

APL Australian Mens Records (Tested)
RAW PUSH/PULL



OPEN							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	90.0					
	Deadlift	145.0					
	Total	235.0					
56 kg	Bench	97.5					
	Deadlift	152.5					
	Total	250.0					
60 kg	Bench	105.0					
	Deadlift	162.5					
	Total	267.5					
67.5 kg	Bench	117.5					
	Deadlift	180.0					
	Total	297.5					
75 kg	Bench	127.5					
	Deadlift	195.0					
	Total	322.5					
82.5 kg	Bench	137.5					
	Deadlift	210.0					
	Total	347.5					
90 kg	Bench	145.0					
	Deadlift	217.5					
	Total	362.5					
100 kg	Bench	152.2					
	Deadlift	230.0					
	Total	382.5					
110 kg	Bench	157.5					
	Deadlift	235.0					
	Total	392.5					
125 kg	Bench	162.5					
	Deadlift	237.5					
	Total	400.0					
140 kg	Bench	170.0					
	Deadlift	245.0					
	Total	415.0					
140+ kg	Bench	175.0					
	Deadlift	252.5					
	Total	427.5					
J1 JUNIOR 15-19							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	77.5					
	Deadlift	125.0					
	Total	202.5					
56 kg	Bench	82.5					
	Deadlift	132.5					
	Total	215.0					
60 kg	Bench	90.0					
	Deadlift	140.0					
	Total	230.0					
67.5 kg	Bench	100.0					
	Deadlift	155.0					
	Total	255.0					
75 kg	Bench	110.0					
	Deadlift	167.5					
	Total	277.5					
82.5 kg	Bench	117.5					
	Deadlift	180.0					
	Total	297.5					
90 kg	Bench	125.0					
	Deadlift	187.5					
	Total	312.5					
100 kg	Bench	132.5					
	Deadlift	197.5					
	Total	330.0					
110 kg	Bench	137.5					
	Deadlift	202.5					
	Total	340.0					
125 kg	Bench	140.0					
	Deadlift	205.0					
	Total	345.0					
140 kg	Bench	147.5					
	Deadlift	210.0					
	Total	357.5					
140+ kg	Bench	150.0					
	Deadlift	217.5					
	Total	367.5					

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J2 JUNIOR 20-23							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	85.0					
	Deadlift	135.0					
	Total	220.0					
56 kg	Bench	92.5					
	Deadlift	145.0					
	Total	237.5					
60 kg	Bench	97.5					
	Deadlift	152.5					
	Total	250.0					
67.5 kg	Bench	110.0					
	Deadlift	170.0					
	Total	280.0					
75 kg	Bench	120.0					
	Deadlift	182.5					
	Total	302.5					
82.5 kg	Bench	130.0					
	Deadlift	197.5					
	Total	327.5					
90 kg	Bench	137.5					
	Deadlift	205.0					
	Total	342.5					
100 kg	Bench	145.0					
	Deadlift	217.5					
	Total	362.5					
110 kg	Bench	150.0					
	Deadlift	220.0					
	Total	370.0					
125 kg	Bench	152.5					
	Deadlift	225.0					
	Total	377.5					
140 kg	Bench	160.0					
	Deadlift	230.0					
	Total	390.0					
140+ kg	Bench	165.0					
	Deadlift	237.5					
	Total	402.5					
M1 40-44							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	87.5					
	Deadlift	142.5					
	Total	230.0					
56 kg	Bench	95.0					
	Deadlift	150.0					
	Total	245.0					
60 kg	Bench	102.5					
	Deadlift	160.0					
	Total	262.5					
67.5 kg	Bench	115.0					
	Deadlift	177.5					
	Total	292.5					
75 kg	Bench	125.0					
	Deadlift	192.5					
	Total	317.5					
82.5 kg	Bench	135.0					
	Deadlift	205.0					
	Total	340.0					
90 kg	Bench	142.5					
	Deadlift	215.0					
	Total	357.5					
100 kg	Bench	150.0					
	Deadlift	227.5					
	Total	377.5					
110 kg	Bench	155.0					
	Deadlift	230.0					
	Total	385.0					
125 kg	Bench	160.0					
	Deadlift	235.0					
	Total	395.0					
140 kg	Bench	165.0					
	Deadlift	237.5					
	Total	402.5					
140+ kg	Bench	167.5					
	Deadlift	242.5					
	Total	410.0					

