

1. Raw records began Nov 2011
2. Only lifts in PAP-recognized raw events are considered
3. Raw lifts in non-raw competitions (including PAP events) are not considered
4. Only PAP-registered team names will be mentioned.
5. Latest records are in **red**

New Records:	Men	Women	TOTAL
Open	15	10	25
Sjr	2	9	11
Jr	16	19	35
M1	10	1	11
M2	7	1	8
HS	5	11	16
College	23	23	46
Developmental	12	11	23
TOTAL	90	85	175

PHILIPPINE NATIONAL OPEN RAW POWERLIFTING RECORDS

WOMEN

As of Nov. 30, 2016

		BIRTH			
SQUAT	TEAM	YR	KG	DATE	VENUE
47 Leslie Evangelista	Philippines	1981	117.5	24.06.2016	World Classic Powerlifting, Killeen,Texas
52 Anita Koykka	Philippines	1960	125	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
57 Anita Koykka	Zest Power Gym	1960	132.5	26.11.2016	Robinson`s Tacloban
63 Chiang Kathleen	J-Fit Anytime Fitness	1995	128	06.11.2016	Fisher Mall, QC
72 Betina Bordeos	J-Fit Anytime Fitness	1990	136.5	13.08.2016	Fisher Mall, QC
84 Joyce Reboton	FNB	1992	145.5	21.11.2015	Fisher Mall, QC
84+ Alexis Nicole Go	Zest Power Gym	1996	112.5	06.11.2016	Fisher Mall, QC
BENCH PRESS					
47 Leslie Evangelista	Philippines	1981	67.5	24.06.2016	World Classic Powerlifting, Killeen,Texas
52 Anita Koykka	Philippines	1960	70	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
57 Myra Digma	University of the East	1982	95	24.05.2013	Marikina Sports Complex
63 Betina Bordeos	Philippines	1990	77.5	12.12.2014	Asia-Oceania BP, Melbourne, Australia
72 Betina Bordeos	J-Fit Anytime Fitness	1990	85	13.08.2016	Fisher Mall, QC
84 Margarete Angulo	Zest Power Gym	1996	82.5	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	Zest Power Gym	1996	65	06.11.2016	Fisher Mall, QC
DEADLIFT					
47 Leslie Evangelista	Philippines	1981	155	24.06.2016	World Classic Powerlifting, Killeen,Texas
52 Leslie Evangelista	UP Party Shaker	1981	152.5	20.09.2014	Fisher Mall, QC
57 Anita Koykka	Zest Power Gym	1960	157.5	27.09.2014	Catbalogan, Samar
63 Betina Bordeos	SFH	1990	160.5	20.09.2014	Fisher Mall, QC
72 Betina Bordeos	J-Fit Anytime Fitness	1990	170	13.08.2016	Fisher Mall, QC
84 Margarete Angulo	Zest Power Gym	1996	162.5	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	Zest Power Gym	1996	145	06.11.2016	Fisher Mall, QC
TOTAL					
47 Leslie Evangelista	Philippines	1981	340	24.06.2016	World Classic Powerlifting, Killeen,Texas
52 Anita Koykka	Philippines	1960	337.5	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
57 Anita Koykka	Zest Power Gym	1960	365	27.09.2014	Catbalogan, Samar
63 Betina Bordeos	Philippines	1990	355	12.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
72 Betina Bordeos	J-Fit Anytime Fitness	1990	391.5	13.08.2016	Fisher Mall, QC
84 Margarete Angulo	Zest Power Gym	1996	380	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	Zest Power Gym	1996	322.5	06.11.2016	Fisher Mall, QC
SINGLE-LIFT BENCH PRESS					
47 Achelle Guion	Philippines	1971	75	10.12.2013	Asian Classic BP, QC, Philippines
52 Myra Digma	University of the East	1982	70	05.11.2011	SM Marikina
57 Myra Digma	University of the East	1982	95	24.05.2013	Marikina Sports Complex
63 Betina Bordeos	Philippines	1990	77.5	08.12.2014	Asia-Oceania BP, Melbourne, Australia
72 Betina Bordeos	J-Fit Anytime Fitness	1990	85	13.08.2016	Fisher Mall, QC
84 Margarete Angulo	Zest Power Gym	1996	82.5	06.11.2016	Fisher Mall, QC
84+ Adeline Dumapong Ancheta	Philippines	1973	120	10.12.2013	Asian Classic BP, QC, Philippines

New records: 10

PHILIPPINE NATIONAL OPEN RAW POWERLIFTING RECORDS
MEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRTH	YR	KG	DATE	VENUE
59	Jimmy Dacles	Tribal Gym	1988	190	27.09.2014	Catbalogan, Samar	
66	Francis Oliver Retard	BARS	1990	200	05.11.2016	Fisher Mall, QC	
74	Nilo Dela Cena	Zest Power Gym	1976	200	23.05.2014	Marikina Sports Complex	
83	Brian Mejia	Gayanes Gorillas	1995	213	05.11.2106	Fisher Mall, QC	
93	Marlon Lugue	Kinetix Lab	1983	232.5	13.08.2016	Fisher Mall, QC	
105	Mark Espino	Gayanes Gorillas	1992	260	05.11.2106	Fisher Mall, QC	
120	Raymond Debuque	Zest Power Gym	1993	255	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	Philippines	1993	255	14.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
BENCH PRESS							
59	Jimmy Dacles	Tribal Gym	1988	120	27.09.2014	Catbalogan, Samar	
66	Isiah De Villa	Team Bozanian	1992	130	14.08.2016	Fisher Mall, QC	
74	Mark Abad	Zest Power Gym		145	05.11.2016	Fisher Mall, QC	
83	Roberto del Rosario	Crossfit Halcyon	1988	155	14.08.2016	Fisher Mall, QC	
93	Gib Ang	Eclipse	1981	175	21.09.2014	Fisher Mall, QC	
105	Jay Em Esteban	Zexz	1979	180	14.08.2016	Fisher Mall, QC	
120	Raymond Debuque	Zest Power Gym	1993	170.5	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	Philippines	1993	170	14.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
DEADLIFT							
59	Regie Ramirez	Zest Power Gym	1993	225	26.11.2016	Robinson`s Tacloban	
66	Isiah De Villa	Team Bozanian	1992	222.5	05.11.2016	Fisher Mall, QC	
74	Carlos Tan	Gayanes Gorillas	1991	245.5	14.08.2016	Fisher Mall, QC	
83	Francisco Guerra	Bro Fit Gym	1987	260	22.11.2015	Fisher Mall, QC	
93	Nestor Redulla	Alpha	1995	250	05.11.2016	Fisher Mall, QC	
105	Jay Em Esteban	Zexz	1979	265	14.08.2016	Fisher Mall, QC	
120	Kenneth Torres	Individual	1996	275	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	Zest Power Gym	1993	250	22.05.2014	Marikina Sports Complex	
TOTAL							
59	Regie Ramirez	Zest Power Gym	1993	510	26.11.2016	Robinson`s Tacloban	
66	Isiah De Villa	Team Bozanian	1992	540.5	05.11.2016	Fisher Mall, QC	
74	Nilo Dela Cena	Zest Power Gym	1976	535	23.05.2014	Marikina Sports Complex	
83	Brian Mejia	Gayanes Gorillas	1995	570.5	05.11.2106	Fisher Mall, QC	
93	Faisal Tabusalla	Gayanes Gorillas		597.5	05.11.2016	Fisher Mall, QC	
105	Jay Em Esteban	Zexz	1979	660	14.08.2016	Fisher Mall, QC	
120	Raymond Debuque	Zest Power Gym	1993	687	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	Philippines	1993	675	14.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
SINGLE-LIFT BENCH PRESS							
59	Agustin Kitan	Philippines	1976	163.5	07.12.2013	Asian Classic BP, QC, Philippines	
66	Agustin Kitan	Zest Power Gym	1976	150	01.10.2016	Robinson's Imus	
74	Mark Abad	Zest Power Gym	1981	153	01.10.2016	Robinson's Imus	
83	Vlady Sorezo	Zest Power Gym	1977	162.5	01.10.2016	Robinson's Imus	
93	Gib Ang	Eclipse	1981	175	21.09.2014	Fisher Mall, QC	
105	Jay Em Esteban	Zexz	1979	180	14.08.2016	Fisher Mall, QC	
120	Raymond Debuque	Zest Power Gym	1993	170.5	05.11.2016	Fisher Mall, QC	
120+	Joshua Raymundo	Eclipse	1985	190	01.09.2013	Robinsons Imus, Cavite	

