

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Open Men

RAW PLUS (Knee Wraps or Knee Sleeves)

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	195.5kg	JOHNSON, Anton	25-Apr-19			
	Bench	92.5kg	JOHNSON, Anton	25-Apr-19			
	Deadlift	220kg	JOHNSON, Anton	25-Apr-19			
	Total	508kg	JOHNSON, Anton	25-Apr-19			
75kg	Squat	252.5kg	JOHNSON, Anton	12-Aug-23	250kg	JOHNSON, Anton	15-Apr-23
	Bench	200kg	GALATI, Ange	10-Aug-13			
	Deadlift	252.5 kg	JOHNSON, Anton	15-Apr-23	240 kg	JOHNSON, Anton	02-Jul-22
	Total	640kg	JOHNSON, Anton	12-Aug-23	632.5kg	JOHNSON, Anton	15-Apr-23
82.5kg	Squat	246kg	BISSET, Jamie	15-Aug-15	210kg	DOUEK, Michael	27-Aug-11
	Bench	200kg	GALATI, Ange	29-Nov-12			
	Deadlift	260kg	WILSON, Stephen	14-May-16			
	Total	621kg	BISSET, Jamie	15-Aug-15	620kg	GALATI, Ange	05-Dec-13
90kg	Squat	280kg	SPITERI, Jacob	25-Apr-19	255kg	THOMPSON, Shannan	12-Aug-17
	Bench	201kg	SPITERI, Jacob	25-Apr-19	155kg	THOMPSON, Shannan	12-Aug-17
	Deadlift	300kg	SPITERI, Jacob	25-Apr-19	277.5 kg	THOMPSON, Shannan	12-Aug-17
	Total	781kg	SPITERI, Jacob	25-Apr-19	687.5 kg	THOMPSON, Shannan	12-Aug-17
100kg	Squat	285kg	CASERTA, John	13-Aug-17	277.5kg	MORRISSY, Tyson	09-May-15
	Bench	207.5 kg	SPITERI, Jacob	20-Aug-22	170kg	DEKEN, Alex	01-Aug-14
	Deadlift	310 kg	MORRISSY, Tyson	09-May-15	300 kg	MORRISSY, Tyson	01-Aug-14
	Total	787.5 kg	SPITERI, Jacob	12-Aug-23	777.5 kg	SPITERI, Jacob	15-Apr-23
110kg	Squat	300kg	MORRISSY, Tyson	21-Nov-14			
	Bench	192.5kg	DEKEN, Alex	21-Nov-14			
	Deadlift	310kg	MORRISSY, Tyson	21-Nov-14			
	Total	772.5kg	MORRISSY, Tyson	21-Nov-14			
125kg	Squat	310kg	BRENNAN, Jake	12-Aug-16			
	Bench	225kg	KERCHEK, Jake	25-Apr-23	187.5kg	HOLIAN, Christopher	15-Apr-23
	Deadlift	320kg	KERCHEK, Jake	25-Apr-23	312.5kg	BRENNAN, Jake	12-Aug-16
	Total	840kg	KERCHEK, Jake	25-Apr-23	792.5kg	BRENNAN, Jake	12-Aug-16
140kg	Squat	330 kg	OPARAOCHA, Tochi	25-Apr-23	300 kg	DALDRY, Adam	25-Apr-18
	Bench	200 kg	AINUU, Joseph	20-Aug-22	190 kg	DALDRY, Adam	25-Apr-18
	Deadlift	300kg	DALDRY, Adam	25-Apr-18			
	Total	790kg	DALDRY, Adam	25-Apr-18			
SHW	Squat	360 kg	TAUFA, David	03-Aug-24	312.5 kg	JOHNSTONE, Gawain	08-Aug-09
	Bench	202.5 kg	HOWITT, Ben	22-Apr-21	177.5 kg	JOHNSTONE, Gawain	08-Aug-09
	Deadlift	322.5 kg	JOHNSTONE, Gawain	08-Aug-09			
	Total	850kg	TAUFA, David	03-Aug-24	830.5 kg	TAUFA, David	12-Aug-23

