



NATIONAL POWERLIFTING RECORDS

Updated May 24th, 2025 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	Julie Loomes		90.0	Julie Loomes		47.5	Julie Loomes		117.5	Julie Loomes		255.0
(35-39)	9-Apr-95	VIC		9-Apr-95	VIC		9-Apr-95	VIC		9-Apr-95	VIC	
M1	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
(40-44)	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				Julie Loomes		47.5						
(35-39)				9-Apr-95	VIC							
M1	Julie Loomes		70.0	Julie Loomes		52.5	Julie Loomes		115.0	Julie Loomes		235.0
(40-44)	28-Nov-99	VIC		14-Sep-97	VIC		28-Nov-99			28-Nov-99	VIC	
M2												
(45-49)												
M3	Julie Loomes		65.0	Julie Loomes		40.0	Julie Loomes		105.0	Julie Loomes		210.0
(50-54)	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		103.0	Julie Loomes		55.0	Julie Loomes		142.5	Julie Loomes		297.5
	29-Nov-97	VIC		29-Nov-97	VIC		29-Nov-97	VIC		29-Nov-97	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior	Fiona Wilson		92.5	Fiona Wilson		50.0	Fiona Wilson		125.0	Fiona Wilson		267.5
(20-23)	16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC	
JM	Julie Loomes		100.0	Julie Loomes		52.5	Julie Loomes		133.0	Julie Loomes		280.0
(35-39)	17-Sep-94	VIC		7-Sep-96	VIC		7-Sep-96	VIC		7-Sep-96	VIC	
M1	Julie Loomes		103.0	Julie Loomes		55.0	Julie Loomes		142.5	Julie Loomes		297.5
(40-44)	29-Nov-97	VIC		29-Nov-97			29-Nov-97	VIC		29-Nov-97	VIC	
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		70.0	Julie Loomes		55.0	J. Loomes		120.0	J. Loomes		237.5
	20-Jun-99	VIC		29-Nov-97	VIC		20-Jun-99	VIC		20-Jun-99	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior				Fiona Wilson		50.0						
(20-23)				16-Jul-95	VIC							
JM				Julie Loomes		52.5						
(35-39)				7-Sep-96	VIC							
M1	J. Loomes		70.0	Julie Loomes		55.0	J. Loomes		120.0	J. Loomes		237.5
(40-44)	20-Jun-99	VIC		29-Nov-97	VIC		20-Jun-99	VIC		20-Jun-99	VIC	
M2												
(45-49)												
M3	J. Loomes		65.0	Julie Loomes		47.5	J. Loomes		110.0	J. Loomes		222.5
(50-54)	8-Aug-09	VIC		8-Aug-09	VIC		8-Aug-09	VIC		8-Aug-09	VIC	
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		107.5	Fiona Wilson		52.5	Julie Loomes		145.5	Julie Loomes		300.0
	22-Jan-95	VIC		22-Jan-95	VIC		23-Aug-98	VIC		23-Aug-98	VIC	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Fiona Wilson		107.5	Fiona Wilson		52.5	Fiona Wilson		135.0	Fiona Wilson		290.0
	22-Jan-95	VIC		22-Jan-95	VIC		9-Apr-95	VIC		22-Jan-95	VIC	
JM (35-39)												
M1 (40-44)	Julie Loomes		105.0	Julie Loomes		50.0	Julie Loomes		145.5	Julie Loomes		300.0
	23-Aug-98	VIC		23-Aug-98	VIC		23-Aug-98	VIC		23-Aug-98	VIC	
M2 (45-49)	Rose Gow		100.0	Rose Gow		50.0	Rose Gow		140.0	Rose Gow		290.0
	3-Aug-08	SA		3-Aug-08	SA		3-Aug-08	SA		3-Aug-08	SA	
M3 (50-54)	Julie Loomes		80.0	Julie Loomes		50.0	Julie Loomes		132.5	Julie Loomes		257.5
	3-Aug-08	VIC		3-Aug-08	VIC		23-Nov-08	VIC		23-Nov-09	VIC	
M4 (55-59)												