New records: 15

PHILIPPINE NATIONAL SUB-JUNIOR (14-18) RAW POWERLIFTING RECORDS
WOMEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRT	H YR	KG	DATE	VENUE
43	Veronica Ompod	Leyte Sports Academy	2000	95	26.11.2016	Robinson`s Tacloban	
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	85	27.09.2014	Catbalogan, Samar	
52	Reign Bautista	Philippines	1999	105	21.06.2016	World Classic Powerlifting, Killeen,Texas	
57	Daisy Grace Lipasana	Leyte Sports Academy	1999	92.5	21.11.2015	Fisher Mall, QC	
63	Daryl Banania	University of the East	1997	95	20.09.2014	Fisher Mall, QC	
72	Margarette Angulo	University of the Philippines	1996	100	20.09.2014	Fisher Mall, QC	
84	Alexis Nicole Go	University of the Philippines	1996	75	20.09.2014	Fisher Mall, QC	
84+	Maria Sophia Hilario	UA&P		65	21.11.2015	Fisher Mall, QC	
BENCH PRESS							
43	Veronica Ompod	Leyte Sports Academy	2000	48.5	26.11.2016	Robinson`s Tacloban	
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	45	21.11.2015	Fisher Mall, QC	
52	Reign Bautista	Philippines	1999	62.5	21.06.2016	World Classic Powerlifting, Killeen,Texas	
57	Daisy Grace Lipasana	Leyte Sports Academy	1999	52.5	26.11.2016	Robinson`s Tacloban	
63	Clarizza Quiambao	Immaculate Conception Academy	1995	45	24.03.2012	Alphaland Southgate Mall, Makati	
72	Margarette Angulo	University of the Philippines	1996	55	20.09.2014	Fisher Mall, QC	
84	Alexis Nicole Go	University of the Philippines	1996	40	20.09.2014	Fisher Mall, QC	
84+	Maria Sophia Hilario	UA&P		40	21.11.2015	Fisher Mall, QC	
DEADLIFT							
43	Veronica Ompod	Leyte Sports Academy	2000	112.5	26.11.2016	Robinson`s Tacloban	
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	107.5	21.11.2015	Fisher Mall, QC	
52	Reign Bautista	Philippines	1999	130	21.06.2016	World Classic Powerlifting, Killeen,Texas	
57	Angela Alferes	Leyte Sports Academy	1999	115	21.11.2015	Fisher Mall, QC	
63	Angela Alferes	Leyte Sports Academy	1999	132.5	26.11.2016	Robinson`s Tacloban	
72	Margarette Angulo	University of the Philippines	1996	135	20.09.2014	Fisher Mall, QC	
84	Alexis Nicole Go	University of the Philippines	1996	110	20.09.2014	Fisher Mall, QC	
84+	Maria Sophia Hilario	UA&P		85	21.11.2015	Fisher Mall, QC	
TOTAL							
43	Veronica Ompod	Leyte Sports Academy	2000	256	26.11.2016	Robinson`s Tacloban	
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	237.5	21.11.2015	Fisher Mall, QC	
52	Reign Bautista	Philippines	1999	297.5	21.06.2016	World Classic Powerlifting, Killeen,Texas	
57	Angela Alferes	Leyte Sports Academy	1999	252.5	21.11.2015	Fisher Mall, QC	
63	Angela Alferes	Leyte Sports Academy	1999	270	26.11.2016	Robinson`s Tacloban	
72	Margarette Angulo	University of the Philippines	1996	290	20.09.2014	Fisher Mall, QC	
84	Alexis Nicole Go	University of the Philippines	1996	225	20.09.2014	Fisher Mall, QC	
84+	Maria Sophia Hilario	UA&P		190	21.11.2015	Fisher Mall, QC	
SINGLE-LIFT BENCH PRESS							
43	Veronica Ompod	Leyte Sports Academy	2000	48.5	26.11.2016	Robinson`s Tacloban	
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	45	21.11.2015	Fisher Mall, QC	
52	Reign Bautista	Philippines	1999	62.5	21.06.2016	World Classic Powerlifting, Killeen,Texas	
57	Daisy Grace Lipasana	Leyte Sports Academy	1999	52.5	26.11.2016	Robinson`s Tacloban	
63	Janeva Duran	Philippines	1995	52.5	10.12.2013	Asian Classic BP, QC, Philippines	
72	Margarette Angulo	University of the Philippines	1996	55	20.09.2014	Fisher Mall, QC	
84	Alexis Nicole Go	University of the Philippines	1996	40	20.09.2014	Fisher Mall, QC	
84+	Maria Sophia Hilario	UA&P		40	21.11.2015	Fisher Mall, QC	

New records: 9

PHILIPPINE NATIONAL SUB-JUNIOR (14-18) RAW POWERLIFTING RECORDS
MEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRTH	YR	KG	DATE	VENUE
53	Romel Gacutara	Philippines	1996	115	10.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
59	Francisco Arca	Leyte Sports Academy	1999	142.5	21.11.2015	Fisher Mall, QC	
66	Kenneth John Bais	Leyte Sports Academy	1997	157.5	21.11.2015	Fisher Mall, QC	
74	John Castelar	Zest Power Gym/ De La Salle Zobel	1994	145	25.03.2012	Alphaland Southgate Mall, Makati	
83	Clark Cruz	Zest Power Gym/ De La Salle Zobel	1994	180	25.03.2012	Alphaland Southgate Mall, Makati	
93	Jaime Odon	NEU Barbell Club		167.5	22.11.2015	Fisher Mall, QC	
105							
120							
120+							

BENCH PRESS		TEAM	BIRTH	YR	KG	DATE	VENUE
53	Romel Gacutara	Zest Power Gym	1996	75	27.09.2014	Catbalogan, Samar	
59	Francisco Arca	Leyte Sports Academy	1999	100	26.11.2016	Robinson`s Tacloban	
66	Joachim Fuentes	Zest Power Gym	1996	80	20.09.2014	Fisher Mall, QC	
74	John Castelar	Zest Power Gym/ De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati	
83	Clark Cruz	Zest Power Gym/ De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati	
93	Juan Miguel Veliz	UA&P		95	22.11.2015	Fisher Mall, QC	
105							
120							
120+							

DEADLIFT		TEAM	BIRTH	YR	KG	DATE	VENUE
53	Romel Gacutara	Philippines	1996	180	10.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
59	Emmanuel Montefalcon	New Era University	1997	160	25.05.2013	Marikina Sports Complex	
66	Kenneth John Bais	Leyte Sports Academy	1997	187.5	21.11.2015	Fisher Mall, QC	
74	Joemart Bingco	Leyte Sports Academy		185	21.11.2015	Fisher Mall, QC	
83	Clark Cruz	Zest Power Gym/ De La Salle Zobel	1994	210	25.03.2012	Alphaland Southgate Mall, Makati	
93	Jaime Odon	NEU Barbell Club		190	21.11.2015	Fisher Mall, QC	
105							
120							
120+							

TOTAL		TEAM	BIRTH	YR	KG	DATE	VENUE
53	Romel Gacutara	Philippines	1996	362.5	10.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
59	Francisco Arca	Leyte Sports Academy	1999	367.5	21.11.2015	Fisher Mall, QC	
66	Kenneth John Bais	Leyte Sports Academy	1997	420	21.11.2015	Fisher Mall, QC	
74	John Castelar	Zest Power Gym/ De La Salle Zobel	1994	430	25.03.2012	Alphaland Southgate Mall, Makati	
83	Clark Cruz	Zest Power Gym/ De La Salle Zobel	1994	495	25.03.2012	Alphaland Southgate Mall, Makati	
93	Jaime Odon	NEU Barbell Club		440	21.11.2015	Fisher Mall, QC	
105							
120							
120+							

SINGLE-LIFT BENCH PRESS		TEAM	BIRTH	YR	KG	DATE	VENUE
53	Gabriel Hidalgo	Gayanes	1994	75	05.11.2011	SM Marikina	
59	Francisco Arca	Leyte Sports Academy	1999	100	26.11.2016	Robinson`s Tacloban	
66	Joachim Fuentes	Zest Power Gym	1996	80	20.09.2014	Fisher Mall, QC	
74	John Castelar	Zest Power Gym/ De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati	
83	Clark Cruz	Zest Power Gym	1994	105	05.11.2011	SM Marikina	
93	Nestor Redulla	Philippines	1997	115	08.12.2013	Asian Classic BP, QC, Philippines	
105							
120	Jacob Evans	University of the East	1993	95	06.11.2011	SM Marikina	
120+	Raymond Debuque	Zest Power Gym	1993	140	06.11.2011	SM Marikina	

