

Criteria for Records

1. All age categories are applicable to the lifter on the day of the meet.
Example:
 - * Lifter aged 17 on day they lift at a meet can lift in Teenage Men (16-17)
 - * Lifter aged 39 on day they lift at a meet, but has a birthday the following day can lift in Open section
2. Records set in any age category, if they are the highest, will be the OPEN record, as well as the aged record.
3. The SubMasters section is for record purposes only. There is no such division in any meet.
4. The lifter must be a current financial member to have a record ratified.
5. Australian records can only be claimed at State titles or National meets.

Records last updated ...

	MEN	WOMEN
Teenage	12-Jun-06	12-Jun-06
Junior	30-Aug-05	12-Jun-06
Senior	4-Aug-05	4-Aug-05
Open	8-Jan-06	12-Jun-06
Sub Masters	19-Nov-05	12-Jun-06
Masters	12-Jun-06	12-Jun-06
Single Benchpress	12-Jun-06	27-Dec-05
Single Deadlift	27-Dec-05	27-Dec-05

CAPO AUSTRALIAN RECORDS

Last Updated 12-Jun-06

BWT	LIFT	Teenage MEN (13-15)		Teenage MEN (16-17)		Teenage MEN (18-19)	
52 KG	SQ	60.5 L Smith	13-May-06				
	BP	27.5 L Smith	13-May-06				
	DL	82.5 L Smith	13-Aug-05				
	TOT	167.5 L Smith	13-Aug-05				
56 KG	SQ	110.0 L Jardine	13-Aug-05			85.0 D Wenman	13-May-06
	BP	70.0 L Jardine	13-Aug-05			60.0 D Wenman	13-May-06
	DL	115.0 L Jardine	13-Aug-05			120.0 D Wenman	13-May-06
	TOT	287.5 L Jardine	13-Aug-05			265.0 D Wenman	13-May-06
60 KG	SQ	87.5 N Zamalo	13-May-06	145.0 T Bermingham	2-Aug-03	140.0 M Anderson	7-Jun-98
	BP	75.0 N Zamalo	13-May-06	85.0 T Bermingham	2-Aug-03	120.0 M Anderson	7-Jun-98
	DL	115.0 N Zamalo	13-May-06	180.0 T Bermingham	2-Aug-03	180.0 M Anderson	7-Jun-98
	TOT	277.5 N Zamalo	13-May-06	400.0 T Bermingham	2-Aug-03	440.0 M Anderson	7-Jun-98
67.5 KG	SQ	130.0 A Rozen	18-Aug-01	147.5 B Stratton	2-Aug-03	170.0 A Christodoulou	2-Aug-03
	BP	72.5 A Rozen	18-Aug-01	87.5 B Stratton	18-May-03	96.0 A Christodoulou	2-Aug-03
	DL	160.0 A Rozen	18-Aug-01	205.0 B Stratton	2-Aug-03	185.5 A Christodoulou	2-Aug-03
	TOT	350.0 A Rozen	18-Aug-01	437.5 B Stratton	2-Aug-03	437.5 M Trentin	3-Aug-02
75 KG	SQ	140.0 A Rozen	16-Dec-01	157.5 A Rozen	4-May-02	210.0 D Morton	17-Sep-95
	BP	85.0 A Rozen	16-Dec-01	90.0 A Rozen	4-May-02	132.5 M Jeffries	8-Nov-03
	DL	180.0 A Rozen	16-Dec-01	200.0 N Parsons	28-Mar-04	260.0 A Stone	17-Aug-96
	TOT	405.0 A Rozen	16-Dec-01	430.0 A Rozen	4-May-02	570.0 A Stone	17-Aug-96
82.5 KG	SQ	150.0 G Belgrove	2-Aug-03	160.0 G Belgrove	13-Aug-05	250.0 M Smart	11-Jun-95
	BP	100.0 G Belgrove	8-Nov-03	130.0 G Belgrove	30-Apr-05	150.0 G Belgrove	22-Apr-06
	DL	180.0 G Belgrove	2-Aug-03	210.0 G Belgrove	30-Apr-05	240.0 S Pennell	21-Aug-99
	TOT	430.0 G Belgrove	8-Nov-03	500.0 G Belgrove	13-Aug-05	605.0 M Smart	11-Jun-95
90 KG	SQ	110.0 B Matthews	18-May-03	185.0 M Burnett	1-May-04	280.0 M Smart	16-Sep-95
	BP	80.0 D Smalwood	26-Jun-02	110.0 M Burnett	1-May-04	155.0 D Hayhow	16-Sep-95
	DL	165.0 B Matthews	18-May-03	220.0 A Sariman	26-Jun-02	300.0 D Hayhow	16-Sep-95
	TOT	355.0 B Matthews	18-May-03	475.0 M Burnett	1-May-04	685.0 M Smart	16-Sep-95
100 KG	SQ	110.0 B Matthews	26-Apr-03	177.5 M Burnett	28-Feb-04	250.0 A French	19-Aug-00
	BP	85.0 B Matthews	30-Mar-03	115.0 M Burnett	7-Aug-04	150.0 A French	19-Aug-00
	DL	160.0 B Matthews	26-Apr-03	192.5 M Burnett	7-Aug-04	250.0 L Mijts	15-Dec-00
	TOT	350.0 B Matthews	26-Apr-03	482.5 M Burnett	7-Aug-04	622.5 A French	19-Aug-00
110 KG	SQ			260.0 N Edwards	3-Aug-02	300.0 N Edwards	2-Aug-03
	BP			140.0 N Edwards	3-Aug-02	180.0 T Williamson	12-Nov-00
	DL			270.0 N Edwards	3-Aug-02	300.0 N Edwards	8-Mar-03
	TOT			670.0 N Edwards	3-Aug-02	745.0 N Edwards	2-Aug-03
125 KG	SQ	235.0 D Macri	17-Nov-04	300.0 D Macri	3-Nov-05	221.0 G Sandow	30-May-01
	BP	147.5 D Macri	17-Nov-04	175.0 D Macri	3-Nov-05	150.0 G Sandow	30-May-01
	DL	230.0 D Macri	17-Nov-04	242.5 D Macri	3-Nov-05	260.0 G Hawker	28-Feb-98
	TOT	600.0 D Macri	17-Nov-04	717.5 D Macri	3-Nov-05	575.0 G Sandow	30-May-01
140 KG	SQ					225.0 G Sandow	16-Oct-01
	BP					155.0 G Sandow	16-Oct-01
	DL					250.0 G Sandow	16-Oct-01
	TOT					630.0 G Sandow	16-Oct-01
140+ KG	SQ					195.0 S Taskis	11-Jun-00
	BP					120.0 S Taskis	11-Jun-00
	DL					180.0 S Taskis	11-Jun-00
	TOT					495.0 S Taskis	11-Jun-00