UNASSISTED DIVISIC 50.5kg												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Samantha Draper		85.0	Fiona Wilson		52.5	Rose Gow		132.5	Rose Gow		258.0
	8-Aug-04	VIC		22-Jan-95	VIC		6-Sep-14	SA		6-Sep-14	SA	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Fiona Wilson		52.5						
				22-Jan-95	VIC							
JM (35-39)												
M1 (40-44)	Julie Loomes		60.0	Julie Loomes		50.0	Julie Loomes		100.0	Julie Loomes		200.0
	12-Aug-01	VIC		23-Aug-98	VIC		12-Aug-01	VIC		12-Aug-01	VIC	
M2 (45-49)	Julie Loomes		75.0	Julie Loomes		50.0	Julie Loomes		120.0	Julie Loomes		240.0
	10-Aug-03	VIC		18-May-03	VIC		10-Aug-03	VIC		10-Aug-03	VIC	
M3 (50-54)	Rose Gow		77.5	Rose Gow		50.5	Rose Gow		132.5	Rose Gow		258.0
	6-Sep-14	SA		6-Sep-14	SA		6-Sep-14	SA		6-Sep-14	VIC	
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		125.0	Karen Lloyd		67.5	Karen Lloyd		140.0	Karen Lloyd		332.5
	7-Sep-96	VIC		7-Sep-96	VIC		7-Sep-96	VIC		7-Sep-96	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM												
(35-39)												
M1												
(40-44)												
M2	Rose Gow		103.0	Rose Gow		50.5	Rose Gow		130.0	Rose Gow		282.5
(45-49)	5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA	
M3												
(50-54)												
M4	Rose Gow		70.0	Rose Gow		52.5	Rose Gow		120.0	Rose Gow		242.5
(55-59)	10-Aug-19	SA		10-Aug-19	SA		10-Aug-19	SA		10-Aug-19	SA	

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

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	SA	130.5	Krystal Johns	SA	70.0	Krystal Johns	SA	162.5	Krystal Johns	SA	363.0
	18-May-19			19-May-18			18-May-19			18-May-19		
13	Casey Haigh	VIC	52.5	Casey Haigh	VIC	32.5	Casey Haigh	VIC	70.0	Casey Haigh	VIC	155.0
	12-Jun-94			12-Jun-94			12-Jun-94			12-Jun-94		
T1	Casey Haigh	VIC	80.0	Casey Haigh	VIC	37.5	Casey Haigh	VIC	95.0	Casey Haigh	VIC	207.5
(14-15)	16-Jul-95			9-Apr-95			9-Apr-95			9-Apr-95		
T2												
(16-17)												
T3												
(18-19)												
Junior	Krystal Johns	SA	130.0	Krystal Johns	SA	70.0	Krystal Johns	SA	158.0	Krystal Johns	SA	358.0
(20-23)	19-May-18			19-May-18			19-May-18			19-May-18		
JM												
(35-39)												
M1	Lee McKinnon	SA	55.0	Lee McKinnon	SA	37.5	Lee McKinnon	SA	85.0	Lee McKinnon	SA	167.5
(40-44)	3-Aug-08			5-Aug-07			5-Aug-07			5-Aug-07		
M2	Lee McKinnon	SA	60.0	Lee McKinnon	SA	37.5	Lee McKinnon	SA	80.0	Lee McKinnon	SA	177.5
(45-49)	23-May-09			23-May-09			23-May-09			23-May-09		
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	VIC	115.0	Shelley Dyett	VIC	65.0	Tanya Green	VIC	140.0	Tanya Green	VIC	315.0
	15-Jul-12			17-Sep-94			15-Jul-12			15-Jul-12		
13				Casey Haigh	VIC	32.5						
				12-Jun-94								
T1	Mary Steed	MAR	62.5	Mary Steed	MAR	40.0	Mary Steed	MAR	120.0	Mary Steed	MAR	222.5
(14-15)	4-May-08			4-May-08			4-May-08			4-May-08		
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM												
(35-39)												
M1	Liz Dando	GEE	70.0				Liz Dando	GEE	112.5	Liz Dando	GEE	242.5
(40-44)	13-May-07						13-May-07			13-May-07		
M2	Judy McGrath	VIC	80.0	Judy McGrath	VIC	45.0	Judy McGrath	VIC	127.5	Judy McGrath	VIC	250.0
(45-49)	30-Apr-06			30-Apr-06			30-Apr-06			30-Apr-06		
M3												
(50-54)												
M4	Jenny Phillios	VIC	75.0	Jenny Phillios	VIC	35.0	Jenny Phillios	VIC	90.0	Jenny Phillios	VIC	200.0
(55-59)	30-Apr-06			30-Apr-06			30-Apr-06			30-Apr-06		
M9	Jonnie Rodda (M9)	VIC	50.0	Jonnie Rodda (M9)	VIC	30.0	Jonnie Rodda (M9)	VIC	90.0	Jonnie Rodda (M9)	VIC	165.0
(80-84)	30-Apr-06			30-Apr-06			30-Apr-06			30-Apr-06		

