

APF Members on
the World Stage

APF Members at the
University Cup 2018

Asian Powerlifting
Championship 2018

Asian Bench Press
Championship 2018

Health Risks and Side
Effects of Doping

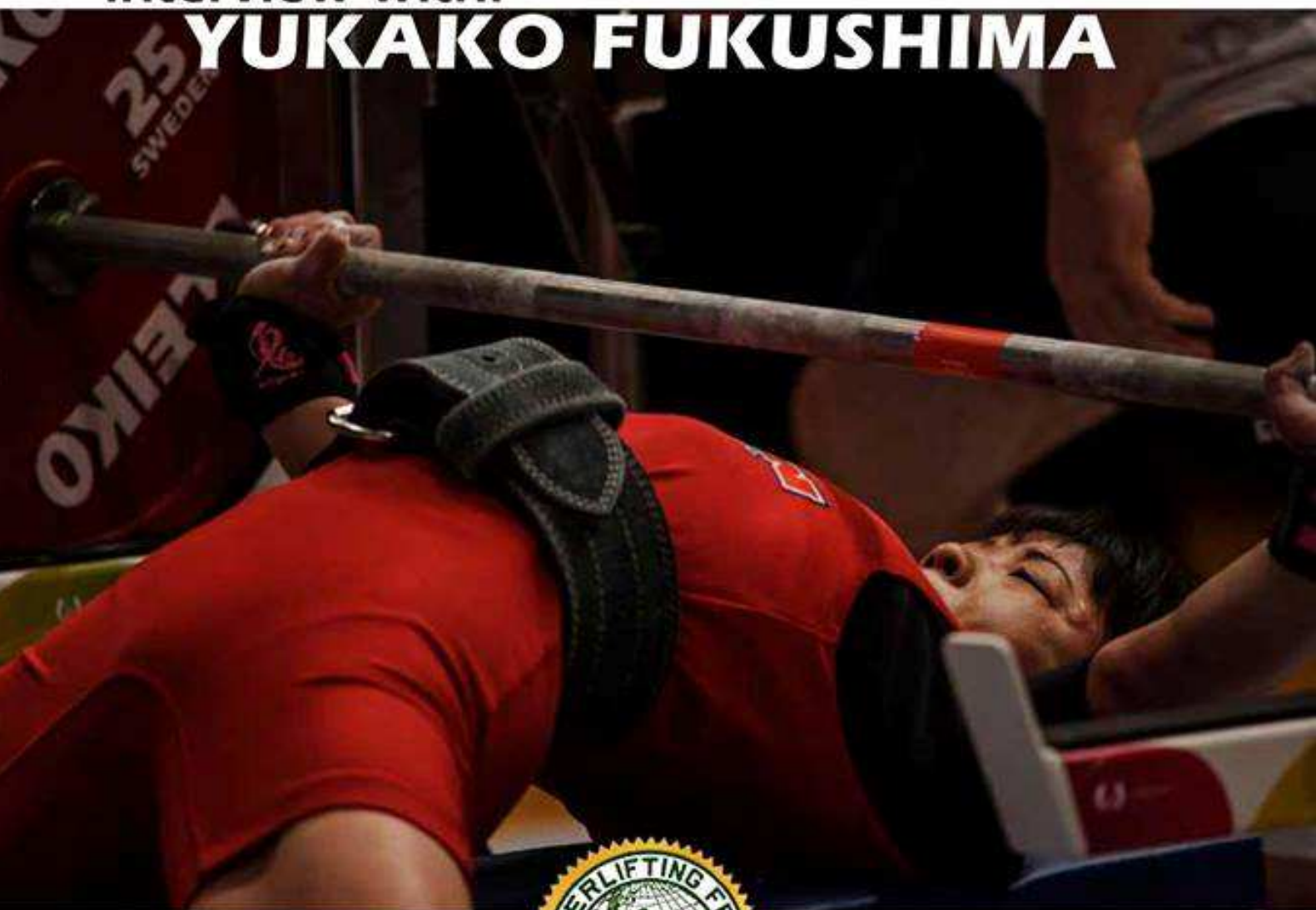
Honoring Women
Medalists of Iran

APF MAGAZINE

issue 02

interview with:

YUKAKO FUKUSHIMA



ASIAN POWERLIFTING FEDERATION

2 issues annually

December 2018



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Words



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Honoring Women
Medalists of Iran

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Championship
2018 Dubai



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Health Risks and
Side Effects of
Doping

JPN	42.75	320.0	31.08.2015	World Jr. Subj. Prague Czech R
INA	46.70	390.0	27.04.2014	Asian, Ozon Philippines
INA	51.74	442.5	13.11.2017	World, Pizem / Czech Republic
INA	55.04	495.0	03.05.2017	Asian - Soreang INA
KAZ	62.30	535.0	20.09.2017	World Jr Subj. Szczynk Poland
KAZ	68.83	557.5	10.11.2011	World, Pizem CZE
INA	82.98	619.0	24.07.2015	Asian, Hong Kong
KAZ	104.49	670.0	17.11.2017	World, Pizem / Czech Republic

JPN	41.91	87.5	10.08-14.09.2011	World Jr. Subj. Moose Jaw CAN
INA	46.70	90.0	27.04.2014	Asian, Ozon Philippines
TPE	51.34	105.0	27.04.2014	Asian, Ozon Philippines
KAZ	56.40	120.0	25.05.2017	World Bench, Kaunas, Lithuania
JPN	60.91	125.0	23.04.2016	World Bench, Rodby / DENMARK
KAZ	68.83	150.0	10.11.2011	World, Pizem CZE
INA	82.98	145.0	24.07.2015	Asian, Hong Kong
KAZ	104.49	185.0	17.11.2017	World, Pizem / Czech Republic

40 - 67
Asian Powerlifting
Records



IPF PRESIDENT'S WORDS



“ I would like to see the Asian region to grow with more and more nations to take part in it. ”

The Asian Equipped Powerlifting Championships in India in May was one of the biggest events this year. We have not had a championship with 14 participating countries for quite some time. It was a pity that I could not attend it. However, I could still follow the championships with others from all parts of the world to watch the real time streaming. It was a great and exciting championship with good and close competition between lifters. I would like to see the Asian region to grow with more and more nations to take part in it. I am looking forward to bringing sponsors to the region. We now have 3 VIP partners each is willing to sponsor Euro15,000 in 2019 to promote powerlifting in the region.

I would like to thank all lifters, coaches and officials who are part of our powerlifting family for their hard work. To reach the goal of having IOC recognition, everyone in our powerlifting family has the responsibility to cast a positive image of our sport. The IPF shall be as transparent as possible to ensure good governance of our sport. Everyone can see the IPF reports and its financial information on our website. We

expect in the future to see the same level of transparency from both our regional and our member federations. If you are not sure about any issues, you are welcomed to ask IPF or your Powerlifting Association. Everyone can have access to IPF's website and Instagram to know what is going on in IPF. People can verify the truth of any information. I wish everybody good luck, I will try my best to come to Asia to meet everyone there.

Gaston Parage
IPF President

APF PRESIDENT'S WORDS



“ As the president of APF, I will always try to raise the quality of championships. ”

I was pleased with the Asian Powerlifting Championships in Udaipur, India as the standard of the competition has improved a lot in many different ways. The platform had colourful decoration with professional lighting. The competition hall was spacious and was nicely layout so that spectators could enjoy the competitions. The championship medals were of higher quality than those before. Most of the competitions were carried out according to schedule as all relevant parties attended the events on time.

Each competition has its own special excitement and circumstance, it is impossible for me to compare one from the other. However I am excited about having the World Masters Powerlifting Championships held in Ulaanbaatar, Mongolia and the World Open Powerlifting Championships to be held in Dubai, the United Arab Emirates in 2019. Having these two important world competitions held in Asia is the outcome of hard work and teamwork among the executive members of the Asian Powerlifting Federation.

Last but not least, as the president of the APF, I will always try to raise the quality of championships. Sports are for athletes, so as the sport manager, I should pay attention to the athlete's point of view.

Finally, Kerala, one of the most beautiful states in India, where the Asian Classic Powerlifting Championships was held in Alappuzha last year, had the worst flooding in recent history. The flood brought many casualties and financial losses.

Condolences from all my heart to all powerlifters in India as well as the Powerlifting Federation of India.

Farshid Soltani,
APF President



ABOUT APF

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.



ASIAN POWERLIFTING FEDERATION

APF CALENDAR 2019

MARCH
12-17

**ASIAN PACIFIC CLASSIC
POWERLIFTING CHAMPIONSHIPS**
Gold Coast, Australia APF and APU

APRIL
21-26

**ASIAN EQUIPPED
POWERLIFTING CHAMPIONSHIPS**
Hong Kong, China APF

SEPTEMBER
06-12

**ASIAN CLASSIC & EQUIPPED
BENCH PRESS CHAMPIONSHIPS**
Ulaanbaatar, Mongolia APF

DECEMBER
04-08

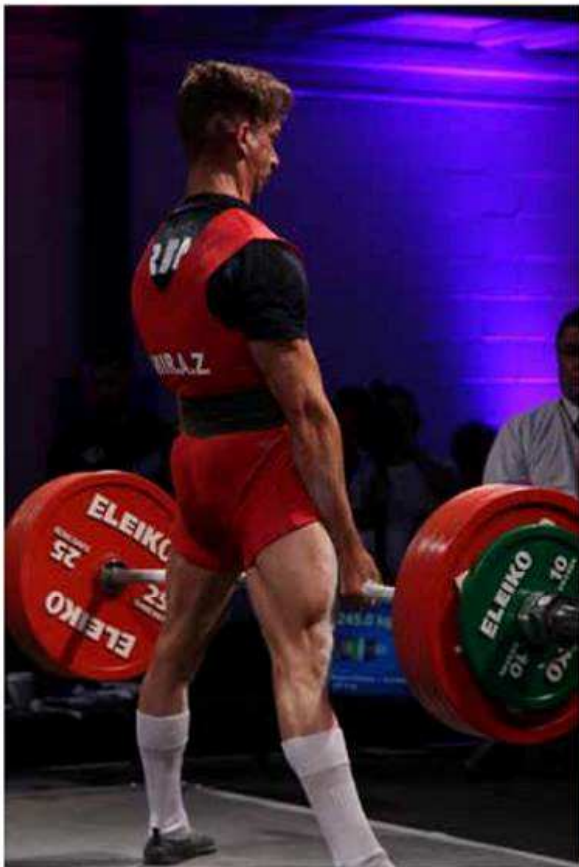
**ASIAN CLASSIC
POWERLIFTING CHAMPIONSHIPS**
Masqat, Oman APF





APF MEMBERS ON THE WORLD STAGE







ASIAN POWERLIFTING CHAMPIONSHIP 2018 UDAIPUR . INDIA





CHAMPIONSHIP 2018

AN POWERLIFTING CHAMPIONSHIP 2018 - 6 MAY 2018 UDAIPUR, RAJASTHAN, INDIA



The 2018 Asian Powerlifting Championships started on 1 May 2018 in Udaipur, India, "City of Lakes" and successfully concluded on 6 May 2018 with a colourful banquet.