New records: 2

PHILIPPINE NATIONAL JUNIOR (19-23) RAW POWERLIFTING RECORDS

WOMEN

As of Nov. 30, 2016

SQUAT		TEAM	BIRTH		DATE	VENUE
			YR	KG		
43	Veronica Ompod	Leyte Sports Academy	2000	95	26.11.2016	Robinson`s Tacloban
47	Jasmine Martin	Philippines	1993	90	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
52	Jasmine Martin	Gayanes Gorillas	1993	105	21.11.2015	Fisher Mall, QC
57	Andrea Maurice Garucho	University of Asia & the Pacific		105	06.11.2016	Fisher Mall, QC
63	Chiang Kathleen	J-Fit Anytime Fitness	1995	128	06.11.2016	Fisher Mall, QC
72	Margarette Angulo	University of the Philippines	1996	130	21.11.2015	Fisher Mall, QC
84	Joyce Reboton	FNB	1992	145.5	21.11.2015	Fisher Mall, QC
84+	Alexis Nicole Go	Zest Power Gym	1996	112.5	06.11.2016	Fisher Mall, QC

BENCH PRESS

43	Veronica Ompod	Leyte Sports Academy	2000	48.5	26.11.2016	Robinson`s Tacloban
47	Jasmine Martin	Philippines	1993	50	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
52	Reign Bautista	Philippines	1999	62.5	21.06.2016	World Classic Powerlifting, Killeen,Texas
57	Andrea Maurice Garucho	University of Asia & the Pacific		52.5	06.11.2016	Fisher Mall, QC
63	Betina Bordeos	Philippines	1990	70	24.05.2013	Marikina Sports Complex
72	Margarette Angulo	University of the Philippines	1996	68	21.11.2015	Fisher Mall, QC
84	Margarette Angulo	Zest Power Gym	1996	82.5	06.11.2016	Fisher Mall, QC
84+	Alexis Nicole Go	Zest Power Gym	1996	65	06.11.2016	Fisher Mall, QC

DEADLIFT

43	Veronica Ompod	Leyte Sports Academy	2000	112.5	26.11.2016	Robinson`s Tacloban
47	Jasmine Martin	Philippines	1993	140	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
52	Jasmine Martin	Gayanes Gorillas	1993	150	21.05.2014	Marikina Sports Complex
57	Alyssa Jane Guterrez	Gayanes Gorillas	1994	150.5	21.05.2014	Marikina Sports Complex
63	Betina Bordeos	Philippines	1990	157.5	24.05.2013	Marikina Sports Complex
72	Maxine Fugen	Zest Power Gym	1995	152.5	06.11.2016	Fisher Mall, QC
84	Margarette Angulo	Zest Power Gym	1996	162.5	06.11.2016	Fisher Mall, QC
84+	Alexis Nicole Go	Zest Power Gym	1996	145	06.11.2016	Fisher Mall, QC

TOTAL

43	Veronica Ompod	Leyte Sports Academy	2000	256	26.11.2016	Robinson`s Tacloban
47	Jasmine Martin	Philippines	1993	280	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia
52	Jasmine Martin	Gayanes Gorillas	1993	302.5	21.05.2014	Marikina Sports Complex
57	Alyssa Jane Guterrez	Gayanes Gorillas	1994	298	21.05.2014	Marikina Sports Complex
63	Chiang Kathleen	J-Fit Anytime Fitness	1995	343	06.11.2016	Fisher Mall, QC
72	Margarette Angulo	University of the Philippines	1996	338	21.11.2015	Fisher Mall, QC
84	Margarette Angulo	Zest Power Gym	1996	380	06.11.2016	Fisher Mall, QC
84+	Alexis Nicole Go	Zest Power Gym	1996	322.5	06.11.2016	Fisher Mall, QC

SINGLE-LIFT BENCH PRESS

43	Veronica Ompod	Leyte Sports Academy	2000	48.5	26.11.2016	Robinson`s Tacloban
47	Jasmine Martin	Philippines	1993	50	08.12.2014	Asia-Oceania BP, Melbourne, Australia
52	Reign Bautista	Philippines	1999	62.5	21.06.2016	World Classic Powerlifting, Killeen,Texas
57	Betina Bordeos	University of the Philippines	1990	62.5	05.11.2011	SM Marikina
63	Betina Bordeos	Philippines	1990	70	24.05.2013	Marikina Sports Complex
72	Margarette Angulo	University of the Philippines	1996	68	21.11.2015	Fisher Mall, QC
84	Margarette Angulo	Zest Power Gym	1996	82.5	06.11.2016	Fisher Mall, QC
84+	Alexis Nicole Go	Zest Power Gym	1996	65	06.11.2016	Fisher Mall, QC

New records: 19

PHILIPPINE NATIONAL JUNIOR (19-23) RAW POWERLIFTING RECORDS

MEN

As of Nov. 30, 2016

		BIRTH			
SQUAT	TEAM	YR	KG	DATE	VENUE
53	Romel Gacutara	Philippines	1996	115	10.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
59	Regie Ramirez	Philippines	1993	185	10.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
66	Isiah De Villa	Gayanes Gorillas	1992	182.5	20.09.2014 Fisher Mall, QC
74	Miguel Pingol	Gayanes Gorillas	1993	185	14.08.2016 Fisher Mall, QC
83	Brian Mejia	Gayanes Gorillas	1995	213	05.11.2106 Fisher Mall, QC
93	Spencer Go	Zest Power Gym	1993	222.5	21.11.2015 Fisher Mall, QC
105	Mark Espino	Gayanes Gorillas		240	22.11.2015 Fisher Mall, QC
120	Raymond Debuque	Zest Power Gym	1993	255	05.11.2016 Fisher Mall, QC
120+	Raymond Debuque	Philippines	1993	255	14.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
BENCH PRESS					
53	Romel Gacutara	Zest Power Gym	1996	75	27.09.2014 Catbalogan, Samar
59	Regie Ramirez	Zest Power Gym	1993	102.5	26.11.2016 Robinson`s Tacloban
66	Isiah De Villa	Gayanes Gorillas	1992	112.5	20.09.2014 Fisher Mall, QC
74	Miguel Pingol	Gayanes Gorillas	1993	118	14.08.2016 Fisher Mall, QC
83	Lorenzo Gaspar	Zest Power Gym	1995	140.5	05.11.2016 Fisher Mall, QC
93	Gaspar Lorenzo	Philippines	1995	142.5	12.12.2014 Asia-Oceania BP, Melbourne, Australia
105	Brandon Cueto	University of the Philippines	1991	145	21.09.2014 Fisher Mall, QC
120	Raymond Debuque	Zest Power Gym	1993	170.5	05.11.2016 Fisher Mall, QC
120+	Raymond Debuque	Philippines	1993	170	14.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
DEADLIFT					
53	Romel Gacutara	Philippines	1996	180	10.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
59	Regie Ramirez	Zest Power Gym	1993	225	26.11.2016 Robinson`s Tacloban
66	Isiah De Villa	Philippines	1993	215	10.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
74	Carlos Tan	Gayanes Gorillas	1991	230.5	22.05.2014 Marikina Sports Complex
83	Nestor Redulla	University of the East	1995	247.5	21.09.2014 Fisher Mall, QC
93	Nestor Redulla	Alpha	1995	250	05.11.2016 Fisher Mall, QC
105	Brandon Cueto	University of the Philippines	1991	240	21.09.2014 Fisher Mall, QC
120	Kenneth Torres	Individual	1996	275	05.11.2016 Fisher Mall, QC
120+	Raymond Debuque	Zest Power Gym	1993	250	22.05.2014 Marikina Sports Complex
TOTAL					
53	Romel Gacutara	Philippines	1996	362.5	10.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
59	Regie Ramirez	Zest Power Gym	1993	510	26.11.2016 Robinson`s Tacloban
66	Isiah De Villa	Philippines	1993	505	10.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
74	Miguel Pingol	Gayanes Gorillas	1993	498	14.08.2016 Fisher Mall, QC
83	Brian Mejia	Gayanes Gorillas	1995	570.5	05.11.2106 Fisher Mall, QC
93	Faisal Tabusalla	Gayanes Gorillas		597.5	05.11.2016 Fisher Mall, QC
105	Brandon Cueto	University of the Philippines	1991	602.5	21.09.2014 Fisher Mall, QC
120	Raymond Debuque	Zest Power Gym	1993	687	05.11.2016 Fisher Mall, QC
120+	Raymond Debuque	Philippines	1993	675	14.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia
SINGLE-LIFT BENCH PRESS					
53	Gabriel Hidalgo	Gayanes	1994	75	05.11.2011 SM Marikina
59	Gabriel Hidalgo	Gayanes	1994	110	01.10.2016 Robinson's Imus
66	Isiah De Villa	Gayanes Gorillas	1992	112.5	20.09.2014 Fisher Mall, QC
74	Miguel Pingol	Gayanes Gorillas	1993	118	14.08.2016 Fisher Mall, QC
83	Lorenzo Gaspar	Zest Power Gym	1995	140.5	05.11.2016 Fisher Mall, QC
93	Aldrin Caparas	Philippines	1993	142.5	08.12.2013 Asian Classic BP, QC, Philippines
105	John Michael Zaldivar	UA&P	1993	145.5	01.10.2016 Robinson's Imus
120	Raymond Debuque	Zest Power Gym	1993	170.5	05.11.2016 Fisher Mall, QC
120+	Raymond Debuque	Philippines	1993	170	14.12.2014 Asia-Oceania Powerlifting , Melbourne, Australia