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		150.0	Krystal Johns		80.5	Krystal Johns		175.0	Krystal Johns		405.0
	28-Aug-21	SA		20-Aug-20	SA		28-Aug-21	SA		28-Aug-21	SA	
13												
T1												
(14-15)												
T2	Jade Farrelly		85.0	Jade Farrelly		60.0	Jade Farrelly		130.0	Jade Farrelly		275.0
(16-17)	5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA	
T3												
(18-19)												
Junior												
(20-23)												
JM	Denise Costello		95.0	Denise Costello		62.5	Denise Costello		125.0	Denise Costello		275.0
(35-39)	7-Sep-96	QLD		8-Dec-96	QLD		7-Sep-96	QLD		7-Sep-96	QLD	
M1	S. Turner		95.0	S. Turner		50.0	S. Turner		127.5	S. Turner		272.5
(40-44)	19-Nov-94	QLD		19-Nov-94	QLD		19-Nov-94	QLD		19-Nov-94	QLD	
M2												
(45-49)												
M3	Helen Kostadinov		120.0	Helen Kostadinov		67.5	Helen Kostadinov		148.0	Helen Kostadinov		332.5
(50-54)	10-Nov-98	VIC		10-Nov-98	VIC		10-Nov-98	VIC		10-Nov-98	VIC	
M4												
(55-59)												
M6	Barbara Juers		80.5	Barbara Juers		50.5	Barbara Juers		100.5	Barbara Juers		230.0
(65-69)	3-Aug-08	SA		3-Aug-08	SA		3-Aug-08	SA		3-Aug-08	SA	

UNASSISTED DIVISIC 63kg

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Janine Wallace		120.0	Sofia Scoufos		78.0	Janine Wallace		155.0	Janine Wallace		342.5
	5-Aug-08	VIC		29-Nov-98	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
13												
T1	Mary Steed		65.0	Mary Steed		30.0	Mary Steed		122.5	Mary Steed		217.5
(14-15)	3-Aug-08	MAR		3-Aug-08	MAR		3-Aug-08	MAR		3-Aug-08	MAR	
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM	Kathy Mawby		105.0	Denise Costello		62.5	Kathy Mawby		135.0	Kathy Mawby		295.0
(35-39)	1-May-11	VIC		8-Dec-96	QLD		1-May-11	VIC		1-May-11	VIC	
M1	Mary Mahoney		100.0	Mary Mahoney		67.5	Mary Mahoney		137.5	Mary Mahoney		305.0
(40-44)	5-Aug-07	VIC		5-Aug-07	VIC		5-Aug-07	VIC		5-Aug-07	VIC	
M2	Paula McPherson		70.0	Paula McPherson		35.0	Paula McPherson		100.0	Paula McPherson		205.0
(45-49)	6-Sep-14	NSW		6-Sep-14	NSW		6-Sep-14	NSW		6-Sep-14	NSW	
M3				Helen Kostadinov		67.5						
(50-54)				10-Nov-98	VIC							
M6	Helen Kostadinov		92.5	Helen Kostadinov		60.0	Helen Kostadinov		120.0	Helen Kostadinov		240.0
(65-69)	11-May-13	VIC		5-May-12	VIC		11-May-13	VIC		11-May-13	VIC	

