



APF MAGAZINE

Issue 01



“successfully build tomorrow’s strong
powerlifting, and proudly in Asia.”

- Farshid Soltani,
APF President

IPF & APF News
Asian Classic Powerlifting Championship 2017

Feature:
Anti-doping

New Records
December 5, 2017

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Art Editor
Florence Ho

Editor
Rebecca Yip

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Wing Yuk Ip
Heinrich Janse van Rensburg

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IPF President Gaston Parage visited Kazakhstan National Classic and Equipped Benchpress Championships which was held in Almaty from 2nd till 8th of March 2017. There was an organized special educational anti-doping seminar for coaches and lifters with WADA and KAZ NADO representative Maira Bakasheva. IPF President mentioned that such education is very important especially when it starts from the national level and all lifters and coaches have such special knowlegde. The anti-doping seminar covered a broad range of topics, from the rules and anti-doping code, to its influence on sports. All coaches must guide and educate their lifters to stay away and say no to doping and be attentive for every medicine/ supplement that may include prohibited substances.

A referee clinic was also organized for all coaches and referees. Vladimir Novosselov, Roman Kovalev and Igor Shilov as Technical Chairman of Kazakhstan National Powerlifting Federation presented all the new updates in the IPF Technical Rules and IPF Constitution after IPF General Assembly in 2016 in Orlando.

APF Board Member of Central Asia, Tatiana Romanova, and IPF president had several interviews for local sport TV and newspapers promoting the event and powerlifting in the region. They mentioned that activities in Kazakhstan such as organizing anti-doping educational programs, referee rule clinics and other important meetings are good steps taken closer to IOC Recognition.

Gaston Parage
IPF President



With the support and approval of Chinese Olympic Committee, International Powerlifting Federation paid a visit to Chinese Weightlifting Association on Feb 2, 2018 to discuss the future development of Powerlifting in China.





APF PRESIDENT'S WORDS



Greetings and respect to the great and powerful family powerlifting Asia

After the Asian Federation of Hong Kong and the slogan teamwork by my colleagues and we decided to have their views in order to increase the quality and quantity of the sport powerlifting in Asia to share the results of these meetings would be classified as :

- 1) Informing the National Olympic Committee and Sports Ministry of the country of entry into the Asian Games powerlifting
- 2) Introduction Most of the youth to the sport of powerlifting through a notification on social networks and local activities in member countries
- 3) Most of the member associations in order to attract sponsorship
- 4) Attempts to connect to the member federations members of the National Olympic Committee of their country

5) Attempts to connect to the member associations of the Federation of Medical and Anti-Doping own country

6) Educational activities to enhance knowledge in coaching, refereeing and sports powerlifting and bench press.

Special thanks to my full effort of all colleagues in the Federation of Asia:

Vice president, secretary, treasurer and members of the executive and technical committee, women, medical

And my dear friends in the media committee of the Federation of Asia with the construction of a new website and social pages such as Instagram Asian powerlifting family activities sincerely appreciate their notification.

Hoping to successfully build tomorrow's strong powerlifting, and proudly in Asia.

Farshid Soltani,
APF President

APF HIGHLIGHTS



APF Executive Committee Meeting in Tehran, Iran

The APF Executive Committee held their recent meeting in Tehran, Iran from 5 April to 8 April 2018.

The meeting was attended by IPF President, Mr Gaston Parage, APF President, Mr Farshid Soltani (Iran), APF Vice President, Mr Kim-Won Pok(Hong Kong), other EC members together with EC of Iran Powerlifting Union.

Asian EC Meeting with IPF President on 6 April, 2018

Agenda:

1. Anti doping matters
 - Payment control
 - Education program
2. Sponsorship over the partners from IPF
 - Standard banner on the platform
3. Championships in Dubai
4. APF congress
5. University CUP
 - FISU recognition
6. Update on our visit to China



APF MEMBERS ON THE WORLD STAGE



Hsieh Tsung-Ting (TPE), Lin Yi-Chun (TPE), Saito Yoshihiro (JPN), Prokopenko Andrey (KAZ), Hamada Nobuyuki (JPN), Otani Norihiro (JPN), Yeshmakhanov Nurlan (KAZ), Fukushima Yukako (JPN), Chen Wei-Ling (TPE), Wu Hui-Chun (TPE) and Chang Ya-Wen (TPE) participated in the World Games 2017 Powerlifting Competition in Wroclaw.



SCHEDULE OF EVENTS ACPC 2017



ASIAN POWERLIFTING FEDERATION



Monday 04/12/2017

Tuesday 05/12/2017

Wednesday 06/12/2017

Thursday 07/12/2017

Friday 08/12/2017

Saturday 09/12/2017

E.C. Meeting
Technical Meeting
Rule Cleaning
Anti-doping Seminar

Opening Ceremony
Men- all age categories
U53 kg, U59 kg, U66 kg

Women – all age categories
U43 kg, U47 kg, U52 kg, U57 kg
Men- all age categories
U 74 kg

Women – all age categories
U 63 kg, U 72 kg
Men- all age categories
U 83 kg

Women – all age categories
U 84 kg, 84+ kg
Men- all age categories
U 93 kg

Men- all age categories
U 105 kg
Men- all age categories
U 120 kg, 120+ kg
Banquet



ACPC 2017



ACPC 2017 REFEREES



The Asian Classic Powerlifting Championship 2017 was held at Ramada Alleppey, Kerala, India during 4 December and 9 December 2017.

The championship was inaugurated by the International Powerlifting Federation Technical Committee Chairman Johan Smith in the presence of Asian Powerlifting Federation President, Farshid Soltani, Secretary General, Sri Rajesh Tiwari, and Meet Director, Arjuna P J Joseph.

The Competition had live stream broadcast for friends, families and fellow athletes who could not come to the picturesque

Alappuzha but still able to catch the live action and cheer and give their supports to athletes on the platform.

The Competition was special to the Malaysia national team. It was their first international competition and they took 11 medals home with experience and friendships with other nations.

To catch the latest news of APF, visit our website, <http://powerliftingfederation.asia>, follow us on Instagram, [asian.powerlifting.federation](https://www.instagram.com/asian.powerlifting.federation), and Facebook, Asian Powerlifting Federation - APF.

Chao, Chen-Yeh	Chinese Taipei	Cat. 1
Farshid Soltani	Iran	Cat. 1
P J Joseph	India	Cat. 1
Puran Singh Kadyan	India	Cat. 1
Wing Yuk Ip	Hong Kong	Cat. 1
Kim Won Pok	Hong Kong	Cat. 1 (R)
Ajith S Nair	India	Cat. 2
Vinod Sahu	India	Cat. 2
Krishna Sahu	India	Cat. 2
Satish Kumar	India	Cat. 2
Srikumar V R	India	Cat. 2
Nagarajan S	India	Cat. 2
Venu G Nair	India	Cat. 2
John Varghese	India	Cat. 2
Mohan Peter	India	Cat. 2
Ram Nath	India	Cat. 2
Leslie T. Evangelista	Philippines	Cat. 2



ACPC 2017 OPENING CEREMONY





ACPC 2017 HIGHLIGHTS





ACPC 2017 HIGHLIGHTS





ACPC 2017 HIGHLIGHTS





ACPC 2017 HIGHLIGHTS





ACPC 2017 NEW RECORDS



SPECIAL ACKNOWLEDGEMENT



05.12.2017 Women Sub-Junior Total under 43kg
Result 265 Veronica Ompod PHI

05.12.2017 Women Sub-Junior Deadlift under 43 kg
Result 120 Veronica Ompod PHI



05.12.2017 Men Master 3 Bench Press under 74 kg
Result 138 Chien-Lih Hwang TPE



05.12.2017 Men Sub-Junior Squat under 66 kg
Result 215.5 Matthew Yap SIN

05.12.2017 Men Sub-Junior Total under 66 kg
Result 588 Matthew Yap SIN



The 2017 Asian Classic Powerlifting Competition could not be a success without the referees, the jury, technical controllers, backstage controllers, weigh-in referees, loaders, IT, audio, visual, transport and other various supports. A special thanks to PJ Joseph, Meet director, for organising this competition.

Thank you for support from the sponsors and Ramada Alleppey. Last but not least a special thanks goes to athletes from all member nations.





Dr. Wing-Yuk Ip
APF Medical Committee Chairperson

In Sports, doping means the use of banned substances or banned methods to enhance performance. The use of these substances and methods is considered unethical as the athletes are not playing true. They are cheating so these performance enhancing substances or methods are prohibited. When an athlete cheats, one take oneself out of the competition and there is no longer a fair play. Violating anti-doping rules is the same as violating competition rules.

Powerlifting is a strength sports and the performance of lifters can be enhanced by various substances. Besides of unethical use of these substances to get good result rather than through hard working, dedication and learning from set-backs, these substances have much health risks. Winning at all cost with no respect of lifter's own health and the rights of other fellow lifters go against the spirit of sports. IPF and APF are very determined to fight against doping. We prefer a drug free sport for everybody. We follow the rules of World Anti-doping Agency (WADA). WADA is to promote, coordinate and monitor at international level to fight against doping in sports in all form. It aims to ensure that athletes' rights are respected.

What is doping?

Doping is defined as the occurrence of one or more of the following rule violations:

1. Presence ted use of a prohibited substance in an athlete's sample
2. Use or attempted use of a prohibited substance or method
3. Refusing to submit to sample collection after being notified
4. Failure to file athlete whereabouts information & missed tests
5. Tampering with any part of the doping control process
6. Possession of a prohibited substance or method
7. Trafficking a prohibited substance or method
8. Administering or attempting to administer a prohibited substance or method to an athlete
9. Complicity in an anti-doping rules violation
10. Prohibited association with sanctioned athlete support personnel

For further information about anti-doping, one can visit www.wada-ama.org. In the future APF magazines, there will be column for anti-doping information and education.

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED WOMEN Senior							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Wei-Ling Chen	1982	TPE	46.75	210.0	14.11.2016	World, Orlando USA
52kg	Huang Yen-Tzu	1992	TPE	51.70	182.5	13.11.2017	World, Plzen / Czech Republic *
57kg	Sri Hartati	1984	INA	56.03	216.0	06.11.2013	World, Stavanger / Norway
63kg	Burik Marina	1993	KAZ	62.30	225.0	25.08.2012	World Junior, Szczyrk / Poland
72kg	Kryukova Ekaterina	1985	KAZ	71.44	211.0	24.07.2015	Asian, Hong Kong
84kg	Rahayu Sri	1992	INA	82.98	268.0	24.07.2015	Asian, Hong Kong
84+kg	Su Fang-Yun	1992	TPE	121.07	297.5	17.11.2017	World, Plzen / Czech Republic *
BENCH PRESS							
47kg	Widari Widari	1991	INA	46.62	140.0	02.05.2017	Asian, Soreang, INA
52kg	Huang Yen-Tzu	1992	TPE	51.70	115.0	13.11.2017	World, Plzen / Czech Republic *
57kg	Sri Hartati	1984	INA	56.28	146.0	15.11.2016	World, Orlando USA
63kg	Kitamura Mayumi	1967	JPN	62.85	173.0	16.11.2016	World, Orlando USA
72kg	Veronica Aneu	1992	INA	71.04	165.0	04.05.2017	Asian, Soreang, INA
84kg	Hun Min Chu	1983	TPE	83.50	181.5	07.11.2014	World, Aurora / U.S.America
84+kg	Okatenko Xeniya	1994	KAZ	104.49	185.0	17.11.2017	World, Plzen / Czech Republic *
DEADLIFT							
47kg	Wei-Ling Chen	1982	TPE	45.60	186.0	04.11.2014	World, Aurora / U.S.America
52kg	Chou Yi Ju	1980	TPE	49.78	192.5	04.11.2014	World, Aurora / U.S.America
57kg	Wu Hui-Chun	1986	TPE	56.60	202.5	09.06.2016	Asian, Udaipur IND
63kg	Sari Noviana	1984	INA	60.40	225.0	31.10.2012	World, Aguadilla / Puerto Rico
72kg	Kyrukovay	1985	KAZ	69.60	200.0	04.05.2012	Asian, Udaipur / India
84kg	Rahayu Sri	1992	INA	82.98	206.0	24.07.2015	Asian, Hong Kong
84+kg	Ya-Wen Chang	1984	TPE	88.17	235.0	02.11.2012	World, Aguadilla / Puerto Rico
TOTAL							
47kg	Wei-Ling Chen	1982	TPE	46.75	500.0	14.11.2016	World, Orlando USA
52kg	Huang Yen-Tzu	1992	TPE	51.70	115.0	13.11.2017	World, Plzen / Czech Republic *
57kg	Sri Hartati	1984	INA	56.30	550.0	08.12.2011	Asian, Kobe / Japan
63kg	Sari Noviana	1984	INA	60.40	587.5	31.10.2012	World, Aguadilla / Puerto Rico
72kg	Guseva Anastassiya	1989	KAZ	68.83	557.5	10.11.2011	World, Plzen / Czech Republic
84kg	Rahayu Sri	1992	INA	82.98	619.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	1994	KAZ	104.49	670.0	17.11.2017	World, Plzen / Czech Republic *
BENCH PRESS (Single-Lift)							
47kg	Widari Widari	1991	INA	46.62	140.0	02.05.2017	Asian, Soreang, INA
52kg	Kaori Nagaya-Shirakawa	1963	JPN	51.80	130.0	25~30.05.2011	World Bench, Soelden / Austria
57kg	Sri Hartati	1984	INA	56.28	146.0	15.11.2016	World, Orlando USA
63kg	Kitamura Mayumi	1967	JPN	62.85	173.0	16.11.2016	World, Orlando USA
72kg	Guseva Anastassiya	1989	KAZ	67.05	170.0	20~25.05.2013	World Bench, Kaunas, Lithuania
84kg	Hun Min Chu	1983	TPE	83.50	181.5	07.11.2014	World, Aurora / U.S.America
84+kg	Okatenko Xeniya	1994	KAZ	104.49	185.0	17.11.2017	World, Plzen / Czech Republic *
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018

EQUIPPED WOMEN Sub-Junior (<18)							
class	name	born	nation	bwt	result	date	location
SQUAT							
43kg	Jheng Ya-Syuan	1999	TPE	42.20	132.5	02.05.2017	Asian , Soreang,INA
47kg	Bautista Jeremy Reign	1999	PHI	46.99	135.0	31.08.2015	World Jr.Subj, Prague Czech Republic
52kg	Adbullin Zharkyn	1994	KAZ	51.48	155.0	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
57kg	Burik Marina	1993	KAZ	56.50	160.0	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
63kg	Ochirbat Orkhintuul	1997	MGL	61.10	155.0	01~06.09.2014	World Jr.Subj,Oroshaza Hungary
72kg	Madoba Kazusa	1996	JPN	66.00	167.5	01~06.09.2014	World Jr.Subj,Oroshaza Hungary
84kg	Yi-Chiao Chang	1997	TPE	81.25	150.0	27.04.2014	Asian, Quzon PHI
84+kg	Hung Jr Ting	1994	TPE	90.15	240.0	05.05.2012	Asian , Udaipur India
BENCH PRESS (Three-Lift)							
43kg	Ompod Veronica	2000	PHI	42.54	57.5	02.05.2017	Asian , Soreang,INA
47kg	Kikuchi Miyabi	1998	JPN	46.78	80.0	29.08.2016	World Jr.Subj, Szczyrk Poland
52kg	Karimova Dilyra	1998	KAZ	51.80	95.0	29.08.2016	World Jr.Subj, Szczyrk Poland
57kg	Burik Marina	1993	KAZ	56.50	90.0	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
63kg	Ochirbat Orkhintuul	1997	MGL	61.10	92.5	01~06.09.2014	World Jr.Subj,Oroshaza Hungary
72kg	Madoba Kazusa	1996	JPN	66.00	85.0	01~06.09.2014	World Jr.Subj,Oroshaza Hungary
84kg	Yi-Chiao Chang	1997	TPE	81.25	80.0	27.04.2014	Asian, Quzon Philippines
84+kg	Fitria Martinings	1994	INA	93.00	107.5	06.12.2011	Asian , Kobe Japan
DEADLIFT							
43kg	Jheng Ya-Syuan	1999	TPE	42.20	122.5	02.05.2017	Asian , Soreang,INA
47kg	Abrea Andrea Rowella	1999	PHI	46.60	127.5	29.08.2016	World Jr.Subj, Szczyrk Poland
52kg	Hui-Chuan Huang	1996	TPE	51.49	162.5	27.04.2014	Asian, Quzon Philippines
57kg	Burik Marina	1993	KAZ	56.50	152.5	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
63kg	Alferez Angela	1999	PHI	57.20	140.0	03.05.2017	Asian , Soreang,INA
72kg	Nomoto Natsumi	1994	JPN	66,45	155.0	28.08-02.09, 2012	World Jr.Subj, Szczyrk, Poland
84kg	Yi-Chiao Chang	1997	TPE	81.25	140.0	27.04.2014	Asian, Quzon Philippines
84+kg	Fitria Martinings	1994	INA	93.00	182.5	06.12.2011	Asian , Kobe Japan
TOTAL							
43kg	Jheng Ya-Syuan	1999	TPE	42.20	302.5	02.05.2017	Asian , Soreang,INA
47kg	Kikuchi Miyabi	1998	JPN	46.78	337.5	29.08.2016	World Jr.Subj, Szczyrk Poland
52kg	Hui-Chuan Huang	1996	TPE	51.49	400.0	27.04.2014	Asian, Quzon Philippines
57kg	Burik Marina	1993	KAZ	56.50	402.5	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
63kg	Ochirbat Orkhintuul	1997	MGL	61.10	382.5	01~06.09.2014	World Jr.Subj,Oroshaza Hungary
72kg	Madoba Kazusa	1996	JPN	66.00	400.0	01~06.09.2014	World Jr.Subj,Oroshaza Hungary
84kg	Yi-Chiao Chang	1997	TPE	81.25	370.0	27.04.2014	Asian, Quzon Philippines
84+kg	Hung Jr Ting	1994	TPE	90.15	520.0	05.05.2012	Asian , Udaipur India
BENCH PRESS (Single-Lift)							
43kg	Popova Kristina	2001	KAZ	42.90	67.5	25.05.2017	World Bench, Kaunas, Lithuania
47kg	Kikuchi Miyabi	1998	JPN	46.78	80.0	29.08.2016	World Jr.Subj, Szczyrk Poland
52kg	Karimova Dilyra	1998	KAZ	51.80	95.0	29.08.2016	World Jr.Subj, Szczyrk Poland
57kg	Dyachenko Taissiya	2000	KAZ	56.40	120.0	25.05.2017	World Bench, Kaunas, Lithuania
63kg	Dyachenko Taissiya	2000	KAZ	59.77	112.5	22.04.2016	World Bench, Rodby / DENMARK
72kg	Zhubina Anastassiya	1996	KAZ	63.40	122.5	25.05.2017	World Bench, Kaunas, Lithuania
84kg	Nikolaeva	1998	KAZ	82.90	100.0	2014	Asian Bench, Kyrgyzstan
84+kg	Meier Regina	1999	KAZ	92.30	135.0	25.05.2017	World Bench, Kaunas, Lithuania
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018

