



NATIONAL POWERLIFTING RECORDS

Updated August 26th, 2023 by Rose Gow

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 44 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 44kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
	14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Julie Loomes		90.0	Julie Loomes		47.5	Julie Loomes		117.5	Julie Loomes		255.0
	9-Apr-95	VIC		9-Apr-95	VIC		9-Apr-95	VIC		9-Apr-95	VIC	
M1 (40-44)	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
	14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC	
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISIC 44kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Julie Loomes		70.0	Julie Loomes		52.5	Julie Loomes		115.0	Julie Loomes		235.0
	28-Nov-99	VIC		14-Sep-97	VIC		28-Nov-99			28-Nov-99	VIC	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)				Julie Loomes		47.5						
				9-Apr-95	VIC							
M1 (40-44)	Julie Loomes		70.0	Julie Loomes		52.5	Julie Loomes		115.0	Julie Loomes		235.0
	28-Nov-99	VIC		14-Sep-97	VIC		28-Nov-99			28-Nov-99	VIC	
M2 (45-49)												
M3 (50-54)	Julie Loomes		65.0	Julie Loomes		40.0	Julie Loomes		105.0	Julie Loomes		210.0
	19-Jun-10	VIC		19-Jun-10	VIC		19-Jun-10			19-Jun-10	VIC	
M4 (55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 47.5 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 47.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Julie Loomes 29-Nov-97	VIC	103.0	Julie Loomes 29-Nov-97	VIC	55.0	Julie Loomes 29-Nov-97	VIC	142.5	Julie Loomes 29-Nov-97	VIC	297.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Fiona Wilson 16-Jul-95	VIC	92.5	Fiona Wilson 16-Jul-95	VIC	50.0	Fiona Wilson 16-Jul-95	VIC	125.0	Fiona Wilson 16-Jul-95	VIC	267.5
JM (35-39)	Julie Loomes 17-Sep-94	VIC	100.0	Julie Loomes 7-Sep-96	VIC	52.5	Julie Loomes 7-Sep-96	VIC	133.0	Julie Loomes 7-Sep-96	VIC	280.0
M1 (40-44)	Julie Loomes 29-Nov-97	VIC	103.0	Julie Loomes 29-Nov-97	VIC	55.0	Julie Loomes 29-Nov-97	VIC	142.5	Julie Loomes 29-Nov-97	VIC	297.5
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISIC 47.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	J. Loomes 20-Jun-99	VIC	70.0	Julie Loomes 29-Nov-97	VIC	55.0	J. Loomes 20-Jun-99	VIC	120.0	J. Loomes 20-Jun-99	VIC	237.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Fiona Wilson 16-Jul-95	VIC	50.0						
JM (35-39)				Julie Loomes 7-Sep-96	VIC	52.5						
M1 (40-44)	J. Loomes 20-Jun-99	VIC	70.0	Julie Loomes 29-Nov-97	VIC	55.0	J. Loomes 20-Jun-99	VIC	120.0	J. Loomes 20-Jun-99	VIC	237.5
M2 (45-49)												
M3 (50-54)	J. Loomes 8-Aug-09	VIC	65.0	Julie Loomes 8-Aug-09	VIC	47.5	J. Loomes 8-Aug-09	VIC	110.0	J. Loomes 8-Aug-09	VIC	222.5
M4 (55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 50.5 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 50.5kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Fiona Wilson 22-Jan-95	VIC	107.5	Fiona Wilson 22-Jan-95	VIC	52.5	Julie Loomes 23-Aug-98	VIC	145.5	Julie Loomes 23-Aug-98	VIC	300.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Fiona Wilson 22-Jan-95	VIC	107.5	Fiona Wilson 22-Jan-95	VIC	52.5	Fiona Wilson 9-Apr-95	VIC	135.0	Fiona Wilson 22-Jan-95	VIC	290.0
JM (35-39)												
M1 (40-44)	Julie Loomes 23-Aug-98	VIC	105.0	Julie Loomes 23-Aug-98	VIC	50.0	Julie Loomes 23-Aug-98	VIC	145.5	Julie Loomes 23-Aug-98	VIC	300.0
M2 (45-49)	Rose Gow 3-Aug-08	SA	100.0	Rose Gow 3-Aug-08	SA	50.0	Rose Gow 3-Aug-08	SA	140.0	Rose Gow 3-Aug-08	SA	290.0
M3 (50-54)	Julie Loomes 3-Aug-08	VIC	80.0	Julie Loomes 3-Aug-08	VIC	50.0	Julie Loomes 23-Nov-08	VIC	132.5	Julie Loomes 23-Nov-09	VIC	257.5
M4 (55-59)												

UNASSISTED DIVISION 50.5kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Samantha Draper 8-Aug-04	VIC	85.0	Fiona Wilson 22-Jan-95	VIC	52.5	Rose Gow 6-Sep-14	SA	132.5	Rose Gow 6-Sep-14	SA	258.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Fiona Wilson 22-Jan-95	VIC	52.5						
JM (35-39)												
M1 (40-44)	Julie Loomes 12-Aug-01	VIC	60.0	Julie Loomes 23-Aug-98	VIC	50.0	Julie Loomes 12-Aug-01	VIC	100.0	Julie Loomes 12-Aug-01	VIC	200.0
M2 (45-49)	Julie Loomes 10-Aug-03	VIC	75.0	Julie Loomes 18-May-03	VIC	50.0	Julie Loomes 10-Aug-03	VIC	120.0	Julie Loomes 10-Aug-03	VIC	240.0
M3 (50-54)	Rose Gow 6-Sep-14	SA	77.5	Rose Gow 6-Sep-14	SA	50.5	Rose Gow 6-Sep-14	SA	132.5	Rose Gow 6-Sep-14	VIC	258.0
M4 (55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 53 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 53kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Karen Lloyd		127.5	Karen Lloyd		62.5	Rose Gow		140.0	Karen Lloyd		315.0
	9-Apr-95	VIC		9-Apr-95	VIC		23-May-09	SA		9-Apr-95	VIC	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Jenna Cruikshank		55.0	Jenna Cruikshank		25.0	Jenna Cruikshank		60.0	Jenna Cruikshank		135.0
	19-Jun-10	NSW		19-Jun-10	NSW		19-Jun-10	NSW		19-Jun-10	NSW	
JM (35-39)	J. Dahl		60.0	J. Dahl		32.5	J. Dahl		100.0	J. Dahl		192.5
	30-Apr-95	QLD		30-Apr-95	QLD		30-Apr-95	QLD		30-Apr-95	QLD	
M1 (40-44)												
M2 (45-49)	Rose Gow		100.0	Rose Gow		55.0	Rose Gow		140.0	Rose Gow		295.0
	23-May-09	SA		23-May-09	SA		23-May-09	SA		23-May-09	SA	
M3 (50-54)	Rose Gow		90.0	Rose Gow		55.0	Rose Gow		140.0	Rose Gow		285.0
	21-May-11	SA		21-May-11	SA		21-May-11	SA		21-May-11	SA	
M4 (55-59)												
UNASSISTED DIVISIC 53kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Aileen Flynn		80.0	Karen Lloyd		62.5	Aileen Flynn		142.5	Aileen Flynn		270.0
	12-Aug-01	QLD		9-Apr-95	VIC		12-Aug-01	QLD		12-Aug-01	Qld	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Jenna Cruikshank		65.0	Jenna Cruikshank		32.5	Jenna Cruikshank		72.5	Jenna Cruikshank		170.0
	18-Jun-11	NSW		18-Jun-11	NSW		18-Jun-11	NSW		18-Jun-11	NSW	
JM (35-39)	Aileen Flynn		80.0	Aileen Flynn		50.0	Aileen Flynn		142.5	Aileen Flynn		270.0
	12-Aug-01	QLD		12-Aug-01	QLD		12-Aug-01	Qld		12-Aug-01	QLD	
M1 (40-44)												
M2 (45-49)				Julie Loomes		45.0	Julie Loomes		110.0			
				30-Apr-06	VIC		30-Apr-06	VIC				
M3 (50-54)	Julie Loomes		80.0	Rose Gow		52.5	Rose Gow		130.5	Julie Loomes		255.0
	4-May-08	VIC		13-Jul-13	SA		13-Jul-13	SA		4-May-08	VIC	
M4 (55-59)	Rose Gow		70.0	Rose Gow		47.5	Rose Gow		130.0	Rose Gow		247.5
	16-May-15	SA		16-May-15	SA		16-May-15	SA		16-May-15	SA	
GM (75-79)	Margaret Rodda		50.0	Margaret Rodda		27.5	Margaret Rodda		85.0	Margaret Rodda		152.5
	7-Aug-05	VIC		7-Aug-05	VIC		7-Aug-05	VIC		7-Aug-05	VIC	