Referees

Hsu Chih-Chiang
 Yaghoub AmirSalari
 Alireza Andakranj
 Jamshid Babaei
 Shahryar Mehrizi
 Amir Razizadeh
 Vindo Bolar
 Ajith S Nair
 K. S. Pawar
 Krishna Sahu
 Vinod Sahu
 Sanjay Prataprao Sardesai

Chinese Taipei
 Iran
 Iran
 Iran
 Iran
 Iran
 India
 India
 India
 India
 India

Anna Maria
 Masahito Kitsui
 Kung-Him Wong
 Turakhanov Davranbek
 Prokopenko Ivan
 Tatiana Romanova
 Vyacheslav Starkov
 Ramon Debuque
 Khardin Konstantin
 Fottiev Sergey

Indonesia
 Hong Kong
 Hong Kong
 Kazakhstan
 Kazakhstan
 Kazakhstan
 Kazakhstan
 Philippines
 Uzbekistan
 Uzbekistan

**ASIA
 POWERLIFTING
 CHAMPIONSHIPS
 1 to 6 MAY
 Udaipur**





ASIAN POWERLIFTING CHAMPIONSHIP May 2018 Udaipur, India

Schedule of Events

Tuesday 1 May 2018

APF Congress, Technical Meeting, Referees Clinic, Anti-doping Seminar

Wednesday 2 May 2018

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

Thursday 3 May 2018

Women - all age categories U43 kg, U47 kg, U52 kg, U57 kg
Men - all age categories U74 kg

Friday 4 May 2018

Women - all age categories U63 kg, U72 kg
Men - all age categories U83 kg

Saturday 5 May 2018

Women - all age categories U84 kg, 84+ kg
Men - all age categories U93 kg, U105 kg

Sunday 6 May 2018

Men - all age categories U120 kg, 120+ kg
Banquet





New Records

03.05.2018	Men Senior	Squat	u74kg
05.05.2018	Men Senior	Bench Press	u93kg
06.05.2018	Men Senior	Bench Press	120+kg
05.05.2018	Men Senior	Deadlift	u105kg
06.05.2018	Men Senior	Deadlift	120+kg
05.05.2018	Men Masters 1	Bench Press	u93kg
05.05.2018	Men Masters 1	Bench Press	u105kg
04.05.2018	Men Masters 2	Deadlift	u83kg
05.05.2018	Men Masters 2	Deadlift	u93kg
03.05.2018	Men Masters 3	Deadlift	u74kg
05.05.2018	Men Masters 4	Squat	u105kg
05.05.2018	Men Masters 4	Bench Press	u105kg
05.05.2018	Men Masters 4	Deadlift	u105kg
05.05.2018	Men Masters 4	Total	u105kg
03.05.2018	Women Senior	Squat	u52kg
05.05.2018	Women Sub-Junior	Squat	u84kg
03.05.2018	Women Sub-Junior	Deadlift	u47kg
05.05.2018	Women Sub-Junior	Deadlift	u84kg
05.05.2018	Women Sub-Junior	Total	u84kg
05.05.2018	Woman Masters 2	Squat	84+kg
05.05.2018	Woman Masters 2	Deadlift	84+kg
05.05.2018	Woman Masters 2	Total	84+kg



Result 331.0	Mei Yanto Doni	INA
Result 281.0	Masahito Kitsui	HKG
Result 277.5	Halaby Daniel	LEB
Result 347.5	Mostafa Ranjbar	IRI
Result 350.0	Sokhan Fawad Shrin	AFG
Result 281.0	Masahito Kitsui	HKG
Result 300.0	Fadi Alshorekki	SYR
Result 265.0	Vladimir Shkirman	KAZ
Result 260.0	Konstantin Khardin	UZB
Result 220.0	Prakash Karant	IND
Result 170.0	Maghsoud Sattarzadeh	IRI
Result 90.0	Maghsoud Sattarzadeh	IRI
Result 175.0	Maghsoud Sattarzadeh	IRI
Result 435.0	Maghsoud Sattarzadeh	IRI
Result 185.0	Anjali Kumari	IND
Result 160.0	Chih Ling Hsu	TPE
Result 135.0	Veronica Ompod	PHI
Result 147.5	Chih Ling Hsu	TPE
Result 385.0	Chih Ling Hsu	TPE
Result 97.5	Mary Beena	IND
Result 127.5	Mary Beena	IND
Result 280.0	Mary Beena	IND





APF MEMBERS AT THE UNIVERSITY POWERLIFTING CUP 2018

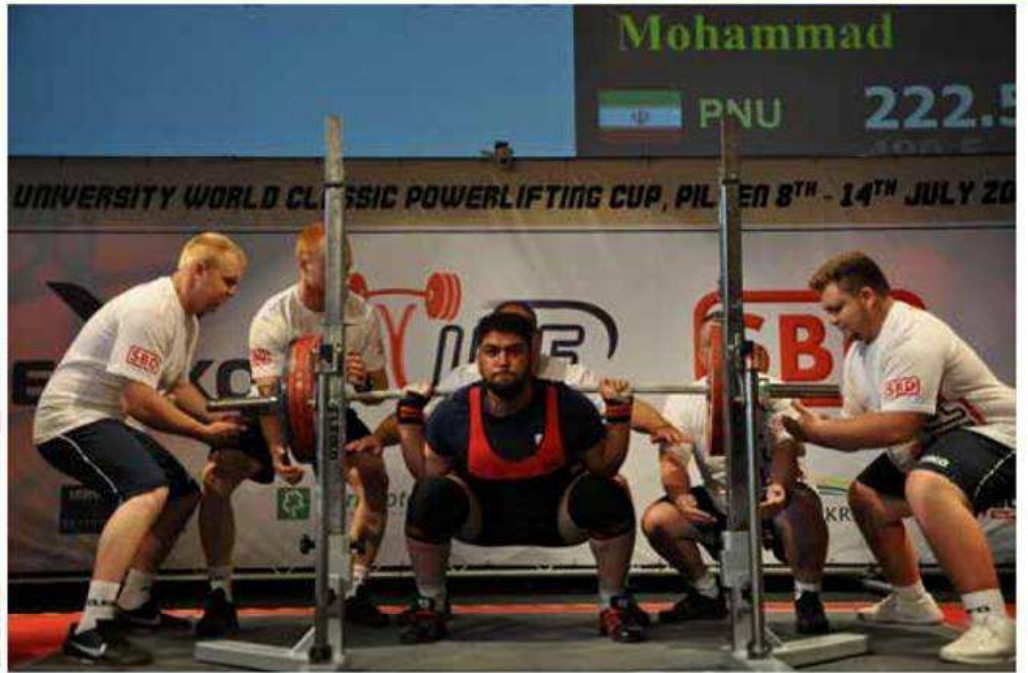




WORLD	94.1	125.5	175.0	198.0	240.0	300.0	345.0	390.0	435.0
ASIA	90.0	120.0	170.0	190.0	230.0	280.0	320.0	360.0	400.0
EUROPE	85.0	115.0	165.0	185.0	225.0	275.0	315.0	355.0	395.0
AMERICA	80.0	110.0	160.0	180.0	220.0	270.0	310.0	350.0	390.0
AUS	75.0	105.0	155.0	175.0	215.0	265.0	305.0	345.0	385.0
AFRICA	70.0	100.0	150.0	170.0	210.0	260.0	300.0	340.0	380.0
WORLD	94.1	125.5	175.0	198.0	240.0	300.0	345.0	390.0	435.0
ASIA	90.0	120.0	170.0	190.0	230.0	280.0	320.0	360.0	400.0
EUROPE	85.0	115.0	165.0	185.0	225.0	275.0	315.0	355.0	395.0
AMERICA	80.0	110.0	160.0	180.0	220.0	270.0	310.0	350.0	390.0
AUS	75.0	105.0	155.0	175.0	215.0	265.0	305.0	345.0	385.0
AFRICA	70.0	100.0	150.0	170.0	210.0	260.0	300.0	340.0	380.0

Luk Ho Yee
CUHK 90









Schedule of Events

Tuesday 18 September 2018
Technical meeting

Wednesday 19 September 2018
Opening Ceremony: Women Equipped - all age categories U43 kg, U47 kg, U52 kg, U57 kg, U63 kg, U72 kg, U84 kg, 84+ kg

Thursday 20 September 2018
Men Equipped - all age categories U53 kg, U59 kg, U66 kg, U74 kg

Friday 21 September 2018
Men Equipped - all age categories U83 kg, U93kg, U105 kg, U120 kg, 120+ kg

Saturday 22 September 2018
Women Raw/Classic - all age categories U43 kg, U47 kg, U52 kg, U57 kg, U63 kg, U72 kg, U84 kg, 84+ kg

Sunday 23 September 2018
Men Raw/Classic - all age categories U53 kg, U59 kg, U66 kg, U74 kg



ASIAN BENCH PRESS CHAMPIONSHIP 2018 DUBAI . UAE



Referees

Chao Chen Yeh	Chinese Taipei	Shilov Igor	Kazakhstan
Kung-Him Wong	Hong Kong	Prokopenko Ivan	Kazakhstan
Ratan Kumar Basak	India	Sadykov Kakhroman	Kazakhstan
Puran Singh Kadian	India	Tatiana Romanova	Kazakhstan
Vinod Sahu	India	Natalya Tskhay	Kazakhstan
Rahim Asgari	Iran	Ermetov Ulukb	Kazakhstan
Jafar Pimiae	Iran	Zakharov Yuriy	Kazakhstan
Mohseen Shahnifeyz	Iran	Ramon Debuque	Philippines
Fathi Abbas	Iraq	Fotiev Sergey	Uzbekistan
Salah Fattah	Iraq		
Munadhel Jasaim	Iraq		
Kadhim Mohsin	Iraq		



The 2018 Asian Powerlifting Championships (classic and equipment) were held in the Arab Emirates

Number of categories
Number of countries
Number of categories
Number of categories
Number of athletes
Number of athletes

Special Acknowledgements:

We extend our special thanks to Meet Directors of the 2018 Asian Powerlifting Championships and 2018 Asian Bench Press Championships for organising these two spectacular events.

These two championships could not happen without the referees, the jury members, judges, controllers, loaders, IT, audio, visual, and transport. We also would like to thank you for the hard work and co-operations from many others to make these two events successful.

Last but not least, special thanks goes to athletes from all member nations who participated in these two championships.

ASIAN BENCH PRESS CHAMPIONSHIP 2018

New Records



Asian Bench Press Championships (Equipped) were held in Dubai, United Arab Emirates from September 18 to 24 2018.

Participation Nations: **13**
 Categories women competed in classic: **7**
 Categories men competed in classic: **9**
 Categories women competed in equipped: **7**
 Categories men competed in equipped: **8**
 Number of new world records made: **2**
 Number of new Asian records made: **12**
 Number of personal PBs: **too many**

Overlifting Championships and the regular events.

By, technical controllers, backstage to extend our appreciation for all to championships a grand success.

s.

WOMEN U63kg	Sub-Junior Result 120.0	EQUIPPED Sovetova Tomiris	KAZ
MEN U83kg	Masters 1 Result 245.0	EQUIPPED Suzuki Shigenari	JPN
MEN U105kg	Masters 3 Result 190.0	EQUIPPED Zverev Valeriy	KAZ
WR WOMEN U84kg	Masters 2 Result 110.0	CLASSIC Tokutake Megumi	JPN
WR MEN U83kg U93kg U120kg	Senior Result 222.5 Result 233.0 Result 226.5	CLASSIC Suzuki Yusuke Tsoy Vyacheslav Li Dimitry	JPN KAZ KAZ
MEN U93kg U105kg	Sub-Junior Result 150.0 Result 172.5	CLASSIC Kabyldinov Dima Ostrovskiy Klim	KAZ KAZ
MEN U83kg	Junior Result 182.5	CLASSIC Yudchenko Sergey	KAZ
MEN U83kg	Masters 2 Result 163.0	CLASSIC Kojima Katsunobu	JPN
MEN U120kg	Masters 3 Result 120.0	CLASSIC Loniakan Shahriar	IRI



福島友佳子 YUKAKO FUKUSHIMA

APF: You have competed many international competitions. Which one is the most memorable and why?

YF: The most memorable competition was the World Games in Kaohsiung, Chinese Taipei in 2009. I was surprised and impressed by Wei-Ling Chen's great performance. The scale of the closing ceremony was just magnificent.

APF: Which one is your favorite lift? Why?

YF: I get asked this question often but I don't have any preference. For me, the total is more important.

APF: How many days do you train per week and for how long?

YF: It is about 3 hours at most, 4 times a week.

