

Open Men

(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	21-Aug-22			
	Bench	97.5kg	PANAGIOTIDIS, Jim	21-Aug-22			
	Deadlift	167.5kg	PANAGIOTIDIS, Jim	21-Aug-22			
	Total	385kg	PANAGIOTIDIS, Jim	21-Aug-22			
67.5kg	Squat	165kg	JOHNSON, Anton	25-Apr-18	125kg	LE, Lyndon	10-May-14
	Bench	116kg	JOHNSON, Anton	25-Apr-18	75kg	LE, Lyndon	10-May-14
	Deadlift	200kg	JOHNSON, Anton	25-Apr-18	180kg	LE, Lyndon	10-May-14
	Total	481kg	JOHNSON, Anton	25-Apr-18	380kg	LE, Lyndon	10-May-14
75kg	Squat	190kg	DOWELL, Ash	14-Aug-15			
	Bench	145kg	DOWELL, Ash	14-Aug-15			
	Deadlift	260kg	DOWELL, Ash	14-Aug-15			
	Total	595kg	DOWELL, Ash	14-Aug-15			
82.5kg	Squat	220kg	COIRO,Adriano	15-Apr-23	215.5kg	SPITERI, Jacob	09-May-15
	Bench	170 kg	SPITERI, Jacob	09-May-15	150 kg	HAMIMAN, Robert	10-May-14
	Deadlift	260 kg	O'NEILL, Paddy	09-Jun-13	227.5 kg	O'NEILL, Paddy	25-Aug-12
	Total	645.5kg	SPITERI, Jacob	09-May-15	557.5 kg	O'NEILL, Paddy	09-Jun-13
90kg	Squat	266kg	THOMPSON, Shannan	20-May-17	235kg	MINOS, Vadim	04-Aug-08
	Bench	180kg	HARNIMAN, Robert	19-May-18	165kg	MINOS, Vadim	04-Aug-08
	Deadlift	290kg	THOMPSON, Shannan	20-May-17	270kg	SIMONETTA, Vince	10-May-14
	Total	711kg	THOMPSON, Shannan	20-May-17	650kg	MINOS, Vadim	04-Aug-08
100kg	Squat	225kg	GULMEN, Yavuz	12-Aug-17	220kg	OVENS, Eric	12-Aug-16
	Bench	165kg	OVENS, Eric	12-Aug-16	155kg	OVENS, Eric	14-Aug-15
	Deadlift	280kg	GULMEN, Yavuz	25-Apr-17	260kg	KNIGHTS, Kane	12-Aug-16
	Total	655kg	GULMEN, Yavuz	12-Aug-17	650kg	GULMEN, Yavuz	25-Apr-17
110kg	Squat	260kg	JACKSON, Rick	01-Aug-14	250kg	BROWN, Steve	10-May-14
	Bench	220kg	PIPER,Adam	09-May-15	155kg	JACKSON, Rick	01-Aug-14
	Deadlift	290kg	CLARK, TJ	25-Apr-17	287.5kg	KNITLI, Glen	10-May-14
	Total	700kg	JACKSON, Rick	01-Aug-14	652.5kg	MORRISSEY, Tyson	10-May-14
125kg	Squat	270kg	NICHOLAS, Michael	20-May-17	245kg	ROCKS, Nathan	01-Aug-14
	Bench	220kg	ROCKS, Nathan	10-May-14			
	Deadlift	310kg	ROCKS, Nathan	01-Aug-14	300kg	ROCKS, Nathan	10-May-14
	Total	770kg	ROCKS, Nathan	01-Aug-14	740kg	ROCKS, Nathan	10-May-14
140kg	Squat	270kg	DALDRY, Adam	20-May-17			
	Bench	180kg	DALDRY, Adam	20-May-17			
	Deadlift	285kg	DALDRY, Adam	20-May-17			
	Total	735kg	DALDRY, Adam	20-May-17			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	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						

