



Australia Powerlifting Records

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7/4/2023

| Weight Class: 48 / 105 Female / Powerlifting | | | | |
|---|---|--|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 60.0 kgs / 132.2 lbs Holly Shannon (Australia) 4/2017 | 45.0 kgs / 99.2 lbs Holly Shannon (Australia) 4/2017 | 102.5 kgs / 225.9 lbs Holly Shannon (Australia) 4/2017 | 207.5 kgs / 457.4 lbs Holly Shannon (Australia) 4/2017 |
| 20-24 | 60.0 kgs / 132.2 lbs Holly Shannon (Australia) 4/2017 | 45.0 kgs / 99.2 lbs Holly Shannon (Australia) 4/2017 | 102.5 kgs / 225.9 lbs Holly Shannon (Australia) 4/2017 | 207.5 kgs / 457.4 lbs Holly Shannon (Australia) 4/2017 |

| Weight Class: 52 / 114 Female / Powerlifting | | | | |
|---|---|---|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 90.0 kgs / 198.4 lbs Steph Nesich (Australia) 11/2017 | 70.0 kgs / 154.3 lbs Steph Nesich (Australia) 11/2017 | 147.5 kgs / 325.1 lbs Steph Nesich (Australia) 11/2017 | 307.5 kgs / 677.9 lbs Steph Nesich (Australia) 11/2017 |
| 20-24 | 90.0 kgs / 198.4 lbs Steph Nesich (Australia) 11/2017 | 70.0 kgs / 154.3 lbs Steph Nesich (Australia) 11/2017 | 147.5 kgs / 325.1 lbs Steph Nesich (Australia) 11/2017 | 307.5 kgs / 677.9 lbs Steph Nesich (Australia) 11/2017 |

| Weight Class: 56 / 123 Female / Powerlifting | | | | |
|---|---|---|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 157.0 kgs / 346.1 lbs Elizabeth Craven (Australia) 10/2018 | 85.0 kgs / 187.3 lbs Elizabeth Craven (Australia) 10/2018 | 185.0 kgs / 407.8 lbs Elizabeth Craven (Australia) 10/2018 | 427.0 kgs / 941.3 lbs Elizabeth Craven (Australia) 10/2018 |
| 20-24 | 90.0 kgs / 198.4 lbs Simone Papagianopoulos (Australia) 4/2017 | 50.0 kgs / 110.2 lbs Bree Smith (Australia) 11/2017 | 120.0 kgs / 264.5 lbs Bree Smith (Australia) 11/2017 | 252.5 kgs / 556.6 lbs Bree Smith (Australia) 11/2017 |
| 40-44 | 157.0 kgs / 346.1 lbs Elizabeth Craven (Australia) 10/2018 | 85.0 kgs / 187.3 lbs Elizabeth Craven (Australia) 10/2018 | 185.0 kgs / 407.8 lbs Elizabeth Craven (Australia) 10/2018 | 427.0 kgs / 941.3 lbs Elizabeth Craven (Australia) 10/2018 |

| Weight Class: 60 / 132 Female / Powerlifting | | | | |
|---|---|---|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 70.0 kgs / 154.3 lbs Molly Daly (Australia) 11/2017 | 55.0 kgs / 121.2 lbs Molly Daly (Australia) 11/2017 | 127.5 kgs / 281.0 lbs Molly Daly (Australia) 11/2017 | 252.5 kgs / 556.6 lbs Molly Daly (Australia) 11/2017 |
| 18-19 | 70.0 kgs / 154.3 lbs Molly Daly (Australia) 11/2017 | 55.0 kgs / 121.2 lbs Molly Daly (Australia) 11/2017 | 127.5 kgs / 281.0 lbs Molly Daly (Australia) 11/2017 | 252.5 kgs / 556.6 lbs Molly Daly (Australia) 11/2017 |