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 55.5 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 55.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Karen Lloyd 7-Sep-96	VIC	125.0	Karen Lloyd 7-Sep-96	VIC	67.5	Karen Lloyd 7-Sep-96	VIC	140.0	Karen Lloyd 7-Sep-96	VIC	332.5
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-07	SA	103.0	Rose Gow 5-Aug-07	SA	50.5	Rose Gow 5-Aug-07	SA	130.0	Rose Gow 5-Aug-07	SA	282.5
M3 (50-54)												
M4 (55-59)	Rose Gow 10-Aug-19	SA	70.0	Rose Gow 10-Aug-19	SA	52.5	Rose Gow 10-Aug-19	SA	120.0	Rose Gow 10-Aug-19	SA	242.5

UNASSISTED DIVISIC 55.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Tanya Green 13-Jul-13	VIC	110.0	Karen Lloyd 7-Sep-96	VIC	67.5	Aileen Flynn 13-Jul-13	VIC	140.5	Tanya Green 13-Jul-13	VIC	307.5
13												
T1 (14-15)	Mary Steed 5-Aug-07	VIC	55.0	Mary Steed 5-Aug-07	VIC	37.5	Mary Steed 5-Aug-07	VIC	110.0	Mary Steed 5-Aug-07	VIC	202.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)	Aileen Flynn 11-May-13	QLD	70.0	Aileen Flynn 11-May-13	QLD	52.5	Aileen Flynn 13-Jul-13	QLD	140.5	Aileen Flynn 11-May-13	QLD	252.5
M3 (50-54)	Rose Gow 24-May-14	SA	75.0	Rose Gow 24-May-14	SA	51.0	Rose Gow 24-May-14	SA	130.5	Rose Gow 24-May-14	SA	256.5
M4 (55-59)	Jenny Phillips 5-Aug-07	VIC	82.5	Rose Gow 19-May-18	SA	48.0	Rose Gow 19-May-18	SA	110.0	Rose Gow 19-May-18	VIC	223.0

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION
WOMEN'S 58.5 KG CLASS
NATIONAL RECORDS

ASSISTED DIVISION 58.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Krystal Johns 18-May-19	SA	130.5	Krystal Johns 19-May-18	SA	70.0	Krystal Johns 18-May-19	SA	162.5	Krystal Johns 18-May-19	SA	363.0
13	Casey Haigh 12-Jun-94	VIC	52.5	Casey Haigh 12-Jun-94	VIC	32.5	Casey Haigh 12-Jun-94	VIC	70.0	Casey Haigh 12-Jun-94	VIC	155.0
T1 (14-15)	Casey Haigh 16-Jul-95	VIC	80.0	Casey Haigh 9-Apr-95	VIC	37.5	Casey Haigh 9-Apr-95	VIC	95.0	Casey Haigh 9-Apr-95	VIC	207.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Krystal Johns 19-May-18	SA	130.0	Krystal Johns 19-May-18	SA	70.0	Krystal Johns 19-May-18	SA	158.0	Krystal Johns 19-May-18	SA	358.0
JM (35-39)												
M1 (40-44)	Lee McKinnon 3-Aug-08	SA	55.0	Lee McKinnon 5-Aug-07	SA	37.5	Lee McKinnon 5-Aug-07	SA	85.0	Lee McKinnon 5-Aug-07	SA	167.5
M2 (45-49)	Lee McKinnon 23-May-09	SA	60.0	Lee McKinnon 23-May-09	SA	37.5	Lee McKinnon 23-May-09	SA	80.0	Lee McKinnon 23-May-09	SA	177.5
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISIC 58.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Tanya Green 15-Jul-12	VIC	115.0	Shelley Dyett 17-Sep-94	VIC	65.0	Tanya Green 15-Jul-12	VIC	140.0	Tanya Green 15-Jul-12	VIC	315.0
13				Casey Haigh 12-Jun-94	VIC	32.5						
T1 (14-15)	Mary Steed 4-May-08	MAR	62.5	Mary Steed 4-May-08	MAR	40.0	Mary Steed 4-May-08	MAR	120.0	Mary Steed 4-May-08	MAR	222.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)	Liz Dando 13-May-07	GEE	70.0				Liz Dando 13-May-07	GEE	112.5	Liz Dando 13-May-07	GEE	242.5
M2 (45-49)	Judy McGrath 30-Apr-06	VIC	80.0	Judy McGrath 30-Apr-06	VIC	45.0	Judy McGrath 30-Apr-06	VIC	127.5	Judy McGrath 30-Apr-06	VIC	250.0
M3 (50-54)												
M4 (55-59)	Jenny Phillios 30-Apr-06	VIC	75.0	Jenny Phillios 30-Apr-06	VIC	35.0	Jenny Phillios 30-Apr-06	VIC	90.0	Jenny Phillios 30-Apr-06	VIC	200.0
M9 (80-84)	Jonnie Rodda (M9) 30-Apr-06	VIC	50.0	Jonnie Rodda (M9) 30-Apr-06	VIC	30.0	Jonnie Rodda (M9) 30-Apr-06	VIC	90.0	Jonnie Rodda (M9) 30-Apr-06	VIC	165.0

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION
WOMEN'S 63 KG CLASS
NATIONAL RECORDS

