

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



OPEN MEN

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	50kg	Lindon, Kody	20-May-23	W.A State Championships
	Bench	35kg	Lindon, Kody	20-May-23	W.A State Championships
	Deadlift	40kg	Lindon, Kody	20-May-23	W.A State Championships
	Total	75kg	Lindon, Kody	20-May-23	W.A State Championships
60kg	Squat	157.5kg	Millar, Corey	20-May-23	W.A State Championships
	Bench	100kg	Quadros, Ashley	22-Jan-22	Strength Quest
	Deadlift	215kg	Millar, Corey	20-May-23	W.A State Championships
	Total	470kg	Millar, Corey	20-May-23	W.A State Championships
67.5kg	Squat	217.5kg	Sgro, Julian	18-May-24	W.A State Championships
	Bench	135kg	Sgro, Julian	18-May-24	W.A State Championships
	Deadlift	280kg	Sgro, Julian	18-May-24	W.A State Championships
	Total	632.5kg	Sgro, Julian	18-May-24	W.A State Championships
75kg	Squat	250kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
	Bench	150kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
	Deadlift	300kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
	Total	700kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
82.5kg	Squat	302.5kg	Genever, Josh	18-May-24	W.A State Championships
	Bench	195kg	Genever, Josh	18-May-24	W.A State Championships
	Deadlift	305kg	Hulameh, Ahmed	29-Aug-20	W.A State Championships
	Total	800kg	Genever, Josh	18-May-24	W.A State Championships
90kg	Squat	312.5kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
	Bench	182.5kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
	Deadlift	355kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
	Total	850kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
100kg	Squat	352.5kg	Walsh, Connor	22-Aug-21	Australian Championships
	Bench	190kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
	Deadlift	367.5kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
	Total	887.5kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
110kg	Squat	365kg	Walsh, Connor	20-May-23	W.A State Championships
	Bench	227.5kg	Llyod, Kevin	8-Oct-17	Wild West Shootout
	Deadlift	367.5kg	Sagor, Rait	20-May-23	W.A State Championships
	Total	927.5kg	Sagor, Rait	20-May-23	W.A State Championships
125kg	Squat	400kg	Walsh, Connor	18-May-24	W.A State Championships
	Bench	215kg	Stockil, Gavin	22-May-22	W.A State Championships
	Deadlift	370kg	Murphy, Sam	22-May-21	W.A State Championships
	Total	900kg	Murphy, Sam	22-May-22	W.A State Championships
140kg	Squat	345kg	Florissen, Shannon	14-Aug-15	Australian Championships
	Bench	240kg	Florissen, Shannon	14-Aug-15	Australian Championships
	Deadlift	352.5kg	Florissen, Shannon	14-Aug-14	Australian Championships
	Total	937.5kg	Florissen, Shannon	14-Aug-14	Australian Championships
SHW	Squat	365kg	Wilde, Phill	29-May-16	W.A State Championships
	Bench	230kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout
	Deadlift	375kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout
	Total	915kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



SUB TEEN MEN (10-12)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



TEENAGE MEN (13-15)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	50kg	Lindon, Kody	20-May-23	W.A State Championships
	Bench	35kg	Lindon, Kody	20-May-23	W.A State Championships
	Deadlift	75kg	Lindon, Kody	20-May-23	W.A State Championships
	Total	160kg	Lindon, Kody	20-May-23	W.A State Championships
60kg	Squat	115kg	Boros, Daniel	17-Aug-19	Australian Championships
	Bench	47.5kg	Boros, Daniel	17-Aug-19	Australian Championships
	Deadlift	142.5kg	Boros, Daniel	17-Aug-19	Australian Championships
	Total	305kg	Boros, Daniel	17-Aug-19	Australian Championships
67.5kg	Squat	110kg	Holden, Joshua	29-Aug-20	Australian Championships
	Bench	55kg	Port-Louis, Alexander	14-Jun-15	W.A State Championships
	Deadlift	122.5kg	Port-Louis, Alexander	14-Jun-15	W.A State Championships
	Total	272.5kg	Holden, Joshua	29-Aug-20	W.A State Championships
75kg	Squat	170kg	Boros, Daniel	22-Aug-21	Australian Championships
	Bench	70kg	Boros, Daniel	22-Aug-21	Australian Championships
	Deadlift	182.5kg	Boros, Daniel	22-Aug-21	Australian Championships
	Total	420kg	Boros, Daniel	22-Aug-21	Australian Championships
82.5kg	Squat	140kg	Harris, Trent	16-Oct-12	Wild West Shootout
	Bench	115kg	Harris, Trent	16-Oct-12	Wild West Shootout
	Deadlift	175kg	Harris, Trent	16-Oct-12	Wild West Shootout
	Total	430kg	Harris, Trent	16-Oct-12	Wild West Shootout
90kg	Squat	117.5kg	Humble, Max	18-May-24	W.A State Championships
	Bench	65kg	Humble, Max	18-May-24	W.A State Championships
	Deadlift	160kg	Humble, Max	18-May-24	W.A State Championships
	Total	342.5kg	Humble, Max	18-May-24	W.A State Championships
100kg	Squat	155.5kg	Murphy, Kobi	27-Aug-23	Poseidon's Cup
	Bench	72.5kg	Murphy, Kobi	27-Aug-23	Poseidon's Cup
	Deadlift	182.5kg	Murphy, Kobi	27-Aug-23	Poseidon's Cup
	Total	400kg	Murphy, Kobi	27-Aug-23	Poseidon's Cup
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