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						
	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	170kg	CLIFFORD, Kelley	01-Aug-24			
	Bench	117.5kg	CLIFFORD, Kelley	01-Aug-24			
	Deadlift	220kg	CLIFFORD, Kelley	01-Aug-24			
	Total	497.5kg	CLIFFORD, Kelley	01-Aug-24			
110kg	Squat	145kg	CLIFFORD, Kelley	25-Apr-24			
	Bench	111kg	CLIFFORD, Kelley	25-Apr-24			
	Deadlift	180kg	CLIFFORD, Kelley	25-Apr-24			
	Total	436kg	CLIFFORD, Kelley	25-Apr-24			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	125kg	LE, Lyndon	10-May-14			
	Bench	75kg	LE, Lyndon	10-May-14			
	Deadlift	180kg	LE, Lyndon	10-May-14			
	Total	380kg	LE, Lyndon	10-May-14			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	175kg	DART-BELL, Rhyley	25-Apr-19			
	Bench	105kg	DART-BELL, Rhyley	25-Apr-19			
	Deadlift	200kg	DART-BELL, Rhyley	25-Apr-19			
	Total	480kg	DART-BELL, Rhyley	25-Apr-19			
90kg	Squat	135kg	OLOWONIYI, Oscar	25-Apr-23			
	Bench	90kg	OLOWONIYI, Oscar	25-Apr-23			
	Deadlift	175kg	OLOWONIYI, Oscar	25-Apr-23			
	Total	400kg	OLOWONIYI, Oscar	25-Apr-23			
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	190kg	GORDON, Dijon	25-Aug-12			
	Bench	125kg	GORDON, Dijon	25-Aug-12			
	Deadlift	225kg	MORETTI, Jake	20-May-17	220kg	MORETTI, Jake	25-Apr-17
	Total	510kg	GORDON, Dijon	25-Aug-12			
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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	170kg	WILSON, Stephen	09-May-15			
	Bench	130kg	WALDER, Jonathan	19-May-18	100kg	WILSON, Stephen	09-May-15
	Deadlift	230kg	WILSON, Stephen	09-May-15			
	Total	505kg	WALDER, Jonathan	19-May-18	500kg	WILSON, Stephen	09-May-15
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	225kg	BURCHANEK, Jeremy	25-Aug-12			
	Bench	145kg	BURCHANEK, Jeremy	25-Aug-12			
	Deadlift	257.5kg	BURCHANEK, Jeremy	25-Aug-12			
	Total	627.5kg	BURCHANEK, Jeremy	25-Aug-12			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	100kg	MIRIKLIS, James	25-Apr-17			
	Bench	65kg	MIRIKLIS, James	25-Apr-17			
	Deadlift	152.5	MIRIKLIS, James	25-Apr-17			
	Total	317.5kg	MIRIKLIS, James	25-Apr-17			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	180kg	O'NEILL, Paddy	09-Jun-13			
	Bench	145kg	TISO, Ben	14-May-16			
	Deadlift	260kg	O'NEILL, Paddy	09-Jun-13			
	Total	557.5kg	O'NEILL, Paddy	09-Jun-13			
90kg	Squat	266kg	THOMPSON, Shannan	20-May-17			
	Bench	155kg	THOMPSON, Shannan	20-May-17			
	Deadlift	290kg	THOMPSON, Shannan	20-May-17			
	Total	711kg	THOMPSON, Shannan	20-May-17			
100kg	Squat	225kg	GULMEN, Yavuz	12-Aug-17	220kg	GULMEN, Yavuz	25-Apr-17
