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FROM THE APF PRESIDENT



Dear lifters, officials and friends,

Welcome to the first edition of the APF Newsletter for 2023. Following the success of the 2022 lifting season we now look forward to another busy and exciting year of powerlifting in the Asian Region.

The APF continues to grow in number of participating nations and numbers of lifters at our championships. We have also witnessed strong cooperation between our nations and the APF in the service of our sport as well as active individuals stepping up to carry out the many duties of the APF as serious members of the IPF. I thank everyone who is committed to contributing to our development and growth and who are in service of our sport and our athletes.

We commence the 2023 Asian Championship season in Alappuzha, India with the Asian Equipped Powerlifting Championship. Here we will also hold an APF Extraordinary Congress meeting, to develop our future plans, elect Executive Committee Members and install various important APF Commissions which will act as consultative bodies to the APF Executive Committee as is the model of business in the IPF. News arising from the meeting will be published as always, on the APF website and social medias.

I would also like to announce the hosting of the 1st Asian University Cup 16-21 August in Sahrjah UAE. This is a highly significant event not only for the APF but for the IPF also as the development of University Sport is a key part of the IPF's aim to popularise powerlifting and to recruit young athletes and it's also very important in our quest for IOC recognition. I ask that all Asian Region Nations support this event. Please get in touch with your national Universities about this so that student powerlifters are given the opportunity to compete in this wonderful event. Please start working with your universities, as soon as possible so that all these student lifters can enjoy our sport.

– Farshid Soltani

APF GOVERNANCE

Meet the new APF Secretary General – Tatiana Romanova

Elected with absolute majority at the APF General Assembly in Dubai UAE in December 2022, Tatiana Romanova KYR is the APF Secretary General for the next four year term. Here we learn a little bit more about our new Secretary General.



What have you done as a new Secretary General during the first 3 months? What is your vision?

I must say that Asian Region is rapidly growing. We have now 35 member nations and this is not a limit. The number of lifters and active nations is growing as well, and this is a huge responsibility not only for me but also for every Executive Committee member of APF. In my election speech I said that we need to work more cooperatively with host countries to organize competition in a better way and I have already created a Check list for Organizer, an Application Form and Promoter Contract, I made changes in web site and now all information will be posted there – Results, Certificates, Invitations, and all forms for nomination and booking. I have prepared booklets, Instagram posters and Videos for upcoming Competitions in India and Hong Kong.

You have been working in powerlifting for many years, what motivates you the most?

I am not a fatalist as I think that we make the future but when I see that my main occupation is related the powerlifting and year by year I see the personal growth – its already a part of my life. I am in competition with myself in the past, I like my job and I like to do it in a best way I can do.

How did your Powerlifting journey begin?

My powerlifting journey started in 2006 when I was a student of Economic faculty in University in Kyrgyzstan. My friend offered me a part time job in a gym and the owner of that gym was a former President of National Powerlifting Federation of Kyrgyzstan Mugalimov Shaukat. I was totally excited with the community of strength people and till now these community is a part of my life. National Federation asked me to help them with competitions and I became a Championship Secretary and for 10 years I was doing my job and I have got great experience. At that time, I had no idea how far I will go but the main principles are constant – I do my job the best way I can do.



How did you become a part of APF?

I was appointed to help with organization of Asian Benchpress Competition in Kyrgyzstan in 2014 where I met many representatives of IPF and APF including Gaston Parage, Farshid Soltani, IP Wing Yuk and of course team Kazakhstan. In a year I was invited to Asian General assembly in Hong Kong where all nations voted and I became Executive Committee member of APF and responsible for Central Asian Region. Then Managers of Team Kazakhstan offered me collaboration and I became a Manager of foreign Affairs of National Federation. From 2015 I was involved in organization of Asia/Oceania Classic Powerlifting Championship 2015 Uzbekistan, Asian Benchpress Competition 2016 in Uzbekistan as Central Asian EC Member. In 2018 I became an Assistant of APF President Farshid Soltani and was involved in organization of Asian Benchpress Competition 2018 in UAE, Asian Classic Powerlifting Championship 2018 in Mongolia, was Meet Director of Asian Classic Powerlifting Championship 2019 in Kazakhstan and co-organizer of IPF World Benchpress Championship 2022 in Kazakhstan as well.



What would you say to Asian lifters and officials who wish to get successful career in powerlifting?

Confidence, constancy, active position and willing to do great things for benefit of sport without expectations of personal benefit – these are the main points. I was volunteering person for many years and helped to many lifters, coaches and officials in Asia. Nobody knew me in IPF and especially in the beginning of my job in Central Asia it was hard sometimes and Old Guard people thought that I will resign one day. Now I am proud to see that the whole Asian powerlifting community respect me and have one vision of development.

You were the one of the first to talk about the singlets for women with long legs that will cover the body. What is the IPF's current position on this matter?

This discussion started after my trip to Saudi Arabia where I saw the community of women who are strong and very interested in powerlifting but very restricted in possibilities to compete as they need to cover all body. Female lifter can wear hijab, long sleeve t-shirt, singlet, knee sleeves and deadlift socks by IPF rules but even with all these apparel some part of the body is visible. At the national level ladies wear leggings under the singlet that is not approved by IPF. As I became a member of IPF Women's commission in 2021 I prepared a report about my trip with pictures where I explained how it is important for women to get more possibilities to compete. Then in Dubai during 2022 Asian Classic Powerlifting competition we raised the issue if it is possible to correct the rules and now IPF has serious discussion within the Commissions and Rule Group. The prognosis is good and I hope soon we will hear about the issue some positive news.

What are you busy with now?

I am now working on the APF Strategic Plan, collaboration with new sponsors and new Asian events to be done, as example first in history Asian African Pacific Powerlifting and Classic Championship in Hong Kong and Asian University Cup.



CHAMPIONSHIP MATTERS

How to Host an Asian Championship – By Tatiana Romanova

Edited by Chrissy Chamley

Dear Friends,

In my new role as APF Secretary General, I wish to support the work we do in our region towards improving the standard of championships. Here, I would like to provide information about how a National Federation goes about hosting an Asian Championship. The first step that a National Federation faces is choosing which championship to host.

The annual APF Championships are:

- Asian Equipped Powerlifting Championship
- Asian / African / Pacific Powerlifting & Bench Press Championship
- Asian University Cup
- Asian Bench Press Championship (Equipped & Classic)
- Asian Classic Powerlifting Championship

Ideally, every championship is scheduled at a particular time of year, for example the APF Bench Press is held in September, the APF Classic Powerlifting is held in December. If an APF Championship is not already allocated to a host nation as advised on the APF website calendar, a National Federation may email the APF with a request to host the Championship. The APF will then provide the applicant with the APF Championship Application Form which must be completed and returned. The APF Championship Application Form follows the IPF Championship Application Form, and it includes all the information about hosting a championship such as the IPF approved equipment that may be used, the venue requirements etc.

The next step is getting approval to host the championship from the APF Executive Committee (EC). The EC is very serious about improving the standard of APF Championships so every application for hosting a championship is being checked scrupulously. As soon as a Championship Application is approved, the APF will send the National Federation the Promoter Contract to sign, along with the Check List for hosting the event.

Hosting an Asian or World Championship is very different from hosting domestic competitions. Over the years, the IPF has developed a great method as well as all documentation for a host country of a championship, which makes all the requirements understandable and simple. It is my intention to create the best base possible for APF activities, thus I have implemented these forms and documents for use in the APF for the first time.

When I was a Meet Director of the Asian Classic Powerlifting Championship in 2019, I had a lot of questions and requests to the APF. Many things were done due to personal practice. A few years later, in 2022, during the organization of the IPF World Bench Press in Almaty, I experienced great collaboration with the IPF that I would like to share now within the APF.

The Promoter Contract along with the Check List provide full information and answers to all possible questions about the hosting of a championship. Using this information, the National Federation may prepare a plan and distribute the duties among the members of their organizing team.

Developing a championship organizing team or working group, is a very important aspect of the process as if the championship is organized by good people under smart management – success is assured. Of course, government support is also very important therefore National Federations need to make an appointment and give a presentation to their Government Sports Organization to gain their support.

In the next issue of the APF Newsletter I will share my personal tips for hosting an APF Championship and outline possible problems that may arise. I will share some preventive decisions to help avoid the difficulties. Stay tuned!

Best regards,

Tatiana Romanova APF Secretary General



COACHING MATTERS

About the IPF Coach License – Interview with Peter Lacey THA

The IPF Coach License is designed to develop excellence in powerlifting coaching. The course provides coaches with a systematic way to improve knowledge and skills in the theoretical, technical, and practical aspects of powerlifting coaching. Currently, only 6 coaches in the Asian Region are accredited with the IPF Coach License. We caught up with one, Peter Lacey, Head Coach of the Thailand National Powerlifting Team, who told us a bit about the course from his experience.

When did you do the IPF Coach Course? Where was it?

I took the course in April 2019 at the La Manga Club in Spain, which took place over the course of a week and was an enjoyable experience. The La Manga facilities were fantastic in terms of training and education but also accommodation and food etc. It was a nice blend of the theory side and some practical sections also.

Why did you decide to do the course at that time?

I'm always looking for ways to improve my skillset and felt that it was a great opportunity to do so. As a coach it's my job to provide the very best service that I can to my athletes, and I felt that this would benefit my athletes so it made sense to take the course. At this time also in our immediate region I don't think there was many people who had taken this course so I also felt that it would be good for the region.

Did you have to fund the course and travel yourself?

Yes, I had to fund it myself, I did feel that it was worthwhile as an investment in myself and for my athletes.

Has the course been useful to you?

I like to draw on many aspects of coaching and training, so for me yes, I find that it was quite beneficial. As a professional coach I feel that it is very important to constantly be aiming to upskill and improve yourself. There are many different methodologies out there and even if you don't directly use one or much of one yourself, it's still important to be aware and perhaps you can take elements from different approaches, or it can help you solve problems that may arise in the training process with an athlete.



“I think it's a good course to take for anyone interested to be a Powerlifting Coach on the international level or also the domestic, it will give you a very sound footing and base in the sport and could help to open you up to more opportunities.”

What aspects of the content did you find particularly beneficial or relevant?

It was great to be able to learn from Dietmar Wolf and pick his mind about all things training and coaching he has a wealth of knowledge and experience, so I found that to be a highlight. The chance to network with other coaches too was very good and nice to see people that you see usually a few times a year at competitions in a different setting.

What are your thoughts about the course only being run in Europe (in terms of access/cost etc for rest of the world?)

It was an expensive undertaking overall coming from Asia so that does pose a challenge, it would be great if it could be delivered in other regions in the future.



Best Lifters - Asian Championship

Asian Classic Powerlifting Championships

1st – 7th December 2022 Dubai, UAE

WOMEN Best Classic Powerlifting Lifter	OPEN	Bodyweight	Total	IPF GL Points
① Farid Farhanna SGP		51.45	407.0	103.7195
② Seow Amanda SGP		56.34	428.5	101.4007
③ Hsieh Kai-Hsuan TPE		54.84	408.0	98.5989

MEN Best Classic Powerlifting Lifter	OPEN	Bodyweight	Total	IPF GL Points
① Senumong Kasemsand THA		65.58	710.5	111.1307
② Ionin Yakov KAZ		73.48	722.5	106.4589
③ Babaahmadi Ahmadreza IRI		65.82	677.5	105.7645

WOMEN Best Classic Powerlifting Lifter	SUB JUNIOR	Bodyweight	Total	IPF GL Points
① Jumabayeva Barno KAZ		75.36	446.0	88.2853
② Wu Pei-Chen TPE		68.89	380.0	78.7960
③ Krishna V K Anjana IND		45.97	265.0	75.1158

MEN Best Classic Powerlifting Lifter	SUB JUNIOR	Bodyweight	Total	IPF GL Points
① Low Jing Yi SGN		91.90	673.5	88.6218
② Endoso John UAE		104.65	715.5	88.4759
③ Ong Lankston SGN		98.63	690.0	87.7418

WOMEN Best Classic Powerlifting Lifter	JUNIOR	Bodyweight	Total	IPF GL Points
① Wang Jia-Huei TPE		56.30	377.5	89.3803
② Chan Day Yun SGP		56.52	378.0	89.2333
③ Alrehaili Lina KSA		51.51	337.5	85.9211

MEN Best Classic Powerlifting Lifter	JUNIOR	Bodyweight	Total	IPF GL Points
① Fernandes Aren Joy IND		74.00	694.0	101.8861
② Ho Tristan SGN		64.79	635.0	99.9611
③ Ng Nigel SGN		81.78	712.5	99.3709

WOMEN Best Classic Powerlifting Lifter	MASTERS	Bodyweight	Total	IPF GL Points
① Soto Guzman Sara M2 THA		60.78	353.5	79.1988
② Murayama Eri M1 JPN		55.21	327.5	78.7258
③ Jenifer McCombie M1 HKG		55.82	328.5	78.2924

MEN Best Classic Powerlifting Lifter	MASTERS	Bodyweight	Total	IPF GL Points
① Huang Kuo Hsuan M1 TPE		79.87	656.0	92.5970
② Alkhanbouli Mohammed M1 UAE		101.80	737.5	92.3844
③ Dak Viktor M1 KAZ		91.75	685.0	90.2077



PHOTO GALLERY

APF Classic Powerlifting Championship
1st – 7th December 2022 Dubai, UAE

Photo credit: @thegreydot - Jayesh Mistry





ASIAN OPEN MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	P Suresh	IND	1981	58.52	272.5	18.11.2019	World, Dubai, UAE
-66kg	Satake Yusuke	JPN	1996	65.64	312.5	15.11.2022	World, Viborg Denmark
-74kg	Mei Yanto Doni	INA	1989	73.70	331.0	03.05.2018	Asian, Udaipur India
-83kg	Turakhanov Davranbek	KAZ	1974	81.35	337.5	10.11.2011	World, Pilsen CZE
-93kg	Myagmarsuren Galsaikhan	MGL	1988	92.56	360.0	16.11.2016	World, Orlando USA
-105kg	Kuvambayev Zalim	KAZ	1986	104.65	420.0	16.11.2017	World, Plzen / Czech Republic
-120kg	Yang Sen	TPE	1994	117.98	440.5	18.11.2022	World, Viborg Denmark
120+kg	Tien Chi-Sen	TPE	1994	121.11	400.0	02.09.2017	World Jr. Subj, Orlando USA
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Tamura Yo	JPN	1999	58.15	190.5	03.09.2018	World Jr. Subj, Potchefstroom, South Africa
-66kg	Satake Yusuke	JPN	1996	65.40	222.5	09.11.2021	World, Stavanger / Norway
-74kg	Otani Norihiro	JPN	1980	73.29	250.0	19.11.2019	World, Dubai, UAE
-83kg	Anuar Ulan	KAZ	1993	82.25	247.5	07.11.2018	World, Halmstad / Sweden
-93kg	Masahito Kitsui	HKG	1978	92.50	297.5	20.11.2019	World, Dubai, UAE
-105kg	Dashzegve Tumenjargal	MGL	1987	103.55	325.0	12.11.2021	World, Stavanger / Norway
-120kg	Yang Sen	TPE	1994	117.98	327.5	18.11.2022	World, Viborg Denmark
120+kg	Tien Chi-Sen	TPE	1994	122.19	305.0	25.04.2019	Asian, Hong Kong
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Awang Latiful	INA	1987	58.74	265.0	28.04.2014	Asian, Quezon, PHI
-66kg	Aryanta Viki	INA	1994	65.98	300.0	22.07.2015	Asian, Hong Kong
-74kg	Mei Yanto Doni	INA	1989	71.47	322.5	23.07.2015	Asian, Hong Kong
-83kg	Yusup Muhammad	INA	1986	79.73	346.0	20.11.2019	World, Dubai, UAE
-93kg	Galuzinskiy Yevgeniy	KAZ	1992	86.09	345.0	01.09.2012	World Jr. Subj, Szczyrk Poland
-105kg	Yazdani Kachouei Mostafa	IRI	1988	100.90	355.0	12.11.2021	World, Stavanger / Norway
-120kg	Yeshmakhonov Nurlan	KAZ	1990	116.16	372.5	18.11.2016	World, Orlando USA
120+kg	Tien Chi-Sen	TPE	1994	122.19	350.0	25.04.2019	Asian, Hong Kong
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Lin Yi-Chun	TPE	1994	58.62	710.0	18.11.2019	World, Dubai, UAE
-66kg	Hsieh, Tsung-Ting	TPE	1982	65.65	800.0	15.11.2022	World, Viborg Denmark
-74kg	Prokopenko Andrey	KAZ	1988	73.22	832.5	15.11.2016	World, Orlando USA
-83kg	Anuar Ulan	KAZ	1993	82.31	915.0	15.11.2017	World, Plzen / Czech Republic
-93kg	Myagmarsuren Galsaikhan	MGL	1988	92.66	915.0	20.11.2019	World, Dubai, UAE
-105kg	Kuvambayev Zalim	KAZ	1986	104.65	1037.5	16.11.2017	World, Plzen / Czech Republic
-120kg	Yang Sen	TPE	1994	114.85	1095.0	10.07.2022	World Games, Birmingham/USA
120+kg	Tien Chi-Sen	TPE	1994	122.19	1045.0	25.04.2019	Asian, Hong Kong
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Noda Toshihiko	JPN	1979	58.68	220.0	22.05.2019	World Bench, Tokyo / Japan
-66kg	Fukuda Masashi	JPN	1984	65.75	250.0	27.04.2018	World Bench, Potchefstroom, South Africa
-74kg	Kodama Daiki	JPN	1979	73.08	300.0	21.05.2015	World Bench, Sundsvall Sweden
-83kg	Shokhanov Askar	KAZ	1983	81.95	315.5	24.05.2019	World Bench, Tokyo / Japan
-93kg	Shokhanov Askar	KAZ	1983	89.95	335.5	09.09.2019	Asian Bench, Ulaanbaatar MGL
-105kg	Suyunshaliyev Arslan	KAZ	1989	104.54	345.0	25.05.2019	World Bench, Tokyo / Japan
-120kg	Bataa Chimedtseren	MGL	1981	119.80	365.0	22-31.10.2021	World Bench Vilnius / Lithuania
120+kg	Bujinlkham Altangerel	MGL	1976	133.66	375.0	25.05.2019	World Bench, Tokyo / Japan