APF: How often do you train the three lifts?

YF: I train squat and deadlift once a week, and for bench press, 2 times a week.

APF: What do you normally eat before or after training?

YF: I have carbohydrates such as rice and

APF: What is your favourite food?

YF: Meat and sweets

APF: What do you do on your rest day?

YF: I will go to hot springs and public baths.



APF: Which competition are you participating in?

YF: I would like to participate in the Bench Press Competition held in Japan and the World Bench Press and World Powerlifting Championships.

Ms Yukako Fukushima represents Japan in the u47 kg weight class. She is the world master 1 equipped record holder for squat, bench press, deadlift and total. Ms Yukako Fukushima spoke to APF Magazine about powerlifting.



competitions will you be in 2019? What is your goal?

I want to participate in the World Championships which will be held in 2019. I want to get gold in the Bench Press championships and the Squatting Championships in 2019.

APF: Can you name three things that are the keys to be good at powerlifting?

YF: Set clear goals. Prepare and follow a training plan to achieve the goals.

Avoid injury and keep on training, I think this will achieve good results.

Appreciate the people that support you.



سلامی ایران
I.R iran

On October 16th, 2018 the medal winners of the Powerlifting Union of the Islamic Republic of Iran were commemorated in following international arenas:

- Estonia World Championships 2017
- Asia Powerlifting Championships without Accessories (classic) and with Accessories (equipped) in India- Kerala 2017 and Udaipur 2018
- South African Arnold Classic Festival Championships - Johannesburg 2018
- Asian Bench Press Championships - Dubai, United Arab Emirates 2018
- World Powerlifting Championships 2018 - Ulaanbaatar, Mongolia

The ceremony was held in Tehran attended by a group of women participated in the Asian Championships, the World Arnold

Classic Festival Championships, World Championships, and 2nd Grade International Referee at World Championships, along with the President of the Powerlifting Union of the Islamic Republic of Iran, Vice-President of the Powerlifting Union of the Islamic Republic of Iran, members of Board of Directors of Union of Powerlifting of the Islamic Republic of Iran and a number of fans in this field.

The ceremony began with a few verses from the words of Holy Quran, and then the national anthem of the Islamic Republic of Iran was rehearsed in the hall.

Then the ladies presented at this ceremony and International Powerlifting Champions, gave a talk on the importance of this popular field and about the high quality of



اتحادیه پاورلیفتینگ جمهوری ایران powerlifting Union

Ceremony for commemorating women medalists of the Powerlifting Union of the Islamic Republic of Iran

international competitions to the audience. After that, the members of the Powerlifting Board of Directors all gave talks on the importance of the presence of women and their role in sports, and all congratulated women on their achievements in the past three years.

Later, the president of the Powerlifting Union of the Islamic Republic of Iran spoke at the ceremony and welcomed guests, athletes and champions. The head of the Powerlifting Union, who is also the head of Asian Powerlifting Federation and is member of the Executive Committee of the World Federation. After being elected as the head of the Asian Powerlifting Federation, he put forward the hijab plan for the entry of women of Islamic countries into the International Powerlifting Championships in

the board meeting of World Federation and all members voted in favor of this suggestion.

And now, after more than three years, we have witnessed an ever-increasing growth of powerlifting sport among the women of our country in an appropriate manner.

Women athletes were first sent to foreign competition in early 2016 by Powerlifting Union. Today, women from our country and Islamic countries can lift weight on the platform without any concern for the Islamic hijab.

At the end of the ceremony women champions and 2nd grade international women referees in foreign competitions were honoured.

Farshid Soltani

HEALTH RISKS AND SIDE EFFECTS OF DOPING: ANABOLIC STEROIDS

THE USE OF DOPING AGENTS MAY LEAD TO SERIOUS HEALTH PROBLEMS AND EVEN DEATH. THERE IS A HIGH PRICE TO PAY TO IMPROVE PERFORMANCE BY DISHONEST MEANS.

Anabolic Steroids

The most commonly used substances in Powerlifting to enhance performance is anabolic steroids. They are synthetic substances that simulate effect of testosterone or male sex hormone. Normally testosterone level is increased by training but the level is a physiological level. The effect is increase protein synthesis and muscle growth. Exogenous anabolic steroids will have effects of testosterone and there is increase in muscle mass. The increase of muscle is much higher than the effect of normal training. As the level of testosterone in normal females is low, the anabolic effect of exogenous anabolic agents is more significant in females. Anabolic steroids are prohibited in-competition and out-of-competition.

Testosterone at normal level has effects to maintain secondary sexual characteristics. The masculine characteristics like growth of vocal cord, body hair, gonads development are controlled by testosterone during growth period. When there is excess anabolic steroids from outside source, the effects of testosterone will be excessive in the body and cause much harmful effect. The effect is dose dependent.

Side Effects Of Anabolic Steroids

- 1** In children, steroids cause precocious puberty and stunting of growth. The growth plates are closed prematurely and the body height will be less than the genetic potential.
- 2** Cardiovascular system: Increase risks of cardiovascular diseases like high blood pressure, ischaemic heart disease, heart attack and stroke.
- 3** Gastrointestinal system: Bad breath, nausea & vomiting, abdominal pain and diarrhea.
- 4** Liver: Increase risk of liver disease, liver tumour or liver cancer; liver damage causes jaundice with yellowing of sclera and skin.
- 5** Kidney failure: anabolic steroid is directly toxic to kidney cells.
- 6** Central nervous system: Psychological or behavioral changes with mood disorder, aggressive behavior, mania or depression.





Dr. Wing-Yuk Ip
APF Medical Committee Chairperson

-
- 7** Enormous effect in Endocrine System
- Abnormal growth of vocal cord especially in female with deepening of voice
 - Abnormal hair growth in face in female
 - Irregular menstrual cycles in female
 - Breast reduction in female
 - Breast development in male
 - Permanent baldness in male
 - Testicular atrophy, impotence and infertility in male
 - Acne in both male and female

8 Hyperglycemia with symptoms of diabetes mellitus.

9 Immunosuppression, proneness to infection.

10 Bruising from steroid injection marks.

Permanent Health Damage

When the body is exposed to high dose of exogenous steroids, the body mechanism to produce normal hormones will shut down. When anabolic steroids are withdrawn, there is significant discomfort associated with sudden decrease in hormonal level. Sudden withdrawal of exogenous steroid will lead to postural hypotension. Anabolic steroids can cause physical and psychological dependence. Prolonged use of anabolic steroids can cause permanent damage to the body with irreversible side effects.

Premature Mortality

In a study on the long-term effects of steroid abuse in a group of 62 elite Powerlifters in Finland in 2000, it was shown that the premature mortality rate of Powerlifters during the 12 years of follow up was 4 times higher than that of controlled population.

使用禁藥的健康風險 和副作用： 合成代謝類固醇



使用禁藥可能導致嚴重的健康問題，甚至死亡。
這是用不誠實的手段提高表現而需要付出高昂的代價。

合成代謝類固醇

合成代謝類固醇是在健力運動中用於提升表現的最常用物質。它是一種模擬睪丸激素或雄性激素作用的合成物質。正常通過訓練會增加睪丸激素水平，但水平是生理水平。其效果是增加蛋白質合成和肌肉生長。外源性合成代謝類固醇將具有睪丸激素的作用，並且增加肌肉質量。肌肉的增加遠遠高於正常訓練的效果。由於正常女性的睪丸激素水平較低，外源性合成代謝劑的合成代謝作用在女性中更為顯著。合成類固醇是禁止在比賽期間和非比賽期間使用。

正常水平的睪丸激素具有維持副性徵的作用。聲帶，體毛增長，生殖腺發展等男性特徵在生長期受睪丸激素控制。當體內有過量外源性的合成代謝類固醇時，睪丸激素的作用會很大，對身體造成很大的危害，效果取決於劑量。

合成代謝類固醇的副作用：

- 1** 在兒童中，類固醇會引起性早熟和生長遲緩。生長板過早關閉，體高將低於遺傳潛力。
- 2** 心血管系統：增加心血管疾病的風險，如高血壓，缺血性心臟病，心臟病發作和中風。
- 3** 胃腸系統：口臭，噁心和嘔吐，腹痛和腹瀉。
- 4** 肝臟：增加患肝病，肝腫瘤或肝癌的風險；肝臟受損導致黃疸，鞏膜和皮膚變黃。
- 5** 腎功能衰竭：合成代謝類固醇對腎細胞有直接毒性。
- 6** 中樞神經系統：心理或行為有變致情緒障礙，會有攻擊性行為，躁狂或抑鬱。



葉永玉醫生
APF醫學委員會主席

7 內分泌系統的巨大影響

- 聲帶異常生長，尤其是女性，聲音加深
- 女性臉部毛髮生長異常
- 女性不規則的生理週期
- 女性乳房減少
- 男性乳房發育
- 男性永久性禿頂
- 男性睪丸萎縮，陽痿和不育
- 男性和女性痤瘡

8 高血糖及有糖尿病症狀。

9 免疫力受抑制，容易受感染。

10 從注射類固醇痕跡中有瘀傷。

永久性健康損害

當身體暴露於高劑量的外源性類固醇時，身體會關閉產生正常激素的機制。當體內的合成代謝類固醇下調時，身體會因激素水平的突然降低會顯著不適。突然停用外源性類固醇會導致體位性低血壓。

合成代謝類固醇可引起身體和心理依賴。長期使用合成代謝類固醇會對身體造成永久性損害，並產生不可逆轉的副作用。

過早死亡

在2000年一項關於芬蘭62名精英健力運動員就濫用類固醇的長期影響的研究顯示健力運動員在12年跟進期間的過早死亡率比對照人群中高於4倍。

ドーピングの使用による健康上のリスクと副作用: アナボリックステロイド

ドーピング物質の使用は重大な健康の問題や死亡を引き起こす可能性で身体能力向上を行うことは高い代償を払う事になります。

アナボリックステロイド

パワーリフティングで身体能力向上を目的として最も一般的に使用されるものはアナボリックステロイドです。これらはテストステロンや男性ホルモンの分泌を刺激する合成物質です。通常テストステロンレベルはトレーニングにより上昇しますが、それは生理的な範囲内となり、たんぱく質の合成と筋肉の成長を促す効果があります。外因性であるアナボリックステロイドの投与にもテストステロンの上昇と筋肉量の増加の効果があり、その増加はトレーニングによるものよりも顕著です。また、女性のテストステロンレベルは男性と比較して低いいため、アナボリックステロイドの使用による効果は著しいものがあります。そしてアナボリックステロイドはスポーツにおいて試合中、試合以外にかかわらず、その使用は禁止されています。

一般的なテストステロンの値は第二次性徴によって発達したものを維持するレベルとなります。例えば声の変化、体毛、性腺の発達などの成長はテストステロンによってコントロールされたものです。もし、外部からのアナボリックステロイドの接種によって過剰な状態となった場合、テストステロンが体内において過剰な状態と

アナボリックステロイドの副作用:

- 1** 子供においてはステロイドは性的早熟や発育障害があらわれます。骨の生育が時期尚早に終わってしまい、身長も遺伝的潜在能力以下となります。
- 2** 心血管: 心血管の病気: 高血圧、虚血性心疾患、心臓麻痺のリスクが上昇します。
- 3** 胃腸の問題: 口臭、悪心、嘔吐、腹痛、下痢。
- 4** 肝臓疾患のリスク上昇: 肝臓腫瘍、肝臓癌。肝臓の損傷は目や皮膚の黄疸を起します。
- 5** 腎臓疾患: アナボリックステロイドは腎臓細胞にとって有毒なものです。
- 6** 中枢神経系システムへの影響: 情緒不安定、攻撃的な行動、躁状態や鬱といった心理的不安定、行動異常が見られます。



