



NATIONAL SINGLE LIFT RECORDS

Updated May 24th, 2025 by Rose Gow

National Single Lift Drug Free Powerlifting Records

WOMEN'S 44 KG CLASS

NATIONAL RECORDS

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

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 50.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow		100.0	Rose Gow		50.0	Rose Gow		140.0
	5-Aug-08	SA		5-Aug-08	SA		5-Aug-08	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Rose Gow		100.0	Rose Gow		50.0	Rose Gow		140.0
	5-Aug-08	SA		5-Aug-08	SA		5-Aug-08	SA	
M3 (50-54)	Julie Loomes		80.0				Julie Loomes		125.0
	5-Aug-08	VIC					5-Aug-08	VIC	
M4 (55-59)									
M5 (60-64)							Rose Gow		115.0
							26-Aug-23	SA	

UNASSISTED DIVISION 50.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes		75.0	Julie Loomes		50.0	Julie Loomes		115.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)	Julie Loomes		75.0	Julie Loomes		50.0	Julie Loomes		115.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC	
M4 (55-59)									
M5 (60-64)				Rose Gow		47.5			
				26-Aug-23	SA				

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 53kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow		105.0	Rose Gow		55.0	Rose Gow		140.5
	10-Sep-09	SA		10-Sep-09	SA		10-Sep-09	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Jenna Cruikshank		72.5				Jenna Cruikshank		72.5
	6-Aug-11	NSW					6-Aug-11	NSW	
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Rose Gow		105.0	Rose Gow		55.0	Rose Gow		140.5
	10-Sep-09	SA		10-Sep-09	SA		10-Sep-09	SA	
M3 (50-54)	Rose Gow		105.0	Rose Gow		52.5	Rose Gow		140.0
	8-Aug-10	SA		8-Aug-10	SA		8-Aug-10	SA	
M4 (55-59)	Rose Gow	SA	75.0	Rose Gow	SA	52.5	Rose Gow	SA	135.0
	13-Aug-16			13-Aug-16			13-Aug-16		
M5 (60-64)				Rose Gow		50.0	Rose Gow		120.5
				12-Nov-22	SA		27-May-23	SA	
M6 (65-69)				Rose Gow		50.0	Rose Gow		120.0
				24-May-25	SA		24-May-25	SA	

UNASSISTED DIVISION 53kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	J. Loomes		85.0	J. Loomes		50.0	Rose Gow		130.0
	20-Oct-06	VIC		20-Oct-06	VIC		15-Sep-12	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	J. Loomes		85.0	J. Loomes		50.0	J. Loomes		122.5
	20-Oct-06	VIC		20-Oct-06	VIC		20-Oct-06	VIC	
M3 (50-54)	Rose Gow		77.5				Rose Gow		130.0
	15-Sep-12	SA					15-Sep-12	SA	
M4 (55-59)									
M5 (60-64)				Rose Gow		47.5			
				27-May-23	SA				
GM (75-79)									

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 55.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow		72.5	Rose Gow		52.5	Rose Gow		130.0
	11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	Rose Gow		72.5	Rose Gow		52.5	Rose Gow		130.0
	11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	SA	
M5 (60-64)							Rose Gow		120.0
							22-Aug-20	SA	
M6 (65 -									
UNASSISTED DIVISION 55.5kg									
Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Tanya Green		112.5	Tanya Green		60.0	Tanya Green		140.0
	23-Nov-13	VIC		23-Nov-13	VIC		14-Sep-13	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Julie Loomes		70.0	Julie Loomes		45.0	Julie Loomes		115.0
	23-Jul-06	VIC		23-Jul-06	VIC		23-Jul-06	VIC	
M3 (50-54)				Aileen Flynn		52.5			
				13-Aug-16	SA				
M4 (55-59)									
M5 (60-64)				Rose Gow		50.5	Rose Gow		115.0
				29-May-21	SA		28-Aug-21	SA	
M6 (65 -69)				Nat Zacharko		50.0			
				29-May-22	SA				
M7 (70 -74)				Nat Zacharko		56.0			
				12-Nov-22	SA				