TEENAGE MEN (16-17)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	100kg	Travcich, Damian	20-May-23	W.A State Championships
	Bench	55kg	Travcich, Damian	20-May-23	W.A State Championships
	Deadlift	150kg	Travcich, Damian	20-May-23	W.A State Championships
	Total	305kg	Travcich, Damian	20-May-23	W.A State Championships
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg	Squat	200kg	Tompkin-Drew, Orlando	20-May-23	W.A State Championships
	Bench	110kg	Martin, Linkin	18-May-24	W.A State Championships
	Deadlift	210kg	Tompkin-Drew, Orlando	20-May-23	W.A State Championships
	Total	510kg	Tompkin-Drew, Orlando	20-May-23	W.A State Championships
90kg	Squat	205kg	O'Flaherty, Rishi	22-May-22	W.A State Championships
	Bench	115kg	O'Flaherty, Rishi	22-May-22	W.A State Championships
	Deadlift	235kg	Suteerawanit, Darwin	16-Oct-12	Wild West Shootout
	Total	540kg	O'Flaherty, Rishi	22-May-22	W.A State Championships
100kg	Squat	185kg	Barallon, Aiden	12-Mar-23	Wild West Shootout
	Bench	105kg	Barallon, Aiden	12-Mar-23	Wild West Shootout
	Deadlift	210kg	Barallon, Aiden	12-Mar-23	Wild West Shootout
	Total	500kg	Barallon, Aiden	12-Mar-23	Wild West Shootout
110kg	Squat	120kg	Jackson, Tyrone	22-May-22	W.A State Championships
	Bench	65kg	Jackson, Tyrone	22-May-22	W.A State Championships
	Deadlift	160kg	Jackson, Tyrone	22-May-22	W.A State Championships
	Total	345kg	Jackson, Tyrone	22-May-22	W.A State Championships
125kg	Squat	142.5kg	Thomson, Tim	29-May-16	W.A State Championships
	Bench	87.5kg	Thomson, Tim	29-May-16	W.A State Championships
	Deadlift	190kg	Thomson, Tim	29-May-16	W.A State Championships
	Total	420kg	Thomson, Tim	29-May-16	W.A State Championships
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat	100kg	Buba, Zachary	22-Jan-23	Strength Quest
	Bench	107.5kg	Buba, Zachary	22-Jan-23	Strength Quest
	Deadlift	160kg	Buba, Zachary	22-Jan-23	Strength Quest
	Total	367.5kg	Buba, Zachary	22-Jan-23	Strength Quest