ASSISTED DIVISION 63kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Krystal Johns	SA	150.0	Krystal Johns	SA	80.5	Krystal Johns	SA	175.0	Krystal Johns	SA	405.0
	28-Aug-21			20-Aug-20			28-Aug-21			28-Aug-21		
13												
T1 (14-15)												
T2 (16-17)	Jade Farrelly	SA	85.0	Jade Farrelly	SA	60.0	Jade Farrelly	SA	130.0	Jade Farrelly	SA	275.0
	5-Aug-07			5-Aug-07			5-Aug-07			5-Aug-07		
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Denise Costello	QLD	95.0	Denise Costello	QLD	62.5	Denise Costello	QLD	125.0	Denise Costello	QLD	275.0
	7-Sep-96			8-Dec-96			7-Sep-96			7-Sep-96		
M1 (40-44)	S. Turner	QLD	95.0	S. Turner	QLD	50.0	S. Turner	QLD	127.5	S. Turner	QLD	272.5
	19-Nov-94			19-Nov-94			19-Nov-94			19-Nov-94		
M2 (45-49)												
M3 (50-54)	Helen Kostadinos	VIC	120.0	Helen Kostadinos	VIC	67.5	Helen Kostadinos	VIC	148.0	Helen Kostadinos	VIC	332.5
	10-Nov-98			10-Nov-98			10-Nov-98			10-Nov-98		
M4 (55-59)												
M6 (65-69)	Barbara Juers	SA	80.5	Barbara Juers	SA	50.5	Barbara Juers	SA	100.5	Barbara Juers	SA	230.0
	3-Aug-08			3-Aug-08			3-Aug-08			3-Aug-08		
UNASSISTED DIVISION 63kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Janine Wallace	VIC	120.0	Sofia Scoufos	VIC	78.0	Janine Wallace	VIC	155.0	Janine Wallace	VIC	342.5
	5-Aug-08			29-Nov-98			5-Aug-08			5-Aug-08		
13												
T1 (14-15)	Mary Steed	MAR	65.0	Mary Steed	MAR	30.0	Mary Steed	MAR	122.5	Mary Steed	MAR	217.5
	3-Aug-08			3-Aug-08			3-Aug-08			3-Aug-08		
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Kathy Mawby	VIC	105.0	Denise Costello	QLD	62.5	Kathy Mawby	VIC	135.0	Kathy Mawby	VIC	295.0
	1-May-11			8-Dec-96			1-May-11			1-May-11		
M1 (40-44)	Mary Mahoney	VIC	100.0	Mary Mahoney	VIC	67.5	Mary Mahoney	VIC	137.5	Mary Mahoney	VIC	305.0
	5-Aug-07			5-Aug-07			5-Aug-07			5-Aug-07		
M2 (45-49)	Paula McPherson	NSW	70.0	Paula McPherson	NSW	35.0	Paula McPherson	NSW	100.0	Paula McPherson	NSW	205.0
	6-Sep-14			6-Sep-14			6-Sep-14			6-Sep-14		
M3 (50-54)				Helen Kostadinos	VIC	67.5						
				10-Nov-98								
M6 (65-69)	Helen Kostadinos	VIC	92.5	Helen Kostadinos	VIC	60.0	Helen Kostadinos	VIC	120.0	Helen Kostadinos	VIC	240.0
	11-May-13			5-May-12			11-May-13			11-May-13		
M*												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION
WOMEN'S 70 KG CLASS
NATIONAL RECORDS

ASSISTED DIVISION 70kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Cherie Rigby 18-Apr-99	VIC	157.5	Krystal Johns 28-May-22	SA	85.0	Cherie Rigby 18-Apr-99	VIC	187.5	Cherie Rigby 18-Apr-99	VIC	412.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Melanie Rogers 23-Aug-98	VIC	100.0	Melanie Rogers 23-Aug-98	VIC	57.5	Melanie Rogers 23-Aug-98	VIC	125.0	Melanie Rogers 23-Aug-98	VIC	282.5
M1 (40-44)	Melanie Rogers 28-Nov-99		120.0	Melanie Rogers 28-Nov-99	VIC	67.5	Kerry-Anne Holmes 8-Aug-09	VIC	135.5	Melanie Rogers 28-Nov-99	VIC	317.5
M2 (45-49)	Judy Carter 28-Nov-99	VIC	110.0	Judy Carter 28-Nov-99	VIC	65.0	Judy Carter 28-Nov-99	VIC	115.0	Judy Carter 28-Nov-99	VIC	290.0
M3 (50-54)	Helen Kostadinos 3-May-98	VIC	115.0	Helen Kostadinos 23-Aug-98	VIC	65.0	Helen Kostadinos 23-Aug-98	VIC	145.5	Helen Kostadinos 23-Aug-98	VIC	325.0
M4 (55-59)												
M5 (60-64)	Helen Kostadinos 5-Aug-07	VIC	112.5	Helen Kostadinos 5-Aug-07	VIC	65.0	Helen Kostadinos 5-Aug-07	VIC	135.0	Helen Kostadinos 5-Aug-07	VIC	312.5
UNASSISTED DIVISIC 70kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Helen Kostadinos 27-May-01	VIC	117.5	Freda Mazzon 4-May-08	VIC	87.5	Freda Mazzon 5-Aug-08	VIC	167.5	Freda Mazzon 5-Aug-08	VIC	347.5
T1 (14-15)												
T2 (16-17)	Mary Steed 8-Aug-09	VIC	50.0	Mary Steed 8-Aug-09	VIC	42.5	Mary Steed 8-Aug-09	VIC	142.5	Mary Steed 8-Aug-09	VIC	235.0
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Freda Mazzon 5-Aug-08	VIC	110.0	Freda Mazzon 4-May-08	VIC	87.5	Freda Mazzon 5-Aug-08	VIC	167.5	Freda Mazzon 5-Aug-08	VIC	347.5
M1 (40-44)	Rachael Wilson 13-Jul-13	VIC	85.0	Rachael Wilson 13-Jul-13	VIC	50.0	Rachael Wilson 13-Jul-13	VIC	112.5	Rachael Wilson 13-Jul-13	VIC	247.5
M2 (45-49)	Leaane Tucker 4-May-08	MAR	80.0	Sue Devereaux 13-Jul-13	VIC	55.0	Sue Devereaux 13-Jul-13	VIC	125.0	Sue Devereaux 13-Jul-13	VIC	255.0
M3 (50-54)	Ellen McKay 1-May-11	VIC	60.0	Helen Kostadinos 23-Aug-98	VIC	65.0	Ellen McKay 1-May-11	VIC	115.0	Ellen McKay 1-May-11	VIC	222.5
M4 (55-59)	Helen Kostadinos 27-May-01	VIC	117.5	Helen Kostadinos 27-May-01	VIC	72.5	Helen Kostadinos 27-May-01	VIC	150.5	Helen Kostadinos 11-Aug-02	VIC	335.0
M5 (60-64)	Helen Kostadinos 3-Aug-08	VIC	107.5	Helen Kostadinos 3-Aug-08	VIC	67.5	Helen Kostadinos 3-Aug-08	VIC	140.0	Helen Kostadinos 3-Aug-08	VIC	312.5
M6 (65-69)	Dianne Castanelli 13-Jul-13	VIC	95.0	Helen Kostadinos 8-Aug-09	VIC	57.5	Dianne Castanelli 13-Jul-13	VIC	120.0	Dianne Castanelli 13-Jul-13	VIC	262.5

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 80 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 80kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Cherie Rigby		160.0	Cherie Rigby		85.0	Cherie Rigby		190.0	Cherie Rigby		435.0
	21-Oct-00	VIC		21-Oct-00	VIC		21-Oct-00	VIC		21-Oct-00	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM	Louise van Zelm		117.5	Louise van Zelm		60.0	Louise van Zelm		147.5	Louise van Zelm		325.0
(35-39)	23-Aug-98	VIC		23-Aug-98	VIC		23-Aug-98	VIC		23-Aug-98	VIC	
M1												
(40-44)												
M2	Judy Wright		115.0	Judy Wright		50.0	Judy Wright		135.0	Judy Wright		297.5
(45-49)	23-Aug-98	VIC		3-May-98	VIC		23-Aug-98	VIC		18-Apr-98	VIC	
M3												
(50-54)												
M4												
(55-59)												