ASIAN OPEN WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Wei-Ling Chen	TPE	1982	46.75	210.0	14.11.2016	World, Orlando USA
-52kg	Suryani Lilis	INA	1998	51.21	186.0	22.04.2019	Asian, Hong Kong
-57kg	Sri Hartati	INA	1984	56.15	225.0	06.11.2018	World, Halmstad / Sweden
-63kg	Burik Marina	KAZ	1993	62.30	225.0	25.08.2012	World Junior, Szczyrk / Poland
-69kg	Shedje Akshaya Ajit	IND	1995	68.10	232.5	20.06.2022	Asian , Coimbatore /India
-76kg	Reboton Joyce Gail	PHI	1992	75.50	242.5	09.07.2022	World Games,Birmingham/USA
-84kg	Rahayu Sri	INA	1992	82.98	268.0	24.07.2015	Asian, Hong Kong
84+kg	Su Fang-Yun	TPE	1992	121.07	297.5	17.11.2017	World, Plzen / Czech Republic
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Widari Widari	INA	1991	46.55	141.0	05.11.2018	World, Halmstad / Sweden
-52kg	Huang Yen-Tzu	TPE	1992	51.10	125.0	05.11.2018	World, Halmstad / Sweden
-57kg	Huang Yen-Tzu	TPE	1992	56.15	152.5	09.11.2021	World, Stavanger/ Norway
-63kg	Kitamura Mayumi	JPN	1967	62.85	173.0	16.11.2016	World, Orlando USA
-69kg	Nurkenova Asel	KAZ	2000	65.00	142.5	20.06.2022	Asian , Coimbatore /India
-76kg	Reboton Joyce Gail	PHI	1992	75.50	147.5	09.07.2022	World Games,Birmingham/USA
-84kg	Hun Min Chu	TPE	1983	83.50	181.5	07.11.2014	World,Aurora / U.S.America
84+kg	Okatenko Xeniya	KAZ	1994	104.49	185.0	17.11.2017	World, Plzen / Czech Republic
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Wei-Ling Chen	TPE	1982	45.60	186.0	04.11.2014	World,Aurora / U.S.America
-52kg	Chou Yi Ju	TPE	1980	49.78	192.5	04.11.2014	World,Aurora / U.S.America
-57kg	Hung Hsiu-Ching	TPE	1995	56.50	210.5	19.11.2019	Dubai / United Arab Emirates
-63kg	Sari Noviana	INA	1984	60.40	225.0	31.10.2012	World, Aguadilla / Puerto Rico
-69kg	Shedje Akshaya Ajit	IND	1995	68.10	192.5	20.06.2022	Asian , Coimbatore /India
-76kg	Chandrakala Chandrakala	IND	1992	74.05	212.5	20.06.2022	Asian , Coimbatore /India
-84kg	Rahayu Sri	INA	1992	82.98	206.0	24.07.2015	Asian, Hong Kong
84+kg	Ya-Wen Chang	TPE	1984	88.17	235.0	02.11.2012	World, Aguadilla / Puerto Rico
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Wei-Ling Chen	TPE	1982	46.75	500.0	14.11.2016	World, Orlando USA
-52kg	Huang Yen-Tzu	TPE	1992	51.70	470.0	13.11.2017	World, Plzen / Czech Republic
-57kg	Sri Hartati	INA	1984	56.15	565.0	06.11.2018	World, Halmstad / Sweden
-63kg	Sari Noviana	INA	1984	60.40	587.5	31.10.2012	World, Aguadilla / Puerto Rico
-69kg	Shedje Akshaya Ajit	IND	1995	68.10	532.5	20.06.2022	Asian , Coimbatore /India
-76kg	Reboton Joyce Gail	PHI	1992	75.50	602.5	09.07.2022	World Games,Birmingham/USA
-84kg	Shovita Shovita	IND	1997	82.95	620.0	24.07.2015	Asian , Coimbatore /India
84+kg	Okatenko Xeniya	KAZ	1994	104.49	670.0	17.11.2017	World, Plzen / Czech Republic
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Widari Widari	INA	1991	46.55	141.0	05.11.2018	World, Halmstad / Sweden
-52kg	Kaori Nagaya-Shirakawa	JPN	1963	51.80	130.0	25~30.05.2011	World Bench, Soelden / Austria
-57kg	Huang Yen-Tzu	TPE	1992	56.15	152.5	09.11.2021	World, Stavanger/ Norway
-63kg	Kitamura Mayumi	JPN	1967	62.85	173.0	16.11.2016	World, Orlando USA
-69kg	Kabiyeva Zhadyra	KAZ	1992	67.90	152.5	22-31.10.2021	World Bench Vilnius/,Lithuania
-76kg	Khan Xeniya	KAZ	1987	75.70	165.0	22-31.10.2021	World Bench Vilnius/,Lithuania
-84kg	Bermukhambetova Zhadyra	KAZ	1986	83.80	182.0	29.12.2021	Asian, Istanbul /Turkey
84+kg	Okatenko Xeniya	KAZ	1994	114.04	187.5	25.05.2019	World Bench, Tokyo /Japan

ASIAN SUB-JUNIORS MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Matsuzaki Ryo	JPN	1999	52,49	200.0	28.08.2017	World Jr.Subj, Orlando USA
-59kg	Satake Yusuke	JPN	1996	58.80	235.0	01~06.09.2014	World Jr.Subj, Oroshaza Hungary
-66kg	Aryanta Viki	INA	1994	65.50	280.0	05.12.2011	Asian , Kobe JPN
-74kg	Cheng Yu-Jui	TPE	1999	71.68	280.5	03.05.2017	Asian , Soreang,INA
-83kg	Smagulov Yerlan	KAZ	1994	80,68	300.0	28.08~2.09.2012	World Jr.Subj, Szczyrk Poland
-93kg	Tomita Shinnosuke	JPN	2001	89.55	277.5	06.09.2018	World Jr.Subj, Potchefstroom, South Africa
-105kg	Yang Sen	TPE	1994	102.75	305.0	06.12.2011	Asian , Kobe JPN
-120kg	Akpalenov Miras	KAZ	1995	118,71	320.0	28.08~02.09.2012	World Jr.Subj, Szczyrk Poland
120+kg	Debuque Raymond	PHI	1993	123.45	320.0	06.12.2011	Asian , Kobe JPN

BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Tamura Yo	JPN	1999	52,80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
-59kg	Tamura Yo	JPN	1999	58.91	185.0	28.08.2017	World Jr.Subj, Orlando USA
-66kg	Tulegenov Kuanyshbay	KAZ	1998	65.38	160.0	30.08.2015	World Jr.Subj, Prague Czech Republic
-74kg	Sandria Willy	INA	1998	73,75	175.0	09.06.2016	Asian,Udaipur IND
-83kg	Tomita Shinnosuke	JPN	2001	82.74	200.0	28.08.2019	World Jr.Subj, Regina, Canada
-93kg	Horiuchi Takahiro	JPN	1995	92.74	210.0	27.08~01.09.2013	World Jr.Subj, Kileen USA
-105kg	Yang Sen	TPE	1994	102.75	215.0	06.12.2011	Asian , Kobe JPN
-120kg	Horiguchi Yosuke	JPN	1993	105.95	215.0	06.12.2011	Asian , Kobe JPN
120+kg	Debuque Raymond	PHI	1993	123.45	170.0	06.12.2011	Asian , Kobe JPN

DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Matsuzaki Ryo	JPN	1999	52,49	197.5	28.08.2017	World Jr.Subj, Orlando USA
-59kg	Satake Yusuke	JPN	1996	58.80	220.0	01~06.09.2014	World Jr.Subj,Hungary
-66kg	Viki Aryanta	INA	1994	65.50	287.5	05.12.2011	Asian , Kobe JPN
-74kg	Cheng Yu-Jui	TPE	1999	72.67	275.0	30.08.2017	World Jr.Subj, Orlando USA
-83kg	Jhang You Si	TPE	1994	81.90	290.0	05.05.2012	Asian,Udaipur IND
-93kg	Awlad Thani Nabras	OMN	1998	89.20	265.0	01.09.2016	World Jr.Subj, Szczyrk Poland
-105kg	Yang Sen	TPE	1994	102.75	275.0	06.12.2011	Asian , Kobe JPN
-120kg	Fathizahed Hossein	IRI	1994	112.30	290.0	06.12.2011	Asian , Kobe JPN
120+kg	Balamurugan N	IND	2004	134.50	245.0	06.12.2011	Asian , Coimbatore /India

TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Tamura Yo	JPN	1999	52,80	525.5	29.08.2016	World Jr.Subj, Szczyrk Poland
-59kg	Tamura Yo	JPN	1999	58.91	635.0	28.08.2017	World Jr.Subj, Orlando USA
-66kg	Viki Aryanta	INA	1994	65.50	720.0	05.12.2011	Asian , Kobe JPN
-74kg	Sandria Willy	INA	1998	73,75	720.0	09.06.2016	Asian,Udaipur IND
-83kg	Jhang You Si	TPE	1994	81.90	727.5	05.05.2012	Asian,Udaipur IND
-93kg	Tomita Shinnosuke	JPN	2001	89.55	707.5	06.09.2018	World Jr.Subj, Potchefstroom, South Africa
-105kg	Yang Sen	TPE	1994	102.75	795.0	06.12.2011	Asian , Kobe JPN
-120kg	Fathizahed Hossein	IRI	1994	112.30	745.0	06.12.2011	Asian , Kobe JPN
120+kg	Debuque Raymond	PHI	1993	123.45	730.0	06.12.2011	Asian , Kobe JPN

SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Tamura Yo	JPN	1999	52,80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
-59kg	Tamura Yo	JPN	1999	58.91	185.0	28.08.2017	World Jr.Subj, Orlando USA
-66kg	Rassulov Mansur	KAZ	2003	63.05	175.0	22-31.10.2021	World Bench Vilnius/,Lithuania
-74kg	Zhaltayev Kozhakhmet	KAZ	2000	72.60	211.0	26.04.2018	World Bench, Potchefstroom, South Africa
-83kg	Korolev Dmitriy	KAZ	1997	81.80	200.0	20~25.05.2013	World Bench, Kaunas, Lithuania
-93kg	Murano Tomohisa	JPN	1994	85.21	200.0	28.08~02.09.2012	World Jr.Subj, Szczyrk Poland
-105kg	Fujimoto Ryuki	JPN	2000	104.70	295.0	20.05.2015	World Bench, Sundsvall Sweden
-120kg	Suto Kensuke	JPN	1997	118.14	222.5	20.05.2015	World Bench, Sundsvall Sweden
120+kg	Fujimoto Ryuki	JPN	2000	133.70	310.0	25.05.2017	World Bench, Kaunas, Lithuania

ASIAN SUB-JUNIORS WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Jheng Ya-Syuan	TPE	1999	42.20	132.5	02.05.2017	Asian , Soreang,INA
-47kg	Bautista Jeremy Reign	PHI	1999	46.99	135.0	31.08.2015	World Jr.Subj, Prague Czech Republic
-52kg	Chen Yi-Jin	TPE	2003	51.60	157.5	27.08.2019	World Jr.Subj, Regina, Canada
-57kg	Priya D Harini	IND	2004	56.25	170.0	19.06.2022	Asian , Coimbatore /India
-63kg	Ochirbat Orkhintuul	MGL	1997	61.10	155.0	01-06.09.2014	World Jr.Subj,Oroshaza Hungary
-69kg	M. Kiruthika	IND	2005	67.10	175.0	20.06.2022	Asian , Coimbatore /India
-76kg	P R Anjali	IND	2004	74.15	175.0	20.06.2022	Asian , Coimbatore /India
-84kg	V Ameya	IND	2005	83.95	170.0	20.06.2022	Asian , Coimbatore /India
84+kg	Hung Jr Ting	TPE	1994	90.15	240.0	05.05.2012	Asian , Udaipur India
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Ompod Veronica	PHI	2000	42.54	57.5	02.05.2017	Asian , Soreang,INA
-47kg	Kikuchi Miyabi	JPN	1998	46.78	80.0	29.08.2016	World Jr.Subj, Szczyrk Poland
-52kg	Karimova Dilyra	KAZ	1998	51.80	95.0	29.08.2016	World Jr.Subj, Szczyrk Poland
-57kg	Burik Marina	KAZ	1993	56.50	90.0	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
-63kg	Ochirbat Orkhintuul	MGL	1997	61.10	92.5	01-06.09.2014	World Jr.Subj,Oroshaza Hungary
-69kg	Gaas Regina	KAZ	2004	64.40	90.0	28.08.2022	World Jr.Subj ,Istanbul Turkiye
-76kg	Chuluunbat Khaliunaa	MGL	2005	74.95	92.5	29.08.2022	World Jr.Subj ,Istanbul Turkiye
-84kg	Skvortsova Yekaterina	KAZ	2001	83.24	90.0	24.04.2019	Asian, Hong Kong
84+kg	Fitria Martinings	INA	1994	93.00	107.5	06.12.2011	Asian , Kobe Japan
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Jheng Ya-Syuan	TPE	1999	42.20	122.5	02.05.2017	Asian , Soreang,INA
-47kg	Tabuan Jessa Mae	PHI	2002	45.91	137.5	26.08.2019	World Jr.Subj, Regina, Canada
-52kg	Hui-Chuan Huang	TPE	1996	51.49	162.5	27.04.2014	Asian, Quzon Philippines
-57kg	Priya D Harini	IND	2004	56.25	167.5	19.06.2022	Asian , Coimbatore /India
-63kg	Alferez Angela	PHI	1999	57.20	140.0	03.05.2017	Asian , Soreang,INA
-69kg	Varshini S. Amritha	IND	2005	67.10	157.5	20.06.2022	Asian , Coimbatore /India
-76kg	P R Anjali	IND	2004	74.15	150.0	20.06.2022	Asian , Coimbatore /India
-84kg	Skvortsova Yekaterina	KAZ	2001	83.24	160.0	24.04.2019	Asian, Hong Kong
84+kg	Fitria Martinings	INA	1994	93.00	182.5	06.12.2011	Asian , Kobe Japan
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Jheng Ya-Syuan	TPE	1999	42.20	302.5	02.05.2017	Asian , Soreang,INA
-47kg	Tabuan Jessa Mae	PHI	2002	45.91	347.5	26.08.2019	World Jr.Subj, Regina, Canada
-52kg	Hui-Chuan Huang	TPE	1996	51.49	400.0	27.04.2014	Asian, Quzon Philippines
-57kg	Priya D Harini	IND	2004	56.25	427.5	19.06.2022	Asian , Coimbatore /India
-63kg	Ochirbat Orkhintuul	MGL	1997	61.10	382.5	01-06.09.2014	World Jr.Subj,Oroshaza Hungary
-69kg	M. Kiruthika	IND	2005	67.10	405.0	20.06.2022	Asian , Coimbatore /India
-76kg	P R Anjali	IND	2004	74.15	407.5	20.06.2022	Asian , Coimbatore /India
-84kg	Skvortsova Yekaterina	KAZ	2001	83.24	412.5	24.04.2019	Asian, Hong Kong
84+kg	Hung Jr Ting	TPE	1994	90.15	520.0	05.05.2012	Asian , Udaipur India
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Popova Kristina	KAZ	2001	42.90	67.5	25.05.2017	World Bench, Kaunas, Lithuania
-47kg	Popova Kristina	KAZ	2001	46.65	82.5	26.04.2018	World Bench, Potchefstroom, South Africa
-52kg	Karimova Dilyra	KAZ	1998	51.80	95.0	29.08.2016	World Jr.Subj, Szczyrk Poland
-57kg	Dyachenko Taissiya	KAZ	2000	56.40	120.0	25.05.2017	World Bench, Kaunas, Lithuania
-63kg	Sovetova Tomiris	KAZ	2002	61.70	125.0	07.09.2019	Asian Bench,Ulaanbaatar MGL
-69kg	Nuridin Aiken	KAZ	2007	67.35	87.5	29.12.2021	Asian, Istanbul /Turkey
-76kg	Jumabayeva Barno	KAZ	2007	75.00	112.5	29.12.2021	Asian, Istanbul /Turkey
-84kg	Nikolaeva	KAZ	1998	82.90	100.0	1905-07-06	Asian Bench, Kyrgyzstan
84+kg	Meier Regina	KAZ	1999	92.30	135.0	25.05.2017	World Bench, Kaunas, Lithuania