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



TEENAGE MEN (18-19)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	135kg	Loy, Sky	18-May-24	W.A State Championships
	Bench	95kg	Loy, Sky	18-May-24	W.A State Championships
	Deadlift	170kg	Loy, Sky	18-May-24	W.A State Championships
	Total	400kg	Loy, Sky	18-May-24	W.A State Championships
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	145kg	Quadros, Ashley	20-May-23	W.A State Championships
	Bench	120kg	Tubby, Benjamin	12-Mar-23	Wild West Shootout
	Deadlift	205kg	Quadros, Ashley	20-May-23	W.A State Championships
	Total	457.5kg	Quadros, Ashley	20-May-23	W.A State Championships
75kg	Squat	155kg	Braganza, Kyle	18-May-24	W.A State Championships
	Bench	120kg	Tubby, Benjamin	22-Jan-23	Strength Quest
	Deadlift	185kg	Blachford, Chad	18-Feb-24	Wild West Shootout
	Total	375kg	Tubby, Benjamin	22-Jan-23	Strength Quest
82.5kg	Squat	210kg	Murphy, Brendan	21-Mar-21	Wild West Shootout
	Bench	115kg	Murphy, Brendan	21-Mar-21	Wild West Shootout
	Deadlift	220kg	Murphy, Brendan	21-Mar-21	Wild West Shootout
	Total	545kg	Murphy, Brendan	21-Mar-21	Wild West Shootout
90kg	Squat	245kg	Leah, Dominic	25-May-14	W.A State Championships
	Bench	150kg	Leah, Dominic	25-May-14	W.A State Championships
	Deadlift	230kg	Tompkin-Drew, Orlando	18-May-24	W.A State Championships
	Total	605kg	Leah, Dominic	25-May-14	W.A State Championships
100kg	Squat	307.5kg	Harris, Trent	14-Jun-15	W.A State Championships
	Bench	170kg	Harris, Trent	14-Jun-15	W.A State Championships
	Deadlift	280kg	Elliot, Ethan	18-May-24	W.A State Championships
	Total	737.5kg	Harris, Trent	14-Jun-15	W.A State Championships
110kg	Squat	360kg	Walsh, Connor	6-Oct-18	Wild West Shootout
	Bench	195kg	Walsh, Connor	6-Oct-18	Wild West Shootout
	Deadlift	295kg	Walsh, Connor	6-Oct-18	Wild West Shootout
	Total	850kg	Walsh, Connor	6-Oct-18	Wild West Shootout
125kg	Squat	240kg	Giubilato, Matteo	29-Aug-20	W.A State Championships
	Bench	135kg	Giubilato, Matteo	29-Aug-20	W.A State Championships
	Deadlift	270kg	Giubilato, Matteo	29-Aug-20	W.A State Championships
	Total	635kg	Giubilato, Matteo	29-Aug-20	W.A State Championships
140kg	Squat	210kg	Newsam, Jay	25-May-14	W.A State Championships
	Bench	150kg	Newsam, Jay	25-May-14	W.A State Championships
	Deadlift	270kg	Newsam, Jay	25-May-14	W.A State Championships
	Total	630kg	Newsam, Jay	25-May-14	W.A State Championships
SHW	Squat	180kg	Kambouris, Kurt	10-Aug-13	W.A State Championships
	Bench	95kg	Kambouris, Kurt	10-Aug-13	W.A State Championships
	Deadlift	180kg	Kambouris, Kurt	10-Aug-13	W.A State Championships
	Total	455kg	Kambouris, Kurt	10-Aug-13	W.A State Championships

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



JUNIOR MEN (20-23)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	212.5kg	Chui, Alen	18-May-24	W.A State Championships
	Bench	127.5kg	Chui, Alen	18-May-24	W.A State Championships
	Deadlift	270kg	Chui, Alen	18-May-24	W.A State Championships
	Total	610kg	Chui, Alen	18-May-24	W.A State Championships
75kg	Squat	250kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
	Bench	150kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
	Deadlift	300kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
	Total	700kg	Magoulias, Yianni	14-Jun-15	W.A State Championships
82.5kg	Squat	267.5kg	Nguyen, Duy	20-May-23	W.A State Championships
	Bench	145kg	Nguyen, Duy	20-May-23	W.A State Championships
	Deadlift	275kg	Nguyen, Duy	20-May-23	W.A State Championships
	Total	687.5kg	Nguyen, Duy	20-May-23	W.A State Championships
90kg	Squat	265kg	Newman, Chris	9-Jun-19	W.A State Championships
	Bench	155kg	Newman, Chris	9-Jun-19	W.A State Championships
	Deadlift	295kg	Newman, Chris	9-Jun-19	W.A State Championships
	Total	715kg	Newman, Chris	9-Jun-19	W.A State Championships
100kg	Squat	352.5kg	Walsh, Connor	22-Aug-21	Australian Championships
	Bench	185kg	Walsh, Connor	22-Aug-21	Australian Championships
	Deadlift	315kg	Giubilato, Matteo	18-May-24	W.A State Championships
	Total	812.5kg	Walsh, Connor	22-Aug-21	Australian Championships
110kg	Squat	285kg	Giubilato, Matteo	22-Aug-21	Australian Championships
	Bench	200kg	Young, Nathan	20-May-23	W.A State Championships
	Deadlift	300kg	Giubilato, Matteo	22-Aug-21	Australian Championships
	Total	730kg	Giubilato, Matteo	22-Aug-21	Australian Championships
125kg	Squat	225kg	Sienkiel, Daniel	27-May-12	W.A State Championships
	Bench	137.5kg	Buchanan, Ryan	29-May-16	W.A State Championships
	Deadlift	265kg	Sienkiel, Daniel	27-May-12	W.A State Championships
	Total	610kg	Sienkiel, Daniel	27-May-12	W.A State Championships
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat	310kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout
	Bench	230kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout
	Deadlift	375kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout
	Total	915kg	Hellriegel, Dylan	7-Oct-17	Wild West Shootout

