



UAE Powerlifting Records

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9/15/2024

Weight Class: 60 / 132 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	70.0 kgs / 154.3 lbs Vanaja Nair (UAE) 11/2023	42.5 kgs / 93.6 lbs Vanaja Nair (UAE) 7/2024	90.0 kgs / 198.4 lbs Vanaja Nair (UAE) 11/2023	202.5 kgs / 446.4 lbs Vanaja Nair (UAE) 7/2024
50-54	70.0 kgs / 154.3 lbs Vanaja Nair (UAE) 11/2023	42.5 kgs / 93.6 lbs Vanaja Nair (UAE) 7/2024	90.0 kgs / 198.4 lbs Vanaja Nair (UAE) 11/2023	202.5 kgs / 446.4 lbs Vanaja Nair (UAE) 7/2024

Weight Class: 67.5 / 148 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	60.0 kgs / 132.2 lbs Vanaja Nair (UAE) 11/2022	40.0 kgs / 88.1 lbs Vanaja Nair (UAE) 11/2022	100.0 kgs / 220.4 lbs Vanaja Nair (UAE) 11/2022	200.0 kgs / 440.9 lbs Vanaja Nair (UAE) 11/2022
50-54	60.0 kgs / 132.2 lbs Vanaja Nair (UAE) 11/2022	40.0 kgs / 88.1 lbs Vanaja Nair (UAE) 11/2022	100.0 kgs / 220.4 lbs Vanaja Nair (UAE) 11/2022	200.0 kgs / 440.9 lbs Vanaja Nair (UAE) 11/2022

Weight Class: 75 / 165 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	55.0 kgs / 121.2 lbs Binu Jaj Abreu (UAE) 7/2024	25.0 kgs / 55.1 lbs Binu Jaj Abreu (UAE) 7/2024	85.0 kgs / 187.3 lbs Binu Jaj Abreu (UAE) 7/2024	165.0 kgs / 363.7 lbs Binu Jaj Abreu (UAE) 7/2024
40-44	55.0 kgs / 121.2 lbs Binu Jaj Abreu (UAE) 7/2024	25.0 kgs / 55.1 lbs Binu Jaj Abreu (UAE) 7/2024	85.0 kgs / 187.3 lbs Binu Jaj Abreu (UAE) 7/2024	165.0 kgs / 363.7 lbs Binu Jaj Abreu (UAE) 7/2024

Weight Class: 67.5 / 148 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	117.0 kgs / 257.9 lbs Jidhun Raphel (UAE) 7/2024	73.0 kgs / 160.9 lbs Jidhun Raphel (UAE) 7/2024	140.0 kgs / 308.6 lbs Jidhun Raphel (UAE) 7/2024	330.0 kgs / 727.5 lbs Jidhun Raphel (UAE) 7/2024
50-54	70.0 kgs / 154.3 lbs Priyesh Meethale Valappil (UAE) 7/2024	65.0 kgs / 143.2 lbs Priyesh Meethale Valappil (UAE) 7/2024	90.0 kgs / 198.4 lbs Priyesh Meethale Valappil (UAE) 7/2024	225.0 kgs / 496.0 lbs Priyesh Meethale Valappil (UAE) 7/2024

Weight Class: 75 / 165 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total

Open	125.0 kgs / 275.5 lbs Santhosh Sadanandan (UAE) 7/2024	95.0 kgs / 209.4 lbs Anil Kumar (UAE) 7/2024	145.0 kgs / 319.6 lbs Santhosh Sadanandan (UAE) 7/2024	345.0 kgs / 760.5 lbs Santhosh Sadanandan (UAE) 7/2024
45-49	100.0 kgs / 220.4 lbs Anil Kumar (UAE) 7/2024	95.0 kgs / 209.4 lbs Anil Kumar (UAE) 7/2024	120.0 kgs / 264.5 lbs Anil Kumar (UAE) 7/2024	315.0 kgs / 694.4 lbs Anil Kumar (UAE) 7/2024
50-54	125.0 kgs / 275.5 lbs Santhosh Sadanandan (UAE) 7/2024	75.0 kgs / 165.3 lbs Santhosh Sadanandan (UAE) 7/2024	145.0 kgs / 319.6 lbs Santhosh Sadanandan (UAE) 7/2024	345.0 kgs / 760.5 lbs Santhosh Sadanandan (UAE) 7/2024
55-59	75.0 kgs / 165.3 lbs Ramathullah Syed Abu Thahir (UAE) 7/2024	65.0 kgs / 143.2 lbs Ramathullah Syed Abu Thahir (UAE) 7/2024	115.0 kgs / 253.5 lbs Ramathullah Syed Abu Thahir (UAE) 7/2024	255.0 kgs / 562.1 lbs Ramathullah Syed Abu Thahir (UAE) 7/2024