National Single Lift Drug Free Powerlifting Records

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

UNASSISTED DIVISION 58.5kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Tanya Green		110.0	Tanya Green		62.5	Kaleigh McLaren	110.0
	15-Sep-12	VIC		15-Sep-12	VIC		28-Aug-21	SA
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)								
M4 (55-59)				Natalia Zacharko		60.0		
				6-Aug-11	SA			
M9 (80-84)	Jonnie Rodda		52.5	Jonnie Rodda		30.0	Jonnie Rodda	70.0
	23-Jul-06	VIC		23-Jul-06	VIC		23-Jul-06	VIC

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 70kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Helen Kostadinov		112.5	Natalia Zacharko		65.5	Helen Kostadinov	135.0
	5-Aug-07	VIC		12-Aug-17	SA		5-Aug-07	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)				Gale Fiebig		60.0	Gale Fiebig	100.0
				5-Aug-07	SA		5-Aug-08	SA
M5 (60-64)	Helen Kostadinov		112.5	Natalia Zacharko		65.5	Helen Kostadinov	135.0
	5-Aug-07	VIC		12-Aug-17	SA		5-Aug-07	VIC
M6 (65-69)	Helen Kostadinov		92.5	Helen Kostadinov		60.0	Helen Kostadinov	130.0
	8-Aug-10	VIC		8-Aug-10	VIC		8-Aug-10	VIC
UNASSISTED DIVISION 70kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Helen Kostadinov		107.5	Freda Mazzon		85.5	Helen Kostadinov	140.0
	5-Aug-08	VIC		5-Aug-07	VIC		5-Aug-08	VIC
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)				Freda Mazzon		85.5		
				5-Aug-07	VIC			
M1 (40-44)								
M2 (45-49)	Sue Devereaux		85.0	Susan Devereaux		60.0	Susan Devereaux	135.0
	23-Nov-13	Vic		23-Nov-13	VIC		23-Nov-13	VIC
M3 (50-54)								
M4 (55-59)				Natalia Zacharko		65.5		
				22-May-10	SA			
M5 (60-64)	Helen Kostadinov		107.5	Helen Kostadinov		65.5	Helen Kostadinov	140.0
	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 80kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Krystal Johns		157.5					
	18-May-24	SA						
13								
T1								
(14-15)								
T2								
(16-17)								
T3								
(18-19)								
Junior								
(20-23)								
JM								
(35-39)								
M1								
(40-44)								
M2								
(45-49)								
M3								
(50-54)								
M4								
(55-59)								
M5								
60-64								
UNASSISTED DIVISION 80kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Rebecca Wardlaw		130.0	Krystal Johns		90.0	Krystal Johns	190.0
	8-Aug-10	VIC		18-May-24	SA		18-May-24	SA
13								
T1								
(14-15)								
T2								
(16-17)								
T3								
(18-19)								
Junior								
(20-23)								
JM								
(35-39)								
M1				Dee Stocker		45.0	Dee Stocker	110.0
(40-44)				6-Aug-11	SA		6-Aug-11	SA
M2								
(45-49)								
M3				Joy Rosenow		62.5		
(50-54)				18-Jun-11	VIC			
M5	Dianne Castanelli		100.0	Dianne Castanelli		45.0	Dianne Castanelli	125.0
60-64	8-Aug-10	VIC		8-Aug-10	VIC		8-Aug-10	VIC
M8				Val Vanstone		35.0		
(75-79)				5-Aug-07	SA			

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 90kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Sheryl Rapson		100.0	Sheryl Rapson		65.0		
	21-May-11	SA		21-May-11	SA			
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)	Sheryl Rapson		100.0	Sheryl Rapson		65.0		
	21-May-11	SA		21-May-11	SA			
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								

UNASSISTED DIVISION 90kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Joy Rosenow		100.0	Jessica Baker		50.0	Joy Rosenow	122.5
	6-Aug-11	SA		8-Aug-10	VIC		6-Aug-11	SA
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)	Jessica Baker		80.0	Jessica Baker		50.0	Jessica Baker	100.0
	8-Aug-10	VIC		8-Aug-10	VIC		8-Aug-10	VIC
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Kerry Perry		90.0	Grace Sutton		40.0	Grace Sutton	110.0
	6-Aug-11	VIC		13-Jun-09	VIC		13-Jun-09	VIC
M3 (50-54)								
M4 (55-59)	Joy Rosenow		100.0				Joy Rosenow	122.5
	6-Aug-11	SA					6-Aug-11	SA
M7 (70 -74)							Maria Cricelli	115.0
							22-Aug-20	SA
M9 (80-84)				Val Vanstone		32.5	Val Vanstone	62.5
				23-May-09	SA		23-May-09	SA