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

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		170.0	Carolyn Briggs		85.0	Carolyn Briggs		182.5	Carolyn Briggs		437.5
	9-Apr-94	VIC		9-Apr-94	VIC		9-Apr-94	VIC		16-Jul-95	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)												
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		150.0	Carolyn Briggs		85.0	Denai Derecki		180.0	Mandy Frazer		395.0
	20-May-17	SA		9-Apr-94	VIC		15-Jul-12	VIC		20-May-17	SA	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Stacey Sullivan		140.0	Stacey Sullivan		82.5	Stacey Sullivan		172.5	Stacey Sullivan		392.5
	12-Aug-01	VIC		12-Aug-01	VIC		12-Aug-01	VIC		12-Aug-01	VIC	
JM (35-39)												
M1 (40-44)	Sheryl Rapson		80.0	Sheryl Rapson		62.5	Sheryl Rapson		70.0	Sheryl Rapson		212.5
	15-Jul-12	SA		15-Jul-12	SA		15-Jul-12	SA		15-Jul-12	SA	
M2 (45-49)	Anne Stone		90.0	Anne Stone		50.0	Anne Stone		130.0	Anne Stone		270.0
	6-Sep-14	NSW		6-Sep-14	NSW		6-Sep-14	NSW		6-Sep-14	NSW	
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		140.0	Peter Mong		92.5	Peter Mong		182.5	Peter Mong		410.0
	5-May-96	VIC		5-May-96	VIC		5-May-96	VIC		5-May-96	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior												
(20-23)												
JM												
(35-39)												
M1												
(40-44)												
M2	John Deakin		82.5	John Deakin		77.5	John Deakin		133.0	John Deakin		290.0
(45-49)	16-Jul-95	QLD		16-Jul-95	QLD		16-Jul-95	QLD		16-Jul-95	QLD	
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		75.0	Peter Mong		92.5	Nicholas Loomes		120.0	Nicholas Loomes		225.0
	13-Jul-13	VIC		5-May-96	VIC		6-Aug-00	VIC		6-Aug-00	VIC	
13												
T1												
(14-15)												
T2	Nicholas Loomes		70.0	Nicholas Loomes		40.0	Nicholas Loomes		120.0	Nicholas Loomes		225.0
(16-17)	6-Aug-00	VIC		6-Aug-00	VIC		6-Aug-00	VIC		6-Aug-00	VIC	
T3												
(18-19)												
Junior												
(20-23)												
JM												
(35-39)												
M1												
(40-44)												
M2				John Deakin		77.5						
(45-49)				16-Jul-95	QLD							
M3												
(50-54)												
M4												
(55-59)												
M8	Bill Lotherington		75.0	Bill Lotherington		55.0	Bill Lotherington		115.0	Bill Lotherington		245.0
(75-79)	13-Jul-13	Vic		13-Jul-13	Vic		13-Jul-13	Vic		13-Jul-13	Vic	