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Sub Teen Men (10-12)

Unofficial WPC

RAW PLUS (Knee Wraps or Knee Sleeves)

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						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Teenage Men (13-15)

RAW PLUS (Knee Wraps or Knee Sleeves)

BWT	Lift	Weight Lifted	Athlete	Date of Lift	Weight Lifted	Record Previously Held By	Date of Lift
52kg	Squat						
	Bench						
	Deadlift						
	Total						
56kg	Squat	95kg	ZIERNICKI,Kylen	11-Aug-23			
	Bench	55kg	ZIERNICKI,Kylen	11-Aug-23			
	Deadlift	127.5kg	ZIERNICKI,Kylen	11-Aug-23			
	Total	277.5kg	ZIERNICKI,Kylen	11-Aug-23			
60kg	Squat						
	Bench						
	Deadlift						
	Total						
67.5kg	Squat	112.5kg	ZIERNICKI,Kylen	01-Aug-24			
	Bench	62.5kg	ZIERNICKI,Kylen	01-Aug-24			
	Deadlift	140kg	ZIERNICKI,Kylen	01-Aug-24			
	Total	315kg	ZIERNICKI,Kylen	01-Aug-24			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	125kg	MARSHALL, Sam	13-Aug-16			
	Bench	95kg	MARSHALL, Sam	13-Aug-16			
	Deadlift	146kg	MARSHALL, Sam	13-Aug-16			
	Total	366kg	MARSHALL, Sam	13-Aug-16			
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 VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Teenage Men (16-17)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	190kg	VILLAFLO, Bradley	01-Jul-23	160kg	VILLAFLO, Bradley	03-Jun-23
	Bench	112.5kg	VILLAFLO, Bradley	01-Jul-23			
	Deadlift	200kg	VILLAFLO, Bradley	01-Jul-23	190kg	VILLAFLO, Bradley	03-Jun-23
	Total	500kg	VILLAFLO, Bradley	01-Jul-23	462.5kg	VILLAFLO, Bradley	03-Jun-23
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat	205kg	PICCININ, Thomas	25-Apr-21	155kg	HOUSTON, Beau	27-Aug-11
	Bench	130kg	PICCININ, Thomas	25-Apr-21	117.5kg	HOUSTON, Beau	27-Aug-11
	Deadlift	235kg	HARBISON, Matthew	25-Apr-24	230kg	PICCININ, Thomas	25-Apr-21
	Total	555kg	PICCININ, Thomas	25-Apr-21	440kg	HOUSTON, Beau	27-Aug-11
125kg	Squat						
	Bench						
	Deadlift						
	Total						
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Teenage Men (18-19)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	195kg	GIBSON, Louis	25-Apr-23			
	Bench	100kg	GIBSON, Louis	25-Apr-23			
	Deadlift	250kg	GIBSON, Louis	25-Apr-23			
	Total	545kg	GIBSON, Louis	25-Apr-23			
82.5kg	Squat	230kg	DISTEFANO, Jessi	25-Apr-23	190kg	THOMPSON,Shannon	09-May-15
	Bench	112.5kg	DISTEFANO, Jessi	25-Apr-23	110kg	THOMPSON,Shannon	09-May-15
	Deadlift	220kg	DISTEFANO, Jessi	25-Apr-23	200kg	THOMPSON,Shannon	09-May-15
	Total	562.5kg	DISTEFANO, Jessi	25-Apr-23	500kg	THOMPSON,Shannon	09-May-15
90kg	Squat	250 kg	LLANES, Paul	02-Jul-22			
	Bench	127.5 kg	LLANES, Paul	20-Aug-22	125 kg	LLANES, Paul	02-Jul-22
	Deadlift	262.5kg	LLANES, Paul	20-Aug-22	240 kg	LLANES, Paul	02-Jul-22
	Total	620kg	LLANES, Paul	20-Aug-22	615 kg	LLANES, Paul	02-Jul-22
100kg	Squat						
	Bench						
	Deadlift						
	Total						
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	267.5kg	NICHOLSON, Joshua T	19-Aug-22	225kg	NICHOLSON, Joshua T	28-May-22
	Bench	157.5kg	NICHOLSON, Joshua T	19-Aug-22	150kg	NICHOLSON, Joshua T	28-May-22
	Deadlift	270kg	NICHOLSON, Joshua T	28-May-22			
	Total	645kg	NICHOLSON, Joshua T	28-May-22			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Junior Men (20-23)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	246kg	BISSET, Jamie	15-Aug-15	210kg	DOUEK, Michael	27-Aug-11
	Bench	145kg	DOUEK, Michael	27-Aug-11			
	Deadlift	260kg	WILSON, Stephen	15-Aug-15			
	Total	595kg	WILSON, Stephen	15-Aug-15	590kg	DOUEK, Michael	27-Aug-11
90kg	Squat	255kg	THOMPSON, Shannan	12-Aug-17	240kg	WILSON, Stephen	11-Aug-17
	Bench	155kg	THOMPSON, Shannan	12-Aug-17	145kg	ZOLLO, Jordan	25-Apr-15
	Deadlift	277.5 kg	THOMPSON, Shannan	12-Aug-17	275kg	WILSON, Stephen	20-May-17
	Total	687.5 kg	THOMPSON, Shannan	12-Aug-17	627.5kg	WILSON, Stephen	20-May-17
100kg	Squat	277.5kg	MORRISSY, Tyson	09-May-15	275kg	MORRISSY, Tyson	01-Aug-14
	Bench	192.5kg	DEKEN, Alex	21-Nov-14	170kg	DEKEN, Alex	01-Aug-14
	Deadlift	310kg	MORRISSY, Tyson	09-May-15	300kg	MORRISSY, Tyson	01-Aug-14
	Total	742.5kg	DEKEN, Alex	21-Nov-14	732.5kg	MORRISSY, Tyson	01-Aug-14
110kg	Squat	300kg	MORRISSY, Tyson	21-Nov-14			
	Bench	162.5kg	MORRISSY, Tyson	21-Nov-14			
	Deadlift	310kg	MORRISSY, Tyson	21-Nov-14			
	Total	772.5kg	MORRISSY, Tyson	21-Nov-14			
125kg	Squat	230kg	IRVING, Jack	14-May-16			
	Bench	137.5kg	O'CONNELL, Dan	25-Apr-18	120kg	IRVING, Jack	14-May-16
	Deadlift	260kg	O'CONNELL, Dan	25-Apr-18	230kg	IRVING, Jack	14-May-16
	Total	617.5kg	O'CONNELL, Dan	25-Apr-18	580kg	IRVING, Jack	14-May-16
140kg	Squat	330kg	OPARAOCHA, Tochi	25-Apr-23			
	Bench	180kg	OPARAOCHA, Tochi	25-Apr-23			
	Deadlift	280kg	OPARAOCHA, Tochi	25-Apr-23			
	Total	790kg	OPARAOCHA, Tochi	25-Apr-23			
SHW	Squat	312.5 kg	JOHNSTONE, Gawain	08-Aug-09			
	Bench	177.5 kg	JOHNSTONE, Gawain	08-Aug-09			
	Deadlift	322.5 kg	JOHNSTONE, Gawain	08-Aug-09			
	Total	812.5 kg	JOHNSTONE, Gawain	08-Aug-09			

