

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



40-44							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	130.0					
	Bench	87.5					
	Deadlift	142.5					
	Total	360.0					
56 kg	Squat	142.5					
	Bench	95.0					
	Deadlift	150.0					
	Total	390.0					
60 kg	Squat	155.0					
	Bench	102.5					
	Deadlift	160.0					
	Total	420.0					
67.5 kg	Squat	177.5					
	Bench	115.0					
	Deadlift	177.5					
	Total	472.5					
75 kg	Squat	195.0					
	Bench	125.0					
	Deadlift	192.5					
	Total	512.5					
82.5 kg	Squat	210.0					
	Bench	135.0					
	Deadlift	205.0					
	Total	550.0					
90 kg	Squat	225.0					
	Bench	142.5					
	Deadlift	215.0					
	Total	582.5					
100 kg	Squat	237.5					
	Bench	150.0					
	Deadlift	227.5					
	Total	617.5					
110 kg	Squat	250.0					
	Bench	155.0					
	Deadlift	230.0					
	Total	635.0					
125 kg	Squat	260.0					
	Bench	160.0					
	Deadlift	235.0					
	Total	652.5					
140 kg	Squat	270.0					
	Bench	165.0					
	Deadlift	237.5					
	Total	670.0					
140+ kg	Squat	350.0	John Gabriel	28-Apr-18	340.0	John Gabriel	24-Feb-18
	Bench	175.0	John Gabriel	24-Feb-18	167.5	Not Set	
	Deadlift	280.0	John Gabriel	24-Feb-18	242.5	Not Set	
	Total	805.0	John Gabriel	28-Apr-18	795.0	John Gabriel	24-Feb-18

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



45-49							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	122.5					
	Bench	82.5					
	Deadlift	132.5					
	Total	335.0					
56 kg	Squat	132.5					
	Bench	90.0					
	Deadlift	140.0					
	Total	362.5					
60 kg	Squat	145.0					
	Bench	95.0					
	Deadlift	150.0					
	Total	390.0					
67.5 kg	Squat	165.0					
	Bench	107.5					
	Deadlift	167.5					
	Total	440.0					
75 kg	Squat	182.5					
	Bench	117.5					
	Deadlift	180.0					
	Total	480.0					
82.5 kg	Squat	197.5					
	Bench	127.5					
	Deadlift	192.5					
	Total	515.0					
90 kg	Squat	210.0					
	Bench	132.5					
	Deadlift	200.0					
	Total	542.5					
100 kg	Squat	222.5					
	Bench	140.0					
	Deadlift	212.5					
	Total	575.0					
110 kg	Squat	240.0	Peter Weatherall	08-Apr-18	232.5	Not Set	
	Bench	180.0	Peter Weatherall	08-Apr-18	145.0	Not Set	
	Deadlift	217.5					
	Total	595.0					
125 kg	Squat	310.0			242.5	Not Set	
	Bench	210.0	Anthony Clarke	01-Sep-15	150.0	Anthony Clarke	01-Sep-15
	Deadlift	350.0	Anthony Clarke	01-Sep-15	270.0	Anthony Clarke	01-Sep-15
	Total	870.0	Anthony Clarke	01-Sep-15	645.0	Anthony Clarke	01-Sep-15
140 kg	Squat	252.5					
	Bench	152.5					
	Deadlift	220.0					
	Total	625.0					
140+ kg	Squat	257.5					
	Bench	157.5					
	Deadlift	225.0					
	Total	640.0					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



50-54							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	112.5					
	Bench	77.5					
	Deadlift	122.5					
	Total	312.5					
56 kg	Squat	125.0					
	Bench	82.5					
	Deadlift	132.5					
	Total	337.5					
60 kg	Squat	135.0					
	Bench	90.0					
	Deadlift	140.0					
	Total	365.0					
67.5 kg	Squat	155.0					
	Bench	100.0					
	Deadlift	155.0					
	Total	410.0					
75 kg	Squat	170.0					
	Bench	110.0					
	Deadlift	167.5					
	Total	447.5					
82.5 kg	Squat	182.5					
	Bench	117.5					
	Deadlift	180.0					
	Total	480.0					
90 kg	Squat	195.0					
	Bench	125.0					
	Deadlift	217.5	Mark Henning	10-Feb-19	185.0	Not Set	
	Total	505.0					
100 kg	Squat	207.5					
	Bench	132.5					
	Deadlift	197.5					
	Total	537.5					
110 kg	Squat	217.5					
	Bench	135.0					
	Deadlift	202.5					
	Total	555.0					
125 kg	Squat	227.5					
	Bench	142.5					
	Deadlift	207.5					
	Total	575.0					
140 kg	Squat	235.0					
	Bench	145.0					
	Deadlift	207.5					
	Total	587.5					
140+ kg	Squat	240.0					
	Bench	145.0					
	Deadlift	210.0					
	Total	595.0					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



