



NATIONAL SINGLE LIFT RECORDS

Updated August 10th, 2019 by Rose Gow

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 44kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISION 44kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes 8-Aug-10	VIC	60.0	Julie Loomes 8-Aug-10	VIC	45.0	Julie Loomes 8-Aug-10	VIC	100.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)	Julie Loomes 8-Aug-10	VIC	60.0	Julie Loomes 8-Aug-10	VIC	45.0	Julie Loomes 8-Aug-10	VIC	100.0
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 47.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 47.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 50.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow		100.0	Rose Gow		50.0	Rose Gow		140.0
	5-Aug-08	SA		5-Aug-08	SA		5-Aug-08	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Rose Gow		100.0	Rose Gow		50.0	Rose Gow		140.0
	5-Aug-08	SA		5-Aug-08	SA		5-Aug-08	SA	
M3 (50-54)	Julie Loomes		80.0				Julie Loomes		125.0
	5-Aug-08	VIC					5-Aug-08	VIC	
M4 (55-59)									

UNASSISTED DIVISIC 50.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes		75.0	Julie Loomes		50.0	Julie Loomes		115.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)	Julie Loomes		75.0	Julie Loomes		50.0	Julie Loomes		115.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 53kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow 10-Sep-09	SA	105.0	Rose Gow 10-Sep-09	SA	55.0	Rose Gow 10-Sep-09	SA	140.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Jenna Cruikshank 6-Aug-11	NSW	72.5				Jenna Cruikshank 6-Aug-11	NSW	72.5
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Rose Gow 10-Sep-09	SA	105.0	Rose Gow 10-Sep-09	SA	55.0	Rose Gow 10-Sep-09	SA	140.5
M3 (50-54)	Rose Gow 8-Aug-10	SA	105.0	Rose Gow 8-Aug-10	SA	52.5	Rose Gow 8-Aug-10	SA	140.0
M4 (55-59)	Rose Gow 13-Aug-16	SA	75.0	Rose Gow 13-Aug-16	SA	52.5	Rose Gow 13-Aug-16	SA	135.0

UNASSISTED DIVISIC 53kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	J. Loomes 20-Oct-06	VIC	85.0	J. Loomes 20-Oct-06	VIC	50.0	Rose Gow 15-Sep-12	SA	130.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	J. Loomes 20-Oct-06	VIC	85.0	J. Loomes 20-Oct-06	VIC	50.0	J. Loomes 20-Oct-06	VIC	122.5
M3 (50-54)	Rose Gow 15-Sep-12	SA	77.5				Rose Gow 15-Sep-12	SA	130.0
M4 (55-59)									
GM (75-79)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 55.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow 11-Aug-18	SA	72.5	Rose Gow 11-Aug-18	SA	52.5	Rose Gow 11-Aug-18	SA	130.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	Rose Gow 11-Aug-18	SA	72.5	Rose Gow 11-Aug-18	SA	52.5	Rose Gow 11-Aug-18	SA	130.0
UNASSISTED DIVISIC 55.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Tanya Green 23-Nov-13	VIC	112.5	Tanya Green 23-Nov-13	VIC	60.0	Tanya Green 14-Sep-13	VIC	140.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Julie Loomes 23-Jul-06	VIC	70.0	Julie Loomes 23-Jul-06	VIC	45.0	Julie Loomes 23-Jul-06	VIC	115.0
M3 (50-54)				Aileen Flynn 13-Aug-16	SA	52.5			
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 58.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Krystal Johns 11-Aug-18	SA	132.5	Krystal Johns 11-Aug-18	SA	72.5	Krystal Johns 11-Aug-18	SA	152.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Krystal Johns 11-Aug-18	SA	132.5	Krystal Johns 11-Aug-18	SA	72.5	Krystal Johns 11-Aug-18	SA	152.5
JM (35-39)									
M1 (40-44)	Lee Mckinnon 5-Aug-08	SA	55.0	Lee Mckinnon 5-Aug-08	SA	35.0	Lee Mckinnon 5-Aug-08	SA	70.0
M2 (45-49)									
M3 (50-54)									
M4 (55-59)				Natalia Zacharko 6-Aug-11	SA	65.0			