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Senior Men (24-32)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	195.5kg	JOHNSON, Anton	25-Apr-19			
	Bench	92.5kg	JOHNSON, Anton	25-Apr-19			
	Deadlift	220kg	JOHNSON, Anton	25-Apr-19			
	Total	508kg	JOHNSON, Anton	25-Apr-19			
75kg	Squat	252.5kg	JOHNSON, Anton	12-Aug-23	250kg	JOHNSON, Anton	15-Apr-23
	Bench	140kg	JOHNSON, Anton	12-Aug-23	130kg	JOHNSON, Anton	15-Apr-23
	Deadlift	252.5kg	JOHNSON, Anton	15-Apr-23	237.5kg	JOHNSON, Anton	20-Aug-22
	Total	640kg	JOHNSON, Anton	12-Aug-23	632.5kg	JOHNSON, Anton	15-Apr-23
82.5kg	Squat	200kg	SOFRONIOU, Dimos	14-May-16			
	Bench	135kg	SOFRONIOU, Dimos	12-Aug-16	130kg	SOFRONIOU, Dimos	14-May-16
	Deadlift	240kg	SOFRONIOU, Dimos	12-Aug-16	200kg	SOFRONIOU, Dimos	14-May-16
	Total	575kg	SOFRONIOU, Dimos	12-Aug-16	530kg	SOFRONIOU, Dimos	14-May-16
90kg	Squat	280kg	SPITERI, Jacob	25-Apr-19			
	Bench	201kg	SPITERI, Jacob	25-Apr-19			
	Deadlift	300kg	SPITERI, Jacob	25-Apr-19			
	Total	781kg	SPITERI, Jacob	25-Apr-19			
100kg	Squat	285kg	CASERTA, John	13-Aug-17	277.5kg	CASERTA, John	25-Apr-17
	Bench	165 kg	HAWKER, Jack	25-Apr-22	160kg	CASERTA, John	25-Apr-17
	Deadlift	300kg	ARCHER, Rhys	01-Aug-14	290kg	ARCHER, Rhys	10-May-14
	Total	720kg	CASERTA, John	13-Aug-17	715kg	CASERTA, John	25-Apr-17
110kg	Squat	300kg	CONSTABLE, Brenden	25-Apr-15			
	Bench	185kg	TCHAPKANKSKI, Stelian	20-May-17	160kg	CONSTABLE, Brenden	25-Apr-15
	Deadlift	285kg	WANG, Brendan	03-Jun-23	280kg	CONSTABLE, Brenden	25-Apr-15
	Total	750kg	WANG, Brendan	03-Jun-23	740kg	CONSTABLE, Brenden	25-Apr-15
125kg	Squat	310kg	BRENNAN, Jake	13-Aug-16			
	Bench	225kg	KERCHEK, Jake	25-Apr-23	187.5kg	HOLIAN, Christopher	15-Apr-23
	Deadlift	320kg	KERCHEK, Jake	25-Apr-23	315kg	DOUGLAS, Callum	20-Aug-22
	Total	840 kg	KERCHEK, Jake	25-Apr-23	792.5 kg	BRENNAN, Jake	13-Aug-16
140kg	Squat	300 kg	DALDRY, Adam	25-Apr-18			
	Bench	200 kg	AINUU, Joseph	20-Aug-22	190 kg	DALDRY, Adam	25-Apr-18
	Deadlift	300kg	DALDRY, Adam	25-Apr-18			
	Total	790kg	DALDRY, Adam	25-Apr-18			
SHW	Squat	275kg	HOWITT, Ben	22-May-21			
	Bench	202.5kg	HOWITT, Ben	22-May-21			
	Deadlift	305kg	HOWITT, Ben	22-May-21			
	Total	782.5kg	HOWITT, Ben	22-May-21			