CAPO AUSTRALIAN RECORDS

Last Updated 30-Aug-05

BWT	LIFT	Junior MEN (20-23)	
52 KG	SQ		
	BP		
	DL		
	TOT		
56 KG	SQ	170.0 A Zalzman	30-Mar-03
	BP	95.0 A Zalzman	30-Mar-03
	DL	185.5 A Zalzman	3-May-03
	TOT	450.0 A Zalzman	30-Mar-03
60 KG	SQ	200.0 A Zalzman	3-Aug-03
	BP	122.5 A Zalzman	3-Aug-03
	DL	215.5 A Zalzman	3-Aug-03
	TOT	537.5 A Zalzman	3-Aug-03
67.5 KG	SQ	185.0 A Zalzman	6-Mar-04
	BP	120.0 A Zalzman	6-Mar-04
	DL	206.0 A Zalzman	6-Mar-04
	TOT	510.0 A Zalzman	6-Mar-04
75 KG	SQ	200.5 M Trentin	14-Aug-05
	BP	160.0 J Lam	14-May-00
	DL	235.0 P Wilson	16-Oct-01
	TOT	577.5 M Trentin	14-Aug-05
82.5 KG	SQ	290.0 C Lindley	3-Nov-05
	BP	195.0 C Lindley	3-Nov-05
	DL	250.0 C Lindley	14-Aug-05
	TOT	677.5 C Lindley	14-Aug-05
90 KG	SQ	252.5 D Hayhow	22-May-99
	BP	175.0 R Huxley	14-Aug-05
	DL	300.0 D Hayhow	5-Mar-99
	TOT	720.0 D Hayhow	5-Mar-99
100 KG	SQ	285.0 L Maxwell-Wright	17-Aug-96
	BP	215.0 W Rozen	5-Dec-01
	DL	335.5 W Rozen	4-Aug-02
	TOT	817.5 W Rozen	5-Dec-01
110 KG	SQ	337.5 W Rozen	6-Dec-02
	BP	250.0 Z Archer	18-Dec-94
	DL	315.0 W Rozen	6-Dec-02
	TOT	877.5 W Rozen	6-Dec-02
125 KG	SQ	310.5 T Elbling	20-Aug-00
	BP	185.0 G Radnedge	11-Jun-00
	DL	300.0 T Elbling	20-Aug-00
	TOT	795.0 T Elbling	20-Aug-00
140 KG	SQ	280.0 D Sharman	Sep-91
	BP	240.5 R Kovacevic	12-Nov-94
	DL	272.5 Q Nienaber	22-Apr-06
	TOT	765.0 R Kovacevic	12-Nov-94
140+ KG	SQ	230.0 S Delich	4-May-03
	BP	140.0 S Delich	4-May-03
	DL	260.0 S Delich	4-May-03
	TOT	630.0 S Delich	4-May-03

CAPO AUSTRALIAN RECORDS

Last Updated 4-Aug-05

BWT	LIFT	Senior MEN (24-32)	
52 KG	SQ		
	BP		
	DL		
	TOT		
56 KG	SQ	155.0 C Rutland	28-Mar-92
	BP	105.0 C Rutland	28-Mar-92
	DL	180.0 C Rutland	28-Mar-92
	TOT	440.0 C Rutland	28-Mar-92
60 KG	SQ	170.0 C Rutland	18-Oct-92
	BP	127.5 J Figueroa	4-May-03
	DL	195.0 C Rutland	20-Jun-92
	TOT	475.0 C Rutland	18-Oct-92
67.5 KG	SQ	275.0 C Coleiro	18-Oct-92
	BP	135.0 G Childs	19-Aug-00
	DL	250.0 C Colleiro	18-Oct-92
	TOT	657.5 C Coleiro	18-Oct-92
75 KG	SQ	266.0 G Hills	21-Aug-99
	BP	180.5 A Galati	16-Sep-95
	DL	265.0 G Hills	21-Aug-99
	TOT	670.0 G Hills	21-Aug-99
82.5 KG	SQ	280.0 A Smith	17-Sep-95
	BP	210.0 A Galati	21-May-00
	DL	287.5 R Waters	21-Aug-99
	TOT	710.0 A Smith	17-Sep-95
90 KG	SQ	273.5 C Lerner	25-May-97
	BP	198.0 C Lerner	17-Aug-97
	DL	300.0 D Hayhow	24-Apr-04
	TOT	730.0 D Hayhow	24-Apr-04
100 KG	SQ	370.0 A Coe	7-Aug-94
	BP	245.0 A Coe	7-Aug-94
	DL	355.0 A Coe	12-Dec-93
	TOT	960.0 A Coe	7-Aug-94
110 KG	SQ	345.0 A Coe	18-Aug-96
	BP	230.5 P Nay	19-Aug-01
	DL	360.0 J Giampaolo	11-Jun-00
	TOT	875.0 G Barclay	18-Oct-92
125 KG	SQ	350.5 P Nay	24-Apr-04
	BP	272.5 S Tye	3-Aug-03
	DL	365.0 J Giampaolo	10-Jun-01
	TOT	910.0 P Nay	24-Apr-04
140 KG	SQ	340.0 B Lyndon	18-Oct-92
	BP	232.5 B Lyndon	6-May-95
	DL	305.0 B Lyndon	18-Oct-92
	TOT	860.0 B Lyndon	18-Oct-92
140+ KG	SQ	365.0 M Pianko	3-Aug-03
	BP	270.0 D Cowan	1-May-04
	DL	325.0 D Cowan	9-Jun-02
	TOT	895.0 D Cowan	9-Jun-02