ASIAN JUNIORS MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Ishii Hironori	JPN	1991	52.78	210.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
-59kg	Lin Yi-Chun	TPE	1994	58.08	265.0	28.08.2017	World Jr.Subj, Orlando USA
-66kg	Aryanta Viki	INA	1994	65.42	300.0	02.05.2017	Asian , Soreang,INA
-74kg	Sandra Willy	INA	1998	73.24	320.0	03.05.2017	Asian , Soreang,INA
-83kg	Pavlenko Kirill	KAZ	1988	81.80	320.0	30.08.-04.09.2011	World Jr. Sub, Moose Jaw CAN
-93kg	Smagulov Yerlan	KAZ	1994	92.04	340.0	16.11.2016	World, Orlando USA
-105kg	Yang Sen	TPE	1994	104.60	415.0	16.11.2017	World, Plzen / Czech Republic
-120kg	Pankrashev Alexey	KAZ	1990	107.43	375.0	02.09.2012	World Jr. Sub,Poland, Szczyrk
120+kg	Tien Chi-Sen	TPE	1994	121.11	400.0	02.09.2017	World Jr.Subj, Orlando USA

BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Tamura Yo	JPN	1999	52,80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
-59kg	Tamura Yo	JPN	1999	58.15	190.5	03.09.2018	World Jr.Subj, Potchefstroom, South Africa
-66kg	Aryanta Viki	INA	1994	65.30	200.0	09.06.2016	Asian,Udaipur IND
-74kg	Ishikawa Hiroshi	JPN	1997	73.78	210.0	28.08.2019	World Jr.Subj, Regina, Canada
-83kg	Yamashita Yasuki	JPN	1991	82.32	235.0	28.08-2.09, 2012	World Jr.Subj, Szczyrk Poland
-93kg	Horiguchi Yosuke	JPN	1993	92.50	280.5	01.09.2016	World Jr.Subj, Szczyrk Poland
-105kg	Yang Sen	TPE	1994	104.60	300.0	16.11.2017	World, Plzen / Czech Republic
-120kg	Myagmarjav Dorj	MGL	1995	116.82	231.0	05.05.2017	Asian , Soreang,INA
120+kg	Tien Chi-Sen	TPE	1994	120.10	265.0	05.05.2017	Asian , Soreang,INA

DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Ramirez Regie	PHI	1993	52.92	225.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
-59kg	Lin Yi-Chun	TPE	1994	58.56	265.0	13.11.2017	World, Plzen / Czech Republic
-66kg	Aryanta Viki	INA	1994	65.98	300.0	22.07.2015	Asian, Hong Kong
-74kg	Huang Hsin Wei	TPE	1989	72.75	300.0	09.11.2011	World, Pilsen CZE
-83kg	Jhang You Si	TPE	1994	82.50	333.0	10.06.2016	Asian ,Udaipur IND
-93kg	Galuzinskiy Yevgeniy	KAZ	1992	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	TPE	1994	117,50	321.0	24.07.2015	Asian, Hong Kong
120+kg	Tien Chi-Sen	TPE	1994	121.11	345.0	02.09.2017	World Jr.Subj, Orlando USA

TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Ishii Hironori	JPN	1991	52.78	540.0	27.08-01.09.2013	World Jr.Subj, Kileen USA
-59kg	Lin Yi-Chun	TPE	1994	58.08	700.5	28.08.2017	World Jr.Subj, Orlando USA
-66kg	Aryanta Viki	INA	1994	65.30	772.5	09.06.2016	Asian,Udaipur IND
-74kg	Sandra Willy	INA	1998	73.24	780.0	03.05.2017	Asian , Soreang,INA
-83kg	Pavlenko Kirill	KAZ	1988	81.80	840.0	30.08.-04.09.2011	World Jr. Sub, Moose Jaw CAN
-93kg	Smagulov Yerlan	KAZ	1994	92.04	895.0	16.11.2016	World, Orlando USA
-105kg	Yang Sen	TPE	1994	104.60	1027.5	16.11.2017	World, Plzen / Czech Republic
-120kg	Pankrashev Alexey	KAZ	1990	107,43	915.0	28.08-02.09, 2012	World Jr.Subj, Szczyrk Poland
120+kg	Tien Chi-Sen	TPE	1994	121.11	1005.0	02.09.2017	World Jr.Subj, Orlando USA

SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Tamura Yo	JPN	1999	52,80	160.5	29.08.2016	World Jr.Subj, Szczyrk Poland
-59kg	Murata Motoki	JPN	1997	58.55	200.0	25.05.2017	World Bench, Kaunas, Lithuania
-66kg	Okada Haruya	JPN	1996	65.87	225.0	22.04.2016	World Bench, Rodby / DENMARK
-74kg	Kikuchi Yosuke	JPN	1995	72.70	232.5	27.04.2018	World Bench, Potchefstroom, South Africa
-83kg	Murano Tomohisa	JPN	1994	81.60	267.5	25.05.2017	World Bench, Kaunas, Lithuania
-93kg	Omuro Goki	JPN	1993	86.28	300.0	24.04.2016	World Bench, Rodby / DENMARK
-105kg	Yang Sen	TPE	1994	104.60	300.0	16.11.2017	World, Plzen / Czech Republic
-120kg	Kashiwagi Yutaro	JPN	1997	119.00	267.5	23.05.2019	World Bench, Tokyo /Japan
120+kg	Fujimoto Ryuki	JPN	2000	132.25	350.0	23.05.2019	World Bench, Tokyo /Japan

ASIAN JUNIORS WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Jheng Ya-Syuan	TPE	1999	41.61	133.0	22.04.2019	Asian, Hong Kong
-47kg	P Amritha	IND	2000	46.05	155.0	18.06.2022	Asian , Coimbatore /India
-52kg	Suryani Lilis	INA	1998	51.21	186.0	22.04.2019	Asian, Hong Kong
-57kg	Almas Shaik Sadiya	IND	2002	55.75	185.0	19.06.2022	Asian , Coimbatore /India
-63kg	Burik Marina	KAZ	1993	62,30	225.0	28.08-02.09.2012	World Jr.Subj, Szczyrk Poland
-69kg	M Priya	IND	2000	66.10	167.5	20.06.2022	Asian , Coimbatore /India
-76kg	Dwaraka S.	IND	2001	75.40	202.5	20.06.2022	Asian , Coimbatore /India
-84kg	Rahayu Sri	INA	1992	82.98	268.0	24.07.2015	Asian, Hong Kong
84+kg	Chen Jie Wen	TPE	1990	123.95	265.0	08.11.2013	World,Stavanger Norway

BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Miki Yasuko	JPN	1990	41.91	67.5	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
-47kg	Hayakawa Kotomi	JPN	1995	46.70	110.0	05.11.2018	World, Halmstad / Sweden
-52kg	Huang Yen-Tzu	TPE	1992	51.34	105.0	27.04.2014	Asian, Quzon Philippines
-57kg	Kobayashi Nobuyo	JPN	1997	55.65	105.0	04.09.2018	World Jr.Subj, Potchefstroom, South Africa
-63kg	Terahara Maruru	JPN	1993	62.10	112.5	02.09.2015	World Jr.Subj, Prague Czech Republic
-69kg	Molodets Alexandra	KAZ	2001	67.10	102.5	20.06.2022	Asian , Coimbatore /India
-76kg	Dwaraka S.	IND	2001	75.40	92.5	20.06.2022	Asian , Coimbatore /India
-84kg	Rahayu Sri	INA	1992	82.98	145.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	KAZ	1994	104.49	185.0	17.11.2017	World, Plzen / Czech Republic

DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Nemoto Kozue	JPN	1992	42.75	140.0	31.08.2015	World Jr.Subj, Prague Czech Republic
-47kg	Huang Hui-Chuan	TPE	1996	46.40	167.5	14.11.2016	World, Orlando USA
-52kg	Suryani Lilis	INA	1998	51.21	186.0	22.04.2019	Asian, Hong Kong
-57kg	Kartika Imas	INA	1995	55.04	190.0	03.05.2017	Asian , Soreang,INA
-63kg	Burik Marina	KAZ	1993	62,30	200.0	28.08-02.09.2012	World Jr.Subj, Szczyrk Poland
-69kg	Molodets Alexandra	KAZ	2001	67.10	152.5	20.06.2022	Asian , Coimbatore /India
-76kg	Dwaraka S.	IND	2001	75.40	205.0	20.06.2022	Asian , Coimbatore /India
-84kg	Rahayu Sri	INA	1992	82.98	206.0	24.07.2015	Asian, Hong Kong
84+kg	Shevchenko Valeriya	KAZ	1990	84,30	220.0	28.08-02.09.2012	World Jr.Subj, Szczyrk Poland

TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Nemoto Kozue	JPN	1992	42.75	320.0	31.08.2015	World Jr.Subj, Prague Czech Republic
-47kg	Hayakawa Kotomi	JPN	1995	46.70	430.0	05.11.2018	World, Halmstad / Sweden
-52kg	Suryani Lilis	INA	1998	51.21	467.0	22.04.2019	Asian, Hong Kong
-57kg	Kartika Imas	INA	1995	55.04	465.0	03.05.2017	Asian , Soreang,INA
-63kg	Burik Marina	KAZ	1993	62,30	535.0	28.08-02.09.2012	World Jr.Subj, Szczyrk Poland
-69kg	Molodets Alexandra	KAZ	2001	67.10	405.0	20.06.2022	Asian , Coimbatore /India
-76kg	Dwaraka S.	IND	2001	75.40	500.0	20.06.2022	Asian , Coimbatore /India
-84kg	Rahayu Sri	INA	1992	82.98	619.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	KAZ	1994	104.49	670.0	17.11.2017	World, Plzen / Czech Republic

SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Miki Yasuko	JPN	1990	41.91	67.5	30.08.-04.09.2011	World Jr.Subj, Moose Jaw CAN
-47kg	Hayakawa Kotomi	JPN	1995	46.70	110.0	05.11.2018	World, Halmstad / Sweden
-52kg	Tanabe Tomoko	JPN	1997	47.20	110.0	23.05.2019	World Bench, Tokyo /Japan
-57kg	Dyachenko Taissiya	KAZ	2000	56.40	120.0	25.05.2017	World Bench, Kaunas, Lithuania
-63kg	Ochirbat Orkhintuul	MGL	1997	62.95	135.0	07.09.2019	Asian Bench,Ulaanbaatar MGL
-69kg	Molodets Alexandra	KAZ	2001	67.10	102.5	20.06.2022	Asian , Coimbatore /India
-76kg	Kochina Valeriya	KAZ	1998	69.60	130.0	22-31.10.2021	World Bench Vilnius/,Lithuania
-84kg	Rahayu Sri	INA	1992	82.98	145.0	24.07.2015	Asian, Hong Kong
84+kg	Okatenko Xeniya	KAZ	1994	104.49	185.0	17.11.2017	World, Plzen / Czech Republic

ASIAN MASTERS 1 MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	58.15	227.5	05.12.2011	Asian , Kobe JPN
-66kg	Hsieh,Tsung-Ting	TPE	1982	65.65	287.5	15.11.2022	World,Viborg Denmark
-74kg	Hamada Nobuyuki	JPN	1969	73.64	290.0	02.10.2015	World Masters, Aurora Colorado USA
-83kg	Kobayakawa Wataru	JPN	1975	82.67	327.5	15.11.2017	World, Plzen / Czech Republic
-93kg	Fotiev Sergey	UZB	1979	91.97	303.0	24.04.2019	Asian ,Hong Kong
-105kg	Iijima Tsunehiro	JPN	1967	104.15	310.5	06.05.2012	Asian Udaipur IND
-120kg	Zakharov Yuriy	KAZ	1972	119.55	340.0	07.05.2012	Asian Udaipur IND
120+kg	Chao Chien Hsiung	TPE	1969	147.80	335.0	07.05.2012	Asian Udaipur IND
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	57.68	175.0	08.11.2011	World, Pilsen CZE
-66kg	Hsieh,Tsung-Ting	TPE	1982	65.65	217.5	15.11.2022	World,Viborg Denmark
-74kg	Hamada Nobuyuki	JPN	1969	73.39	227.5	25.07.2017	World Games,Wroclaw,Poland
-83kg	Mori Masahiro	JPN	1972	82.53	237.5	01.11.2012	World, Puerto Rico
-93kg	Masahito Kitsui	HKG	1978	92.40	281.0	05.05.2018	Asian,Udaipur India
-105kg	Chida Kohei	JPN	1968	99.65	282.5	06.12.2011	Asian , Kobe JPN
-120kg	Minami Shigeki	JPN	1965	112.76	250.0	13.11.2011	World, Pilsen CZE
120+kg	Chao Chien Hsiung	TPE	1969	149.30	235.0	09.12.2011	Asian , Kobe JPN
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	58.15	220.0	05.12.2011	Asian , Kobe JPN
-66kg	Hsieh,Tsung-Ting	TPE	1982	65.65	295.0	15.11.2022	World,Viborg Denmark
-74kg	Hamada Nobuyuki	JPN	1969	73.39	275.0	25.07.2017	World Games,Wroclaw,Poland
-83kg	Turakhanov Davranbek	KAZ	1974	82,24	312.5	16.11.2016	World, Orlando USA
-93kg	Khardin Konstantin	UZB	1968	87.40	290.0	07.11.2013	World, Stavanger Norway
-105kg	Janardhan Sujay	IND	1976	97.25	300.0	11-17.09.2017	Commonwealth , Potchefstroom, South Africa
-120kg	Zakharov Yuriy	KAZ	1972	119.55	310.0	07.05.2012	Asian Udaipur IND
120+kg	Chao Chien Hsiung	TPE	1969	149.30	322.5	09.12.2011	Asian , Kobe JPN
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	58.15	622.5	05.12.2011	Asian , Kobe JPN
-66kg	Hsieh,Tsung-Ting	TPE	1982	65.65	800.0	15.11.2022	World,Viborg Denmark
-74kg	Hamada Nobuyuki	JPN	1969	73.39	792.5	25.07.2017	World Games,Wroclaw,Poland
-83kg	Turakhanov Davranbek	KAZ	1974	82,24	857.5	16.11.2016	World, Orlando USA
-93kg	Turakhanov Davranbek	KAZ	1974	85.38	785.0	15.11.2017	World, Plzen / Czech Republic
-105kg	Chida Kohei	JPN	1968	99.65	842.5	06.12.2011	Asian , Kobe JPN
-120kg	Zakharov Yuriy	KAZ	1972	119.55	890.0	07.05.2012	Asian Udaipur IND
120+kg	Chao Chien Hsiung	TPE	1969	147.80	887.5	07.05.2012	Asian Udaipur IND
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Noda Toshihiko	JPN	1979	58.68	220.0	22.05.2019	World Bench, Tokyo /Japan
-66kg	Nakayama Hisayuki	JPN	1963	63.65	233.0	20~25.05.2013	World Bench, Kaunas, Lithuania
-74kg	Kodama Daiki	JPN	1979	73.30	287.5	22-31.10.2021	World Bench Vilnius/,Lithuania
-83kg	Suzuki Shigenari	JPN	1973	82.98	245.0	21.09.2018	Asian Bench,Dubai / U A E
-93kg	Masahito Kitsui	HKG	1978	92.40	281.0	05.05.2018	Asian,Udaipur India
-105kg	Ito Eigo	JPN	1968	103.37	295.0	21~26.05.2012	World, Pilsen CZE
-120kg	Bataa Chimedtseren	MGL	1981	119.80	365.0	22-31.10.2021	World Bench Vilnius/,Lithuania
120+kg	Bujinlkham Altangerel	MGL	1976	133.66	375.0	25.05.2019	World Bench, Tokyo /Japan

ASIAN MASTERS 1 WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Yukako Fukushima	JPN	1970	46.20	190.0	05.11.2018	World, Halmstad / Sweden
-52kg	Koykka Anita	PHI	1960	51.35	155.0	03.05.2012	Asian , Udaipur India
-57kg	Terada Yukie	JPN	1974	56.21	172.5	15.11.2016	World, Orlando USA
-63kg	Kitamura Mayumi	JPN	1967	62.72	207.5	31.10.2012	World, Puerto Rico
-69kg							
-76kg							
-84kg	Jasmi Jasmi	INA	1976	82.48	150.0	04.05.2017	Asian , Soreang,INA
84+kg	Kato Midori	JPN	1971	88.74	200.0	05~07.10.2012	World Masters, Kileen USA
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Yukako Fukushima	JPN	1970	46.44	135.0	24.07.2017	World Games, Wroclaw, Poland
-52kg	Furuya Noriko	JPN	1971	51.55	98.0	2014	Asia/Oceania, Melbourne
-57kg	Ikeya Ayako	JPN	1969	56.55	110.0	05.12.2011	Asian, Kobe Japan
-63kg	Kitamura Mayumi	JPN	1967	62.85	173.0	16.11.2016	World, Orlando USA
-69kg							
-76kg							
-84kg	Jasmi Jasmi	INA	1976	82.48	100.0	04.05.2017	Asian , Soreang,INA
84+kg	Guha Sampa	IND	1967	88.40	117.5	05.12.2011	Asian, Kobe Japan
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Yukako Fukushima	JPN	1970	46.15	172.5	18.11.2011	World, Dubai /UAE
-52kg	Koykka Anita	PHI	1960	51.35	165.0	03.05.2012	Asian , Udaipur India
-57kg	Anita Koykka	PHI	1960	55.46	182.5	27.04.2014	Asian, Quzon Philippines
-63kg	Kitamura Mayumi	JPN	1967	62.72	192.5	31.10.2012	World, Puerto Rico
-69kg							
-76kg							
-84kg	Sarma Rakhi	IND	1971	74.20	142.5	12.10.2019	World Masters, Potchefstroom, RSA
84+kg	Kato Midori	JPN	1971	90.58	172.5	26.09 ~ 01.10.2011	World Masters, st.Catharines CAN
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Yukako Fukushima	JPN	1970	46.20	495.0	05.11.2018	World, Halmstad / Sweden
-52kg	Koykka Anita	PHI	1960	51.35	410.0	03.05.2012	Asian , Udaipur India
-57kg	Terada Yukie	JPN	1974	56.43	440.0	10.11.2015	World,Hamm, Luxembourg
-63kg	Kitamura Mayumi	JPN	1967	62.72	557.5	31.10.2012	World, Puerto Rico
-69kg							
-76kg							
-84kg	Jasmi Jasmi	INA	1976	82.48	390.0	04.05.2017	Asian , Soreang,INA
84+kg	Kato Midori	JPN	1971	88.74	470.0	05~07.10.2012	World Masters, Kileen USA
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Yukako Fukushima	JPN	1970	46.52	137.5	24.05.2019	World Bench, Tokyo /Japan
-52kg	Kaori Nagaya-Shirakawa	JPN	1963	51.80	130.0	25~30.05.2011	World Bench, Soelden Austria
-57kg	Sakamaki Tomoko	JPN	1965	53.80	113.0	20~22.04.2012	World Master Bench, Aurora, USA
-63kg	Kitamura Mayumi	JPN	1967	62.85	173.0	16.11.2016	World, Orlando USA
-69kg							
-76kg	Tumurbaatar Sarnai	MGL	1981	72.75	92.5	09.09.2022	Asian Bench, Ulaanbaatar Mongolia
-84kg	Sawa Chiyomi	JPN	1949	77.30	127.5	24.04.2018	World Bench, Potchefstroom, South Africa
84+kg	Komatsu Mami	JPN	1969	107.84	125.0	20.04.2016	World Bench, Rodby / DENMARK

