



NATIONAL SINGLE LIFT RECORDS

Updated May 18th, 2024 by Rose Gow

National Single Lift Drug Free Powerlifting Records

WOMEN'S 44 KG CLASS

NATIONAL 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 DIVISIC 44kg 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 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)									

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 5-Aug-08	SA	100.0	Rose Gow 5-Aug-08	SA	50.0	Rose Gow 5-Aug-08	SA	140.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Rose Gow 5-Aug-08	SA	100.0	Rose Gow 5-Aug-08	SA	50.0	Rose Gow 5-Aug-08	SA	140.0
M3 (50-54)	Julie Loomes 5-Aug-08	VIC	80.0				Julie Loomes 5-Aug-08	VIC	125.0
M4 (55-59)									
M5 (60-64)							Rose Gow 26-Aug-23	SA	115.0

UNASSISTED DIVISION 50.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes 5-Aug-08	VIC	75.0	Julie Loomes 5-Aug-08	VIC	50.0	Julie Loomes 5-Aug-08	VIC	115.0
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 5-Aug-08	VIC	75.0	Julie Loomes 5-Aug-08	VIC	50.0	Julie Loomes 5-Aug-08	VIC	115.0
M4 (55-59)									
M5 (60-64)				Rose Gow 26-Aug-23	SA	47.5			

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
M5 (60-64)				Rose Gow 12-Nov-22	SA	50.0	Rose Gow 27-May-23	SA	120.5

UNASSISTED DIVISION 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)									
M5 (60-64)				Rose Gow 27-May-23	SA	47.5			
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		72.5	Rose Gow		52.5	Rose Gow		130.0
	11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	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)	Rose Gow		72.5	Rose Gow		52.5	Rose Gow		130.0
	11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	SA	
M5 (60-64)							Rose Gow		120.0
							22-Aug-20	SA	
M6 (65 -									

UNASSISTED DIVISION 55.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Tanya Green		112.5	Tanya Green		60.0	Tanya Green		140.0
	23-Nov-13	VIC		23-Nov-13	VIC		14-Sep-13	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Julie Loomes		70.0	Julie Loomes		45.0	Julie Loomes		115.0
	23-Jul-06	VIC		23-Jul-06	VIC		23-Jul-06	VIC	
M3 (50-54)				Aileen Flynn		52.5			
				13-Aug-16	SA				
M4 (55-59)									
M5 (60-64)				Rose Gow		50.5	Rose Gow		115.0
				29-May-21	SA		28-Aug-21	SA	
M6 (65 -69)				Nat Zacharko		50.0			
				29-May-22	SA				
M7 (70 -74)				Nat Zacharko		56.0			
				12-Nov-22	SA				

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 DIVISION 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	Kaleigh McLaren 28-Aug-21	SA	110.0
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 Kostadinou	VIC	92.5	Natalia Zacharko	SA	75.0	Jade Farrelly	SA	125.0
	6-Jun-14			10-Sep-09			5-Aug-08		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Jade Farrelly	SA	60.0	Jade Farrelly	SA	125.0
				5-Aug-08			5-Aug-08		
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M4 (55-59)				Natalia Zacharko	SA	75.0			
				10-Sep-09					
M5 (60-64)				Natalia Zacharko	SA	70.0			
				15-Sep-12					
M6 (65-69)	Barbara Juers	SA	80.5	Barbara Juers	SA	50.5	Barbara Juers	SA	100.5
	5-Aug-08			5-Aug-08			5-Aug-08		
M7 (70-74)	Helen Kostadinou	VIC	92.5	Helen Kostadinou	VIC	52.5	Helen Kostadinou	VIC	120
	6/06/2014			6/06/2014			6/06/2014		

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

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 DIVISION 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	Krystal Johns 18-May-24	SA	157.5						
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	Krystal Johns 18-May-24	SA	90.0	Krystal Johns 18-May-24	SA	190.0
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 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

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)	Sheryl Rapson 12-Nov-22	SA	95.0	Sheryl Rapson 27-May-23		70.0			
M4 (55-59)									

UNASSISTED DIVISION 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)				Sheryl Rapson 12-Nov-22	SA	60.5			
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 18-May-19	SA	110.0	Derek Bevins 21-Oct-06	VIC	140.0	Wayne Hunter 18-May-19	SA	140.0
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)									
UNASSISTED DIVISIC 67.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Simon Strezovski 29-May-21	SA	100.0	Todd Whiter 15-Sep-12	NSW	205.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)				Simon Strezovski 29-May-21		100.0	Todd Whiter 15-Sep-12	NSW	205.0
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M7 (70-74)				Malcolm Barber 5-Aug-07	SA	80.0			
M8 (75-79)				Malcolm Barber 21-May-11		77.5			
M9 (80-84)				Malcolm Barber 16-May-15	SA	70.0			

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 DIVISION 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		90.0	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				
M9 (80-84)				John Diehm		75.0			
				29-May-21	SA				
M10 (85-89)				John Diehm		77.5			
				28-May-22	SA				

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

UNASSISTED DIVISIC 100kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Daniel Roberts 30-Apr-06	SA	165.0	Alan Romero 14-Sep-13	NSW	281.0
13									
T1 (14-15)									
T2 (16-17)	Caleb Sapinski-Keightley 11-Aug-18	SA	160.0	Caleb Sapinski-Keightley 11-Aug-18	SA	80.0	Caleb Sapinski-Keightley 11-Aug-18	SA	215.0
T3 (18-19)				Andrew Cecil 4-May-08	WARR	125.0			
Junior (20-23)							Michael Birch 13-Aug-16	SA	245.0
JM (35-39)				David Thomas 23-Jul-06	SA	155.0			
M1 (40-44)				David Thomas 23-May-09	SA	150.0			
M2 (45-49)				Sean Simpson 18-May-19	SA	102.5	Mark Buckerfield 13-Aug-16	SA	152.5
M3 (50-54)				Sean Simpson 20-Aug-20	SA	97.5			
M4 (55-59)									
M5 (60-64)				Robert Bull 6-May-12	VIC	130.0			
M6 (65-69)				David Parker 11-Aug-18	NSW	135.0			
M9 (70-74)				Don Juers 18-May-19	SA	90.0			

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 4-May-08	BAL	200.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)				Nick Olden 23-Nov-13	Vic	185.0			
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 23-Nov-13	VIC	275.0	Peter Bickers 23-Nov-13	Vic	190.0	Peter Bickers 14-Sep-13		290.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Peter Bickers 23-Nov-13	VIC	275.0	Peter Bickers 23-Nov-13	VIC	190.0	Peter Bickers 14-Sep-13	VIC	290.0
M1 (40-44)				Glenn Asling 4-May-08	TRA	150.0			
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)				Brett Johns		182.5			
M4 (55-59)				20-Aug-20	SA				