があり、不正な手段

- 7** 甚大な内分泌系への影響
- 声帯の異常な成長。特に女性の声が太くなるといった症状
 - 顔の体毛の発達
 - 乳腺の縮小(女性)
 - 乳腺の成長(男性)
 - 頭部の脱毛(男性)
 - 精巣の退化、性的不全、不妊(男性)
 - ニキビ

8 糖尿病の症状と高血糖症。

9 免疫の不全:病気に感染しやすい体になります。

10 ステロイドの注射痕の痣。



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APF Medical Committee Chairperson

なり、身体に有害な効果をもたらします。またその副作用は服用量により変わります。

永久的な健康被害

外部から体内にアナボリックステロイドを多量に取り入れると、体内からのホルモンの内分泌が止まってしまう。そして、アナボリックステロイドの使用をやめるとホルモンレベルの急激な低下を起因とした不快な症状が現れ、また、外部から取り入れたステロイドが体から抜けることにより、起立性低血圧といった症状が現れます。

アナボリックステロイドの使用は肉体的、精神的にも依存状態を引き起こします。また長期的なアナボリックステロイドの使用は取り返しのつかないダメージを身体に与えます。

若年死リスクの上昇

フィンランドにて2000年に行われた調査によると、ステロイドを長期乱用していた62名のパワーリフター若年死の割合は通常の若年死の割合の4倍以上も多いことを表していることが12年間の追跡調査によりわかりました。



Dr. Wing-Yuk Ip
APF Medical Committee Chairperson



آسیب دائمی سلامت

هنگامی که بدن در معرض دوز بالای استروئید های خارجی قرار می گیرد، مکانیزم بدن برای تولید هورمون های طبیعی خاموش می شود. هنگامی که استروئید های آنابولیک از بین می روند، ناراحتی قابل توجهی در ارتباط با کاهش ناگهانی هورمونی وجود دارد. استقرار ناگهانی استروئید خارجی سبب افت فشار خون می شود. استروئید های آنابولیک می توانند وابستگی فیزیکی و روانی را ایجاد کنند. استفاده طولانی مدت از استروئید های آنابولیک می تواند باعث آسیب دائمی به بدن با عوارض جانبی غیر قابل برگشت شود.

مرگ و میر زودرس

در مطالعه ای پیرامون اثرات درازمدت سوء استفاده از استروئید در یک گروه 62 نفر درانی نخبه در فنلاند در سال 2000 نشان داده شد که میزان مرگ و میر زودرس پاورلیفترها طی 12 سال پیگیری 4 برابر بیشتر از جمعیت کنترل شده بود

- 7**
- اثر عظیم در سیستم غدد درون ریز
 - رشد غیرطبیعی طناب صوتی به ویژه در زنان با عمیق تر شدن صدا
 - رشد غیرطبیعی مو در صورت در زن
 - چرخه های قاعدگی نامنظم در زنان
 - کاهش پستان در زنان
 - توسعه پستان در مردان
 - طاسی دائمی در مرد
 - آتروفی مثبت، ناتوانی جنسی و ناباروری در مردان
 - آکنه در هر دو جنس نر و ماده

8 هیپرگلیسمی با علائم دیابت

9 سوء پیشگیری از عفونت، تبخال تا عفونت

10 کبودی از علائم تزریق استروئید

خطرات سلامتی و عوارض جانبی دوپینگ: استروئیدهای آنابولیک

استفاده از عوامل دوپینگ ممکن است به مشکلات جدی سلامتی و حتی مرگ منجر شود. هزینه بالا برای پرداخت به منظور بهبود عملکرد با روش های نادرست وجود دارد.

استروئیدهای آنابولیک

اغلب مواد مورد استفاده در پاورلیفتینگ برای افزایش عملکرد استروئیدهای آنابولیک است. آنها مواد مصنوعی هستند که شبیه سازی اثر هورمون تستوسترون و هورمون جنسی مردان است. به طور معمول سطح تستوسترون با تمرین افزایش می یابد اما سطح آن فیزیولوژیک است. اثر افزایش سنتز پروتئین و رشد عضلانی است. استروئیدهای آنابولیک بیضه اثرات تستوسترون و افزایش توده عضلانی را به همراه خواهد داشت. افزایش عضله بسیار بیشتر از اثر آموزش طبیعی است. همانطور که سطح تستوسترون در زنان طبیعی است، اثر آنابولیک آنابولیک های خارجی در زنان بیشتر است. استروئیدهای آنابولیک در رقابت و خارج از رقابت ممنوع است. تستوسترون در سطح نرمال دارای اثراتی برای حفظ ویژگی های جنسی ثانویه است. خصوصیات مردانه مانند رشد طناب های صوتی، موهای بدن، رشد قارچ ها در طی دوره رشد تحت کنترل تستوسترون قرار می گیرند. هنگامی که استروئیدهای اضافی آنابولیک از منبع خارج وجود دارد، اثرات تستوسترون در بدن بیش از حد خواهد شد و باعث ایجاد بسیار مضر است. اثر وابسته به دوز است.

عوارض جانبی استروئید آنابولیک:

1 در کودکان، استروئیدها باعث بلوغ زودرس و رشد رشد می شوند. صفحات رشد زودرس بسته می شوند و ارتفاع بدن کمتر از پتانسیل ژنتیکی است.

2 سیستم قلبی عروقی: افزایش خطر بیماری های قلبی عروقی مانند فشار خون بالا، بیماری های قلبی عروقی، حمله قلبی و سکته مغزی.

3 سیستم دستگاه گوارش: نفس بد، تهوع و استفراغ، درد شکمی و اسهال.

4 کبد: افزایش خطر بیماری کبد، تومور کبدی یا سرطان کبد؛ آسیب کبدی باعث ایجاد زردی با زرد شدن اسکلرال و پوست می شود

5 نارسایی کلیه: استروئید آنابولیک به طور مستقیم برای سلول های کلیوی سمی است

6 سیستم عصبی مرکزی: تغییرات روانی یا رفتاری با اختلال خلقی، رفتار تهاجمی، مانیا یا افسردگی

Риски Для Здоровья И Побочные Эффекты Допинга: Анаболические стероиды

ИСПОЛЬЗОВАНИЕ ДОПИНГА МОЖЕТ ПРИВЕСТИ К СЕРЬЕЗНЫМ ПРОБЛЕМАМ СО ЗДОРОВЬЕМ И ДАЖЕ К СМЕРТИ. ЦЕНА ЗА РОСТ СИЛОВЫХ ПОКАЗАТЕЛЕЙ ТАКИМИ СПОСОБАМИ ОЧЕНЬ ВЫСОКА.

Анаболические стероиды

Анаболические стероиды это наиболее часто употребляемая субстанция в пауэрлифтинге для увеличения силовых показателей. Это синтетические препараты, которые стимулируют выработку тестостерона или мужского полового гормона.

Уровень тестостерона увеличивается от силовых нагрузок и является физиологическим показателем. Экзогенные анаболические стероиды влияют на уровень тестостерона и рост мышечной массы. Этот рост гораздо выше, чем от обычных тренировок. Так как уровень тестостерона у женщин ниже, прием анаболических экзогенных агентов оказывает чрезвычайный эффект на женщин. Анаболические стероиды запрещены в соревновательный период и вне его.

Нормальный уровень тестостерона влияет на вторичные половые признаки. Такие характеристики как вокальный тембр, волосяной покров, развитие яичников зависят от тестостерона в период роста. При приеме избыточных анаболических стероидов из внешнего источника, тестостерон вызывает чрезмерный эффект и вред для организма. Этот эффект зависит от дозы.

Побочные эффекты анаболических стероидов

- 1** У детей стероиды вызывают преждевременное половое созревание и замедляют рост. Пластины роста закрываются преждевременно, а высота тела будет меньше, чем генетический потенциал
- 2** Сердечно-сосудистая система: увеличиваются риски сердечно-сосудистых заболеваний, таких как высокое кровяное давление, ишемическая болезнь сердца, сердечный приступ и инсульт.
- 3** Желудочно-кишечная система: плохое дыхание, тошнота и рвота, боль в животе и диарея.
- 4** Печень: повышается риск заболевания печени, опухоли печени или рака печени; повреждение печени вызывает желтуху с пожелтением склеры и кожи.
- 5** Почечная недостаточность: анаболический стероид непосредственно токсичен для клеток почек
- 6** Центральная нервная система: психологические или поведенческие изменения с расстройством настроения, агрессивным поведением, манией или депрессией





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7 Огромный эффект в эндокринной системе

- Аномальный рост голосового тембра, особенно у женщин с углублением голоса
- Аномальный рост волос на лице у женщин
- Нерегулярные менструальные циклы у женщин
- Уменьшение груди у женщин
- Развитие молочной железы у мужчин
- Постоянное облысение у мужчин
- атрофия яичек, импотенция и бесплодие у мужчин
- угри как у мужчин, так и у женщин

8 Гипергликемия с симптомами сахарного диабета

9 Иммуносупрессия, склонность к инфекции

10 Ушибы от меток инъекции стероидов

Постоянный ущерб здоровью

Когда организм подвергается воздействию высоких доз экзогенных стероидов, механизм тела для производства нормальных гормонов будет закрыт. Когда анаболические стероиды удаляются, возникает значительный дискомфорт, связанный с резким снижением уровня гормонов. Внезапный вывод экзогенного стероида приведет к постуральной гипотензии.

Анаболические стероиды могут вызывать физическую и психологическую зависимость. Длительное использование анаболических стероидов может нанести постоянный урон организму с необратимыми побочными эффектами.

Преждевременная смертность

В исследовании, посвященном долгосрочным последствиям злоупотребления стероидами в группе из 62 элитных пауэрлифтеров в Финляндии в 2000 году, было показано, что преждевременная смертность пауэрлифтеров за 12 лет наблюдения была в 4 раза выше, чем у контролируемой группы.

Asian Powerlifting Records as of 17 October 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	Kassenov Timur	2000	KAZ	73.33	212.5	10.06.2018	World Classic, Calgary,Canada
83kg	Shurupkin Artyom	2000	KAZ	81.40	250.0	11.06.2018	World Classic, Calgary,Canada
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, Suzudal RUS
83kg	Kotenyov Ilya	1998	KAZ	82.74	152.5	22.06.2016	World Classic, Killeen USA
93kg	Piao Jia Qi	2001	HKG	90.15	130.5	21.07.2018	IPF International Classic,Hong Kong *
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	Kassenov Timur	2000	KAZ	73.33	255.0	10.06.2018	World Classic, Calgary,Canada
83kg	Kotenyov 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	73.33	605.0	10.06.2018	World Classic, Calgary,Canada
83kg	Shurupkin Artyom	2000	KAZ	81.40	647.5	11.06.2018	World Classic, Calgary,Canada
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	Kabyldinov Dima	2002	KAZ	84.30	150.0	24.09.2018	Asian Bench,Dubai / United Arab Emirates *
105kg	Ostrovskiy Klim	2003	KAZ	104.22	172.5	24.09.2018	Asian Bench,Dubai / United Arab Emirates *
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 17 October 2018