CAPO AUSTRALIAN RECORDS

Last Updated 8-Jan-06

BWT	LIFT	Open MEN	
52 KG	SQ	60.0 L Smith	13-Aug-05
	BP	25.0 L Smith	13-Aug-05
	DL	82.5 L Smith	13-Aug-05
	TOT	167.5 L Smith	13-Aug-05
56 KG	SQ	170.0 A Zalcman	30-Mar-03
	BP	105.0 C Rutland	28-Mar-92
	DL	185.5 A Zalcman	3-May-03
	TOT	450.0 A Zalcman	30-Mar-03
60 KG	SQ	200.0 A Zalcman	3-Aug-03
	BP	122.5 A Zalcman	3-Aug-03
	DL	217.5 D Bevins	23-Apr-05
	TOT	537.5 A Zalcman	3-Aug-03
67.5 KG	SQ	275.0 C Coleiro	18-Oct-92
	BP	155.0 D Pugh	5-May-02
	DL	250.0 C Coleiro	18-Oct-92
	TOT	657.5 C Coleiro	18-Oct-92
75 KG	SQ	266.0 G Hills	21-Aug-99
	BP	230.5 A Galati	3-Nov-05
	DL	280.0 J Stanton	21-Aug-99
	TOT	672.5 J Stanton	21-Aug-99
82.5 KG	SQ	290.0 C Lindley	3-Nov-05
	BP	237.5 A Galati	8-Aug-04
	DL	290.0 L Butler	23-Mar-02
	TOT	757.5 L Butler	23-Mar-02
90 KG	SQ	342.5 L Butler	23-Aug-98
	BP	235.0 A Galati	23-Apr-05
	DL	347.5 L Butler	1-Aug-93
	TOT	892.5 L Butler	1-Aug-93
100 KG	SQ	370.0 A Coe	7-Aug-94
	BP	245.0 A Coe	7-Aug-94
	DL	355.0 A Coe	12-Dec-93
	TOT	960.0 A Coe	7-Aug-94
110 KG	SQ	400.0 P Nay	3-Nov-05
	BP	263.5 R Sylvia	13-May-93
	DL	360.0 J Giampaolo	11-Jun-00
	TOT	965.5 P Nay	3-Nov-05
125 KG	SQ	350.5 P Nay	24-Apr-04
	BP	272.5 S Tye	3-Aug-03
	DL	365.0 J Giampaolo	10-Jun-01
	TOT	910.0 P Nay	24-Apr-04
140 KG	SQ	345.0 F Mormile	2-Nov-97
	BP	260.0 Bostock	29-Nov-03
	DL	330.0 F Mormile	2-Nov-98
	TOT	900.0 F Mormile	2-Nov-97
140+ KG	SQ	365.0 M Pianko	3-Aug-03
	BP	270.0 D Cowan	1-May-04
	DL	325.0 D Cowan	9-Jun-02
	TOT	895.0 D Cowan	9-Jun-02

CAPO AUSTRALIAN RECORDS

Last Updated 19-Nov-05

BWT	LIFT	Sub Masters MEN (33-39)	
60 KG	SQ	182.5 D Bevins	23-Apr-05
	BP	115.0 D Bevins	23-Apr-05
	DL	217.5 D Bevins	23-Apr-05
	TOT	507.5 D Bevins	23-Apr-05
67.5 KG	SQ	240.0 D Pugh	4-Aug-02
	BP	155.0 D Pugh	5-May-02
	DL	235.0 D Pugh	4-Aug-02
	TOT	615.0 D Pugh	4-Aug-02
75 KG	SQ	250.0 G Hills	28-Mar-04
	BP	230.5 A Galati	3-Nov-05
	DL	280.0 J Stanton	21-Aug-99
	TOT	672.5 J Stanton	21-Aug-99
82.5 KG	SQ	260.0 T Graneri	23-Aug-98
	BP	237.5 A Galati	8-Aug-04
	DL	280.0 D Smith	17-Aug-97
	TOT	672.5 T Graneri	23-Aug-98
90 KG	SQ	265.5 D Smith	22-Aug-99
	BP	235.0 A Galati	23-Apr-05
	DL	312.5 D Smith	22-Aug-99
	TOT	722.5 D Smith	7-Jun-98
100 KG	SQ	310.0 H Day	19-Aug-01
	BP	202.5 H Day	19-Aug-01
	DL	315.0 C Zamolo	28-Feb-98
	TOT	805.0 C Zamolo	28-Feb-98
110 KG	SQ	400.0 P Nay	3-Nov-05
	BP	250.5 P Nay	3-Nov-05
	DL	335.0 S Diffey	17-Aug-97
	TOT	965.5 P Nay	3-Nov-05
125 KG	SQ	325.0 P Nay	4-Aug-02
	BP	252.5 P Nay	29-Nov-03
	DL	312.5 G Germanos	17-Aug-96
	TOT	877.5 P Nay	29-Nov-03
140 KG	SQ	305.0 Girvan	29-Nov-03
	BP	260.0 Bostock	29-Nov-03
	DL	325.0 S Sugars	10-Jun-01
	TOT	770.0 S Sugars	11-Jun-00

CAPO AUSTRALIAN RECORDS

Last Updated

12-Jun-06

BWT	LIFT	Masters Men (40-44)	Masters Men (45-49)	Masters Men (50-54)	Masters Men (55-59)	Masters Men (60-64)
60 KG	SQ BP DL TOT					
67.5 KG	SQ BP DL TOT	130.0 D Kay 4-May-03 102.5 D Kay 4-May-03 170.0 J Bradford 4-May-03 385.0 J Bradford 4-May-03	22-May-99 22-May-99 22-May-99 22-May-99			
75 KG	SQ BP DL TOT	215.0 A Odgers 17-Aug-96 145.0 J Jlnette 8-May-94 260.0 J Stanton 14-Aug-05 605.0 J Jlnette 8-May-94	17-Aug-97 16-May-04 17-Aug-97 17-Aug-97 17-Aug-97	2-Aug-03 2-Aug-03 4-May-03 2-Aug-03	150.0 S Hubert 24-Apr-04 110.0 S Hubert 24-Apr-04 170.0 S Hubert 24-Apr-04 425.0 S Hubert 24-Apr-04	
82.5 KG	SQ BP DL TOT	240.0 R R Lindley 7-Jun-98 175.0 T Graneri 6-Nov-98 270.0 T Graneri 6-Nov-98 680.0 T Graneri 6-Nov-98	10-May-03 10-May-03 2-Aug-03 10-May-03	1-May-04 8-Aug-04 1-May-04 1-May-04	23-Mar-02 23-Mar-02 23-Mar-02 23-Mar-02	170.0 R Borg 22-Feb-04 122.5 R Borg 6-Mar-04 206.0 R Borg 9-May-04 490.0 R Borg 9-May-04
90 KG	SQ BP DL TOT	325.0 M Jardine 22-Aug-99 215.5 M Jardine 4-Aug-02 332.5 M Jardine 4-Aug-02 865.5 M Jardine 20-Aug-00	1-Aug-93 1-Aug-93 1-Aug-93 1-Aug-93	23-Aug-98 8-Jun-97 22-Aug-99 8-Jun-97	285.0 L Butler 28-Mar-04 180.0 L Butler 28-Mar-04 275.0 L Butler 28-Mar-04 740.0 L Butler 28-Mar-04	190.0 A Dalvean 10-Dec-00 150.0 A Dalvean 10-Dec-00 230.0 A Dalvean 10-Dec-00 570.0 A Dalvean 10-Dec-00
100 KG	SQ BP DL TOT	330.0 C Brown 14-Aug-05 225.0 S Stringer 1-May-04 320.0 M Jardine 14-May-00 810.0 C Brown 14-Aug-05	18-Aug-96 13-May-06 18-Aug-96 18-Aug-96	20-Jun-99 20-Jun-99 20-Jun-99 20-Jun-99	315.0 L Butler 30-Mar-03 200.0 L Butler 30-Mar-03 320.0 L Butler 30-Mar-03 835.0 L Butler 30-Mar-03	190.0 A Dalvean 10-Dec-00 150.0 A Dalvean 10-Dec-00 230.0 A Dalvean 10-Dec-00 570.0 A Dalvean 10-Dec-00
110 KG	SQ BP DL TOT	347.5 V Simonetta 3-Aug-03 263.5 R Sylvia 13-May-93 340.0 V Simonetta 3-Aug-03 862.5 V Simonetta 3-Aug-03	3-May-03 14-Aug-05 3-Aug-02 8-Aug-04	21-May-00 22-Apr-06 21-May-00 21-May-00	220.0 K Carter 14-May-00 117.5 K Carter 14-May-00 200.0 P Cook 21-Aug-99 500.0 K Carter 14-May-00	
125 KG	SQ BP DL TOT	350.0 D Toci 16-Nov-00 240.0 D Toci 23-Aug-98 345.0 D Toci 20-Aug-00 907.5 D Toci 23-Aug-98	16-Dec-01 10-Dec-00 16-Dec-01 16-Dec-01			
140 KG	SQ BP DL TOT	345.0 F Mormile 2-Nov-97 230.0 D Toci 19-Aug-01 330.0 F Mormile 2-Nov-97 900.0 F Mormile 2-Nov-97	20-Aug-00 20-Aug-00 20-Aug-00 20-Aug-00			
140+ KG	SQ BP DL TOT			2-Aug-03 2-Aug-03 2-Aug-03	235.5 H Bach 7-Aug-04 150.0 H Bach 7-Aug-04 315.0 H Bach 7-Aug-04 700.0 H Bach 7-Aug-04	