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



SENIOR MEN (24-32)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat	30kg	Joseph, John-Reuben	20-May-23	W.A State Championships
	Bench	30kg	Joseph, John-Reuben	20-May-23	W.A State Championships
	Deadlift	40kg	Joseph, John-Reuben	20-May-23	W.A State Championships
	Total	100kg	Joseph, John-Reuben	20-May-23	W.A State Championships
60kg	Squat	157.5kg	Millar, Corey	20-May-23	W.A State Championships
	Bench	97.5kg	Millar, Corey	20-May-23	W.A State Championships
	Deadlift	215kg	Millar, Corey	20-May-23	W.A State Championships
	Total	470kg	Millar, Corey	20-May-23	W.A State Championships
67.5kg	Squat	192.5kg	Millar, Corey	29-May-16	W.A State Championships
	Bench	120kg	Millar, Corey	29-May-16	W.A State Championships
	Deadlift	240kg	Millar, Corey	29-May-16	W.A State Championships
	Total	552.5kg	Millar, Corey	29-May-16	W.A State Championships
75kg	Squat	265kg	Ettia, Corey	21-Nov-14	GPA Worlds
	Bench	130kg	Ettia, Corey	21-Nov-14	GPA Worlds
	Deadlift	260kg	Ettia, Corey	25-May-14	W.A State Championships
	Total	650kg	Ettia, Corey	1-Aug-14	Australian Championships
82.5kg	Squat	302.5kg	Genever, Josh	18-May-24	W.A State Championships
	Bench	195kg	Genever, Josh	18-May-24	W.A State Championships
	Deadlift	302.5kg	Genever, Josh	18-May-24	W.A State Championships
	Total	800kg	Genever, Josh	18-May-24	W.A State Championships
90kg	Squat	312.5kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
	Bench	182.5kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
	Deadlift	355kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
	Total	850kg	Suteerawanit, Darwin	20-May-23	W.A State Championships
100kg	Squat	330kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
	Bench	190kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
	Deadlift	367.5kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
	Total	887.5kg	Suteerawanit, Darwin	18-May-24	W.A State Championships
110kg	Squat	365kg	Walsh, Connor	20-May-23	W.A State Championships
	Bench	220kg	Love, Kyle	17-Aug-19	Australian Championships
	Deadlift	315kg	Rock, Martin	9-Jun-19	W.A State Championships
	Total	852.5kg	Walsh, Connor	20-May-23	W.A State Championships
125kg	Squat	400kg	Walsh, Connor	18-May-24	W.A State Championships
	Bench	195kg	Walsh, Connor	18-May-24	W.A State Championships
	Deadlift	335kg	Roberts, Luke	22-May-22	W.A State Championships
	Total	880kg	Walsh, Connor	18-May-24	W.A State Championships
140kg	Squat	305kg	Kezic, Ivan	7-Oct-17	Wild West Shootout
	Bench	225kg	Van Beuningen, Matt	4-Oct-08	Australian Championships
	Deadlift	290kg	Van Beuningen, Matt	4-Oct-08	Australian Championships
	Total	795kg	Van Beuningen, Matt	4-Oct-08	Australian Championships
SHW	Squat	365kg	Wilde, Phil	29-May-16	W.A State Championships
	Bench	220kg	Wilde, Phil	29-May-16	W.A State Championships
	Deadlift	325kg	Toomer, Dave	22-May-22	W.A State Championships
	Total	870kg	Wilde, Phil	29-May-16	W.A State Championships