UNASSISTED DIVISIC 80kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Krystal Johns		137.5	Krystal Johns		90.0	Krystal Johns		186.0	Krystal Johns		411.0
	26-Aug-23	SA		26-Aug-23	SA		26-Aug-23	SA		26-Aug-23	SA	
Junior	Trinity Ellacott		130.0	Trinity Ellacott		80.0	Trinity Ellacott		185.0	Trinity Ellacott		395.0
(20-23)	26-Aug-23	SA		26-Aug-23	SA		26-Aug-23	SA		26-Aug-23	SA	
JM				Louise van Zelm		60.0						
(35-39)				23-Aug-98	VIC							
M1	Michelle Glaister		50.0	Michelle Glaister		45.0	Michelle Glaister		110.0	Michelle Glaister		200.0
(40-44)	16-May-15	SA		16-May-15	SA		16-May-15	SA		16-May-15	SA	
M2	Kerrryn Richards		105.0	Kerrryn Richards		58.0	Kerrryn Richards		145.0	Debbie Macer		297.5
(45-49)	3-Aug-08	VIC		4-May-08	VIC		4-May-08	VIC		23-Jul-06	VIC	
M3	Debbie Macer		115.0	Debbie Macer		66.0	Debbie Macer		152.5	Debbie Macer		332.5
(50-54)	5-Aug-07	VIC		8-Aug-09	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
M4												
(55-59)												
M5	Dianne Castanelli		100.5	Dianne Castanelli		50.0	Dianne Castanelli		125.0	Dianne Castanelli		270.0
(60-64)	8-Aug-09	VIC		8-Aug-09	VIC		3-May-09	VIC		8-Aug-09	VIC	
M6												
(65-69)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION
WOMEN'S 90 KG CLASS
NATIONAL RECORDS

ASSISTED DIVISION 90kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Sheryl Rapson		120.0	Sheryl Rapson		65.0	Sheryl Rapson		132.5	Sheryl Rapson		312.5
	5-Aug-07	SA		13-Jul-13	SA		5-Aug-07	SA		5-Aug-07	SA	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior	Tanya Ball		100.0	Tanya Ball		50.0	Tanya Ball		120.0	Tanya Ball		260.0
(20-23)	16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC	
JM	Sheryl Rapson		120.0	Sheryl Rapson		60.0	Sheryl Rapson		132.5	Sheryl Rapson		312.5
(35-39)	5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA	
M1	Sheryl Rapson		102.5	Sheryl Rapson		65.0	Sheryl Rapson		60.0	Sheryl Rapson		227.5
(40-44)	13-Jul-13	SA		13-Jul-13	SA		13-Jul-13	SA		13-Jul-13	SA	
M2												
(45-49)												
M3												
(50-54)												
M4												
(55-59)												
UNASSISTED DIVISIC90kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Judy Wright		120.0	Anne Bryant		75.0	Anne Bryant		157.5	Anne Bryant		337.5
	27-May-01	VIC		1-May-11	VIC		15-Jul-12	VIC		1-May-11	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior	Denai Derecki		80.0	Denai Derecki		52.5	Denai Derecki		155.0	Denai Derecki		272.5
(20-23)	4-May-08	VIC		4-May-08	VIC		3-May-09	VIC		4-May-08	VIC	
JM	Louise van Zelm		115.0	Louise van Zelm		72.5	Louise van Zelm		151.0	Louise van Zelm		332.5
(35-39)	6-Aug-00	VIC		7-May-00	VIC		6-Aug-00	VIC		6-Aug-00	VIC	
M1												
(40-44)												
M2	Kerryn Richards		105.0	Kerry Perry		65.0	Kerryn Richards		145.0	Kerryn Richards		312.5
(45-49)	5-Aug-07	VIC		18-Jun-11	VIC		5-Aug-07	VIC		5-Aug-07	VIC	
M3	Judy Wright		120.0	Judy Wright		60.0	Judy Wright		146.0	Judy Wright		332.5
(50-54)	27-May-01	VIC		12-Aug-01	VIC		12-Aug-01	VIC		12-Aug-01	VIC	
M9												
(80-84)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

WOMEN'S 90+ KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 90+kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Carolyn Briggs	VIC	170.0	Carolyn Briggs	VIC	85.0	Carolyn Briggs	VIC	182.5	Carolyn Briggs	VIC	437.5
	9-Apr-94			9-Apr-94			9-Apr-94			16-Jul-95		
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 90+kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Mandy Frazer	SA	150.0	Carolyn Briggs	VIC	85.0	Denai Derecki	VIC	180.0	Mandy Frazer	SA	395.0
	20-May-17			9-Apr-94			15-Jul-12			20-May-17		
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Stacey Sullivan	VIC	140.0	Stacey Sullivan	VIC	82.5	Stacey Sullivan	VIC	172.5	Stacey Sullivan	VIC	392.5
	12-Aug-01			12-Aug-01			12-Aug-01			12-Aug-01		
JM (35-39)												
M1 (40-44)	Sheryl Rapson	SA	80.0	Sheryl Rapson	SA	62.5	Sheryl Rapson	SA	70.0	Sheryl Rapson	SA	212.5
	15-Jul-12			15-Jul-12			15-Jul-12			15-Jul-12		
M2 (45-49)	Anne Stone	NSW	90.0	Anne Stone	NSW	50.0	Anne Stone	NSW	130.0	Anne Stone	NSW	270.0
	6-Sep-14			6-Sep-14			6-Sep-14			6-Sep-14		
M3 (50-54)												
M4 (55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION
NATIONAL RECORDS

MEN'S 44 KG CLASS

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13	Nicholas Loomes		47.5	Nicholas Loomes		25.0	Nicholas Loomes		80.0	Nicholas Loomes		152.5
	14-Sep-97	VIC		14-Sep-98	VIC		14-Sep-97	VIC		14-Sep-97	VIC	
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13				Nicholas Loomes		25.0						
				14-Sep-98	VIC							
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												

MEN'S 48 KG CLASS

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13												
T1 (14-15)	Nicholas Loomes		60.0	Nicholas Loomes		30.0	Nicholas Loomes		100.0	Nicholas Loomes		175.0
	29-Nov-98	VIC		29-Nov-98	VIC		29-Nov-98	VIC		26-Nov-98	VIC	
T2 (16-17)												
T3 (18-19)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13												
T1 (14-15)				Nicholas Loomes		30.0						
				29-Nov-98	VIC							
T2 (16-17)												
T3 (18-19)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 52 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 52kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	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			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Nicholas Loomes 28-Nov-99	VIC	70.0	Nicholas Loomes 28-Nov-99	VIC	35.0	Nicholas Loomes 28-Nov-99	VIC	110.0	Nicholas Loomes 28-Nov-99	VIC	215.0
13												
T1 (14-15)	Nicholas Loomes 28-Nov-99	VIC	70.0	Nicholas Loomes 28-Nov-99	VIC	35.0	Nicholas Loomes 28-Nov-99	VIC	110.0	Nicholas Loomes 28-Nov-99	VIC	215.0
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 56 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 56kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Peter Mong	VIC	140.0	Peter Mong	VIC	92.5	Peter Mong	VIC	182.5	Peter Mong	VIC	410.0
	5-May-96			5-May-96			5-May-96			5-May-96		
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)	John Deakin	QLD	82.5	John Deakin	QLD	77.5	John Deakin	QLD	133.0	John Deakin	QLD	290.0
	16-Jul-95			16-Jul-95			16-Jul-95			16-Jul-95		
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISIC 56kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Bill Lotherington	VIC	75.0	Peter Mong	VIC	92.5	Nicholas Loomes	VIC	120.0	Nicholas Loomes	VIC	225.0
	13-Jul-13			5-May-96			6-Aug-00			6-Aug-00		
13												
T1 (14-15)												
T2 (16-17)	Nicholas Loomes	VIC	70.0	Nicholas Loomes	VIC	40.0	Nicholas Loomes	VIC	120.0	Nicholas Loomes	VIC	225.0
	6-Aug-00			6-Aug-00			6-Aug-00			6-Aug-00		
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)				John Deakin	QLD	77.5						
				16-Jul-95								
M3 (50-54)												
M4 (55-59)												
M8 (75-79)	Bill Lotherington	Vic	75.0	Bill Lotherington	Vic	55.0	Bill Lotherington	Vic	115.0	Bill Lotherington	Vic	245.0
	13-Jul-13			13-Jul-13			13-Jul-13			13-Jul-13		