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	Scott York		142.5	Paul Mong		72.5	Paul Mong		183.5	Scott York		382.5
(16-17)	22-Jan-95	VIC		7-May-00	VIC		6-Aug-00	VIC		22-Jan-95	VIC	
T3	Scott York		150.5	Scott York		70.0	Scott York		192.5	Scott York		412.5
(18-19)	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	Michael McFarlane		107.5	Michael McFarlane		65.0	Andrew Bennett		145.0	Michael McFarlane		312.5
(14-15)	21-May-16	SA		21-May-16	SA		7-May-00	VIC		21-May-16	SA	
T2	Andrew Bennett		120.0	Scott York		65.0	Andrew Bennett		160.0	Andrew Bennett		335.0
(16-17)	27-May-01	VIC		22-Jan-95	VIC		27-May-01	VIC		27-May-01	VIC	
T3	Tod Whiter		115.0	Tod Whiter		72.5	Tod Whiter		160.0	Tod Whiter		337.7
(18-19)	18-Jun-11	NSW		18-Jun-11	VIC		18-Jun-11	NSW		18-Jun-11	NSW	
Junior	Tom Extra		110.0	Tom Extra		105.0	Tom Extra		183.0	Tom Extra		390.0
(20-23)	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	Bill Lotherington		60.0	Bill Lotherington		60.0	Bill Lotherington		122.5	Bill Lotherington		242.5
(75-79)	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		200.0	Derek Bevins		167.5	Leigh Andrew		233.0	Leigh Andrew		552.5
	30-Apr-95	QLD		23-Jul-06	VIC		12-Jun-94	VIC		12-Jun-94	VIC	
13.00												
T1 (14-15)												
T2 (16-17)	D. Hallard		110.0	D. Hallard		65.0	D. Hallard		125.0	D. Hallard		300.0
	30-Apr-95	QLD		30-Apr-95	Qld		30-Apr-95	QLD		30-Apr-95	QLD	
T3 (18-19)	Paul Mong		155.0	Paul Mong		77.5	Paul Mong		190.0	Paul Mong		422.5
	26-Nov-00	VIC		26-Nov-00	VIC		26-Nov-00	VIC		26-Nov-00	VIC	
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)	Dean Jenkinson		170.0	Dean Jenkinson		112.5	Dean Jenkinson		220.0	Dean Jenkinson		502.5
	27-May-23			27-May-23			27-May-23			27-May-23		
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		160.0	Leigh Andrew		127.5	Dean Jenkinson		225.0	Dean Jenkinson		490.0
	10-Aug-03	VIC		12-Jun-94	VIC		29-May-21	SA		29-May-21	Vic	
13.00												
T1 (14-15)	Curtis De Haan		115.0	Jacob Kerr		80.0	Curtis De Haan		180.0	Curtis De Haan		357.5
	30-Apr-06	VIC		21-May-16	SA		30-Apr-06	VIC		30-Apr-06	VIC	
T2 (16-17)	Michael McFarlane		117.5	Michael McFarlane		75.0	Michael McFarlane		140.0	Michael McFarlane		332.5
	12-Aug-17	SA		12-Aug-17	SA		12-Aug-17	SA		12-Aug-17	SA	
T3 (18-19)	Daniel Arbuthnot		117.5	Daniel Arbuthnot		80.0	Daniel Arbuthnot		175.0	Daniel Arbuthnot		365.0
	8-Aug-09	VIC		8-Aug-09	VIC		8-Aug-09	VIC		8-Aug-09	VIC	
Junior (20-23)	Thomas Extra		120.0	Thomas Extra		100.0	Thomas Extra		185.0	Thomas Extra		405.0
	3-May-09	VIC		3-May-09	VIC		3-May-09	VIC		3-May-09	VIC	
JM (35-39)												
M1 (40-44)												
M3 (50-54)	Dean Jenkinson		155.0	Dean Jenkinson		110.0	Dean Jenkinson		225.0	Dean Jenkinson		490.0
	29-May-21	SA		29-May-21	SA		29-May-21	SA		29-May-21	SA	
M7 (70-74)	Bill Lotherington		70.0	Bill Lotherington		60.0	Bill Lotherington		115.0	Bill Lotherington		245.0
	4-May-08	MAR		4-May-08	MAR		4-May-08	MAR		4-May-08	MAR	
M8 (75-79)	Bill Lotherington		80.0	Bill Lotherington		55.0	Bill Lotherington		120.0	Bill Lotherington		250.0
	5-Aug-08	MAR		5-Aug-08	MAR		5-Aug-08	MAR		5-Aug-08	MAR	

AUSTRALIAN DRUGFREE POWERLIFTING FEDERATION

MEN'S 75 KG CLASS

NATIONAL RECORDS

ASSISTED DIVISION 75kg									
Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
Open	Austin Morrison		230.0	Nathan Flick		177.5	Lindsay Harch		240.0
	7-Sep-96	VIC		14-Sep-97	QLD		30-Apr-95	QLD	
13									
T1									
(14-15)									
T2	Adrian Gault		115.0	Adrian Gault		60.0	Adrian Gault		130.0
(16-17)	8-Dec-96	QLD		8-Dec-96	QLD		8-Dec-96	QLD	
T3	Paul Mong		190.0	Nathan Flick		152.5	Paul Mong		215.0
(18-19)	11-Aug-02	BAL		19-Nov-94	QLD		11-Aug-02	BAL	
Junior	Nathan Deppler		165.0	Nathan Flick		177.5	Nathan Deppler		205.0
(20-23)	14-Sep-97	VIC		14-Sep-97	QLD		14-Sep-97	VIC	
JM	Andrew Sceney		210.0	Andrew Sceney		142.5	Andrew Sceney		225.5
(35-39)	29-Nov-98	VIC		20-Jun-99	VIC		29-Nov-98	VIC	
M1	Dean Jenkinson		195.0	Dean Jenkinson		135.0	Dean Jenkinson		235.0
(40-44)	18-May-13	SA		13-Jul-13	SA		13-Jul-13	SA	
M2	Austin Morrison		230.0	Dean Jenkinson		135.0	Dean Jenkinson		240.0
(45-49)	7-Sep-96	VIC		21-May-16	SA		7-Sep-96	VIC	
M3	Dean Jenkinson		180.0	Dean Jenkinson		122.5	Dean Jenkinson		230.0
(50-54)	18-May-24	SA		20-Aug-20	SA		18-May-24	SA	
M4									
(55-59)									
M9	Trevor Vanstone		55.5	Trevor Vanstone		50.5	Trevor Vanstone		101.0
(80-84)	23-May-09	SA		5-Aug-08	SA		23-May-09	SA	