EQUIPPED WOMEN Junior (<23)							
class	name	born	nation	bwt	result	date	location
SQUAT							
43kg	Jheng Ya-Syuan	1999	TPE	42.20	132.5	02.05.2017	Asian , Soreang,INA
47kg	Komalasari Eka	1991	INA	44.95	150.0	05.12.2011	Asian, Kobe Japan
52kg	Kartika Imas	1995	INA	51.74	175.0	13.11.2017	World, Plzen / Czech Republic
57kg	Kartika Imas	1995	INA	55.04	182.5	03.05.2017	Asian , Soreang,INA
63kg	Burik Marina	1993	KAZ	62,30	225.0	28.08-02.09, 2012	World Jr.Subj, Szczyrk Poland
72kg	Guseva Anastassiya	1989	KAZ	68.83	210.0	05.11.2011	World, Pilsen CZE
84kg	Rahayu Sri	1992	INA	82.98	268.0	24.07.2015	Asian, Hong Kong
84+kg	Chen Jie Wen	1990	TPE	123.95	265.0	08.11.2013	World,Stavanger Norway
BENCH PRESS (Three-Lift)							
43kg	Miki Yasuko	1990	JPN	41.91	67.5	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
47kg	Popoy Widari	1991	INA	46.70	90.0	27.04.2014	Asian, Quzon Philippines
52kg	Huang Yen-Tzu	1992	TPE	51.34	105.0	27.04.2014	Asian, Quzon Philippines
57kg	Margareth Tambunan	1993	INA	54.76	100.0	27.04.2014	Asian, Quzon Philippines
63kg	Terahara Maruru	1993	JPN	62.10	112.5	02.09.2015	World Jr.Subj, Prague Czech Republic
72kg	Guseva Anastassiya	1989	KAZ	68.83	160.0	10.11.2011	World, Pilsen CZE
84kg	Rahayu Sri	1992	INA	82.98	145.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	1994	KAZ	104.49	185.0	17.11.2017	World, Plzen / Czech Republic
DEADLIFT							
43kg	Nemoto Kozue	1992	JPN	42.75	140.0	31.08.2015	World Jr.Subj, Prague Czech Republic
47kg	Huang Hui-Chuan	1996	TPE	46.40	167.5	14.11.2016	World, Orlando USA
52kg	Kartika Imas	1995	INA	51.74	185.0	13.11.2017	World, Plzen / Czech Republic
57kg	Kartika Imas	1995	INA	55.04	190.0	03.05.2017	Asian , Soreang,INA
63kg	Burik Marina	1993	KAZ	62,30	200.0	28.08-02.09, 2012	World Jr.Subj, Szczyrk Poland
72kg	Eka Mela	1990	INA	66.90	190.0	06.12.2011	Asian, Kobe Japan
84kg	Rahayu Sri	1992	INA	82.98	206.0	24.07.2015	Asian, Hong Kong
84+kg	Shevchenko Valeriya	1990	KAZ	84,30	220.0	28.08-02.09, 2012	World Jr.Subj, Szczyrk Poland
TOTAL							
43kg	Nemoto Kozue	1992	JPN	42.75	320.0	31.08.2015	World Jr.Subj, Prague Czech Republic
47kg	Popoy Widari	1991	INA	46.70	390.0	27.04.2014	Asian, Quzon Philippines
52kg	Kartika Imas	1995	INA	51.74	442.5	13.11.2017	World, Plzen / Czech Republic
57kg	Kartika Imas	1995	INA	55.04	465.0	03.05.2017	Asian , Soreang,INA
63kg	Burik Marina	1993	KAZ	62,30	535.0	28.08-02.09, 2012	World Jr.Subj, Szczyrk Poland
72kg	Guseva Anastassiya	1989	KAZ	68.83	557.5	10.11.2011	World, Pilsen CZE
84kg	Rahayu Sri	1992	INA	82.98	619.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	1994	KAZ	104.49	670.0	17.11.2017	World, Plzen / Czech Republic
BENCH PRESS (Single-Lift)							
43kg	Miki Yasuko	1990	JPN	41.91	67.5	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
47kg	Hayakawa Kotomi	1995	JPN	46.99	85.0	22.04.2016	World Bench, Rodby / DENMARK
52kg	Huang Yen-Tzu	1992	TPE	51.34	105.0	27.04.2014	Asian, Quzon Philippines
57kg	Tolegenova Aliya	1996	KAZ	56.20	117.5	25.05.2017	World Bench, Kaunas, Lithuania
63kg	Ishibashi Akane	1993	JPN	60.91	125.0	23.04.2016	World Bench, Rodby / DENMARK
72kg	Guseva Anastassiya	1989	KAZ	68.83	160.0	10.11.2011	World, Pilsen CZE
84kg	Rahayu Sri	1992	INA	82.98	145.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	1994	KAZ	104.49	185.0	17.11.2017	World, Plzen / Czech Republic
* pending							
Source: Technical committee chairperson of APF							

Asia Powerlifting Records as of 18 January 2018

EQUIPPED WOMEN Masters 1 (>40)							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Yukako Fukushima	1970	JPN	46.09	187.5	09.11.2015	World,Hamm, Luxembourg
52kg	Koykka Anita	1960	PHI	51.35	155.0	03.05.2012	Asian , Udaipur India
57kg	Terada Yukie	1974	JPN	56.21	172.5	15.11.2016	World, Orlando USA
63kg	Kitamura Mayumi	1967	JPN	62.72	207.5	31.10.2012	World, Puerto Rico
72kg	Kitamura Mayumi	1967	JPN	65.55	205.0	05.12.2011	Asian, Kobe Japan
84kg	Jasmi Jasmi	1976	INA	82.48	150.0	04.05.2017	Asian , Soreang,INA
84+kg	Kato Midori	1971	JPN	88.74	200.0	05-07.10.2012	World Masters, Kileen USA
BENCH PRESS (Three-Lift)							
47kg	Yukako Fukushima	1970	JPN	46.44	135.0	24.07.2017	World Games,Wroclaw,Poland
52kg	Furuya Noriko	1971	JPN	51.55	98.0	2014	Asia/Oceania, Melbourne
57kg	Ikeya Ayako	1969	JPN	56.55	110.0	05.12.2011	Asian, Kobe Japan
63kg	Kitamura Mayumi	1967	JPN	62.85	173.0	16.11.2016	World, Orlando USA
72kg	Mayumi Kitamura	1967	JPN	65.55	157.5	05.12.2011	Asian, Kobe Japan
84kg	Jasmi Jasmi	1976	INA	82.48	100.0	04.05.2017	Asian , Soreang,INA
84+kg	Guha Sampa	1967	IND	88.40	117.5	05.12.2011	Asian, Kobe Japan
DEADLIFT							
47kg	Yukako Fukushima	1970	JPN	46.42	167.5	04.11.2014	World,Aurora / U.S.America
52kg	Koykka Anita	1960	PHI	51.35	165.0	03.05.2012	Asian , Udaipur India
57kg	Anita Koykka	1960	PHI	55.46	182.5	27.04.2014	Asian, Quzon Philippines
63kg	Kitamura Mayumi	1967	JPN	62.72	192.5	31.10.2012	World, Puerto Rico
72kg	Kitamura Mayumi	1967	JPN	65.55	192.5	05.12.2011	Asian, Kobe Japan
84kg	Bhagat Sujata	1966	IND	78.35	140.0	05.05.2012	Asian , Udaipur India
84+kg	Kato Midori	1971	JPN	90.58	172.5	26.09 ~ 01.10.2011	World Masters, st.Catharines CAN
TOTAL							
47kg	Yukako Fukushima	1970	JPN	46.44	485.0	24.07.2017	World Games,Wroclaw,Poland
52kg	Koykka Anita	1960	PHI	51.35	410.0	03.05.2012	Asian , Udaipur India
57kg	Terada Yukie	1974	JPN	56.43	440.0	10.11.2015	World,Hamm, Luxembourg
63kg	Kitamura Mayumi	1967	JPN	62.72	557.5	31.10.2012	World, Puerto Rico
72kg	Kitamura Mayumi	1967	JPN	65.55	555.0	05.12.2011	Asian, Kobe Japan
84kg	Jasmi Jasmi	1976	INA	82.48	390.0	04.05.2017	Asian , Soreang,INA
84+kg	Kato Midori	1971	JPN	88.74	470.0	05-07.10.2012	World Masters, Kileen USA
BENCH PRESS (Single-Lift)							
47kg	Yukako Fukushima	1970	JPN	46.09	131.5	09.11.2015	World,Hamm, Luxembourg
52kg	Kaori Nagaya-Shirakawa	1963	JPN	51.80	130.0	25-30.05.2011	World Bench, Soelden Austria
57kg	Sakamaki Tomoko	1965	JPN	53.80	113.0	20-22.04.2012	World Master Bench, Aurora, USA
63kg	Kitamura Mayumi	1967	JPN	62.85	173.0	16.11.2016	World, Orlando USA
72kg	Mayumi Kitamura	1967	JPN	65.55	157.5	05.12.2011	Asian, Kobe Japan
84kg	Sawa Chiyomi	1949	JPN	75.86	120.0	20.04.2016	World Bench, Rodby / DENMARK
84+kg	Komatsu Mami	1969	JPN	107.84	125.0	20.04.2016	World Bench, Rodby / DENMARK
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018