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



SUB MASTERS MEN (33-39)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	217.5kg	Sgro, Julian	18-May-24	W.A State Championships
	Bench	135kg	Sgro, Julian	18-May-24	W.A State Championships
	Deadlift	280kg	Sgro, Julian	18-May-24	W.A State Championships
	Total	632.5kg	Sgro, Julian	18-May-24	W.A State Championships
75kg	Squat	195kg	Tay, Russell	22-May-21	Australian Championships
	Bench	125kg	Tay, Russell	22-May-21	Australian Championships
	Deadlift	230kg	Tay, Russell	29-Aug-20	W.A State Championships
	Total	535kg	Tay, Russell	29-Aug-20	W.A State Championships
82.5kg	Squat	280kg	Hulameh, Ahmed	29-Aug-20	W.A State Championships
	Bench	170kg	McNaught, James	16-Oct-12	Wild West Shootout
	Deadlift	305kg	Hulameh, Ahmed	29-Aug-20	W.A State Championships
	Total	740kg	Hulameh, Ahmed	29-Aug-20	W.A State Championships
90kg	Squat	240kg	Samuels, Braddon	9-Jun-19	W.A State Championships
	Bench	155kg	Samuels, Braddon	9-Jun-19	W.A State Championships
	Deadlift	252.5kg	Stockden, Dan	27-Aug-23	Poseidens Cup
	Total	635kg	Samuels, Braddon	9-Jun-19	W.A State Championships
100kg	Squat	270kg	Becker, Xavia	20-May-23	W.A State Championships
	Bench	150kg	Chaundry, Ryan	29-Aug-20	W.A State Championships
	Deadlift	310kg	McCartan, Gary	9-Jun-19	W.A State Championships
	Total	690kg	McCartan, Gary	9-Jun-19	W.A State Championships
110kg	Squat	360kg	Sagor, Rait	20-May-23	W.A State Championships
	Bench	200kg	Sagor, Rait	20-May-23	W.A State Championships
	Deadlift	367.5kg	Sagor, Rait	20-May-23	W.A State Championships
	Total	927.5kg	Sagor, Rait	20-May-23	W.A State Championships
125kg	Squat	342.5kg	Murphy, Sam	22-May-22	W.A State Championships
	Bench	230kg	Florissen, Shannon	25-Aug-12	Australian Championships
	Deadlift	352.5kg	Murphy, Sam	22-May-22	W.A State Championships
	Total	900kg	Murphy, Sam	22-May-22	W.A State Championships
140kg	Squat	345kg	Florissen, Shannon	14-Aug-15	Australian Championships
	Bench	240kg	Florissen, Shannon	14-Aug-15	Australian Championships
	Deadlift	352.5kg	Florissen, Shannon	14-Aug-14	Australian Championships
	Total	937.5kg	Florissen, Shannon	14-Aug-14	Australian Championships
SHW	Squat	340kg	Okunev, George	9-Jun-19	W.A State Championships
	Bench	230kg	Okunev, George	9-Jun-19	W.A State Championships
	Deadlift	335kg	Quinn, Abbaddon	14-Jun-14	W.A State Championships
	Total	870kg	Okunev, George	9-Jun-19	W.A State Championships