ASIAN MASTERS 2 MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	58.15	227.5	05.12.2011	Asian , Kobe JPN
-66kg	Niwa Hironori	JPN	1961	65.38	215.0	26.09 ~ 01.10.2011	World Masters, St. Catharines CAN
-74kg	Hamada Nobuyuki	JPN	1969	73.70	290.0	09.10.2019	World Masters, Potchefstroom, RSA
-83kg	Yamaguchi Makoto	JPN	1963	82.70	280.0	01.10..2015	World Masters, Aurora Colorado USA
-93kg	Asama Shigetoshi	JPN	1959	93.00	302.5	06.12.2011	Asian , Kobe JPN
-105kg	Jan Ju Ick	KOR	1963	98.30	272.5	30.04.2014	Asian , Quezon, PHI
-120kg	Minami Shigeki	JPN	1965	114.10	290.0	02.10.2015	World Masters, Aurora Colorado USA
120+kg	Parmoun Babak	IRI	1970	130.80	225.0	21.06.2022	Asian , Coimbatore /India
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	57.68	175.0	08.11.2011	World, Pilsen CZE
-66kg	Yang Tai- Shan	TPE	1962	65.28	130.5	02.05.2017	Asian , Soreang,INA
-74kg	Masayuki Takahashi	JPN	1960	71.65	195.0	05.12.2011	Asian , Kobe JPN
-83kg	Rakhimov Alimbek	KGZ	1966	82.85	180.0	10.10.2019	World Masters, Potchefstroom, RSA
-93kg	Sato Kazunori	JPN	1961	90.84	235.0	05~07.10.2012	World Masters, Kileen USA
-105kg	Kerimbekov Bakyt	KGZ	1961	96.40	205.0	00.07.2017	World ,Sundsvall /Sweden
-120kg	Minami Shigeki	JPN	1965	112.42	245.0	07.10.2016	World Masters, Tallinn, Estonia
120+kg	Parmoun Babak	IRI	1970	130.80	145.0	21.06.2022	Asian , Coimbatore /India
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	58.15	220.0	05.12.2011	Asian , Kobe JPN
-66kg	Niwa Hironori	JPN	1961	65.39	230.0	23~30.09.2013	World Masters, Oland USA
-74kg	Hamada Nobuyuki	JPN	1969	73.70	250.0	09.10.2019	World Masters, Potchefstroom, RSA
-83kg	Rakhimov Alimbek	KGZ	1966	80.75	280.0	23-28.08.2021	World Masters, Oradea/Romania
-93kg	Konstantin Khardin	UZB	1967	89.01	262.5	24.04.2019	Asian ,Hong Kong
-105kg	Jan Ju Ick	KOR	1963	95.68	252.5	24.07.2015	Asian, Hong Kong
-120kg	Chao Chien Hsiung	TPE	1969	117.52	230.5	25.04.2019	Asian ,Hong Kong
120+kg	Parmoun Babak	IRI	1970	130.80	185.0	21.06.2022	Asian , Coimbatore /India
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiroyuki Isagawa	JPN	1953	58.15	622.5	05.12.2011	Asian , Kobe JPN
-66kg	Niwa Hironori	JPN	1961	65.38	565.0	26.09 ~ 01.10.2011	World Masters, St. Catharines CAN
-74kg	Hamada Nobuyuki	JPN	1969	73.70	730.0	09.10.2019	World Masters, Potchefstroom, RSA
-83kg	Rakhimov Alimbek	KGZ	1966	82.85	710.0	10.10.2019	World Masters, Potchefstroom, RSA
-93kg	Asama Shigetoshi	JPN	1959	93.00	750.0	06.12.2011	Asian , Kobe JPN
-105kg	Jan Ju Ick	KOR	1963	98.30	697.5	30.04.2014	Asian , Quezon, PHI
-120kg	Minami Shigeki	JPN	1965	114.10	760.0	02.10.2015	World Masters, Aurora Colorado USA
120+kg	Parmoun Babak	IRI	1970	130.80	555.0	21.06.2022	Asian , Coimbatore /India
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Nakata Kazuo	JPN	1967	58.80	185.0	22.05.2017	World Bench, Kaunas, Lithuania
-66kg	Nakayama Hisayuki	JPN	1963	63.65	233.0	20~25.05.2013	World Bench, Kaunas, Lithuania
-74kg	Mishima Tadashi	JPN	1962	73.00	212.5	17~19.04.2014	World Master Bench,Northumberland Great Britain
-83kg	Kozuki Atsuo	JPN	1961	80.85	232.5	21.09.2013	Asian Bench, Ulaanbaatar Mongolia
-93kg	Takeshi Kitagawa	JPN	1958	93.00	235.5	22.09.2013	Asian Bench, Ulaanbaatar Mongolia
-105kg	Wada Kohei	JPN	1964	104.10	285.0	17~19.04.2014	World Master Bench,Northumberland Great Britain
-120kg	Wada Kohei	JPN	1964	118.90	300.0	25.04.2018	World Bench, Potchefstroom, South Africa
120+kg	Kojo Motohisa	JPN	1958	130.00	245.5	25.04.2018	World Bench, Potchefstroom, South Africa

ASIAN MASTERS 2 WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Fukushima Yukako	JPN	1970	46.55	182.5	14.11.2022	World, Viborg Denmark
-52kg	Koykka Anita	PHI	1960	51.35	155.0	03.05.2012	Asian , Udaipur India
-57kg	Fuchigami Hiroe	JPN	1967	56.21	170.0	14.11.2017	World, Plzen / Czech Republic
-63kg	Kitamura Mayumi	JPN	1967	62.60	202.5	07.11.2018	World, Halmstad / Sweden
-69kg							
-76kg	Khardina Elena	UZB	1971	74.20	65.0	20.06.2022	Asian , Coimbatore /India
-84kg	Goto Hiroe	JPN	1966	72.15	120.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Mary Beena	IND	1965	87.20	97.5	05.05.2018	Asian,Udaipur India
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Fukushima Yukako	JPN	1970	46.55	130.0	14.11.2022	World, Viborg Denmark
-52kg	Mika Teramura	JPN	1962	51.59	97.5	05.11.2013	World, Stavanger Norway
-57kg	Koykka Anita	PHI	1960	55.66	102.5	03.05.2017	Asian , Soreang, INA
-63kg	Kitamura Mayumi	JPN	1967	62.60	155.0	07.11.2018	World, Halmstad / Sweden
-69kg							
-76kg	Khardina Elena	UZB	1971	74.20	50.0	20.06.2022	Asian , Coimbatore /India
-84kg	Goto Hiroe	JPN	1966	72.15	70.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Anuja Ashok Tendulkar	IND	1958	101.84	60.0	04.05.2017	Asian , Soreang, INA
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Fukushima Yukako	JPN	1970	46.35	170.0	08.07.2022	World Games, Birmingham/USA
-52kg	Koykka Anita	PHI	1960	51.35	165.0	03.05.2012	Asian , Udaipur India
-57kg	Anita Koykka	PHI	1960	55.46	182.5	27.04.2014	Asian, Quzon Philippines
-63kg	Kitamura Mayumi	JPN	1967	62.60	192.5	07.11.2018	World, Halmstad / Sweden
-69kg							
-76kg	Khardina Elena	UZB	1971	74.20	85.0	20.06.2022	Asian , Coimbatore /India
-84kg	Goto Hiroe	JPN	1966	72.15	130.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Mary Beena	IND	1965	87.20	127.5	05.05.2018	Asian,Udaipur India
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Fukushima Yukako	JPN	1970	45.90	477.5	14.11.2022	World, Viborg Denmark
-52kg	Koykka Anita	PHI	1960	51.35	410.0	03.05.2012	Asian , Udaipur India
-57kg	Koykka Anita	PHI	1960	54.26	417.5	22.07.2015	Asian, Hong Kong
-63kg	Kitamura Mayumi	JPN	1967	62.60	550.0	07.11.2018	World, Halmstad / Sweden
-69kg							
-76kg	Khardina Elena	UZB	1971	74.20	200.0	20.06.2022	Asian , Coimbatore /India
-84kg	Goto Hiroe	JPN	1966	72.15	320.0	05.10.2016	World Masters, Tallinn, Estonia
84+kg	Mary Beena	IND	1965	87.20	280.0	05.05.2018	Asian,Udaipur India
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Fukushima Yukako	JPN	1970	46.55	130.0	14.11.2022	World, Viborg Denmark
-52kg	Nagaya-Shirakawa Kaori	JPN	1963	51.12	130.0	21.05.2014	World Bench, Rodby / Denmark
-57kg	Sakamaki Tomoko	JPN	1965	53.80	113.0	20~22.04.2012	World Master Bench, Aurora, USA
-63kg	Kitamura Mayumi	JPN	1967	62.60	167.5	24.05.2019	World Bench, Tokyo /Japan
-69kg							
-76kg	Khardina Elena	UZB	1971	74.20	50.0	20.06.2022	Asian , Coimbatore /India
-84kg	Sawa Chiyomi	JPN	1949	77.30	127.5	24.04.2018	World Bench, Potchefstroom, South Africa
84+kg	Tendulkar Anuja	IND	1958	102.36	120.0	24.04.2019	Asian, Hong Kong

ASIAN MASTERS 3 MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Isagawa Hiroyuki	JPN	1953	58.55	210.0	04.11.2013	World, Stavanger Norway
-66kg	Marumoto Hidetoshi	JPN	1947	63.96	210.0	05~07.10.2012	World Masters, Kileen USA
-74kg	Okiura Katsuji	JPN	1945	71.30	202.5	05.12.2011	Asian , Kobe JPN
-83kg	Golovkin Viktor	KAZ	1947	82.10	240.0	05.05.2012	Asian Udaipur IND
-93kg	Omori Ryo	JPN	1952	89.81	220.0	23.07.2015	Asian, Hong Kong
-105kg	Kerimbekov Bakyt	KGZ	1961	101.45	270.0	23-28.08.2021	World Masters, Oradea/Romania
-120kg	Abdlollah	IRI	1949	105.55	100.0	06.12.2011	Asian , Kobe JPN
120+kg							
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Isagawa Hiroyuki	JPN	1953	58.55	165.0	04.11.2013	World, Stavanger Norway
-66kg	Marumoto Hidetoshi	JPN	1947	63.35	120.0	05.12.2011	Asian , Kobe JPN
-74kg	Hwang Chien-Lih	TPE	1953	73.20	137.5	09.06.2016	Asian,Udaipur IND
-83kg	Ito Junzo	JPN	1954	79.40	155.0	23.04.2019	Asian, Hong Kong
-93kg	Omori Ryo	JPN	1952	89.81	157.5	23.07.2015	Asian, Hong Kong
-105kg	Kerimbekov Bakyt	KGZ	1961	101.45	225.0	23-28.08.2021	World Masters, Oradea/Romania
-120kg	Abdlollah	IRI	1949	105.55	100.0	06.12.2011	Asian , Kobe JPN
120+kg							
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Isagawa Hiroyuki	JPN	1953	58.55	210.0	04.11.2013	World, Stavanger Norway
-66kg	Ito Chokichi	JPN	1950	65.50	205.0	05.12.2011	Asian , Kobe JPN
-74kg	Prakash Karant	IND	1955	72.90	220.0	03.05.2018	Asian,Udaipur IND
-83kg	Kitano Toshio	JPN	1946	82.70	245.0	04.05.2013	Asian , Ahwaz IRAN
-93kg	Omori Ryo	JPN	1952	89.81	212.5	23.07.2015	Asian, Hong Kong
-105kg	Kerimbekov Bakyt	KGZ	1961	101.45	225.0	23-28.08.2021	World Masters, Oradea/Romania
-120kg	Fardin Mohamadreza	IRI		105.20	120.0	05.05.2013	Asian , Ahwaz IRAN
120+kg							
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Isagawa Hiroyuki	JPN	1953	58.55	585.0	04.11.2013	World, Stavanger Norway
-66kg	Ito Chokichi	JPN	1950	65.50	525.0	05.12.2011	Asian , Kobe JPN
-74kg	Okiura Katsuji	JPN	1945	71.30	502.5	05.12.2011	Asian , Kobe JPN
-83kg	Kitano Toshio	JPN	1946	82.71	605.0	29.04.2014	Asian , Quezon, PHI
-93kg	Omori Ryo	JPN	1952	89.81	590.0	23.07.2015	Asian, Hong Kong
-105kg	Kerimbekov Bakyt	KGZ	1961	101.45	720.0	23-28.08.2021	World Masters, Oradea/Romania
-120kg	Abdlollah	IRI	1949	105.55	300.0	06.12.2011	Asian , Kobe JPN
120+kg							
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Isagawa Hiroyuki	JPN	1953	58.55	165.0	04.11.2013	World, Stavanger Norway
-66kg	Yano Hideyuki	JPN	1959	65.30	171.5	22.05.2019	World Bench, Tokyo /Japan
-74kg	Kato Yuji	JPN	1948	72.20	175.0	20~22.04.2012	World Master Bench, Aurora USA
-83kg	Iijima Osamu	JPN	1954	82.60	195.0	22.05.2019	World Bench, Tokyo /Japan
-93kg	Kitagawa Takeshi	JPN	1958	86.36	220.0	22.05.2019	World Bench, Tokyo /Japan
-105kg	Zverev Valeriy	KAZ	1958	104.21	190.0	21.09.2018	Asian Bench,Dubai / United Arab Emirates
-120kg	Redkin Nikolay	KAZ	1951	106.75	130.0	1905-07-04	Asian Bench, Almaty,KAZ
120+kg	Kojo Motohisa	JPN	1958	130.00	245.5	25.04.2018	World Bench, Potchefstroom, South Africa

ASIAN MASTERS 3 WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg	Omori Seiko	JPN	1951	49.20	145.0	06.12.2013	Asian, Quzon Philippines
-57kg	Hatsuko Kimura	JPN	1951	53.40	155.0	05.12.2011	Asian, Kobe Japan
-63kg	Hayashi Hisako	JPN	1951	58.20	137.5	05.12.2011	Asian, Kobe Japan
-69kg							
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	102.36	85.0	24.04.2019	Asian, Hong Kong
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg	Omori Seiko	JPN	1951	49.20	77.5	06.12.2013	Asian, Quzon Philippines
-57kg	Omori Seiko	JPN	1951	54.92	72.5	03.05.2017	Asian , Soreang,INA
-63kg	Hayashi Hisako	JPN	1951	60.69	85.0	21-27.09.2014	World Masters, Pilsen CZE
-69kg							
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	102.36	60.0	24.04.2019	Asian, Hong Kong
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg	Hiroko Kikuri	JPN	1949	48.80	150.0	05.12.2011	Asian, Kobe Japan
-57kg	Hatsuko Kimura	JPN	1951	52.88	175.0	26.09 ~ 01.10.2011	World Masters, st.Catharines CAN
-63kg	Hayashi Hisako	JPN	1951	60.69	150.5	17.09.2014	World Masters, Pilsen CZE
-69kg							
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	102.36	120.0	24.04.2019	Asian, Hong Kong
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg	Hiroko Kikuri	JPN	1949	48.80	350.0	05.12.2011	Asian, Kobe Japan
-57kg	Hatsuko Kimura	JPN	1951	53.40	400.0	05.12.2011	Asian, Kobe Japan
-63kg	Hayashi Hisako	JPN	1951	60.69	365.5	17.09.2014	World Masters, Pilsen CZE
-69kg							
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	102.36	265.0	24.04.2019	Asian, Hong Kong
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Takizawa Yoshie	JPN	1957	45.76	70.0	22.05.2019	World Bench, Tokyo /Japan
-52kg	Mizuno Fumie	JPN	1959	51.12	95.0	22.05.2019	World Bench, Tokyo /Japan
-57kg	Nagao Yuko	JPN	1950	56.10	92.5	22.05.2019	World Bench, Tokyo /Japan
-63kg	Komi Yoshiko	JPN	1955	62.46	115.0	20~22.04.2012	World Master Bench, Aurora, USA
-69kg							
-76kg							
-84kg	Sawa Chiyomi	JPN	1949	77.30	127.5	24.04.2018	World Bench, Potchefstroom, South Africa
84+kg	Tendulkar Anuja	IND	1958	102.36	120.0	24.04.2019	Asian, Hong Kong