EQUIPPED WOMEN Masters 2 (>50)							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Takizawa Yoshie	1957	JPN	44.46	107.5	30.09..2015	World Masters, Aurora Colorado USA
52kg	Koykka Anita	1960	PHI	51.35	155.0	03.05.2012	Asian , Udaipur India
57kg	Fuchigami Hiroe	1967	JPN	56.21	170.0	14.11.2017	World, Plzen / Czech Republic *
63kg	Hayashi Hisako	1951	JPN	58.20	137.5	05.12.2011	Asian, Kobe Japan
72kg	Nabekura Yumiko	1962	JPN	65.61	137.5	24.07.2015	Asian, Hong Kong
84kg	Goto Hiroe	1966	JPN	72.15	120.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Anuja Ashok Tendulkar	1958	IND	101.84	80.0	04.05.2017	Asian , Soreang,INA
BENCH PRESS (Three-Lift)							
47kg	Takizawa Yoshie	1957	JPN	44.46	75.0	30.09..2015	World Masters, Aurora Colorado USA
52kg	Mika Teramura	1962	JPN	51.59	97.5	05.11.2013	World,Stavanger Norway
57kg	Koykka Anita	1960	PHI	55.66	102.5	03.05.2017	Asian , Soreang,INA
63kg	Ip Wing-Yuk	1961	HKG	60.14	85.0	23-30.09.2013	World Master, Oland USA
72kg	Nabekura Yumiko	1962	JPN	65.61	77.5	24.07.2015	Asian, Hong Kong
84kg	Goto Hiroe	1966	JPN	72.15	70.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Anuja Ashok Tendulkar	1958	IND	101.84	60.0	04.05.2017	Asian , Soreang,INA
DEADLIFT							
47kg	Takizawa Yoshie	1957	JPN	44.46	110.0	30.09..2015	World Masters, Aurora Colorado USA
52kg	Koykka Anita	1960	PHI	51.35	165.0	03.05.2012	Asian , Udaipur India
57kg	Anita Koykka	1960	PHI	55.46	182.5	27.04.2014	Asian, Quzon Philippines
63kg	Hayashi Hisako	1951	JPN	60.69	150.5	17.09.2014	World Masters, Pilsen CZE
72kg	Nabekura Yumiko	1962	JPN	65.61	135.0	24.07.2015	Asian, Hong Kong
84kg	Goto Hiroe	1966	JPN	72.15	130.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Anuja Ashok Tendulkar	1958	IND	101.84	112.5	04.05.2017	Asian , Soreang,INA
TOTAL							
47kg	Takizawa Yoshie	1957	JPN	44.46	292.5	30.09..2015	World Masters, Aurora Colorado USA
52kg	Koykka Anita	1960	PHI	51.35	410.0	03.05.2012	Asian , Udaipur India
57kg	Koykka Anita	1960	PHI	54.26	417.5	22.07.2015	Asian, Hong Kong
63kg	Hayashi Hisako	1951	JPN	60.69	365.5	17.09.2014	World Masters, Pilsen CZE
72kg	Nabekura Yumiko	1962	JPN	65.61	350.0	24.07.2015	Asian, Hong Kong
84kg	Goto Hiroe	1966	JPN	72.15	320.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Anuja Ashok Tendulkar	1958	IND	101.84	252.5	04.05.2017	Asian , Soreang,INA
BENCH PRESS (Single-Lift)							
47kg	Arai Hiroko	1963	JPN	46.29	107.5	18-21.04.2013	World Master Bench, Prague CZH
52kg	Nagaya Shirakawa	1963	JPN	51.52	127.5	21.05.2015	World Bench,Sundsvall, Sweden
57kg	Sakamaki Tomoko	1965	JPN	53.80	113.0	20-22.04.2012	World Master Bench, Aurora, USA
63kg	Komi Yoshiko	1955	JPN	62.46	115.0	20-22.04.2012	World Master Bench, Aurora, USA
72kg	Sawa Chiyomi	1949	JPN	70.80	110.0	23.05.2017	World Bench, Kaunas, Lithuania
84kg	Sawa Chiyomi	1949	JPN	75.86	120.0	20.04.2016	World Bench, Rodby / DENMARK
84+kg	Anuja Ashok Tendulkar	1958	IND	101.84	60.0	04.05.2017	Asian , Soreang,INA
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED WOMEN Masters 3 (>60)							
class	name	born	nation	bwt	result	date	location
SQUAT							
52kg	Omori Seiko	1951	JPN	49.20	145.0	06.12.2013	Asian, Quzon Philippines
57kg	Hatsuko Kimura	1951	JPN	53.40	155.0	05.12.2011	Asian, Kobe Japan
63kg	Hayashi Hisako	1951	JPN	58.20	137.5	05.12.2011	Asian, Kobe Japan
BENCH PRESS (Three-Lift)							
52kg	Omori Seiko	1951	JPN	49.20	77.5	06.12.2013	Asian, Quzon Philippines
57kg	Omori Seiko	1951	JPN	54.92	72.5	03.05.2017	Asian , Soreang,INA
63kg	Hayashi Hisako	1951	JPN	60.69	85.0	21-27.09.2014	World Masters, Pilsen CZE
DEADLIFT							
52kg	Hiroko Kikuri	1949	JPN	48.80	150.0	05.12.2011	Asian, Kobe Japan
57kg	Hatsuko Kimura	1951	JPN	52.88	175.0	26.09 ~ 01.10.2011	World Masters, st.Catharines CAN
63kg	Hayashi Hisako	1951	JPN	60.69	150.5	17.09.2014	World Masters, Pilsen CZE
TOTAL							
52kg	Hiroko Kikuri	1949	JPN	48.80	350.0	05.12.2011	Asian, Kobe Japan
57kg	Hatsuko Kimura	1951	JPN	53.40	400.0	05.12.2011	Asian, Kobe Japan
63kg	Hayashi Hisako	1951	JPN	60.69	365.5	17.09.2014	World Masters, Pilsen CZE
BENCH PRESS (Single-Lift)							
47kg	Kikuri Hiroko	1949	JPN	45.90	52.5	2014	Asia/Oceania, Melbourne / Australia
52kg	Omori Seiko	1951	JPN	49.20	77.5	06.12.2013	Asian, Quzon Philippines
57kg	Nagao Yuko	1950	JPN	55.35	75.0	20.04.2016	World Bench, Rodby / DENMARK
63kg	Komi Yoshiko	1955	JPN	62.46	115.0	20~22.04.2012	World Master Bench, Aurora, USA
72kg	Sawa Chiyomi	1949	JPN	70.80	110.0	23.05.2017	World Bench, Kaunas, Lithuania
84kg	Sawa Chiyomi	1949	JPN	75.86	120.0	20.04.2016	World Bench, Rodby / DENMARK
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED WOMEN Masters 4(<70)							
class	name	born	nation	bwt	result	date	location
SQUAT							
57kg	LIN A-YUN	1945	TPE	54.55	115.0	22.07.2015	Asian, Hong Kong
63kg	Vaidyanathan Jayalaxmi	1943	IND	61.42	60.0	03.05.2017	Asian , Soreang,INA
BENCH PRESS (Three-Lift)							
57kg	LIN A-YUN	1945	TPE	54.55	65.5	22.07.2015	Asian, Hong Kong
63kg	Vaidyanathan Jayalaxmi	1943	IND	61.42	30.0	03.05.2017	Asian , Soreang,INA
DEADLIFT							
57kg	LIN A-YUN	1945	TPE	54.55	132.5	22.07.2015	Asian, Hong Kong
63kg	Vaidyanathan Jayalaxmi	1943	IND	61.42	80.0	03.05.2017	Asian , Soreang,INA
TOTAL							
57kg	LIN A-YUN	1945	TPE	54.55	313.0	22.07.2015	Asian, Hong Kong
63kg	Vaidyanathan Jayalaxmi	1943	IND	61.42	170.0	03.05.2017	Asian , Soreang,INA
BENCH PRESS (Single-Lift)							
47kg	Okumura	1930	JPN	46.92	45.0	20~22.04.2012	World Master Bench, Aurora, USA
52kg	Furukawa Yoshiko	1939	JPN	51.74	64.0	19.04.2016	World Bench, Rodby / DENMARK
57kg	LIN A-YUN	1945	TPE	54.55	65.5	22.07.2015	Asian, Hong Kong
63kg	Vaidyanathan Jayalaxmi	1943	IND	61.42	30.0	03.05.2017	Asian , Soreang,INA
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED MEN Senior							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Lin Yi-Chun	1994	TPE	58.08	265.0	28.08.2017	World Jr.Subj, Orlando USA
66kg	Aryanta Viki	1994	INA	65.42	300.0	02.05.2017	Asian , Soreang,INA
74kg	Prokopenko Andrey	1988	KAZ	73.59	330.0	14.11.2017	World, Plzen / Czech Republic
83kg	Turakhanov Davranbek	1974	KAZ	81.35	337.5	10.11.2011	World, Plzen CZE
93kg	Myagmarsuren Galsaikhan	1988	MGL	92.56	360.0	16.11.2016	World, Orlando USA
105kg	Kuvambayev Zalim	1986	KAZ	104.65	420.0	16.11.2017	World, Plzen / Czech Republic
120kg	Yeshmakhhanov Nurlan	1990	KAZ	116.16	417.5	18.11.2016	World, Orlando USA
120+kg	Tien Chi-Sen	1994	TPE	121.11	400.0	02.09.2017	World Jr.Subj, Orlando USA
BENCH PRESS (Three-Lift)							
59kg	Sasakura Michifumi	1978	JPN	58.50	182.5	07.12.2011	Asian , Kobe JPN
66kg	Sato Yoshihiro	1982	JPN	65.70	220.0	14.11.2016	World, Orlando USA
74kg	Prokopenko Andrey	1988	KAZ	73.59	240.0	14.11.2017	World, Plzen / Czech Republic
83kg	Batsukh Gansukh	1988	MGL	81.21	242.5	15.11.2017	World, Plzen / Czech Republic
93kg	Horiguchi Yosuke	1993	JPN	92.50	280.5	01.09.2016	World Jr.Subj, Szczyrk Poland
105kg	Khuder Enkhbold	1985	MGL	102.84	317.5	16.11.2017	World, Plzen / Czech Republic
120kg	Bataa Chimedtseren	1990	MGL	119.47	317.5	13.11.2015	World,Hamm, Luxembourg
120+kg	Atayev Ruslan	1979	TKM	149.30	275.0	09.12.2011	Asian , Kobe JPN
DEADLIFT							
59kg	Awang Latiful	1987	INA	58.74	265.0	28.04.2014	Asian , Quezon, PHI
66kg	Aryanta Viki	1994	INA	65.98	300.0	22.07.2015	Asian, Hong Kong
74kg	Mei Yanto Doni	1989	INA	71.47	322.5	23.07.2015	Asian, Hong Kong
83kg	Anuar Ulan	1993	KAZ	82.31	342.5	15.11.2017	World, Plzen / Czech Republic
93kg	Galuzinskiy Yevgeniy	1992	KAZ	86.09	345.0	28.08-2.09.2012	World Jr.Subj, Szczyrk Poland
105kg	Kuvambayev Zalim	1986	KAZ	104.65	340.0	16.11.2017	World, Plzen / Czech Republic
120kg	Yeshmakhhanov Nurlan	1990	KAZ	116.16	372.5	18.11.2016	World, Orlando USA
120+kg	Tien Chi-Sen	1994	TPE	121.11	345.0	02.09.2017	World Jr.Subj, Orlando USA
TOTAL							
59kg	Lin Yi-Chun	1994	TPE	58.08	700.5	28.08.2017	World Jr.Subj, Orlando USA
66kg	Hsieh Tung Ting	1982	TPE	64.20	785.0	03.05.2012	Asian Udaipur IND
74kg	Prokopenko Andrey	1988	KAZ	73.59	882.5	14.11.2017	World, Plzen / Czech Republic
83kg	Anuar Ulan	1993	KAZ	82.31	915.0	15.11.2017	World, Plzen / Czech Republic
93kg	Yarullin Ruslan	1982	KAZ	92.81	895.0	16.11.2016	World, Orlando USA
105kg	Kuvambayev Zalim	1986	KAZ	104.65	340.0	16.11.2017	World, Plzen / Czech Republic
120kg	Yeshmakhhanov Nurlan	1990	KAZ	116.16	1090.0	18.11.2016	World, Orlando USA
120+kg	Tien Chi-Sen	1994	TPE	121.11	1005.0	02.09.2017	World Jr.Subj, Orlando USA
BENCH PRESS (Single-Lift)							
59kg	Noda Toshihiko	1979	JPN	58.70	210.5	26.05.2017	World Bench, Kaunas, Lithuania
66kg	Fukuda Masashi	1984	JPN	65.65	248.0	26.05.2017	World Bench, Kaunas, Lithuania
74kg	Kodama Daiki	1979	JPN	73.08	300.0	21.05.2015	World Bench, Sundsvall Sweden
83kg	Fukushima Yuki	1986	JPN	81.52	310.0	21.05.2015	World Bench, Sundsvall Sweden
93kg	Hasegawa Naoki	1992	JPN	92.30	307.5	27.05.2017	World Bench, Kaunas, Lithuania
105kg	Dashzegve Tumenjargal	1987	MGL	103.00	330.0	27.05.2017	World Bench, Kaunas, Lithuania
120kg	Bataa Chimedtseren	1981	MGL	119.00	362.5	09.09.2017	Asian Bench, Quezon, PHI
120+kg	Ueda Shinji	1972	JPN	125.60	359.0	20~25.05.2013	World Bench, Kaunas, Lithuania
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED MEN Sub-Junior (<18)							
class	name	born	nation	bwt	result	date	location
SQUAT							
53kg	Matsuzaki Ryo	1999	JPN	52.49	200.0	28.08.2017	World Jr.Subj, Orlando USA
59kg	Satake Yusuke	1996	JPN	58.80	235.0	01-06.09.2014	World Jr.Subj,Oroshaza Hungary
66kg	Aryanta Viki	1994	INA	65.50	280.0	05.12.2011	Asian , Kobe JPN
74kg	Cheng Yu-Jui	1999	TPE	71.68	280.5	03.05.2017	Asian , Soreang,INA
83kg	Smagulov Yerlan	1994	KAZ	80.68	300.0	28.08-2.09.2012	World Jr.Subj, Szczyrk Poland
93kg	Horiuchi Takahiro	1995	JPN	92.74	270.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
105kg	Yang Sen	1994	TPE	102.75	305.0	06.12.2011	Asian , Kobe JPN
120kg	Akpalenov Miras	1995	KAZ	118.71	320.0	28.08-02.09.2012	World Jr.Subj, Szczyrk Poland
120+kg	Debuque Raymond	1993	PHI	123.45	320.0	06.12.2011	Asian , Kobe JPN
BENCH PRESS (Three-Lift)							
53kg	Tamura Yo	1999	JPN	52.80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
59kg	Tamura Yo	1999	JPN	58.91	185.0	28.08.2017	World Jr.Subj, Orlando USA
66kg	Tulegenov Kuanyshtbay	1998	KAZ	65.38	160.0	30.08.2015	World Jr.Subj, Prague Czech Republic
74kg	Sandria Willy	1998	INA	73.75	175.0	09.06.2016	Asian,Udaipur IND
83kg	Akimoto Ryo	1998	JPN	81.90	190.0	31.08.2016	World Jr.Subj, Szczyrk Poland
93kg	Horiuchi Takahiro	1995	JPN	92.74	210.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
105kg	Yang Sen	1994	TPE	102.75	215.0	06.12.2011	Asian , Kobe JPN
120kg	Horiguchi Yosuke	1993	JPN	105.95	215.0	06.12.2011	Asian , Kobe JPN
120+kg	Debuque Raymond	1993	PHI	123.45	170.0	06.12.2011	Asian , Kobe JPN
DEADLIFT							
53kg	Matsuzaki Ryo	1999	JPN	52.49	197.5	28.08.2017	World Jr.Subj, Orlando USA
59kg	Satake Yusuke	1996	JPN	58.80	220.0	01-06.09.2014	World Jr.Subj,Hungary
66kg	Viki Aryanta	1994	INA	65.50	287.5	05.12.2011	Asian , Kobe JPN
74kg	Cheng Yu-Jui	1999	TPE	72.67	275.0	30.08.2017	World Jr.Subj, Orlando USA
83kg	Jhang You Si	1994	TPE	81.90	290.0	05.05.2012	Asian,Udaipur IND
93kg	Awlad Thani Nabras	1998	OMN	89.20	265.0	01.09.2016	World Jr.Subj, Szczyrk Poland
105kg	Yang Sen	1994	TPE	102.75	275.0	06.12.2011	Asian , Kobe JPN
120kg	Fathizahed Hossein	1994	IRI	112.30	290.0	06.12.2011	Asian , Kobe JPN
120+kg	Debuque Raymond	1993	PHI	123.45	240.0	06.12.2011	Asian , Kobe JPN
TOTAL							
53kg	Tamura Yo	1999	JPN	52.80	525.5	29.08.2016	World Jr.Subj, Szczyrk Poland
59kg	Tamura Yo	1999	JPN	58.91	635.0	28.08.2017	World Jr.Subj, Orlando USA
66kg	Viki Aryanta	1994	INA	65.50	720.0	05.12.2011	Asian , Kobe JPN
74kg	Sandria Willy	1998	INA	73.75	720.0	09.06.2016	Asian,Udaipur IND
83kg	Jhang You Si	1994	TPE	81.90	727.5	05.05.2012	Asian,Udaipur IND
93kg	Lorenzo Juan Lucas	1993	PHI	86.60	677.5	30.08-04.09.2011	World Jr. Sub, Moose Jaw CAN
105kg	Yang Sen	1994	TPE	102.75	795.0	06.12.2011	Asian , Kobe JPN
120kg	Fathizahed Hossein	1994	IRI	112.30	745.0	06.12.2011	Asian , Kobe JPN
120+kg	Debuque Raymond	1993	PHI	123.45	730.0	06.12.2011	Asian , Kobe JPN
BENCH PRESS (Single-Lift)							
53kg	Tamura Yo	1999	JPN	52.80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
59kg	Tamura Yo	1999	JPN	58.91	185.0	28.08.2017	World Jr.Subj, Orlando USA
66kg	Ramatov Akzholtoi	1996	KGZ	65.90	165.0	2014	Asian Bench, Bishkek , KGZ
74kg	Anuarov Adlet	1999	KAZ	72.95	210.0	08.09.2017	Asian Bench, Quezon, PHI
83kg	Korolev Dmitriy	1997	KAZ	81.80	200.0	20~25.05.2013	World Bench, Kaunas, Lithuania
93kg	Murano Tomohisa	1994	JPN	85.21	200.0	28.08-02.09.2012	World Jr.Subj, Szczyrk Poland
105kg	Fujimoto Ryuki	2000	JPN	104.70	295.0	20.05.2015	World Bench, Sundsvall Sweden
120kg	Suto Kensuke	1997	JPN	118.14	222.5	20.05.2015	World Bench, Sundsvall Sweden
120+kg	Fujimoto Ryuki	2000	JPN	133.70	310.0	25.05.2017	World Bench, Kaunas, Lithuania
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018