55-59							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	100.0					
	Bench	67.5					
	Deadlift	110.0					
	Total	280.0					
56 kg	Squat	112.5					
	Bench	75.0					
	Deadlift	120.0					
	Total	307.5					
60 kg	Squat	122.5					
	Bench	80.0					
	Deadlift	125.0					
	Total	330.0					
67.5 kg	Squat	137.5					
	Bench	90.0					
	Deadlift	137.5					
	Total	365.0					
75 kg	Squat	152.5					
	Bench	97.5					
	Deadlift	147.5					
	Total	397.5					
82.5 kg	Squat	162.5					
	Bench	105.0					
	Deadlift	160.0					
	Total	427.5					
90 kg	Squat	175.0					
	Bench	110.0					
	Deadlift	165.0					
	Total	450.0					
100 kg	Squat	185.0					
	Bench	117.5					
	Deadlift	175.0					
	Total	477.5					
110 kg	Squat	192.5					
	Bench	120.0					
	Deadlift	180.0					
	Total	492.5					
125 kg	Squat	200.0					
	Bench	125.0					
	Deadlift	182.5					
	Total	507.5					
140 kg	Squat	207.5					
	Bench	127.5					
	Deadlift	182.5					
	Total	520.0					
140+ kg	Squat	212.5					
	Bench	130.0					
	Deadlift	187.5					
	Total	530.0					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



60-64							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	87.5					
	Bench	60.0					
	Deadlift	97.5					
	Total	245.0					
56 kg	Squat	97.5					
	Bench	65.0					
	Deadlift	102.5					
	Total	265.0					
60 kg	Squat	105.0					
	Bench	70.0					
	Deadlift	110.0					
	Total	285.0					
67.5 kg	Squat	120.0					
	Bench	80.0					
	Deadlift	122.5					
	Total	322.5					
75 kg	Squat	132.5					
	Bench	85.0					
	Deadlift	130.0					
	Total	350.0					
82.5 kg	Squat	142.5					
	Bench	92.5					
	Deadlift	140.0					
	Total	375.0					
90 kg	Squat	152.5					
	Bench	97.5					
	Deadlift	145.0					
	Total	397.5					
100 kg	Squat	162.5					
	Bench	102.5					
	Deadlift	155.0					
	Total	420.0					
110 kg	Squat	170.0					
	Bench	105.0					
	Deadlift	157.5					
	Total	432.5					
125 kg	Squat	177.5					
	Bench	110.0					
	Deadlift	160.0					
	Total	445.0					
140 kg	Squat	182.5					
	Bench	112.5					
	Deadlift	160.0					
	Total	455.0					
140+ kg	Squat	187.5					
	Bench	115.0					
	Deadlift	165.0					
	Total	465.0					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



65-69							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	52.5					
	Bench	55.0					
	Deadlift	90.0					
	Total	227.5					
56 kg	Squat	90.0					
	Bench	60.0					
	Deadlift	95.0					
	Total	247.5					
60 kg	Squat	97.5					
	Bench	65.0					
	Deadlift	100.0					
	Total	265.0					
67.5 kg	Squat	112.5					
	Bench	72.5					
	Deadlift	112.5					
	Total	297.5					
75 kg	Squat	125.0					
	Bench	80.0					
	Deadlift	122.5					
	Total	325.0					
82.5 kg	Squat	132.5					
	Bench	85.0					
	Deadlift	130.0					
	Total	350.0					
90 kg	Squat	145.0					
	Bench	92.5					
	Deadlift	137.5					
	Total	372.5					
100 kg	Squat	150.0					
	Bench	95.0					
	Deadlift	145.0					
	Total	392.5					
110 kg	Squat	157.5					
	Bench	100.0					
	Deadlift	147.5					
	Total	405.0					
125 kg	Squat	165.0					
	Bench	102.5					
	Deadlift	147.5					
	Total	415.0					
140 kg	Squat	170.0					
	Bench	105.0					
	Deadlift	150.0					
	Total	425.0					
140+ kg	Squat	175.0					
	Bench	107.5					
	Deadlift	152.5					
	Total	435.0					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