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	160.0 kgs / 352.7 lbs Manikuttan Purushothaman (UAE) 11/2022	95.0 kgs / 209.4 lbs Manikuttan Purushothaman (UAE) 11/2023	185.0 kgs / 407.8 lbs Manikuttan Purushothaman (UAE) 11/2023	430.0 kgs / 947.9 lbs Manikuttan Purushothaman (UAE) 11/2023
18-19	60.0 kgs / 132.2 lbs Muhammed Adhil (UAE) 7/2024	80.0 kgs / 176.3 lbs Muhammed Adhil (UAE) 7/2024	130.0 kgs / 286.5 lbs Muhammed Adhil (UAE) 7/2024	270.0 kgs / 595.2 lbs Muhammed Adhil (UAE) 7/2024
45-49	75.0 kgs / 165.3 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022	70.0 kgs / 154.3 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022	125.0 kgs / 275.5 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022	270.0 kgs / 595.2 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022
50-54	100.0 kgs / 220.4 lbs Michael Joseph (UAE) 11/2022	95.0 kgs / 209.4 lbs Pradeesh M.V. (UAE) 7/2024	140.0 kgs / 308.6 lbs Michael Joseph (UAE) 11/2022	325.0 kgs / 716.4 lbs Michael Joseph (UAE) 11/2022
60-64	160.0 kgs / 352.7 lbs Manikuttan Purushothaman (UAE) 11/2022	95.0 kgs / 209.4 lbs Manikuttan Purushothaman (UAE) 11/2023	185.0 kgs / 407.8 lbs Manikuttan Purushothaman (UAE) 11/2023	430.0 kgs / 947.9 lbs Manikuttan Purushothaman (UAE) 11/2023
Police/Fire/Mil	150.0 kgs / 330.6 lbs Manikuttan Purushothaman (UAE) 11/2023	95.0 kgs / 209.4 lbs Manikuttan Purushothaman (UAE) 11/2023	185.0 kgs / 407.8 lbs Manikuttan Purushothaman (UAE) 11/2023	430.0 kgs / 947.9 lbs Manikuttan Purushothaman (UAE) 11/2023

Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	90.0 kgs / 198.4 lbs Michael Joseph (UAE) 11/2023	95.0 kgs / 209.4 lbs Michael Joseph (UAE) 11/2023	130.0 kgs / 286.5 lbs Michael Joseph (UAE) 11/2023	315.0 kgs / 694.4 lbs Michael Joseph (UAE) 11/2023
40-44	60.0 kgs / 132.2 lbs Jaj Abreu (UAE) 7/2024	60.0 kgs / 132.2 lbs Jaj Abreu (UAE) 7/2024	100.0 kgs / 220.4 lbs Jaj Abreu (UAE) 7/2024	220.0 kgs / 485.0 lbs Jaj Abreu (UAE) 7/2024
50-54	90.0 kgs / 198.4 lbs Michael Joseph (UAE) 11/2023	95.0 kgs / 209.4 lbs Michael Joseph (UAE) 11/2023	130.0 kgs / 286.5 lbs Michael Joseph (UAE) 11/2023	315.0 kgs / 694.4 lbs Michael Joseph (UAE) 11/2023
Police/Fire/Mil	90.0 kgs / 198.4 lbs Michael Joseph (UAE) 11/2023	95.0 kgs / 209.4 lbs Michael Joseph (UAE) 11/2023	130.0 kgs / 286.5 lbs Michael Joseph (UAE) 11/2023	315.0 kgs / 694.4 lbs Michael Joseph (UAE) 11/2023

Weight Class: 100 / 220 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	80.0 kgs / 176.3 lbs Tushar Vinod Kumar (UAE) 7/2024	60.0 kgs / 132.2 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	120.0 kgs / 264.5 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	240.0 kgs / 529.1 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024
18-19	80.0 kgs / 176.3 lbs Tushar Vinod Kumar (UAE) 7/2024	40.0 kgs / 88.1 lbs Tushar Vinod Kumar (UAE) 7/2024	100.0 kgs / 220.4 lbs Tushar Vinod Kumar (UAE) 7/2024	220.0 kgs / 485.0 lbs Tushar Vinod Kumar (UAE) 7/2024
40-44	60.0 kgs / 132.2 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	60.0 kgs / 132.2 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	120.0 kgs / 264.5 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	240.0 kgs / 529.1 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024
Police/Fire/Mil	60.0 kgs / 132.2 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	60.0 kgs / 132.2 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	120.0 kgs / 264.5 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024	240.0 kgs / 529.1 lbs Ramadan Sebil Ahmad Matoot (UAE) 7/2024

Weight Class: 125 / 275 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	120.0 kgs / 264.5 lbs Vinod Kumar (UAE) 7/2024	110.0 kgs / 242.5 lbs Vinod Kumar (UAE) 7/2024	155.0 kgs / 341.7 lbs Vinod Kumar (UAE) 7/2024	385.0 kgs / 848.7 lbs Vinod Kumar (UAE) 7/2024
45-49	120.0 kgs / 264.5 lbs Vinod Kumar (UAE) 7/2024	110.0 kgs / 242.5 lbs Vinod Kumar (UAE) 7/2024	155.0 kgs / 341.7 lbs Vinod Kumar (UAE) 7/2024	385.0 kgs / 848.7 lbs Vinod Kumar (UAE) 7/2024