EQUIPPED MEN Junior (<23)							
class	name	born	nation	bwt	result	date	location
SQUAT							
53kg	Ishii Hironori	1991	JPN	52.78	210.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
59kg	Lin Yi-Chun	1994	TPE	58.08	265.0	28.08.2017	World Jr.Subj, Orlando USA
66kg	Aryanta Viki	1994	INA	65.42	300.0	02.05.2017	Asian , Soreang,INA
74kg	Sandra Willy	1998	INA	73.24	320.0	03.05.2017	Asian , Soreang,INA
83kg	Pavlenko Kirill	1988	KAZ	81.80	320.0	30.08.-04.09.2011	World Jr. Sub, Moose Jaw CAN
93kg	Smagulov Yerlan	1994	KAZ	92.04	340.0	16.11.2016	World, Orlando USA
105kg	Yang Sen	1994	TPE	104.60	415.0	16.11.2017	World, Plizen / Czech Republic
120kg	Pankrashev Alexey	1990	KAZ	109.80	370.0	07.05.2012	Asian Udaipur IND
120+kg	Tien Chi-Sen	1994	TPE	121.11	400.0	02.09.2017	World Jr.Subj, Orlando USA
BENCH PRESS (Three-Lift)							
53kg	Tamura Yo	1999	JPN	52.80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
59kg	Tamura Yo	1999	JPN	58.91	185.0	28.08.2017	World Jr.Subj, Orlando USA
66kg	Aryanta Viki	1994	INA	65.30	200.0	09.06.2016	Asian,Udaipur IND
74kg	Sandra Willy	1998	INA	73.24	200.0	03.05.2017	Asian , Soreang,INA
83kg	Yamashita Yasuki	1991	JPN	82.32	235.0	28.08-2.09. 2012	World Jr.Subj, Szczyrk Poland
93kg	Horiguchi Yosuke	1993	JPN	92.50	280.5	01.09.2016	World Jr.Subj, Szczyrk Poland
105kg	Yang Sen	1994	TPE	104.60	300.0	16.11.2017	World, Plizen / Czech Republic
120kg	Myagmarjav Dorj	1995	MGL	116.82	231.0	05.05.2017	Asian , Soreang,INA
120+kg	Tien Chi-Sen	1994	TPE	120.10	265.0	05.05.2017	Asian , Soreang,INA
DEADLIFT							
53kg	Ramirez Regie	1993	PHI	52.92	225.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
59kg	Lin Yi-Chun	1994	TPE	58.56	265.0	13.11.2017	World, Plizen / Czech Republic
66kg	Aryanta Viki	1994	INA	65.98	300.0	22.07.2015	Asian, Hong Kong
74kg	Huang Hsin Wei	1989	TPE	72.75	300.0	09.11.2011	World, Pilsen CZE
83kg	Jhang You Si	1994	TPE	82.50	333.0	10.06.2016	Asian ,Udaipur IND
93kg	Galuzinskiy Yevgeniy	1992	KAZ	86.09	345.0	28.08-02.09. 2012	World Jr.Subj, Szczyrk Poland
105kg	Ranjbar Mostafa		IRI	104.70	331.0	05.05.2013	Asian , Ahwaz IRAN
120kg	TIEN CHI-SEN	1994	TPE	117,50	321.0	24.07.2015	Asian, Hong Kong
120+kg	Tien Chi-Sen	1994	TPE	121.11	345.0	02.09.2017	World Jr.Subj, Orlando USA
TOTAL							
53kg	Ishii Hironori	1991	JPN	52.78	540.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
59kg	Lin Yi-Chun	1994	TPE	58.08	700.5	28.08.2017	World Jr.Subj, Orlando USA
66kg	Aryanta Viki	1994	INA	65.30	772.5	09.06.2016	Asian,Udaipur IND
74kg	Sandra Willy	1998	INA	73.24	780.0	03.05.2017	Asian , Soreang,INA
83kg	Pavlenko Kirill	1988	KAZ	81.80	840.0	30.08.-04.09.2011	World Jr. Sub, Moose Jaw CAN
93kg	Smagulov Yerlan	1994	KAZ	92.04	895.0	16.11.2016	World, Orlando USA
105kg	Yang Sen	1994	TPE	104.60	1027.5	16.11.2017	World, Plizen / Czech Republic
120kg	Pankrashev Alexey	1990	KAZ	107,43	915.0	28.08-02.09. 2012	World Jr.Subj, Szczyrk Poland
120+kg	Tien Chi-Sen	1994	TPE	121.11	1005.0	02.09.2017	World Jr.Subj, Orlando USA
BENCH PRESS (Single-Lift)							
53kg	Tamura Yo	1999	JPN	52,80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
59kg	Murata Motoki	1997	JPN	58.55	200.0	25.05.2017	World Bench, Kaunas, Lithuania
66kg	Okada Haruya	1996	JPN	65.87	225.0	22.04.2016	World Bench, Rodby / DENMARK
74kg	Kikuchi Yosuke	1995	JPN	72.90	227.5	25.05.2017	World Bench, Kaunas, Lithuania
83kg	Murano Tomohisa	1994	JPN	81.60	267.5	25.05.2017	World Bench, Kaunas, Lithuania
93kg	Omuro Goki	1993	JPN	86.28	300.0	24.04.2016	World Bench, Rodby / DENMARK
105kg	Yang Sen	1994	TPE	104.60	300.0	16.11.2017	World, Plizen / Czech Republic
120kg	Kabdeshev Eduard	1989	KAZ	114.65	265.0	2012	Asian Bench, Almaty,KAZ
120+kg	Fujimoto Ryuki	2000	JPN	133.70	310.0	25.05.2017	World Bench, Kaunas, Lithuania
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018

EQUIPPED MEN Masters 1 (>40)							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Hiroyuki Isagawa	1953	JPN	58.15	227.5	05.12.2011	Asian , Kobe JPN
66kg	Fujiwara Nobuaki	1969	JPN	65.90	245.0	05.12.2011	Asian , Kobe JPN
74kg	Hamada Nobuyuki	1969	JPN	73.64	290.0	02.10.2015	World Masters, Aurora Colorado USA
83kg	Kobayakawa Wataru	1975	JPN	82.67	327.5	15.11.2017	World, Plizen / Czech Republic
93kg	Asama Shigetoshi	1959	JPN	93.00	302.5	06.12.2011	Asian , Kobe JPN
105kg	Iijima Tsunehiro	1967	JPN	104.15	310.5	06.05.2012	Asian Udaipur IND
120kg	Zakharov Yuriy	1972	KAZ	119.55	340.0	07.05.2012	Asian Udaipur IND
120+kg	Chao Chien Hsiung	1969	TPE	147.80	335.0	07.05.2012	Asian Udaipur IND
BENCH PRESS (Three-Lift)							
59kg	Hiroyuki Isagawa	1953	JPN	57.68	175.0	08.11.2011	World, Pilsen CZE
66kg	Yamamoto Eiji	1973	JPN	65.00	160.0	07.10.2016	World Masters, Tallinn, Estonia
74kg	Hamada Nobuyuki	1969	JPN	73.39	227.5	25.07.2017	World Games,Wroclaw,Poland
83kg	Mori Masahiro	1972	JPN	82.53	237.5	01.11.2012	World, Puerto Rico
93kg	Sato Kazunori	1961	JPN	90.84	235.0	05-07.10.2012	World Masters, Kileen USA
105kg	Chida Kohei	1968	JPN	99.65	282.5	06.12.2011	Asian , Kobe JPN
120kg	Minami Shigeki	1965	JPN	112.76	250.0	13.11.2011	World, Pilsen CZE
120+kg	Chao Chien Hsiung	1969	TPE	149.30	235.0	09.12.2011	Asian , Kobe JPN
DEADLIFT							
59kg	Hiroyuki Isagawa	1953	JPN	58.15	220.0	05.12.2011	Asian , Kobe JPN
66kg	Niwa Hironori	1961	JPN	65.39	230.0	23-30.09.2013	World Masters, Oland USA
74kg	Hamada Nobuyuki	1969	JPN	73.39	275.0	25.07.2017	World Games,Wroclaw,Poland
83kg	Turakhanov Davranbek	1974	KAZ	82,24	312.5	16.11.2016	World, Orlando USA
93kg	Khardin Konstantin	1968	UZB	87.40	290.0	07.11.2013	World, Stavanger Norway
105kg	Norouzi Alireza		IRI	100.20	281.0	05.05.2013	Asian , Ahwaz IRAN
120kg	Zakharov Yuriy	1972	KAZ	119.55	310.0	07.05.2012	Asian Udaipur IND
120+kg	Chao Chien Hsiung	1969	TPE	149.30	322.5	09.12.2011	Asian , Kobe JPN
TOTAL							
59kg	Hiroyuki Isagawa	1953	JPN	58.15	622.5	05.12.2011	Asian , Kobe JPN
66kg	Fujiwara Nobuaki	1969	JPN	65.90	610.0	05.12.2011	Asian , Kobe JPN
74kg	Hamada Nobuyuki	1969	JPN	73.39	792.5	25.07.2017	World Games,Wroclaw,Poland
83kg	Turakhanov Davranbek	1974	KAZ	82,24	857.5	16.11.2016	World, Orlando USA
93kg	Turakhanov Davranbek	1974	KAZ	85.38	785.0	15.11.2017	World, Plizen / Czech Republic
105kg	Chida Kohei	1968	JPN	99.65	842.5	06.12.2011	Asian , Kobe JPN
120kg	Zakharov Yuriy	1972	KAZ	119.55	890.0	07.05.2012	Asian Udaipur IND
120+kg	Chao Chien Hsiung	1969	TPE	147.80	887.5	07.05.2012	Asian Udaipur IND
BENCH PRESS (Single-Lift)							
59kg	Kimura Yasufumi	1975	JPN	58.80	210.0	23.04.2016	World Bench, Rodby / DENMARK
66kg	Nakayama Hisayuki	1963	JPN	63.65	233.0	20-25.05.2013	World Bench, Kaunas, Lithuania
74kg	Yasue Michio	1970	JPN	73.78	231.0	19.04.2016	World Bench, Rodby / DENMARK
83kg	Mori Masahiro	1972	JPN	82.53	237.5	01.11.2012	World, Puerto Rico
93kg	Kasai Masahiko	1971	JPN	91.70	272.5	17-19.04.2014	World Master Bench,Northumberland Great Britain
105kg	Ito Eigo	1968	JPN	103.37	295.0	21-26.05.2012	World, Pilsen CZE
120kg	Bujinlkham Altangerel	1976	MGL	119.40	352.5	27.05.2017	World Bench, Kaunas, Lithuania
120+kg	Ueda Shinji	1972	JPN	125.60	359.0	20-25.05.2013	World Bench, Kaunas, Lithuania
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED MEN Masters 2 (>50)							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Hiroyuki Isagawa	1953	JPN	58.15	227.5	05.12.2011	Asian , Kobe JPN
66kg	Niwa Hironori	1961	JPN	65.38	215.0	26.09 - 01.10.2011	World Masters, St. Catharines CAN
74kg	Takahashi Masayuki	1960	JPN	71.65	245.0	05.12.2011	Asian , Kobe JPN
83kg	Yamaguchi Makoto	1963	JPN	82.70	280.0	01.10..2015	World Masters, Aurora Colorado USA
93kg	Asama Shigetoshi	1959	JPN	93.00	302.5	06.12.2011	Asian , Kobe JPN
105kg	Jan Ju Ick	1963	KOR	98.30	272.5	30.04.2014	Asian , Quezon, PHI
120kg	Minami Shigeki	1965	JPN	114.10	290.0	02.10.2015	World Masters, Aurora Colorado USA
120+kg	Azeez Kadihim	1957	IRQ	124.80	145.0	05.05.2013	Asian , Ahwaz IRAN
BENCH PRESS (Three-Lift)							
59kg	Hiroyuki Isagawa	1953	JPN	57.68	175.0	08.11.2011	World, Pilsen CZE
66kg	Yang Tai- Shan	1962	TPE	65.28	130.5	02.05.2017	Asian , Soreang,INA
74kg	Masayuki Takahashi	1960	JPN	71.65	195.0	05.12.2011	Asian , Kobe JPN
83kg	Yamaguchi Makoto	1963	JPN	82.70	167.5	01.10..2015	World Masters, Aurora Colorado USA
93kg	Sato Kazunori	1961	JPN	90.84	235.0	05~07.10.2012	World Masters, Kileen USA
105kg	Nakashima Yusei	1963	JPN	102.74	200.0	04.05.2017	Asian , Soreang,INA
120kg	Minami Shigeki	1965	JPN	112.42	245.0	07.10.2016	World Masters, Tallinn, Estonia
120+kg	Azeez Kadihim	1957	IRQ	124.80	110.0	05.05.2013	Asian , Ahwaz IRAN
DEADLIFT							
59kg	Hiroyuki Isagawa	1953	JPN	58.15	220.0	05.12.2011	Asian , Kobe JPN
66kg	Niwa Hironori	1961	JPN	65.39	230.0	23~30.09.2013	World Masters, Oland USA
74kg	Taniguchi Koichi	1960	JPN	73.64	242.5	05~07.10.2012	World Masters, Kileen USA
83kg	Shkirman Vladimir	1964	KAZ	79.40	260.0	10.06.2016	Asian,Udaipur IND
93kg	Asama Shigetoshi	1959	JPN	93.00	257.5	06.12.2011	Asian , Kobe JPN
105kg	Jan Ju Ick	1963	KOR	95.68	252.5	24.07.2015	Asian, Hong Kong
120kg	Minami Shigeki	1965	JPN	114.10	230.0	02.10..2015	World Masters, Aurora Colorado USA
120+kg	Azeez Kadihim	1957	IRQ	124.80	150.0	05.05.2013	Asian , Ahwaz IRAN
TOTAL							
59kg	Hiroyuki Isagawa	1953	JPN	58.15	622.5	05.12.2011	Asian , Kobe JPN
66kg	Niwa Hironori	1961	JPN	65.38	565.0	26.09 - 01.10.2011	World Masters, St. Catharines CAN
74kg	Takahashi Masayuki	1960	JPN	71.65	650.0	05.12.2011	Asian , Kobe JPN
83kg	Yamaguchi Makoto	1963	JPN	82.70	702.5	01.10..2015	World Masters, Aurora Colorado USA
93kg	Asama Shigetoshi	1959	JPN	93.00	750.0	06.12.2011	Asian , Kobe JPN
105kg	Jan Ju Ick	1963	KOR	98.30	697.5	30.04.2014	Asian , Quezon, PHI
120kg	Minami Shigeki	1965	JPN	114.10	760.0	02.10.2015	World Masters, Aurora Colorado USA
120+kg	Azeez Kadihim	1957	IRQ	124.80	705.0	05.05.2013	Asian , Ahwaz IRAN
BENCH PRESS (Single-Lift)							
59kg	Nakata Kazuo	1967	JPN	58.80	185.0	22.05.2017	World Bench, Kaunas, Lithuania
66kg	Nakayama Hisayuki	1963	JPN	63.65	233.0	20~25.05.2013	World Bench, Kaunas, Lithuania
74kg	Mishima Tadashi	1962	JPN	73.00	212.5	17~19.04.2014	World Master Bench,Northumberland Great Britain
83kg	Kozuki Atsuo	1961	JPN	80.85	232.5	2013	Asian Bench, Ulaanbaatar Mongolia
93kg	Takeshi Kitagawa	1958	JPN	93.00	235.5	2013	Asian Bench, Ulaanbaatar Mongolia
105kg	Wada Kohei	1964	JPN	104.10	285.0	17~19.04.2014	World Master Bench,Northumberland Great Britain
120kg	Wada Kohei	1964	JPN	113.10	295.5	24.05.2017	World Bench, Kaunas, Lithuania
120+kg	Hosseini Haji	1960	IRI	121.20	182.5	14.08.2011	Asian Bench, Kaohsiung TPE
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED MEN Masters 3 (>60)							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Isagawa Hiroyuki	1953	JPN	58.55	210.0	04.11.2013	World, Stavanger Norway
66kg	Marumoto Hidetoshi	1947	JPN	63.96	210.0	05~07.10.2012	World Masters, Kileen USA
74kg	Okiura Katsuji	1945	JPN	71.30	202.5	05.12.2011	Asian , Kobe JPN
83kg	Golovkin Viktor	1947	KAZ	82.10	240.0	05.05.2012	Asian Udaipur IND
93kg	Omori Ryo	1952	JPN	89.81	220.0	23.07.2015	Asian, Hong Kong
105kg	Sediqi Farid Ahmed	1949	AFG	99.25	200.0	06.05.2012	Asian Udaipur IND
120kg	Abdollah	1949	IRI	105.55	100.0	06.12.2011	Asian , Kobe JPN
BENCH PRESS (Three-Lift)							
59kg	Isagawa Hiroyuki	1953	JPN	58.55	165.0	04.11.2013	World, Stavanger Norway
66kg	Marumoto Hidetoshi	1947	JPN	63.35	120.0	05.12.2011	Asian , Kobe JPN
74kg	Hwang Chien-Lih	1953	TPE	73.20	137.5	09.06.2016	Asian,Udaipur IND
83kg	Hwang Chien-Lih	1953	TPE	76.44	150.5	03.05.2017	Asian , Soreang,INA
93kg	Omori Ryo	1952	JPN	89.81	157.5	23.07.2015	Asian, Hong Kong
105kg	Sediqi Farid Ahmed	1949	AFG	99.25	150.0	06.05.2012	Asian Udaipur IND
120kg	Abdollah	1949	IRI	105.55	100.0	06.12.2011	Asian , Kobe JPN
DEADLIFT							
59kg	Isagawa Hiroyuki	1953	JPN	58.55	210.0	04.11.2013	World, Stavanger Norway
66kg	Ito Chokichi	1950	JPN	65.50	205.0	05.12.2011	Asian , Kobe JPN
74kg	Okiura Katsuji	1945	JPN	71.30	210.0	05.12.2011	Asian , Kobe JPN
83kg	Kitano Toshio	1946	JPN	82.70	245.0	04.05.2013	Asian , Ahwaz IRAN
93kg	Omori Ryo	1952	JPN	89.81	212.5	23.07.2015	Asian, Hong Kong
105kg	Sattarzadeh Maghsouc	1942	IRI	102.55	200.0	06.12.2011	Asian , Kobe JPN
120kg	Fardin Mohamadreza		IRI	105.20	120.0	05.05.2013	Asian , Ahwaz IRAN
TOTAL							
59kg	Isagawa Hiroyuki	1953	JPN	58.55	585.0	04.11.2013	World, Stavanger Norway
66kg	Ito Chokichi	1950	JPN	65.50	525.0	05.12.2011	Asian , Kobe JPN
74kg	Okiura Katsuji	1945	JPN	71.30	502.5	05.12.2011	Asian , Kobe JPN
83kg	Kitano Toshio	1946	JPN	82.71	605.0	29.04.2014	Asian , Quezon, PHI
93kg	Omori Ryo	1952	JPN	89.81	590.0	23.07.2015	Asian, Hong Kong
105kg	Sediqi Farid Ahmed	1949	AFG	99.25	540.0	06.05.2012	Asian Udaipur IND
120kg	Abdollah	1949	IRI	105.55	300.0	06.12.2011	Asian , Kobe JPN
BENCH PRESS (Single-Lift)							
59kg	Isagawa Hiroyuki	1953	JPN	58.55	165.0	04.11.2013	World, Stavanger Norway
66kg	Sato Keiji	1952	JPN	65.20	171.0	2012	Asian Bench, Almaty,KAZ
74kg	Kato Yuji	1948	JPN	72.20	175.0	20~22.04.2012	World Master Bench, Aurora USA
83kg	Otani Susumu	1952	JPN	82.34	190.0	20~22.04.2012	World Master Bench, Aurora USA
93kg	Iijima Osamu	1954	JPN	88.04	210.0	20.04.2016	World Bench, Rodby / DENMARK
105kg	SEDIQI FARID AHMED	1949	AFG	99.25	150.0	06.05.2012	Asian Udaipur IND
120kg	Redkin Nikolay	1951	KAZ	106.75	130.0	2012	Asian Bench, Almaty,KAZ
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
EQUIPPED MEN Masters 4 (>70)							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Ohiro Shinjun	1943	JPN	56.74	155.0	23~30.09.2013	World Masters, Oland USA
66kg	Hiroaki Suzuki	1936	JPN	65.60	182.5	05.12.2011	Asian , Kobe JPN
74kg	Mitsuru Osawa	1941	JPN	73.20	202.5	05.12.2011	Asian , Kobe JPN
83kg	Byambaa Tsegmed	1940	MGL	74.16	175.0	26.09 - 1.10.2011	World Masters, St. Catharines CAN
93kg	Mrohani Abbas		IRI	92.50	70.0	04.05.2013	Asian , Ahwaz IRAN
BENCH PRESS (Three-Lift)							
59kg	Ohiro Shinjun	1943	JPN	56.74	117.5	23~30.09.2013	World Masters, Oland USA
66kg	Hiroaki Suzuki	1936	JPN	65.60	87.5	05.12.2011	Asian , Kobe JPN
74kg	Osawa Mitsuru	1941	JPN	73.68	120.0	26.09 - 01.10.2011	World Masters, St. Catharines CAN
83kg	Yasui Tamio	1942	JPN	76.04	117.5	29.09..2015	World Masters, Aurora Colorado USA
93kg	Mrohani Abbas		IRI	92.50	55.0	04.05.2013	Asian , Ahwaz IRAN
DEADLIFT							
59kg	Ohiro Shinjun	1943	JPN	56.74	155.0	23~30.09.2013	World Masters, Oland USA
66kg	Hiroaki Suzuki	1936	JPN	65.60	172.5	05.12.2011	Asian , Kobe JPN
74kg	Osawa Mitsuru	1941	JPN	72.73	185.0	29.04.2014	Asian , Quezon, PHI
83kg	Tetsuya Kinoshita	1942	JPN	84.99	172.5	29.04.2014	Asian , Quezon, PHI
93kg	Rohani Abbas		IRI	91.89	90.0	04.05.2013	Asian , Ahwaz IRAN
105kg	Mrohani Abbas		IRI	92.50	90.0	05.05.2013	Asian , Ahwaz IRAN
TOTAL							
59kg	Ohiro Shinjun	1943	JPN	56.74	427.5	23~30.09.2013	World Masters, Oland USA
66kg	Hiroaki Suzuki	1936	JPN	65.60	442.5	05.12.2011	Asian , Kobe JPN
74kg	Mitsuru Osawa	1941	JPN	73.20	500.0	05.12.2011	Asian , Kobe JPN
83kg	Tetsuya Kinoshita	1942	JPN	84.99	428.0	29.04.2014	Asian , Quezon, PHI
93kg	Mrohani Abbas		IRI	92.50	215.0	04.05.2013	Asian , Ahwaz IRAN
BENCH PRESS (Single-Lift)							
59kg	Hamayama Hisao	1947	JPN	57.80	120.5	22.05.2017	World Bench, Kaunas, Lithuania
66kg	Yamamoto	1943	JPN	65.50	128.0	20~22.04.2012	World Master Bench, Aurora USA
74kg	Yamamoto Shigeki	1943	JPN	72.50	155.0	22.05.2017	World Bench, Kaunas, Lithuania
83kg	Imaizumi Haruki	1947	JPN	80.45	157.5	22.05.2017	World Bench, Kaunas, Lithuania
93kg	Kawabe Katsuji	1942	JPN	92.16	167.5	20~22.04.2012	World Master Bench, Aurora USA
105kg	Nagashima	1944	JPN	93.34	130.0	20~22.04.2012	World Master Bench, Aurora USA
* pending							
Source: Technical committee chairperson of APF							