UNASSISTED DIVISIC 58.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Tanya Green 15-Sep-12	VIC	110.0	Tanya Green 15-Sep-12	VIC	62.5	Jonnie Rodda 23-Jul-06	VIC	70.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)				Natalia Zacharko 6-Aug-11	SA	60.0			
M9 (80-84)	Jonnie Rodda 23-Jul-06	VIC	52.5	Jonnie Rodda 23-Jul-06	VIC	30.0	Jonnie Rodda 23-Jul-06	VIC	70.0

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 63kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Helen Kostadinovs 6-Jun-14	VIC	92.5	Natalia Zacharko 10-Sep-09	SA	75.0	Jade Farrelly 5-Aug-08	SA	125.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Jade Farrelly 5-Aug-08	SA	60.0	Jade Farrelly 5-Aug-08	SA	125.0
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M4 (55-59)				Natalia Zacharko 10-Sep-09	SA	75.0			
M5 (60-64)				Natalia Zacharko 15-Sep-12	SA	70.0			
M6 (65-69)	Barbara Juers 5-Aug-08	SA	80.5	Barbara Juers 5-Aug-08	SA	50.5	Barbara Juers 5-Aug-08	SA	100.5
M7 (70-74)	Helen Kostadinovs 6/06/2014	VIC	92.5	Helen Kostadinovs 6/06/2014	VIC	52.5	Helen Kostadinovs 6/06/2014	VIC	120

UNASSISTED DIVISIC 63kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Barbara Juers 8-Aug-10	SA	60.0	Natalia Zacharko 5-Aug-08	SA	75.0	N. Gianacopoulos 20-Oct-06	VIC	150.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Jade Farrelly 5-Aug-08	SA	55.0			
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Paula McPherson 14-Sep-13	NSW	60.0				Paula McPherson 14-Sep-13	NSW	100.0
M3 (50-54)				Natalia Zacharko 5-Aug-07	SA	70.5			
M4 (55-59)				Natalia Zacharko 5-Aug-08	SA	75.0			
M5 (60-64)				Natalia Zacharko 15-Sep-12	SA	65.0			
M6 (65-69)	Barbara Juers 8-Aug-10	SA	60.0	Natalia Zacharko 18-May-19	SA	60.0	Barbara Juers 8-Aug-10	SA	90.0
M7 (70-74)	Helen Kostadinovs 23/11/2013	Vic	90	Helen Kostadinovs 23/11/2013	Vic	55	Helen Kostadinovs 23/11/2013	Vic	130

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 70kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Helen Kostadinov	VIC	112.5	Natalia Zacharko	SA	65.5	Helen Kostadinov	VIC	135.0
	5-Aug-07			12-Aug-17			5-Aug-07		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)				Gale Fiebig	SA	60.0	Gale Fiebig	SA	100.0
				5-Aug-07			5-Aug-08		
M5 (60-64)	Helen Kostadinov	VIC	112.5	Natalia Zacharko	SA	65.5	Helen Kostadinov	VIC	135.0
	5-Aug-07			12-Aug-17			5-Aug-07		
M6 65-69	Helen Kostadinov	VIC	92.5	Helen Kostadinov	VIC	60.0	Helen Kostadinov	VIC	130.0
	8-Aug-10			8-Aug-10			8-Aug-10		

UNASSISTED DIVISIC 70kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Helen Kostadinov	VIC	107.5	Freda Mazzon	VIC	85.5	Helen Kostadinov	VIC	140.0
	5-Aug-08			5-Aug-07			5-Aug-08		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)				Freda Mazzon	VIC	85.5			
				5-Aug-07					
M1 (40-44)									
M2 (45-49)	Sue Devereaux	Vic	85.0	Susan Devereaux	VIC	60.0	Susan Devereaux	VIC	135.0
	23-Nov-13			23-Nov-13			23-Nov-13		
M3 (50-54)									
M4 (55-59)				Natalia Zacharko	SA	65.5			
				22-May-10					
M5 (60-64)	Helen Kostadinov	VIC	107.5	Helen Kostadinov	VIC	65.5	Helen Kostadinov	VIC	140.0
	5-Aug-08			5-Aug-08			5-Aug-08		

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 80kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									
M5 60-64									