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Sub Masters Men (33-39)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	185kg	ROCCECCIOLI, Michael	25-Apr-18			
	Bench	125kg	ROCCECCIOLI, Michael	25-Apr-18			
	Deadlift	200kg	ROCCECCIOLI, Michael	25-Apr-18			
	Total	510kg	ROCCECCIOLI, Michael	25-Apr-18			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat	210kg	STIRTON, James	25-Apr-17			
	Bench	150kg	CHISARI, Jason	25-Apr-19			
	Deadlift	240kg	STIRTON, James	25-Apr-17			
	Total	587.5kg	STIRTON, James	25-Apr-17			
100kg	Squat	280 kg	SPITERI, Jacob	12-Aug-23	270 kg	SPITERI, Jacob	15-Apr-23
	Bench	207.5 kg	SPITERI, Jacob	20-Aug-22			
	Deadlift	302.5 kg	SPITERI, Jacob	03-Aug-24	300 kg	SPITERI, Jacob	15-Apr-23
	Total	787.5 kg	SPITERI, Jacob	12-Aug-23	777.5 kg	SPITERI, Jacob	15-Apr-23
110kg	Squat	270kg	ANDERSON, Mark	22-May-21			
	Bench	185kg	ANDERSON, Mark	22-May-21			
	Deadlift	300kg	ANDERSON, Mark	22-May-21			
	Total	755kg	ANDERSON, Mark	22-May-21			
125kg	Squat	290 kg	MALLET, Chris	15-Apr-23	275 kg	MALLET, Chris	25-Apr-22
	Bench	185kg	MALLET, Chris	15-Apr-23	182.5kg	MALLET, Chris	25-Apr-22
	Deadlift	275 kg	MALLET, Chris	15-Apr-23	265 kg	MALLET, Chris	25-Apr-22
	Total	750 kg	MALLET, Chris	15-Apr-23	722.5 kg	MALLET, Chris	25-Apr-22
140kg	Squat	265kg	WARLAND, Gavin	15-Apr-23			
	Bench	175kg	WARLAND, Gavin	12-Aug-23	155kg	WARLAND, Gavin	15-Apr-23
	Deadlift	285kg	WARLAND, Gavin	12-Aug-23	280kg	WARLAND, Gavin	15-Apr-23
	Total	725kg	WARLAND, Gavin	12-Aug-23	700kg	WARLAND, Gavin	15-Apr-23
SHW	Squat	360kg	TAUFA, David	03-Aug-24	340.5kg	TAUFA, David	12-Aug-23
	Bench	190kg	TAUFA, David	12-Aug-23	185kg	LAWSON, Alex	15-Apr-23
	Deadlift	300kg	TAUFA, David	12-Aug-23	260kg	LAWSON, Alex	15-Apr-23
	Total	850kg	TAUFA, David	03-Aug-24	830.5kg	TAUFA, David	12-Aug-23