| Weight Class: 67.5 / 148 Female / Powerlifting | | | | |
|---|--|--|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 98.0 kgs / 216.0 lbs Brooke Rodwell (Australia) 11/2017 | 65.0 kgs / 143.2 lbs Teena Kitt (Australia) 11/2017 | 140.0 kgs / 308.6 lbs Tennae Cevaal (Australia) 11/2017 | 280.0 kgs / 617.2 lbs Tennae Cevaal (Australia) 11/2017 |
| 20-24 | 98.0 kgs / 216.0 lbs Brooke Rodwell (Australia) 11/2017 | 62.5 kgs / 137.7 lbs Brooke Rodwell (Australia) 11/2017 | 80.0 kgs / 176.3 lbs Brooke Rodwell (Australia) 11/2017 | 237.5 kgs / 523.5 lbs Brooke Rodwell (Australia) 11/2017 |
| 40-44 | 50.0 kgs / 110.2 lbs Alison Dwyer (Australia) 4/2017 | 30.0 kgs / 66.1 lbs Alison Dwyer (Australia) 4/2017 | 80.0 kgs / 176.3 lbs Alison Dwyer (Australia) 4/2017 | 160.0 kgs / 352.7 lbs Alison Dwyer (Australia) 4/2017 |
| 45-49 | 65.0 kgs / 143.2 lbs Teena Kitt (Australia) 11/2017 | 65.0 kgs / 143.2 lbs Teena Kitt (Australia) 11/2017 | 135.0 kgs / 297.6 lbs Teena Kitt (Australia) 11/2017 | 265.0 kgs / 584.2 lbs Teena Kitt (Australia) 11/2017 |

| Weight Class: 75 / 165 Female / Powerlifting | | | | |
|---|--|---|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 167.5 kgs / 369.2 lbs Kelli Fagan (Australia) 10/2018 | 95.0 kgs / 209.4 lbs Jesse Akister (Australia) 10/2018 | 190.0 kgs / 418.8 lbs Kelli Fagan (Australia) 10/2018 | 442.5 kgs / 975.5 lbs Kelli Fagan (Australia) 10/2018 |
| 20-24 | 90.0 kgs / 198.4 lbs Megan Edwards (Australia) 4/2017 | 60.0 kgs / 132.2 lbs Megan Edwards (Australia) 4/2017 | 115.0 kgs / 253.5 lbs Megan Edwards (Australia) 4/2017 | 265.0 kgs / 584.2 lbs Megan Edwards (Australia) 4/2017 |
| 35-39 | 167.5 kgs / 369.2 lbs Kelli Fagan (Australia) 10/2018 | 85.0 kgs / 187.3 lbs Kelli Fagan (Australia) 10/2018 | 190.0 kgs / 418.8 lbs Kelli Fagan (Australia) 10/2018 | 442.5 kgs / 975.5 lbs Kelli Fagan (Australia) 10/2018 |
| 45-49 | 150.0 kgs / 330.6 lbs Leanne Knox (Australia) 10/2018 | 65.0 kgs / 143.2 lbs Leanne Knox (Australia) 10/2018 | 165.0 kgs / 363.7 lbs Leanne Knox (Australia) 10/2018 | 380.0 kgs / 837.7 lbs Leanne Knox (Australia) 10/2018 |

| Weight Class: 82.5 / 181 Female / Powerlifting | | | | |
|---|---|--|---|---|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 157.5 kgs / 347.2 lbs Darlene Phan (Australia) 10/2018 | 85.0 kgs / 187.3 lbs Darlene Phan (Australia) 10/2018 | 175.0 kgs / 385.8 lbs Darlene Phan (Australia) 10/2018 | 417.5 kgs / 920.4 lbs Darlene Phan (Australia) 10/2018 |
| 20-24 | 130.0 kgs / 286.5 lbs Alex Forrest (Australia) 4/2017 | 70.0 kgs / 154.3 lbs Alex Forrest (Australia) 4/2017 | 160.0 kgs / 352.7 lbs Alex Forrest (Australia) 4/2017 | 360.0 kgs / 793.6 lbs Alex Forrest (Australia) 4/2017 |
| 35-39 | 115.0 kgs / 253.5 lbs Amy O'Neill (Australia) 4/2017 | 60.0 kgs / 132.2 lbs Amy O'Neill (Australia) 4/2017 | 150.0 kgs / 330.6 lbs Amy O'Neill (Australia) 4/2017 | 325.0 kgs / 716.4 lbs Amy O'Neill (Australia) 4/2017 |
| 50-54 | 77.5 kgs / 170.8 lbs Jane Harding (Australia) 11/2017 | 52.5 kgs / 115.7 lbs Jane Harding (Australia) 11/2017 | 100.0 kgs / 220.4 lbs Jane Harding (Australia) 11/2017 | 230.0 kgs / 507.0 lbs Jane Harding (Australia) 11/2017 |

| Weight Class: 90+ / 198+ Female / Powerlifting | | | | |
|---|---|---|---|---|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 135.0 kgs / 297.6 lbs Christina Tsatsoulis (Australia) 11/2017 | 72.5 kgs / 159.8 lbs Christina Tsatsoulis (Australia) 4/2017 | 180.0 kgs / 396.8 lbs Christina Tsatsoulis (Australia) 11/2017 | 385.0 kgs / 848.7 lbs Christina Tsatsoulis (Australia) 11/2017 |