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (40-44)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	165kg	Moore, Peter	20-May-23	W.A State Championships
	Bench	112.5kg	Moore, Peter	20-May-23	W.A State Championships
	Deadlift	212.5kg	Moore, Peter	20-May-23	W.A State Championships
	Total	490kg	Moore, Peter	20-May-23	W.A State Championships
75kg	Squat	160kg	Ramsey, Stephen	16-Oct-16	Wild West Shootout
	Bench	115kg	Ramsey, Stephen	16-Oct-16	Wild West Shootout
	Deadlift	220kg	Ramsey, Stephen	16-Oct-16	Wild West Shootout
	Total	495kg	Ramsey, Stephen	16-Oct-16	Wild West Shootout
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat	270kg	Bianca, Dan	29-May-16	W.A State Championships
	Bench	170kg	Bianca, Dan	29-May-16	W.A State Championships
	Deadlift	270kg	Bianca, Dan	29-May-16	W.A State Championships
	Total	710kg	Bianca, Dan	29-May-16	W.A State Championships
100kg	Squat	250kg	Cullimore, Aaron	29-May-16	W.A State Championships
	Bench	180kg	Cullimore, Aaron	29-May-16	W.A State Championships
	Deadlift	280kg	Cullimore, Aaron	29-May-16	W.A State Championships
	Total	710kg	Cullimore, Aaron	29-May-16	W.A State Championships
110kg	Squat	300kg	Shane Parnell	25-Apr-24	Anzac 3 Lift
	Bench	192.5kg	Shane Parnell	25-Apr-24	Anzac 3 Lift
	Deadlift	320kg	Shane Parnell	25-Apr-24	Anzac 3 Lift
	Total	812.5kg	Shane Parnell	25-Apr-24	Anzac 3 Lift
125kg	Squat	320kg	Dawson, Matt	27-Aug-23	Poseidons Cup
	Bench	180kg	Dawson, Matt	27-Aug-23	Poseidons Cup
	Deadlift	300kg	Dawson, Matt	27-Aug-23	Poseidons Cup
	Total	800kg	Dawson, Matt	27-Aug-23	Poseidons Cup
140kg	Squat	300kg	Neha-Manihera, Shane	29-May-16	W.A State Championships
	Bench	205kg	Neha-Manihera, Shane	29-May-16	W.A State Championships
	Deadlift	320kg	Neha-Manihera, Shane	29-May-16	W.A State Championships
	Total	825kg	Neha-Manihera, Shane	29-May-16	W.A State Championships
SHW	Squat	335kg	Kovacs, Sheen	27-Aug-23	Poseidons Cup
	Bench	177.5kg	Kovacs, Sheen	27-Aug-23	Poseidons Cup
	Deadlift	310kg	Kovacs, Sheen	27-Aug-23	Poseidons Cup
	Total	822.5kg	Kovacs, Sheen	27-Aug-23	Poseidons Cup

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (45-49)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	172.5kg	Ramsey, Stephen	29-May-16	Wild West Shootout
	Bench	112.5kg	Ramsay, Stephen	1-Aug-14	Australian Championships
	Deadlift	235kg	Ramsay, Stephen	21-Nov-14	GPA Worlds
	Total	512.5kg	Ramsay, Stephen	1-Aug-14	Australian Championships
82.5kg	Squat	210kg	Harwood, David	27-Aug-23	Poseidons Cup
	Bench	130kg	Harwood, David	27-Aug-23	Poseidons Cup
	Deadlift	235kg	Harwood, David	27-Aug-23	Poseidons Cup
	Total	575kg	Harwood, David	27-Aug-23	Poseidons Cup
90kg	Squat	140kg	Mullins, Luke	20-Mar-22	Wild West Shootout
	Bench	145kg	Mullins, Luke	20-Mar-22	Wild West Shootout
	Deadlift	180kg	Mullins, Luke	20-Mar-22	Wild West Shootout
	Total	465kg	Mullins, Luke	20-Mar-22	Wild West Shootout
100kg	Squat	240kg	Day, Henry	8-Aug-09	Australian Championship
	Bench	180kg	Day, Henry	8-Aug-09	Australian Championship
	Deadlift	270kg	Day, Henry	8-Aug-09	Australian Championship
	Total	690kg	Day, Henry	8-Aug-09	Australian Championship
110kg	Squat	272.5kg	Harnett, Bill	22-May-22	W.A State Championships
	Bench	182.5kg	Napper, George	17-Aug-19	Australian Championship
	Deadlift	290kg	Harnett, Bill	22-May-22	W.A State Championships
	Total	707.5kg	Harnett, Bill	22-May-22	W.A State Championships
125kg	Squat	280kg	Napper, George	22-May-22	W.A State Championships
	Bench	175kg	Napper, George	22-May-22	W.A State Championships
	Deadlift	272.5kg	Napper, George	22-May-22	W.A State Championships
	Total	727.5kg	Napper, George	22-May-22	W.A State Championships
140kg	Squat	30kg	Napper, George	22-May-21	W.A State Championships
	Bench	192.5kg	Napper, George	22-May-21	W.A State Championships
	Deadlift	55kg	Napper, George	22-May-21	W.A State Championships
	Total	272.5kg	Napper, George	22-May-21	W.A State Championships
SHW	Squat	315kg	Pilipovic, Damir	11/21/2014	GPA Worlds
	Bench	145kg	Pilipovic, Damir	11/21/2014	GPA Worlds
	Deadlift	300kg	Pilipovic, Damir	11/21/2014	GPA Worlds
	Total	750kg	Pilipovic, Damir	11/21/2014	GPA Worlds