70-74							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	77.5					
	Bench	52.5					
	Deadlift	82.5					
	Total	212.5					
56 kg	Squat	85.0					
	Bench	57.5					
	Deadlift	90.0					
	Total	230.0					
60 kg	Squat	90.0					
	Bench	60.0					
	Deadlift	95.0					
	Total	245.0					
67.5 kg	Squat	105.0					
	Bench	67.5					
	Deadlift	105.0					
	Total	277.5					
75 kg	Squat	115.0					
	Bench	75.0					
	Deadlift	112.5					
	Total	302.5					
82.5 kg	Squat	122.5					
	Bench	80.0					
	Deadlift	120.0					
	Total	325.0					
90 kg	Squat	132.5					
	Bench	85.0					
	Deadlift	125.0					
	Total	342.5					
100 kg	Squat	140.0					
	Bench	90.0					
	Deadlift	132.5					
	Total	362.5					
110 kg	Squat	147.5					
	Bench	92.5					
	Deadlift	137.5					
	Total	375.0					
125 kg	Squat	152.5					
	Bench	95.0					
	Deadlift	137.5					
	Total	385.0					
140 kg	Squat	160.0					
	Bench	97.5					
	Deadlift	140.0					
	Total	395.0					
140+ kg	Squat	162.5					
	Bench	100.0					
	Deadlift	142.5					
	Total	405.0					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



75-79							
Current Record				Former Record			
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	67.5					
	Bench	45.0					
	Deadlift	72.5					
	Total	187.5					
56 kg	Squat	75.0					
	Bench	50.0					
	Deadlift	77.5					
	Total	202.5					
60 kg	Squat	80.0					
	Bench	52.5					
	Deadlift	82.5					
	Total	217.5					
67.5 kg	Squat	92.5					
	Bench	60.0					
	Deadlift	92.5					
	Total	245.0					
75 kg	Squat	102.5					
	Bench	65.0					
	Deadlift	100.0					
	Total	267.5					
82.5 kg	Squat	110.0					
	Bench	70.0					
	Deadlift	107.5					
	Total	287.5					
90 kg	Squat	117.5					
	Bench	75.0					
	Deadlift	112.5					
	Total	305.0					
100 kg	Squat	125.0					
	Bench	80.0					
	Deadlift	117.5					
	Total	320.0					
110 kg	Squat	130.0					
	Bench	82.5					
	Deadlift	120.0					
	Total	332.5					
125 kg	Squat	135.0					
	Bench	85.0					
	Deadlift	122.5					
	Total	342.5					
140 kg	Squat	140.0					
	Bench	85.0					
	Deadlift	122.5					
	Total	350.0					
140+ kg	Squat	142.5					
	Bench	87.5					
	Deadlift	127.5					
	Total	357.5					

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 -MASTERS MEN-



80+							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	60.0					
	Bench	40.0					
	Deadlift	65.0					
	Total	165.0					
56 kg	Squat	65.0					
	Bench	45.0					
	Deadlift	70.0					
	Total	177.5					
60 kg	Squat	70.0					
	Bench	47.5					
	Deadlift	72.5					
	Total	190.0					
67.5 kg	Squat	80.0					
	Bench	52.5					
	Deadlift	80.0					
	Total	215.0					
75 kg	Squat	90.0					
	Bench	57.5					
	Deadlift	87.5					
	Total	235.0					
82.5 kg	Squat	97.5					
	Bench	62.5					
	Deadlift	95.0					
	Total	252.5					
90 kg	Squat	102.5					
	Bench	65.0					
	Deadlift	97.5					
	Total	265.0					
100 kg	Squat	110.0					
	Bench	70.0					
	Deadlift	102.5					
	Total	282.5					
110 kg	Squat	115.0					
	Bench	72.5					
	Deadlift	105.0					
	Total	292.5					
125 kg	Squat	117.5					
	Bench	72.5					
	Deadlift	107.5					
	Total	297.5					
140 kg	Squat	122.5					
	Bench	75.0					
	Deadlift	107.5					
	Total	305.0					
140+ kg	Squat	125.0					
	Bench	77.5					
	Deadlift	110.0					
	Total	312.5					