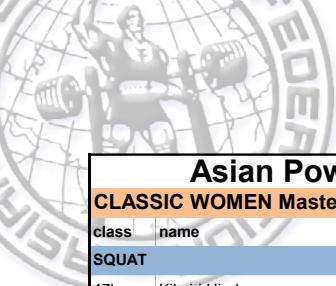
Asian Powerlifting Records as of 18 January 2018							
CLASSIC WOMEN Senior							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Chen Wei-Ling	1982	TPE	46.56	152.5	11.06.2015	World Classic, Salo / Finland
52kg	Anupama Swain	1990	IND-A	51.30	132.5	06.12.2017	Asia Classic, Kerala / India *
57kg	Hartati Sri	1984	INA	56.15	155.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
63kg	Terahara Maruru	1993	JPN	62.16	162.5	10.06.2015	World Classic, Salo Finland
72kg	Takeuchi Ai	1989	JPN	69.70	162.5	24.06.2016	World Classic, Killeen USA
84kg	Reboton Joyce Gail	1990	PHI	73.90	155.0	08.12.2017	Asia Classic, Kerala / India *
84+kg	Su Fang Yun	1992	TPE	120.10	237.5	24.06.2017	World Classic, Minsk Belarus
BENCH PRESS							
47kg	Chen Wei-Ling	1982	TPE	46.56	80.0	11.06.2015	World Classic, Salo / Finland
52kg	Furuya Noriko	1971	JPN	51.42	100.0	11.06.2015	World Classic, Salo / Finland
57kg	Hartati Sri	1984	INA	56.15	115.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
63kg	Sari Noviana	1984	INA	60.65	100.0	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
72kg	Kryukova Ekaterina	1985	KAZ	70.45	115.0	15.06.2013	World Classic, Suzdal / Russia
84kg	Zhumaniyazova	1988	TKM	75.80	105.0	15.06.2013	World Classic, Suzdal / Russia
84+kg	Okatenko Xeniya	1994	KAZ	106.10	135.5	20.06.2017	World Classic, Minsk Belarus
DEADLIFT							
47kg	Chen Wei-Ling	1982	TPE	46.56	175.0	11.06.2015	World Classic, Salo / Finland
52kg	Van Staden Minako	1984	JPN	50.90	155.0	12.06.2012	World Classic, Stockholm / Sweden
57kg	Wu Hui-Chun	1986	TPE	57.00	187.5	24.06.2016	World Classic, Killeen USA
63kg	Sari Noviana	1984	INA	60.65	202.5	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
72kg	Khan Xeniya	1987	KAZ	64.20	185.0	15.06.2013	World Classic, Suzdal / Russia
84kg	Reboton Joyce Gail	1990	PHI	73.90	173.0	08.12.2017	Asia Classic, Kerala / India *
84+kg	Su Fang Yun	1992	TPE	119.70	205.0	25.06.2016	World Classic, Killeen USA
TOTAL							
47kg	Chen Wei-Ling	1982	TPE	46.56	407.5	11.06.2015	World Classic, Salo / Finland
52kg	Furuya Noriko	1971	JPN	51.42	362.5	11.06.2015	World Classic, Salo / Finland
57kg	Wu Hui-Chun	1986	TPE	57.00	440.0	24.06.2016	World Classic, Killeen USA
63kg	Sari Noviana	1984	INA	60.65	430.0	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
72kg	Kryukova Ekaterina	1985	KAZ	70.45	455.0	15.06.2013	World Classic, Suzdal / Russia
84kg	Reboton Joyce Gail	1990	PHI	73.90	403.0	08.12.2017	Asia Classic, Kerala / India *
84+kg	Su Fang Yun	1992	TPE	119.70	552.5	25.06.2016	World Classic, Killeen USA
BENCH PRESS (Single-Lift)							
47kg	Kobayashi Naoko	1970	JPN	45.40	92.5	15.05.2016	World Classic Bench, Potchefstroom RSA
52kg	Furuya Noriko	1971	JPN	51.42	100.0	11.06.2015	World Classic, Salo / Finland
57kg	Hartati Sri	1984	INA	56.15	115.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
63kg	Timoshina Mariya	1984	KAZ	62.25	100.5	10.09.2017	Asian Classic Bench, Quezon, PHI
72kg	Khan Xeniya	1987	KAZ	66.99	120.0	22.04.2017	World Classic Bench, Killeen USA
84kg	Zhumaniyazova	1988	TKM	75.80	105.0	15.06.2013	World Classic, Suzdal / Russia
84+kg	Okatenko Xeniya	1994	KAZ	106.10	135.5	20.06.2017	World Classic, Minsk Belarus
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018								
CLASSIC WOMEN Sub-Junior (<18)								
class	name	born	nation	bwt	result	date	location	
SQUAT								
43kg	Ompod Veronica	2000	PHI	42.65	95.0	06.12.2017	Asia Classic, Kerala / India	*
47kg	Popova Kristina	2001	KAZ	46.25	93.0	06.12.2017	Asia Classic, Kerala / India	*
52kg	Onishi Shoko	1999	JPN	51.32	125.0	21.06.2016	World Classic, Killeen USA	
57kg	Onishi Shoko	1999	JPN	54.53	142.5	19.06.2017	World Classic, Minsk Belarus	
63kg	Zhurbina Anastassiya	1999	KAZ	62.35	130.0	07.12.2017	Asia Classic, Kerala / India	*
72kg	Ajeesha A	2000	IND	71.10	112.5	07.12.2017	Asia Classic, Kerala / India	*
84kg	Beresneva Natalya	1997	KAZ	80.10	120.0	19.12.2015	Asia/Oceania Classic, Tashkent UZB	
84+kg	Meier Regina	1999	KAZ	92.14	160.0	20.06.2017	World Classic, Minsk Belarus	
BENCH PRESS (Three-Lift)								
43kg	Popova Kristina	2001	KAZ	42.92	60.5	18.06.2017	World Classic, Minsk Belarus	
47kg	Kishkimbayeva Aliya	2000	KAZ	47.00	62.5	18.06.2017	World Classic, Minsk Belarus	
52kg	Karimova Dilyara	1998	KAZ	51.82	81.5	21.06.2016	World Classic, Killeen USA	
57kg	Onishi Shoko	1999	JPN	54.53	60.0	19.06.2017	World Classic, Minsk Belarus	
63kg	Zhurbina Anastassiya	1999	KAZ	61.13	96.0	19.06.2017	World Classic, Minsk Belarus	
72kg	Murakami Izumi	1995	JPN	70.55	60.0	13.06.2013	World Classic, Suzdal Russia	
84kg	Pshenichnova Anna	2001	KAZ	82.80	60.0	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Meier Regina	1999	KAZ	92.14	97.5	20.06.2017	World Classic, Minsk Belarus	
DEADLIFT								
43kg	Ompod Veronica	2000	PHI	42.65	120.0	06.12.2017	Asia Classic, Kerala / India	*
47kg	Kikuchi Miyabi	1998	JPN	46.72	115.0	21.06.2016	World Classic, Killeen USA	
52kg	Karimova Dilyara	1998	KAZ	51.82	132.5	21.06.2016	World Classic, Killeen USA	
57kg	Onishi Shoko	1999	JPN	54.53	145.0	19.06.2017	World Classic, Minsk Belarus	
63kg	Nomura Yu	2000	JPN	61.86	152.5	19.06.2017	World Classic, Minsk Belarus	
72kg	Ajeesha A	2000	IND	71.10	132.5	07.12.2017	Asia Classic, Kerala / India	*
84kg	Pshenichnova Anna	2001	KAZ	82.80	142.5	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Meier Regina	1999	KAZ	92.14	152.5	20.06.2017	World Classic, Minsk Belarus	
TOTAL								
43kg	Ompod Veronica	2000	PHI	42.65	265.0	06.12.2017	Asia Classic, Kerala / India	*
47kg	Kikuchi Miyabi	1998	JPN	46.72	265.0	21.06.2016	World Classic, Killeen USA	
52kg	Karimova Dilyara	1998	KAZ	51.82	334.0	21.06.2016	World Classic, Killeen USA	
57kg	Onishi Shoko	1999	JPN	54.53	347.5	19.06.2017	World Classic, Minsk Belarus	
63kg	Zhurbina Anastassiya	1999	KAZ	62.35	367.5	07.12.2017	Asia Classic, Kerala / India	*
72kg	Ajeesha A	2000	IND	71.10	300.0	07.12.2017	Asia Classic, Kerala / India	*
84kg	Pshenichnova Anna	2001	KAZ	82.80	312.5	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Meier Regina	1999	KAZ	92.14	410.0	20.06.2017	World Classic, Minsk Belarus	
BENCH PRESS (Single-Lift)								
43kg	Popova Kristina	2001	KAZ	42.92	60.5	18.06.2017	World Classic, Minsk Belarus	
47kg	Kishkimbayeva Aliya	2000	KAZ	47.00	62.5	18.06.2017	World Classic, Minsk Belarus	
52kg	Karimova Dilyara	1998	KAZ	51.82	81.5	21.06.2016	World Classic, Killeen USA	
57kg	Dyachenko Taisiya	1995	KAZ	56.52	72.5	14.12.2015	Asia/Oceania Classic, Tashkent UZB	
63kg	Zhurbina Anastassiya	1999	KAZ	61.13	96.0	19.06.2017	World Classic, Minsk Belarus	
72kg	Lai Si Ying	1999	TPE	63.80	70.0	10.09.2017	Asian Classic Bench, Quezon, PHI	
84kg	Diksha Sain		IND	79.35	72.5	10.09.2017	Asian Classic Bench, Quezon, PHI	
84+kg	Meier Regina	1999	KAZ	92.14	97.5	20.06.2017	World Classic, Minsk Belarus	
* pending								
Source: Technical committee chairperson of APF								

Asian Powerlifting Records as of 18 January 2018								
CLASSIC WOMEN Junior (<23)								
class	name	born	nation	bwt	result	date	location	
SQUAT								
43kg	Ompod Veronica	2000	PHI	41.48	90.0	21.06.2016	World Classic, Killeen USA	
47kg	Rajani S	1996	IND	46.15	95.0	06.12.2017	Asia Classic, Kerala / India	*
52kg	Onishi Shoko	1999	JPN	51.32	125.0	21.06.2016	World Classic, Killeen USA	
57kg	Tsutsumi Ayaka	1995	JPN	56.44	127.5	22.06.2016	World Classic, Killeen USA	
63kg	Terahara Maruru	1993	JPN	62.56	160.0	22.06.2016	World Classic, Killeen USA	
72kg	Madoba Kazusa	1996	JPN	67.90	157.5	20.06.2017	World Classic, Minsk Belarus	
84kg	Shuck Hana	1995	SIN	80.15	170.0	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Su Fang Yun	1992	TPE	113.80	232.5	13.06.2015	World Classic, Salo Finland	
BENCH PRESS (Three-Lift)								
43kg	Popova Kristina	2001	KAZ	42.92	60.5	18.06.2017	World Classic, Minsk Belarus	
47kg	Kishkimbayeva Aliya	2000	KAZ	47.00	62.5	18.06.2017	World Classic, Minsk Belarus	
52kg	Karimova Dilyara	1998	KAZ	51.82	81.5	21.06.2016	World Classic, Killeen USA	
57kg	Teraishi Chihiro	1993	JPN	56.55	70.0	05.06.2014	World Classic, South Africa	
63kg	Zhurbina Anastassiya	1999	KAZ	61.13	96.0	19.06.2017	World Classic, Minsk Belarus	
72kg	Madoba Kazusa	1996	JPN	67.90	82.5	20.06.2017	World Classic, Minsk Belarus	
84kg	Shuck Hana	1995	SIN	80.15	85.5	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Okatenko Xeniya	1994	KAZ	106.10	135.5	20.06.2017	World Classic, Minsk Belarus	
DEADLIFT								
43kg	Nemoto Kozue	1992	JPN	42.83	135.0	09.06.2015	World Classic, Salo Finland	
47kg	Martin Jasmine	1993	PHI	45.65	140.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus	
52kg	Useinova Sultanie	1993	UZB	51.10	135.0	11.06.2013	World Classic, Suzdal Russia	
57kg	Tsutsumi Ayaka	1995	JPN	56.58	150.0	09.06.2015	World Classic, Salo Finland	
63kg	Looi Abigail	1995	SIN	62.95	170.5	07.12.2017	Asia Classic, Kerala / India	*
72kg	Madoba Kazusa	1996	JPN	67.90	177.5	20.06.2017	World Classic, Minsk Belarus	
84kg	Shuck Hana	1995	SIN	80.15	170.0	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Su Fang Yun	1992	TPE	113.80	195.0	13.06.2015	World Classic, Salo Finland	
TOTAL								
43kg	Nemoto Kozue	1992	JPN	42.83	270.0	09.06.2015	World Classic, Salo Finland	
47kg	Martin Jasmine	1993	PHI	45.65	280.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus	
52kg	Karimova Dilyara	1998	KAZ	51.82	334.0	21.06.2016	World Classic, Killeen USA	
57kg	Tsutsumi Ayaka	1995	JPN	56.44	327.5	22.06.2016	World Classic, Killeen USA	
63kg	Terahara Maruru	1993	JPN	62.56	395.0	22.06.2016	World Classic, Killeen USA	
72kg	Madoba Kazusa	1996	JPN	67.90	417.5	20.06.2017	World Classic, Minsk Belarus	
84kg	Shuck Hana	1995	SIN	80.15	425.5	08.12.2017	Asia Classic, Kerala / India	*
84+kg	Su Fang Yun	1992	TPE	113.80	540.0	13.06.2015	World Classic, Salo Finland	
BENCH PRESS (Single-Lift)								
43kg	Popova Kristina	2001	KAZ	42.92	60.5	18.06.2017	World Classic, Minsk Belarus	
47kg	Kishkimbayeva Aliya	2000	KAZ	47.00	62.5	18.06.2017	World Classic, Minsk Belarus	
52kg	Karimova Dilyara	1998	KAZ	51.82	81.5	21.06.2016	World Classic, Killeen USA	
57kg	Karimova Dilyara	1998	KAZ	55.57	80.0	21.04.2017	World Classic Bench, Killeen USA	
63kg	Zhurbina Anastassiya	1999	KAZ	61.13	96.0	19.06.2017	World Classic, Minsk Belarus	
72kg	Madoba Kazusa	1996	JPN	67.90	82.5	20.06.2017	World Classic, Minsk Belarus	
84kg	Jagushte Priyadarsni		IND	75.75	85.0	13.12.2012	Asian Classic, Coimbatore India	
84+kg	Okatenko Xeniya	1994	KAZ	106.10	135.5	20.06.2017	World Classic, Minsk Belarus	
* pending								
Source: Technical committee chairperson of APF								