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (40-44)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	195 kg	COTTRILL, Ji	25-Apr-22			
	Bench	112.5 kg	COTTRILL, Ji	25-Apr-22			
	Deadlift	210 kg	COTTRILL, Ji	25-Apr-22			
	Total	517.5 kg	COTTRILL, Ji	25-Apr-22			
82.5kg	Squat	200kg	GALATI, Ange	29-Nov-12			
	Bench	200kg	GALATI, Ange	29-Nov-12			
	Deadlift	220kg	GALATI, Ange	29-Nov-12			
	Total	615kg	GALATI, Ange	29-Nov-12			
90kg	Squat	140 kg	MICALLEF, Mark	02-Jul-22			
	Bench	100kg	MICALLEF, Mark	02-Jul-22			
	Deadlift	160 kg	MICALLEF, Mark	02-Jul-22			
	Total	400 kg	MICALLEF, Mark	02-Jul-22			
100kg	Squat	273kg	PUOPOLO, Vito	25-Apr-22	255kg	DRAKE, Brent	18-May-19
	Bench	162.5kg	DRAKE, Brent	18-May-19			
	Deadlift	272.5 kg	PUOPOLO, Vito	25-Apr-22	270kg	DRAKE, Brent	18-May-19
	Total	698 kg	PUOPOLO, Vito	25-Apr-22	687.5kg	DRAKE, Brent	18-May-19
110kg	Squat	260kg	PIOPOLO, Michael	15-Apr-23			
	Bench	150kg	PIOPOLO, Michael	25-Apr-24	142.5kg	PIOPOLO, Michael	15-Apr-23
	Deadlift	240kg	PIOPOLO, Michael	15-Apr-23			
	Total	642.5kg	PIOPOLO, Michael	15-Apr-23			
125kg	Squat	160kg	MANNAGH,Paul	02-Mar-24			
	Bench	102.5kg	MANNAGH,Paul	02-Mar-24			
	Deadlift	250kg	MANNAGH,Paul	02-Mar-24			
	Total	512.5kg	MANNAGH,Paul	02-Mar-24			
140kg	Squat	225kg	PANTALLERESCO, Luke	25-Apr-19			
	Bench	90kg	PANTALLERESCO, Luke	25-Apr-19			
	Deadlift	260kg	PANTALLERESCO, Luke	25-Apr-19			
	Total	575kg	PANTALLERESCO, Luke	25-Apr-19			
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (45-49)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	210kg	GALATI, Ange	10-Aug-13			
	Bench	200kg	GALATI, Ange	10-Aug-13			
	Deadlift	220kg	GALATI, Ange	10-Aug-13			
	Total	630kg	GALATI, Ange	10-Aug-13			
82.5kg	Squat	200kg	GALATI, Ange	05-Dec-13			
	Bench	200kg	GALATI, Ange	05-Dec-13			
	Deadlift	220kg	GALATI, Ange	05-Dec-13			
	Total	620kg	GALATI, Ange	05-Dec-13			
90kg	Squat	251kg	JARROTT, Brian	01-Aug-14			
	Bench	130kg	JARROTT, Brian	01-Aug-14			
	Deadlift	250kg	JARROTT, Brian	21-Nov-14	240kg	JARROTT, Brian	01-Aug-14
	Total	625kg	JARROTT, Brian	21-Nov-14	620kg	JARROTT, Brian	01-Aug-14
100kg	Squat	240kg	DRAKE, Brent	22-May-21			
	Bench	145kg	DRAKE, Brent	22-May-21			
	Deadlift	250kg	DRAKE, Brent	22-May-21			
	Total	635kg	DRAKE, Brent	22-May-21			
110kg	Squat	280kg	PUOPOLO, Vito	02-Mar-24			
	Bench	160kg	PUOPOLO, Vito	02-Mar-24			
	Deadlift	305kg	PUOPOLO, Vito	02-Mar-24			
	Total	745kg	PUOPOLO, Vito	02-Mar-24			
125kg	Squat	255kg	WALLIN, John	25-Apr-19			
	Bench	182.5kg	WALLIN, John	25-Apr-19			
	Deadlift	262.5kg	WALLIN, John	25-Apr-19			
