | 140kg | BUTLER, Laurie | 10-Jun-12 | | | |
| | Deadlift | 240kg | BUTLER, Laurie | 10-Jun-12 | | | |
| | Total | 557.5kg | BUTLER, Laurie | 02-Aug-14 | 555kg | BUTLER, Laurie | 10-Jun-12 |
| 100kg | Squat | 150kg | BIRCH, Ron | 27-Aug-11 | | | |
| | Bench | 90kg | BIRCH, Ron | 27-Aug-11 | | | |
| | Deadlift | 192.5kg | BIRCH, Ron | 14-Aug-10 | | | |
| | Total | 425kg | BIRCH, Ron | 27-Aug-11 | | | |
| 110kg | Squat | 182.5kg | CONWAY, Kevin | 19-May-24 | | | |
| | Bench | 60kg | CONWAY, Kevin | 19-May-24 | | | |
| | Deadlift | 210kg | CONWAY, Kevin | 19-May-24 | | | |
| | Total | 452.5kg | CONWAY, Kevin | 19-May-24 | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO NATIONAL RECORDS - MEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Men (70-74)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | 80kg | TRENTIN, Maurice | 26-Jun-21 | | | |
| | Bench | 61kg | TRENTIN, Maurice | 22-Aug-21 | 60kg | TRENTIN, Maurice | 26-Jun-21 |
| | Deadlift | 128kg | TRENTIN, Maurice | 22-Aug-21 | 127.5kg | TRENTIN, Maurice | 26-Jun-21 |
| | Total | 267.5kg | TRENTIN, Maurice | 22-Aug-21 | 262.5kg | TRENTIN, Maurice | 26-Jun-21 |
| 75kg | Squat | 90kg | TRENTIN, Maurice | 10-Jun-23 | 82.5kg | TRENTIN, Maurice | 12-Nov-22 |
| | Bench | 63.5kg | TRENTIN, Maurice | 10-Jun-23 | 62.5kg | TRENTIN, Maurice | 12-Nov-22 |
| | Deadlift | 135kg | TRENTIN, Maurice | 10-Jun-23 | 126kg | TRENTIN, Maurice | 12-Nov-22 |
| | Total | 277.5kg | TRENTIN, Maurice | 10-Jun-23 | 270kg | TRENTIN, Maurice | 12-Nov-22 |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | 70kg | ROSS, Steve | 01-Aug-24 | 50kg | ROSS, Steve | 25-Apr-24 |
| | Bench | 100kg | ROSS, Steve | 01-Aug-24 | 80kg | ROSS, Steve | 25-Apr-24 |
| | Deadlift | 125kg | ROSS, Steve | 01-Aug-24 | 100kg | ROSS, Steve | 25-Apr-24 |
| | Total | 295kg | ROSS, Steve | 01-Aug-24 | 230kg | ROSS, Steve | 25-Apr-24 |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO NATIONAL RECORDS - MEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Men (75-79)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|------------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 87.5kg | TRENTIN, Maurice | 30-Nov-24 | | | |
| | Bench | 65kg | TRENTIN, Maurice | 30-Nov-24 | | | |
| | Deadlift | 130kg | TRENTIN, Maurice | 30-Nov-24 | | | |
| | Total | 282.5kg | TRENTIN, Maurice | 30-Nov-24 | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO NATIONAL RECORDS - MEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Men (80-84)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|----------------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | 120kg | CRAGGS, Maurie | 12-May-12 | | | |
| | Bench | 65kg | CRAGGS, Maurie | 12-May-12 | | | |
| | Deadlift | 170kg | CRAGGS, Maurie | 12-May-12 | | | |
| | Total | 355kg | CRAGGS, Maurie | 12-May-12 | | | |
| 82.5kg | Squat | 100kg | ZWAAN, Adrian | 25-Apr-21 | | | |
| | Bench | 60kg | ZWAAN, Adrian | 25-Apr-21 | | | |
| | Deadlift | 150kg | ZWAAN, Adrian | 25-Apr-21 | | | |
| | Total | 310kg | ZWAAN, Adrian | 25-Apr-21 | | | |
| 90kg | Squat | 80kg | ZWAAN, Adrian | 20-Aug-22 | | | |
| | Bench | 55kg | ZWAAN, Adrian | 20-Aug-22 | | | |
| | Deadlift | 150kg | ZWAAN, Adrian | 20-Aug-22 | | | |
| | Total | 285kg | ZWAAN, Adrian | 20-Aug-22 | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |

CAPO NATIONAL RECORDS - MEN 3-LIFT COMPETITION - RAW - BARE KNEES

Masters Men (85-89)

(Bare Knees)

| BWT | Lift | Weight Lifted | Athlete | Date of Lift | Weight Lifted | Record Previously Held By | Date of Lift |
|--------|----------|---------------|---------|--------------|---------------|---------------------------|--------------|
| 52kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 56kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 60kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 67.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 75kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 82.5kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 90kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 100kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 110kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 125kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| 140kg | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |
| SHW | Squat | | | | | | |
| | Bench | | | | | | |
| | Deadlift | | | | | | |
| | Total | | | | | | |