





# GSAA AUSTRALIAN RECORDS ONE ARM LONG CYCLE



## WOMEN



		Single Arm						
O N E  A R M  L O N G  C Y C L E	W/C	28	24	20	16	12	10	8
	kg	MSTA	MS	CMS	I	II	III	IV
	48	79	79	87	96	96	96	96
	53	80	80	Haylee Redfern 52kg 28/8/21 104 Reps	Saga Wessman 48.9kg 2/3/19 121 Reps	Lisa Grech 52.4kg 17/7/21 131 Reps	98	98
	58	82	82	Beth Whiting 54.2kg 13/6/20 92 Reps	Haylee Redfern 57.8kg 16/5/20 134 Reps	100	100	100
	63	86	86	96	Hope Chater 62.5kg 14/8/21 110 Reps	Sarah Kellett 62.7kg 6/3/21 115 Reps	105	105
	69	90	Cindy Rella 67.0kg 31/7/21 94 Reps	Cindy Rella 67.5kg 17/4/21 132 Reps	Steph Jessup 67.6kg 1/5/21 140 Reps	110	110	110
	75	94	Cheryl Schneider 74.7kg 8/6/19 107 Reps	Cindy Rella 74.8kg 4/5/19 128 Reps	Cindy Rella 74.9kg 29/2/20 149 Reps	115	115	115
	80	98	98	Elizaeth Barnes - Keoghan 79.4kg 13/6/20 125 Reps	Cindy Rella 75.1kg 16/2/19 136 Reps	120	120	120
	80+	102	102	114	Cheryl Schneider 80.5kg 6/3/21 148 Reps	125	125	125




## MEN




		Single Arm						
O N E  A R M  L O N G  C Y C L E	W/C	36	32	28	24	20	16	12
	kg	MSTA	MS	CMS	I	II	III	IV
	56	98	98	98	98	107	118	126
	62	106	106	106	106	114	122	129
	69	112	112	112	112	118	125	131
	77	117	117	117	117	123	128	134
	85	123	123	123	Tristan Crane 79.5kg 18/7/20 128 Reps	128	131	137
	94	125	125	125	125	130	134	139
	105	127	127	127	127	132	137	142
	105+	133	133	133	133	136	140	145

# GSAA AUSTRALIAN RECORDS SNATCH




## WOMEN




Single Arm

W/C	28	24	20	16	12	10	8
	kg	MSTA	MS	CMS	I	II	III
48	68	85	85	110	110	110	110
53	70	87	87	122	Lisa Grech 52.4kg 17/7/21 161 Reps	110	Lisa Grech 52.3kg 17/4/21 218 Reps
58	87	109	109	Eilish Kidd 57.5kg 28/8/21 150 Reps	133	Beth Whiting 54.4kg 17/7/21 196 Reps	133
63	95	119	119	Eilish Kidd 61.3kg 17/4/21 152 Reps	Sarah Kellette 60.5kg 17/7/21 176 Reps	Hope Chater 62.9kg 17/7/21 200 Reps	Sarah Kellett 62.7kg 6/3/21 211 Reps
69	102	127	127	Steph Jessup 67.7kg 26/9/20 190 Reps	155	155	155
75	108	135	Cheryl Schneider 72.9kg 6/4/19 136 Reps	Steph Jessup 74.5kg 28/8/21 190 Reps	164	164	164
80	114	142	142	142	172	172	172
80+	118	148	Cheryl Schneider 82.6kg 17/7/21 151 Reps	Cheryl Schneider 81.8kg 1/5/21 209 Reos	179	Cheryl Schneider 81.8kg 27/3/21 221 Reps	Cheryl Schneider 80.5kg 6/3/21 243 Reps

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## MEN




Single Arm

W/C	36	32	28	24	20	16	12
	kg	MSTA	MS	CMS	I	II	III
56	110	110	110	110	110	110	110
62	115	115	115	115	115	115	115
69	120	120	120	120	120	120	120
77	125	125	Shannon Pigdon 76.8kg 8/6/19 128 Reps	Tristan Crane 76.2kg 28/8/21 173 Reps	125	125	125
85	130	130	130	130	130	130	130
94	135	135	Simon Hikaka 91.2kg 19/9/20 142 Reps	James Ross 89.5kg 27/3/21 212 Reps	Simon Hikaka 93.4kg 16/5/20 215 Reps	135	135
105	140	140	140	Robert Croft 103.7kg 16/5/20 195 Reps	Robert Croft 100.9 26/1/19 160 Reps	140	140
105+	145	145	145	145	145	145	145


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# GSAA AUSTRALIAN RECORDS LONG CYCLE