New records: 16

PHILIPPINE NATIONAL MASTER 1 (40+) RAW POWERLIFTING RECORDS
WOMEN
As of Nov. 30, 2016

		BIRTH				
SQUAT	TEAM	YR	KG	DATE	VENUE	
47						
52 Anita Koykka	Philippines	1960	125	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57 Anita Koykka	Zest Power Gym	1960	132.5	26.11.2016	Robinson`s Tacloban	
63 Donna Ladao	Team Iron Quest		45	21.11.2015	Fishermall, QC	
72						
84						
84+						
BENCH PRESS						
47						
52 Anita Koykka	Philippines	1960	70	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57 Anita Koykka	Zest Power Gym	1960	77.5	27.09.2014	Catbalogan, Samar	
63 Donna Ladao	Team Iron Quest		27.5	21.11.2015	Fishermall, QC	
72						
84						
84+						
DEADLIFT						
47						
52 Anita Koykka	Philippines	1960	142.5	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57 Anita Koykka	Zest Power Gym	1960	157.5	27.09.2014	Catbalogan, Samar	
63 Donna Ladao	Team Iron Quest		85	21.11.2015	Fishermall, QC	
72						
84						
84+						
TOTAL						
47						
52 Anita Koykka	Philippines	1960	337.5	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57 Anita Koykka	Zest Power Gym	1960	365	27.09.2014	Catbalogan, Samar	
63 Donna Ladao	Team Iron Quest		157.5	21.11.2015	Fishermall, QC	
72						
84						
84+						
SINGLE-LIFT BENCH PRESS						
47 Achelle Guion	Philippines	1971	75	10.12.2013	Asian Classic BP, QC, Philippines	
52 Anita Koykka	Philippines	1960	70	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57 Anita Koykka	Zest Power Gym	1960	77.5	27.09.2014	Catbalogan, Samar	
63 Aida Concepcion	Gayanes Gorillas	1960	45	31.08.2013	Robinsons Imus, Cavite	
72						
84						
84+ Adeline Dumapong Ancheta	Zest Power Gym	1973	120	10.12.2013	Asian Classic BP, QC, Philippines	

New records: 1

PHILIPPINE NATIONAL MASTER 1 (40+) RAW POWERLIFTING RECORDS

MEN

As of Nov. 30, 2016

		BIRTH				
SQUAT	TEAM	YR	KG	DATE	VENUE	
59	Antonio Taguibao	Zest Power Gym	1958	130	25.05.2013	Marikina Sports Complex
66	Nilo dela Cena	Zest Power Gym	1976	170	14.08.2106	Fisher Mall, QC
74	Dionisio Inobaya	Eclipse	1975	185	14.08.2106	Fisher Mall, QC
83	Edwin Onate	Gayanes Gorillas	1964	205	05.11.2016	Fisher Mall, QC
93	Rene Dio	Team Bozanian	1956	195	11/22//2015	Fisher Mall, QC
105	Angelito Espanola	Chopain	1968	210.5	14.08.2016	Fisher Mall, QC
120	Edmundo Cardano	University of the East	1961	210	08.02.2015	Crossfit MNL, Libis
120+	Jerry Chiong	Zest Power Gym	1973	190	26.11.2016	Robinson`s Tacloban
BENCH PRESS						
59	Antonio Taguibao	Zest Power Gym	1958	70	25.05.2013	Marikina Sports Complex
66	Edwin Sonido	Chopain		115.5	05.11.2016	Fisher Mall, QC
74	Noel H. Mustacisa	Wiseman Gym	1975	120	26.11.2016	Robinson`s Tacloban
83	Miguelito Tapia Sr	Wiseman Gym	1970	150	26.11.2016	Robinson`s Tacloban
93	Rene Dio	Team Bozanian	1956	140	11/22//2015	Fisher Mall, QC
105	Angelito Espanola	Chopain	1968	135	14.08.2016	Fisher Mall, QC
120	Eusebio Gerardo Pensega	Olympic Fitness Gym	1965	115	26.11.2016	Robinson`s Tacloban
120+	Jerry Chiong	Zest Power Gym	1973	125	26.11.2016	Robinson`s Tacloban
DEADLIFT						
59	Antonio Taguibao	Zest Power Gym	1958	140	25.05.2013	Marikina Sports Complex
66	Nilo dela Cena	Zest Power Gym	1976	205	14.08.2106	Fisher Mall, QC
74	Dionisio Inobaya	Eclipse	1975	215	14.08.2106	Fisher Mall, QC
83	Renato Dio	Bozanian	1956	235	14.08.2016	Fishermall,Q.C.
93	Rene Dio	Team Bozanian	1956	140	11/22//2015	Fisher Mall, QC
105	Angelito Espanola	Chopain	1968	225	14.08.2016	Fisher Mall, QC
120	Edmundo Cardano	University of the East	1961	200	08.02.2015	Crossfit MNL, Libis
120+	Jerry Chiong	Zest Power Gym	1973	205	26.11.2016	Robinson`s Tacloban
TOTAL						
59	Antonio Taguibao	Zest Power Gym	1958	340	25.05.2013	Marikina Sports Complex
66	Nilo dela Cena	Zest Power Gym	1976	481	14.08.2106	Fisher Mall, QC
74	Dionisio Inobaya	Eclipse	1975	510	14.08.2106	Fisher Mall, QC
83	Rene Dio		1956	560	24.03.2012	Alphaland Southgate Mall, Makati
93	Rene Dio	Team Bozanian	1956	560	11/22//2015	Fisher Mall, QC
105	Angelito Espanola	Chopain	1968	558	14.08.2016	Fisher Mall, QC
120	Edmundo Cardano	University of the East	1961	520	08.02.2015	Crossfit MNL, Libis
120+	Jerry Chiong	Zest Power Gym	1973	520	26.11.2016	Robinson`s Tacloban
SINGLE-LIFT BENCH PRESS						
59	Roland Maye	Zest Power Gym	1966	115	31.08.2013	Robinsons Imus, Cavite
66	Agustin Kitan	Zest Power Gym		150	01.10.2016	Robinsons Imus, Cavite
74	Edgardo Munar	Philippines	1967	140	01.10.2016	Robinsons Imus, Cavite
83	Miguelito Tapia Sr	Wiseman Gym	1970	150	26.11.2016	Robinson`s Tacloban
93	Rene Dio	Bozanian	1956	143	03.10.2015	Fisher Mall, QC
105	Angelito Espanola	Chopain	1968	135	14.08.2016	Fisher Mall, QC
120	Hansel Cotek	Zest Power Gym	1974	130	03.10.2015	Fisher Mall, QC
120+	Jerry Chiong	Zest Power Gym	1973	125	26.11.2016	Robinson`s Tacloban