UNASSISTED DIVISIC 75kg									
Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
Open	Audi Roedel		215.0	Nathan Flick		177.5	Dean Jenkinson		237.5
	5-Aug-08	VIC		14-Sep-97	QLD		20-May-17	SA	
13									
T1	Curtis De Haan		130.0	Chris Powell		82.5	Curtis De Haan		200.0
(14-15)	23-Jul-06	VIC		21-May-11	SA		23-Jul-06	VIC	
T2	Simon Rowland		172.5	Simon Rowland		95.0	Simon Rowland		202.5
(16-17)	5-Aug-07	VIC		5-Aug-07	VIC		5-Aug-07	VIC	
T3				Nathan Flick		152.5			
(18-19)				19-Nov-94	QLD				
Junior	Rhys Archer		152.5	Nathan Flick		177.5	Rhys Archer		210.0
(20-23)	13-May-07	VIC		14-Sep-97	QLD		13-May-07	VIC	
JM	Wayne Hunter		137.5	Andrew Sceney		135.0	Wayne Hunter		195.0
(35-39)	18-May-24	SA		29-Nov-98	VIC		18-May-24	SA	
M2	Dean Jenkinson		172.5	Dean Jenkinson		130.0	Dean Jenkinson		237.5
(45-49)	11-Aug-18	SA		20-May-17	SA		20-May-17	SA	
M3	Austin Morrison		190.0	Dean Jenkinson		120.0	Dean Jenkinson		232.5
(50-54)	6-Aug-00	VIC		10-Aug-19	SA		10-Aug-19	VIC	
M4	Austin Morrison		192.5	Dean Jenkinson		112.5	Dean Jenkinson		227.5
(55-59)	11-Aug-02	VIC		24-May-25	SA		25-May-25	SA	
M5	Alan Simpson		140.5	Alan Simpson		100.0	Alan Simpson		160.0
(60-64)	5-Aug-08	NSW		5-Aug-08	NSW		5-Aug-08	NSW	

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

UNASSISTED DIVISIC 82.5kg

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

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)	Linkin-James Lim	SA	205.0	Linkin-James Lim	SA	135.0	Linkin-James Lim	SA	220.0	Linkin-James Lim	SA	560.0
	24-May-25			24-May-25			24-May-25			24-May-25		
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		
	Name	State	kg	Name	State	Kg	Name	State	Kg
Open	David Myers		257.5	Scott York		202.5	Grant Cody		300.5
	3-May-98	VIC		3-Aug-08	VIC		16-Jul-95	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Thomas Halper		230.0	Thomas Halper		135.0	Thomas Halper		270.0
	6-Sep-14	NSW		6-Sep-14	NSW		6-Sep-14	NSW	
JM (35-39)	Chris Turner		248.0	Tristan Gassman		190.0	Chris Turner		272.5
	8-Dec-96	QLD		3-May-09	VIC		8-Jun-96	QLD	
M1 (40-44)	David Myers		257.5	Ivan Straga		160.0	David Myers		291.0
	3-May-98	VIC		7-Sep-96	VIC		14-Sep-97	VIC	
M2 (45-49)	Ian Chettle		250.0	Ivan Straga		177.5	Ian Chettle		230.0
	16-Jul-95	VIC		10-Aug-03	VIC		17-Sep-94	VIC	
M3 (50-54)	K. Neumann		202.5	K. Neuman		160.0	K. Neumann		220.0
	11-Jun-94	QLD		11-Jun-94			11-Jun-94	QLD	
M4 (55-59)									
UNASSISTED DIVISIC 110kg									
Division	Squat			Bench Press			Deadlift		
	Name	State	kg	Name	State	Kg	Name	State	Kg
Open	Jason Cikos		240.0	Damian Kruger		180.0	Damian Kruger		280.0
	6-Sep-14	NSW		8-Aug-09	VIC		8-Aug-09	VIC	
13									
T1 (14-15)									
T2 (16-17)	Tyrone Sharpe		65.0	Tyrone Sharpe		45.0	Tyrone Sharpe		120.0
	23-May-09	SA		23-May-09	SA		23-May-09	SA	
T3 (18-19)									
Junior (20-23)	Mitch Collins		177.5	Mitch Collins		140.0	Mitch Collins		240.0
	8-Aug-09	VIC		8-Aug-09	VIC		8-Aug-09	VIC	
JM (35-39)	Damian Kruger		230.0	Damian Kruger		180.0	Damian Kruger		280.0
	8-Aug-09	VIC		8-Aug-09	VIC		8-Aug-09	VIC	
M1 (40-44)	Adam Mazzon		220.0	Ivan Straga		162.5	Adam Mazzon		260.0
	23-Jul-06	VIC		20-Jun-99	VIC		30-Apr-06	VIC	
M2 (45-49)				Ian Chettle		137.5			
				17-Sep-94	VIC				
M3 (50-54)	Gary Newell		170.0	K. Neumann		160.0	Gary Newell		240.0
	5-Aug-07	VIC		11-Jun-94	QLD		4-May-08	VIC	
M4 (55-59)	Robert Parker		202.5	Robert Parker		150.0	Robert Parker		230.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
M5 (60-64)	David Westcombe-Down		185.0	David Westcombe-Down		127.5	David Westcombe-Down		182.5
	24-May-08	SA		24-May-08	SA		24-May-08	SA	