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (50-54)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat	145kg	Ramsay, Stephen	29-Aug-20	W.A State Championships
	Bench	95kg	Ramsay, Stephen	29-Aug-20	W.A State Championships
	Deadlift	175kg	Ramsay, Stephen	29-Aug-20	W.A State Championships
	Total	415kg	Ramsay, Stephen	29-Aug-20	W.A State Championships
75kg	Squat	170kg	Ramsay, Stephen	6-Oct-18	Wild West Shootout
	Bench	105kg	Ramsay, Stephen	6-Oct-18	Wild West Shootout
	Deadlift	225kg	Ramsay, Stephen	6-Oct-18	Wild West Shootout
	Total	500kg	Ramsay, Stephen	6-Oct-18	Wild West Shootout
82.5kg	Squat	140kg	Shaw, Ricky	18-May-24	W.A State Championships
	Bench	105kg	Shaw, Ricky	18-May-24	W.A State Championships
	Deadlift	177.5kg	Shaw, Ricky	18-May-24	W.A State Championships
	Total	422.5kg	Shaw, Ricky	18-May-24	W.A State Championships
90kg	Squat	175kg	Wiese, Mike	18-Feb-24	Wild West Shootout
	Bench	137.5kg	Wiese, Mike	18-Feb-24	Wild West Shootout
	Deadlift	202.5kg	Wiese, Mike	18-Feb-24	Wild West Shootout
	Total	515kg	Wiese, Mike	18-Feb-24	Wild West Shootout
100kg	Squat	250kg	Harnet, Bill	20-May-23	W.A State Championships
	Bench	180kg	Keep, Brad	20-May-23	W.A State Championships
	Deadlift	270kg	Harnet, Bill	20-May-23	W.A State Championships
	Total	650kg	Harnet, Bill	20-May-23	W.A State Championships
110kg	Squat	307.5kg	Day, Henry	21-Nov-14	GPA Worlds
	Bench	185kg	Day, Henry	21-Nov-14	GPA Worlds
	Deadlift	272.5kg	Harnett, Bill	28-Aug-22	Poseidons Cup
	Total	737.5kg	Day, Henry	21-Nov-14	GPA Worlds
125kg	Squat	260kg			
	Bench	140kg			
	Deadlift	200kg			
	Total	600kg			
140kg	Squat	275kg	Napper, George	20-May-23	W.A State Championships
	Bench	180kg	Napper, George	20-May-23	W.A State Championships
	Deadlift	275kg	Napper, George	20-May-23	W.A State Championships
	Total	730kg	Napper, George	20-May-23	W.A State Championships
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (55-59)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	150kg	Mayhew, Peter	22-May-21	W.A State Championships
	Bench	100kg	Mayhew, Peter	22-May-21	W.A State Championships
	Deadlift	175kg	Mayhew, Peter	22-May-21	W.A State Championships
	Total	425kg	Mayhew, Peter	22-May-21	W.A State Championships
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat	160kg	Barker, David	20-May-23	W.A State Championships
	Bench	147.5kg	Barker, David	20-May-23	W.A State Championships
	Deadlift	205kg	Barker, David	20-May-23	W.A State Championships
	Total	530kg	Barker, David	20-May-23	W.A State Championships
100kg	Squat	200kg	Gregory, Garnet	9-Jun-19	W.A State Championships
	Bench	130kg	Gregory, Garnet	9-Jun-19	W.A State Championships
	Deadlift	235kg	Gregory, Garnet	9-Jun-19	W.A State Championships
	Total	565kg	Gregory, Garnet	9-Jun-19	W.A State Championships
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (60-64)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	176kg	Ambrose, Jim	13-Mar-15	Arnold Classic Australia
	Bench	125kg	Ambrose, Jim	13-Mar-15	Arnold Classic Australia
	Deadlift	225kg	Ambrose, Jim	13-Mar-15	Arnold Classic Australia
	Total	526kg	Ambrose, Jim	13-Mar-15	Arnold Classic Australia
82.5kg	Squat	165kg	Mayhew, Peter	20-May-23	W.A State Championships
	Bench	95kg	Mayhew, Peter	20-May-23	W.A State Championships
	Deadlift	150kg	Mayhew, Peter	20-May-23	W.A State Championships
	Total	410kg	Mayhew, Peter	20-May-23	W.A State Championships
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat	200kg	Gregory, Garnet	17-Aug-19	Australian Championships
	Bench	140kg	Gregory, Garnet	17-Aug-19	Australian Championships