ASIAN MASTERS 4 MEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Ohiro Shinjun	JPN	1943	56.74	155.0	23~30.09.2013	World Masters, Oland USA
-66kg	Hiroaki Suzuki	JPN	1936	65.60	182.5	05.12.2011	Asian , Kobe JPN
-74kg	Mitsuru Osawa	JPN	1941	73.20	202.5	05.12.2011	Asian , Kobe JPN
-83kg	Byambaa Tsegmed	MGL	1940	74.16	175.0	26.09 ~ 1.10.2011	World Masters, St. Catharines CAN
-93kg	Mrohani Abbas	IRI		92.50	70.0	04.05.2013	Asian , Ahwaz IRAN
-105kg	Maghsoud Sattarzadeh	IRI	1940	102.80	170.0	05.05.2018	Asian,Udaipur IND
-120kg							
120+kg							

BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Ohiro Shinjun	JPN	1943	56.74	117.5	23~30.09.2013	World Masters, Oland USA
-66kg	Hiroaki Suzuki	JPN	1936	65.60	87.5	05.12.2011	Asian , Kobe JPN
-74kg	Osawa Mitsuru	JPN	1941	73.68	120.0	26.09 ~01.10.2011	World Masters, St. Catharines CAN
-83kg	Yasui Tamio	JPN	1942	76.04	117.5	29.09..2015	World Masters, Aurora Colorado USA
-93kg	Mrohani Abbas	IRI		92.50	55.0	04.05.2013	Asian , Ahwaz IRAN
-105kg	Maghsoud Sattarzadeh	IRI	1940	102.80	90.0	05.05.2018	Asian,Udaipur IND
-120kg							
120+kg							

DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Ohiro Shinjun	JPN	1943	56.74	155.0	23~30.09.2013	World Masters, Oland USA
-66kg	Hiroaki Suzuki	JPN	1936	65.60	172.5	05.12.2011	Asian , Kobe JPN
-74kg	Osawa Mitsuru	JPN	1941	72.73	185.0	29.04.2014	Asian , Quezon, PHI
-83kg	Tetsuya Kinoshita	JPN	1942	84.99	172.5	29.04.2014	Asian , Quezon, PHI
-93kg	Rohani Abbas	IRI		91.89	90.0	04.05.2013	Asian , Ahwaz IRAN
-105kg	Maghsoud Sattarzadeh	IRI	1940	102.80	175.0	05.05.2018	Asian,Udaipur IND
-120kg							
120+kg							

TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Ohiro Shinjun	JPN	1943	56.74	427.5	23~30.09.2013	World Masters, Oland USA
-66kg	Hiroaki Suzuki	JPN	1936	65.60	442.5	05.12.2011	Asian , Kobe JPN
-74kg	Mitsuru Osawa	JPN	1941	73.20	500.0	05.12.2011	Asian , Kobe JPN
-83kg	Tetsuya Kinoshita	JPN	1942	84.99	428.0	29.04.2014	Asian , Quezon, PHI
-93kg	Mrohani Abbas	IRI		92.50	215.0	04.05.2013	Asian , Ahwaz IRAN
-105kg	Maghsoud Sattarzadeh	IRI	1940	102.80	435.0	05.05.2018	Asian,Udaipur IND
-120kg							
120+kg							

SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hamayama Hisao	JPN	1947	58.30	125.0	22.05.2019	World Bench, Tokyo /Japan
-66kg	Danyasu Tadanobu	JPN	1944	64.75	140.0	22.05.2019	World Bench, Tokyo /Japan
-74kg	Yamamoto Shigeki	JPN	1943	72.60	160.0	23.04.2018	World Bench, Potchefstroom, South Africa
-83kg	Imaizumi Haruki	JPN	1947	81.20	166.0	22.05.2019	World Bench, Tokyo /Japan
-93kg	Kawabe Katsuji	JPN	1942	92.16	167.5	20~22.04.2012	World Master Bench, Aurora USA
-105kg	Nagashima	JPN	1944	93.34	130.0	20~22.04.2012	World Master Bench, Aurora USA
-120kg							
120+kg							

ASIAN MASTERS 4 WOMEN'S EQUIPPED RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.55	115.0	22.07.2015	Asian, Hong Kong
-63kg	Vaidyanathan Jayalaxmi	IND	1943	61.42	60.0	03.05.2017	Asian , Soreang,INA
-69kg							
-76kg							
-84kg							
84+kg							
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.55	65.5	22.07.2015	Asian, Hong Kong
-63kg	Vaidyanathan Jayalaxmi	IND	1943	61.42	30.0	03.05.2017	Asian , Soreang,INA
-69kg							
-76kg							
-84kg							
84+kg							
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.55	132.5	22.07.2015	Asian, Hong Kong
-63kg	Vaidyanathan Jayalaxmi	IND	1943	61.42	80.0	03.05.2017	Asian , Soreang,INA
-69kg							
-76kg							
-84kg							
84+kg							
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.55	313.0	22.07.2015	Asian, Hong Kong
-63kg	Vaidyanathan Jayalaxmi	IND	1943	61.42	170.0	03.05.2017	Asian , Soreang,INA
-69kg							
-76kg							
-84kg							
84+kg							
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Okumura	JPN	1930	46.92	45.0	20~22.04.2012	World Master Bench, Aurora, USA
-52kg	Furukawa Yoshiko	JPN	1939	51.74	64.0	19.04.2016	World Bench, Rodby / DENMARK
-57kg	Lin A-Yun	TPE	1945	54.55	65.5	22.07.2015	Asian, Hong Kong
-63kg	Vaidyanathan Jayalaxmi	IND	1943	61.42	30.0	03.05.2017	Asian , Soreang,INA
-69kg							
-76kg	Sawa Chiyomi	JPN	1949	74.50	100.0	22-31.10.2021	World Bench Vilnius/,Lithuania
-84kg	Sawa Chiyomi	JPN	1949	80.74	115.0	22.05.2019	World Bench, Tokyo /Japan
84+kg							

ASIAN OPEN MEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Jeong Ji Hoon	KOR	1995	57.99	215.0	02.12.2022	Asia Classic, Dubai/ UAE
-66kg	Senumong Kasemsand	THA	1995	65.58	255.5	03.12.2022	Asia Classic, Dubai/ UAE
-74kg	Higa Yoshihiro	JPN	1991	73.53	276.0	15.06.2018	World Classic, Calgary, Canada
-83kg	Rahmati Kian	IRI	1993	82.45	282.5	27.12.2021	Asia Classic, Istanbul /Turkey
-93kg	Smagulov Yerlan	KAZ	1994	92.54	310.0	24.06.2017	World Classic, Minsk Belarus
-105kg	Rezaei Alireza	IRI	1989	104.06	320.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Yang Sen	TPE	1994	117.40	340.0	07.12.2019	Asia Classic, Almaty /Kazakhstan
120+kg	Maleki Mojtaba	IRI	1984	156.85	392.5	14.06.2015	World Classic, Salo Finland
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Inubushi Ryuichi	JPN	2004	57.75	148.0	31.08.2022	World Classic Jr.Subj ,Istanbul Turkiye
-66kg	Kawashima Tatsuya	JPN	1996	65.77	185.0	03.12.2022	Asia Classic, Dubai/ UAE
-74kg	Kodama Daiki	JPN	1979	72.40	211.5	29.04.2017	Sydney.Australia
-83kg	Ang Christophe	SGP	1995	82.43	195.5	05.12.2022	Asia Classic, Dubai/ UAE
-93kg	Tsend-Ayush Otgondalai	MGL	1981	92.63	210.0	24.06.2017	World Classic, Minsk Belarus
-105kg	Rybka Denis	KAZ	1985	104.78	218.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Yang Sen	TPE	1994	117.40	240.0	07.12.2019	Asia Classic, Almaty /Kazakhstan
120+kg	Mao Chenyu	HKG	1989	138.38	235.0	19.08.2017	Asia International Classic / Hong Kong
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hisatsune Ayumi	JPN	1997	58.85	248.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-66kg	Senumong Kasemsand	THA	1995	65.58	300.0	03.12.2022	Asia Classic, Dubai/ UAE
-74kg	Meiyanto Doni	INA	1989	70.55	310.5	11.12.2014	Asia/Oceania Classic, Melbourne / Aus
-83kg	Anuar Ulan	KAZ	1993	82.40	325.0	23.06.2017	World Classic, Minsk Belarus
-93kg	Tahmasebi Mehdi	IRI	1991	92.65	330.0	09.06.2022	World Classic, Sun City / South Africa
-105kg	Mostafa Yazdani Kachouei	IRI	1988	103.20	341.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Wu Yi-Chiu	TPE	2000	119.60	333.0	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	Abo Nasser Moustafa	PLE	1991	172.72	342.5	07.12.2022	Asia Classic, Dubai/ UAE
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hisatsune Ayumi	JPN	1997	58.85	587.5	11.06.2019	World Classic, Helsingborg / Sweden
-66kg	Senumong Kasemsand	THA	1995	65.58	710.5	03.12.2022	Asia Classic, Dubai/ UAE
-74kg	Lee Clinton	SGP	1993	72.95	730.0	05.12.2019	Asia Classic, Almaty /Kazakhstan
-83kg	Anuar Ulan	KAZ	1993	82.40	795.0	23.06.2017	World Classic, Minsk Belarus
-93kg	Smagulov Yerlan	KAZ	1994	92.54	822.5	24.06.2017	World Classic, Minsk Belarus
-105kg	Kuvambayev Zalim	KAZ	1986	104.90	840.0	26.06.2016	World Classic, Killeen USA
-120kg	Yang Sen	TPE	1994	117.40	870.0	07.12.2019	Asia Classic, Almaty /Kazakhstan
120+kg	Mao Chenyu	HKG	1989	138.38	930.0	19.08.2017	Asia International Classic / Hong Kong
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Karaman Abdulkarim	KAZ	1994	58.92	175.5	20.05.2019	World Bench, Tokyo /Japan
-66kg	Tobita Wataru	JPN	1999	65.20	205.0	28.05.2022	World Bench, Almaty/Kazakhstan
-74kg	Yokoyama Kosei	JPN	1996	71.90	227.5	10.09.2022	Asian Bench,Ulaanbaatar MGL
-83kg	Suzuki Yusuke	JPN	1984	80.60	222.5	24.09.2018	Asian Bench,Dubai / United Arab Emirates
-93kg	Tsoy Vyacheslav	KAZ	1984	89.60	233.0	24.09.2018	Asian Bench,Dubai / United Arab Emirates
-105kg	Enkhbayar Sodnompiljee	MGL	1985	104.25	248.0	12.09.2019	Asian Bench,Ulaanbaatar MGL
-120kg	Enkhbayar Sodnompiljee	MGL	1985	105.70	260.0	29.05.2022	World Bench, Almaty/Kazakhstan
120+kg	Mohammad Reza Jahangir	IRI	1989	161.15	252.5	21.05.2016	World Classic Bench, Potchefstroom RSA

ASIAN OPEN WOMEN'S CLASSIC RECORDS

SQUAT

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Chen Wei-Ling	TPE	1982	46.56	152.5	11.06.2015	World Classic, Salo / Finland
-52kg	Broner Veronika	KAZ	1989	50.65	142.5	04.12.2019	Asia Classic, Almaty / Kazakhstan
-57kg	Ma Angelica Savillo	PHI	1996	56.80	155.5	17.09.2022	SEA Cup, Johor Bahru/ Malaysia
-63kg	Okada Kana	JPN	1998	61.50	172.5	27.09.2021	World Classic, Halmstad /Sweden
-69kg	Kochina Valeriya	KAZ	1998	68.40	160.0	27.09.2021	World Classic, Halmstad /Sweden
-76kg	Reboton Joyce Gail	PHI	1992	75.65	203.0	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-84kg	Reboton Joyce Gail	PHI	1992	78.10	200.0	14.06.2019	World Classic, Helsingborg / Sweden
84+kg	Su Fang Yun	TPE	1992	120.10	237.5	24.06.2017	World Classic, Minsk Belarus

BENCH PRESS

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Broner Veronika	KAZ	1989	46.80	82.5	29.09.2021	World Classic, Halmstad /Sweden
-52kg	Furuya Noriko	JPN	1971	51.42	100.0	11.06.2015	World Classic, Salo / Finland
-57kg	Hartati Sri	INA	1984	56.15	115.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
-63kg	Zhurbina Anastassiya	KAZ	1999	62.05	110.0	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-69kg	Nurkenova Asel	KAZ	2000	67.64	123.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	121.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Zhumaniyazova Mahriban	TKM	1988	81.10	115.0	07.12.2019	Asia Classic, Almaty /Kazakhstan
84+kg	Okatenko Xeniya	KAZ	1994	111.90	145.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia

DEADLIFT

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Chen Wei-Ling	TPE	1982	46.56	175.0	11.06.2015	World Classic, Salo / Finland
-52kg	Farid Farhanna	SGP	1992	51.45	202.0	03.12.2022	Asia Classic, Dubai/ UAE
-57kg	Seow Amanda	SGP	1990	56.34	191.0	03.12.2022	Asia Classic, Dubai/ UAE
-63kg	Sari Noviana	INA	1984	60.65	202.5	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
-69kg	Al Ammar Zahra	KSA	1989	65.94	180.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Reboton Joyce Gail	PHI	1992	74.35	207.5	09.06.2022	World Classic, Halmstad /Sweden
-84kg	Reboton Joyce Gail	PHI	1992	77.30	192.5	16.03.2019	Asian Pacific , Gold Coast, Australia
84+kg	Su Fang Yun	TPE	1992	123.90	208.5	16.03.2019	Asian Pacific , Gold Coast, Australia

TOTAL

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Chen Wei-Ling	TPE	1982	46.56	407.5	11.06.2015	World Classic, Salo / Finland
-52kg	Farid Farhanna	SGP	1992	51.45	407.0	03.12.2022	Asia Classic, Dubai/ UAE
-57kg	Wu Hui-Chun	TPE	1986	57.00	440.0	24.06.2016	World Classic, Killeen USA
-63kg	Sari Noviana	INA	1984	60.65	430.0	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
-69kg	Nurkenova Asel	KAZ	2000	67.64	448.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Reboton Joyce Gail	PHI	1992	75.65	513.5	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-84kg	Reboton Joyce Gail	PHI	1992	78.10	485.0	14.06.2019	World Classic, Helsingborg / Sweden
84+kg	Su Fang Yun	TPE	1992	119.40	565.0	14.06.2019	World Classic, Helsingborg / Sweden

SINGLE BENCH PRESS

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Kobayashi Naoko	JPN	1970	46.32	103.0	20.05.2019	World Bench, Tokyo /Japan
-52kg	Furuya Noriko	JPN	1971	51.42	100.0	11.06.2015	World Classic, Salo / Finland
-57kg	Ishibashi Akane	JPN	1993	55.20	120.0	20.05.2019	World Bench, Tokyo /Japan
-63kg	Zhurbina Anastassiya	KAZ	1999	62.05	110.0	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-69kg	Nurkenova Asel	KAZ	2000	67.64	123.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Khan Xeniya	KAZ	1987	75.60	125.0	29.05.2022	World Bench, Almaty/Kazakhstan
-84kg	Bermukhambetova Zhadyra	KAZ	1986	83.00	125.0	29.05.2022	World Bench, Almaty/Kazakhstan
84+kg	Okatenko Xeniya	KAZ	1994	111.90	145.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia