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 60 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 60kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Damian Lenten		155.0	Peter Mong		90.0	Scott York		192.5	Damian Lenten		425.0
	12-Jun-94	VIC		3-May-98	VIC		16-Jul-95	VIC		12-Jun-95	VIC	
13												
T1 (14-15)												
T2 (16-17)	Scott York		142.5	Paul Mong		72.5	Paul Mong		183.5	Scott York		382.5
	22-Jan-95	VIC		7-May-00	VIC		6-Aug-00	VIC		22-Jan-95	VIC	
T3 (18-19)	Scott York		150.5	Scott York		70.0	Scott York		192.5	Scott York		412.5
	16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC	
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			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Andrew Bennett		120.0	Tom Extra		105.0	Tom Extra		183.0	Tom Extra		390.0
	27-May-01			5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
13												
T1 (14-15)	Michael McFarlane		107.5	Michael McFarlane		65.0	Andrew Bennett		145.0	Michael McFarlane		312.5
	21-May-16	SA		21-May-16	SA		7-May-00	VIC		21-May-16	SA	
T2 (16-17)	Andrew Bennett		120.0	Scott York		65.0	Andrew Bennett		160.0	Andrew Bennett		335.0
	27-May-01	VIC		22-Jan-95	VIC		27-May-01	VIC		27-May-01	VIC	
T3 (18-19)	Tod Whiter		115.0	Tod Whiter		72.5	Tod Whiter		160.0	Tod Whiter		337.7
	18-Jun-11	NSW		18-Jun-11	VIC		18-Jun-11	NSW		18-Jun-11	NSW	
Junior (20-23)	Tom Extra		110.0	Tom Extra		105.0	Tom Extra		183.0	Tom Extra		390.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)	Bill Lotherington		60.0	Bill Lotherington		60.0	Bill Lotherington		122.5	Bill Lotherington		242.5
	11-May-13	VIC		11-May-13	VIC		11-May-13	VIC		11-May-13	VIC	

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 67.5 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 67.5kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	S. Wright 30-Apr-95	QLD	200.0	Derek Bevins 23-Jul-06	VIC	167.5	Leigh Andrew 12-Jun-94	VIC	233.0	Leigh Andrew 12-Jun-94	VIC	552.5
13.00												
T1 (14-15)												
T2 (16-17)	D. Hallard 30-Apr-95	QLD	110.0	D. Hallard 30-Apr-95	Qld	65.0	D. Hallard 30-Apr-95	QLD	125.0	D. Hallard 30-Apr-95	QLD	300.0
T3 (18-19)	Paul Mong 26-Nov-00	VIC	155.0	Paul Mong 26-Nov-00	VIC	77.5	Paul Mong 26-Nov-00	VIC	190.0	Paul Mong 26-Nov-00	VIC	422.5
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)	Dean Jenkinson 27-May-23		170.0	Dean Jenkinson 27-May-23		112.5	Dean Jenkinson 27-May-23		220.0	Dean Jenkinson 27-May-23		502.5
M4 (55-59)												
UNASSISTED DIVISIC 67.5kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Brendan Cameron 10-Aug-03	VIC	160.0	Leigh Andrew 12-Jun-94	VIC	127.5	Dean Jenkinson 29-May-21	SA	225.0	Dean Jenkinson 29-May-21	Vic	490.0
13.00												
T1 (14-15)	Curtis De Haan 30-Apr-06	VIC	115.0	Jacob Kerr 21-May-16	SA	80.0	Curtis De Haan 30-Apr-06	VIC	180.0	Curtis De Haan 30-Apr-06	VIC	357.5
T2 (16-17)	Michael McFarlane 12-Aug-17	SA	117.5	Michael McFarlane 12-Aug-17	SA	75.0	Michael McFarlane 12-Aug-17	SA	140.0	Michael McFarlane 12-Aug-17	SA	332.5
T3 (18-19)	Daniel Arbuthnot 8-Aug-09	VIC	117.5	Daniel Arbuthnot 8-Aug-09	VIC	80.0	Daniel Arbuthnot 8-Aug-09	VIC	175.0	Daniel Arbuthnot 8-Aug-09	VIC	365.0
Junior (20-23)	Thomas Extra 3-May-09	VIC	120.0	Thomas Extra 3-May-09	VIC	100.0	Thomas Extra 3-May-09	VIC	185.0	Thomas Extra 3-May-09	VIC	405.0
JM (35-39)												
M1 (40-44)												
M3 (50-54)	Dean Jenkinson 29-May-21	SA	155.0	Dean Jenkinson 29-May-21	SA	110.0	Dean Jenkinson 29-May-21	SA	225.0	Dean Jenkinson 29-May-21	SA	490.0
M7 (70-74)	Bill Lotherington 4-May-08	MAR	70.0	Bill Lotherington 4-May-08	MAR	60.0	Bill Lotherington 4-May-08	MAR	115.0	Bill Lotherington 4-May-08	MAR	245.0
M8 (75-79)	Bill Lotherington 5-Aug-08	MAR	80.0	Bill Lotherington 5-Aug-08	MAR	55.0	Bill Lotherington 5-Aug-08	MAR	120.0	Bill Lotherington 5-Aug-08	MAR	250.0

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	175.0	Dean Jenkinson	SA	122.5	Dean Jenkinson	SA	225.0	Dean Jenkinson	SA	517.5
	26-Aug-23			20-Aug-20			26-Aug-23			26-Aug-23		
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 DIVISIC 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)	Wayne Hunter	SA	135.0	Andrew Sceney	VIC	135.0	Wayne Hunter	SA	192.5	Wayne Hunter	SA	410.0
	28-Aug-21			29-Nov-98			27-May-23			28-Aug-21		
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		