	Total	700kg	WALLIN, John	25-Apr-19			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (50-54)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	122.5kg	PANAGIOTIDIS, Jim	25-Apr-22			
	Bench	102.5kg	PANAGIOTIDIS, Jim	25-Apr-22			
	Deadlift	182.5kg	PANAGIOTIDIS, Jim	25-Apr-22			
	Total	405kg	PANAGIOTIDIS, Jim	25-Apr-22			
67.5kg	Squat	113kg	PANAGIOTIDIS, Jim	25-Apr-24			
	Bench	100kg	PANAGIOTIDIS, Jim	25-Apr-24			
	Deadlift	165kg	PANAGIOTIDIS, Jim	25-Apr-24			
	Total	377.5kg	PANAGIOTIDIS, Jim	25-Apr-24			
75kg	Squat						
	Bench						
	Deadlift						
	Total						
82.5kg	Squat	180kg	NICHOLSON, Matthew	14-May-16			
	Bench	125kg	NICHOLSON, Matthew	14-May-16			
	Deadlift	225kg	NICHOLSON, Matthew	14-May-16			
	Total	530kg	NICHOLSON, Matthew	14-May-16			
90kg	Squat	140 kg	HAINS,Brendan	02-Jul-22			
	Bench	150 kg	HAINS,Brendan	21-Aug-22	145 kg	HAINS,Brendan	02-Jul-22
	Deadlift	180 kg	HAINS,Brendan	02-Jul-22			
	Total	465 kg	HAINS,Brendan	02-Jul-22			
100kg	Squat	280kg	COOPER, Brad	12-Aug-23	265kg	JARROTT, Brian	18-Aug-19
	Bench	175kg	COOPER, Brad	12-Aug-23	145kg	JARROTT, Brian	18-May-19
	Deadlift	290kg	COOPER, Brad	12-Aug-23	250kg	JARROTT, Brian	18-May-19
	Total	745kg	COOPER, Brad	12-Aug-23	660kg	JARROTT, Brian	18-Aug-19
110kg	Squat	265kg	JARROTT, Brian	21-Aug-22	260 kg	BROWN, Steve	21-Nov-14
	Bench	125kg	BROWN, Steve	21-Nov-14			
	Deadlift	265kg	BROWN, Steve	21-Nov-14			
	Total	652.5 kg	JARROTT, Brian	21-Aug-22	650kg	BROWN, Steve	21-Nov-14
125kg	Squat	265kg	MAUFF,Andrew	02-Mar-24			
	Bench	190kg	MAUFF,Andrew	02-Mar-24			
	Deadlift	255kg	MAUFF,Andrew	02-Mar-24			
	Total	710kg	MAUFF,Andrew	02-Mar-24			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (55-59)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	137.5kg	PANAGIOTIDIS, Jim	02-Aug-24			
	Bench	107.5kg	PANAGIOTIDIS, Jim	02-Aug-24			
	Deadlift	180kg	PANAGIOTIDIS, Jim	02-Aug-24			
	Total	425kg	PANAGIOTIDIS, Jim	02-Aug-24			
75kg	Squat	155kg	TORCASIO, Tony	25-Apr-21			
	Bench	85kg	TORCASIO, Tony	25-Apr-21			
	Deadlift	192.5kg	TORCASIO, Tony	25-Apr-21			
	Total	432.5kg	TORCASIO, Tony	25-Apr-21			
82.5kg	Squat	210kg	NICHOLSON, Matthew	25-Apr-18			
	Bench	140kg	NICHOLSON, Matthew	25-Apr-18			
	Deadlift	245.5kg	NICHOLSON, Matthew	25-Apr-18			
	Total	590kg	NICHOLSON, Matthew	25-Apr-18			
90kg	Squat	145kg	SMITH, Greg	14-May-16			
	Bench	92.5kg	SMITH, Greg	14-May-16	90kg	SMITH, Greg	14-May-16
	Deadlift	225kg	SMITH, Greg	14-May-16			
	Total	460kg	SMITH, Greg	14-May-16			
100kg	Squat	245kg	JARROTT, Brian	02-Aug-24	240kg	SIMONETTA, Vince	19-Aug-18
	Bench	150kg	JARROTT, Brian	02-Aug-24	140kg	JARROTT, Brian	25-Apr-24
	Deadlift	260kg	SIMONETTA, Vince	19-Aug-18			
	Total	640kg	JARROTT, Brian	02-Aug-24	595kg	SIMONETTA, Vince	19-Aug-18