CLASSIC MEN Junior (<23)

class	name	born	nation	bwt	result	date	location
SQUAT							
53kg	Buriev Husnuddin	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	80.85	260.5	08.12.2016	Asia/Oceania Classic, Christchurch / NZL
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	Yamakawa Taiki	1996	JPN	118.20	282.5	12.06.2018	World Classic, Calgary, Canada
120+kg	Zagrevskiy Alexandr	1998	KAZ	121.10	255.5	09.12.2017	Asia Classic, Kerala / India
BENCH PRESS (Three-Lift)							
53kg	Buriev Husnuddin	1994	UZB	52.75	115.0	03.06.2014	World Classic, South Africa
59kg	Khayliyamov 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	Lee Clinton	1993	SIN	80.85	173.0	08.12.2016	Asia/Oceania Classic, Christchurch / NZL
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	Zhong Ke Cheng	1997	HKG	108.90	185.5	21.07.2018	IPF International Classic, Hong Kong *
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	Pang Ashton Xue Qun	1995	SGP	72.85	275.0	10.06.2018	World Classic, Calgary, Canada
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	Muratkhnuily Burkit	1995	KAZ	104.48	310.0	21.06.2017	World Classic, Minsk Belarus
120kg	Yamakawa Taiki	1996	JPN	118.20	310.0	12.06.2018	World Classic, Calgary, Canada
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	Yamakawa Taiki	1996	JPN	118.20	762.5	12.06.2018	World Classic, Calgary, Canada
120+kg	Saito Sota	1995	JPN	128.03	687.5	20.06.2017	World Classic, Minsk Belarus
BENCH PRESS (Single-Lift)							
53kg	Buriev Husnuddin	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	Yudchenko Sergey	1996	KAZ	79.80	182.5	24.09.2018	Asian Bench, Dubai / United Arab Emirates *
93kg	Tezichev Kirill	1997	KAZ	90.81	210.5	18.05.2018	World Classic Bench, Vantaa, Finland
105kg	Muratkhnuily Burkit	1995	KAZ	104.44	210.0	18.05.2018	World Classic Bench, Vantaa, Finland
120kg	Nagoshi Yuki	1998	JPN	112.31	185.0	18.05.2018	World Classic Bench, Vantaa, Finland
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 17 October 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	Hsieh Tsung-Ting	1982	TPE	65.90	235.0	14.06.2018	World Classic, Calgary,Canada	
74kg	Higa Yoshihiro	1991	JPN	73.53	276.0	15.06.2018	World Classic, Calgary,Canada	
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, Suzudal 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	104.46	217.5	16.06.2018	World Classic, Calgary,Canada	
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	103.38	340.0	16.06.2018	World Classic, Calgary,Canada	
120kg	Jayathilake Ransilu	1986	SRI	118.84	317.5	17.06.2018	World Classic, Calgary,Canada	
120+kg	Semenets Sergey	1977	KAZ	147.10	335.0	16.06.2013	World Classic, Suzudal RUS	
TOTAL								
59kg	Zhang Jian	1994	HKG	58.35	555.0	21.07.2018	IPF International Classic,Hong Kong	*
66kg	Hsieh Tsung-Ting	1982	TPE	64.88	655.0	24.06.2016	World Classic, Killeen USA	
74kg	Marda Pavel	1990	KAZ	73.98	717.5	25.06.2016	World Classic, Killeen USA	
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, Suzudal RUS	
120+kg	Mao Chenyu	1989	HKG	138.38	930.0	19.08.2017	Asia International Classic / Hong Kong	
BENCH PRESS (Single-Lift)								
59kg	Karaman Abdulkarim	1994	KAZ	58.71	167.5	19.05.2018	World Classic Bench, Vantaa, Finland	
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	79.73	222.5	24.09.2018	Asian Bench,Dubai / United Arab Emirates	*
93kg	Tsoy Vyacheslav	1984	KAZ	89.60	233.0	24.09.2018	Asian Bench,Dubai / United Arab Emirates	*
105kg	Enkhbayar Sodnompiljee	1985	MGL	104.20	242.5	19.05.2018	World Classic Bench, Vantaa, Finland	
120kg	Li Dimitry	1991	KAZ	110.00	226.5	24.09.2018	Asian Bench,Dubai / United Arab Emirates	*
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								

Asian Powerlifting Records as of 17 October 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	Ito Takayuki	1964	JPN	73.57	210.0	07.06.2018	World Classic, Calgary,Canada
83kg	Sanaki Munetaka	1978	JPN	82.77	235.0	21.07.2018	IPF International Classic,Hong Kong *
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	Kawashima Tokuji	1975	JPN	65.67	253.0	21.07.2018	IPF International Classic,Hong Kong *
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, Suzudal RUS
105kg	Janardhan Sujay	1976	IND	99.13	285.0	09.06.2018	World Classic, Calgary,Canada
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, Suzudal RUS
66kg	Kawashima Tokuji	1975	JPN	65.67	553.0	21.07.2018	IPF International Classic,Hong Kong *
74kg	Ito Takayuki	1964	JPN	73.57	582.5	07.06.2018	World Classic, Calgary,Canada
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	Ogasawara Yasushi	1972	JPN	56.89	160.0	19.05.2018	World Classic Bench, Vantaa, Finland
66kg	Kametani Mitsuo	1971	JPN	65.67	157.5	14.05.2018	World Classic Bench, Vantaa, Finland
74kg	Moriyama Tetsuo	1971	JPN	73.23	167.5	14.05.2018	World Classic Bench, Vantaa, Finland
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 17 October 2018

CLASSIC MEN Masters 2 (>50)

class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Uraki Mitsuhiro	1957	JPN	58.53	140.5	07.06.2018	World Classic, Calgary, Canada
66kg	Hachisu Mitsugu	1950	JPN	65.09	185.0	06.06.2015	World Classic, Salo Finland
74kg	Ito Takayuki	1964	JPN	73.57	210.0	07.06.2018	World Classic, Calgary, Canada
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	Kozai Kazuyoshi	1956	JPN	99.15	212.5	07.06.2018	World Classic, Calgary, Canada
120kg	Ninomiya Masaharu	1961	JPN	112.00	220.0	14.12.2012	Asian Classic, Coimbatore IND
120+kg	Erfanijazi 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	Hachisu Mitsugu	1950	JPN	65.09	125.0	06.06.2015	World Classic, Salo Finland
74kg	Rakhimov Alimbek	1966	KGZ	73.95	152.5	07.06.2018	World Classic, Calgary, Canada
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	Ghasemnezhad 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	Uraki Mitsuhiro	1957	JPN	58.53	182.5	07.06.2018	World Classic, Calgary, Canada
66kg	Okiura Katsuji	1945	JPN	65.80	205.0	01.06.2014	World Classic, South Africa
74kg	Ito Takayuki	1964	JPN	73.57	245.0	07.06.2018	World Classic, Calgary, Canada
83kg	Sj kirman 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	Uraki Mitsuhiro	1957	JPN	58.53	415.5	07.06.2018	World Classic, Calgary, Canada
66kg	Hachisu Mitsugu	1950	JPN	65.09	515.0	06.06.2015	World Classic, Salo Finland
74kg	Ito Takayuki	1964	JPN	73.57	582.5	07.06.2018	World Classic, Calgary, Canada
83kg	Sj kirman 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	Erfanijazi 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	Rakhimov Alimbek	1966	KGZ	73.95	152.5	07.06.2018	World Classic, Calgary, Canada
83kg	Kojima Katsunobu	1954	JPN	82.31	163.0	24.09.2018	Asian Bench, Dubai / United Arab Emirates *
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

Asian Powerlifting Records as of 17 October 2018

MEN Masters 3 (>60)

class	name	born	nation	bwt	result	date	location
SQUAT							
59kg	Uraki Mitsuhiro	1957	JPN	58.53	140.5	07.06.2018	World Classic, Calgary,Canada
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	Kozai Kazuyoshi	1956	JPN	99.15	212.5	07.06.2018	World Classic, Calgary,Canada
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	57.10	97.5	21.07.2018	IPF International Classic,Hong Kong *
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	Kozai Kazuyoshi	1956	JPN	99.15	132.5	07.06.2018	World Classic, Calgary,Canada
120+kg	O'Dwyer John	1955	IRI	130.24	167.5	15.06.2017	World Classic, Minsk Belarus
DEADLIFT							
59kg	Uraki Mitsuhiro	1957	JPN	58.53	182.5	07.06.2018	World Classic, Calgary,Canada
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	Kozai Kazuyoshi	1956	JPN	99.15	205.0	07.06.2018	World Classic, Calgary,Canada
120+kg	Maguire John	1954	IRI	123.07	242.5	15.06.2017	World Classic, Minsk Belarus
TOTAL							
59kg	Uraki Mitsuhiro	1957	JPN	58.53	415.5	07.06.2018	World Classic, Calgary,Canada
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	Kozai Kazuyoshi	1956	JPN	99.15	550.0	07.06.2018	World Classic, Calgary,Canada
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	Hayashi Yasuhiro	1956	JPN	73.07	148.0	14.05.2018	World Classic Bench, Vantaa, Finland
83kg	Isu Junichi	1954	JPN	81.20	162.5	14.05.2018	World Classic Bench, Vantaa, Finland
93kg	Anraku Tomohiro	1956	JPN	88.79	167.5	18.04.2017	World Classic Bench, Killeen USA
105kg	Kozai Kazuyoshi	1956	JPN	99.15	132.5	07.06.2018	World Classic, Calgary,Canada
120kg	Loniakan Shahriar	1954	IRI	105.30	120.0	24.09.2018	Asian Bench,Dubai / United Arab Emirates *
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 17 October 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	Okiura Katsuji	1945	JPN	65.45	165.0	06.06.2018	World Classic, Calgary,Canada
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	Okiura Katsuji	1945	JPN	65.45	180.0	06.06.2018	World Classic, Calgary,Canada
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	Okiura Katsuji	1945	JPN	65.45	425.0	06.06.2018	World Classic, Calgary,Canada
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	Shirakawa Takeshi	1948	JPN	56.77	120.0	14.05.2018	World Classic Bench, Vantaa, Finland
66kg	Akagi Hideharu	1944	JPN	65.50	112.5	01.06.2014	World Classic, South Africa
74kg	Ichikawa Tsutomu	1947	JPN	72.90	120.0	14.05.2018	World Classic Bench, Vantaa, Finland
83kg	Iida Yasushi	1943	JPN	81.42	135.5	14.05.2018	World Classic Bench, Vantaa, Finland
93kg	Noorlal Aqaa	1942	AFG	84.40	110.0	12.12.2012	Asian Classic, Coimbatore IND

* pending

Source: Technical committee chairperson of APF

Asian Powerlifting Records as of 17 October 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	Kani Haruka	2004	JPN	46.76	115.0	10.06.2018	World Classic, Calgary,Canada
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	Matsumoto Aoi	2001	JPN	70.19	62.5	12.06.2018	World Classic, Calgary,Canada
84kg	Onu Hana	2000	JPN	80.89	77.5	12.06.2018	World Classic, Calgary,Canada
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	Kani Haruka	2004	JPN	46.76	145.5	10.06.2018	World Classic, Calgary,Canada
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	62.21	170.0	11.06.2018	World Classic, Calgary,Canada
72kg	Ajeesha A	2000	IND	71.10	132.5	07.12.2017	Asia Classic, Kerala / India
84kg	Onu Hana	2000	JPN	80.89	172.5	12.06.2018	World Classic, Calgary,Canada
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	Kani Haruka	2004	JPN	46.76	320.5	10.06.2018	World Classic, Calgary,Canada
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	Nomura Yu	2000	JPN	62.21	377.5	11.06.2018	World Classic, Calgary,Canada
72kg	Ajeesha A	2000	IND	71.10	300.0	07.12.2017	Asia Classic, Kerala / India
84kg	Onu Hana	2000	JPN	80.89	370.0	12.06.2018	World Classic, Calgary,Canada
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	Popova Kristina	2001	KAZ	46.96	69.0	17.05.2018	World Classic Bench, Vantaa, Finland
52kg	Karimova Dilyara	1998	KAZ	51.82	81.5	21.06.2016	World Classic, Killeen USA
57kg	Dyachenko Taissiya	2000	KAZ	56.52	72.5	14.12.2015	Asia/Oceania Classic,Tashkent UZB
63kg	Dyachenko Taissiya	2000	KAZ	62.51	102.5	17.05.2018	World Classic Bench, Vantaa, Finland
72kg	Nurkenova Asel	2000	KAZ	68.85	90.0	17.05.2018	World Classic Bench, Vantaa, Finland
84kg	Abdirova Iroda	2001	KAZ	81.96	80.0	17.05.2018	World Classic Bench, Vantaa, Finland
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 17 October 2018