CAPO AUSTR

Last Updated

30-Aug-05

BWT	LIFT	Masters MEN (65-69)	Masters MEN (70-74)	Masters MEN (75-79)	Masters MEN (80-84)	Masters MEN (85-89)
60 KG	SQ BP DL TOT					
67.5 KG	SQ BP DL TOT	95.0 K Penney 14-Aug-05 77.5 K Penney 14-Aug-05 155.0 K Penney 14-Aug-05 327.5 K Penney 14-Aug-05			100.0 V Younger 21-Oct-93 67.5 V Younger 21-Oct-93 150.0 V Younger 21-Oct-93 317.5 V Younger 21-Oct-93	85.0 V Younger 17-Aug-97 70.0 V Younger 17-Aug-97 135.0 V Younger 17-Aug-97 280.0 V Younger 17-Aug-97
75 KG	SQ BP DL TOT	180.0 M Craggs 13-May-01 85.0 M Craggs 13-May-01 200.0 M Craggs 13-May-01 465.0 M Craggs 13-May-01	180.0 M Craggs 3-Aug-02 95.0 J Miller 3-May-03 200.0 M Craggs 3-Aug-02 465.0 M Craggs 3-Aug-02		100.5 V Younger 7-Aug-94 70.0 V Younger 1-Aug-93 150.5 V Younger 7-Aug-94 320.0 V Younger 7-Aug-94	
82.5 KG	SQ BP DL TOT	170.0 M Craggs 27-Oct-01 120.0 R Borg 7-Aug-04 210.0 R Borg 7-Aug-04 497.5 R Borg 7-Aug-04		130.0 N Nicholson 18-Aug-01 85.0 N Nicholson 18-Aug-01 175.0 N Nicholson 18-Aug-01 390.0 N Nicholson 18-Aug-01		
90 KG	SQ BP DL TOT		170.0 W Van Weenan 7-Aug-04 102.5 W Van Weenan 7-Aug-04 225.0 W Van Weenan 7-Aug-04 497.5 W Van Weenan 7-Aug-04			
100 KG	SQ BP DL TOT	160.0 P Cook 27-May-01 115.0 P Cook 27-May-01 210.0 P Cook 27-May-01 485.0 P Cook 27-May-01	180.0 W Van Weenan 9-May-04 105.0 W Van Weenan 28-Mar-04 222.5 W Van Weenan 23-Apr-05 505.0 W Van Weenan 9-May-04			
110 KG	SQ BP DL TOT	172.5 P Cook 19-Aug-00 130.0 P Cook 19-Aug-00 217.5 P Cook 18-Aug-01 517.5 P Cook 19-Aug-00				
125 KG	SQ BP DL TOT					
140 KG	SQ BP DL TOT					
140+ KG	SQ BP DL TOT					

SINGLE LIFT BENCHPRESS RECORDS - MEN

	52kg		56kg		60kg	
Teenage (13-15)	67.5 L Jardine	30-Apr-05	67.5 L Jardine	13-Aug-05	75.0 L Jardine	5-Nov-05
Teenage (16-17)			60.0 S Barbara	6-Oct-01		
Teenage (18-19)						
Junior (20-23)			110.0 A Zalcmn	16-Mar-02	115.0 A Zalcmn	22-Oct-02
Senior (24-32)			122.5 J Figueroa	16-Feb-03	119.0 J Figueroa	29-Nov-02
Open	67.5 L Jardine	13-Aug-05	122.5 J Figueroa	16-Feb-03	119.0 J Figueroa	29-Nov-02
SubMasters (33-39)						
Masters (40-44)						
Masters (45-49)						
Masters (50-54)						
Masters (55-59)						
Masters (60-64)						
Masters (65-69)						
Masters (70-74)						
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT BENCHPRESS RECORDS - MEN

	67.5kg		75kg		82.5kg	
Teenage (13-15)	60.0 N. Bassett	18-Sep-04	85.0 K Fisher	13-Feb-03	100.0 G Belgrove	1-Nov-03
Teenage (16-17)	97.5 B Stanton	1-Nov-03			140.0 G Belgrove	5-Nov-05
Teenage (18-19)	100.0 E Celep	3-Oct-98	130.0 M Jeffries	1-Nov-03	150.0 S Franklin	13-Feb-03
Junior (20-23)	112.5 E Celep	9-Oct-99	137.5 P Lacey	1-Nov-03	170.0 M Jeffries	5-Nov-05
Senior (24-32)			172.5 A Galati	3-Dec-94	190.0 A Galati	19-Apr-98
Open	112.5 E Celep	9-Oct-99	215.0 A Galati	4-Nov-05	240.0 A Galati	19-Mar-06
SubMasters (33-39)			215.0 A Galati	4-Nov-05	240.0 A Galati	19-Mar-06
Masters (40-44)			100.0 D Kay	16-Feb-03		
Masters (45-49)			165.0 F Balestra	13-Dec-03	105.0 D Jones	2-Aug-03
Masters (50-54)			121.0 P Goujon	11-Oct-03		
Masters (55-59)			60.0 M Trentin	5-Nov-05	120.0 D Anderson	16-Feb-03
Masters (60-64)					72.5 T Davies	1-Feb-04
Masters (65-69)						
Masters (70-74)	75.0 J.Miller	8-Aug-04			70.0 E Perryman	13-Dec-03
Masters (75-79)					65.0 E Perryman	1-Feb-04
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT BENCHPRESS RECORDS - MEN

