

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 90kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Sheryl Rapson 21-May-11	SA	100.0	Sheryl Rapson 21-May-11	SA	65.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)	Sheryl Rapson 21-May-11	SA	100.0	Sheryl Rapson 21-May-11	SA	65.0			
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISION 90kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Joy Rosenow 6-Aug-11	SA	100.0	Jessica Baker 8-Aug-10	VIC	50.0	Joy Rosenow 6-Aug-11	SA	122.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)	Jessica Baker 8-Aug-10	VIC	80.0	Jessica Baker 8-Aug-10	VIC	50.0	Jessica Baker 8-Aug-10	VIC	100.0
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Kerry Perry 6-Aug-11	VIC	90.0	Grace Sutton 13-Jun-09	VIC	40.0	Grace Sutton 13-Jun-09	VIC	110.0
M3 (50-54)									
M4 (55-59)	Joy Rosenow 6-Aug-11	SA	100.0				Joy Rosenow 6-Aug-11	SA	122.5
M7 (70-74)							Maria Cricelli 22-Aug-20	SA	115.0
M9 (80-84)				Val Vanstone 23-May-09	SA	32.5	Val Vanstone 23-May-09	SA	62.5