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| 35-39 | 115.0 kgs / 253.5 lbs Anna Zahle (Australia) 11/2017 | 62.5 kgs / 137.7 lbs Anna Zahle (Australia) 11/2017 | 115.0 kgs / 253.5 lbs Anna Zahle (Australia) 11/2017 | 292.5 kgs / 644.8 lbs Anna Zahle (Australia) 11/2017 |
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| Weight Class: 56 / 123 Male / Powerlifting | | | | |
|---|--|--|---|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 45.0 kgs / 99.2 lbs Thomas Rupic (Australia) 11/2017 | 30.0 kgs / 66.1 lbs Thomas Rupic (Australia) 11/2017 | 80.0 kgs / 176.3 lbs Thomas Rupic (Australia) 11/2017 | 155.0 kgs / 341.7 lbs Thomas Rupic (Australia) 11/2017 |
| 11 and under | 45.0 kgs / 99.2 lbs Thomas Rupic (Australia) 11/2017 | 30.0 kgs / 66.1 lbs Thomas Rupic (Australia) 11/2017 | 80.0 kgs / 176.3 lbs Thomas Rupic (Australia) 11/2017 | 155.0 kgs / 341.7 lbs Thomas Rupic (Australia) 11/2017 |

| Weight Class: 67.5 / 148 Male / Powerlifting | | | | |
|---|---|---|---|---|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 222.5 kgs / 490.5 lbs Ross Rickards (Australia) 10/2018 | 132.5 kgs / 292.1 lbs Ross Rickards (Australia) 10/2018 | 245.0 kgs / 540.1 lbs Ross Rickards (Australia) 10/2018 | 600.0 kgs / 1322.7 lbs Ross Rickards (Australia) 10/2018 |
| 20-24 | 140.0 kgs / 308.6 lbs Russell Stockdale (Australia) 11/2017 | 107.5 kgs / 236.9 lbs Russell Stockdale (Australia) 11/2017 | 200.0 kgs / 440.9 lbs Russell Stockdale (Australia) 11/2017 | 447.5 kgs / 986.5 lbs Russell Stockdale (Australia) 11/2017 |
| 40-44 | 222.5 kgs / 490.5 lbs Ross Rickards (Australia) 10/2018 | 132.5 kgs / 292.1 lbs Ross Rickards (Australia) 10/2018 | 245.0 kgs / 540.1 lbs Ross Rickards (Australia) 10/2018 | 600.0 kgs / 1322.7 lbs Ross Rickards (Australia) 10/2018 |

| Weight Class: 75 / 165 Male / Powerlifting | | | | |
|---|--|---|--|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 142.5 kgs / 314.1 lbs Marco Llamas (Australia) 11/2017 | 105.0 kgs / 231.4 lbs Alpi Parim (Australia) 11/2017 | 200.0 kgs / 440.9 lbs Alpi Parim (Australia) 11/2017 | 432.5 kgs / 953.4 lbs Marco Llamas (Australia) 11/2017 |
| 14-15 | 140.0 kgs / 308.6 lbs Riley Achammer (Australia) 11/2017 | 90.0 kgs / 198.4 lbs Riley Achammer (Australia) 11/2017 | 190.0 kgs / 418.8 lbs Riley Achammer (Australia) 11/2017 | 420.0 kgs / 925.9 lbs Riley Achammer (Australia) 11/2017 |
| 18-19 | 85.0 kgs / 187.3 lbs Abraham Daly (Australia) 11/2017 | 80.0 kgs / 176.3 lbs Abraham Daly (Australia) 11/2017 | 150.0 kgs / 330.6 lbs Abraham Daly (Australia) 11/2017 | 315.0 kgs / 694.4 lbs Abraham Daly (Australia) 11/2017 |
| 20-24 | 140.0 kgs / 308.6 lbs Jesse Damianopolous (Australia) 3/2017 | 82.5 kgs / 181.8 lbs Jesse Damianopolous (Australia) 3/2017 | 165.0 kgs / 363.7 lbs Jesse Damianopolous (Australia) 3/2017 | 387.5 kgs / 854.2 lbs Jesse Damianopolous (Australia) 3/2017 |