	Bench	150kg	GULMEN, Yavuz	25-Apr-17			
	Deadlift	280kg	GULMEN, Yavuz	25-Apr-17			
	Total	655kg	GULMEN, Yavuz	12-Aug-17	650kg	GULMEN, Yavuz	25-Apr-17
110kg	Squat	225kg	MORRISSEY, Tyson	10-May-14			
	Bench	220kg	PIPER, Adam	09-May-15	145kg	MORRISSEY, Tyson	10-May-14
	Deadlift	286kg	MORRISSEY, Tyson	10-May-14			
	Total	652.5kg	MORRISSEY, Tyson	10-May-14			
125kg	Squat	190kg	CHIEM, Jason	26-Sep-15			
	Bench	120kg	CHIEM, Jason	26-Sep-15			
	Deadlift	220kg	CHIEM, Jason	26-Sep-15			
	Total	530kg	CHIEM, Jason	26-Sep-15			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	165kg	JOHNSON, Anton	25-Apr-18			
	Bench	116kg	JOHNSON, Anton	25-Apr-18			
	Deadlift	200kg	JOHNSON, Anton	25-Apr-18			
	Total	481kg	JOHNSON, Anton	25-Apr-18			
75kg	Squat	190kg	DOWELL, Ash	14-Aug-15			
	Bench	145kg	DOWELL, Ash	14-Aug-15			
	Deadlift	260kg	DOWELL, Ash	14-Aug-15			
	Total	595kg	DOWELL, Ash	14-Aug-15			
82.5kg	Squat	220kg	COIRO,Adriano	15-Apr-23	210kg	SPITERI, Jacob	25-Apr-15
	Bench	160 kg	SPITERI, Jacob	25-Apr-15	150kg	HARNIMAN, Robert	10-May-14
	Deadlift	250kg	SPITERI, Jacob	25-Apr-15	230kg	HARNIMAN, Robert	10-May-14
	Total	620kg	SPITERI, Jacob	25-Apr-15	540kg	HARNIMAN, Robert	10-May-14
90kg	Squat	235kg	MINOS, Vadim	04-Aug-08			
	Bench	165kg	MINOS, Vadim	04-Aug-08			
	Deadlift	255kg	HARNIMAN, Robert	13-Aug-16	250kg	MINOS, Vadim	04-Aug-08
	Total	650kg	MINOS, Vadim	04-Aug-08			
100kg	Squat	220kg	OVENS, Eric	12-Aug-16	200kg	OVENS, Eric	14-Aug-15
	Bench	165kg	OVENS, Eric	12-Aug-16	155kg	OVENS, Eric	14-Aug-15
	Deadlift	260kg	KNIGHTS, Kane	12-Aug-16	230kg	OVENS, Eric	14-Aug-15
	Total	645kg	OVENS, Eric	12-Aug-16	585kg	OVENS, Eric	14-Aug-15
110kg	Squat	260kg	JACKSON, Rick	01-Aug-14	230kg	JACKSON, Rick	10-May-14
	Bench	155kg	JACKSON, Rick	01-Aug-14	150kg	KNITLI, Glen	10-May-14
	Deadlift	290kg	CLARK, TJ	25-Apr-17	287.5kg	KNITLI, Glen	10-May-14
	Total	700kg	JACKSON, Rick	01-Aug-14	642.5kg	JACKSON, Rick	10-May-14
125kg	Squat	245kg	ROCKS, Nathan	01-Aug-14	220kg	ROCKS, Nathan	10-May-14
	Bench	220kg	ROCKS, Nathan	10-May-14			
	Deadlift	310kg	ROCKS, Nathan	01-Aug-14	300kg	ROCKS, Nathan	10-May-14
	Total	770kg	ROCKS, Nathan	01-Aug-14	740kg	ROCKS, Nathan	10-May-14
140kg	Squat	270kg	DALDRY, Adam	20-May-17			
	Bench	180kg	DALDRY, Adam	20-May-17			
	Deadlift	285kg	DALDRY, Adam	20-May-17			
	Total	735kg	DALDRY, Adam	20-May-17			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	240.5kg	HARNIMAN, Robert	19-May-18			
	Bench	180kg	HARNIMAN, Robert	19-May-18	135kg	MANTOVANI, Vince	13-Aug-16
	Deadlift	280.5kg	HARNIMAN, Robert	19-May-18	220kg	MANTOVANI, Vince	13-Aug-16