Asian Powerlifting Records as of 18 January 2018							
CLASSIC WOMEN Masters 1 (>40)							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Tsuji Noriko	1964	JPN	46.40	100.0	19.06.2016	World Classic, Killeen USA
52kg	Koykka Anita	1960	PHI	50.65	125.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
57kg	Tanaka Mariko	1974	JPN	53.96	125.0	20.06.2016	World Classic, Killeen USA
63kg	Nazarenko Svetlana	1965	KAZ	61.95	125.0	14.06.2013	World Classic, Suzdal Russia
72kg	Ratanmoni Roy C	1955	IND	67.15	80.0	12.12.2012	Asian Classic, Coimbatore India
84kg	Sujata Bhakat	1966	IND	76.25	100.0	13.12.2012	Asian Classic, Coimbatore India
84+kg	Sampa Guha	1967	IND	88.30	157.5	13.12.2012	Asian Classic, Coimbatore India
BENCH PRESS (Three-Lift)							
47kg	Nakada Yoshimi	1971	JPN	46.67	65.0	06.06.2015	World Classic, Salo Finland
52kg	Furuya Noriko	1971	JPN	51.42	100.0	06.06.2015	World Classic, Salo Finland
57kg	Teramura Mika	1962	JPN	53.50	65.0	13.06.2012	World Classic, Stockholm Sweden
63kg	Nazarenko Svetlana	1965	KAZ	61.95	87.5	14.06.2013	World Classic, Suzdal Russia
72kg	Ando Masako	1960	JPN	64.45	60.0	05.06.2015	World Classic, Salo Finland
84kg	Sujata Bhakat	1966	IND	76.25	52.5	13.12.2012	Asian Classic, Coimbatore India
84+kg	Sampa Guha	1967	IND	88.30	87.5	13.12.2012	Asian Classic, Coimbatore India
DEADLIFT							
47kg	Tsuji Noriko	1964	JPN	45.90	125.0	05.06.2015	World Classic, Salo Finland
52kg	Koykka Anita	1960	PHI	50.65	142.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
57kg	Tanaka Mariko	1974	JPN	53.96	145.0	20.06.2016	World Classic, Killeen USA
63kg	Nazarenko Svetlana	1965	KAZ	61.95	165.0	14.06.2013	World Classic, Suzdal Russia
72kg	Ando Masako	1960	JPN	64.45	100.0	05.06.2015	World Classic, Salo Finland
84kg	Sujata Bhakat	1966	IND	76.25	122.5	13.12.2012	Asian Classic, Coimbatore India
84+kg	Sampa Guha	1967	IND	88.30	152.5	13.12.2012	Asian Classic, Coimbatore India
TOTAL							
47kg	Tsuji Noriko	1964	JPN	45.90	282.5	05.06.2015	World Classic, Salo Finland
52kg	Furuya Noriko	1971	JPN	51.42	362.5	06.06.2015	World Classic, Salo Finland
57kg	Tanaka Mariko	1974	JPN	53.96	335.0	20.06.2016	World Classic, Killeen USA
63kg	Nazarenko Svetlana	1965	KAZ	61.95	377.5	14.06.2013	World Classic, Suzdal Russia
72kg	Ando Masako	1960	JPN	64.45	230.0	05.06.2015	World Classic, Salo Finland
84kg	Sujata Bhakat	1966	IND	76.25	275.0	13.12.2012	Asian Classic, Coimbatore India
84+kg	Sampa Guha	1967	IND	88.30	397.5	13.12.2012	Asian Classic, Coimbatore India
BENCH PRESS (Single-Lift)							
47kg	Kobayashi Naoko	1970	JPN	45.40	92.5	15.05.2016	World Classic Bench, Potchefstroom RSA
52kg	Furuya Noriko	1971	JPN	51.42	100.0	06.06.2015	World Classic, Salo Finland
57kg	Ito Chiho	1974	JPN	56.71	80.0	18.04.2017	World Classic Bench, Killeen USA
63kg	Nazarenko Svetlana	1965	KAZ	61.95	87.5	14.06.2013	World Classic, Suzdal Russia
72kg	Sakurai Miyuki	1969	JPN	70.70	75.0	16.05.2016	World Classic Bench, Potchefstroom RSA
84kg	Sujata Bhakat	1966	IND	76.25	52.5	13.12.2012	Asian Classic, Coimbatore India
84+kg	Ancheta Adeline	1973	PHI	109.10	120.0	13.12.2012	Asian Classic, Coimbatore India
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
CLASSIC WOMEN Masters 2 (>50)							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Tsuji Noriko	1964	JPN	46.40	100.0	19.06.2016	World Classic, Killeen USA
52kg	Koykka Anita	1960	PHI	50.65	125.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
57kg	Teramura Mika	1962	JPN	52.35	90.5	16.12.2015	Asia/Oceania Classic, Tashkent UZB
63kg	Hayashi Hisako	1951	JPN	61.69	120.0	05.06.2015	World Classic, Salo Finland
72kg	Ratanmoni Roy C	1955	IND	67.15	80.0	12.12.2012	Asian Classic, Coimbatore India
84kg	Vijaya Nar	1957	IND	77.30	65.0	13.12.2012	Asian Classic, Coimbatore India
BENCH PRESS (Three-Lift)							
47kg	Tsuji Noriko	1964	JPN	45.95	62.5	01.06.2014	World Classic, South Africa
52kg	Koykka Anita	1960	PHI	50.65	70.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
57kg	Teramura Mika	1962	JPN	53.50	65.0	13.06.2012	World Classic, Stockholm Sweden
63kg	Hayashi Hisako	1951	JPN	61.69	70.0	05.06.2015	World Classic, Salo Finland
72kg	Ando Masako	1960	JPN	64.45	60.0	05.06.2015	World Classic, Salo Finland
84kg	Vijaya Nar	1957	IND	77.30	30.0	13.12.2012	Asian Classic, Coimbatore India
DEADLIFT							
47kg	Tsuji Noriko	1964	JPN	45.90	125.0	05.06.2015	World Classic, Salo Finland
52kg	Koykka Anita	1960	PHI	50.65	142.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
57kg	Teramura Mika	1962	JPN	52.35	132.5	16.12.2015	Asia/Oceania Classic, Tashkent UZB
63kg	Hayashi Hisako	1951	JPN	61.69	135.0	05.06.2015	World Classic, Salo Finland
72kg	Ando Masako	1960	JPN	64.45	100.0	05.06.2015	World Classic, Salo Finland
84kg	Vijaya Nar	1957	IND	77.30	80.0	13.12.2012	Asian Classic, Coimbatore India
TOTAL							
47kg	Tsuji Noriko	1964	JPN	45.90	282.5	05.06.2015	World Classic, Salo Finland
52kg	Koykka Anita	1960	PHI	50.65	337.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
57kg	Teramura Mika	1962	JPN	52.35	288.0	16.12.2015	Asia/Oceania Classic, Tashkent UZB
63kg	Hayashi Hisako	1951	JPN	61.69	325.0	05.06.2015	World Classic, Salo Finland
72kg	Ando Masako	1960	JPN	64.45	230.0	05.06.2015	World Classic, Salo Finland
84kg	Vijaya Nar	1957	IND	77.30	175.0	13.12.2012	Asian Classic, Coimbatore India
BENCH PRESS (Single-Lift)							
47kg	Tsuji Noriko	1964	JPN	45.95	62.5	01.06.2014	World Classic, South Africa
52kg	Kiba Emiko	1962	JPN	50.64	80.0	17.04.2017	World Classic Bench, Killeen USA
57kg	Koykka Anita	1960	PHI	56.00	72.5	10.09.2017	Asian Classic Bench, Quezon, PHI
63kg	Hayashi Hisako	1951	JPN	61.69	70.0	05.06.2015	World Classic, Salo Finland
72kg	Tokutake Emi	1964	JPN	71.04	100.0	22.04.2017	World Classic Bench, Killeen USA
84kg	Vijaya Nar	1957	IND	77.30	30.0	13.12.2012	Asian Classic, Coimbatore India
* pending							
Source: Technical committee chairperson of APF							



Asian Powerlifting Records as of 18 January 2018							
CLASSIC WOMEN Masters 3 (>60)							
class	name	born	nation	bwt	result	date	location
SQUAT							
47kg	Kikuri Hiroko	1949	JPN	46.64	80.0	19.06.2016	World Classic, Killeen USA
57kg	Lin A-Yun	1945	TPE	54.6	80.0	24.06.2016	World Classic, Killeen USA
63kg	Hayashi Hisako	1951	JPN	61.69	120.0	05.06.2015	World Classic, Salo Finland
BENCH PRESS (Three-Lift)							
47kg	Kikuri Hiroko	1949	JPN	46.64	52.5	19.06.2016	World Classic, Killeen USA
57kg	Lin A-Yun	1945	TPE	54.6	52.5	24.06.2016	World Classic, Killeen USA
63kg	Hayashi Hisako	1951	JPN	61.69	70.0	05.06.2015	World Classic, Salo Finland
DEADLIFT							
47kg	Kikuri Hiroko	1949	JPN	46.64	120.0	19.06.2016	World Classic, Killeen USA
57kg	Lin A-Yun	1945	TPE	54.6	120.0	24.06.2016	World Classic, Killeen USA
63kg	Hayashi Hisako	1951	JPN	61.69	135.0	05.06.2015	World Classic, Salo Finland
TOTAL							
47kg	Kikuri Hiroko	1949	JPN	46.64	252.5	19.06.2016	World Classic, Killeen USA
57kg	Lin A-Yun	1945	TPE	54.6	252.5	24.06.2016	World Classic, Killeen USA
63kg	Hayashi Hisako	1951	JPN	61.69	325.0	05.06.2015	World Classic, Salo Finland
BENCH PRESS (Single-Lift)							
47kg	Kikuri Hiroko	1949	JPN	45.9	52.5	08.12.2014	Asia/Oceania Classic, Melbourne / Aus
52kg	Ishibashi Aiko	1953	JPN	48.32	57.5	17.04.2017	World Classic Bench, Killeen USA *
57kg	Lin A-Yun	1945	TPE	54.6	52.5	24.06.2016	World Classic, Killeen USA
63kg	Hayashi Hisako	1951	JPN	61.69	70.0	05.06.2015	World Classic, Salo Finland
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
CLASSIC WOMEN Masters 4(<70)							
class	name	born	nation	bwt	result	date	location
SQUAT							
57kg	Lin A-Yun	1945	TPE	54.6	80.0	24.06.2016	World Classic, Killeen USA
BENCH PRESS (Three-Lift)							
57kg	Lin A-Yun	1945	TPE	54.6	52.5	24.06.2016	World Classic, Killeen USA
DEADLIFT							
57kg	Lin A-Yun	1945	TPE	54.6	120.0	24.06.2016	World Classic, Killeen USA
TOTAL							
57kg	Lin A-Yun	1945	TPE	54.6	252.5	24.06.2016	World Classic, Killeen USA
BENCH PRESS (Single-Lift)							
57kg	Lin A-Yun	1945	TPE	54.6	52.5	24.06.2016	World Classic, Killeen USA
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
CLASSIC MEN Senior							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Lin Yi-Chun	1994	TPE	58.37	212.5	21.06.2017	World Classic, Minsk Belarus
66kg	Kuramshin Alexandr	1986	KAZ	65.90	230.5	05.12.2017	Asia Classic, Kerala / India *
74kg	Higa Yoshihiro	1991	JPN	73.61	270.0	23.06.2017	World Classic, Minsk Belarus
83kg	Anuar Ulan	1993	KAZ	82.40	277.5	23.06.2017	World Classic, Minsk Belarus
93kg	Smagulov Yerlan	1994	KAZ	92.54	310.0	24.06.2017	World Classic, Minsk Belarus
105kg	Yang Sen	1994	TPE	104.40	310.0	26.06.2016	World Classic, Killeen USA
120kg	Golubev Vladimir	1986	KAZ	118.20	335.0	16.06.2013	World Classic, Suzdal RUS
120+kg	Maleki Mojtaba	1984	IRI	156.85	392.5	14.06.2015	World Classic, Salo Finland
BENCH PRESS (Three-Lift)							
59kg	Ebihara Takaharu	1980	JPN	58.70	140.0	04.06.2014	World Classic, South Africa
66kg	Hsieh Tsung-Ting	1982	TPE	63.40	165.0	04.06.2014	World Classic, South Africa
74kg	Kodama Daiki	1979	JPN	72.40	211.5	29.04.2017	Sydney / Australia
83kg	Anuar Ulan	1993	KAZ	82.40	192.5	23.06.2017	World Classic, Minsk Belarus
93kg	Tsend-Ayush Otgondalai	1981	MGL	92.63	210.0	24.06.2017	World Classic, Minsk Belarus
105kg	Takeda Yusuke	1985	JPN	103.69	212.5	13.06.2015	World Classic, Salo Finland
120kg	Golubev Vladimir	1986	KAZ	116.00	210.0	14.12.2012	Asian Classic, Coimbatore IND
120+kg	Mao Chenyu	1989	HKG	138.38	235.0	19.08.2017	Asia International Classic / Hong Kong *
DEADLIFT							
59kg	Alymbek uulu Azamat	1992	KGZ	58.87	240.5	09.06.2015	World Classic, Salo Finland
66kg	Aryanto Viki	1994	INA	65.85	273.5	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Meiyanto Doni	1989	INA	70.55	310.5	11.12.2014	Asia/Oceania Classic, Melbourne / Aus
83kg	Anuar Ulan	1993	KAZ	82.40	325.0	23.06.2017	World Classic, Minsk Belarus
93kg	Tahmasebi Mehdi	1991	IRI	91.91	315.0	24.06.2017	World Classic, Minsk Belarus
105kg	Mostafa Yazdani Kachouei	1988	IRI	101.25	330.0	13.06.2015	World Classic, Salo Finland
120kg	Jayathilake Ransilu	1986	SRI	119.10	315.5	09.12.2017	Asia Classic, Kerala / India *
120+kg	Semenets Sergey	1977	KAZ	147.10	335.0	16.06.2013	World Classic, Suzdal RUS
TOTAL							
59kg	Lin Yi-Chun	1994	TPE	58.37	552.5	21.06.2017	World Classic, Minsk Belarus
66kg	Hsieh Tsung-Ting	1982	TPE	64.88	655.0	24.06.2016	World Classic, Killeen USA
74kg	Prokopenko Andrey	1988	KAZ	73.90	725.0	06.12.2017	Asia Classic, Kerala / India *
83kg	Anuar Ulan	1993	KAZ	82.40	795.0	23.06.2017	World Classic, Minsk Belarus
93kg	Smagulov Yerlan	1994	KAZ	92.54	822.5	24.06.2017	World Classic, Minsk Belarus
105kg	Kuvambayev Zalim	1986	KAZ	104.90	840.0	26.06.2016	World Classic, Killeen USA
120kg	Golubev Vladimir	1986	KAZ	118.20	855.0	16.06.2013	World Classic, Suzdal RUS
120+kg	Mao Chenyu	1989	HKG	138.38	930.0	19.08.2017	Asia International Classic / Hong Kong *
BENCH PRESS (Single-Lift)							
59kg	Higashisaka Koji	1979	JPN	58.70	164.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
66kg	Suzuki Yusuke	1984	JPN	64.64	175.0	07.12.2013	Asian Classic Bench, Quezon PHI
74kg	Kodama Daiki	1979	JPN	73.65	212.0	08.12.2017	Oceania Championships & Pacific Invitational 2, Changi / SIN *
83kg	Suzuki Yusuke	1984	JPN	74.55	211.0	08.12.2017	Oceania Championships & Pacific Invitational 2, Changi / SIN *
93kg	Majid Hajiaghazorgi	1978	IRI	92.41	212.5	08.12.2013	Asian Classic Bench, Quezon PHI
105kg	Li Dimitriy	1991	KAZ	104.90	228.0	12.09.2017	Asian Classic Bench, Quezon, PHI
120kg	Kinoshita Shinto	1985	JPN	118.45	212.5	21.05.2016	World Classic Bench, Potchefstroom RSA
120+kg	Mohammad Reza Jahangir	1989	IRI	161.15	252.5	21.05.2016	World Classic Bench, Potchefstroom RSA
* pending							
Source: Technical committee chairperson of APF							