New records: 10

PHILIPPINE NATIONAL MASTER 2 (50+) RAW POWERLIFTING RECORDS
WOMEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRTH	YR	KG	DATE	VENUE
47							
52	Anita Koykka	Philippines	1960	125	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57	Anita Koykka	Zest Power Gym	1960	132.5	26.11.2016	Robinson`s Tacloban	
63	Donna Ladao	Team Iron Quest		45	21.11.2015	Fishermall, QC	
72							
84							
84+							

BENCH PRESS		TEAM	BIRTH	YR	KG	DATE	VENUE
47							
52	Anita Koykka	Philippines	1960	70	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57	Anita Koykka	Zest Power Gym	1960	77.5	27.09.2014	Catbalogan, Samar	
63	Donna Ladao	Team Iron Quest		27.5	21.11.2015	Fishermall, QC	
72							
84							
84+							

DEADLIFT		TEAM	BIRTH	YR	KG	DATE	VENUE
47							
52	Anita Koykka	Philippines	1960	142.5	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57	Anita Koykka	Zest Power Gym	1960	157.5	27.09.2014	Catbalogan, Samar	
63	Donna Ladao	Team Iron Quest		85	21.11.2015	Fishermall, QC	
72							
84							
84+							

TOTAL		TEAM	BIRTH	YR	KG	DATE	VENUE
47							
52	Anita Koykka	Philippines	1960	337.5	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57	Anita Koykka	Zest Power Gym	1960	365	27.09.2014	Catbalogan, Samar	
63	Donna Ladao	Team Iron Quest		157.5	21.11.2015	Fishermall, QC	
72							
84							
84+							

SINGLE-LIFT BENCH PRESS		TEAM	BIRTH	YR	KG	DATE	VENUE
47	Rosanna Garcia	Gayanes Gorillas	1955	47	05.11.2011	SM Marikina	
52	Anita Koykka	Philippines	1960	70	09.12.2014	Asia-Oceania Powerlifting , Melbourne, Australia	
57	Anita Koykka	Zest Power Gym	1960	77.5	27.09.2014	Catbalogan, Samar	
63	Aida Concepcion	Gayanes Gorillas	1960	45	31.08.2013	Robinsons Imus, Cavite	
72							
84							
84+							

New records: 1

PHILIPPINE NATIONAL MASTER 2 (50+) RAW POWERLIFTING RECORDS
MEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRTH		DATE	VENUE
			YR	KG		
59	Antonio Taguibao	Zest Power Gym	1958	130	25.05.2013	Marikina Sports Complex
66						
74	Eric Paglinawan	Zest Power Gym	1964	160	28.09.2014	Catbalogan, Samar
83	Edwin Onate	Gayanes Gorillas	1964	205	05.11.2016	Fisher Mall, QC
93	Rene Dio	Team Bozanian	1956	195	11/22//2015	Fisher Mall, QC
105	Edmundo Cardano	University of the East	1961	210	25.03.2012	Alphaland Southgate Mall, Makati
120	Edmundo Cardano	University of the East	1961	210	08.02.2015	Crossfit MNL, Libis
120+						
BENCH PRESS						
59	Antonio Taguibao	Zest Power Gym	1958	70	25.05.2013	Marikina Sports Complex
66						
74	Eric Paglinawan	Olympic Fitness Gym	1964	100	26.11.2016	Robinson`s Tacloban
83	Rene Dio		1956	140	24.03.2012	Alphaland Southgate Mall, Makati
93	Rene Dio	Team Bozanian	1956	140	11/22//2015	Fisher Mall, QC
105	Edmundo Cardano	University of the East	1961	120	21.09.2014	Fisher Mall, QC
120	Eusebio Gerardo Pensega	Olympic Fitness Gym	1965	115	26.11.2016	Robinson`s Tacloban
120+						
DEADLIFT						
59	Antonio Taguibao	Zest Power Gym	1958	140	25.05.2013	Marikina Sports Complex
66						
74	Eric Paglinawan	Olympic Fitness Gym	1964	210	26.11.2016	Robinson`s Tacloban
83	Renato Dio	Bozanian	1956	235	14.08.2016	Fishermall,Q.C.
93	Rene Dio	Team Bozanian	1956	225	11/22//2015	Fisher Mall, QC
105	Edmundo Cardano	University of the East	1961	200	21.09.2014	Fisher Mall, QC
120	Edmundo Cardano	University of the East	1961	200	08.02.2015	Crossfit MNL, Libis
120+						
TOTAL						
59	Antonio Taguibao	Zest Power Gym	1958	340	25.05.2013	Marikina Sports Complex
66						
74	Eric Paglinawan	Olympic Fitness Gym	1964	460	26.11.2016	Robinson`s Tacloban
83	Rene Dio		1956	560	24.03.2012	Alphaland Southgate Mall, Makati
93	Rene Dio	Team Bozanian	1956	560	11/22//2015	Fisher Mall, QC
105	Edmundo Cardano	University of the East	1961	500	25.03.2012	Alphaland Southgate Mall, Makati
120	Edmundo Cardano	University of the East	1961	520	08.02.2015	Crossfit MNL, Libis
120+						
SINGLE-LIFT BENCH PRESS						
59	Rolando Maye	Zest Power Gym	1966	105	01.10.2016	Robinson's Imus
66						
74	Eric Paglinawan	Olympic Fitness Gym	1964	100	26.11.2016	Robinson`s Tacloban
83	Rene Dio		1956	140	24.03.2012	Alphaland Southgate Mall, Makati
93	Rene Dio	Bozanian	1956	143	03.10.2015	Fisher Mall, QC
105	Edmundo Cardano	Philippines	1961	127.5	09.12.2013	Asian Classic BP, QC, Philippines
120	Eusebio Gerardo Pensega	Olympic Fitness Gym	1965	115	26.11.2016	Robinson`s Tacloban
120+						

New records: 7

PHILIPPINE NATIONAL MASTER 3 (60+) RAW POWERLIFTING RECORDS
WOMEN
As of Nov. 30, 2016

SQUAT	TEAM	BIRTH		KG	DATE	VENUE
		YR				
47						
52						
57						
63	Donna Ladao Team Iron Quest			45	21.11.2015	Fishermall, QC
72						
84						
84+						

BENCH PRESS

47						
52						
57						
63	Donna Ladao Team Iron Quest			27.5	21.11.2015	Fishermall, QC
72						
84						
84+						

DEADLIFT

47						
52						
57						
63	Donna Ladao Team Iron Quest			85	21.11.2015	Fishermall, QC
72						
84						
84+						

TOTAL

47						
52						
57						
63	Donna Ladao Team Iron Quest			157.5	21.11.2015	Fishermall, QC
72						
84						
84+						

SINGLE-LIFT BENCH PRESS

47						
52						
57	Leonora Oca Zest			50	01.10.2016	Robinson's Imus
63	Donna Ladao Team Iron Quest			27.5	21.11.2015	Fishermall, QC
72						
84						
84+						

New records: 0

PHILIPPINE NATIONAL MASTER 3 (60+) RAW POWERLIFTING RECORDS

MEN

As of Nov. 30, 2016

SQUAT		TEAM	BIRTH	KG	DATE	VENUE
			YR			
59						
66						
74						
83	Renato Dio	Bozanian	1956	185	14.08.2016	Fishermall,Q.C.
93						
105						
120						
120+						

BENCH PRESS

59						
66						
74						
83	Renato Dio	Bozanian	1956	132.5	14.08.2016	Fishermall,Q.C.
93						
105						
120						
120+						

DEADLIFT

59						
66						
74						
83	Renato Dio	Bozanian	1956	235	14.08.2016	Fishermall,Q.C.
93						
105						
120						
120+						

TOTAL

59						
66						
74						
83	Renato Dio	Bozanian	1956	552.5	14.08.2016	Fishermall,Q.C.
93						
105						
120						
120+						

SINGLE-LIFT BENCH PRESS

59						
66						
74	Leo De Castro	Gayanes Gorillas	1946	50	01.09.2013	Robinsons Imus, Cavite
83	Renato Dio	Bozanian	1956	132.5	14.08.2016	Fishermall,Q.C.
93						
105						
120						
120+						

New records: **5**

PHILIPPINE NATIONAL MASTER 4 (70+) RAW POWERLIFTING RECORDS

MEN

As of Nov. 30, 2016

SQUAT	TEAM	BIRTH YR	KG	DATE	VENUE
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59
66
74
83
93
105
120
120+

BENCH PRESS

59
66
74
83
93
105
120
120+

DEADLIFT

59
66
74
83
93
105
120
120+

TOTAL

59
66
74
83
93
105
120
120+

SINGLE-LIFT BENCH PRESS

59
66
74 Leo de Castro Gayanes Gorillas 1974 45 02.10.2016 Robinson's Imus
83
93
105
120
120+