CLASSIC WOMEN Junior (<23)

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	Kani Haruka	2004	JPN	46.76	115.0	10.06.2018	World Classic, Calgary, Canada
52kg	Onishi Shoko	1999	JPN	51.80	140.0	10.06.2018	World Classic, Calgary, Canada
57kg	Onishi Shoko	1999	JPN	54.53	142.5	19.06.2017	World Classic, Minsk Belarus
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	Kani Haruka	2004	JPN	46.76	145.5	10.06.2018	World Classic, Calgary, Canada
52kg	Onishi Shoko	1999	JPN	51.80	145.0	10.06.2018	World Classic, Calgary, Canada
57kg	Tsutsumi Ayaka	1995	JPN	56.58	150.0	09.06.2015	World Classic, Salo Finland
63kg	Looi Abigail	1995	SIN	62.84	177.5	10.06.2018	World Classic, Calgary, Canada
72kg	Madoba Kazusa	1996	JPN	67.90	177.5	20.06.2017	World Classic, Minsk Belarus
84kg	Onu Hana	2000	JPN	80.89	172.5	12.06.2018	World Classic, Calgary, Canada
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	Kani Haruka	2004	JPN	46.76	320.5	10.06.2018	World Classic, Calgary, Canada
52kg	Onishi Shoko	1999	JPN	51.80	345.0	10.06.2018	World Classic, Calgary, Canada
57kg	Onishi Shoko	1999	JPN	54.53	347.5	19.06.2017	World Classic, Minsk Belarus
63kg	Looi Abigail	1995	SIN	62.84	415.0	10.06.2018	World Classic, Calgary, Canada
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 Dilyra	1998	KAZ	55.57	80.0	21.04.2017	World Classic Bench, Killeen USA
63kg	Zhurbina Anastassiya	1999	KAZ	62.43	102.5	18.05.2018	World Classic Bench, Vantaa, Finland
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 17 October 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	Onishi Shoko	1999	JPN	51.80	140.0	10.06.2018	World Classic, Calgary, Canada
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	Shuck Hana	1995	SIN	80.15	170.0	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	Shuck Hana	1995	SIN	80.15	425.5	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	Zhurbina Anastassiya	1999	KAZ	62.43	102.5	18.05.2018	World Classic Bench, Vantaa, Finland
72kg	Khan Xeniya	1987	KAZ	71.13	127.5	19.05.2018	World Classic Bench, Vantaa, Finland
84kg	Abduraimova Aziza	1989	KAZ	83.24	122.5	19.05.2018	World Classic Bench, Vantaa, Finland
84+kg	Okatenko Xeniya	1994	KAZ	108.28	137.5	19.05.2018	World Classic Bench, Vantaa, Finland
* pending							
Source: Technical committee chairperson of APF							

Asia Powerlifting Records as of 17 October 2018

CLASSIC WOMEN Masters 1 (>40)

class	name	born	nation	bwt	result	date	location
SQUAT							
<u>47kg</u>	Tsuji Noriko	1964	JPN	46.40	100.0	19.06.2016	World Classic, Killeen USA
<u>52kg</u>	Koykka Anita	1960	PHI	50.65	125.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
<u>57kg</u>	Tanaka Mariko	1974	JPN	53.96	125.0	20.06.2016	World Classic, Killeen USA
<u>63kg</u>	Nazarenko Svetlana	1965	KAZ	61.95	125.0	14.06.2013	World Classic, Suzdal Russia
<u>72kg</u>	Ratanmoni Roy C	1955	IND	67.15	80.0	12.12.2012	Asian Classic, Coimbatore India
<u>84kg</u>	Sujata Bhakat	1966	IND	76.25	100.0	13.12.2012	Asian Classic, Coimbatore India
<u>84+kg</u>	Sampa Guha	1967	IND	88.30	157.5	13.12.2012	Asian Classic, Coimbatore India
BENCH PRESS (Three-Lift)							
<u>47kg</u>	Nakada Yoshimi	1971	JPN	46.67	65.0	06.06.2015	World Classic, Salo Finland
<u>52kg</u>	Furuya Noriko	1971	JPN	51.42	100.0	06.06.2015	World Classic, Salo Finland
<u>57kg</u>	Teramura Mika	1962	JPN	53.50	65.0	13.06.2012	World Classic, Stockholm Sweden
<u>63kg</u>	Nazarenko Svetlana	1965	KAZ	61.95	87.5	14.06.2013	World Classic, Suzdal Russia
<u>72kg</u>	Ando Masako	1960	JPN	64.45	60.0	05.06.2015	World Classic, Salo Finland
<u>84kg</u>	Sujata Bhakat	1966	IND	76.25	52.5	13.12.2012	Asian Classic, Coimbatore India
<u>84+kg</u>	Sampa Guha	1967	IND	88.30	87.5	13.12.2012	Asian Classic, Coimbatore India
DEADLIFT							
<u>47kg</u>	Tsuji Noriko	1964	JPN	45.90	125.0	05.06.2015	World Classic, Salo Finland
<u>52kg</u>	Koykka Anita	1960	PHI	50.65	142.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
<u>57kg</u>	Tanaka Mariko	1974	JPN	53.96	145.0	20.06.2016	World Classic, Killeen USA
<u>63kg</u>	Nazarenko Svetlana	1965	KAZ	61.95	165.0	14.06.2013	World Classic, Suzdal Russia
<u>72kg</u>	Ando Masako	1960	JPN	64.45	100.0	05.06.2015	World Classic, Salo Finland
<u>84kg</u>	Sujata Bhakat	1966	IND	76.25	122.5	13.12.2012	Asian Classic, Coimbatore India
<u>84+kg</u>	Sampa Guha	1967	IND	88.30	152.5	13.12.2012	Asian Classic, Coimbatore India
TOTAL							
<u>47kg</u>	Tsuji Noriko	1964	JPN	45.90	282.5	05.06.2015	World Classic, Salo Finland
<u>52kg</u>	Furuya Noriko	1971	JPN	51.42	362.5	06.06.2015	World Classic, Salo Finland
<u>57kg</u>	Tanaka Mariko	1974	JPN	53.96	335.0	20.06.2016	World Classic, Killeen USA
<u>63kg</u>	Nazarenko Svetlana	1965	KAZ	61.95	377.5	14.06.2013	World Classic, Suzdal Russia
<u>72kg</u>	Ando Masako	1960	JPN	64.45	230.0	05.06.2015	World Classic, Salo Finland
<u>84kg</u>	Sujata Bhakat	1966	IND	76.25	275.0	13.12.2012	Asian Classic, Coimbatore India
<u>84+kg</u>	Sampa Guha	1967	IND	88.30	397.5	13.12.2012	Asian Classic, Coimbatore India
BENCH PRESS (Single-Lift)							
<u>47kg</u>	Kobayashi Naoko	1970	JPN	45.40	92.5	15.05.2016	World Classic Bench, Potchefstroom RSA
<u>52kg</u>	Furuya Noriko	1971	JPN	51.42	100.0	06.06.2015	World Classic, Salo Finland
<u>57kg</u>	Ito Chiho	1974	JPN	55.75	82.5	15.05.2018	World Classic Bench, Vantaa, Finland
<u>63kg</u>	Nazarenko Svetlana	1965	KAZ	61.95	87.5	14.06.2013	World Classic, Suzdal Russia
<u>72kg</u>	Tokutake Emi	1964	JPN	71.04	100.0	22.04.2017	World Classic Bench, Killeen USA
<u>84kg</u>	Tokutake Megumi	1964	JPN	78.18	105.0	16.05.2018	World Classic Bench, Vantaa, Finland
<u>84+kg</u>	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 17 October 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	Tokutake Megumi	1964	JPN	76.16	110.0	22.09.2018	Asian Bench, Dubai / United Arab Emirates *
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 17 October 2018

CLASSIC WOMEN Masters 3 (>60)

class	name	born	nation	bwt	result	date	location	
SQUAT								
47kg	Kikuiro Hiroko	1949	JPN	46.64	80.0	19.06.2016	World Classic, Killeen USA	
52kg	Ishibashi Aiko	1953	JPN	48.51	87.5	06.06.2018	World Classic, Calgary,Canada	
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	Kikuiro Hiroko	1949	JPN	46.64	52.5	19.06.2016	World Classic, Killeen USA	
52kg	Ishibashi Aiko	1953	JPN	48.51	60.0	06.06.2018	World Classic, Calgary,Canada	
57kg	Fujinaga Hitomi	1956	JPN	56.35	69.0	21.07.2018	IPF International Classic,Hong Kong	*
63kg	Hayashi Hisako	1951	JPN	61.69	70.0	05.06.2015	World Classic, Salo Finland	
DEADLIFT								
47kg	Kikuiro Hiroko	1949	JPN	46.64	120.0	19.06.2016	World Classic, Killeen USA	
52kg	Ishibashi Aiko	1953	JPN	48.51	105.0	06.06.2018	World Classic, Calgary,Canada	
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	Kikuiro Hiroko	1949	JPN	46.64	252.5	19.06.2016	World Classic, Killeen USA	
52kg	Ishibashi Aiko	1953	JPN	48.51	252.5	06.06.2018	World Classic, Calgary,Canada	
57kg	Fujinaga Hitomi	1956	JPN	56.35	259.0	21.07.2018	IPF International Classic,Hong Kong	*
63kg	Hayashi Hisako	1951	JPN	61.69	325.0	05.06.2015	World Classic, Salo Finland	
BENCH PRESS (Single-Lift)								
47kg	Kikuiro Hiroko	1949	JPN	45.9	52.5	08.12.2014	Asia/Oceania Classic, Melbourne / Aus	
52kg	Ishibashi Aiko	1953	JPN	48.51	60.0	06.06.2018	World Classic, Calgary,Canada	
57kg	Fujinaga Hitomi	1956	JPN	56.35	69.0	21.07.2018	IPF International Classic,Hong Kong	*
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 17 October 2018

CLASSIC WOMEN Masters 4(<70)

class	name	born	nation	bwt	result	date	
SQUAT							
<u>57kg</u>	Lin A-Yun	1945	TPE	54.6	80.0	24.06.2016	World Classic, Killeen USA
BENCH PRESS (Three-Lift)							
<u>57kg</u>	Lin A-Yun	1945	TPE	54.6	52.5	24.06.2016	World Classic, Killeen USA
DEADLIFT							
<u>57kg</u>	Lin A-Yun	1945	TPE	54.6	120.0	24.06.2016	World Classic, Killeen USA
TOTAL							
<u>57kg</u>	Lin A-Yun	1945	TPE	54.6	252.5	24.06.2016	World Classic, Killeen USA
BENCH PRESS (Single-Lift)							
<u>57kg</u>	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 17 October 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	Tomita Shinnosuke	2001	JPN	89.55	277.5	06.09.2018	World Jr.Subj, Potchefstroom, South Africa *
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 Kuanyshbay	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	Tomita Shinnosuke	2001	JPN	89.55	277.5	06.09.2018	World Jr.Subj, Potchefstroom, South Africa *
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	Zhaltayev Kozhakhmet	2000	KAZ	72.60	211.0	26.04.2018	World Bench, Potchefstroom, South Africa
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 17 October 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, Plzen / 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	58.15	190.5	03.09.2018	World Jr.Subj, Potchefstroom, South Africa *
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, Plzen / 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, Plzen / 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, Plzen / 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	72.70	232.5	27.04.2018	World Bench, Potchefstroom, South Africa
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, Plzen / 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 17 October 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	Mei Yanto Doni	1989	INA	73.70	331.0	03.05.2018	Asian,Udaipur India
83kg	Turakhanov Davranbek	1974	KAZ	81.35	337.5	10.11.2011	World, Pilsen 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	Yeshmakhanov 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	Hamada Nobuyuki	1969	JPN	73.39	227.5	25.07.2017	World Games,Wroclaw,Poland
83kg	Batsukh Gansukh	1988	MGL	81.21	242.5	15.11.2017	World, Plzen / Czech Republic
93kg	Masahito Kitsui	1978	HKG	92.40	281.0	05.05.2018	Asian,Udaipur India
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	Halaby Daniel	1987	LEB	129.60	277.5	06.05.2018	Asian,Udaipur India
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	Mostafa Ranjbar	1988	IRI	104.40	347.5	05.05.2018	Asian,Udaipur India
120kg	Yeshmakhanov Nurlan	1990	KAZ	116.16	372.5	18.11.2016	World, Orlando USA
120+kg	Sokhan Fawad Shrin	1988	AFG	126.20	350.0	06.05.2018	Asian,Udaipur India
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	73.22	832.5	15.11.2016	World, Orlando USA
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	1037.5	16.11.2017	World, Plzen / Czech Republic
120kg	Yeshmakhanov 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	58.40	216.0	27.04.2018	World Bench, Potchefstroom, South Africa
66kg	Fukuda Masashi	1984	JPN	65.75	250.0	27.04.2018	World Bench, Potchefstroom, South Africa
74kg	Kodama Daiki	1979	JPN	73.08	300.0	21.05.2015	World Bench, Sundsvall Sweden
83kg	Shokhanov Askar	1983	KAZ	81.45	311.0	28.04.2018	World Bench, Potchefstroom, South Africa
93kg	Hasegawa Naoki	1992	JPN	92.30	307.5	27.05.2017	World Bench, Kaunas, Lithuania
105kg	Suyunshaliyev Arslan	1989	KAZ	103.90	344.0	28.04.2018	World Bench, Potchefstroom, South Africa
120kg	Bataa Chimedtseren	1981	MGL	119.00	362.5	09.09.2017	Asian Bench, Quezon, PHI
120+kg	Bujinkham Altangerel	1976	MGL	129.75	365.0	28.04.2018	World Bench, Potchefstroom, South Africa