RECORD CHARTS

Asian Powerlifting Records as of 18 January 2018

CLASSIC MEN Sub-Junior (<18)

class	name	born	nation	bwt	result	date	location
SQUAT							
53kg	Matsuzaki Ryo	1999	JPN	52.71	150.0	18.06.2017	World Classic, Minsk Belarus
59kg	Chebanov Dmitriy	1999	KAZ	58.64	177.5	21.06.2016	World Classic, Killeen USA
66kg	Yap Matthew	1999	SIN	66.00	215.5	05.12.2017	Asia Classic, Kerala / India
74kg	Ibrahim Mohammad	1994	IRQ	74.00	205.0	11.12.2012	Asian Classic, Coimbatore IND
83kg	Kotenov Ilya	1998	KAZ	82.74	225.0	22.06.2016	World Classic, Killeen USA
93kg	Koo Wei Feng	1999	SIN	90.45	215.5	08.12.2017	Asia Classic, Kerala / India
105kg	Mahmoodi Ahmad	1998	IRI	99.00	217.5	19.12.2015	Asia/Oceania Classic, Tashkent UZB
120kg	Zagrevskiy Alexandr	1998	KAZ	115.38	270.0	22.06.2016	World Classic, Killeen USA
120+kg	Sassin Vadim	2000	KAZ	127.30	255.0	20.06.2017	World Classic, Minsk Belarus

BENCH PRESS (Three-Lift)

53kg	Yamada Masaya	2001	JPN	52.04	95.0	18.06.2017	World Classic, Minsk Belarus
59kg	Chebanov Dmitriy	1999	KAZ	58.64	127.5	21.06.2016	World Classic, Killeen USA
66kg	Chebanov Dmitriy	1999	KAZ	64.30	148.5	05.12.2017	Asia Classic, Kerala / India
74kg	Zhavoronkov Anatoliy	1995	KAZ	72.70	137.5	12.06.2013	World Classic, Suzdal RUS
83kg	Kotenov Ilya	1998	KAZ	82.74	152.5	22.06.2016	World Classic, Killeen USA
93kg	Koo Wei Feng	1999	SIN	90.45	120.5	08.12.2017	Asia Classic, Kerala / India
105kg	Aram Mohd Sharif	1994	AFG	99.20	165.0	13.12.2012	Asian Classic, Coimbatore IND
120kg	Yashenko Vladimir	1997	KAZ	105.55	152.5	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Sassin Vadim	2000	KAZ	127.30	147.5	20.06.2017	World Classic, Minsk Belarus

DEADLIFT

53kg	Gacutara Romel	1996	PHI	50.90	180.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
59kg	Chebanov Dmitriy	1999	KAZ	58.64	200.0	21.06.2016	World Classic, Killeen USA
66kg	Yap Matthew	1999	SIN	66.00	237.5	05.12.2017	Asia Classic, Kerala / India
74kg	Furukawa Jun	1996	JPN	72.75	250.0	04.06.2014	World Classic, South Africa
83kg	Kotenov Ilya	1998	KAZ	82.74	260.0	22.06.2016	World Classic, Killeen USA
93kg	Koo Wei Feng	1999	SIN	90.45	228.0	08.12.2017	Asia Classic, Kerala / India
105kg	Mahmoodi Ahmad	1998	IRI	99.00	240.0	19.12.2015	Asia/Oceania Classic, Tashkent UZB
120kg	Nobel Daniel	1997	SIN	117.75	305.0	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Abushakhmanov Yuriy	1997	KAZ	131.05	240.0	20.12.2015	Asia/Oceania Classic, Tashkent UZB

TOTAL

53kg	Matsuzaki Ryo	1999	JPN	52.71	410.0	18.06.2017	World Classic, Minsk Belarus
59kg	Chebanov Dmitriy	1999	KAZ	58.64	505.0	21.06.2016	World Classic, Killeen USA
66kg	Yap Matthew	1999	SIN	66.00	588.0	05.12.2017	Asia Classic, Kerala / India
74kg	Kassenov Timur	2000	KAZ	72.99	565.0	18.06.2017	World Classic, Minsk Belarus
83kg	Kotenov Ilya	1998	KAZ	82.74	637.5	22.06.2016	World Classic, Killeen USA
93kg	Koo Wei Feng	1999	SIN	90.45	564.0	08.12.2017	Asia Classic, Kerala / India
105kg	Mahmoodi Ahmad	1998	IRI	99.00	587.5	19.12.2015	Asia/Oceania Classic, Tashkent UZB
120kg	Nobel Daniel	1997	SIN	117.75	690.5	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Sassin Vadim	2000	KAZ	127.30	602.5	20.06.2017	World Classic, Minsk Belarus

BENCH PRESS (Single-Lift)

53kg	Bexeit Sultan	1996	KAZ	52.59	107.5	14.12.2015	Asia/Oceania Classic, Tashkent UZB
59kg	Moriki Tsubasa	1999	JPN	58.64	135.5	20.04.2017	World Classic Bench, Killeen USA
66kg	Chebanov Dmitriy	1999	KAZ	64.30	148.5	05.12.2017	Asia Classic, Kerala / India
74kg	Anuarov Adlet	1999	KAZ	71.95	172.5	11.09.2017	Asian Classic Bench, Quezon, PHI
83kg	Tezichev Kirill	1997	KAZ	81.90	175.0	15.12.2015	Asia/Oceania Classic, Tashkent UZB
93kg	Pouria Mohammadparast	1996	IRI	91.83	130.0	08.12.2013	Asian Classic Bench, Quezon PHI
105kg	Aram Mohd Sharif	1994	AFG	99.20	165.0	13.12.2012	Asian Classic, Coimbatore IND
120kg	Yashenko Vladimir	1997	KAZ	105.55	152.5	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Fujimoto Ryuki	2000	JPN	127.70	210.0	18.05.2016	World Classic Bench, Potchefstroom RSA

* pending

Source: Technical committee chairperson of APF

Asian Powerlifting Records as of 18 January 2018

CLASSIC MEN Junior (<23)

class	name	born	nation	bwt	result	date	location
SQUAT							
53kg	Buriev Husnuiddin	1994	UZB	52.75	150.0	03.06.2014	World Classic, South Africa
59kg	Lin Yi-Chun	1994	TPE	58.37	212.5	21.06.2017	World Classic, Minsk Belarus
66kg	Aryanto Viki	1994	INA	65.85	225.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Ashihara Toru	1990	JPN	73.55	245.0	11.12.2012	Asian Classic, Coimbatore IND
83kg	Lee Clinton	1993	SIN	81.40	260.0	23.06.2016	World Classic, Killeen USA
93kg	Smagulov Yerlan	1994	KAZ	92.54	310.0	24.06.2017	World Classic, Minsk Belarus
105kg	Yang Sen	1994	TPE	104.40	310.0	26.06.2016	World Classic, Killeen USA
120kg	Sano Seiken	1995	JPN	110.70	272.5	23.06.2016	World Classic, Killeen USA
120+kg	Zagrevskiy Alexandr	1998	KAZ	121.10	255.5	09.12.2017	Asia Classic, Kerala / India

BENCH PRESS (Three-Lift)

53kg	Buriev Husnuiddin	1994	UZB	52.75	115.0	03.06.2014	World Classic, South Africa
59kg	Khaylyamov Yernur	1994	KAZ	58.15	135.0	18.06.2017	World Classic, Minsk Belarus
66kg	Kolotvinov Dmitriy	1991	UZB	65.90	155.0	11.12.2012	Asian Classic, Coimbatore IND
74kg	Ashihara Toru	1990	JPN	73.55	167.5	11.12.2012	Asian Classic, Coimbatore IND
83kg	Zhavoronkov Anatoliy	1995	KAZ	82.60	167.5	10.06.2015	World Classic, Salo Finland
93kg	Horiguchi Yusuke	1993	JPN	92.80	195.0	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
105kg	Yang Sen	1994	TPE	104.40	207.5	26.06.2016	World Classic, Killeen USA
120kg	Yashenko Vladimir	1997	KAZ	105.55	152.5	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Saito Sota	1995	JPN	128.03	182.5	20.06.2017	World Classic, Minsk Belarus

DEADLIFT

53kg	Alymbek uulu Akzhol	1994	KGZ	52.60	187.5	03.06.2014	World Classic, South Africa
59kg	Alymbek uulu Azamat	1992	KGZ	58.87	240.5	09.06.2015	World Classic, Salo Finland
66kg	Aryanto Viki	1994	INA	65.85	273.5	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Huang Hsin-Wei	1989	TPE	71.50	272.5	13.06.2012	World Classic, Stockholm Sweden
83kg	Furukawa Jun	1996	JPN	81.70	280.0	23.06.2016	World Classic, Killeen USA
93kg	Samagulov Erlan	1993	KAZ	92.02	310.0	10.06.2015	World Classic, Salo Finland
105kg	Muratkhuly Burkit	1995	KAZ	104.48	310.0	21.06.2017	World Classic, Minsk Belarus
120kg	Nobel Daniel	1997	SGP	117.75	305.0	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Debque Raymond	1993	PHI	124.15	255.0	14.12.2014	Asia/Oceania Classic, Melbourne / Aus

TOTAL

53kg	Alymbek uulu Akzhol	1994	KGZ	52.60	437.5	03.06.2014	World Classic, South Africa
59kg	Lin Yi-Chun	1994	TPE	58.37	552.5	19.06.2017	World Classic, Minsk Belarus
66kg	Aryanto Viki	1994	INA	65.85	653.5	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Ashihara Toru	1990	JPN	73.55	672.5	11.12.2012	Asian Classic, Coimbatore IND
83kg	Lee Clinton	1993	SGP	81.40	692.5	23.06.2016	World Classic, Killeen USA
93kg	Smagulov Yerlan	1994	KAZ	92.54	822.5	24.06.2017	World Classic, Minsk Belarus
105kg	Yang Sen	1994	TPE	104.40	807.5	26.06.2016	World Classic, Killeen USA
120kg	Sano Seiken	1995	JPN	110.70	722.5	23.06.2016	World Classic, Killeen USA
120+kg	Saito Sota	1995	JPN	128.03	687.5	20.06.2017	World Classic, Minsk Belarus

BENCH PRESS (Single-Lift)

53kg	Buriev Husnuiddin	1994	UZB	52.75	150.0	03.06.2014	World Classic, South Africa
59kg	Hondo Masatatsu	1995	JPN	58.99	163.0	21.04.2017	World Classic Bench, Killeen USA
66kg	Kolotvinov Dmitriy	1991	UZB	65.90	155.0	11.12.2012	Asian Classic, Coimbatore IND
74kg	Bozorov Akhror	1994	UZB	73.28	175.0	15.12.2015	Asia/Oceania Classic, Tashkent UZB
83kg	Tezichev Kirill	1997	KAZ	81.90	175.0	15.12.2015	Asia/Oceania Classic, Tashkent UZB
93kg	Horiguchi Yusuke	1993	JPN	92.80	195.0	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
105kg	Yang Sen	1994	TPE	104.40	207.5	26.06.2016	World Classic, Killeen USA
120kg	Yashenko Vladimir	1997	KAZ	105.55	152.5	20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Fujimoto Ryuki	2000	JPN	127.70	210.0	18.05.2016	World Classic Bench, Potchefstroom RSA

* pending

Source: Technical committee chairperson of APF

RECORD CHARTS

Asian Powerlifting Records as of 18 January 2018

CLASSIC MEN Masters 1 (>40)

class	name	born	nat	bwt	mark		date and competition	
SQUAT								
59kg	Genda Kiyokazu	1972	JPN	57.00	170.0		01.06.2014	World Classic, South Africa
66kg	Matsunaga Kazuya	1975	JPN	65.01	190.0		07.06.2015	World Classic, Salo Finland
74kg	Hachisu Mitsugu	1950	JPN	70.50	200.0		11.12.2012	Asian Classic, Coimbatore IND
83kg	Turakhanov Davranbek	1974	KAZ	82.30	227.5		07.12.2017	Asia Classic, Kerala / India *
93kg	Bagherzadeh Gholamreza	1973	IRI	93.00	240.0		08.12.2017	Asia Classic, Kerala / India *
105kg	Athula Eranga Wijewickrama	1968	SRI	102.10	265.0		08.12.2017	Asia Classic, Kerala / India *
120kg	Zakharov Yuriy	1972	KAZ	118.70	302.5		20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Koeik Hassan	1972	LBN	130.30	277.5		09.12.2017	Asia Classic, Kerala / India *
BENCH PRESS (Three-Lift)								
59kg	Mizuno Takaaki	1967	JPN	58.60	125.0		12.06.2012	World Classic, Stockholm Sweden
66kg	Ganaha Nobuyuki	1974	JPN	65.41	130.0		07.06.2015	World Classic, Salo Finland
74kg	Kawahata Katsunori	1972	JPN	73.14	160.0		16.06.2017	World Classic, Minsk Belarus
83kg	Rakhimov Alimbek	1966	KGZ	81.25	157.5		02.06.2014	World Classic, South Africa
93kg	Bagherzadeh Gholamreza	1973	IRI	93.00	160.0		08.12.2017	Asia Classic, Kerala / India *
105kg	Takezawa Akihiro	1973	JPN	101.93	195.0		07.06.2015	World Classic, Salo Finland
120kg	Zakharov Yuriy	1972	KAZ	118.50	200.0		14.12.2012	Asian Classic, Coimbatore IND
120+kg	Koeik Hassan	1972	LBN	130.30	190.0		09.12.2017	Asia Classic, Kerala / India *
DEADLIFT								
59kg	Mizuno Takaaki	1967	JPN	58.60	200.0		12.06.2012	World Classic, Stockholm Sweden
66kg	Matsunaga Kazuya	1975	JPN	65.01	240.0		07.06.2015	World Classic, Salo Finland
74kg	Noda Takahiro	1972	JPN	72.35	250.0		11.12.2012	Asian Classic, Coimbatore IND
83kg	Turakhanov Davranbek	1974	KAZ	82.30	270.0		07.12.2017	Asia Classic, Kerala / India *
93kg	Khardin Konstantin	1968	UZB	84.50	275.0		14.06.2013	World Classic, Suzdal RUS
105kg	Luvanchultem Ariunjargal	1971	MGL	101.90	265.0		20.06.2016	World Classic, Killeen USA
120kg	Zakharov Yuriy	1972	KAZ	118.70	290.0		20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Koeik Hassan	1972	LBN	130.30	290.0		09.12.2017	Asia Classic, Kerala / India *
TOTAL								
59kg	Mizuno Takaaki	1967	JPN	58.50	495.0		11.06.2013	World Classic, Suzdal RUS
66kg	Matsunaga Kazuya	1975	JPN	65.01	552.5		07.06.2015	World Classic, Salo Finland
74kg	Ito Takayuki	1964	JPN	72.85	567.5		16.06.2017	World Classic, Minsk Belarus
83kg	Turakhanov Davranbek	1974	KAZ	82.30	647.5		07.12.2017	Asia Classic, Kerala / India *
93kg	Melnik Gennadiy	1967	KAZ	89.34	652.5		16.06.2017	World Classic, Minsk Belarus
105kg	Mikhailov Dmitriy	1973	KAZ	104.78	682.5		17.06.2017	World Classic, Minsk Belarus
120kg	Zakharov Yuriy	1972	KAZ	118.70	777.5		20.12.2015	Asia/Oceania Classic, Tashkent UZB
120+kg	Koeik Hassan	1972	LBN	130.30	757.5		09.12.2017	Asia Classic, Kerala / India *
BENCH PRESS (Single-Lift)								
59kg	Takada Yuji	1965	JPN	58.88	148.5		17.04.2017	World Classic Bench, Killeen USA
66kg	Kametani Mitsuo	1971	JPN	65.75	156.0		17.04.2017	World Classic Bench, Killeen USA
74kg	Moriyama Tetsuo	1971	JPN	72.45	160.0		09.12.2014	Asia/Oceania Classic, Melbourne / Aus
83kg	Nursahedov Merdan	1976	TKM	79.66	197.5		22.04.2017	World Classic Bench, Killeen USA
93kg	Takatori Seiji	1975	JPN	92.57	207.5		18.04.2017	World Classic Bench, Killeen USA
105kg	Saghaei Reza	1966	IRI	96.63	210.0		19.04.2017	World Classic Bench, Killeen USA
120kg	Yuasa Masanobu	1962	JPN	114.06	212.5		19.04.2017	World Classic Bench, Killeen USA
120+kg	Maguire John	1954	IRI	123.07	242.5		15.06.2017	World Classic, Minsk Belarus
* pending								
Source: Technical committee chairperson of APF								