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		280.0	Scott York		200.0	Alan Pickersgill		310.0	Martyn Girvan		747.5
	23-Aug-98	VIC		4-May-08	BAL		7-Sep-96	VIC		6-Aug-00	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior	Glenn Firth		220.0	Glen Firth		127.5	Glenn Firth		225.0	Glenn Firth		550.0
(20-23)	29-Nov-97	VIC		29-Nov-97	VIC		29-Nov-97	VIC		29-Nov-97	VIC	
JM	G. Smith		250.0	Stephen Maxwell		155.0	Stephen Maxwell		270.5	G. Smith		672.5
(35-39)	4-Nov-95	QLD		23-Aug-98	VIC		23-Aug-98	VIC		4-Nov-95	QLD	
M1												
(40-44)												
M2	M. Whitaker		235.0	Paul Ashby		145.0	M. Whitaker		230.0	M. Whitaker		585.0
(45-49)	19-Nov-94	QLD		18-May-19	SA		19-Nov-94	QLD		19-Nov-94	QLD	
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		280.0	Peter Bickers		180.0	Martyn Girvan		300.0	Peter Bickers		745.0
	13-Jul-13	VIC		13-Jul-13	VIC		20-Jun-99	VIC		13-Jul-13	VIC	
13												
T1												
(14-15)												
T2	Daniel O'Connell		180.0	Daniel O'Connell		120.0	Daniel O'Connell		230.0	Daniel O'Connell		530.0
(16-17)	11-May-13	VIC		11-May-13	VIC		11-May-13	VIC		11-May-13	JVIC	
T3												
(18-19)												
Junior				Glenn Firth		127.5						
(20-23)				29-Nov-97	VIC							
JM	Peter Bickers		280.0	Peter Bickers		180.0	Peter Bickers		280.0	Peter Bickers		745.0
(35-39)	13-Jul-13	VIC		13-Jul-13	VIC		13-Jul-13	VIC		13-Jul-13	VIC	
M1	Peter Bickers		260.0	Peter Bickers		160.0	Adam Mazzon		300.0	Peter Bickers		715.0
(40-44)	6-Sep-14	VIC		6-Sep-14	VIC		8-Aug-09	VIC		6-Sep-14	VIC	
M2	Brett Johns		235.0	Brett Johns		170.0	Brett Johns		255.0	Brett Johns		660.0
(45-49)	11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	SA	
M3	Brett Johns		255.0	Brett Johns		175.0	Brett Johns		280.0	Brett Johns		705.0
(50-54)	28-Aug-21	SA		18-May-19	SA		29-May-21	SA		29-May-21		
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	Brett Johns		260.0	Brett Johns		177.5	Brett Johns		270.0	Brett Johns		707.5
(55-59)	18-May-24	SA		18-May-24	SA		18-May-24	SA		18-May-24	SA	

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)												