110kg	Squat	240kg	ZOLLO, Joe	10-May-14			
	Bench	120kg	ZOLLO, Joe	10-May-14			
	Deadlift	263.5kg	HANRAHAN, James	25-Apr-24	250kg	ZOLLO, Joe	10-May-14
	Total	610kg	ZOLLO, Joe	10-May-14			
125kg	Squat	217.5 kg	DICKENS, Anthony	02-Jul-22			
	Bench	115 kg	DICKENS, Anthony	02-Jul-22			
	Deadlift	217.5 kg	DICKENS, Anthony	21-Aug-22	212.5 kg	DICKENS, Anthony	02-Jul-22
	Total	545 kg	DICKENS, Anthony	02-Jul-22			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (60-64)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	60kg	ROSS, Steve	25-Apr-23			
	Bench	92.5kg	ROSS, Steve	25-Apr-23			
	Deadlift	90kg	ROSS, Steve	25-Apr-23			
	Total	242.5kg	ROSS, Steve	25-Apr-23			
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	260kg	SIMONETTA, Vince	21-Aug-22			
	Bench	120kg	SIMONETTA, Vince	12-Aug-23	117.5kg	SIMONETTA, Vince	21-Aug-22
	Deadlift	295kg	SIMONETTA, Vince	12-Aug-23	270kg	SIMONETTA, Vince	21-Aug-22
	Total	660kg	SIMONETTA, Vince	12-Aug-23	647.5kg	SIMONETTA, Vince	21-Aug-22
110kg	Squat	270kg	SIMONETTA, Vince	02-Aug-24			
	Bench	125kg	SIMONETTA, Vince	02-Aug-24			
	Deadlift	300kg	SIMONETTA, Vince	02-Aug-24			
	Total	695kg	SIMONETTA, Vince	02-Aug-24			
125kg	Squat	260kg	ZOLLO, Joe	21-Aug-22	257.5kg	ZOLLO, Joe	28-May-22
	Bench	130kg	ZOLLO, Joe	21-Aug-22	125 kg	ZOLLO, Joe	28-May-22
	Deadlift	250 kg	ZOLLO, Joe	21-Aug-22	240 kg	ZOLLO, Joe	28-May-22
	Total	640kg	ZOLLO, Joe	21-Aug-22	622.5 kg	ZOLLO, Joe	28-May-22
140kg	Squat	290kg	MCMURRAY, Steve	02-Aug-24	285kg	MCMURRAY, Steve	25-Apr-24
	Bench	200kg	MCMURRAY, Steve	02-Aug-24	185kg	MCMURRAY, Steve	25-Apr-24
	Deadlift	240kg	MCMURRAY, Steve	25-Apr-24			
	Total	730kg	MCMURRAY, Steve	02-Aug-24	710kg	MCMURRAY, Steve	25-Apr-24
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (65-69)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	TEOH, Ed	25-Apr-17			
	Bench	55kg	TEOH, Ed	25-Apr-17			
	Deadlift	110kg	TEOH, Ed	25-Apr-17			
	Total	245kg	TEOH, Ed	25-Apr-17			
82.5kg	Squat						
	Bench						
	Deadlift						
	Total						
90kg	Squat						
	Bench						
	Deadlift						
	Total						
100kg	Squat	140kg	DAY, Stuart	01-Jul-23			
	Bench	95kg	DAY, Stuart	01-Jul-23			
	Deadlift	193kg	DAY, Stuart	01-Jul-23			
	Total	410.5kg	DAY, Stuart	01-Jul-23			
110kg	Squat						
	Bench						
	Deadlift						
	Total						
125kg	Squat	265kg	ZOLLO, Joe	03-Jun-23			
	Bench	132.5kg	ZOLLO, Joe	03-Jun-23			
	Deadlift	255kg	ZOLLO, Joe	03-Jun-23			
	Total	652.5kg	ZOLLO, Joe	03-Jun-23			
140kg	Squat						
	Bench						
	Deadlift						
	Total						
SHW	Squat						
	Bench						
	Deadlift						
	Total						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (70-74)