	Deadlift	245kg	Gregory, Garnet	17-Aug-19	Australian Championships
	Total	585kg	Gregory, Garnet	17-Aug-19	Australian Championships
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat	250kg	Day , Henry	18-Feb-24	Wild West Shootout
	Bench	120kg	Day , Henry	18-Feb-24	Wild West Shootout
	Deadlift	200kg	Day , Henry	18-Feb-24	Wild West Shootout
	Total	570kg	Day , Henry	18-Feb-24	Wild West Shootout
140kg	Squat	150kg	Garnett, Ian	18-May-24	W.A State Championships
	Bench	100kg	Garnett, Ian	18-May-24	W.A State Championships
	Deadlift	180kg	Garnett, Ian	18-May-24	W.A State Championships
	Total	430kg	Garnett, Ian	18-May-24	W.A State Championships
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (65-69)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	160kg	Ambrose, Jim	12-Aug-16	Australian Championships
	Bench	120kg	Ambrose, Jim	12-Aug-16	Australian Championships
	Deadlift	220kg	Ambrose, Jim	12-Aug-16	Australian Championships
	Total	500kg	Ambrose, Jim	12-Aug-16	Australian Championships
82.5kg	Squat	80kg	McllWraith, Ron	22-May-21	W.a State Championships
	Bench	70kg	McllWraith, Ron	22-May-21	W.a State Championships
	Deadlift	130kg	McllWraith, Ron	22-May-21	W.a State Championships
	Total	280kg	McllWraith, Ron	22-May-21	W.a State Championships
90kg	Squat	125kg	Hillbrick, Jeff	20-May-23	W.a State Championships
	Bench	75kg	Hillbrick, Jeff	20-May-23	W.a State Championships
	Deadlift	150kg	Hillbrick, Jeff	20-May-23	W.a State Championships
	Total	350kg	Hillbrick, Jeff	20-May-23	W.a State Championships
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 WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (70-74)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat	151kg	Ambrose, Jim	22-Aug-21	Australian Championships
	Bench	112.5kg	Ambrose, Jim	22-Aug-21	Australian Championships
	Deadlift	215kg	Ambrose, Jim	22-Aug-21	Australian Championships
	Total	478.5kg	Ambrose, Jim	22-Aug-21	Australian Championships
82.5kg	Squat	160kg	Mclernon, Peter	20-May-23	W.a State Championships
	Bench	90kg	Mclernon, Peter	20-May-23	W.a State Championships
	Deadlift	180kg	Mclernon, Peter	18-May-24	W.a State Championships
	Total	420kg	Mclernon, Peter	20-May-23	W.a State Championships
90kg	Squat	165kg	Mclernon, Peter	22-May-22	W.a State Championships
	Bench	95kg	Mclernon, Peter	22-May-22	W.a State Championships
	Deadlift	185kg	Mclernon, Peter	22-May-22	W.a State Championships
	Total	445kg	Mclernon, Peter	22-May-22	W.a State Championships
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 WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (75-79)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (80-84)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (85-89)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
52kg	Squat				
	Bench				
	Deadlift				
	Total				
56kg	Squat				
	Bench				
	Deadlift				
	Total				
60kg	Squat				
	Bench				
	Deadlift				
	Total				
67.5kg	Squat				
	Bench				
	Deadlift				
	Total				
75kg	Squat				
	Bench				
	Deadlift				
	Total				
82.5kg	Squat				
	Bench				
	Deadlift				
	Total				
90kg	Squat				
	Bench				
	Deadlift				
	Total				
100kg	Squat				
	Bench				
	Deadlift				
	Total				
110kg	Squat				
	Bench				
	Deadlift				
	Total				
125kg	Squat				
	Bench				
	Deadlift				
	Total				
140kg	Squat				
	Bench				
	Deadlift				
	Total				
SHW	Squat				
	Bench				
	Deadlift				
	Total				

CAPO WESTERN AUSTRALIAN RAW PLUS MEN 3 LIFT



MASTERS MEN (90-95)

BWT	LIFT	WEIGHT LIFTED	ATHLETE	DATE OF LIFT	EVENT
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				