ASIAN SUB-JUNIORS MEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Mukhamedin Diyaz	KAZ	2001	53.00	155.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-59kg	Tsuchiya Junto	KAZ	2003	58.85	187,5	26.09.2021	World Classic, Halmstad /Sweden
-66kg	Yap Matthew	SGP	1999	66.00	215.5	05.12.2017	Asia Classic, Kerala / India
-74kg	Plakhotnikov Vadim	KAZ	2003	70.70	230.0	05.12.2019	Asia Classic, Almaty /Kazakhstan
-83kg	Shurupkin Artyom	KAZ	2000	81.40	250.0	11.06.2018	World Classic, Calgary,Canada
-93kg	Alessa Musab	KSA	2005	91.29	240.0	05.12.2022	Asia Classic, Dubai/ UAE
-105kg	Endoso John	UAE	2005	104.65	300.5	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Adleehmawi Oun	IRQ	2002	118.70	272.5	08.12.2019	Asia Classic, Almaty /Kazakhstan
120+kg	Aldblawy Muslim	IRQ	2004	170.51	305.0	07.12.2022	Asia Classic, Dubai/ UAE
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Yelzhanov Shyngys	KAZ	2001	52.04	116.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-59kg	Inubushi Ryuichi	JPN	2004	57.75	148.0	31.08.2022	World Classic Jr.Subj ,Istanbul Turkiye
-66kg	Chebanov Dmitriy	KAZ	1999	64.30	148.5	05.12.2017	Asia Classic, Kerala / India
-74kg	Lorenzo Agustin	PHI	2001	72.10	147.5	26.09.2021	World Classic, Halmstad /Sweden
-83kg	Zhansay Nurali	KAZ	2005	82.10	162.5	05.12.2022	Asia Classic, Dubai/ UAE
-93kg	Chsherbina Vassiliy	KAZ	2000	90.65	150.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-105kg	Aram Mohd Sharif	AFG	1994	99.20	165.0	13.12.2012	Asian Classic, Coimbatore IND
-120kg	Yashenko Vladimir	KAZ	1997	105.55	152.5	20.12.2015	Asia/Oceania Classic,Tashkent UZB
120+kg	Sassin Vadim	KAZ	2000	127.30	147.5	20.06.2017	World Classic, Minsk Belarus
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Dhruv Raj Kure	IND	2002	52.20	182.5	03.12.2019	Asia Classic, Almaty /Kazakhstan
-59kg	Abdul Rashid Abdul Aniq Hafi	MLS	2000	58.37	217.5	05.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-66kg	Yap Matthew	SGP	1999	66.00	237.5	05.12.2017	Asia Classic, Kerala / India
-74kg	Jaiswal Sujal	IND	2004	72.40	272.0	02.09.2022	World Classic Jr.Subj ,Istanbul Turkiye
-83kg	Kotenyov Ilya	KAZ	1998	82.74	260.0	22.06.2016	World Classic, Killeen USA
-93kg	Low Jing Yi	SGP	2004	91.90	311.0	05.12.2022	Asia Classic, Dubai/ UAE
-105kg	Ong Lankston	SGP	2004	98.63	305.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Nobel Daniel	SGP	1997	117.75	305.0	20.12.2015	Asia/Oceania Classic,Tashkent UZB
120+kg	Aldblawy Muslim	IRQ	2004	170.51	252.5	07.12.2022	Asia Classic, Dubai/ UAE
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Mukhamedin Diyaz	KAZ	2001	53.00	420.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-59kg	Chebanov Dmitriy	KAZ	1999	58.64	505.0	21.06.2016	World Classic, Killeen USA
-66kg	Yap Matthew	SGP	1999	66.00	588.0	05.12.2017	Asia Classic, Kerala / India
-74kg	Plakhotnikov Vadim	KAZ	2003	70.26	620.0	27.09.2021	World Classic, Halmstad /Sweden
-83kg	Shurupkin Artyom	KAZ	2000	81.40	647.5	11.06.2018	World Classic, Calgary,Canada
-93kg	Low Jing Yi	SGP	2004	91.90	673.5	05.12.2022	Asia Classic, Dubai/ UAE
-105kg	Endoso John	UAE	2005	104.65	715.5	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Nobel Daniel	SGP	1997	117.75	690.5	20.12.2015	Asia/Oceania Classic,Tashkent UZB
120+kg	Aldblawy Muslim	IRQ	2004	170.51	687.5	07.12.2022	Asia Classic, Dubai/ UAE
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Kuvaldin Ivan	KAZ	2001	51.68	130.0	11.09.2019	Asian Bench,Ulaanbaatar MGL
-59kg	Moriki Tsubasa	JPN	1999	58.64	135.5	20.04.2017	World Classic Bench, Killeen USA
-66kg	Chebanov Dmitriy	KAZ	1999	64.30	148.5	05.12.2017	Asia Classic, Kerala / India
-74kg	Anuarov Adlet	KAZ	1999	71.95	172.5	11.09.2017	Asian Classic Bench, Quezon, PHI
-83kg	Tezichev Kirill	KAZ	1997	81.90	175.0	15.12.2015	Asia/Oceania Classic,Tashkent UZB
-93kg	Kabyldinov Dima	KAZ	2002	84.30	150.0	24.09.2018	Asian Bench,Dubai / United Arab Emirates
-105kg	Ostrovskiy Klim	KAZ	2003	104.22	172.5	24.09.2018	Asian Bench,Dubai / United Arab Emirates
-120kg	Ostrovskiy Klim	KAZ	2003	114.05	187.5	19.05.2019	World Bench, Tokyo /Japan
120+kg	Fujimoto Ryuki	JPN	2000	127.70	210.0	18.05.2016	World Classic Bench, Potchefstroom RSA

ASIAN SUB-JUNIORS WOMEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Ompod Veronica	PHI	2000	42.65	95.0	06.12.2017	Asia Classic, Kerala / India
-47kg	Kani Haruka	JPN	2004	46.76	115.0	10.06.2018	World Classic, Calgary, Canada
-52kg	Onishi Shoko	JPN	1999	51.32	125.0	21.06.2016	World Classic, Killeen USA
-57kg	Onishi Shoko	JPN	1999	54.53	142.5	19.06.2017	World Classic, Minsk Belarus
-63kg	Shatko Diana	KAZ	2002	61.95	147.5	09.06.2019	World Classic, Helsingborg / Sweden
-69kg	Wu Pei-Chen	TPE	2004	68.89	157.5	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	155.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Hayashi Mio	JPN	2001	81.20	150.0	10.06.2019	World Classic, Helsingborg / Sweden
84+kg	Malykhina Diana	KAZ	2003	109.05	210.0	10.06.2019	World Classic, Helsingborg / Sweden
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Popova Kristina	KAZ	2001	42.92	60.5	18.06.2017	World Classic, Minsk Belarus
-47kg	Kishkimbayeva Aliya	KAZ	2000	47.00	62.5	18.06.2017	World Classic, Minsk Belarus
-52kg	Karimova Dilyara	KAZ	1998	51.82	81.5	21.06.2016	World Classic, Killeen USA
-57kg	Bille Regina	KAZ	2002	55.75	70.0	04.12.2019	Asia Classic, Almaty /Kazakhstan
-63kg	Zhurbina Anastassiya	KAZ	1999	61.13	96.0	19.06.2017	World Classic, Minsk Belarus
-69kg	Wu Pei-Chen	TPE	2004	68.89	70.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	121.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Abdyrova Iroda	JPN	2001	80.35	87.5	07.12.2019	Asia Classic, Almaty /Kazakhstan
84+kg	Malykhina Diana	KAZ	2003	109.05	100.0	10.06.2019	World Classic, Helsingborg / Sweden
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Ompod Veronica	PHI	2000	42.65	120.0	06.12.2017	Asia Classic, Kerala / India
-47kg	Kani Haruka	JPN	2004	46.76	145.5	10.06.2018	World Classic, Calgary, Canada
-52kg	Karimova Dilyara	KAZ	1998	51.82	132.5	21.06.2016	World Classic, Killeen USA
-57kg	Onishi Shoko	JPN	1999	54.53	145.0	19.06.2017	World Classic, Minsk Belarus
-63kg	Nomura Yu	JPN	2000	62.21	170.0	11.06.2018	World Classic, Calgary, Canada
-69kg	Wu Pei-Chen	TPE	2004	68.89	152.5	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	170.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Onu Hana	JPN	2000	80.89	172.5	12.06.2018	World Classic, Calgary, Canada
84+kg	Malykhina Diana	KAZ	2003	109.05	177.5	10.06.2019	World Classic, Helsingborg / Sweden
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Ompod Veronica	PHI	2000	42.65	265.0	06.12.2017	Asia Classic, Kerala / India
-47kg	Kani Haruka	JPN	2004	46.76	320.5	10.06.2018	World Classic, Calgary, Canada
-52kg	Karimova Dilyara	KAZ	1998	51.82	334.0	21.06.2016	World Classic, Killeen USA
-57kg	Onishi Shoko	JPN	1999	54.53	347.5	19.06.2017	World Classic, Minsk Belarus
-63kg	Nomura Yu	JPN	2000	62.21	377.5	11.06.2018	World Classic, Calgary, Canada
-69kg	Wu Pei-Chen	TPE	2004	68.89	380.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	446.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Hayashi Mio	JPN	2001	81.20	390.0	10.06.2019	World Classic, Helsingborg / Sweden
84+kg	Malykhina Diana	KAZ	2003	109.05	487.5	10.06.2019	World Classic, Helsingborg / Sweden
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Popova Kristina	KAZ	2001	42.92	60.5	18.06.2017	World Classic, Minsk Belarus
-47kg	Popova Kristina	KAZ	2001	46.96	69.0	17.05.2018	World Classic Bench, Vantaa, Finland
-52kg	Karimova Dilyara	KAZ	1998	51.82	81.5	21.06.2016	World Classic, Killeen USA
-57kg	Dyachenko Taissiya	KAZ	2000	56.52	72.5	14.12.2015	Asia/Oceania Classic, Tashkent UZB
-63kg	Dyachenko Taissiya	KAZ	2000	62.51	102.5	17.05.2018	World Classic Bench, Vantaa, Finland
-69kg	Sukar Shaimaa	SYR	2007	67.50	80.0	10.09.2022	Asian Bench, Ulaanbaatar MGL
-76kg	Jumabayeva Barno	KAZ	2007	75.36	121.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Abdirrova Iroda	KAZ	2001	81.30	87.5	19.05.2019	World Bench, Tokyo /Japan
84+kg	Malykhina Diana	KAZ	2003	109.05	100.0	10.06.2019	World Classic, Helsingborg / Sweden

ASIAN JUNIORS MEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Casamayor Aeron Paul	PHI	1999	51.39	167.5	02.12.2022	Asia Classic, Dubai/ UAE
-59kg	Lin Yi-Chun	TPE	1994	58.37	212.5	21.06.2017	World Classic, Minsk Belarus
-66kg	Aryanto Viki	INA	1994	65.85	225.0	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
-74kg	Cheng Yu-Jui	TPE	1999	73.27	255.0	04.12.2022	Asia Classic, Dubai/ UAE
-83kg	Al-Sarray Redha	IRQ	2001	82.87	272.5	05.12.2022	Asia Classic, Dubai/ UAE
-93kg	Smagulov Yerlan	KAZ	1994	92.54	310.0	24.06.2017	World Classic, Minsk Belarus
-105kg	Yang Sen	TPE	1994	104.40	310.0	26.06.2016	World Classic, Killeen USA
-120kg	Wu Yi-Chiu	TPE	2000	119.60	320.0	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	Fatahmasoum Seyedamirreza	IRI	1998	139.50	310.0	28.12.2021	Asia Classic, Istanbul /Turkey
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Buriev Husnuddin	UZB	1994	52.75	115.0	03.06.2014	World Classic, South Africa
-59kg	Inubushi Ryuichi	JPN	2004	57.75	148.0	31.08.2022	World Classic Jr.Subj ,Istanbul Turkiye
-66kg	Alomari Ramzi	IRQ	2001	64.90	170.0	03.12.2022	Asia Classic, Dubai/ UAE
-74kg	Alredha Majid	UAE	2001	73.73	170.5	04.12.2022	Asia Classic, Dubai/ UAE
-83kg	Nigel Ng Wei Jun	SGP	2003	82.05	173.5	17.09.2022	SEA Cup, Johor Bahru/ Malaysia
-93kg	Horiguchi Yusuke	JPN	1993	92.80	195.0	12.12.2014	Asia/Oceania Classic, Melbourne / Aus
-105kg	Yang Sen	TPE	1994	104.40	207.5	26.06.2016	World Classic, Killeen USA
-120kg	Mirzoev Muhammad-Ali	TJK	1999	108.50	192.5	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	El Chaer Etienne	LBN	2000	121.89	197.5	07.12.2022	Asia Classic, Dubai/ UAE
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Casamayor Aeron Paul	PHI	1999	51.39	220.0	02.12.2022	Asia Classic, Dubai/ UAE
-59kg	Hisatsune Ayumi	JPN	1997	58.85	248.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-66kg	Kiuchi Yosuke	JPN	1996	65.20	280.0	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-74kg	Fernandes Aren Joy	IND	2001	74.00	309.0	04.12.2022	Asia Classic, Dubai/ UAE
-83kg	Norfatris Danial	SGP	1996	81.70	305.5	06.12.2019	Asia Classic, Almaty /Kazakhstan
-93kg	Low Jing Yi	SGP	2004	91.90	311.0	05.12.2022	Asia Classic, Dubai/ UAE
-105kg	Wu Yi-Chiu	TPE	2000	104.10	310.5	07.12.2019	Asia Classic, Almaty /Kazakhstan
-120kg	Wu Yi-Chiu	TPE	2000	119.60	333.0	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	El Chaer Etienne	LBN	2000	121.89	338.5	07.12.2022	Asia Classic, Dubai/ UAE
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Casamayor Aeron Paul	PHI	1999	51.39	477.5	02.12.2022	Asia Classic, Dubai/ UAE
-59kg	Hisatsune Ayumi	JPN	1997	58.85	587.5	11.06.2019	World Classic, Helsingborg / Sweden
-66kg	Aryanto Viki	INA	1994	65.85	653.5	10.12.2014	Asia/Oceania Classic, Melbourne / Aus
-74kg	Fernandes Aren Joy	IND	2001	74.00	694.0	04.12.2022	Asia Classic, Dubai/ UAE
-83kg	Al-Sarray Redha	IRQ	2001	82.87	715.0	05.12.2022	Asia Classic, Dubai/ UAE
-93kg	Smagulov Yerlan	KAZ	1994	92.54	822.5	24.06.2017	World Classic, Minsk Belarus
-105kg	Yang Sen	TPE	1994	104.40	807.5	26.06.2016	World Classic, Killeen USA
-120kg	Wu Yi-Chiu	TPE	2000	119.60	830.5	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	El Chaer Etienne	LBN	2000	121.89	831.0	07.12.2022	Asia Classic, Dubai/ UAE
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-53kg	Buriev Husnuddin	UZB	1994	52.75	150.0	03.06.2014	World Classic, South Africa
-59kg	Hondo Masatatsu	JPN	1995	58.99	163.0	21.04.2017	World Classic Bench, Killeen USA
-66kg	Tsuchida Masaomi	JPN	1996	65.45	172.5	19.05.2019	World Bench, Tokyo /Japan
-74kg	Kim Andrey	KAZ	1996	73.05	177.5	19.05.2019	World Bench, Tokyo /Japan
-83kg	Yudchenko Sergey	KAZ	1996	80.60	192.5	19.05.2019	World Bench, Tokyo /Japan
-93kg	Tezichev Kirill	KAZ	1997	90.81	210.5	18.05.2018	World Classic Bench, Vantaa, Finland
-105kg	Takimoto Takahiro	JPN	1996	101.90	222.0	19.05.2019	World Bench, Tokyo /Japan
-120kg	Nagoshi Yuki	JPN	1998	107.14	205.0	19.05.2019	World Bench, Tokyo /Japan
120+kg	Fujimoto Ryuki	JPN	2000	127.70	210.0	18.05.2016	World Classic Bench, Potchefstroom RSA

ASIAN JUNIORS WOMEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Ompod Veronica	PHI	2000	42.45	110.0	02.12.2022	Asia Classic, Dubai/ UAE
-47kg	Shirley Chu Xin Jin	SGP	1999	47.00	123.0	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-52kg	Onishi Shoko	JPN	1999	51.80	140.0	10.06.2018	World Classic, Calgary, Canada
-57kg	Onishi Shoko	JPN	1999	54.53	142.5	19.06.2017	World Classic, Minsk Belarus
-63kg	Okada Kana	JPN	1998	61.50	172.5	27.09.2021	World Classic, Halmstad /Sweden
-69kg	Kochina Valeriya	KAZ	1998	68.40	160.0	27.09.2021	World Classic, Halmstad /Sweden
-76kg	Jumabayeva Barno	KAZ	2007	75.36	155.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Shuck Hana	SGP	1995	80.15	170.0	08.12.2017	Asia Classic, Kerala / India
84+kg	Su Fang Yun	TPE	1992	113.80	232.5	13.06.2015	World Classic, Salo Finland
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Popova Kristina	KAZ	2001	42.92	60.5	18.06.2017	World Classic, Minsk Belarus
-47kg	Kishkimbayeva Aliya	KAZ	2000	47.00	62.5	18.06.2017	World Classic, Minsk Belarus
-52kg	Gladkova Alena	KAZ	2001	51.97	87.5	03.12.2022	Asia Classic, Dubai/ UAE
-57kg	Zhurbina Anastassiya	KAZ	1999	56.65	97.5	04.12.2019	Asia Classic, Almaty /Kazakhstan
-63kg	Zhurbina Anastassiya	KAZ	1999	62.05	110.0	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-69kg	Nurkenova Asel	KAZ	2000	67.64	123.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	121.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Kulakova Polina	KAZ	1998	80.20	105.0	07.12.2019	Asia Classic, Almaty /Kazakhstan
84+kg	Okatenko Xeniya	KAZ	1994	106.10	135.5	20.06.2017	World Classic, Minsk Belarus
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Nemoto Kozue	JPN	1992	42.83	135.0	09.06.2015	World Classic, Salo Finland
-47kg	Kani Haruka	JPN	2004	46.76	145.5	10.06.2018	World Classic, Calgary, Canada
-52kg	Alrehaili Lina	KSA	2000	51.51	160.0	03.12.2022	Asia Classic, Dubai/ UAE
-57kg	Chan Day Yun	SGP	2000	56.52	175.5	03.12.2022	Asia Classic, Dubai/ UAE
-63kg	Hung Hsiu-Ching	TPE	1995	59.68	182.5	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-69kg	Kochina Valeriya	KAZ	1998	68.40	170.0	27.09.2021	World Classic, Halmstad /Sweden
-76kg	Jumabayeva Barno	KAZ	2007	75.36	170.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Onu Hana	JPN	2000	80.89	172.5	12.06.2018	World Classic, Calgary, Canada
84+kg	Su Fang Yun	TPE	1992	113.80	195.0	13.06.2015	World Classic, Salo Finland
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Ompod Veronica	PHI	2000	42.45	277.5	02.12.2022	Asia Classic, Dubai/ UAE
-47kg	Kani Haruka	JPN	2004	46.76	320.5	10.06.2018	World Classic, Calgary, Canada
-52kg	Thor Qian Qi	SGP	1999	51.55	357.5	08.06.2019	World Classic, Helsingborg / Sweden
-57kg	Chan Day Yun	SGP	2000	56.52	378.0	03.12.2022	Asia Classic, Dubai/ UAE
-63kg	Looi Abigail	SGP	1995	62.84	415.0	10.06.2018	World Classic, Calgary, Canada
-69kg	Nurkenova Asel	KAZ	2000	67.64	448.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	446.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Shuck Hana	SGP	1995	80.15	425.5	08.12.2017	Asia Classic, Kerala / India
84+kg	Su Fang Yun	TPE	1992	113.80	540.0	13.06.2015	World Classic, Salo Finland
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-43kg	Popova Kristina	KAZ	2001	42.92	60.5	18.06.2017	World Classic, Minsk Belarus
-47kg	Kikuchi Miyabi	JPN	1998	46.60	77.5	19.05.2019	World Bench, Tokyo /Japan
-52kg	Gladkova Alena	KAZ	2001	51.97	87.5	03.12.2022	Asia Classic, Dubai/ UAE
-57kg	Zhurbina Anastassiya	KAZ	1999	56.65	97.5	04.12.2019	Asia Classic, Almaty /Kazakhstan
-63kg	Zhurbina Anastassiya	KAZ	1999	62.05	110.0	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-69kg	Nurkenova Asel	KAZ	2000	67.64	123.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Jumabayeva Barno	KAZ	2007	75.36	121.0	06.12.2022	Asia Classic, Dubai/ UAE
-84kg	Kulakova Polina	KAZ	1998	82.40	110.0	30.12.2021	Asia Classic, Istanbul /Turkey
84+kg	Okatenko Xeniya	KAZ	1994	106.10	135.5	20.06.2017	World Classic, Minsk Belarus