UNASSISTED DIVISION 80kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rebecca Wardlaw 8-Aug-10	VIC	130.0	Rebecca Wardlaw 8-Aug-10	VIC	65.0	Rebecca Wardlaw 8-Aug-10	VIC	165.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)				Dee Stocker 6-Aug-11	SA	45.0	Dee Stocker 6-Aug-11	SA	110.0
M2 (45-49)									
M3 (50-54)				Joy Rosenow 18-Jun-11	VIC	62.5			
M5 60-64	Dianne Castanelli 8-Aug-10	VIC	100.0	Dianne Castanelli 8-Aug-10	VIC	45.0	Dianne Castanelli 8-Aug-10	VIC	125.0
M8 (75-79)				Val Vanstone 5-Aug-07	SA	35.0			

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 DIVISIC 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
M9 (80-84)				Val Vanstone 23-May-09	SA	32.5	Val Vanstone 23-May-09	SA	62.5

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 90+kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Sheryl Rapson 5-Aug-08	SA	115.0	Sheryl Rapson 6-Aug-11	SA	67.5	Sheryl Rapson 5-Aug-08	SA	120.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)				Sheryl Rapson 22-May-10	SA	65.5			
M1 (40-44)	Sheryl Rapson 6-Aug-11	SA	105.0	Sheryl Rapson 6-Aug-11	SA	67.5			
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 90+kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Mandy Frazer 13-Aug-16	SA	150.0	Mandy Frazer 13-Aug-16	SA	70.0	Mandy Frazer 13-Aug-16	SA	155.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

MEN'S 44 KG CLASS

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									

MEN'S 48 KG CLASS

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 52kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 52kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 56kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 56kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Michael McFarlane		80.0				Michael McFarlane		130.0
	13-Aug-16	SA					13-Aug-16	SA	
13									
T1 (14-15)	Michael McFarlane		80.0				Michael McFarlane		130.0
	13-Aug-16	SA					13-Aug-16	SA	
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 60kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Todd Whiter 6-Aug-11	NSW	130.5				Todd Whiter 6-Aug-11	NSW	180.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)	Todd Whiter 6-Aug-11	NSW	130.5				Todd Whiter 6-Aug-11	NSW	180.0
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 60kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Malcolm Barber 5-Aug-08	SA	75.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M7 (70-74)				Malcolm Barber 5-Aug-08	SA	75.0			
M8 (75-79)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 67.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Wayne Hunter		110.0	Derek Bevins		140.0	Wayne Hunter		140.0
	18-May-19	SA		21-Oct-06	VIC		18-May-19	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									
UNASSISTED DIVISIC 67.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Malcolm Barber		80.0	Todd Whiter		205.0
				5-Aug-07	SA		15-Sep-12	NSW	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)							Todd Whiter		205.0
							15-Sep-12	NSW	
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M7 (70-74)				Malcolm Barber		80.0			
				5-Aug-07	SA				
M8 (75-79)				Malcolm Barber		77.5			
				21-May-11					
M9 (80-84)				Malcolm Barber		70.0			
				16-May-15	SA				

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 75kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Austin Morrison 13-Jun-09	NSW	176.0	Chris Powell 6-Aug-11	SA	85.0	Dean Jenkinson 6-Aug-11	SA	230.0
13									
T1 (14-15)	Chris Powell 6-Aug-11	Vic	115.0	Chris Powell 6-Aug-11	VIC	85.0	Chris Powell 6-Aug-11	VIC	150.0
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)							Dean Jenkinson 6-Aug-11	SA	230.0
M2 (45-49)									
M3 (50-54)									
M5 (60-64)	Austin Morrison 13-Jun-09	NSW	176.0						
M9 (80-84)	Trevor Vanstone 5-Aug-08	SA	52.5	Trevor Vanstone 5-Aug-08	SA	50.0	Trevor Vanstone 5-Aug-08	SA	100.0
UNASSISTED DIVISIC 75kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Audi Roedel 23-Jul-06	VIC	205.0	Rhys Archer 4-May-08	VIC	135.0	C. De Haan 20-Oct-06	VIC	230.0
13									
T1 (14-15)	C. De Haan 20-Oct-06	VIC	150.0	C. De Haan 20-Oct-06	VIC	90.0	C. De Haan 20-Oct-06	VIC	230.0
T2 (16-17)									
T3 (18-19)									
Junior (20-23)				Rhys Archer 4-May-08	VIC	135.0			
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M5 (60-64)	Austin Morrison 8-Aug-10	NSW	182.5	Alan Simpson 5-Aug-08	NSW	100.0	Austin Morrison 8-Aug-10	NSW	192.5