	90kg		100kg		110kg	
Teenage (13-15)			65.0 J. Alcorn	18-Sep-04		
Teenage (16-17)	105.0 Sariman	16-Sep-02	120.0 M.Burnett	7-Aug-04		
Teenage (18-19)	150.0 N Lim	26-Sep-05	125.0 D Prodeo	16-Sep-02	155.0 W Rozen	3-Oct-98
Junior (20-23)	215.0 C Lindley	19-Mar-06	215.5 R Huxley	19-Mar-06	200.0 W Rozen	15-Mar-03
Senior (24-32)	207.5 C Lerner	19-Apr-98	210.0 D Hayhow	19-Mar-06	220.0 P Nay	6-Oct-01
Open	233.0 M Jardine	2-Aug-03	235.0 B Henry	19-Mar-06	260.0 P Nay	19-Mar-06
SubMasters (33-39)	205.0 R Marchesi	7-Oct-00	235.0 B Henry	19-Mar-06	260.0 P Nay	19-Mar-06
Masters (40-44)	225.0 M Jardine	16-Mar-02	220.0 H Day	29-Nov-02	185.0 G Barclay	9-Oct-99
Masters (45-49)	233.0 M Jardine	2-Aug-03	232.5 M Jardine	1-Nov-03	187.5 B.Murray	7-Aug-04
Masters (50-54)	187.5 L Butler	16-Mar-02	120.0 P Phillips	1-Feb-04	170.0 A Dalvean	3-Dec-94
Masters (55-59)			191.0 L Butler	15-Mar-03		
Masters (60-64)			115.0 K Carter	1-Nov-03		
Masters (65-69)						
Masters (70-74)	62.5 J McBay	1-Feb-04				
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT BENCHPRESS RECORDS - MEN

	125kg		140kg		140+kg	
Teenage (13-15)						
Teenage (16-17)	170.0 D Macri	4-Nov-05				
Teenage (18-19)			185.0 Q Nienaber	5-Nov-05		
Junior (20-23)			162.5 S Delich	13-Mar-04		
Senior (24-32)	260.0 M McKinley	19-Mar-06	245.0 D Cowan	29-Nov-02	280.0 D Cowan	5-Nov-05
Open	260.0 M McKinley	19-Mar-06	250.0 S Bostock	20-Mar-04	285.0 S Bostock	19-Mar-06
SubMasters (33-39)	255.0 P Nay	29-Nov-02	250.0 S Bostock	20-Mar-04	285.0 S Bostock	19-Mar-06
Masters (40-44)	210.0 F Mormile	3-Dec-94				
Masters (45-49)	205.0 F Mormile	9-Oct-99	110.0 F Tatam	1-Feb-04		
Masters (50-54)	95.0 R Davidson	1-Feb-04				
Masters (55-59)						
Masters (60-64)						
Masters (65-69)						
Masters (70-74)						
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT DEADLIFT RECORDS - MEN

	52kg		56kg		60kg	
Teenage (13-15)	75.0 L Smith	10-Dec-05			125.0 L Jardine	10-Dec-05
Teenage (16-17)					132.5 C Colloss	13-Feb-03
Teenage (18-19)					105.0 S Gostin	10-Dec-05
Junior (20-23)						
Senior (24-32)						
Open					170.0 C Sweeney	10-Dec-95
SubMasters (33-39)					170.0 C Sweeney	10-Dec-95
Masters (40-44)						
Masters (45-49)						
Masters (50-54)						
Masters (55-59)						
Masters (60-64)						
Masters (65-69)						
Masters (70-74)						
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT DEADLIFT RECORDS - MEN

	67.5kg		75kg		82.5kg	
Teenage (13-15)	130.0 A Rozen	12-Nov-00	172.5 A Rozen	8-Dec-01	170.0 M Delaney	10-Dec-05
Teenage (16-17)	157.5 P Holod	10-Dec-05	185.0 N Paton	13-Dec-03	220.0 G Belgrove	10-Dec-05
Teenage (18-19)	195.0 A Stone	11-Dec-94	195.0 A Christodoulou	13-Dec-03	235.0 S Franklin	13-Feb-03
Junior (20-23)	200.0 S Scharf	8-Dec-01	220.5 M. Trentin	10-Dec-05	227.5 B Drake	5-Dec-99
Senior (24-32)	230.0 G Hills	14-Dec-97	255.0 G Hills	5-Dec-99	270.0 D Hayhow	13-Dec-03
Open	230.0 G Hills	14-Dec-97	255.0 G Hills	5-Dec-99	300.0 D Smith	14-Dec-97
SubMasters (33-39)	230.0 F Giampino	5-Dec-99	272.5 A Galati	10-Dec-05	300.0 D Smith	14-Dec-97
Masters (40-44)			215.0 A Odgers	10-Dec-95	250.0 R R Lindley	8-Dec-96
Masters (45-49)					205.0 K Smith	13-Dec-03
Masters (50-54)			220.0 D Brien	13-Dec-03		
Masters (55-59)			130.0 M Trentin	10-Dec-05	185.0 D Anderson	16-Feb-03
Masters (60-64)					190.0 D Anderson	10-Dec-05
Masters (65-69)	152.5 K.Penney	11-Dec-04				
Masters (70-74)			190.0 M Craggs	13-Dec-03	110.0 E Perryman	13-Dec-03
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT DEADLIFT RECORDS - MEN

	90kg		100kg		110kg	
Teenage (13-15)						
Teenage (16-17)	230.0 A Sariman	13-Feb-03	200.0 M. Burnett	11-Dec-04	280.0 N Edwards	7-Dec-02
Teenage (18-19)	220.0 R. Jameson	11-Dec-04	220.0 M. Burnett	10-Dec-05		
Junior (20-23)	265.0 P Kaddous	11-Dec-94	332.5 D Hayhow	14-Dec-97	310.0 R. Moore	11-Dec-04
Senior (24-32)	320.0 D Hayhow	10-Dec-05	320.0 D. Hayhow	11-Dec-04	330.0 J Giampaolo	13-Dec-03
Open	336.0 B Welsford	13-Dec-03	332.5 D Hayhow	14-Dec-97	330.0 V Simonetta	7-Dec-02
SubMasters (33-39)	315.0 D Smith	13-Dec-98	271.0 B Ringin	8-Dec-01	327.5 P Nay	10-Dec-05
Masters (40-44)	336.0 B Welsford	13-Dec-03	310.0 D Smith	13-Dec-03	330.0 V Simonetta	7-Dec-02
Masters (45-49)	195.0 S Williams	13-Dec-03	252.5 B Murray	10-Dec-05	300.0 G Barclay	10-Dec-05
Masters (50-54)	322.5 L Butler	13-Dec-98	327.5 L Butler	14-Dec-97	300.0 T Titus	10-Dec-05
Masters (55-59)	260.0 L Wilson	8-Dec-96	250.0 L Wilson	10-Dec-95		
Masters (60-64)	215.0 A Dalvean	5-Dec-99				
Masters (65-69)					205.0 P Cook	5-Dec-99
Masters (70-74)			217.5 W Van Weenan	11-Dec-04		
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