ASIAN MASTERS 1 MEN'S CLASSIC RECORDS

SQUAT

w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Shimoyashiki Wataru	JPN	1980	57.80	172.5	11.10.2022	World Masters Classic, , St. John's Canada
-66kg	Morimune Masaya	JPN	1979	64.96	197.5	11.10.2022	World Masters Classic, , St. John's Canada
-74kg	Ito Takayuki	JPN	1964	73.57	210.0	07.06.2018	World Classic, Calgary, Canada
-83kg	Sanaki Munetaka	JPN	1978	82.77	235.0	21.07.2018	IPF International Classic,Hong Kong
-93kg	Dak Viktor	KAZ	1975	91.75	255.0	05.12.2022	Asia Classic, Dubai/ UAE
-105kg	Mahdi Mohammed	IRQ	1980	101.39	285.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Zakharov Yuriy	KAZ	1972	118.70	302.5	20.12.2015	Asia/Oceania Classic,Tashkent UZB
120+kg	Alajmi Hamad	UAE	1977	137.94	280.0	25.09.2021	World Classic, Halmstad /Sweden

BENCH PRESS

w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Mizuno Takaaki	JPN	1967	58.60	125.0	12.06.2012	World Classic, Stockholm Sweden
-66kg	Mandakh Gansukh	MGL	1977	65.35	145.0	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-74kg	Kawahata Katsunori	JPN	1972	73.14	160.0	16.06.2017	World Classic, Minsk Belarus
-83kg	Alzaabi Faisal	UAE	1978	82.20	180.0	27.12.2021	Asia Classic, Istanbul /Turkey
-93kg	Alzaabi Faisal	UAE	1978	91.60	192.5	07.06.2019	World Classic, Helsingborg / Sweden
-105kg	Takezawa Akihiro	JPN	1973	101.93	195.0	07.06.2015	World Classic, Salo Finland
-120kg	Zakharov Yuriy	KAZ	1972	118.50	200.0	14.12.2012	Asian Classic, Coimbatore IND
120+kg	Yermyshev Yevgeniy	KAZ	1978	127.08	200.0	07.12.2022	Asia Classic, Dubai/ UAE

DEADLIFT

w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Shimoyashiki Wataru	JPN	1980	57.80	215.0	11.10.2022	World Masters Classic, , St. John's Canada
-66kg	Kawashima Tokuji	JPN	1975	65.35	253.5	06.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-74kg	Noda Takahiro	JPN	1972	72.35	250.0	11.12.2012	Asian Classic, Coimbatore IND
-83kg	Huang Kuo Hsuan	TPE	1980	79.87	271.0	05.12.2022	Asia Classic, Dubai/ UAE
-93kg	Nefedov Yevgeniy	UZB	1968	84.50	275.0	14.06.2013	World Classic, Suzudal RUS
-105kg	Alkhanbouli Mohammed	UAE	1980	101.80	305.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Krasnovskiy Yevgeniy	KAZ	1979	116.20	302.5	08.12.2019	Asia Classic, Almaty /Kazakhstan
120+kg	Koeik Hassan	LBN	1972	130.30	290.0	09.12.2017	Asia Classic, Kerala / India

TOTAL

w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Mizuno Takaaki	JPN	1967	58.50	495.0	11.06.2013	World Classic, Suzudal RUS
-66kg	Kawashima Tokuji	JPN	1975	65.67	553.0	21.07.2018	IPF International Classic,Hong Kong
-74kg	Ito Takayuki	JPN	1964	73.57	582.5	07.06.2018	World Classic, Calgary, Canada
-83kg	Huang Kuo Hsuan	TPE	1980	79.87	656.0	05.12.2022	Asia Classic, Dubai/ UAE
-93kg	Abdullov Furqatjon	TJK	1981	91.70	687.5	28.12.2021	Asia Classic, Istanbul /Turkey
-105kg	Alkhanbouli Mohammed	UAE	1980	101.80	737.5	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Zakharov Yuriy	KAZ	1972	118.70	777.5	20.12.2015	Asia/Oceania Classic,Tashkent UZB
120+kg	Koeik Hassan	LBN	1972	130.30	757.5	09.12.2017	Asia Classic, Kerala / India

SINGLE BENCH PRESS

w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Ogasawara Yasushi	JPN	1972	56.50	162.5	18.05.2019	World Bench, Tokyo /Japan
-66kg	Nakama Yoshito	JPN	1973	65.45	165.0	18.05.2019	World Bench, Tokyo /Japan
-74kg	Kodama Daiki	JPN	1979	73.78	225.0	20.05.2019	World Bench, Tokyo /Japan
-83kg	Nursahedov Merdan	TKM	1976	79.66	197.5	22.04.2017	World Classic Bench, Killeen USA
-93kg	Takatori Seiji	JPN	1975	92.57	207.5	18.04.2017	World Classic Bench, Killeen USA
-105kg	Kassai Masahiko	JPN	1971	102.95	212.5	18.05.2019	World Bench, Tokyo /Japan
-120kg	Fuchino Shigeki	JPN	1977	119.20	215.0	19.05.2019	World Bench, Tokyo /Japan
120+kg	Maguire John	IRI	1954	123.07	242.5	15.06.2017	World Classic, Minsk Belarus

ASIAN MASTERS 1 WOMEN'S CLASSIC RECORDS

SQUAT

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	46.25	102.5	04.06.2019	World Classic, Helsingborg / Sweden
-52kg	Koykka Anita	PHI	1960	50.65	125.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
-57kg	Koykka Anita	PHI	1960	56.32	130.0	05.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-63kg	Momen Rashida	UAE	1980	61.95	137.5	04.12.2022	Asia Classic, Dubai/ UAE
-69kg	Iwai Tomoko	JPN	1975	65.55	110.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Tan Sze Yin (Saudi)	SGP	1980	73.90	150.0	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-84kg	Banu Kazi Gulshan	UAE	1978	78.57	132.5	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Sampa Guha	IND	1967	88.30	157.5	13.12.2012	Asian Classic, Coimbatore India

BENCH PRESS

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Nakada Yoshimi	JPN	1971	46.67	65.0	06.06.2015	World Classic, Salo Finland
-52kg	Furuya Noriko	JPN	1971	51.42	100.0	06.06.2015	World Classic, Salo Finland
-57kg	Jenifer McCombie	HKG	1982	55.82	76.0	03.12.2022	Asia Classic, Dubai/ UAE
-63kg	Nazarenko Svetlana	KAZ	1965	61.95	87.5	14.06.2013	World Classic, Suzdal Russia
-69kg	Iwai Tomoko	JPN	1975	65.55	70.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Tan Sze Yin (Saudi)	SGP	1980	73.90	85.0	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-84kg	Yang Yunie	SGP	1981	80.70	80.0	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Shtrosherer Alla	KAZ	1970	118.20	88.0	07.12.2019	Asia Classic, Almaty /Kazakhstan

DEADLIFT

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	45.90	125.0	05.06.2015	World Classic, Salo Finland
-52kg	Koykka Anita	PHI	1960	50.65	142.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
-57kg	Tanaka Mariko	JPN	1974	53.95	167.5	06.06.2019	World Classic, Helsingborg / Sweden
-63kg	Soto Guzman Sara	THA	1966	60.78	176.0	04.12.2022	Asia Classic, Dubai/ UAE
-69kg	Ito Harumi	JPN	1978	66.16	150.0	12.10.2022	World Masters Classic, , St. John's Canada
-76kg	Tan Sze Yin (Saudi)	SGP	1980	73.90	167.5	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-84kg	Banu Kazi Gulshan	UAE	1978	78.57	187.5	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Abdul Razak Rozana	SGP	1981	92.35	157.5	06.12.2022	Asia Classic, Dubai/ UAE

TOTAL

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	45.90	282.5	05.06.2015	World Classic, Salo Finland
-52kg	Furuya Noriko	JPN	1971	51.42	362.5	06.06.2015	World Classic, Salo Finland
-57kg	Tanaka Mariko	JPN	1974	53.95	362.5	06.06.2019	World Classic, Helsingborg / Sweden
-63kg	Nazarenko Svetlana	KAZ	1965	61.95	377.5	14.06.2013	World Classic, Suzdal Russia
-69kg	Iwai Tomoko	JPN	1975	65.55	310.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Tan Sze Yin (Saudi)	SGP	1980	73.90	402.5	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-84kg	Yang Yunie	SGP	1981	80.70	387.5	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Sampa Guha	IND	1967	88.30	397.5	13.12.2012	Asian Classic, Coimbatore India

SINGLE BENCH PRESS

w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Kobayashi Naoko	JPN	1970	46.32	103.0	20.05.2019	World Bench, Tokyo /Japan
-52kg	Furuya Noriko	JPN	1971	51.42	100.0	06.06.2015	World Classic, Salo Finland
-57kg	Iwamoto Sachiko	JPN	1973	54.94	103.0	24.05.2022	World Bench, Almaty/Kazakhstan
-63kg	Nazarenko Svetlana	KAZ	1965	61.95	87.5	14.06.2013	World Classic, Suzdal Russia
-69kg	Zhumasheva Svetlana	KAZ	1981	69.00	55.0	25.05.2022	World Bench, Almaty/Kazakhstan
-76kg	Kalinina Alexandra	KAZ	1968	72.50	108.0	25.05.2022	World Bench, Almaty/Kazakhstan
-84kg	Tokutake Megumi	JPN	1964	76.16	110.0	22.09.2018	Asian Bench, Dubai / United Arab Emirates
84+kg	Ancheta Adeline	PHI	1973	109.10	120.0	13.12.2012	Asian Classic, Coimbatore India

ASIAN MASTERS 2 MEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Uraki Mitsuhiro	JPN	1957	58.15	141.0	05.06.2019	World Classic, Helsingborg / Sweden
-66kg	Hachisu Mitsugu	JPN	1950	65.09	185.0	06.06.2015	World Classic, Salo Finland
-74kg	Ito Takayuki	JPN	1964	73.57	210.0	07.06.2018	World Classic, Calgary, Canada
-83kg	Yamaguchi Makoto	PHI	1963	82.54	225.0	06.06.2015	World Classic, Salo Finland
-93kg	Melnik Gennadiy	KAZ	1967	89.34	235.0	16.06.2017	World Classic, Minsk Belarus
-105kg	Nefedov Yevgeniy	KAZ	1972	103.80	260.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Jaitabarov Murat	KAZ	1963	109.27	225.5	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	Erfanijazi Hassan	IRI	1958	120.70	230.0	20.12.2015	Asia/Oceania Classic, Tashkent UZB
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Sasaki Toshinori	JPN	1967	58.58	120.0	16.06.2017	World Classic, Minsk Belarus
-66kg	Hachisu Mitsugu	JPN	1950	65.09	125.0	06.06.2015	World Classic, Salo Finland
-74kg	Rakhimov Alimbek	KGZ	1966	73.95	152.5	07.06.2018	World Classic, Calgary, Canada
-83kg	Junichi Yokogi	SGP	1967	80.00	147.5	05.06.2019	World Classic, Helsingborg / Sweden
-93kg	Hasegawa Yasushi	JPN	1966	90.90	145.0	20.06.2016	World Classic, Killeen USA
-105kg	Nefedov Yevgeniy	KAZ	1972	103.80	180.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Jaitabarov Murat	KAZ	1963	109.27	170.0	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	Tserendamba Bayarkhuu	MGL	1971	126.73	170.0	07.12.2022	Asia Classic, Dubai/ UAE
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Uraki Mitsuhiro	JPN	1957	58.15	185.0	05.06.2019	World Classic, Helsingborg / Sweden
-66kg	Okiura Katsuji	JPN	1945	65.80	205.0	01.06.2014	World Classic, South Africa
-74kg	Ito Takayuki	JPN	1964	73.57	245.0	07.06.2018	World Classic, Calgary, Canada
-83kg	Sj kirman Vladimir	KAZ	1964	82.19	267.5	06.06.2015	World Classic, Salo Finland
-93kg	Melnik Gennadiy	KAZ	1967	91.85	275.0	06.12.2019	Asia Classic, Almaty / Kazakhstan
-105kg	Nefedov Yevgeniy	KAZ	1972	103.80	275.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Lkhanaa Jargalsaikhan	MGL	1968	118.70	250.0	08.12.2018	Asia Classic, Ulaanbaatar / Mongolia
120+kg	Lewis Richard	AUS	1960	131.05	270.0	30.11.2022	Commonwealth, Auckland, New Zealand
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Uraki Mitsuhiro	JPN	1957	58.15	416.0	05.06.2019	World Classic, Helsingborg / Sweden
-66kg	Hachisu Mitsugu	JPN	1950	65.09	515.0	06.06.2015	World Classic, Salo Finland
-74kg	Ito Takayuki	JPN	1964	73.57	582.5	07.06.2018	World Classic, Calgary, Canada
-83kg	Sj kirman Vladimir	KAZ	1964	82.19	607.5	06.06.2015	World Classic, Salo Finland
-93kg	Melnik Gennadiy	KAZ	1967	89.34	652.5	16.06.2017	World Classic, Minsk Belarus
-105kg	Nefedov Yevgeniy	KAZ	1972	103.80	715.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Jaitabarov Murat	KAZ	1963	109.27	620.5	07.12.2022	Asia Classic, Dubai/ UAE
120+kg	Lewis Richard	AUS	1960	131.05	635.0	30.11.2022	Commonwealth, Auckland, New Zealand
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Takada Yuji	JPN	1965	58.60	152.0	18.05.2019	World Bench, Tokyo / Japan
-66kg	Murota Yoichiro	JPN	1967	63.80	155.5	17.04.2017	World Classic Bench, Killeen USA
-74kg	Rakhimov Alimbek	KGZ	1966	73.95	152.5	07.06.2018	World Classic, Calgary, Canada
-83kg	Sakamoto Katsunori	JPN	1968	81.54	170.0	18.05.2019	World Bench, Tokyo / Japan
-93kg	Inoue Masao	JPN	1969	92.40	177.5	18.05.2019	World Bench, Tokyo / Japan
-105kg	Saghaei Reza	IRI	1966	96.63	210.0	19.04.2017	World Classic Bench, Killeen USA
-120kg	Wada Kohei	JPN	1964	119.70	215.0	19.05.2019	World Bench, Tokyo / Japan
120+kg	Maguire John	IRI	1954	123.07	242.5	15.06.2017	World Classic, Minsk Belarus