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 82.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Aaron McFarlane		210.0	Aaron McFarlane		120.0	Aaron McFarlane		210.0
	13-Aug-16	SA		6-Aug-11	SA		6-Aug-11	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)	Aaron McFarlane		210.0	Aaron McFarlane		110.0			
	13-Aug-16	SA		13-Aug-16	SA				
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	John Clow		160.0						
	13-Jun-09	VIC							
M5 (60-64)	Austin Morrison		175.0	Alan Simpson		90.0	Alan Simpson		160.0
	6-Aug-11	NSW		13-Jun-09	NSW		13-Jun-09	NSW	
M6 65-69				Alan Simpson		97.5			
				8-Aug-10	NSW				

UNASSISTED DIVISIC 82.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Grant Cruikshank		198.0	Noel Lindsay		140.0	Joe Debono		262.5
	14-Sep-13	NSW		8-Aug-10	VIC		15-Sep-09	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)	Ashley Malone		100.0	Phillip Ward		102.5	Ashley Malone		150.0
	13-Jun-09	NSW		5-Aug-07	SA		13-Jun-09	NSW	
Junior (20-23)				Zeb Jones		125.0			
				23-Jul-06	VIC				
JM (35-39)	Joe Debono		175.0	Mark Sands		90.0	Joe Debono		262.5
	15-Sep-12	VIC		8-Aug-10	NSW		15-Sep-09	VIC	
M1 (40-44)	Damian Powell		105.0	Damian Powell		103.5	Damian Powell		140.0
	6-Aug-11	SA		6-Aug-11	SA		6-Aug-11	SA	
M2 (45-49)				Damian Powell		125.0			
				21-May-16	SA				
M3 (50-54)				Noel Lindsay		140.0			
				8-Aug-10	VIC				
M4 (55-59)	John Clow		197.5				John Clow		190.0
	5-Aug-08	VIC					5-Aug-08	VIC	
M5 (60-64)	Austin Morrison		190.0	Austin Morrison		90.0	Austin Morrison		193.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
M6 (65-69)				Bob Withers		92.5			
				20-Oct-06	SA				

DFPA National Single Lift Records

ASSISTED DIVISION 90kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Mark Sands		162.5	Corrado Angeletti		145.0	Mark Sands		215.0
	13-Jun-09	NSW		13-Aug-16	SA		13-Jun-09	NSW	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Mark Sands		162.5	Mark Sands		90.0	Mark Sands		215.0
	13-Jun-09	NSW		13-Jun-09	NSW		13-Jun-09	NSW	
M1 (40-44)									
M2 (45-49)				Peter Hally		121.0			
				8-Aug-10	Vic				
M3 (50-54)				Corrado Angeletti		145.0			
				13-Aug-16	SA				
M4 (55-59)									

UNASSISTED DIVISIC 90kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Tony Harvey		210.0	Craig Rogers		145.0	Lucas Walker		250.0
	23-Nov-13	VIC		23-Jul-06	SA		15-Sep-12	ACT	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Chris Powel		127.5			
				21-May-16	SA				
Junior (20-23)									
JM (35-39)	Mark Sands		170.0	Jason Mawby		135.0	Mark Sands		220.0
	5-Aug-08	NSW		8th Aug 2010	VIC		5-Aug-08	NSW	
M1 (40-44)				Mark Sands		100.0	Mark Sands		210.0
				14-Sep-13	NSW		14-Sep-13	NSW	
M2 (45-49)	Damian Powell		100.0	Damian Powell		122.5	Damian Powell		165.0
	15-Sep-12	SA		13-Aug-16	SA		15-Sep-12	SA	
M3 (50-54)	Ray Ancilleri		170.0	Corrado Angeletti		145.0	Ray Ancilleri		220.0
	20-Oct-06	VIC		16-May-15	SA		20-Oct-06	VIC	
M4 (55-59)				Ray Ancilleri		120.0			
				8-Aug-10	VIC				
M5 (60-64)	John Clow		190.0	Barry Wilkes		127.5			
	6-Aug-11	VIC		30-Apr-06	VIC				
M6 (65-69)				Barry Wilkes		107.5			
				8-Aug-10	VIC				