| Weight Class: 82.5 / 181 Male / Powerlifting | | | | |
|---|---|---|---|--|
| Division | Squat | Bench Press | Deadlift | Total |
| Open | 200.0 kgs / 440.9 lbs Matthew Rodwell (Australia) 11/2017 | 157.5 kgs / 347.2 lbs Matthew Rodwell (Australia) 11/2017 | 260.0 kgs / 573.1 lbs Matthew Rodwell (Australia) 11/2017 | 617.5 kgs / 1361.3 lbs Matthew Rodwell (Australia) 11/2017 |
| 18-19 | 200.0 kgs / 440.9 lbs Matthew Rodwell (Australia) 11/2017 | 157.5 kgs / 347.2 lbs Matthew Rodwell (Australia) 11/2017 | 260.0 kgs / 573.1 lbs Matthew Rodwell (Australia) 11/2017 | 617.5 kgs / 1361.3 lbs Matthew Rodwell (Australia) 11/2017 |

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| 20-24 | 170.0 kgs / 374.7 lbs Lachlan Josey (Australia) 4/2017 | 127.5 kgs / 281.0 lbs Lachlan Josey (Australia) 4/2017 | 240.0 kgs / 529.1 lbs Lachlan Josey (Australia) 4/2017 | 557.5 kgs / 1244.5 lbs Lachlan Josey (Australia) 4/2017 |
| 45-49 | 140.0 kgs / 308.6 lbs Adrian Brogan (Australia) 10/2018 | 145.0 kgs / 319.6 lbs Adrian Brogan (Australia) 10/2018 | 190.0 kgs / 418.8 lbs Adrian Brogan (Australia) 10/2018 | 475.0 kgs / 1047.1 lbs Adrian Brogan (Australia) 10/2018 |

Weight Class: 90 / 198 Male / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|----------|--|--|---|---|
| Open | 220.0 kgs / 485.0 lbs Josh Cogoi (Australia) 4/2017 | 150.0 kgs / 330.6 lbs Josh Cogoi (Australia) 4/2017 | 280.0 kgs / 617.2 lbs Josh Cogoi (Australia) 4/2017 | 650.0 kgs / 1432.5 lbs Josh Cogoi (Australia) 4/2017 |
| 20-24 | 220.0 kgs / 485.0 lbs Josh Cogoi (Australia) 4/2017 | 150.0 kgs / 330.6 lbs Josh Cogoi (Australia) 4/2017 | 280.0 kgs / 617.2 lbs Josh Cogoi (Australia) 4/2017 | 650.0 kgs / 1432.5 lbs Josh Cogoi (Australia) 4/2017 |
| 35-39 | 90.0 kgs / 198.4 lbs Renald McQueen (Australia) 3/2017 | 90.0 kgs / 198.4 lbs Renald McQueen (Australia) 3/2017 | 200.0 kgs / 440.9 lbs Renald McQueen (Australia) 3/2017 | 380.0 kgs / 837.7 lbs Renald McQueen (Australia) 3/2017 |

Weight Class: 100 / 220 Male / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|----------|--|--|--|---|
| Open | 265.0 kgs / 584.2 lbs Eric Dumas (Australia) 10/2018 | 160.0 kgs / 352.7 lbs Josh Cogoi (Australia) 11/2017 | 320.0 kgs / 705.4 lbs Trent Ross (Australia) 10/2018 | 745.0 kgs / 1642.5 lbs Trent Ross (Australia) 10/2018 |
| 20-24 | 257.5 kgs / 567.6 lbs Trent Ross (Australia) 10/2018 | 160.0 kgs / 352.7 lbs Josh Cogoi (Australia) 11/2017 | 320.0 kgs / 705.4 lbs Trent Ross (Australia) 10/2018 | 745.0 kgs / 1642.5 lbs Trent Ross (Australia) 10/2018 |
| 40-44 | 175.0 kgs / 385.8 lbs Robbie Rees (Australia) 3/2017 | 110.0 kgs / 242.5 lbs Robbie Rees (Australia) 3/2017 | 235.0 kgs / 518.0 lbs Robbie Rees (Australia) 3/2017 | 520.0 kgs / 1146.5 lbs Robbie Rees (Australia) 3/2017 |
| 50-54 | 265.0 kgs / 584.2 lbs Eric Dumas (Australia) 10/2018 | 145.0 kgs / 319.6 lbs Eric Dumas (Australia) 10/2018 | 280.0 kgs / 617.2 lbs Eric Dumas (Australia) 10/2018 | 690.0 kgs / 1521.1 lbs Eric Dumas (Australia) 10/2018 |