Asian Powerlifting Records as of 18 January 2018

CLASSIC MEN Masters 2 (>50)

class	name	born	nation	bwt	result	date	location	
SQUAT								
59kg	Rashedipour Akbar	1955	IRI	58.90	140.0	15.06.2017	World Classic, Minsk Belarus	
66kg	Hachisu Mitsugu	1950	JPN	65.09	185.0	06.06.2015	World Classic, Salo Finland	
74kg	Hachisu Mitsugu	1950	JPN	70.50	200.0	11.12.2012	Asian Classic, Coimbatore IND	
83kg	Yamaguchi Makoto	1963	PHI	82.54	225.0	06.06.2015	World Classic, Salo Finland	
93kg	Melnik Gennadiy	1967	KAZ	89.34	235.0	16.06.2017	World Classic, Minsk Belarus	
105kg	Shuklin Sergey	1964	KAZ	102.20	200.0	19.12.2015	Asia/Oceania Classic, Tashkent UZB	
120kg	Ninomiya Masaharu	1961	JPN	112.00	220.0	14.12.2012	Asian Classic, Coimbatore IND	
120+kg	Erfanjazi Hassan	1958	IRI	120.70	230.0	20.12.2015	Asia/Oceania Classic, Tashkent UZB	
BENCH PRESS (Three-Lift)								
59kg	Sasaki Toshinori	1967	JPN	58.58	120.0	16.06.2017	World Classic, Minsk Belarus	
66kg	Ganaha Nobuyuki	1974	JPN	65.09	125.0	06.06.2015	World Classic, Salo Finland	
74kg	Rakhimov Alimbek	1966	KGZ	73.81	147.5	16.06.2017	World Classic, Minsk Belarus	
83kg	Yamaguchi Makoto	1963	PHI	82.54	140.0	06.06.2015	World Classic, Salo Finland	
93kg	Hasegawa Yasushi	1966	JPN	90.90	145.0	20.06.2016	World Classic, Killeen USA	
105kg	Ghasemzadeh Alireza	1966	IRI	103.60	135.0	08.12.2017	Asia Classic, Kerala / India *	
120kg	Ninomiya Masaharu	1961	JPN	112.00	155.0	14.12.2012	Asian Classic, Coimbatore IND	
120+kg	O'Dwyer John	1955	IRI	130.24	167.5	15.06.2017	World Classic, Minsk Belarus	
DEADLIFT								
59kg	Rashedipour Akbar	1955	IRI	58.90	160.0	16.06.2017	World Classic, Minsk Belarus	
66kg	Okiura Katsuji	1945	JPN	65.80	205.0	01.06.2014	World Classic, South Africa	
74kg	Ito Takayuki	1964	JPN	72.85	240.0	16.06.2017	World Classic, Minsk Belarus	
83kg	Sjkirman Vladimir	1964	KAZ	82.19	267.5	06.06.2015	World Classic, Salo Finland	
93kg	Melnik Gennadiy	1967	KAZ	89.34	272.5	16.06.2017	World Classic, Minsk Belarus	
105kg	Shuklin Sergey	1964	KAZ	102.20	240.0	19.12.2015	Asia/Oceania Classic, Tashkent UZB	
120kg	Ninomiya Masaharu	1961	JPN	112.00	240.0	14.12.2012	Asian Classic, Coimbatore IND	
120+kg	Maguire John	1954	IRI	123.07	242.5	15.06.2017	World Classic, Minsk Belarus	
TOTAL								
59kg	Shiiki Tomoyoshi	1964	JPN	58.76	385.0	16.06.2017	World Classic, Minsk Belarus	
66kg	Hachisu Mitsugu	1950	JPN	65.09	515.0	06.06.2015	World Classic, Salo Finland	
74kg	Ito Takayuki	1964	JPN	72.85	567.5	16.06.2017	World Classic, Minsk Belarus	
83kg	Sjkirman Vladimir	1964	KAZ	82.19	607.5	06.06.2015	World Classic, Salo Finland	
93kg	Melnik Gennadiy	1967	KAZ	89.34	652.5	16.06.2017	World Classic, Minsk Belarus	
105kg	Shuklin Sergey	1964	KAZ	102.20	570.0	19.12.2015	Asia/Oceania Classic, Tashkent UZB	
120kg	Ninomiya Masaharu	1961	JPN	112.00	615.0	14.12.2012	Asian Classic, Coimbatore IND	
120+kg	Erfanjazi Hassan	1958	IRI	120.70	615.0	20.12.2015	Asia/Oceania Classic, Tashkent UZB	
BENCH PRESS (Single-Lift)								
59kg	Takada Yuji	1965	JPN	58.88	148.5	17.04.2017	World Classic Bench, Killeen USA	
66kg	Murota Yoichiro	1967	JPN	63.80	155.5	17.04.2017	World Classic Bench, Killeen USA	
74kg	Nakatogawa Kaoru	1964	JPN	73.96	150.0	17.04.2017	World Classic Bench, Killeen USA	
83kg	Shinyashiki Hiroaki	1966	JPN	82.16	157.5	18.04.2017	World Classic Bench, Killeen USA	
93kg	Nakazawa Tadafumi	1966	JPN	92.20	175.0	16.05.2016	World Classic Bench, Potchefstroom RSA	
105kg	Saghaei Reza	1966	IRI	96.63	210.0	19.04.2017	World Classic Bench, Killeen USA	
120kg	Yuasa Masanobu	1962	JPN	114.06	212.5	19.04.2017	World Classic Bench, Killeen USA	
120+kg	Maguire John	1954	IRI	123.07	242.5	15.06.2017	World Classic, Minsk Belarus	
* pending								
Source: Technical committee chairperson of APF								

RECORD CHARTS

Asian Powerlifting Records as of 18 January 2018							
CLASSIC MEN Masters 3 (>60)							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Rashedipour Akbar	1955	IRI	58.90	140.0	15.06.2017	World Classic, Minsk Belarus
66kg	Hachisu Mitsugu	1950	JPN	65.09	185.0	06.06.2015	World Classic, Salo Finland
74kg	Hachisu Mitsugu	1950	JPN	70.50	200.0	11.12.2012	Asian Classic, Coimbatore IND
83kg	Kozasa Haruyoshi	1961	JPN	79.34	196.0	15.06.2017	World Classic, Minsk Belarus
93kg	Hajigholizadeh Jabarali	1953	IRI	87.95	182.5	18.12.2015	Asia/Oceania Classic, Tashkent UZB
105kg	Sedigi K Farid Ahmed	1949	AFG	96.80	175.0	2013	Asian Classic, Quezon PHI
120+kg	O'Dwyer John	1955	IRI	130.24	212.5	15.06.2017	World Classic, Minsk Belarus
BENCH PRESS (Three-Lift)							
59kg	Kawakami Kyoji	1950	JPN	57.35	95.5	08.12.2017	Oceania Championships & Pacific Invitational 2, Changi / SIN *
66kg	Hachisu Mitsugu	1950	JPN	65.09	125.0	06.06.2015	World Classic, Salo Finland
74kg	Hwang Chien-Lih	1953	TPE	73.70	138.0	06.12.2017	Asia Classic, Kerala / India *
83kg	Tanikawa Tatsuro	1952	JPN	76.70	130.5	11.12.2014	Asia/Oceania Classic, Melbourne / Aus
93kg	Hajigholizadeh Jabarali	1953	IRI	87.95	125.0	18.12.2015	Asia/Oceania Classic, Tashkent UZB
105kg	Sedigi K Farid Ahmed	1949	AFG	96.80	120.0	13.12.2012	Asian Classic, Coimbatore IND
120+kg	O'Dwyer John	1955	IRI	130.24	167.5	15.06.2017	World Classic, Minsk Belarus
DEADLIFT							
59kg	Rashedipour Akbar	1955	IRI	58.90	160.0	16.06.2017	World Classic, Minsk Belarus
66kg	Okiura Katsuji	1945	JPN	65.80	205.0	01.06.2014	World Classic, South Africa
74kg	Hachisu Mitsugu	1950	JPN	70.50	215.0	11.12.2012	Asian Classic, Coimbatore IND
83kg	Tanikawa Tatsuro	1952	JPN	76.70	190.0	11.12.2014	Asia/Oceania Classic, Melbourne / Aus
93kg	Hajigholizadeh Jabarali	1953	IRI	87.95	227.5	18.12.2015	Asia/Oceania Classic, Tashkent UZB
105kg	Sedigi K Farid Ahmed	1949	AFG	96.80	185.0	13.12.2012	Asian Classic, Coimbatore IND
120+kg	Maguire John	1954	IRI	123.07	242.5	15.06.2017	World Classic, Minsk Belarus
TOTAL							
59kg	Rashedipour Akbar	1955	IRI	58.90	370.0	16.06.2017	World Classic, Minsk Belarus
66kg	Hachisu Mitsugu	1950	JPN	65.09	515.0	06.06.2015	World Classic, Salo Finland
74kg	Hachisu Mitsugu	1950	JPN	70.50	547.5	11.12.2012	Asian Classic, Coimbatore IND
83kg	Tanikawa Tatsuro	1952	JPN	76.70	510.5	11.12.2014	Asia/Oceania Classic, Melbourne / Aus
93kg	Hajigholizadeh Jabarali	1953	IRI	87.95	535.0	18.12.2015	Asia/Oceania Classic, Tashkent UZB
105kg	Sedigi K Farid Ahmed	1949	AFG	96.80	480.0	13.12.2012	Asian Classic, Coimbatore IND
120+kg	O'Dwyer John	1955	IRI	130.24	597.5	15.06.2017	World Classic, Minsk Belarus
BENCH PRESS (Single-Lift)							
59kg	Shirakawa Takeshi	1948	JPN	56.71	130.0	07.12.2013	Asian Classic Bench, Quezon PHI
66kg	Sato Keiji	1952	JPN	65.90	136.0	07.12.2013	Asian Classic Bench, Quezon PHI
74kg	Otani Juji	1957	JPN	73.20	145.0	17.04.2017	World Classic Bench, Killeen USA
83kg	Minamishogaku Masashi	1956	JPN	79.25	131.0	12.09.2017	Asian Classic Bench, Quezon, PHI
93kg	Anraku Tomohiro	1956	JPN	88.79	167.5	18.04.2017	World Classic Bench, Killeen USA
105kg	Sedigi K Farid Ahmed	1949	AFG	96.80	120.0	13.12.2012	Asian Classic, Coimbatore IND
120+kg	Maguire John	1954	IRI	123.07	242.5	15.06.2017	World Classic, Minsk Belarus
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 18 January 2018							
CLASSIC MEN Masters 4 (>70)							
class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Kawanaka Akiyoshi	1942	JPN	57.45	97.5	16.12.2015	Asia/Oceania Classic, Tashkent UZB
66kg	Furuichi Saburo	1943	JPN	64.90	122.5	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Okiura Katsuji	1945	JPN	70.70	182.5	19.06.2016	World Classic, Killeen USA
83kg	Sato Kuniyoshi	1943	JPN	77.50	170.0	19.06.2016	World Classic, Killeen USA
93kg	Noshir Dara Pandole	1947	IND	84.30	90.0	08.12.2017	Asia Classic, Kerala / India *
BENCH PRESS (Three-Lift)							
59kg	Kawanaka Akiyoshi	1942	JPN	58.55	95.0	01.06.2014	World Classic, South Africa
66kg	Akagi Hideharu	1944	JPN	65.50	112.5	01.06.2014	World Classic, South Africa
74kg	Okiura Katsuji	1945	JPN	69.66	92.5	05.06.2015	World Classic, Salo Finland
83kg	Sato Kuniyoshi	1943	JPN	77.50	110.0	19.06.2016	World Classic, Killeen USA
93kg	NOORLAL AQAA	1942	AFG	84.40	110.0	12.12.2012	Asian Classic, Coimbatore IND
DEADLIFT							
59kg	Kawanaka Akiyoshi	1942	JPN	57.75	115.0	05.06.2015	World Classic, Salo Finland
66kg	Furuichi Saburo	1943	JPN	64.90	150.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Okiura Katsuji	1945	JPN	69.66	208.0	05.06.2015	World Classic, Salo Finland
83kg	Sato Kuniyoshi	1943	JPN	77.50	180.0	19.06.2016	World Classic, Killeen USA
93kg	Noshir Dara Pandole	1947	IND	84.30	160.0	08.12.2017	Asia Classic, Kerala / India *
TOTAL							
59kg	Kawanaka Akiyoshi	1942	JPN	57.75	297.5	05.06.2015	World Classic, Salo Finland
66kg	Furuichi Saburo	1943	JPN	64.90	367.5	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
74kg	Okiura Katsuji	1945	JPN	69.66	480.5	05.06.2015	World Classic, Salo Finland
83kg	Sato Kuniyoshi	1943	JPN	77.50	460.0	19.06.2016	World Classic, Killeen USA
93kg	Noshir Dara Pandole	1947	IND	84.30	330.0	08.12.2017	Asia Classic, Kerala / India *
BENCH PRESS (Single-Lift)							
59kg	Kawanaka Akiyoshi	1942	JPN	58.10	95.0	07.12.2013	Asian Classic Bench, Quezon PHI
66kg	Akagi Hideharu	1944	JPN	65.50	112.5	01.06.2014	World Classic, South Africa
74kg	Morohoshi Takao	1945	JPN	73.35	110.5	05.12.2016	Asian Classic Bench, Christchurch NZL
83kg	Iida Yasushi	1943	JPN	81.70	130.0	15.05.2016	World Classic Bench, Potchefstroom RSA
93kg	Noorlal Aqaa	1942	AFG	84.40	110.0	12.12.2012	Asian Classic, Coimbatore IND
* pending							
Source: Technical committee chairperson of APF							

APF MEMBER NATIONS



ASIAN POWERLIFTING FEDERATION

The Asian Powerlifting Federation (APF) is an amateur association that aims to control, organize, and promote powerlifting in Asia. Founded in 1984 during the first Asian Powerlifting Championships in Indonesia, the APF hopes to further develop friendship and cooperation among its members – national powerlifting associations in Asia and their lifters.

APF Member Nations

**Participating members of the Asia Classic Powerlifting Championship 2017*



APF CALENDAR



2018	6th – 12th September UAE, Dubai	Asian Bench Press Championships (Equipped & Classic) IPF and APF
2018	4th – 8th December Manila, Philippines	Asian Classic Powerlifting Championships IPF and APF
2019	1st – 5th May Hong Kong	Asian Powerlifting Championships (Equipped) IPF and APF
2019	6th – 12th September UllanBattur, Mongolia	Asian Bench Press Championships (Equipped & Classic) IPF and APF
2019	4th – 8th December Masqat, Oman	Asian Classic Powerlifting Championships IPF and APF
2020	1st – 5th May UAE, Dubai	Asian Powerlifting Championships (Equipped) IPF and APF
2020	6th – 12th September Arbil, Iraq	Asian Bench Press Championships (Equipped & Classic) IPF and APF
2020	4th – 8th December India	Asian Classic Powerlifting Championships IPF and APF



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