New records: 0

PHILIPPINE NATIONAL DEVELOPMENT RAW POWERLIFTING RECORDS
GIRLS
As of Nov. 30, 2016

		BIRTH				
SQUAT	TEAM	YR	KG	DATE	VENUE	
31 Roxan Norte	Leyte Sports Academy	2004	42.5	26.11.2016	Robinson`s Tacloban	
35 Jessa Mae Tabuan	Cyber Muscle	2002	60	21.11.2015	Fisher Mall, QC	
39 Jessa Mae Tabuan	Cyber Muscle	2002	65	13.08.2016	Fisher Mall, QC	
43 Jessa Mae Tabuan	Cyber Muscle	2001	70	05.11.2016	Fisher Mall, QC	
47 Mariel Jeanna Liwanag	Leyte Sports Academy	2001	67.5	27.09.2014	Catbalogan, Samar	
52 Jane Erasmo	Leyte Sports Academy	2003	62.5	26.11.2016	Robinson`s Tacloban	
57						
57+ Eriel Cardano	University of the East	2001	80	20.09.2014	Fisher Mall, QC	
BENCH PRESS						
31 Jessa Mae Tabuan	Cyber Muscle	2002	30	20.09.2014	Fisher Mall, QC	
35 Jessa Mae Tabuan	Cyber Muscle	2002	40	21.11.2015	Fisher Mall, QC	
39 Jessa Mae Tabuan	Cyber Muscle	2002	42.5	13.08.2016	Fisher Mall, QC	
43 Jessa Mae Tabuan	Cyber Muscle	2002	50	05.11.2016	Fisher Mall, QC	
47 Mariel Jeanna Liwanag	Leyte Sports Academy	2001	35	27.09.2014	Catbalogan, Samar	
52 Jane Erasmo	Leyte Sports Academy	2003	52.5	26.11.2016	Robinson`s Tacloban	
57						
57+ Eriel Cardano	University of the East	2001	35	20.09.2014	Fisher Mall, QC	
DEADLIFT						
31 Jessa Mae Tabuan	Cyber Muscle	2002	70	20.09.2014	Fisher Mall, QC	
35 Jessa Mae Tabuan	Cyber Muscle	2002	82.5	21.11.2015	Fisher Mall, QC	
39 Jessa Mae Tabuan	Cyber Muscle	2002	95	13.08.2016	Fisher Mall, QC	
43 Jessa Mae Tabuan	Cyber Muscle	2002	100	05.11.2016	Fisher Mall, QC	
47 Mariel Jeanna Liwanag	Leyte Sports Academy	2001	77.5	27.09.2014	Catbalogan, Samar	
52 Jane Erasmo	Leyte Sports Academy	2003	92.5	26.11.2016	Robinson`s Tacloban	
57						
57+ Eriel Cardano	University of the East	2001	92.5	07.02.2015	Crossfit MNL, Libis	
TOTAL						
31 Jessa Mae Tabuan	Cyber Muscle	2002	140	20.09.2014	Fisher Mall, QC	
35 Jessa Mae Tabuan	Cyber Muscle	2002	182.5	21.11.2015	Fisher Mall, QC	
39 Jessa Mae Tabuan	Cyber Muscle	2002	202.5	13.08.2016	Fisher Mall, QC	
43 Jessa Mae Tabuan	Cyber Muscle	2002	100	05.11.2016	Fisher Mall, QC	
47 Mariel Jeanna Liwanag	Leyte Sports Academy	2001	180	27.09.2014	Catbalogan, Samar	
52 Jane Erasmo	Leyte Sports Academy	2003	207.5	26.11.2016	Robinson`s Tacloban	
57						
57+ Eriel Cardano	University of the East	2001	192.5	07.02.2015	Crossfit MNL, Libis	
SINGLE-LIFT BENCH PRESS						
31 Jessa Mae Tabuan	Cyber Muscle	2002	30	20.09.2014	Fisher Mall, QC	
35 Jessa Mae Tabuan	Cyber Muscle	2002	40	21.11.2015	Fisher Mall, QC	
39 Jessa Mae Tabuan	Cyber Muscle	2002	47.5	01.10.2016	Robinson's Imus	
43 Jessa Mae Tabuan	Cyber Muscle	2002	50	05.11.2016	Fisher Mall, QC	
47 Mariel Jeanna Liwanag	Leyte Sports Academy	2001	35	27.09.2014	Catbalogan, Samar	
52 Jane Erasmo	Leyte Sports Academy	2003	52.5	26.11.2016	Robinson`s Tacloban	
57						
57+ Eriel Cardano	University of the East	2001	35	20.09.2014	Fisher Mall, QC	

New records: 11

PHILIPPINE NATIONAL DEVELOPMENT RAW POWERLIFTING RECORDS**BOYS**

As of Nov. 30, 2016

SQUAT		TEAM	BIRTH		DATE	VENUE
			YR	KG		
33	Rommel Nerza	Leyte Sports Academy	2002	62.5	27.09.2014	Catbalogan, Samar
38	Anthony Obias	Leyte Sports Academy	2001	52.5	27.09.2014	Catbalogan, Samar
43	Mark Lary Padullo	University of the East	2003	50	20.09.2014	Fisher Mall, QC
48	Jamil Sebastian	University of the East	2001	65	20.09.2014	Fisher Mall, QC
53	Rojan Pandaan	New Era University		80	05.11.2016	Fisher Mall, QC
59	Naethan dela Cena	Zest	2002	100	14.08.2016	Fisher Mall, QC
66						
74						
74+						
BENCH PRESS						
33	Rommel Nerza	Leyte Sports Academy	2002	33.5	27.09.2014	Catbalogan, Samar
38	Jiswel Kiamco	Leyte Sports Academy	2003	37.5	26.11.2016	Robinson`s Tacloban
43	Mark Lary Padullo	University of the East	2003	30	20.09.2014	Fisher Mall, QC
48	Jamil Sebastian	University of the East	2001	30	20.09.2014	Fisher Mall, QC
53	Christian Flores	Leyte Sports Academy	2002	47.5	26.11.2016	Robinson`s Tacloban
59	Jesus Gabriel Raganit	Leyte Sports Academy	2003	60	26.11.2016	Robinson`s Tacloban
66						
74						
74+						
DEADLIFT						
33	Jan Michael Jagnaan	University of the East	2001	75	20.09.2014	Fisher Mall, QC
38	Ivan Ace Flores	Cyber Muscle Gym		90	05.11.2016	Fisher Mall, QC
43	Mark Lary Padullo	University of the East	2003	80	20.09.2014	Fisher Mall, QC
48	Jamil Sebastian	University of the East	2001	80	20.09.2014	Fisher Mall, QC
53	Rojan Pandaan	New Era University		100	05.11.2016	Fisher Mall, QC
59	Naethan dela Cena	Zest	2002	120	14.08.2016	Fisher Mall, QC
66						
74						
74+						
TOTAL						
33	Rommel Nerza	Leyte Sports Academy	2002	161	27.09.2014	Catbalogan, Samar
38	Ivan Ace Flores	Cyber Muscle Gym		166.5	05.11.2016	Fisher Mall, QC
43	Mark Lary Padullo	University of the East	2003	160	20.09.2014	Fisher Mall, QC
48	Jamil Sebastian	University of the East	2001	175	20.09.2014	Fisher Mall, QC
53	Rojan Pandaan	New Era University		217.5	05.11.2016	Fisher Mall, QC
59	Jesus Gabriel Raganit	Leyte Sports Academy		272.5	26.11.2016	Robinson`s Tacloban
66						
74						
74+						
SINGLE-LIFT BENCH PRESS						
33	Rommel Nerza	Leyte Sports Academy	2002	33.5	27.09.2014	Catbalogan, Samar
38	Jiswel Kiamco	Leyte Sports Academy	2003	37.5	26.11.2016	Robinson`s Tacloban
43	Mark Lary Padullo	University of the East	2003	30	20.09.2014	Fisher Mall, QC
48	Jamil Sebastian	University of the East	2001	30	20.09.2014	Fisher Mall, QC
53	Christian Flores	Leyte Sports Academy	2002	47.5	26.11.2016	Robinson`s Tacloban
59	Jesus Gabriel Raganit	Leyte Sports Academy	2003	60	26.11.2016	Robinson`s Tacloban
66						
74						
74+						