SINGLE LIFT DEADLIFT RECORDS - MEN

	125kg		140kg		140+kg	
Teenage (13-15)						
Teenage (16-17)	200.0 T Couchy	13-Feb-03				
Teenage (18-19)			265.0 Q Nienabets	10-Dec-05		
Junior (20-23)			280.0 S Delich	13-Mar-04		
Senior (24-32)	340.0 J Giampaolo	13-Dec-98			342.5 S Kolasinac	11-Dec-04
Open	342.5 F Mormile	8-Dec-01	350.0 S Sugars	8-Dec-01	350.0 D. Cowan	11-Dec-04
SubMasters (33-39)	340.0 G Barclay	14-Dec-97	350.0 S Sugars	8-Dec-01	350.0 D. Cowan	11-Dec-04
Masters (40-44)	305.0 F Mormile	10-Dec-95				
Masters (45-49)	342.5 F Mormile	8-Dec-01				
Masters (50-54)	280.0 F Mormile	10-Dec-05			330.0 H Bach	16-Feb-03
Masters (55-59)						
Masters (60-64)						
Masters (65-69)						
Masters (70-74)						
Masters (75-79)						
Masters (80-84)						
Masters (85-89)						

CAPO AUSTRALIAN RECORDS

Last Updated

12-Jun-06

BWT LIFT		Teenage WOMEN (13-15)		Teenage WOMEN (16-17)		Teenage WOMEN (18-19)		Junior WOMEN (20-23)	
44 KG	SQ BP DL TOT							62.5 M White 40.0 M White 90.0 M White 192.5 M White	22-Apr-06 22-Mar-06 22-Mar-06 22-Mar-06
48 KG	SQ BP DL TOT							112.5 M Zass 45.0 M Zass 122.5 M Zass 275.0 M Zass	1-Aug-93 1-Aug-93 1-Aug-93 1-Aug-93
52KG	SQ BP DL TOT	92.5 S Smith 25.0 S Smith 105.0 S Smith 202.5 S Smith	1-May-04 1-May-04 1-May-04 1-May-04					110.0 J Clarke 50.0 J Clarke 130.0 J Clarke 290.0 J Clarke	20-Jun-92 20-Jun-92 20-Jun-92 20-Jun-92
56 KG	SQ BP DL TOT	95.0 S Smith 27.5 S Smith 105.5 S Smith 220.5 S Smith	13-Aug-05 28-Feb-04 1-May-05 28-Feb-04			150.0 J Horseman 97.5 J Horseman 155.0 J Horseman 400.0 J Horseman	18-Oct-92 1-Aug-93 18-Oct-92 18-Oct-92	120.0 M Clarke 62.5 M Clarke 140.0 M Clarke 322.5 M Clarke	20-Jun-92 20-Jun-92 20-Jun-92 20-Jun-92
60 KG	SQ BP DL TOT	90.0 C Skarlatos 42.5 C Skarlatos 105.0 C Skarlatos 230.0 C Skarlatos	8-Aug-04 1-May-04 1-May-04 8-Aug-04			125.0 J Horseman 80.0 J Horseman 140.0 J Horseman 345.0 J Horseman	1-May-93 1-May-93 1-May-93 1-May-93	93.0 S Sorensen 57.5 S Sorensen 110.0 S Sorensen 250.0 S Sorensen	15-Jun-02 15-Jun-02 27-Oct-01 27-Oct-01
67.5 KG	SQ BP DL TOT	105.0 T Hall 57.5 T Hall 145.0 T Hall 307.5 T Hall	26-Jun-02 26-Jun-02 26-Jun-02 26-Jun-02					125.0 N Dale 86.0 N Dale 120.0 N Dale 330.0 N Dale	18-Oct-92 18-Oct-92 18-Oct-92 18-Oct-92
75 KG	SQ BP DL TOT					95.0 E Kondos 42.5 E Kondos 130.0 E Kondos 265.0 E Kondos	6-Mar-99 6-Mar-99 6-Mar-99 6-Mar-99		
82.5 KG	SQ BP DL TOT	95.0 M Miller 55.0 M Miller 117.5 M Smith 220.0 M Smith	13-May-06 13-May-06 28-Feb-04 28-Feb-04			117.5 M Smith 62.5 M Smith 135.0 M Smith 315.0 M Smith	1-May-05 1-May-05 1-May-05 1-May-05		
90 KG	SQ BP DL TOT					120.0 M Vyas 65.0 M Vyas 135.0 M Vyas 320.0 M Vyas	13-Aug-05 13-Aug-05 13-Aug-05 13-Aug-05		

CAPO AUSTRALIAN RECORDS

Last Updated 4-Aug-05

BWT	LIFT	Senior WOMEN (24-32)	
48 KG	SQ	110.0 T Colliver	9-May-04
	BP	72.5 M Smeeton	28-Mar-92
	DL	120.0 T Colliver	3-Aug-03
	TOT	280.0 T Colliver	9-May-04
52KG	SQ	145.0 N Barker	25-May-97
	BP	92.5 N Barker	25-May-97
	DL	160.0 N Barker	25-May-97
	TOT	395.0 N Barker	25-May-97
56 KG	SQ	165.0 N Barker	17-Aug-97
	BP	100.0 N Barker	17-Aug-97
	DL	165.0 N Barker	17-Aug-97
	TOT	430.0 N Barker	17-Aug-97
60 KG	SQ	130.0 E Bradley	1-Aug-93
	BP	65.0 A Goebels	26-Jul-92
	DL	140.0 E Bradley	1-Aug-93
	TOT	325.0 E Bradley	1-Aug-93
67.5 KG	SQ	140.0 C Oddy	16-Sep-95
	BP	110.0 S Waters	19-Aug-00
	DL	165.0 S Waters	19-Aug-00
	TOT	392.5 S Waters	19-Aug-00
75 KG	SQ	160.0 C Gerrard	21-Aug-99
	BP	135.0 S Waters	18-Aug-01
	DL	175.0 F Dinakis	3-Aug-03
	TOT	415.0 S Waters	27-May-01
82.5 KG	SQ	165.0 S Scott	19-Aug-00
	BP	102.5 S Scott	21-Aug-99
	DL	190.0 S Scott	19-Aug-00
	TOT	455.0 S Scott	19-Aug-00
90 KG	SQ	130.0 V Cowan	24-Feb-01
	BP	90.0 V Cowan	27-Oct-04
	DL	160.0 V Cowan	13-May-01
	TOT	380.0 V Cowan	27-Oct-01
90+ KG	SQ	125.0 M Delich	16-May-04
	BP	70.0 M Delich	16-May-04
	DL	170.0 M Delich	16-May-04
	TOT	365.0 M Delich	16-May-04

