

AUCKLAND POWERLIFTING RECORDS

Updated 30-May-10

Open Women

Class	Squat	Weight	Bench Press	Weight	Deadlift	Weight	Total	Weight
48KG	M.Johnson	135	M.Johnson	62.5	M.Johnson	137.5	M.Johnson	335
52KG	A. Gascoine	122.5	Ali Gascoine	65	A. Gascoine	162.5	A. Gascoine	345
56KG	S.Griffiths	122.5	T.Green	75	Standard	122.5	T.Green	317.5
60KG	T.Green	132.5	T.Green	92.5	S.Rogers	140	T.Green	350
67.5KG	N.Goffin	155	R.Jessop	110	R.Jessop	167.5	R.Jessop	427.5
75KG	N.Goffin	165	N.Goffin	111	N.Goffin	170	N.Goffin	442.5
82.5KG	J.Boulgaris	175	J.Boulgaris	110	J.Boulgaris	175	J.Boulgaris	460
90KG	Standard	147.5	Standard	90	Standard	170	Standard	410
90+KG	T.Smith	160	T.Smith	92.5	Standard	175	Standard	412.5

Under 23 Women

Class	Squat	Weight	Bench Press	Weight	Deadlift	Weight	Total	Weight
44KG	Standard	77.5	Standard	47.5	Standard	87.5	Standard	212.5
48KG	M.Johnson	82.5	Standard	50	Standard	97.5	Standard	230
52KG	Standard	87.5	Standard	55	Standard	100	Standard	242.5
56KG	Standard	92.5	Standard	57.5	Standard	107.5	Standard	257.5
60KG	R.Taka	135	R.Taka	80	R.Taka	137.5	R.Taka	352.5
67.5KG	N.Goffin	155	R.Jessop	100	N.Goffin	162.5	N.Goffin	415
75KG	N.Goffin	165	N.Goffin	111	N.Goffin	175	N.Goffin	442.5
82.5KG	Standard	125	Standard	75	Standard	142.5	Standard	342.5
90KG	Standard	130	Standard	80	Standard	152.5	Standard	362.5
90+KG	Standard	132.5	Standard	82.5	Standard	160	Standard	365

Master Women 40-49

Class	Squat	Weight	Bench Press	Weight	Deadlift	Weight	Total	Weight
48KG	Standard	70	Standard	42.5	Standard	90	Standard	202.5
52KG	A. Gascoine	122.5	A. Gascoine	65	A. Gascoine	162.5	A. Gascoine	345
56KG	S.Griffiths	110	S.Griffiths	55	S.Griffiths	122.5	S.Griffiths	285
60KG	Standard	85	Standard	55	Standard	107.5	Standard	247.5
67.5KG	S. Cardno	100	S. Cardno	62.5	Standard	112.5	S. Cardno	270
75KG	Standard	97.5	Standard	65	Standard	120	Standard	282.5
82.5KG	S Derbyshire	147.5	S Derbyshire	95	S Derbyshire	152.5	S Derbyshire	395
90KG	Standard	112.5	Standard	70	Standard	135	Standard	317.5
90+KG	Standard	120	Standard	75	Standard	145	Standard	340

Master Women 50+

Class	Squat	Weight	Bench Press	Weight	Deadlift	Weight	Total	Weight
48KG	Standard	65	Standard	37.5	Standard	85	Standard	187.5
52KG	Standard	70	Standard	42.5	Standard	90	Standard	202.5
56KG	C.Wilson	90	C.Wilson	45	C.Wilson	120	C.Wilson	250
60KG	A.Fletcher	100	A.Fletcher	52.5	A.Fletcher	115	A.Fletcher	267.5
67.5KG	Standard	87.5	Standard	55	Standard	107.5	Standard	250
75KG	Standard	92.5	Standard	60	Standard	112.5	Standard	265
82.5KG	Standard	100	Standard	62.5	Standard	120	Standard	282.5
90KG	Standard	107.5	Standard	65	Standard	130	Standard	302.5
90+KG	Standard	112.5	Standard	70	Standard	135	Standard	317.5

Master Women 60+

Class	Squat	Weight	Bench Press	Weight	Deadlift	Weight	Total	Weight
48KG	Standard	65	Standard	37.5	Standard	85	Standard	187.5
52KG	Standard	70	Standard	42.5	Standard	90	Standard	202.5
56KG	C.Wilson	90	C.Wilson	45	C.Wilson	120	C.Wilson	250
60KG	A.Fletcher	100	A.Fletcher	52.5	A.Fletcher	115	A.Fletcher	267.5
67.5KG	Standard	87.5	Standard	55	Standard	107.5	Standard	250
75KG	Standard	92.5	Standard	60	Standard	112.5	Standard	265
82.5KG	Standard	100	Standard	62.5	Standard	120	Standard	282.5
90KG	Standard	107.5	Standard	65	Standard	130	Standard	302.5
90+KG	Standard	112.5	Standard	70	Standard	135	Standard	317.5

AUCKLAND POWERLIFTING RECORDS

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Open Women

Class	Bench Press	Weight
44KG	Standard	52.5
48KG	Standard	62.5
52KG	Standard	67.5
56KG	Standard	70
60KG	T.Green	95
67.5KG	R.Jessop	92.5
75KG	Standard	77.5
82.5KG	S Derbyshire	95
90KG	Standard	87.5
90+KG	Standard	92.5

Masters Women 40-49

Class	Bench Press	Weight
44KG	Standard	47.5
48KG	Standard	57.5
52KG	A.Gascoine	62.5
56KG	Standard	65
60KG	Standard	67.5
67.5KG	Standard	70
75KG	Standard	72.5
82.5KG	S Derbyshire	95
90KG	Standard	82.5
90+KG	Standard	87.5

Masters Women 60+

Class	Bench Press	Weight
44KG	Standard	32.5
48KG	Standard	37.5
52KG	Standard	42.5
56KG	Standard	47.5
60KG	Standard	52.5
67.5KG	Standard	57.5
75KG	Standard	62.5
82.5KG	Standard	67.5
90KG	Standard	72.5
90+KG	Standard	77.5

BENCHPRESS**Under 23**

Class	Bench Press	Weight
44KG	Standard	50
48KG	Standard	60
52KG	Standard	65
56KG	Standard	67.5
60KG	Standard	70
67.5KG	Standard	72.5
75KG	Standard	75
82.5KG	Standard	92.5
90KG	Standard	85
90+KG	Standard	90

Masters Women 50+

Class	Bench Press	Weight
44KG	Standard	42.5
48KG	Standard	52.5
52KG	Standard	57.5
56KG	Standard	60
60KG	Standard	62.5
67.5KG	Standard	65
75KG	Standard	67.5
82.5KG	Standard	90
90KG	Standard	77.5
90+KG	Standard	82.5