New records: 12

PHILIPPINE NATIONAL COLLEGE RAW POWERLIFTING RECORDS

WOMEN

As of Nov. 30, 2016

		BIRTH			
SQUAT	TEAM	YR	KG	DATE	VENUE
43 Darryl Ann Ancuelo	University of the East	1997	65	20.09.2014	Fisher Mall, QC
47 Alexis Umlas	Guagua Nat'l College	1992	75	24.03.2012	Alphaland Southgate Mall, Makati
52 Jasmine Martin	University of Sto. Tomas	1993	105	21.11.2015	Fisher Mall, QC
57 Andrea Maurice Garucho	University of Asia & the Pacific		105	06.11.2016	Fisher Mall, QC
63 Chiang Kathleen	University of Santo Tomas	1995	128	06.11.2016	Fisher Mall, QC
72 Margarette Angulo	University of the Philippines	1996	130	21.11.2015	Fisher Mall, QC
84 Margarette Angulo	University of the Philippines	1996	135	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	First Gourmet Academy	1996	112.5	06.11.2016	Fisher Mall, QC
BENCH PRESS					
43 Glendel Mercado	University of the East		32.5	06.11.2016	Fisher Mall, QC
47 Mia Marie Tapanan	New Era University		40	21.11.2015	Fisher Mall, QC
52 Jasmine Martin	University of Sto. Tomas	1993	50	21.11.2015	Fisher Mall, QC
57 Andrea Maurice Garucho	University of Asia & the Pacific		52.5	06.11.2016	Fisher Mall, QC
63 Chiang Kathleen	University of Santo Tomas	1995	67.5	06.11.2016	Fisher Mall, QC
72 Margarette Angulo	University of the Philippines	1996	68	21.11.2015	Fisher Mall, QC
84 Margarette Angulo	University of the Philippines	1996	82.5	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	First Gourmet Academy	1996	65	06.11.2016	Fisher Mall, QC
DEADLIFT					
43 Jena Mae Neri	New Era University		100	21.11.2015	Fisher Mall, QC
47 Freya Jillianne Dylim	University of Asia & the Pacific	1993	110	06.11.2016	Fisher Mall, QC
52 Jasmine Martin	University of Sto. Tomas	1993	140	21.11.2015	Fisher Mall, QC
57 Myris Supnad	University of the Philippines		115	21.11.2015	Fisher Mall, QC
63 Chiang Kathleen	University of Santo Tomas	1995	147.5	06.11.2016	Fisher Mall, QC
72 Maxine Fugen	University of Asia & the Pacific	1995	152.5	06.11.2016	Fisher Mall, QC
84 Margarette Angulo	University of the Philippines	1996	162.5	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	First Gourmet Academy	1996	145	06.11.2016	Fisher Mall, QC
TOTAL					
43 Jena Mae Neri	New Era University		195	21.11.2015	Fisher Mall, QC
47 Alexis Umlas	Guagua Nat'l College	1992	210	24.03.2012	Alphaland Southgate Mall, Makati
52 Jasmine Martin	University of Sto. Tomas	1993	295	21.11.2015	Fisher Mall, QC
57 Andrea Maurice Garucho	University of Asia & the Pacific		262.5	06.11.2016	Fisher Mall, QC
63 Chiang Kathleen	University of Santo Tomas	1995	343	06.11.2016	Fisher Mall, QC
72 Margarette Angulo	University of the Philippines	1996	338	21.11.2015	Fisher Mall, QC
84 Margarette Angulo	University of the Philippines	1996	380	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	University of the Philippines	1996	322.5	06.11.2016	Fisher Mall, QC
SINGLE-LIFT BENCH PRESS					
43 Glendel Mercado	University of the East		32.5	06.11.2016	Fisher Mall, QC
47 Mia Marie Tapanan	New Era University		40	21.11.2015	Fisher Mall, QC
52 Jasmine Martin	University of Sto. Tomas	1993	105	21.11.2015	Fisher Mall, QC
57 Andrea Maurice Garucho	University of Asia & the Pacific		52.5	06.11.2016	Fisher Mall, QC
63 Chiang Kathleen	University of Santo Tomas	1995	67.5	06.11.2016	Fisher Mall, QC
72 Margarette Angulo	University of the Philippines	1996	68	21.11.2015	Fisher Mall, QC
84 Margarette Angulo	University of the Philippines	1996	82.5	06.11.2016	Fisher Mall, QC
84+ Alexis Nicole Go	First Gourmet Academy	1996	65	06.11.2016	Fisher Mall, QC

New records: 23

PHILIPPINE NATIONAL COLLEGE RAW POWERLIFTING RECORDS
MEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRTH	YR	KG	DATE	VENUE
53	Jessie Kiamco	Leyte Normal University	1997	110	27.09.2014	Catbalogan, Samar	
59	Regie Ramirez	Eastern Visayas State University	1993	182.5	26.11.2016	Robinson`s Tacloban	
66	Bernie Santos	Ateneo De Manila University		162.5	05.11.2016	Fisher Mall, QC	
74	Kenneth John Bais	Leyte Normal University	1997	170	26.11.2016	Robinson`s Tacloban	
83	Brian Mejia	Ateneo De Manila University		213	05.11.2016	Fisher Mall, QC	
93	Spencer Go	Ateneo	1993	222.5	21.11.2015	Fisher Mall, QC	
105	Brandon Cueto	University of the Philippines	1991	227.5	21.11.2015	Fisher Mall, QC	
120	Kenneth Ivan Torres	De La Salle University		220	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	University of the Philippines	1993	230	25.03.2012	Alphaland Southgate Mall, Makati	
BENCH PRESS							
53	Romel Gacutara	Eastern Visayas State University	1996	75	27.09.2014	Catbalogan, Samar	
59	Regie Ramirez	Eastern Visayas State University	1993	102.5	26.11.2016	Robinson`s Tacloban	
66	Ryant Erwin S. Relos	Velez College		105	26.11.2016	Robinson`s Tacloban	
74	Kevin Lim*	De La Salle University	?	97.5	21.09.2014	Fisher Mall, QC	
83	Lorenzo Gaspar	Ateneo De Manila University		140.5	05.11.2016	Fisher Mall, QC	
93	Faisal Tabusalla	Ateneo		140	21.11.2015	Fisher Mall, QC	
105	Brandon Cueto	University of the Philippines	1991	150	21.11.2015	Fisher Mall, QC	
120	Kenneth Ivan Torres	De La Salle University		155	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	University of the Philippines	1993	130	25.03.2012	Alphaland Southgate Mall, Makati	
DEADLIFT							
53	Romel Gacutara	Eastern Visayas State University	1996	170	27.09.2014	Catbalogan, Samar	
59	Regie Ramirez	Eastern Visayas State University	1993	225	26.11.2016	Robinson`s Tacloban	
66	Romel Gacutara	Eastern Visayas State University	1970	200	26.11.2016	Robinson`s Tacloban	
74	Carlos Tan	Ateneo	1991	210	24.03.2012	Alphaland Southgate Mall, Makati	
83	Nestor Redulla	University of the East	1995	247.5	21.09.2014	Fisher Mall, QC	
93	Nestor Redulla	University of the East	1995	250	05.11.2016	Fisher Mall, QC	
105	Elijah Guevarra	University of the Philippines		252.5	05.11.2016	Fisher Mall, QC	
120	Kenneth Ivan Torres	De La Salle University		275	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	University of the Philippines	1993	230	25.03.2012	Alphaland Southgate Mall, Makati	
TOTAL							
53	Romel Gacutara	Eastern Visayas State University	1996	355	27.09.2014	Catbalogan, Samar	
59	Regie Ramirez	Eastern Visayas State University	1993	510	26.11.2016	Robinson`s Tacloban	
66	Bernie Santos	Ateneo De Manila University		442.5	05.11.2016	Fisher Mall, QC	
74	Carlos Tan	Ateneo	1991	455	24.03.2012	Alphaland Southgate Mall, Makati	
83	Brian Mejia	Ateneo De Manila University		570.5	05.11.2016	Fisher Mall, QC	
93	Faisal Tabusalla	Ateneo De Manila University		597.5	05.11.2016	Fisher Mall, QC	
105	Brandon Cueto	University of the Philippines	1991	620	21.11.2015	Fisher Mall, QC	
120	Kenneth Ivan Torres*	De La Salle University		650	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	University of the Philippines	1993	590	25.03.2012	Alphaland Southgate Mall, Makati	
SINGLE-LIFT BENCH PRESS							
53	Romel Gacutara	Eastern Visayas State University	1996	75	27.09.2014	Catbalogan, Samar	
59	Regie Ramirez	Eastern Visayas State University	1993	102.5	26.11.2016	Robinson`s Tacloban	
66	Ryant Erwin S. Relos*	Velez College		105	26.11.2016	Robinson`s Tacloban	
74	Romer Bernardo	New Era University	1995	102.5	04.10.2015	Fisher Mall, QC	
83	Lorenzo Gaspar	Ateneo De Manila University		140.5	05.11.2016	Fisher Mall, QC	
93	Faisal Tabusalla	Ateneo		140	21.11.2015	Fisher Mall, QC	
105	Brandon Cueto	University of the Philippines	1991	150	21.11.2015	Fisher Mall, QC	
120	Kenneth Ivan Torres*	De La Salle University		155	05.11.2016	Fisher Mall, QC	
120+	Raymond Debuque	University of the Philippines	1993	160	03.10.2015	Fisher Mall, QC	