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 90+kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Sheryl Rapson		115.0	Sheryl Rapson		67.5	Sheryl Rapson	120.0
	5-Aug-08	SA		6-Aug-11	SA		5-Aug-08	SA
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)				Sheryl Rapson		65.5		
				22-May-10	SA			
M1 (40-44)	Sheryl Rapson		105.0	Sheryl Rapson		67.5		
	6-Aug-11	SA		6-Aug-11	SA			
M2 (45-49)								
M3 (50-54)	Sheryl Rapson		95.0	Sheryl Rapson		70.0		
	12-Nov-22	SA		27-May-23				
M4 (55-59)								

UNASSISTED DIVISION 90+kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Mandy Frazer		150.0	Mandy Frazer		70.0	Mandy Frazer	155.0
	13-Aug-16	SA		13-Aug-16	SA		13-Aug-16	SA
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)				Sheryl Rapson		60.5		
				12-Nov-22	SA			
M4 (55-59)								

National Single Lift Drug Free Powerlifting Records

MEN'S 44 KG CLASS

ASSISTED DIVISION

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

UNASSISTED DIVISION

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

MEN'S 48 KG CLASS

ASSISTED DIVISION

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

UNASSISTED DIVISION

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

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 67.5kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club
Open	Wayne Hunter		110.0	Derek Bevins		140.0	Wayne Hunter	
	18-May-19	SA		21-Oct-06	VIC		18-May-19	SA
13								
T1								
(14-15)								
T2								
(16-17)								
T3								
(18-19)								
Junior								
(20-23)								
JM								
(35-39)								
M1								
(40-44)								
M2								
(45-49)								
M3								
(50-54)								
M4								
(55-59)								
UNASSISTED DIVISIC 67.5kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club
Open				Simon Strezovski		100.0	Todd Whiter	
				29-May-21	SA		15-Sep-12	NSW
13								
T1								
(14-15)								
T2								
(16-17)								
T3								
(18-19)								
Junior				Simon Strezovski		100.0	Todd Whiter	
(20-23)				29-May-21			15-Sep-12	NSW
JM								
(35-39)								
M1								
(40-44)								
M2								
(45-49)								
M3								
(50-54)								
M7				Malcolm Barber		80.0		
(70-74)				5-Aug-07	SA			
M8				Malcolm Barber		77.5		
(75-79)				21-May-11				
M9				Malcolm Barber		70.0		
(80-84)				16-May-15	SA			

National Single Lift Drug Free Powerlifting Records

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

National Single Lift Drug Free Powerlifting Records

ASSISTED DIVISION 82.5kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club
Open	Aaron McFarlane		210.0	Aaron McFarlane		120.0	Aaron McFarlane	210.0
	13-Aug-16	SA		6-Aug-11	SA		6-Aug-11	SA
13								
T1								
(14-15)								
T2								
(16-17)								
T3								
(18-19)								
Junior								
(20-23)								
JM								
(35-39)								
M1	Aaron McFarlane		210.0	Aaron McFarlane		110.0		
(40-44)	13-Aug-16	SA		13-Aug-16	SA			
M2								
(45-49)								
M3								
(50-54)								
M4	John Clow		160.0					
(55-59)	13-Jun-09	VIC						
M5	Austin Morrison		175.0	Alan Simpson		90.0	Alan Simpson	160.0
(60-64)	6-Aug-11	NSW		13-Jun-09	NSW		13-Jun-09	NSW
M6				Alan Simpson		97.5		
65-69				8-Aug-10	NSW			
UNASSISTED DIVISIC 82.5kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club
Open	Grant Cruikshank		198.0	Noel Lindsay		140.0	Joe Debono	262.5
	14-Sep-13	NSW		8-Aug-10	VIC		15-Sep-09	VIC
13								
T1								
(14-15)								
T2								
(16-17)								
T3	Ashley Malone		100.0	Phillip Ward		102.5	Ashley Malone	150.0
(18-19)	13-Jun-09	NSW		5-Aug-07	SA		13-Jun-09	NSW
Junior				Zeb Jones		125.0		
(20-23)				23-Jul-06	VIC			
JM	Joe Debono		175.0	Mark Sands		90.0	Joe Debono	262.5
(35-39)	15-Sep-12	VIC		8-Aug-10	NSW		15-Sep-09	VIC
M1	Damian Powell		105.0	Damian Powell		103.5	Damian Powell	140.0
(40-44)	6-Aug-11	SA		6-Aug-11	SA		6-Aug-11	SA
M2				Damian Powell		125.0		
(45-49)				21-May-16	SA			
M3				Noel Lindsay		140.0		
(50-54)				8-Aug-10	VIC			
M4	John Clow		197.5				John Clow	190.0
(55-59)	5-Aug-08	VIC					5-Aug-08	VIC
M5	Austin Morrison		190.0	Austin Morrison		90.0	Austin Morrison	193.0
(60-64)	5-Aug-08	VIC		5-Aug-08	VIC		5-Aug-08	VIC
M6				Bob Withers		92.5		
(65-69)				20-Oct-06	SA			

