

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 75 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 75kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Austin Morrison	VIC	230.0	Nathan Flick	QLD	177.5	Lindsay Harch	QLD	240.0	Austin Morrison	NSW	592.5
	7-Sep-96			14-Sep-97			30-Apr-95			7-Sep-96		
13												
T1 (14-15)												
T2 (16-17)	Adrian Gault	QLD	115.0	Adrian Gault	QLD	60.0	Adrian Gault	QLD	130.0	Adrian Gault	QLD	305.0
	8-Dec-96			8-Dec-96			8-Dec-96			8-Dec-96		
T3 (18-19)	Paul Mong	BAL	190.0	Nathan Flick	QLD	152.5	Paul Mong	BAL	215.0	Paul Mong	BAL	505.0
	11-Aug-02			19-Nov-94			11-Aug-02			11-Aug-02		
Junior (20-23)	Nathan Deppler	VIC	165.0	Nathan Flick	QLD	177.5	Nathan Deppler	VIC	205.0	Nathan Deppler	VIC	447.5
	14-Sep-97			14-Sep-97			14-Sep-97			14-Sep-97		
JM (35-39)	Andrew Sceney	VIC	210.0	Andrew Sceney	VIC	142.5	Andrew Sceney	VIC	225.5	Andrew Sceney	VIC	577.5
	29-Nov-98			20-Jun-99			29-Nov-98			20-Jun-99		
M1 (40-44)	Dean Jenkinson	SA	195.0	Dean Jenkinson	SA	135.0	Dean Jenkinson	SA	235.0	Dean Jenkinson	SA	565.0
	18-May-13			13-Jul-13			13-Jul-13			13-Jul-13		
M2 (45-49)	Austin Morrison	VIC	230.0	Dean Jenkinson	SA	135.0	Dean Jenkinson	SA	240.0	Austin Morrison	VIC	592.5
	7-Sep-96			21-May-16			21-May-16			7-Sep-96		
M3 (50-54)	Dean Jenkinson	SA	170.0	Dean Jenkinson	SA	122.5	Dean Jenkinson	SA	210.0	Dean Jenkinson	SA	502.5
	20-Aug-20			20-Aug-20			20-Aug-20			20-Aug-20		
M4 (55-59)												
M9 (80-84)	Trevor Vanstone	SA	55.5	Trevor Vanstone	SA	50.5	Trevor Vanstone	SA	101.0	Trevor Vanstone	SA	205.0
	23-May-09			5-Aug-08			23-May-09			23-May-09		
UNASSISTED DIVISIO 75kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Audi Roedel	VIC	215.0	Nathan Flick	QLD	177.5	Dean Jenkinson	SA	237.5	Audi Roedel	VIC	550.0
	5-Aug-08			14-Sep-97			20-May-17			5-Aug-08		
13												
T1 (14-15)	Curtis De Haan	VIC	130.0	Chris Powell	SA	82.5	Curtis De Haan	VIC	200.0	Curtis De Haan	VIC	407.5
	23-Jul-06			21-May-11			23-Jul-06			23-Jul-06		
T2 (16-17)	Simon Rowland	VIC	172.5	Simon Rowland	VIC	95.0	Simon Rowland	VIC	202.5	Simon Rowland	VIC	470.0
	5-Aug-07			5-Aug-07			5-Aug-07			5-Aug-07		
T3 (18-19)				Nathan Flick	QLD	152.5						
				19-Nov-94								
Junior (20-23)	Rhys Archer	VIC	152.5	Nathan Flick	QLD	177.5	Rhys Archer	VIC	210.0	Rhys Archer	VIC	482.5
	13-May-07			14-Sep-97			13-May-07			13-May-07		
JM (35-39)				Andrew Sceney	VIC	135.0						
				29-Nov-98								
M2 (45-49)	Dean Jenkinson	SA	172.5	Dean Jenkinson	SA	130.0	Dean Jenkinson	SA	237.5	Dean Jenkinson	SA	537.5
	11-Aug-18			20-May-17			20-May-17			20-May-17		
M3 (50-54)	Austin Morrison	VIC	190.0	Dean Jenkinson	SA	120.0	Dean Jenkinson	VIC	232.5	Dean Jenkinson	SA	512.5
	6-Aug-00			10-Aug-19			10-Aug-19			10-Aug-19		
M4 (55-59)	Austin Morrison	VIC	192.5	Austin Morrison	VIC	102.5	Austin Morrison	VIC	202.5	Austin Morrison	VIC	497.5
	11-Aug-02			11-Aug-02			11-Aug-02			11-Aug-02		
M5 (60-64)	Alan Simpson	NSW	140.5	Alan Simpson	NSW	100.0	Alan Simpson	NSW	160.0	Alan Simpson	NSW	400.5
	5-Aug-08			5-Aug-08			5-Aug-08			5-Aug-08		