* pending

Source: Technical committee chairperson of APF

Asian Powerlifting Records as of 17 October 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, Plzen / 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	Masahito Kitsui	1978	HKG	92.40	281.0	05.05.2018	Asian,Udaipur India
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	Janardhan Sujay	1976	IND	97.25	300.0	11-17.09.2017	Commonwealth , Potchefstroom, South Africa
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, Plzen / 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	Suzuki Shigenari	1973	JPN	82.98	245.0	21.09.2018	Asian Bench,Dubai / United Arab Emirates *
93kg	Masahito Kitsui	1978	HKG	92.40	281.0	05.05.2018	Asian,Udaipur India
105kg	Ito Eigo	1968	JPN	103.37	295.0	21~26.05.2012	World, Pilsen CZE
120kg	Bujinlkhram Altangerel	1976	MGL	119.40	352.5	27.05.2017	World Bench, Kaunas, Lithuania
120+kg	Bujinlkhram Altangerel	1976	MGL	129.75	365.0	28.04.2018	World Bench, Potchefstroom, South Africa
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 17 October 2018

EQUIPPED MEN Masters 2 (>50)

class	name	born	nation	bwt	result	date	location
SQUAT							
<u>59kg</u>	Hiroyuki Isagawa	1953	JPN	58.15	227.5	05.12.2011	Asian , Kobe JPN
<u>66kg</u>	Niwa Hironori	1961	JPN	65.38	215.0	26.09 - 01.10.2011	World Masters, St. Catharines CAN
<u>74kg</u>	Takahashi Masayuki	1960	JPN	71.65	245.0	05.12.2011	Asian , Kobe JPN
<u>83kg</u>	Yamaguchi Makoto	1963	JPN	82.70	280.0	01.10..2015	World Masters, Aurora Colorado USA
<u>93kg</u>	Asama Shigetoshi	1959	JPN	93.00	302.5	06.12.2011	Asian , Kobe JPN
<u>105kg</u>	Jan Ju Ick	1963	KOR	98.30	272.5	30.04.2014	Asian , Quezon, PHI
<u>120kg</u>	Minami Shigeki	1965	JPN	114.10	290.0	02.10.2015	World Masters, Aurora Colorado USA
<u>120+kg</u>	Azeez Kadhim	1957	IRQ	124.80	145.0	05.05.2013	Asian , Ahwaz IRAN
BENCH PRESS (Three-Lift)							
<u>59kg</u>	Hiroyuki Isagawa	1953	JPN	57.68	175.0	08.11.2011	World, Pilsen CZE
<u>66kg</u>	Yang Tai- Shan	1962	TPE	65.28	130.5	02.05.2017	Asian , Soreang,INA
<u>74kg</u>	Masayuki Takahashi	1960	JPN	71.65	195.0	05.12.2011	Asian , Kobe JPN
<u>83kg</u>	Yamaguchi Makoto	1963	JPN	82.70	167.5	01.10..2015	World Masters, Aurora Colorado USA
<u>93kg</u>	Sato Kazunori	1961	JPN	90.84	235.0	05-07.10.2012	World Masters, Kileen USA
<u>105kg</u>	Nakashima Yusei	1963	JPN	102.74	200.0	04.05.2017	Asian , Soreang,INA
<u>120kg</u>	Minami Shigeki	1965	JPN	112.42	245.0	07.10.2016	World Masters, Tallinn, Estonia
<u>120+kg</u>	Azeez Kadhim	1957	IRQ	124.80	110.0	05.05.2013	Asian , Ahwaz IRAN
DEADLIFT							
<u>59kg</u>	Hiroyuki Isagawa	1953	JPN	58.15	220.0	05.12.2011	Asian , Kobe JPN
<u>66kg</u>	Niwa Hironori	1961	JPN	65.39	230.0	23-30.09.2013	World Masters, Oland USA
<u>74kg</u>	Taniguchi Koichi	1960	JPN	73.64	242.5	05-07.10.2012	World Masters, Kileen USA
<u>83kg</u>	Vladimir Shkirman	1964	KAZ	80.40	265.0	04.05.2018	Asian,Udaipur IND
<u>93kg</u>	Konstantin Khardin	1967	UZB	91.50	260.0	05.05.2018	Asian,Udaipur IND
<u>105kg</u>	Jan Ju Ick	1963	KOR	95.68	252.5	24.07.2015	Asian, Hong Kong
<u>120kg</u>	Minami Shigeki	1965	JPN	114.10	230.0	02.10..2015	World Masters, Aurora Colorado USA
<u>120+kg</u>	Azeez Kadhim	1957	IRQ	124.80	150.0	05.05.2013	Asian , Ahwaz IRAN
TOTAL							
<u>59kg</u>	Hiroyuki Isagawa	1953	JPN	58.15	622.5	05.12.2011	Asian , Kobe JPN
<u>66kg</u>	Niwa Hironori	1961	JPN	65.38	565.0	26.09 - 01.10.2011	World Masters, St. Catharines CAN
<u>74kg</u>	Takahashi Masayuki	1960	JPN	71.65	650.0	05.12.2011	Asian , Kobe JPN
<u>83kg</u>	Yamaguchi Makoto	1963	JPN	82.70	702.5	01.10..2015	World Masters, Aurora Colorado USA
<u>93kg</u>	Asama Shigetoshi	1959	JPN	93.00	750.0	06.12.2011	Asian , Kobe JPN
<u>105kg</u>	Jan Ju Ick	1963	KOR	98.30	697.5	30.04.2014	Asian , Quezon, PHI
<u>120kg</u>	Minami Shigeki	1965	JPN	114.10	760.0	02.10.2015	World Masters, Aurora Colorado USA
<u>120+kg</u>	Azeez Kadhim	1957	IRQ	124.80	705.0	05.05.2013	Asian , Ahwaz IRAN
BENCH PRESS (Single-Lift)							
<u>59kg</u>	Nakata Kazuo	1967	JPN	58.80	185.0	22.05.2017	World Bench, Kaunas, Lithuania
<u>66kg</u>	Nakayama Hisayuki	1963	JPN	63.65	233.0	20-25.05.2013	World Bench, Kaunas, Lithuania
<u>74kg</u>	Mishima Tadashi	1962	JPN	73.00	212.5	17-19.04.2014	World Master Bench,Northumberland Great Britain
<u>83kg</u>	Kozuki Atsuo	1961	JPN	80.85	232.5	2013	Asian Bench, Ulaanbaatar Mongolia
<u>93kg</u>	Takeshi Kitagawa	1958	JPN	93.00	235.5	2013	Asian Bench, Ulaanbaatar Mongolia
<u>105kg</u>	Wada Kohei	1964	JPN	104.10	285.0	17-19.04.2014	World Master Bench,Northumberland Great Britain
<u>120kg</u>	Wada Kohei	1964	JPN	118.90	300.0	25.04.2018	World Bench, Potchefstroom, South Africa
<u>120+kg</u>	Kojo Motohisa	1958	JPN	130.00	245.5	25.04.2018	World Bench, Potchefstroom, South Africa
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 17 October 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	Abdlollah	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	Abdlollah	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	Prakash Karant	1955	IND	72.90	220.0	03.05.2018	Asian,Udaipur IND
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	Abdlollah	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	Zverev Valeriy	1958	KAZ	104.21	190.0	21.09.2018	Asian Bench,Dubai / United Arab Emirates *
120kg	Redkin Nikolay	1951	KAZ	106.75	130.0	2012	Asian Bench, Almaty,KAZ
120+kg	Kojo Motohisa	1958	JPN	130.00	245.5	25.04.2018	World Bench, Potchefstroom, South Africa

* pending

Source: Technical committee chairperson of APF

Asian Powerlifting Records as of 17 October 2018

EQUIPPED MEN Masters 4 (>70)