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 82.5 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 82.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Daryl Maddern 12-Aug-01	VIC	250.0	Nathan Flick 23-Aug-98	QLD	192.5	Keith McKinnon 7-Sep-96	QLD	276.0	Daryl Maddern 12-Aug-01	VIC	635.0
13												
T1 (14-15)	M. Fahy 19-Nov-94	QLD	152.5	M. Fahy 19-Nov-94	QLD	85.0	M. Fahy 19-Nov-94	QLD	155.0	M. Fahy 19-Nov-94	QLD	392.5
T2 (16-17)	M. Fahy 30-Apr-95	QLD	155.0	M. Fahy 4-Nov-95	QLD	90.0	M. Fahy 4-Nov-95	QLD	175.0	M. Fahy 4-Nov-95	QLD	420.0
T3 (18-19)												
Junior (20-23)	Andrew Nipperess 7-Sep-96	QLD	220.0	Andrew Nipperess 8-Dec-96	QLD	162.5	Andrew Nipperess 8-Dec-96	QLD	250.0	Andrew Nipperess 8-Dec-96	QLD	627.5
JM (35-39)	David Pye 17-Sep-94	VIC	222.5	Andrew Sceney 6-Aug-00	VIC	160.0	David Pye 17-Sep-94	VIC	240.0	David Pye 17-Sep-94	VIC	582.5
M1 (40-44)	Aaron McFarlane 21-May-16	SA	217.5	Aaron McFarlane 21-May-16	SA	125.0	David Pye 23-Aug-98	VIC	245.0	David Pye 23-Aug-98	VIC	582.5
M2 (45-49)	Austin Morrison 5-May-96	VIC	230.0	Austin Morrison 5-May-96	VIC	130.0	Austin Morrison 5-May-96	VIC	240.0	Austin Morrison 5-May-96	VIC	600.0
M3 (50-54)	Warwick Williams 18-May-13	SA	135.0	Warwick Williams 18-May-13	SA	80.0	Warwick Williams 18-May-13	SA	205.0	Warwick Williams 18-May-13	SA	420.0
M4 (55-59)												

UNASSISTED DIVISION 82.5kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Glenn Stephens 16-Oct-02	VIC	207.5	Nathan Flick 23-Aug-98	QLD	192.5	Glen Stephens 7-Aug-05	VIC	255.0	Glen Stephens 16-Oct-02	VIC	580.0
T1 (14-15)	Curtis De Haan 5-Aug-07	VIC	175.0	Curtis De Haan 5-Aug-07	VIC	100.0	Curtis De Haan 5-Aug-07	VIC	240.0	Curtis De Haan 5-Aug-07	VIC	515.0
T2 (16-17)	Jordan Maur 16-May-15	SA	180.0	Brandon Cornwill 3-May-09	VIC	110.0	Brandon Cornwill 3-May-09	VIC	230.0	Brandon Cornwill 3-May-09	VIC	480.0
T3 (18-19)	Simon Rowland 5-Aug-08	MAR	200.0	Simon Rowland 5-Aug-08	MAR	120.0	Simon Rowland 4-May-08	MAR	240.0	Simon Rowland 5-Aug-08	MAR	530.0
Junior (20-23)	Ryan Smallwood-Simpson 16-Apr-15	SA	190.0	Andrew Nipperess 8-Dec-96	QLD	162.5	Ryan Smallwood-Simpson 16-May-15	SA	240.0	Ryan Smallwood-Simpson 16-May-15	SA	540.0
JM (35-39)	Mark Sands 8-Aug-09	NSW	165.0	Andrew Sceney 23-Aug-98	VIC	130.0	Joe Debono 11-May-13	VIC	230.0	Joe Debono 11-May-13	VIC	500.0
M1 (40-44)	Lindsay Gordon 26-Nov-00	VIC	160.0	David Pye 23-Aug-98	VIC	122.5	Lindsay Gordon 26-Nov-00	VIC	225.0	Lindsay Gordon 26-Nov-00	VIC	482.5
M2 (45-49)	Wayne Baker 1-May-11	VIC	85.0	Noel Lindsay 13-May-07	VIC	142.5	Noel Lindsay 23-Jul-06	VIC	210.0	Noel Lindsay 23-Jul-06	VIC	490.0
M3 (50-54)	John Clow 6-Aug-00	VIC	200.0	Noel Lindsay 5-Aug-07	VIC	140.0	Noel Lindsay 5-Aug-08	VIC	212.5	Noel Lindsay 5-Aug-08	VIC	507.5
M4 (55-59)	John Clow 5-Aug-08	VIC	197.5	Gregory Neumann 12-Aug-17	SA	140.0	Gregory Neumann 12-Aug-17	SA	220.0	Gregory Neumann 12-Aug-17	SA	520.0
M5 (60-64)	Austin Morrison 5-Aug-08	NSW	190.0	Austin Morrison 5-Aug-08	NSW	90.0	Austin Morrison 5-Aug-08	NSW	193.0	Austin Morrison 5-Aug-08	NSW	472.5
M7 (70-74)	Charles McMahon 5-Aug-07	SA	100.0	Charles McMahon 5-Aug-07	SA	77.5	Charles McMahon 5-Aug-07	SA	140.0	Charles McMahon 5-Aug-07	SA	317.5

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION
MEN'S 90 KG CLASS
NATIONAL RECORDS

ASSISTED DIVISION 90kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Phil Walsh	QLD	270.0	Jim Hosie	ACT	172.5	Jim Hosie	ACT	275.5	Jim Hosie	ACT	658.0
	11-Jun-94			19-Jun-10			19-Jun-10			19-Jun-10		
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior (20-23)	Andrew Nipperess	QLD	220.0	Andrew Nipperess	QLD	140.0	Shane Newman	VIC	250.0	Andrew Nipperess	QLD	585.0
	30-Apr-94			30-Apr-94			7-Sep-96			30-Apr-94		
JM (35-39)	Alan Muston	QLD	240.0	Alan Muston	QLD	140.0	Alan Muston	QLD	260.0	Alan Muston	QLD	640.0
	11-Jun-94			11-Jun-94			19-Nov-94			19-Nov-94		
M1 (40-44)	Ray Ancilleri	VIC	207.5	Ray Ancilleri	VIC	135.0	E. Kostrzewski	QLD	250.0	Ray Ancilleri	VIC	572.5
	23-Aug-98			4-May-97			30-Apr-95			23-Aug-98		
M2 (45-49)	Aaron McFarlane	SA	222.5	Aaron McFarlane	SA	130.0	Ray Ancilleri	VIC	220.0	Aaron McFarlane	SA	572.5
	12-Aug-17			12-Aug-17			6-Aug-00			12-Aug-17		
M3 (50-54)	Barry Wilkes	VIC	180.0	Barry Wilkes	VIC	135.0	Barry Wilkes	VIC	200.0	Barry Wilkes	VIC	502.5
	3-May-98			3-May-98			14-Sep-97			3-May-98		
M4 (55-59)												
UNASSISTED DIVISIC 90kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Andrew Roberts	VIC	240.0	Peter Mavromatis	VIC	165.5	Curtis Dehaan	VIC	300.0	Andrew Roberts	VIC	655.0
	6-Aug-00			12-Aug-01			8-Aug-09			6-Aug-00		
13												
T1 (14-15)	Clay Westcombe-Down	SA	115.0	Clay Westcombe-Down	SA	67.5	Clay Westcombe-Down	SA	150.0	Clay Westcombe-Down	SA	332.5
	22-May-10			22-May-10			22-May-10			22-May-10		
T2 (16-17)	Curtis Dehaan	VIC	200.0	Curtis Dehaan	VIC	122.5	Curtis Dehaan	VIC	300.0	Curtis Dehaan	VIC	620.0
	8-Aug-09			5-Aug-08			8-Aug-09			8-Aug-09		
T3 (18-19)	Chris Powell	SA	157.5	Chris Powell	SA	125.0	Chris Powell	SA	210.0	Chris Powell	SA	487.5
	16-May-15			16-May-15			16-May-15			16-May-15		
Junior (20-23)	Damien Kierl	VIC	170.0	Andrew Nipperess	QLD	140.0	Damien Kierl	VIC	220.0	Damien Kierl	VIC	480.0
	6-Aug-00			30-Apr-94			7-May-00			7-May-00		
JM (35-39)	Tony Harvey	NSW	170.0	Alan Muston	QLD	140.0	Jason Mawby	VIC	230.0	Tony Harvey	NSW	560.0
	11-May-13			11-Jun-94			19-Jun-10			11-May-13		
M1 (40-44)	David Pye	VIC	200.0	Ray Ancilleri	VIC	135.0	Hector Lawson	VIC	235.0	Hector Lawson	VIC	525.0
	20-Jun-99			4-May-97			6-Sep-14			6-Sep-14		
M2 (45-49)	Paul Teape	VIC	172.5	Damian Powell	SA	130.0	Ray Ancilleri	VIC	210.0	Ray Ancilleri	VIC	505.0
	19/6/201			13-Jul-13			8-Aug-04			8-Aug-04		
M3 (50-54)	Corrado Angeletti	SA	167.5	Corrado Angeletti	SA	140.0	Ray Ancilleri	VIC	220.0	Ray Ancilleri	VIC	507.5
	13-Jul-13			183/07/2013			30-Apr-06			30-Apr-06		
M4 (55-59)	Shane Onley	SA	172.5	Barry Wilkes	VIC	127.5	Shane Onley	SA	192.5	Shane Onley	SA	460.0
	13-Jul-13			8-Aug-04			13-Jul-13			13-Jul-13		
M5 (60-64)	John Clow	VIC	200.0	Barry Wilkes	VIC	125.0	John Clow	VIC	201.0	Barry Wilkes	VIC	455.0
	18-Jun-11			5-Aug-07			18-Jun-11			7-Aug-05		
M6 (65-69)	Barry Wilkes	VIC	122.5	Barry Wilkes	VIC	100.0	Barry Wilkes	VIC	160.0	Barry Wilkes	VIC	392.5
	15-May-05			5-Aug-07			7-Aug-05			7-Aug-05		
M7 (70-74)	Wim Van Weenen	VIC	165.0	Wim Van Weenen	VIC	100.0	Wim Van Weenen	VIC	210.0	Wim Van Weenen	VIC	475.0
	10-Aug-03			10-Aug-03			10-Aug-03			10-Aug-03		