## WOMEN




W/C	Doubles							
	28 MSTA	24 MS	20 CMS	16 I	12 II	10 III	8 IV	
48	37	37	37	47	47	47	47	
53	42	42	42	Haylee Redfern 52.8kg 26/9/20 60 Reps	50	Markela Panegyres 48.4kg 30/6/21 102 Reps	50	
58	48	48	48	57	Beth Whiting 54.9kg 30/6/21 63 Reps	57	Gillian Lavery 56kg 30/6/21 106 Reps	
63	53	53	53	Chelsea Cook 61.4kg 14/8/21 73 Reps	64	64	Hope Chater 62.9kg 30/6/21 78 Reps	
69	56	56	56	Cindy Rella 67.5kg 28/8/21 102 Reps	Steph Jessup 67.7kg 26/9/20 132 Reps	71	71	
75	59	59	59	Cindy Rella 72.1kg 13/7/19 86 Reps	Cindy Rella 74.7kg 26/9/20 135 Reps	Cheryl Schneider 74.5kg 2/3/19 91 Reps	Cheryl Schneider 74.5kg 26/1/19 101 Reps	
80	61	61	61	84	84	84	84	
80+	63	63	63	91	91	91	91	

LONG CYCLE



## MEN




W/C	Doubles							
	36 MSTA	32 MS	28 CMS	24 I	20 II	16 III	12 IV	
56	37	37	37	40	40	40	40	
62	42	42	42	50	50	50	50	
69	48	48	48	57	57	57	57	
77	53	53	53	Tristan Crane 76.8kg 16/5/20 71 Reps	64	Cameron Taylor 73.5kg 7/9/19 72 Reps	64	
85	56	James Ross 83.7kg 16/2/19 64 Reps	56	Kristian Karlsen 83.1kg 2/3/19 96 Reps	70	70	70	
94	59	James Ross 86.1kg 29/8/20 70 Reps	59	James Ross 86.1kg 26/9/20 106 Reps	Alessandro Pastran 92.9kg 30/6/21 99 Reps	75	75	
105	61	61	61	Robert Croft 103.7kg 16/5/20 78 Reps	78	78	78	
105+	63	63	63	80	80	80	80	


LONG CYCLE

# GSAA AUSTRALIAN RECORDS

## JERK



### WOMEN




Doubles

W/C	Doubles							
	28 MSTA	24 MS	20 CMS	16 I	12 II	10 III	8 IV	
48	36	48	67	85	85	85	85	
53	48	53	70	88	88	88	88	
58	53	58	73	92	92	Beth Whiting 54.4kg 17/7/21 98 Reps	92	
63	58	63	78	Chhelsea Cook 59.2kg 28/8/21 139 Reps	96	Hope Chater 62.9kg 17/7/21 117 Reps	96	
69	63	69	85	100	Emma Francis 68.2kg 30/6/21 115 Reps	100	100	
75	69	75	89	104	104	Cindy Rella 74.7kg 13/6/20 153 Reps	Cindy Rella 74.9kg 29/2/20 184 Reps	
80	75	80	91	108	108	108	108	
80+	80	88	93	Elizaeth Barnes - Keoghan 84kg 5/6/21 144 Reps	112	112	112	

J E R K



### MEN




Doubles


W/C	Doubles							
	36 MSTA	32 MS	28 CMS	24 I	20 II	16 III	12 IV	
56	85	85	85	85	85	85	85	
62	88	88	88	88	88	88	88	
69	92	92	92	92	92	92	92	
77	96	96	96	96	96	Cameron Taylor 75kg 17/7/21 105 Reps	96	
85	100	100	100	100	100	100	100	
94	104	104	104	James Ross 89.5kg 27/3/21 130 Reps	104	104	104	
105	108	108	108	108	108	Robert Croft 100.9 26/1/19 147 Reps	108	
105+	112	112	112	112	112	112	112	

J E R K

# GSAA AUSTRALIAN RECORDS HALF SNATCH



## WOMEN




Single Arm

W/C	28	24	20	16	12	10	8
	MSTA	MS	CMS	I	II	III	IV
48	94	94	94	94	94	94	94
53	103	103	103	103	103	103	103
58	113	113	113	Eilish Kidd 57.7kg 28/8/21 146 Reps	113	113	113
63	124	124	124	124	124	124	124
69	136	136	136	136	136	136	136
75	151	151	151	151	Cindy Rella 74.7kg 13/6/20 202 Reps	151	Lauren Trevis 70.9kg 28/8/21 183 Reps
80	166	166	166	Cindy Rella 75.9kg 18/7/20 178 Reps	166	166	166
80+	178	178	178	178	178	178	178