class	name	born	nation	bwt	result	date	location
SQUAT							
<u>59kg</u>	Ohiro Shinjun	1943	JPN	56.74	155.0	23~30.09.2013	World Masters, Oland USA
<u>66kg</u>	Hiroaki Suzuki	1936	JPN	65.60	182.5	05.12.2011	Asian , Kobe JPN
<u>74kg</u>	Mitsuru Osawa	1941	JPN	73.20	202.5	05.12.2011	Asian , Kobe JPN
<u>83kg</u>	Byambaa Tsegmed	1940	MGL	74.16	175.0	26.09 - 1.10.2011	World Masters, St. Catharines CAN
<u>93kg</u>	Mrohani Abbas		IRI	92.50	70.0	04.05.2013	Asian , Ahwaz IRAN
<u>105kg</u>	Maghsoud Sattarzadeh	1940	IRI	102.80	170.0	05.05.2018	Asian,Udaipur IND
BENCH PRESS (Three-Lift)							
<u>59kg</u>	Ohiro Shinjun	1943	JPN	56.74	117.5	23~30.09.2013	World Masters, Oland USA
<u>66kg</u>	Hiroaki Suzuki	1936	JPN	65.60	87.5	05.12.2011	Asian , Kobe JPN
<u>74kg</u>	Osawa Mitsuru	1941	JPN	73.68	120.0	26.09 -01.10.2011	World Masters, St. Catharines CAN
<u>83kg</u>	Yasui Tamio	1942	JPN	76.04	117.5	29.09..2015	World Masters, Aurora Colorado USA
<u>93kg</u>	Mrohani Abbas		IRI	92.50	55.0	04.05.2013	Asian , Ahwaz IRAN
<u>105kg</u>	Maghsoud Sattarzadeh	1940	IRI	102.80	90.0	05.05.2018	Asian,Udaipur IND
DEADLIFT							
<u>59kg</u>	Ohiro Shinjun	1943	JPN	56.74	155.0	23~30.09.2013	World Masters, Oland USA
<u>66kg</u>	Hiroaki Suzuki	1936	JPN	65.60	172.5	05.12.2011	Asian , Kobe JPN
<u>74kg</u>	Osawa Mitsuru	1941	JPN	72.73	185.0	29.04.2014	Asian , Quezon, PHI
<u>83kg</u>	Tetsuya Kinoshita	1942	JPN	84.99	172.5	29.04.2014	Asian , Quezon, PHI
<u>93kg</u>	Rohani Abbas		IRI	91.89	90.0	04.05.2013	Asian , Ahwaz IRAN
<u>105kg</u>	Maghsoud Sattarzadeh	1940	IRI	102.80	175.0	05.05.2018	Asian,Udaipur IND
TOTAL							
<u>59kg</u>	Ohiro Shinjun	1943	JPN	56.74	427.5	23~30.09.2013	World Masters, Oland USA
<u>66kg</u>	Hiroaki Suzuki	1936	JPN	65.60	442.5	05.12.2011	Asian , Kobe JPN
<u>74kg</u>	Mitsuru Osawa	1941	JPN	73.20	500.0	05.12.2011	Asian , Kobe JPN
<u>83kg</u>	Tetsuya Kinoshita	1942	JPN	84.99	428.0	29.04.2014	Asian , Quezon, PHI
<u>93kg</u>	Mrohani Abbas		IRI	92.50	215.0	04.05.2013	Asian , Ahwaz IRAN
<u>105kg</u>	Maghsoud Sattarzadeh	1940	IRI	102.80	435.0	05.05.2018	Asian,Udaipur IND
BENCH PRESS (Single-Lift)							
<u>59kg</u>	Hamayama Hisao	1947	JPN	57.80	120.5	22.05.2017	World Bench, Kaunas, Lithuania
<u>66kg</u>	Danyasu Tadanobu	1944	JPN	63.85	130.0	23.04.2018	World Bench, Potchefstroom, South Africa
<u>74kg</u>	Yamamoto Shigeki	1943	JPN	72.60	160.0	23.04.2018	World Bench, Potchefstroom, South Africa
<u>83kg</u>	Imaizumi Haruki	1947	JPN	81.30	160.0	23.04.2018	World Bench, Potchefstroom, South Africa
<u>93kg</u>	Kawabe Katsuji	1942	JPN	92.16	167.5	20~22.04.2012	World Master Bench, Aurora USA
<u>105kg</u>	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 17 October 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	Chih Ling Hsu	2003	TPE	73.40	160.0	05.05.2018	Asian,Udaipur India
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	Veronica Ompod	2000	PHI	45.40	135.0	03.05.2018	Asian,Udaipur India
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	Chih Ling Hsu	2003	TPE	73.40	147.5	05.05.2018	Asian,Udaipur India
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	Chih Ling Hsu	2003	TPE	73.40	385.0	05.05.2018	Asian,Udaipur India
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	Popova Kristina	2001	KAZ	46.65	82.5	26.04.2018	World Bench, Potchefstroom, South Africa
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	Sovetova Tomiris	2002	KAZ	62.06	120.0	19.09.2018	Asian Bench,Dubai / United Arab Emirates *
72kg	Zhurbina 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 17 October 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	Sawayama Aoi	1998	JPN	46.65	152.5	03.09.2018	World Jr.Subj, Potchefstroom, South Africa *
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	Kikuchi Miyabi	1998	JPN	46.35	97.5	03.09.2018	World Jr.Subj, Potchefstroom, South Africa *
52kg	Huang Yen-Tzu	1992	TPE	51.34	105.0	27.04.2014	Asian, Quzon Philippines
57kg	Kobayashi Nobuyo	1997	JPN	55.65	105.0	04.09.2018	World Jr.Subj, Potchefstroom, South Africa *
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	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	Dyachenko Taissiya	2000	KAZ	56.40	120.0	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

Asian Powerlifting Records as of 17 October 2018

EQUIPPED WOMEN Senior

class	name	born	nation	bwt	result	date	location
SQUAT							
<u>47kg</u>	Wei-Ling Chen	1982	TPE	46.75	210.0	14.11.2016	World, Orlando USA
<u>52kg</u>	Anjali Kumari		IND	51.00	185.0	03.05.2018	Asian, Udaipur India
<u>57kg</u>	Sri Hartati	1984	INA	56.03	216.0	06.11.2013	World, Stavanger / Norway
<u>63kg</u>	Burik Marina	1993	KAZ	62.30	225.0	25.08.2012	World Junior, Szczyrk / Poland
<u>72kg</u>	Kryukova Ekaterina	1985	KAZ	71.44	211.0	24.07.2015	Asian, Hong Kong
<u>84kg</u>	Rahayu Sri	1992	INA	82.98	268.0	24.07.2015	Asian, Hong Kong
<u>84+kg</u>	Su Fang-Yun	1992	TPE	121.07	297.5	17.11.2017	World, Plzen / Czech Republic
BENCH PRESS							
<u>47kg</u>	Widari Widari	1991	INA	46.62	140.0	02.05.2017	Asian , Soreang, INA
<u>52kg</u>	Huang Yen-Tzu	1992	TPE	51.70	115.0	13.11.2017	World, Plzen / Czech Republic
<u>57kg</u>	Sri Hartati	1984	INA	56.28	146.0	15.11.2016	World, Orlando USA
<u>63kg</u>	Kitamura Mayumi	1967	JPN	62.85	173.0	16.11.2016	World, Orlando USA
<u>72kg</u>	Veronica Aneu	1992	INA	71.04	165.0	04.05.2017	Asian , Soreang, INA
<u>84kg</u>	Hun Min Chu	1983	TPE	83.50	181.5	07.11.2014	World, Aurora / U.S.America
<u>84+kg</u>	Okatenko Xeniya	1994	KAZ	104.49	185.0	17.11.2017	World, Plzen / Czech Republic
DEADLIFT							
<u>47kg</u>	Wei-Ling Chen	1982	TPE	45.60	186.0	04.11.2014	World, Aurora / U.S.America
<u>52kg</u>	Chou Yi Ju	1980	TPE	49.78	192.5	04.11.2014	World, Aurora / U.S.America
<u>57kg</u>	Wu Hui-Chun	1986	TPE	56.60	202.5	09.06.2016	Asian, Udaipur IND
<u>63kg</u>	Sari Noviana	1984	INA	60.40	225.0	31.10.2012	World, Aguadilla / Puerto Rico
<u>72kg</u>	Kyrukovay	1985	KAZ	69.60	200.0	04.05.2012	Asian, Udaipur / India
<u>84kg</u>	Rahayu Sri	1992	INA	82.98	206.0	24.07.2015	Asian, Hong Kong
<u>84+kg</u>	Ya-Wen Chang	1984	TPE	88.17	235.0	02.11.2012	World, Aguadilla / Puerto Rico
TOTAL							
<u>47kg</u>	Wei-Ling Chen	1982	TPE	46.75	500.0	14.11.2016	World, Orlando USA
<u>52kg</u>	Huang Yen-Tzu	1992	TPE	51.70	470.0	13.11.2017	World, Plzen / Czech Republic
<u>57kg</u>	Sri Hartati	1984	INA	56.30	550.0	08.12.2011	Asian, Kobe / Japan
<u>63kg</u>	Sari Noviana	1984	INA	60.40	587.5	31.10.2012	World, Aguadilla / Puerto Rico
<u>72kg</u>	Guseva Anastassiya	1989	KAZ	68.83	557.5	10.11.2011	World, Plzen / Czech Republic
<u>84kg</u>	Rahayu Sri	1992	INA	82.98	619.0	24.07.2015	Asian, Hong Kong
<u>84+kg</u>	Okatenko Xeniya	1994	KAZ	104.49	670.0	17.11.2017	World, Plzen / Czech Republic
BENCH PRESS (Single-Lift)							
<u>47kg</u>	Widari Widari	1991	INA	46.62	140.0	02.05.2017	Asian , Soreang, INA
<u>52kg</u>	Kaori Nagaya-Shirakawa	1963	JPN	51.80	130.0	25~30.05.2011	World Bench, Soelden / Austria
<u>57kg</u>	Sri Hartati	1984	INA	56.28	146.0	15.11.2016	World, Orlando USA
<u>63kg</u>	Kitamura Mayumi	1967	JPN	62.85	173.0	16.11.2016	World, Orlando USA
<u>72kg</u>	Guseva Anastassiya	1989	KAZ	67.05	170.0	20~25.05.2013	World Bench, Kaunas, Lithuania
<u>84kg</u>	Hun Min Chu	1983	TPE	83.50	181.5	07.11.2014	World, Aurora / U.S.America
<u>84+kg</u>	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 17 October 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	46.44	135.0	24.07.2017	World Games,Wroclaw,Poland
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	77.30	127.5	24.04.2018	World Bench, Potchefstroom, South Africa
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 17 October 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	Mary Beena	1965	IND	87.20	97.5	05.05.2018	Asian,Udaipur India
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	Mary Beena	1965	IND	87.20	127.5	05.05.2018	Asian,Udaipur India
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	Mary Beena	1965	IND	87.20	280.0	05.05.2018	Asian,Udaipur India
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	77.30	127.5	24.04.2018	World Bench, Potchefstroom, South Africa
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 17 October 2018

EQUIPPED WOMEN Masters 3 (>60)

class	name	born	nation	bwt	result	date	location
SQUAT							
<u>52kg</u>	Omori Seiko	1951	JPN	49.20	145.0	06.12.2013	Asian, Quzon Philippines
<u>57kg</u>	Hatsuko Kimura	1951	JPN	53.40	155.0	05.12.2011	Asian, Kobe Japan
<u>63kg</u>	Hayashi Hisako	1951	JPN	58.20	137.5	05.12.2011	Asian, Kobe Japan
BENCH PRESS (Three-Lift)							
<u>52kg</u>	Omori Seiko	1951	JPN	49.20	77.5	06.12.2013	Asian, Quzon Philippines
<u>57kg</u>	Omori Seiko	1951	JPN	54.92	72.5	03.05.2017	Asian , Soreang,INA
<u>63kg</u>	Hayashi Hisako	1951	JPN	60.69	85.0	21-27.09.2014	World Masters, Pilsen CZE
DEADLIFT							
<u>52kg</u>	Hiroko Kikuri	1949	JPN	48.80	150.0	05.12.2011	Asian, Kobe Japan
<u>57kg</u>	Hatsuko Kimura	1951	JPN	52.88	175.0	26.09 ~ 01.10.2011	World Masters, st.Catharines CAN
<u>63kg</u>	Hayashi Hisako	1951	JPN	60.69	150.5	17.09.2014	World Masters, Pilsen CZE
TOTAL							
<u>52kg</u>	Hiroko Kikuri	1949	JPN	48.80	350.0	05.12.2011	Asian, Kobe Japan
<u>57kg</u>	Hatsuko Kimura	1951	JPN	53.40	400.0	05.12.2011	Asian, Kobe Japan
<u>63kg</u>	Hayashi Hisako	1951	JPN	60.69	365.5	17.09.2014	World Masters, Pilsen CZE
BENCH PRESS (Single-Lift)							
<u>47kg</u>	Kikuri Hiroko	1949	JPN	45.90	52.5	2014	Asia/Oceania, Melbourne / Australia
<u>52kg</u>	Omori Seiko	1951	JPN	49.20	77.5	06.12.2013	Asian, Quzon Philippines
<u>57kg</u>	Nagao Yuko	1950	JPN	55.90	87.5	24.04.2018	World Bench, Potchefstroom, South Africa
<u>63kg</u>	Komi Yoshiko	1955	JPN	62.46	115.0	20~22.04.2012	World Master Bench, Aurora, USA
<u>72kg</u>	Sawa Chiyomi	1949	JPN	70.80	110.0	23.05.2017	World Bench, Kaunas, Lithuania
<u>84kg</u>	Sawa Chiyomi	1949	JPN	77.30	127.5	24.04.2018	World Bench, Potchefstroom, South Africa
* pending							
Source: Technical committee chairperson of APF							

Asian Powerlifting Records as of 17 October 2018

EQUIPPED WOMEN Masters 4(<70)

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



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