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 100 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 100kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Phil Walsh		287.5	Tristan Gassman		180.0	David Myers		282.5	Phil Walsh		710.0
	8-Jun-96	QLD		5-Aug-08	VIC		16-Jul-95	VIC		8-Jun-96	QLD	
13												
T1												
(14-15)												
T2												
(16-17)												
T3	Simon Jarvis		190.0	Simon Jarvis		92.5	Simon Jarvis		210.0	Simon Jarvis		485.0
(18-19)	12-Jun-94	VIC		12-Jun-94	VIC		12-Jun-94	VIC		12-Jun-94	VIC	
Junior	Simon Jarvis		215.0	Simon Jarvis		112.5	Simon Jarvis		260.0	Simon Jarvis		587.5
(20-23)	7-Sep-96	VIC		7-Sep-96	VIC		7-Sep-96	VIC		7-Sep-96	VIC	
JM	Ivan Straga		242.5	Tristan Gassman		170.0	David Myers		282.5	Tristan Gassman		660.0
(35-39)	9-Apr-95	VIC		19-Jun-10	VIC		16-Jul-95	VIC		19-Jun-10	VIC	
M1	Gary Hoffman		220.0	Ivan Straga		152.5	Ivan Straga		235.0	Ivan Straga		552.5
(40-44)	7-Sep-96	QLD		3-May-98	VIC		3-May-98	VIC		3-May-98	VIC	
M2	Richard Gault		225.0	Ross Knight		150.0	Ross Knight		270.0	Ross Knight		635.0
(45-49)	9-Nov-94	QLD		4-May-08	VIC		4-May-08	VIC		16-Jul-95	VIC	
M3	Barry Wilkes		190.0	Barry Wilkes		142.5	Barry Wilkes		212.5	Barry Wilkes		542.5
(50-54)	24-Nov-96	VIC		4-May-97	VIC		24-Nov-96	VIC		24-Nov-96	VIC	
M4	John Ede		220.0	John Ede		100.0	John Ede		235.0	John Ede		545.0
(55-59)	16-Jul-95	QLD		8-Dec-96	Qld		8-Dec-96	QLD		16-Jul-95	QLD	
M5	David Alpen		190.0	David Alpen		140.0	David Alpen		240.0	David Alpen		570.0
(60-64)	26-Aug-23	SA		26-Aug-23	SA		26-Aug-23	SA		26-Aug-23	SA	

UNASSISTED DIVISIC 100kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Micahel Waddington		220.5	Damien Kruger		185.0	Damien Kruger		275.0	Damien Kruger		680.0
	15-Jul-12	VIC		5-Aug-07	VIC		5-Aug-07	VIC		5-Aug-07	VIC	
13												
T1												
(14-15)												
T2	Clay Wescombe-Down		130.0				Clay Wescombe-Down		180.0			
(16-17)	21-May-11	SA					21-May-11	SA				
T3	Earl Murphy		200.0	Tom Matthyssen		115.0	Earl Murphy		240.0	Tom Matthyssen		555.0
(18-19)	1-May-11	VIC		1-May-11	VIC		1-May-11	VIC		1-May-11	VIC	
Junior				Simon Jarvis		112.5						
(20-23)				7-Sep-96	VIC							
JM	Scott Bayley		210.0	Jason Mawby		155.0	Jason Mawby		260.0	Jason Mawby		615.0
(35-39)	12-Aug-01	VIC		1-May-11	VIC		1-May-11	VIC		1-May-11	VIC	
M1	Ross Knight		205.0	Ross Knight		155.0	Ross Knight		272.5	Ross Knight		632.5
(40-44)	18-May-03	VIC		18-May-03	VIC		18-May-03	VIC		18-May-03	VIC	
M2	Paul Teape		177.5	Robert Bull		145.0	Paul Teape		222.5	Paul Teape		525.0
(45-49)	1-May-11	VIC		9-Apr-95	VIC		1-May-11	VIC		1-May-11	VIC	
M3	Hans Lindgren		160.0	Barry Wilkes		142.5	Hans Lindgren		210.0	Hans Lindgren		485.0
(50-54)	13-Jul-13	QLD		4-May-97	VIC		11-May-13	VIC		11-May-13	QLD	
M4	Barry Wilkes		202.5	Barry Wilkes		135.0	Barry Wilkes		215.0	Barry Wilkes		522.5
(55-59)	5-Aug-08	VIC		19-May-02	VIC		10-Aug-03	VIC		10-Aug-03	VIC	
M5												
(60-64)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 110 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 110kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	David Myers	VIC	257.5	Scott York	VIC	202.5	Grant Cody	VIC	300.5	Grant Cody	VIC	717.5
	3-May-98			3-Aug-08			16-Jul-95			16-Jul-95		
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Thomas Halper	NSW	230.0	Thomas Halper	NSW	135.0	Thomas Halper	NSW	270.0	Thomas Halper	NSW	630.0
	6-Sep-14			6-Sep-14			6-Sep-14			6-Sep-14		
JM (35-39)	Chris Turner	QLD	248.0	Tristan Gassman	VIC	190.0	Chris Turner	QLD	272.5	Chris Turner	QLD	655.0
	8-Dec-96			3-May-09			8-Jun-96			8-Jun-96		
M1 (40-44)	David Myers	VIC	257.5	Ivan Straga	VIC	160.0	David Myers	VIC	291.0	David Myers	VIC	687.5
	3-May-98			7-Sep-96			14-Sep-97			14-Sep-97		
M2 (45-49)	Ian Chettle	VIC	250.0	Ivan Straga	VIC	177.5	Ian Chettle	VIC	230.0	Ian Chettle	VIC	607.5
	16-Jul-95			10-Aug-03			17-Sep-94			17-Sep-94		
M3 (50-54)	K. Neumann	QLD	202.5	K. Neuman	VIC	160.0	K. Neumann	QLD	220.0	K. Neumann	QLD	582.5
	11-Jun-94			11-Jun-94			11-Jun-94			11-Jun-94		
M4 (55-59)												
UNASSISTED DIVISIC 110kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Jason Cikos	NSW	240.0	Damian Kruger	VIC	180.0	Damian Kruger	VIC	280.0	Damian Kruger	VIC	690.0
	6-Sep-14			8-Aug-09			8-Aug-09			8-Aug-09		
13												
T1 (14-15)												
T2 (16-17)	Tyrone Sharpe	SA	65.0	Tyrone Sharpe	SA	45.0	Tyrone Sharpe	SA	120.0	Tyrone Sharpe	SA	230.0
	23-May-09			23-May-09			23-May-09			23-May-09		
T3 (18-19)												
Junior (20-23)	Mitch Collins	VIC	177.5	Mitch Collins	VIC	140.0	Mitch Collins	VIC	240.0	Mitch Collins	VIC	557.5
	8-Aug-09			8-Aug-09			8-Aug-09			8-Aug-09		
JM (35-39)	Damian Kruger	VIC	230.0	Damian Kruger	VIC	180.0	Damian Kruger	VIC	280.0	Damian Kruger	VIC	690.0
	8-Aug-09			8-Aug-09			8-Aug-09			8-Aug-09		
M1 (40-44)	Adam Mazzon	VIC	220.0	Ivan Straga	VIC	162.5	Adam Mazzon	VIC	260.0	Adam Mazzon	VIC	615.0
	23-Jul-06			20-Jun-99			30-Apr-06			30-Apr-06		
M2 (45-49)				Ian Chettle	VIC	137.5						
				17-Sep-94								
M3 (50-54)	Gary Newell	VIC	170.0	K. Neumann	QLD	160.0	Gary Newell	VIC	240.0	Gary Newell	VIC	550.0
	5-Aug-07			11-Jun-94			4-May-08			4-May-08		
M4 (55-59)	Robert Parker	VIC	202.5	Robert Parker	VIC	150.0	Robert Parker	VIC	230.0	Robert Parker	VIC	582.5
	5-Aug-08			5-Aug-08			5-Aug-08			5-Aug-08		
M5 (60-64)	David Westcombe-Down	SA	185.0	David Westcombe-Down	SA	127.5	David Westcombe-Down	SA	182.5	David Westcombe-Down	SA	492.5
	24-May-08			24-May-08			24-May-08			24-May-08		