	Total	690.5kg	HARNIMAN, Robert	19-May-18			
100kg	Squat	195kg	ROY, Jay	25-Apr-19			
	Bench	140kg	ROY, Jay	25-Apr-19			
	Deadlift	260kg	ROY, Jay	25-Apr-19			
	Total	595kg	ROY, Jay	25-Apr-19			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	252.5kg	SLIMMON, Andrew	19-May-18	195kg	WATSON, Matt	10-May-14
	Bench	152.5kg	SLIMMON, Andrew	19-May-18	120kg	WATSON, Matt	10-May-14
	Deadlift	250kg	SLIMMON, Andrew	19-May-18	240kg	WATSON, Matt	10-May-14
	Total	655kg	SLIMMON, Andrew	19-May-18	555kg	WATSON, Matt	10-May-14
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
75kg	Squat	80kg	DAY, Anthony	26-Sep-15			
	Bench	90kg	DAY, Anthony	26-Sep-15			
	Deadlift	140kg	DAY, Anthony	26-Sep-15			
	Total	310kg	DAY, Anthony	26-Sep-15			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	211kg	PUOPOLO, Vito	25-Apr-21			
	Bench	140.5kg	PUOPOLO, Vito	25-Apr-21			
	Deadlift	246.5kg	PUOPOLO, Vito	25-Apr-21			
	Total	598kg	PUOPOLO, Vito	25-Apr-21			
100kg	Squat	180kg	MURPHY, Harley	01-Aug-24			
	Bench	135kg	MURPHY, Harley	01-Aug-24			
	Deadlift	215kg	MURPHY, Harley	01-Aug-24			
	Total	530kg	MURPHY, Harley	01-Aug-24			
110kg	Squat	170kg	CLARE, Andrew	25-Apr-18			
	Bench	95kg	CLARE, Andrew	25-Apr-18			
	Deadlift	212.5kg	CLARE, Andrew	25-Apr-18			
	Total	477.5kg	CLARE, Andrew	25-Apr-18			
125kg	Squat	185kg	CLARE, Andrew	25-Apr-19	150kg	PANTALLERESCO, Luke	25-Apr-18
	Bench	92.5kg	CLARE, Andrew	25-Apr-19	80kg	PANTALLERESCO, Luke	25-Apr-18
	Deadlift	250kg	CLARE, Andrew	25-Apr-19	210kg	PANTALLERESCO, Luke	25-Apr-18
	Total	527.5kg	CLARE, Andrew	25-Apr-19	440kg	PANTALLERESCO, Luke	25-Apr-18
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	80kg	DAY, Anthony	19-May-18			
	Bench	95kg	DAY, Anthony	19-May-18			
	Deadlift	150kg	DAY, Anthony	19-May-18			
	Total	325kg	DAY, Anthony	19-May-18			
90kg	Squat	155kg	JARVIS, Simon	22-May-21			
	Bench	137.5kg	JARVIS, Simon	22-May-21			
	Deadlift	215kg	JARVIS, Simon	22-May-21			
	Total	507.5kg	JARVIS, Simon	22-May-21			
100kg	Squat	240kg	TYRRELL Paul	15-Apr-23	200 kg	CARRIERA, Maurice	02-Jul-22
	Bench	145kg	GREGORY, Stefan	25-Apr-18			
	Deadlift	250kg	TYRRELL Paul	15-Apr-23	235 kg	JARVIS, Simon	28-May-22
	Total	620kg	TYRRELL Paul	15-Apr-23	555kg	GREGORY, Stefan	25-Apr-18
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat	110kg	CHRISTIDIS, Damien	25-Apr-19			
	Bench	80kg	CHRISTIDIS, Damien	25-Apr-19			
	Deadlift	200kg	CHRISTIDIS, Damien	25-Apr-19			
	Total	390kg	CHRISTIDIS, Damien	25-Apr-19			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS - MEN