CAPO AUSTRALIAN RECORDS

Last Updated 12-Jun-06

BWT	LIFT	Open WOMEN	
44 KG	SQ	62.5 M White	22-Apr-06
	BP	40.0 M White	22-Mar-06
	DL	90.0 M White	22-Mar-06
	TOT	192.5 M White	22-Mar-06
48 KG	SQ	115.0 T Colliver	13-Aug-05
	BP	78.0 T Manning	8-Aug-04
	DL	132.5 T Manning	13-Aug-05
	TOT	305.0 T Colliver	13-Aug-05
52KG	SQ	145.0 N Barker	25-May-97
	BP	92.5 N Barker	25-May-97
	DL	160.0 N Barker	25-May-97
	TOT	395.0 N Barker	25-May-97
56 KG	SQ	165.0 N Barker	17-Aug-97
	BP	100.0 N Barker	17-Aug-97
	DL	165.0 N Barker	17-Aug-97
	TOT	430.0 N Barker	17-Aug-97
60 KG	SQ	175.0 T Young	11-Jun-95
	BP	107.5 T Young	4-Aug-02
	DL	200.0 T Young	4-Aug-02
	TOT	480.0 T Young	4-Aug-02
67.5 KG	SQ	215.0 T Young	21-Aug-99
	BP	120.0 T Young	17-Aug-97
	DL	210.0 T Young	19-Jun-99
	TOT	535.0 T Young	19-Jun-99
75 KG	SQ	200.0 H Wittesch	20-Jun-92
	BP	135.0 S Waters	18-Aug-01
	DL	215.0 H Wittesch	20-Jun-92
	TOT	545.0 H Wittesch	20-Jun-92
82.5 KG	SQ	165.0 K Gerrard	14-May-00
	BP	110.0 T Wulff	3-Aug-03
	DL	197.5 T Wulff	3-Aug-03
	TOT	455.0 S Scott	19-Aug-00
90 KG	SQ	130.0 V Cowan	24-Feb-01
	BP	100.0 V Cowan	27-Oct-01
	DL	160.0 V Cowan	13-May-01
	TOT	390.0 V Cowan	27-Oct-01
90+ KG	SQ	170.0 V Cowan	13-Aug-05
	BP	110.0 V Cowan	13-Aug-05
	DL	180.0 V Cowan	13-Aug-05
	TOT	460.0 V Cowan	13-Aug-05

CAPO AUSTRALIAN RECORDS

Last Updated 12-Jun-06

BWT	LIFT	Sub Masters WOMEN (33-39)	
48 KG	SQ	115.0 T Colliver	13-Aug-05
	BP	57.5 T Colliver	23-Apr-05
	DL	132.5 T Colliver	13-Aug-05
	TOT	305.0 T Colliver	13-Aug-05
52 KG	SQ	105.0 T Colliver-Murray	30-Apr-06
	BP	53.0 T Colliver-Murray	30-Apr-06
	DL	125.0 T Colliver-Murray	30-Apr-06
	TOT	282.5 T Colliver-Murray	30-Apr-06
56 KG	SQ	100.0 L Sinclair	10-Jun-01
	BP	50.0 L Sinclair	10-Jun-01
	DL	125.0 L Sinclair	10-Jun-01
	TOT	275.0 L Sinclair	10-Jun-01
60 KG	SQ	150.0 T Young	12-Jun-94
	BP	85.0 T Young	12-Jun-94
	DL	170.0 T Young	12-Jun-94
	TOT	405.0 T Young	12-Jun-94
67.5 KG	SQ	150.0 H Brookes	19-Aug-00
	BP	95.5 A Sterns	7-Jun-98
	DL	170.0 J Adams	7-Aug-94
	TOT	382.0 J Adams	7-Aug-94
75 KG	SQ	200.0 H Wittesch	20-Jun-92
	BP	130.0 H Wittesch	20-Jun-92
	DL	215.0 H Wittesch	20-Jun-92
	TOT	545.0 H Wittesch	20-Jun-92
82.5 KG	SQ	165.0 K Gerrard	14-May-00
	BP	110.0 T Wulff	3-Aug-03
	DL	197.5 T Wulff	3-Aug-03
	TOT	435.0 T Wulff	3-Aug-03
90 KG	SQ	160.0 V Cowan	1-May-05
	BP	100.0 V Cowan	27-Oct-01
	DL	160.0 V Cowan	27-Oct-01
	TOT	425.0 V Cowan	1-May-05
90+ KG	SQ	170.0 V Cowan	13-Aug-05
	BP	110.0 V Cowan	13-Aug-05
	DL	180.0 V Cowan	13-Aug-05
	TOT	460.0 V Cowan	13-Aug-05

CAPO AUSTRALIAN RECORDS

Last Updated

12-Jun-06

BWT	LIFT	Masters WOMEN (40-44)	Masters WOMEN (45-49)	Masters WOMEN (50-54)	Masters WOMEN (55-59)	Masters WOMEN (60 - 64)
48 KG	SQ BP DL TOT	100.0 J Pappas 78.0 T Manning 132.5 T Manning 302.5 T Manning	85.0 T Manning 65.0 T Manning 120.0 T Manning 270.0 T Manning	22-Apr-06 22-Apr-06 22-Apr-06 22-Apr-06		
52 KG	SQ BP DL TOT	122.5 C Quinell 75.0 T Manning 155.5 C Quinell 347.5 C Quinell	95.0 J Pappas 50.0 J Pappas 117.5 J Pappas 262.5 J Pappas	24-Feb-02 24-Feb-02 24-Feb-02 24-Feb-02		
56 KG	SQ BP DL TOT	127.5 C Quinell 78.5 C Quinell 155.5 C Quinell 350.0 C Quinell				
60 KG	SQ BP DL TOT	175.0 T Young 95.0 T Young 165.0 T Young 435.0 T Young	175.0 T Young 107.5 T Young 200.0 T Young 480.0 T Young	4-Aug-02 4-Aug-02 4-Aug-02 4-Aug-02	95.0 S Jackson 57.5 S Jackson 135.0 S Jackson 287.5 S Jackson	4-Aug-02 9-Nov-02 9-Nov-02 9-Nov-02
67.5 KG	SQ BP DL TOT	215.0 T Young 120.0 T Young 210.0 T Young 535.0 T Young	210.0 T Young 105.5 T Young 190.0 T Young 505.0 T Young	19-Aug-00 31-Mar-01 19-Aug-00 19-Aug-00	100.0 S Jackson 60.0 S Jackson 135.0 S Jackson 295.0 S Jackson	1-May-04 3-Aug-03 3-Aug-03 3-Aug-03
75 KG	SQ BP DL TOT	100.0 A Miller 65.0 A Miller 140.0 A Miller 305.0 A Miller	190.0 T Young 110.0 T Young 200.0 T Young 500.0 T Young	21-May-00 21-May-00 21-May-00 21-May-00	100.0 S Jackson 55.0 S Jackson 135.0 S Jackson 290.0 S Jackson	8-Aug-04 8-Aug-04 8-Aug-04 8-Aug-04
82.5 KG	SQ BP DL TOT	140.0 C Titus 92.5 C Titus 190.0 C Titus 422.5 C Titus	105.0 S Smith 60.0 S Smith 140.0 S Smith 305.0 S Smith	13-Aug-05 13-Aug-05 13-Aug-05 13-Aug-05		
90 KG	SQ BP DL TOT	120.0 K Pengally 65.0 K Pengally 142.5 K Pengally 317.5 K Pengally		15-Jun-02 15-Jun-02 15-Jun-02 15-Jun-02	45.0 M Birch 37.5 M Birch 100.0 M Birch 182.0 M Birch	
						90.0 W Colliver 50.0 W Colliver 105.0 W Colliver 240.0 W Colliver