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 125 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 125kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Martyn Girvan 23-Aug-98	VIC	280.0	Scott York 4-May-08	BAL	200.0	Alan Pickersgill 7-Sep-96	VIC	310.0	Martyn Girvan 6-Aug-00	VIC	747.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Glenn Firth 29-Nov-97	VIC	220.0	Glen Firth 29-Nov-97	VIC	127.5	Glenn Firth 29-Nov-97	VIC	225.0	Glenn Firth 29-Nov-97	VIC	550.0
JM (35-39)	G. Smith 4-Nov-95	QLD	250.0	Stephen Maxwell 23-Aug-98	VIC	155.0	Stephen Maxwell 23-Aug-98	VIC	270.5	G. Smith 4-Nov-95	QLD	672.5
M1 (40-44)												
M2 (45-49)	M. Whitaker 19-Nov-94	QLD	235.0	Paul Ashby 18-May-19	SA	145.0	M. Whitaker 19-Nov-94	QLD	230.0	M. Whitaker 19-Nov-94	QLD	585.0
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISIC 125kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Peter Bickers 13-Jul-13	VIC	280.0	Peter Bickers 13-Jul-13	VIC	180.0	Martyn Girvan 20-Jun-99	VIC	300.0	Peter Bickers 13-Jul-13	VIC	745.0
13												
T1 (14-15)												
T2 (16-17)	Daniel O'Connell 11-May-13	VIC	180.0	Daniel O'Connell 11-May-13	VIC	120.0	Daniel O'Connell 11-May-13	VIC	230.0	Daniel O'Connell 11-May-13	JVIC	530.0
T3 (18-19)												
Junior (20-23)				Glenn Firth 29-Nov-97	VIC	127.5						
JM (35-39)	Peter Bickers 13-Jul-13	VIC	280.0	Peter Bickers 13-Jul-13	VIC	180.0	Peter Bickers 13-Jul-13	VIC	280.0	Peter Bickers 13-Jul-13	VIC	745.0
M1 (40-44)	Peter Bickers 6-Sep-14	VIC	260.0	Peter Bickers 6-Sep-14	VIC	160.0	Adam Mazzon 8-Aug-09	VIC	300.0	Peter Bickers 6-Sep-14	VIC	715.0
M2 (45-49)	Brett Johns 11-Aug-18	SA	235.0	Brett Johns 11-Aug-18	SA	170.0	Brett Johns 11-Aug-18	SA	255.0	Brett Johns 11-Aug-18	SA	660.0
M3 (50-54)	Brett Johns 28-Aug-21	SA	255.0	Brett Johns 18-May-19	SA	175.0	Brett Johns 29-May-21	SA	280.0	Brett Johns 29-May-21		705.0
M4 (55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 145 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 145kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Mal Rae		260.0	Mal Rae		157.5	Mal Rae		240.0	Mal Rae		642.5
	8-Dec-96	QLD		8-Dec-96	QLD		4-Nov-95	QLD		8-Dec-96	QLD	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM	Mal Rae		260.0	Mal Rae		157.5	Mal Rae		240.0	Mal Rae		642.5
(35-39)	8-Dec-96	QLD		8-Dec-96	QLD		4-Nov-95	QLD		8-Dec-96	QLD	
M1	Nick Olden		225.0	Nick Olden		162.5	Nick Olden		220.0	Nick Olden		607.5
(40-44)	11-May-13	VIC		11-May-13	VIC		11-May-13	VIC		11-May-13	VIC	
M2												
(45-49)												
M3												
(50-54)												
M4												
(55-59)												

UNASSISTED DIVISIC 145kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Paul Frange		228.0	Paul Frange		168.0	Paul Frange		313.0	Paul Frange		705.0
	23-Jul-06	VIC		23-Jul-06	VIC		30-Apr-06	VIC		23-Jul-06	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM	Paul Frange		228.0	Paul Frange		168.0	Paul Frange		313.0	Paul Frange		705.0
(35-39)	23-Jul-06	VIC		23-Jul-06	VIC		30-Apr-06	VIC		23-Jul-06	VIC	
M1												
(40-44)												
M2	Brett Johna		225.0	Brett Johns		165.0	Brett Johns		240.0	Brett Johns		630.0
(45-49)	19-May-18	SA		19-May-18	SA		19-May-18	SA		19-May-18	SA	
M3	Brett John		255.0	Brett Johns		180.0	Brett Johns		280.0	Brett Johns		715.0
(50-54)	28-May-22	SA		28-May-22	SA		28-May-22	SA		28-May-22	SA	
M4												
(55-59)												

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 145+ KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 145+kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	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			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	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)												