New records: 23

* pending (needs to submit passport or birth certificate)

PHILIPPINE NATIONAL HIGH SCHOOL RAW POWERLIFTING RECORDS

WOMEN

As of Nov. 30, 2016

		BIRTH				
SQUAT	TEAM	YR	KG	DATE	VENUE	
43	Veronica Ompod	Leyte Sports Academy	2000	95	26.11.2016	Robinson`s Tacloban
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	85	27.09.2014	Catbalogan, Samar
52	Rowella Andrea Abrea	Leyte Sports Academy	1999	92.5	26.11.2016	Robinson`s Tacloban
57	Daisy Grace Lipasana	Leyte Sports Academy	1999	92.5	21.11.2015	Fisher Mall, QC
63	Angela Alferez	Leyte Sports Academy	1999	92.5	26.11.2016	Robinson`s Tacloban
72						
84						
84+						
BENCH PRESS						
43	Veronica Ompod	Leyte Sports Academy	2000	48.5	26.11.2016	Robinson`s Tacloban
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	45	21.11.2015	Fisher Mall, QC
52	Reign Bautista	St. Paul		60	30.01.2016	Robinsons Malabon
57	Daisy Grace Lipasana	Leyte Sports Academy	1999	52.5	26.11.2016	Robinson`s Tacloban
63	Clarizza Quiambao	Immaculate Conception Academy	1995	45	24.03.2012	Alphaland Southgate Mall, Makati
72						
84						
84+						
DEADLIFT						
43	Veronica Ompod	Leyte Sports Academy	2000	112.5	26.11.2016	Robinson`s Tacloban
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	107.5	21.11.2015	Fisher Mall, QC
52	Reign Bautista	St. Paul		127.5	30.01.2016	Robinsons Malabon
57	Angela Alferez	Leyte Sports Academy	1999	115	21.11.2015	Fisher Mall, QC
63	Angela Alferez	Leyte Sports Academy	1999	132.5	26.11.2016	Robinson`s Tacloban
72						
84						
84+						
TOTAL						
43	Veronica Ompod	Leyte Sports Academy	2000	256	26.11.2016	Robinson`s Tacloban
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	235	21.11.2015	Fisher Mall, QC
52	Reign Bautista	St. Paul		277.5	30.01.2016	Robinsons Malabon
57	Angela Alferez	Leyte Sports Academy	1999	252.5	21.11.2015	Fisher Mall, QC
63	Angela Alferez	Leyte Sports Academy	1999	270	26.11.2016	Robinson`s Tacloban
72						
84						
84+						
SINGLE-LIFT BENCH PRESS						
43	Veronica Ompod	Leyte Sports Academy	2000	48.5	26.11.2016	Robinson`s Tacloban
47	Rowella Andrea Abrea	Leyte Sports Academy	1999	45	21.11.2015	Fisher Mall, QC
52	Reign Bautista	St. Paul		60	30.01.2016	Robinsons Malabon
57	Daisy Grace Lipasana	Leyte Sports Academy	1999	52.5	26.11.2016	Robinson`s Tacloban
63	Clarizza Quiambao	Immaculate Conception Academy	1995	45	24.03.2012	Alphaland Southgate Mall, Makati
72						
84						
84+						

New records: 11

PHILIPPINE NATIONAL HIGH SCHOOL RAW POWERLIFTING RECORDS
MEN
As of Nov. 30, 2016

SQUAT		TEAM	BIRTH			VENUE
			YR	KG	DATE	
53	Jannel Rios	Leyte Sports Academy	1996	100	27.09.2014	Catbalogan, Samar
59	Francisco Arca	Leyte Sports Academy	1999	142.5	21.11.2015	Fisher Mall, QC
66	John Kevin Padullo	University of the East	1999	125	20.09.2014	Fisher Mall, QC
74	John Castelar	De La Salle Zobel	1994	145	25.03.2012	Alphaland Southgate Mall, Makati
83	Clark Cruz	De La Salle Zobel	1994	180	25.03.2012	Alphaland Southgate Mall, Makati
93	Mark Enriquez	De La Salle Zobel	1995	147.5	25.03.2012	Alphaland Southgate Mall, Makati
105	Francis Matthew Fugen	Golden Values School		115	05.11.2016	Fisher Mall, QC
120						
120+						

BENCH PRESS						
53	Aeron Pole Casamayor	New Era University	1999	65	21.11.2015	Fisher Mall, QC
59	Francisco Arca	Leyte Sports Academy	1999	85	21.11.2015	Fisher Mall, QC
66	John Kevin Padullo	University of the East	1999	55	20.09.2014	Fisher Mall, QC
74	John Castelar	De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati
83	Clark Cruz	De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati
93	Mark Enriquez	De La Salle Zobel	1995	87.5	25.03.2012	Alphaland Southgate Mall, Makati
105	Francis Matthew Fugen	Golden Values School		65	05.11.2016	Fisher Mall, QC
120						
120+						

DEADLIFT						
53	Aeron Pole Casamayor	New Era University	1999	130	21.11.2015	Fisher Mall, QC
59	Francisco Arca	Leyte Sports Academy	1999	132.5	27.09.2014	Catbalogan, Samar
66	John Kevin Padullo	University of the East	1999	150	20.09.2014	Fisher Mall, QC
74	John Castelar	De La Salle Zobel	1994	180	25.03.2012	Alphaland Southgate Mall, Makati
83	Clark Cruz	De La Salle Zobel	1994	210	25.03.2012	Alphaland Southgate Mall, Makati
93	Mark Enriquez	De La Salle Zobel	1995	180	25.03.2012	Alphaland Southgate Mall, Makati
105	Francis Matthew Fugen	Golden Values School		125	05.11.2016	Fisher Mall, QC
120						
120+						

TOTAL						
53	Aeron Pole Casamayor	New Era University	1999	290	21.11.2015	Fisher Mall, QC
59	Francisco Arca	Leyte Sports Academy	1999	357.5	21.11.2015	Fisher Mall, QC
66	John Kevin Padullo	University of the East	1999	330	20.09.2014	Fisher Mall, QC
74	John Castelar	De La Salle Zobel	1994	430	25.03.2012	Alphaland Southgate Mall, Makati
83	Clark Cruz	De La Salle Zobel	1994	495	25.03.2012	Alphaland Southgate Mall, Makati
93	Mark Enriquez	De La Salle Zobel	1995	415	25.03.2012	Alphaland Southgate Mall, Makati
105	Francis Matthew Fugen	Golden Values School		305	05.11.2016	Fisher Mall, QC
120						
120+						

SINGLE-LIFT BENCH PRESS						
53	Aeron Pole Casamayor	TCCM	1999	72.5	01.10.2016	Robinson's Imus
59	Francisco Arca	Leyte Sports Academy	1999	85	21.11.2015	Fisher Mall, QC
66	John Kevin Padullo	University of the East	1999	55	20.09.2014	Fisher Mall, QC
74	John Castelar	De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati
83	Clark Cruz	De La Salle Zobel	1994	105	25.03.2012	Alphaland Southgate Mall, Makati
93	Mark Enriquez	De La Salle Zobel	1995	87.5	25.03.2012	Alphaland Southgate Mall, Makati
105	Francis Matthew Fugen	Golden Values School		65	05.11.2016	Fisher Mall, QC
120						
120+						

New records: 5