H A L F S N A T C H



## MEN



Single Arm


W/C	36	32	28	24	20	16	12
	MSTA	MS	CMS	I	II	III	IV
56	121	121	121	121	121	121	121
62	127	127	127	127	127	127	127
69	132	132	132	132	132	132	132
77	138	138	138	138	138	138	138
85	143	143	Tristan Crane 78.5kg 13/6/20 147 Reps	143	143	143	143
94	149	149	149	Simon Hikaka 93.4kg 2/5/20 160 Reps	149	149	149
105	154	154	Robert Croft 104.7kg 27/6/20 158 Reps	154	154	154	154
105+	160	160	160	160	160	160	160

H A L F S N A T C H




# GSAA AUSTRALIAN RECORDS


## DOUBLE HALF SNATCH




### WOMEN



		DOUBLES						
W/C	kg	28	24	20	16	12	10	8
		MSTA	MS	CMS	I	II	III	IV
DOUBLE HALF SNATCH	48	37	37	37	47	47	47	47
	53	42	42	42	50	50	50	50
	58	48	48	48	57	57	57	57
	63	53	53	53	64	64	64	64
	69	56	56	56	71	71	71	71
	75	59	59	59	77	77	77	77
	80	61	61	61	84	84	84	84
	80+	63	63	63	91	91	91	91




### MEN



		DOUBLES						
W/C	kg	36	32	28	24	20	16	12
		MSTA	MS	CMS	I	II	III	IV
DOUBLE HALF SNATCH	56	37	37	37	40	40	40	40
	62	42	42	42	50	50	50	50
	69	48	48	48	57	57	57	57
	77	53	53	53	64	64	64	64
	85	56	56	56	70	70	Tristan Crane 80.6kg 3/7/21 122 Reps	70
	94	59	59	59	75	75	75	75
	105	61	61	61	78	78	78	78
	105+	63	63	63	80	78	78	78


# GSAA AUSTRALIAN RECORDS

## 30 MIN (OPEN)




### WOMEN

#### 30 MIN LIFTS




		SINGLE ARM					
		W/C	24	24	16	12	10
		KG	MSTA	MS	CMS	I	II
J E R K	68	365	315	340	440	470	490
	76	375	325	Cindy Rella 6/3/21 506 Reps	450	480	500
	76+	385	335	360	460	490	510
L O N G  C Y C L E	68	290	250	290	Beth Whiting 14/8/20 361	365	Hope Chater 3/7/21 402
	76	300	260	Emma Wehner 14/8/21 325	Jody Muir 14/8/21 362	375	390
	76+	310	270	310	360	385	400
		W/C	20	20	16	12	10
		KG	MSTA	MS	CMS	I	II
S N A T C H	68	440	390	440	515	565	590
	76	450	400	450	525	575	600
	76+	460	410	460	535	585	610
S H A L T F C H	68	470	415	390	440	465	490
	76	480	425	400	Cindy Rella 15/5/21 569 Reps	475	500
	76+	490	435	410	460	485	510



### MEN

#### 30 MIN LIFTS



		SINGLE ARM					
		W/C	36	32	28	24	20
		KG	MSTA	MS	CMS	I	II
J E R K	75	440	490	440	470	490	500
	85	450	500	450	480	500	510
	85+	460	510	460	490	510	520
L O N G  C Y C L E	75	315	340	365	390	415	440
	85	325	350	375	400	425	450
	85+	335	360	385	410	435	460
		W/C	32	32	28	24	20
		KG	MSTA	MS	CMS	I	II
S N A T C H	75	365	315	390	415	440	465
	85	375	325	400	425	450	475
	85+	385	335	410	James Ross 31/7/21 475 Reps	460	485
S H A L T F C H	75	415	340	415	440	465	490
	85	425	350	425	450	475	500
	85+	435	360	435	460	485	510

#### D O U B L E S

		W/C	20	16	12	10	8
		KG	MSTA	MS	CMS	I	II
J E R K	68	310	290	365	390	415	
	76	320	300	375	400	425	
	76+	330	310	385	410	435	
L O N G  C Y C L E	68	260	240	265	290	315	
	76	270	250	275	300	325	
	76+	280	260	285	310	335	
S H A L T F C H	68	240	215	260	300	Hayles Redfern 27/3/21 383 Reps	
	76	250	225	270	310	350	
	76+	260	235	280	320	360	

#### D O U B L E S

		W/C	24	20	16	12	10
		KG	MSTA	MS	CMS	I	II
J E R K	75	310	360	390	410	440	
	85	320	370	400	420	450	
	85+	330	380	410	430	460	
L O N G  C Y C L E	75	275	290	300	310	340	
	85	285	300	310	320	350	
	85+	295	310	320	330	360	
S H A L T F C H	75	240	265	290	325	350	
	85	250	275	300	335	360	
	85+	260	285	310	345	370	