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M2 45-49							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	82.5					
	Deadlift	132.5					
	Total	215.0					
56 kg	Bench	90.0					
	Deadlift	140.0					
	Total	230.0					
60 kg	Bench	95.0					
	Deadlift	150.0					
	Total	245.0					
67.5 kg	Bench	107.5					
	Deadlift	167.5					
	Total	275.0					
75 kg	Bench	117.5					
	Deadlift	180.0					
	Total	297.5					
82.5 kg	Bench	127.5					
	Deadlift	192.5					
	Total	320.0					
90 kg	Bench	132.5					
	Deadlift	200.0					
	Total	332.5					
100 kg	Bench	140.0					
	Deadlift	212.5					
	Total	352.5					
110 kg	Bench	145.0					
	Deadlift	217.5					
	Total	362.5					
125 kg	Bench	150.0					
	Deadlift	220.0					
	Total	370.0					
140 kg	Bench	152.5					
	Deadlift	220.0					
	Total	372.5					
140+ kg	Bench	157.5					
	Deadlift	225.0					
	Total	382.5					
M3 50-54							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	77.5					
	Deadlift	122.5					
	Total	200.0					
56 kg	Bench	82.5					
	Deadlift	132.5					
	Total	215.0					
60 kg	Bench	90.0					
	Deadlift	140.0					
	Total	230.0					
67.5 kg	Bench	100.0					
	Deadlift	155.0					
	Total	255.0					
75 kg	Bench	110.0					
	Deadlift	167.5					
	Total	277.5					
82.5 kg	Bench	117.5					
	Deadlift	180.0					
	Total	297.5					
90 kg	Bench	125.0					
	Deadlift	185.0					
	Total	310.0					
100 kg	Bench	132.5					
	Deadlift	197.5					
	Total	330.0					
110 kg	Bench	135.0					
	Deadlift	202.5					
	Total	337.5					
125 kg	Bench	142.5					
	Deadlift	207.5					
	Total	350.0					
140 kg	Bench	145.0					
	Deadlift	207.5					
	Total	352.5					
140+ kg	Bench	145.0					
	Deadlift	210.0					
	Total	355.0					

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M4 55-59							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	67.5					
	Deadlift	110.0					
	Total	177.5					
56 kg	Bench	75.0					
	Deadlift	120.0					
	Total	195.0					
60 kg	Bench	80.0					
	Deadlift	125.0					
	Total	205.0					
67.5 kg	Bench	90.0					
	Deadlift	137.5					
	Total	227.5					
75 kg	Bench	97.5					
	Deadlift	147.5					
	Total	245.0					
82.5 kg	Bench	105.0					
	Deadlift	210.0	Peter McGrath	4-Aug-18	160.0	Not Set	
	Total	310.0	Peter McGrath	4-Aug-18	265.0	Not Set	
90 kg	Bench	110.0					
	Deadlift	165.0					
	Total	275.0					
100 kg	Bench	117.5					
	Deadlift	175.0					
	Total	292.5					
110 kg	Bench	120.0					
	Deadlift	180.0					
	Total	300.0					
125 kg	Bench	125.0					
	Deadlift	182.5					
	Total	307.5					
140 kg	Bench	127.5					
	Deadlift	182.5					
	Total	310.0					
140+ kg	Bench	130.0					
	Deadlift	187.5					
	Total	317.5					
M5 60-64							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	60.0					
	Deadlift	97.5					
	Total	157.5					
56 kg	Bench	65.0					
	Deadlift	102.5					
	Total	167.5					
60 kg	Bench	70.0					
	Deadlift	110.0					
	Total	180.0					
67.5 kg	Bench	80.0					
	Deadlift	122.5					
	Total	202.5					
75 kg	Bench	85.0					
	Deadlift	130.0					
	Total	215.0					
82.5 kg	Bench	92.5					
	Deadlift	140.0					
	Total	232.5					
90 kg	Bench	97.5					
	Deadlift	145.0					
	Total	242.5					
100 kg	Bench	102.5					
	Deadlift	155.0					
	Total	257.5					
110 kg	Bench	105.0					
	Deadlift	157.5					
	Total	262.5					
125 kg	Bench	110.0					
	Deadlift	160.0					
	Total	270.0					
140 kg	Bench	112.5					
	Deadlift	160.0					
	Total	272.5					
140+ kg	Bench	115.0					
	Deadlift	165.0					
	Total	280.0					