Weight Class: 110 / 242 Male / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|----------|---|---|---|--|
| Open | 180.0 kgs / 396.8 lbs Chris Braidwood (Australia) 11/2017 | 155.0 kgs / 341.7 lbs Gavin Turrell (Australia) 10/2018 | 270.0 kgs / 595.2 lbs Gavin Turrell (Australia) 10/2018 | 595.0 kgs / 1311.7 lbs Gavin Turrell (Australia) 10/2018 |
| 18-19 | 180.0 kgs / 396.8 lbs Chris Braidwood (Australia) 11/2017 | 120.0 kgs / 264.5 lbs Chris Braidwood (Australia) 11/2017 | 232.5 kgs / 512.5 lbs Chris Braidwood (Australia) 11/2017 | 517.5 kgs / 1140.8 lbs Chris Braidwood (Australia) 11/2017 |
| 20-24 | 175.0 kgs / 385.8 lbs Joel Czurlowski (Australia) 11/2017 | 125.0 kgs / 275.5 lbs Joel Czurlowski (Australia) 11/2017 | 212.5 kgs / 468.4 lbs Joel Czurlowski (Australia) 11/2017 | 512.5 kgs / 1129.8 lbs Joel Czurlowski (Australia) 11/2017 |
| 50-54 | 170.0 kgs / 374.7 lbs Gavin Turrell (Australia) 10/2018 | 155.0 kgs / 341.7 lbs Gavin Turrell (Australia) 10/2018 | 270.0 kgs / 595.2 lbs Gavin Turrell (Australia) 10/2018 | 595.0 kgs / 1311.7 lbs Gavin Turrell (Australia) 10/2018 |

Weight Class: 125 / 275 Male / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
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|-------|--|--|--|---|
| Open | 322.5 kgs / 710.9 lbs Anthony Krznar (Australia) 10/2018 | 195.0 kgs / 429.8 lbs Anthony Krznar (Australia) 10/2018 | 335.0 kgs / 738.5 lbs Anthony Krznar (Australia) 10/2018 | 652.5 kgs / 1439.4 lbs Anthony Krznar (Australia) 10/2018 |
| 20-24 | 322.5 kgs / 710.9 lbs Anthony Krznar (Australia) 10/2018 | 195.0 kgs / 429.8 lbs Anthony Krznar (Australia) 10/2018 | 335.0 kgs / 738.5 lbs Anthony Krznar (Australia) 10/2018 | 652.5 kgs / 1439.4 lbs Anthony Krznar (Australia) 10/2018 |
| 45-49 | 160.0 kgs / 352.7 lbs John Wallin (Australia) 11/2017 | 175.0 kgs / 385.8 lbs John Wallin (Australia) 11/2017 | 250.0 kgs / 551.1 lbs John Wallin (Australia) 11/2017 | 585.0 kgs / 1278.0 lbs John Wallin (Australia) 11/2017 |

Weight Class: 140 / 308 Male / Powerlifting

| Division | Squat | Bench Press | Deadlift | Total |
|----------|---|---|---|--|
| Open | 165.0 kgs / 363.7 lbs Declan McIndoe (Australia) 3/2017 | 115.0 kgs / 253.5 lbs Declan McIndoe (Australia) 3/2017 | 230.0 kgs / 507.0 lbs Declan McIndoe (Australia) 3/2017 | 510.0 kgs / 1124.3 lbs Declan McIndoe (Australia) 3/2017 |
| 20-24 | 165.0 kgs / 363.7 lbs Declan McIndoe (Australia) 3/2017 | 115.0 kgs / 253.5 lbs Declan McIndoe (Australia) 3/2017 | 230.0 kgs / 507.0 lbs Declan McIndoe (Australia) 3/2017 | 510.0 kgs / 1124.3 lbs Declan McIndoe (Australia) 3/2017 |