ASIAN MASTERS 2 WOMEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	46.25	102.5	04.06.2019	World Classic, Helsingborg / Sweden
-52kg	Koykka Anita	PHI	1960	50.65	125.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
-57kg	Koykka Anita	PHI	1960	56.32	130.0	05.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-63kg	Hayashi Hisako	JPN	1951	61.69	120.0	05.06.2015	World Classic, Salo Finland
-69kg	Grover Ritu	SGP	1969	66.76	105.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Gupta Shivakanya	IND	1964	72.45	80.0	27.12.2021	Asia Classic, Istanbul /Turkey
-84kg	Kala Venkatachalam	IND	1963	76.15	110.0	07.12.2019	Asia Classic, Almaty /Kazakhstan
84+kg	Tendulkar Anuja	IND	1958	99.7	95.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	45.95	62.5	01.06.2014	World Classic, South Africa
-52kg	Koykka Anita	PHI	1960	50.65	70.0	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
-57kg	Koykka Anita	PHI	1960	56.35	72.5	14.03.2019	Asian Pacific , Gold Coast, Australia
-63kg	Hayashi Hisako	JPN	1951	61.69	70.0	05.06.2015	World Classic, Salo Finland
-69kg	Lee Tsai-Wei	TPE	1961	67.04	50.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Gupta Shivakanya	IND	1964	72.45	52.5	27.12.2021	Asia Classic, Istanbul /Turkey
-84kg	Martinsen Nina	UAE	1972	80.24	70.5	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Tendulkar Anuja	IND	1958	99.7	60.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	45.90	125.0	05.06.2015	World Classic, Salo Finland
-52kg	Koykka Anita	PHI	1960	50.65	142.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
-57kg	Koykka Anita	PHI	1960	56.35	152.5	14.03.2019	Asian Pacific , Gold Coast, Australia
-63kg	Soto Guzman Sara	THA	1966	60.78	176.0	04.12.2022	Asia Classic, Dubai/ UAE
-69kg	Grover Ritu	SGP	1969	66.76	130.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Gupta Shivakanya	IND	1964	72.45	110.0	27.12.2021	Asia Classic, Istanbul /Turkey
-84kg	Martinsen Nina	UAE	1972	80.24	140.5	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Tendulkar Anuja	IND	1958	99.7	112.5	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Tsuji Noriko	JPN	1964	45.90	282.5	05.06.2015	World Classic, Salo Finland
-52kg	Koykka Anita	PHI	1960	50.65	337.5	09.12.2014	Asia/Oceania Classic, Melbourne / Aus
-57kg	Koykka Anita	PHI	1960	56.35	352.5	14.03.2019	Asian Pacific , Gold Coast, Australia
-63kg	Soto Guzman Sara	THA	1966	60.78	353.5	04.12.2022	Asia Classic, Dubai/ UAE
-69kg	Grover Ritu	SGP	1969	66.76	277.5	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Gupta Shivakanya	IND	1964	72.45	242.5	27.12.2021	Asia Classic, Istanbul /Turkey
-84kg	Martinsen Nina	UAE	1972	80.24	311.0	06.12.2022	Asia Classic, Dubai/ UAE
84+kg	Tendulkar Anuja	IND	1958	99.7	267.5	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Miyamoto Tomoko	JPN	1967	46.36	85.5	18.05.2019	World Bench, Tokyo /Japan
-52kg	Kiba Emiko	JPN	1962	50.26	85.5	18.05.2019	World Bench, Tokyo /Japan
-57kg	Yamasaki Yoriko	JPN	1959	55.95	82.5	18.05.2019	World Bench, Tokyo /Japan
-63kg	Ishida Midori	JPN	1963	58.24	85.0	18.05.2019	World Bench, Tokyo /Japan
-69kg	Lee Tsai-Wei	TPE	1961	67.04	50.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg	Kalinina Alexandra	KAZ	1968	72.50	108.0	25.05.2022	World Bench, Almaty/Kazakhstan
-84kg	Tokutake Megumi	JPN	1964	76.16	110.0	22.09.2018	Asian Bench,Dubai / United Arab Emirates
84+kg	Tendulkar Anuja	IND	1958	99.7	60.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia

ASIAN MASTERS 3 MEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Uraki Mitsuhiro	JPN	1957	58.15	141.0	05.06.2019	World Classic, Helsingborg / Sweden
-66kg	Watanabe Shoichi	JPN	1958	65.48	186.0	08.10.2022	World Masters Classic, , St. John's Canada
-74kg	Hachisu Mitsugu	JPN	1950	70.50	200.0	11.12.2012	Asian Classic, Coimbatore IND
-83kg	Kozasa Haruyoshi	JPN	1961	79.34	196.0	15.06.2017	World Classic, Minsk Belarus
-93kg	Hajigholizadeh Jabarali	IRI	1953	87.95	182.5	18.12.2015	Asia/Oceania Classic,Tashkent UZB
-105kg	Kerimbekov Bakyt	KGZ	1961	101.69	213.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Lewis Richard	AUS	1960	131.05	230.0	30.11.2022	Commonwealth, Auckland, New Zealand
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Tseng Chung-Yuen	TPE	1954	58.40	98.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-66kg	Hachisu Mitsugu	JPN	1950	65.09	125.0	06.06.2015	World Classic, Salo Finland
-74kg	Hwang Chien-Lih	TPE	1953	73.70	138.0	06.12.2017	Asia Classic, Kerala / India
-83kg	Varady Stephen	AUS	1962	81.72	142.5	08.10.2022	World Masters Classic, , St. John's Canada
-93kg	Hajigholizadeh Jabarali	IRI	1953	87.95	125.0	18.12.2015	Asia/Oceania Classic,Tashkent UZB
-105kg	Kerimbekov Bakyt	KGZ	1961	101.69	165.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Erfani Hassan	IRI	1958	126.70	160.0	28.12.2021	Asia Classic, Istanbul /Turkey
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Uraki Mitsuhiro	JPN	1957	58.15	185.0	05.06.2019	World Classic, Helsingborg / Sweden
-66kg	Okiura Katsuji	JPN	1945	65.80	205.0	01.06.2014	World Classic, South Africa
-74kg	Hachisu Mitsugu	JPN	1950	70.50	215.0	11.12.2012	Asian Classic, Coimbatore IND
-83kg	Varady Stephen	AUS	1962	81.72	205.0	1902-03-20	World Masters Classic, , St. John's Canada
-93kg	Hajigholizadeh Jabarali	IRI	1953	87.95	227.5	18.12.2015	Asia/Oceania Classic,Tashkent UZB
-105kg	Kerimbekov Bakyt	KGZ	1961	101.69	211.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Lewis Richard	AUS	1960	131.05	270.0	30.11.2022	Commonwealth, Auckland, New Zealand
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Uraki Mitsuhiro	JPN	1957	58.15	416.0	05.06.2019	World Classic, Helsingborg / Sweden
-66kg	Hachisu Mitsugu	JPN	1950	65.09	515.0	06.06.2015	World Classic, Salo Finland
-74kg	Hachisu Mitsugu	JPN	1950	70.50	547.5	11.12.2012	Asian Classic, Coimbatore IND
-83kg	Varady Stephen	AUS	1962	81.72	520.0	09.10.2022	World Masters Classic, , St. John's Canada
-93kg	Hajigholizadeh Jabarali	IRI	1953	87.95	535.0	18.12.2015	Asia/Oceania Classic,Tashkent UZB
-105kg	Kerimbekov Bakyt	KGZ	1961	101.69	589.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Lewis Richard	AUS	1960	131.05	635.0	30.11.2022	Commonwealth, Auckland, New Zealand
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Shirakawa Takeshi	JPN	1948	56.71	130.0	07.12.2013	Asian Classic Bench, Quezon PHI
-66kg	Sato Keiji	JPN	1952	65.90	136.0	07.12.2013	Asian Classic Bench, Quezon PHI
-74kg	Hayashi Yasuhiro	JPN	1956	73.07	148.0	14.05.2018	World Classic Bench, Vantaa, Finland
-83kg	Isu Junichi	JPN	1954	82.65	163.0	18.05.2019	World Bench, Tokyo /Japan
-93kg	Anraku Tomohiro	JPN	1956	88.79	167.5	18.04.2017	World Classic Bench, Killeen USA
-105kg	Kerimbekov Bakyt	KGZ	1961	101.69	165.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg	Watanabe Akihiro	JPN	1958	113.04	193.0	19.05.2019	World Bench, Tokyo /Japan
120+kg	Zhuravlev Andrey	KAZ	1959	120.70	165.0	26.05.2022	World Bench, Almaty/Kazakhstan

ASIAN MASTERS 3 WOMEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Pascoe Pranee	THA	1958	46.44	85.0	02.12.2022	Asia Classic, Dubai/ UAE
-52kg	Ishibashi Aiko	JPN	1953	48.51	87.5	06.06.2018	World Classic, Calgary, Canada
-57kg	Lin A-Yun	TPE	1945	54.6	80.0	24.06.2016	World Classic, Killeen USA
-63kg	Hayashi Hisako	JPN	1951	61.69	120.0	05.06.2015	World Classic, Salo Finland
-69kg	Lee Tsai-Wei	TPE	1961	67.04	100.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	99.7	95.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Kikuri Hiroko	JPN	1949	46.64	52.5	19.06.2016	World Classic, Killeen USA
-52kg	Ishibashi Aiko	JPN	1953	48.51	60.0	06.06.2018	World Classic, Calgary, Canada
-57kg	Fujinaga Hitomi	JPN	1956	56.35	69.0	21.07.2018	IPF International Classic, Hong Kong
-63kg	Hayashi Hisako	JPN	1951	61.69	70.0	05.06.2015	World Classic, Salo Finland
-69kg	Lee Tsai-Wei	TPE	1961	67.04	50.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	99.7	60.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Pascoe Pranee	THA	1958	46.44	123.5	02.12.2022	Asia Classic, Dubai/ UAE
-52kg	Patricia Lynn Meyer	SGP	1955	50.45	122.5	16.09.2022	SEA Cup, Johor Bahru/ Malaysia
-57kg	Lin A-Yun	TPE	1945	54.6	120.0	24.06.2016	World Classic, Killeen USA
-63kg	Hayashi Hisako	JPN	1951	61.69	135.0	05.06.2015	World Classic, Salo Finland
-69kg	Lee Tsai-Wei	TPE	1961	67.04	115.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	99.7	112.5	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Pascoe Pranee	THA	1958	46.44	258.5	02.12.2022	Asia Classic, Dubai/ UAE
-52kg	Ishibashi Aiko	JPN	1953	48.51	252.5	06.06.2018	World Classic, Calgary, Canada
-57kg	Fujinaga Hitomi	JPN	1956	56.35	259.0	21.07.2018	IPF International Classic, Hong Kong
-63kg	Hayashi Hisako	JPN	1951	61.69	325.0	05.06.2015	World Classic, Salo Finland
-69kg	Lee Tsai-Wei	TPE	1961	67.04	265.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg							
-84kg							
84+kg	Tendulkar Anuja	IND	1958	99.7	267.5	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Kikuri Hiroko	JPN	1949	46.40	52.5	18.05.2019	World Bench, Tokyo / Japan
-52kg	Ishibashi Aiko	JPN	1953	47.65	62.5	18.05.2019	World Bench, Tokyo / Japan
-57kg	Yamasaki Yoriko	JPN	1959	55.95	82.5	18.05.2019	World Bench, Tokyo / Japan
-63kg	Hayashi Hisako	JPN	1951	61.69	75.0	18.05.2019	World Bench, Tokyo / Japan
-69kg	Lee Tsai-Wei	TPE	1961	67.04	50.0	04.12.2022	Asia Classic, Dubai/ UAE
-76kg							
-84kg	Sawa Chiyomi	JPN	1949	78.90	80.0	18.05.2019	World Bench, Tokyo / Japan
84+kg	Tendulkar Anuja	IND	1958	99.7	60.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia

ASIAN MASTERS 4 MEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Wong Kung-Him	HKG	1947	54.00	116.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-66kg	Okiura Katsuji	JPN	1945	65.45	165.0	06.06.2018	World Classic, Calgary,Canada
-74kg	Okiura Katsuji	JPN	1945	70.70	182.5	19.06.2016	World Classic, Killeen USA
-83kg	Kitano Toshio	JPN	1946	82.20	190.0	16.03.2019	Asian Pacific , Gold Coast, Australia
-93kg	Tseveendorj Maamchuluun	MGL	1946	83.10	175.0	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-105kg	Stepanenko Valeriy	KAZ	1951	103.75	185.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Babichev Vladimir	KAZ	1949	130.60	85.0	08.12.2019	Asia Classic, Almaty /Kazakhstan
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Kawanaka Akiyoshi	JPN	1942	58.55	95.0	01.06.2014	World Classic, South Africa
-66kg	Akagi Hideharu	JPN	1944	65.50	112.5	01.06.2014	World Classic, South Africa
-74kg	Sato Kuniyoshi	JPN	1943	73.00	102.5	04.06.2019	World Classic, Helsingborg / Sweden
-83kg	Sato Kuniyoshi	JPN	1943	77.50	110.0	19.06.2016	World Classic, Killeen USA
-93kg	Tseveendorj Maamchuluun	MGL	1946	83.10	117.5	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-105kg	Stepanenko Valeriy	KAZ	1951	103.98	100.0	23.09.2021	World Classic, Halmstad /Sweden
-120kg							
120+kg	Babichev Vladimir	KAZ	1949	130.60	100.0	08.12.2019	Asia Classic, Almaty /Kazakhstan
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Hiramatsu Hisanao	JPN	1948	56.05	140.0	04.06.2019	World Classic, Helsingborg / Sweden
-66kg	Okiura Katsuji	JPN	1945	65.45	180.0	06.06.2018	World Classic, Calgary,Canada
-74kg	Okiura Katsuji	JPN	1945	69.66	208.0	05.06.2015	World Classic, Salo Finland
-83kg	Kitano Toshio	JPN	1946	82.20	200.0	16.03.2019	Asian Pacific , Gold Coast, Australia
-93kg	Deguchi Takafumi	JPN	1947	87.00	220.0	04.06.2019	World Classic, Helsingborg / Sweden
-105kg	Stepanenko Valeriy	KAZ	1951	103.75	205.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Babichev Vladimir	KAZ	1949	130.60	115.0	08.12.2019	Asia Classic, Almaty /Kazakhstan
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Wong Kung-Him	HKG	1947	54.00	336.0	03.12.2019	Asia Classic, Almaty /Kazakhstan
-66kg	Okiura Katsuji	JPN	1945	65.45	425.0	06.06.2018	World Classic, Calgary,Canada
-74kg	Okiura Katsuji	JPN	1945	69.66	480.5	05.06.2015	World Classic, Salo Finland
-83kg	Kitano Toshio	JPN	1946	82.20	485.0	16.03.2019	Asian Pacific , Gold Coast, Australia
-93kg	Tseveendorj Maamchuluun	MGL	1946	83.10	482.5	07.12.2018	Asia Classic, Ulaanbaatar / Mongolia
-105kg	Stepanenko Valeriy	KAZ	1951	103.75	490.0	06.12.2022	Asia Classic, Dubai/ UAE
-120kg							
120+kg	Babichev Vladimir	KAZ	1949	130.60	300.0	08.12.2019	Asia Classic, Almaty /Kazakhstan
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-59kg	Shirakawa Takeshi	JPN	1948	57.88	121.5	18.05.2019	World Bench, Tokyo /Japan
-66kg	Yamamoto Tarou	JPN	1950	62.20	113.5	10.09.2022	Asian Bench,Ulaanbaatar MGL
-74kg	Nobuhara Hideyuki	JPN	1952	73.45	135.0	10.09.2022	Asian Bench,Ulaanbaatar MGL
-83kg	Imaizumi Haruki	JPN	1947	80.70	136.0	18.05.2019	World Bench, Tokyo /Japan
-93kg	Sugizaki Mikio	JPN	1948	90.15	125.0	18.05.2019	World Bench, Tokyo /Japan
-105kg	Turlubekov Kairat	KAZ	1948	96.00	110.0	26.05.2022	World Bench, Almaty/Kazakhstan
-120kg							
120+kg	Babichev Vladimir	KAZ	1949	125.00	110.0	26.05.2022	World Bench, Almaty/Kazakhstan

ASIAN MASTERS 4 WOMEN'S CLASSIC RECORDS

SQUAT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.6	80.0	24.06.2016	World Classic, Killeen USA
-63kg							
-69kg							
-76kg							
-84kg							
84+kg							
BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.6	52.5	24.06.2016	World Classic, Killeen USA
-63kg							
-69kg							
-76kg							
-84kg							
84+kg							
DEADLIFT							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.6	120.0	24.06.2016	World Classic, Killeen USA
-63kg							
-69kg							
-76kg							
-84kg							
84+kg							
TOTAL							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg							
-52kg							
-57kg	Lin A-Yun	TPE	1945	54.6	252.5	24.06.2016	World Classic, Killeen USA
-63kg							
-69kg							
-76kg							
-84kg							
84+kg							
SINGLE BENCH PRESS							
w.class	name	team	d.o.b.	bwt	result	date	location
-47kg	Kikuri Hiroko	JPN	1949	46.40	52.5	18.05.2019	World Bench, Tokyo /Japan
-52kg	Yamanoi Sadako	JPN	1944	49.95	45.0	18.05.2019	World Bench, Tokyo /Japan
-57kg	Lin A-Yun	TPE	1945	54.60	52.5	24.06.2016	World Classic, Killeen USA
-63kg							
-69kg							
-76kg							
-84kg	Sawa Chiyomi	JPN	1949	78.90	80.0	18.05.2019	World Bench, Tokyo /Japan
84+kg							

IN MEMORIAM

It is with great sadness when we have to say goodbye to our wonderful friends and associates from within our Asian powerlifting family.

We acknowledge our great people who have passed away and thank them for their contributions and service to our sport.

The Asian Powerlifting Federation extends its sincere condolences to the friends and family of those who have passed away.

We will miss our friends and always remember them; may they rest in peace.

Larry Ching HKG

Larry, a permanent member of Powerlifting Hong Kong, actively supported and participated in Hong Kong Powerlifting over many years. He loved sport and was happy to support the younger generation. He was a highly respect friend and elder in the Hong Kong powerlifting community.



2023 APF CALENDAR

01 - 06 May	Asian Equipped Powerlifting Championship Alappuzha India
23 - 30 June	Asian/Pacific/African Powerlifting & Bench Press Equipped & Classic Championship Hong Kong
16 - 21 August	1st Asian University Cup Sharjah UAE
11 - 17 September	Asian Equipped/Classic Bench Press Championships Toyako Town Japan
10 - 18 December	Asian Classic Powerlifting Championships Kuala Lumpur Malaysia

Next issue due July 2023

Please send all articles, photos, and publishing requests to the Editor –

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