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M6 65-69							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	55.0					
	Deadlift	90.0					
	Total	145.0					
56 kg	Bench	60.0					
	Deadlift	95.0					
	Total	155.0					
60 kg	Bench	65.0					
	Deadlift	100.0					
	Total	165.0					
67.5 kg	Bench	72.5					
	Deadlift	112.5					
	Total	185.0					
75 kg	Bench	80.0					
	Deadlift	122.5					
	Total	202.5					
82.5 kg	Bench	85.0					
	Deadlift	130.0					
	Total	215.0					
90 kg	Bench	92.5					
	Deadlift	137.5					
	Total	230.0					
100 kg	Bench	95.0					
	Deadlift	145.0					
	Total	240.0					
110 kg	Bench	100.0					
	Deadlift	147.5					
	Total	247.5					
125 kg	Bench	102.5					
	Deadlift	147.5					
	Total	250.0					
140 kg	Bench	105.0					
	Deadlift	150.0					
	Total	255.0					
140+ kg	Bench	107.5					
	Deadlift	152.5					
	Total	260.0					
M7 70-74							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	52.5					
	Deadlift	82.5					
	Total	135.0					
56 kg	Bench	57.5					
	Deadlift	90.0					
	Total	147.5					
60 kg	Bench	60.0					
	Deadlift	95.0					
	Total	155.0					
67.5 kg	Bench	67.5					
	Deadlift	105.0					
	Total	172.5					
75 kg	Bench	75.0					
	Deadlift	112.5					
	Total	187.5					
82.5 kg	Bench	80.0					
	Deadlift	120.0					
	Total	200.0					
90 kg	Bench	85.0					
	Deadlift	125.0					
	Total	210.0					
100 kg	Bench	90.0					
	Deadlift	132.5					
	Total	222.5					
110 kg	Bench	92.5					
	Deadlift	137.5					
	Total	230.0					
125 kg	Bench	95.0					
	Deadlift	137.5					
	Total	232.5					
140 kg	Bench	97.5					
	Deadlift	140.0					
	Total	237.5					
140+ kg	Bench	100.0					
	Deadlift	142.5					
	Total	242.5					

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M8 75-79							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	45.0					
	Deadlift	72.5					
	Total	117.5					
56 kg	Bench	50.0					
	Deadlift	77.5					
	Total	127.5					
60 kg	Bench	52.5					
	Deadlift	82.5					
	Total	135.0					
67.5 kg	Bench	60.0					
	Deadlift	92.5					
	Total	152.5					
75 kg	Bench	65.0					
	Deadlift	100.0					
	Total	165.0					
82.5 kg	Bench	70.0					
	Deadlift	107.5					
	Total	177.5					
90 kg	Bench	75.0					
	Deadlift	112.5					
	Total	187.5					
100 kg	Bench	80.0					
	Deadlift	117.5					
	Total	197.5					
110 kg	Bench	82.5					
	Deadlift	120.0					
	Total	202.5					
125 kg	Bench	85.0					
	Deadlift	122.5					
	Total	207.5					
140 kg	Bench	85.0					
	Deadlift	122.5					
	Total	207.5					
140+ kg	Bench	87.5					
	Deadlift	127.5					
	Total	215.0					
M9 80+							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Bench	40.0					
	Deadlift	65.0					
	Total	105.0					
56 kg	Bench	45.0					
	Deadlift	70.0					
	Total	115.0					
60 kg	Bench	47.5					
	Deadlift	72.5					
	Total	120.0					
67.5 kg	Bench	52.5					
	Deadlift	80.0					
	Total	132.5					
75 kg	Bench	57.5					
	Deadlift	87.5					
	Total	145.0					
82.5 kg	Bench	62.5					
	Deadlift	95.0					
	Total	157.5					
90 kg	Bench	65.0					
	Deadlift	97.5					
	Total	162.5					
100 kg	Bench	70.0					
	Deadlift	102.5					
	Total	172.5					
110 kg	Bench	72.5					
	Deadlift	105.0					
	Total	177.5					
125 kg	Bench	72.5					
	Deadlift	107.5					
	Total	180.0					
140 kg	Bench	75.0					
	Deadlift	107.5					
	Total	182.5					
140+ kg	Bench	77.5					
	Deadlift	110.0					
	Total	187.5					