DFPA National Single Lift Records

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

UNASSISTED DIVISIC 90kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open	Tony Harvey		210.0	Craig Rogers		145.0	Lucas Walker	250.0
	23-Nov-13	VIC		23-Jul-06	SA		15-Sep-12	ACT
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)				Chris Powel		127.5		
				21-May-16	SA			
Junior (20-23)								
JM (35-39)	Mark Sands		170.0	Jason Mawby		135.0	Mark Sands	220.0
	5-Aug-08	NSW		8th Aug 2010	VIC		5-Aug-08	NSW
M1 (40-44)				Mark Sands		100.0	Mark Sands	210.0
				14-Sep-13	NSW		14-Sep-13	NSW
M2 (45-49)	Damian Powell		100.0	Damian Powell		122.5	Damian Powell	165.0
	15-Sep-12	SA		13-Aug-16	SA		15-Sep-12	SA
M3 (50-54)	Ray Ancilleri		170.0	Corrado Angeletti		145.0	Ray Ancilleri	220.0
	20-Oct-06	VIC		16-May-15	SA		20-Oct-06	VIC
M4 (55-59)				Ray Ancilleri		120.0		
				8-Aug-10	VIC			
M5 (60-64)	John Clow		190.0	Barry Wilkes		127.5		
	6-Aug-11	VIC		30-Apr-06	VIC			
M6 (65-69)				Barry Wilkes		107.5		
				8-Aug-10	VIC			
M9 (80-84)				John Diehm		75.0		
				29-May-21	SA			
M10 (85-89)				John Diehm		77.5		
				28-May-22	SA			

National Single Lift Drug Free Powerlifting Records

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

UNASSISTED DIVISIC 100kg								
Division	Squat			Bench Press			Deadlift	
	Name	Club	kg	Name	Club	Kg	Name	Club Kg
Open				Daniel Roberts		165.0	Alan Romero	281.0
				30-Apr-06	SA		14-Sep-13	NSW
13								
T1 (14-15)								
T2 (16-17)	Caleb Sapinski-Keightley		160.0	Caleb Sapinski-Keightley		80.0	Caleb Sapinski-Keightley	215.0
	11-Aug-18	SA		11-Aug-18	SA		11-Aug-18	SA
T3 (18-19)				Andrew Cecil		125.0		
				4-May-08	WARR			
Junior (20-23)							Michael Birch	245.0
							13-Aug-16	SA
JM (35-39)				David Thomas		155.0		
				23-Jul-06	SA			
M1 (40-44)				David Thomas		150.0		
				23-May-09	SA			
M2 (45-49)				Sean Simpson		102.5	Mark Buckerfield	152.5
				18-May-19	SA		13-Aug-16	SA
M3 (50-54)				Sean Simpson		97.5		
				20-Aug-20	SA			
M4 (55-59)								
M5 (60-64)				Robert Bull		130.0		
				6-May-12	VIC			
M6 (65-69)				David Parker		135.0		
				11-Aug-18	NSW			
M9 (80-84)				Don Juers		90.0		
				18-May-19	SA			
M10 (85-89)							Don Juers	100.0
							24-May-25	SA

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

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

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

National Single Lift Drug Free Powerlifting Records

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

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

ASSISTED DIVISION 145+kg

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

UNASSISTED DIVISIC 145+kg

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open									
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)				Brett Johns 20-Aug-20	SA	182.5			
M4 (55-59)									