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 100kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Ross Knight	VIC	190.0	Tristan Gassman	Vic	200.0	Nathan Shepherd	VIC	276.0
	13-Jun-09			23-Nov-13			6-Aug-11		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)				Tristan Gassman		200.0			
				23-Nov-13	Vic				
M2 (45-49)	Ross Knight	VIC	190.0	Ross Knight	VIC	155.0	Ross Knight	VIC	275.0
	13-Jun-09			13-Jun-09			13-Jun-09		
M3 (50-54)									
M4 (55-59)									
M7 (70-74)				Don Juers	SA	120.0			
				5-Aug-07					

UNASSISTED DIVISIC 100kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Daniel Roberts	SA	165.0	Alan Romero	NSW	281.0
				30-Apr-06			14-Sep-13		
13									
T1 (14-15)									
T2 (16-17)	Caleb Sapinski-Keightley	SA	160.0	Caleb Sapinski-Keightley	SA	80.0	Caleb Sapinski-Keightley	SA	215.0
	11-Aug-18			11-Aug-18			11-Aug-18		
T3 (18-19)				Andrew Cecil	WARR	125.0			
				4-May-08					
Junior (20-23)							Michael Birch	SA	245.0
							13-Aug-16		
JM (35-39)				David Thomas	SA	155.0			
				23-Jul-06					
M1 (40-44)				David Thomas	SA	150.0			
				23-May-09					
M2 (45-49)				Sean Simpson	SA	102.5	Mark Buckerfield	SA	152.5
				18-May-19			13-Aug-16		
M3 (50-54)									
M4 (55-59)									
M5 (60-64)				Robert Bull	VIC	130.0			
				6-May-12					
M6 (65-69)				David Parker	NSW	135.0			
				11-Aug-18					
M9 (70- 74)				Don Juers		90.0			
				18-May-19	SA				

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 110kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Scott York	VIC	202.5	Andrew Norris	SA	180.0
				5-Aug-08			6-Aug-11		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)				Lewis McLean	SA	147.5			
				13-Aug-16					
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 110kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Damian Kruger	VIC	230.0	Damian Kruger	VIC	180.0	Nathan Shepherd	VIC	285.0
	8-Aug-10			8-Aug-10			8-Aug-10		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Mitchell Collins	NSW	165.0	Lewis McLean	SA	142.5	Mitchell Collins	NSW	230.0
	13-Jun-09			13-Aug-16			13-Jun-09		
JM (35-39)	Damian Kruger	VIC	230.0	Damian Kruger	VIC	180.0	Damian Kruger	VIC	280.0
	8-Aug-10			8-Aug-10			8-Aug-10		
M1 (40-44)				Dave Thomas	SA	155.0	A. Mazzon	VIC	250.0
				19-May-12			20-Oct-06		
M2 (45-49)				Dave Thomas	SA	155.0			
				24-May-14					
M3 (50-54)									
M4 (55-59)	Robert Parker	VIC	202.5	Robert Parker	VIC	152.5	Robert Parker	VIC	230.0
	5-Aug-08			13-Jun-09			5-Aug-08		
M5 (60-64)	Bob Parker	VIC	200.0	David Wescombe-Down	SA	118.0	Bob Parker	SA	230.0
	6-Aug-11			21-May-11			6-Aug-11		
M6 (65-69)	David Wescombe-Down	SA	142.5				David Wescombe-Down	SA	167.5
	6-Aug-11						6-Aug-11		
M7 (70-74)				Don Juers	SA	112.5	Don Juers	SA	145.0
				21-May-11			8-Aug-10		
M8 (74-79)									
M9 (80-84)				Don Juers	SA	100.0			
				13-Aug-16					

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 125kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Scott York		200.0			
				4-May-08	BAL				
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)				Nick Olden		185.0			
				23-Nov-13	Vic				
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 125kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Peter Bickers		275.0	Peter Bickers		190.0	Peter Bickers		290.0
	23-Nov-13	VIC		23-Nov-13	Vic		14-Sep-13		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Peter Bickers		275.0	Peter Bickers		190.0	Peter Bickers		290.0
	23-Nov-13	VIC		23-Nov-13	VIC		14-Sep-13	VIC	
M1 (40-44)				Glenn Asling		150.0			
				4-May-08	TRA				
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 145kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 145kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Daniel O'Connell 23-Nov-13	Vic	230.0	Daniel O'Connell 23-Nov-13	Vic	120.0	Demetrios Kriticos 12-Aug-17	SA	275.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)							Demetrios Kriticos 12-Aug-17	SA	275.0
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

ASSISTED DIVISION 145+kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISIC 145+kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									