RAW PLUS (Knee Wraps or Knee Sleeves)

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						

CAPO VIC STATE RECORDS RAW PLUS - MEN

3 LIFT COMPETITION

Masters Men (75-79)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	145kg	BORG, Reno	21-Nov-14			
	Bench	112.5kg	BORG, Reno	21-Nov-14			
	Deadlift	190kg	BORG, Reno	21-Nov-14			
	Total	455kg	BORG, Reno	21-Nov-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 (80-84)

RAW PLUS (Knee Wraps or Knee Sleeves)

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-22			
	Bench	55kg	ZWAAN, Adrian	25-Apr-22			
	Deadlift	150kg	ZWAAN, Adrian	25-Apr-22			
	Total	305kg	ZWAAN, Adrian	25-Apr-22			
90kg	Squat	107.5kg	ZWAAN, Adrian	18-May-19			
	Bench	70kg	ZWAAN, Adrian	18-May-19			
	Deadlift	155kg	ZWAAN, Adrian	18-May-19			
	Total	332.5kg	ZWAAN, Adrian	18-May-19			
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)

RAW PLUS (Knee Wraps or Knee Sleeves)

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	ZWAAN, Adrian	25-Apr-23			
	Bench	45kg	ZWAAN, Adrian	25-Apr-23			
	Deadlift	135kg	ZWAAN, Adrian	25-Apr-23			
	Total	260kg	ZWAAN, Adrian	25-Apr-23			
90kg	Squat	80kg	ZWAAN, Adrian	25-Apr-24			
	Bench	50kg	ZWAAN, Adrian	25-Apr-24			
	Deadlift	140kg	ZWAAN, Adrian	25-Apr-24			
	Total	270kg	ZWAAN, Adrian	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						