3-LIFT COMPETITION - RAW

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	21-Aug-22			
	Bench	97.5kg	PANAGIOTIDIS, Jim	21-Aug-22			
	Deadlift	167.5kg	PANAGIOTIDIS, Jim	21-Aug-22			
	Total	385kg	PANAGIOTIDIS, Jim	21-Aug-22			
67.5kg	Squat						
	Bench						
	Deadlift						
	Total						
75kg	Squat	150.5kg	TORCASIO, Tony	19-May-18	135kg	TORCASIO, Tony	14-May-16
	Bench	100kg	TORCASIO, Tony	19-May-18	97.5kg	TORCASIO, Tony	14-May-16
	Deadlift	197.5kg	TORCASIO, Tony	19-May-18	195kg	TORCASIO, Tony	14-May-16
	Total	448kg	TORCASIO, Tony	19-May-18	427.5kg	TORCASIO, Tony	14-May-16
82.5kg	Squat	165kg	TORCASIO, Tony	25-Apr-19			
	Bench	95.5kg	TORCASIO, Tony	25-Apr-19			
	Deadlift	190.5kg	TORCASIO, Tony	25-Apr-19			
	Total	451kg	TORCASIO, Tony	25-Apr-19			
90kg	Squat	202.5kg	SIMONETTA, Vince	21-Nov-14	200kg	SIMONETTA, Vince	01-Aug-14
	Bench	105kg	SIMONETTA, Vince	21-Nov-14	102.5kg	SIMONETTA, Vince	01-Aug-14
	Deadlift	270kg	SIMONETTA, Vince	10-May-14			
	Total	562.5kg	SIMONETTA, Vince	01-Aug-14	550kg	SIMONETTA, Vince	10-May-14
100kg	Squat	130kg	RAY, Michael	14-May-16			
	Bench	125kg	RAY, Michael	14-May-16			
	Deadlift	180kg	RAY, Michael	14-May-16			
	Total	435kg	RAY, Michael	14-May-16			
110kg	Squat	250kg	BROWN, Steve	10-May-14			
	Bench	150kg	HETA, Kim	25-Apr-21			
	Deadlift	260kg	BROWN, Steve	10-May-14			
	Total	620kg	BROWN, Steve	10-May-14			
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						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	200 kg	ZOLLO, Joe	25-Apr-15			
	Bench	125 kg	ZOLLO, Joe	25-Apr-15			
	Deadlift	200 kg	ZOLLO, Joe	25-Apr-15			
	Total	525 kg	ZOLLO, Joe	25-Apr-15			
125kg	Squat	100kg	HANRAHAN, James	15-Apr-23			
	Bench	100kg	HANRAHAN, James	15-Apr-23			
	Deadlift	100kg	HANRAHAN, James	15-Apr-23			
	Total	300kg	HANRAHAN, James	15-Apr-23			
140kg	Squat	230 kg	WISBEY, Leigh	02-Jul-22			
	Bench	75 kg	WISBEY, Leigh	02-Jul-22			
	Deadlift	276.5 kg	WISBEY, Leigh	02-Jul-22			
	Total	580.5 kg	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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	200kg	ZOLLO, Joe	19-May-18			
	Bench	100kg	ZOLLO, Joe	19-May-18			
	Deadlift	200kg	ZOLLO, Joe	19-May-18			
	Total	500kg	ZOLLO, Joe	19-May-18			
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat	235kg	WISBEY, Leigh	21-Aug-22			
	Bench	97.5kg	WISBEY, Leigh	21-Aug-22			
	Deadlift	285kg	WISBEY, Leigh	21-Aug-22			
	Total	617.5kg	WISBEY, Leigh	21-Aug-22			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

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						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	200kg	BUTLER, Laurie	21-Nov-14	185kg	BUTLER, Laurie	01-Aug-14
	Bench	141kg	BUTLER, Laurie	21-Nov-14	140kg	BUTLER, Laurie	01-Aug-14
	Deadlift	250kg	BUTLER, Laurie	21-Nov-14	232.5kg	BUTLER, Laurie	01-Aug-14
	Total	591kg	BUTLER, Laurie	21-Nov-14	557.5kg	BUTLER, Laurie	01-Aug-14
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						

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						
	Bench						
	Deadlift						
	Total						
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	70kg	ROSS, Steve	25-Apr-24	50kg	ROSS, Steve	25-Apr-24
	Bench	100kg	ROSS, Steve	25-Apr-24	80kg	ROSS, Steve	25-Apr-24
	Deadlift	125kg	ROSS, Steve	25-Apr-24	100kg	ROSS, Steve	25-Apr-24
	Total	295kg	ROSS, Steve	25-Apr-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						

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						
	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						

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						
	Bench						
	Deadlift						
	Total						
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	21-Aug-22			
	Bench	55kg	ZWAAN, Adrian	21-Aug-22			
	Deadlift	150kg	ZWAAN, Adrian	21-Aug-22			
	Total	285kg	ZWAAN, Adrian	21-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						

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						