SINGLE LIFT BENCHPRESS RECORDS - WOMEN

	48kg		52kg		56kg	
Teenage (13-15)	25.0	Birmingham 30-Apr-05				
Teenage (16-17)						
Teenage (18-19)						
Junior (20-23)	35.0	M White 5-Nov-05				
Senior (24-32)	45.0	T Colliver 6-Oct-01			58.0	V Smith 13-Aug-05
Open	81.0	T Manning 5-Nov-05	45.0	J Giglia 13-Dec-03	58.0	V Smith 13-Aug-05
SubMasters (33-39)					37.5	S Thacker 26-Sep-05
Masters (40-44)	73.0	T Manning 1-Nov-03	45.0	J Giglia 13-Dec-03		
Masters (45-49)	81.0	T Manning 5-Nov-05				
Masters (50-54)						
Masters (55-59)						
Masters (60-64)						

SINGLE LIFT BENCHPRESS RECORDS - WOMEN

	60kg		67.5kg		75kg	
Teenage (13-15)	42.5	C.Skarlatos 7-Aug-04	65.0	T Hall 16-Sep-02		
Teenage (16-17)					47.5	M Miller 13-Aug-05
Teenage (18-19)						
Junior (20-23)						
Senior (24-32)	60.0	L Gannon 5-Oct-02			140.0	S Waters 6-Oct-01
Open	60.0	L Gannon 5-Oct-02	102.5	L Dess 11-Oct-03	140.0	S Waters 6-Oct-01
SubMasters (33-39)			102.5	L Dess 11-Oct-03		
Masters (40-44)			55.0	A Whitehead 13-Dec-03		
Masters (45-49)	50.0	M Vella 5-Oct-02				
Masters (50-54)			77.5	R Simon 19-Apr-98		
Masters (55-59)						
Masters (60-64)						

SINGLE LIFT BENCHPRESS RECORDS - WOMEN

	82.5kg		90kg		90+kg	
Teenage (13-15)	50.0	N Rundell 16-Feb-03				
Teenage (16-17)						
Teenage (18-19)						
Junior (20-23)						
Senior (24-32)						
Open	115.0	T Wulff 1-Nov-03				
SubMasters (33-39)	115.0	T Wulff 1-Nov-03				
Masters (40-44)						
Masters (45-49)	62.5	S Smith 26-Sep-05				
Masters (50-54)						
Masters (55-59)						
Masters (60-64)						

SINGLE LIFT DEADLIFT RECORDS - WOMEN

	44kg		48kg		52kg	
Teenage (13-15)					105.0 S Smith	13-Dec-03
Teenage (16-17)						
Teenage (18-19)						
Junior (20-23)	88.0 M White	10-Dec-05			75.0 M. White	11-Dec-04
Senior (24-32)			110.0 T Colliver	7-Dec-02		
Open			135.0 T Manning	11-Dec-04	145.0 C Quinell	14-Dec-97
SubMasters (33-39)			120.0 T Colliver	10-Dec-05		
Masters (40-44)			135.0 T Manning	11-Dec-04	145.0 C Quinell	14-Dec-97
Masters (45-49)			135.0 T Manning	10-Dec-05		
Masters (50-54)						
Masters (55-59)					70.0 E Edelsten	10-Dec-05
Masters (60-64)						

SINGLE LIFT DEADLIFT RECORDS - WOMEN

	56kg		60kg		67.5kg	
Teenage (13-19)	110.0 Sav Smith	11-Dec-04	140.0 J Horseman	11-Dec-94	142.5 T Hall	7-Dec-02
Teenage (13-15)					90.0 S. Stringer	11-Dec-04
Teenage (16-17)						
Teenage (18-19)						
Junior (20-23)						
Senior (24-32)			150.0 L Gannon	7-Dec-02	120.0 O Dogan	10-Dec-05
Open	135.0 J. Giglia	11-Dec-04	165.0 P Homie	14-Dec-97	212.5 T Young	12-Nov-00
SubMasters (33-39)	105.0 M Kenney	14-Dec-97	105.0 L Vu-Duy	10-Dec-05	180.0 D O'Connor	10-Dec-05
Masters (40-44)	135.0 J. Giglia	11-Dec-04	165.0 P Homie	14-Dec-97	110.0 A Whitehead	11-Dec-04
Masters (45-49)					212.5 T Young	12-Nov-00
Masters (50-54)						
Masters (55-59)					135.0 S Jackson	13-Dec-03
Masters (60-64)			75.0 R Casey	5-Dec-99		

SINGLE LIFT DEADLIFT RECORDS - WOMEN

	75kg		82.5kg		90kg	
Teenage (13-19)	140.0 E Kondos	13-Dec-98	90.0 N Rundell	16-Feb-03		
Teenage (13-15)						
Teenage (16-17)			110.0 M Smith	13-Dec-03		
Teenage (18-19)						
Junior (20-23)						
Senior (24-32)	170.0 S Waters	12-Nov-00				
Open	170.0 S Waters	12-Nov-00	155.0 T Wulff	7-Dec-02	210.0 T Wulff	13-Dec-03
SubMasters (33-39)	135.0 K Cottrell	8-Dec-01	155.0 T Wulff	7-Dec-02	210.0 T Wulff	13-Dec-03
Masters (40-44)	127.5 S Smith	13-Dec-03			140.0 K Pengelly	13-Dec-03
Masters (45-49)	130.0 S Smith	11-Dec-04	135.0 S Smith	10-Dec-05		
Masters (50-54)						
Masters (55-59)						
Masters (60-64)	102.5 W Colliver	10-Dec-05				

SINGLE LIFT DEADLIFT RECORDS - WOMEN

	90+kg			
Teenage (13-19)				
Teenage (13-15)				
Teenage (16-17)				
Teenage (18-19)				
Junior (20-23)				
Senior (24-32)	145.0 M Delich	11-Dec-04		
Open	145.0 M Delich	11-Dec-04		
SubMasters (33-39)				
Masters (40-44)				
Masters (45-49)				
Masters (50-54)				
Masters (55-59)				
Masters (60-64)				