

APL Australian Records (Untested)  
RAW 3-LIFT COMPETITION  
- OPEN WOMEN -



OPEN							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	77.5	Zhara Krine	Sep-15	75.0	Not Set	
	Bench	50.0					
	Deadlift	100.0	Zhara Krine	Sep-15	87.5	Not Set	
	Total	220.0	Zhara Krine	Sep-15	212.5	Not Set	
48 kg	Squat	80.0					
	Bench	55.0					
	Deadlift	95.0					
	Total	230.0					
52 kg	Squat	100.0	Steph Neisch	02-Dec-18	85.0	Not Set	
	Bench	70.0	Steph Neisch	02-Dec-18	57.5	Not Set	
	Deadlift	130.0	Steph Neisch	02-Dec-18	102.5	Not Set	
	Total	300.0	Steph Neisch	02-Dec-18	245.0	Not Set	
56 kg	Squat	92.5					
	Bench	62.5					
	Deadlift	150.0	Michelina Bajjada	11-Jun-16	107.5	Not Set	
	Total	290.0	Michelina Bajjada	11-Jun-16	260	Not Set	
60 kg	Squat	120.0	Jade Harling	Sep-15	97.5	Not Set	
	Bench	65.0					
	Deadlift	165.0	Michelina Weatherall	13-May-17	142.5	Jade Harling	Sep-15
	Total	325.0	Michelina Weatherall	13-May-17	322.5	Jade Harling	Sep-15
67.5 kg	Squat	130.0	Rachelle Maatouk	07-May-16	115.0	Perdita Barrington	01-Sep-15
	Bench	82.5	Melanie Chung	04-Aug-18	77.5	Melanie Chung	03-Jun-18
	Deadlift	160.0	Rachelle Maatouk	07-May-16	127.5	Kelly Mulder	09-May-15
	Total	360.0	Rachelle Maatouk	07-May-16	305.0	Not set	
75 kg	Squat	130.0	Anna Murphy	03-May-15	117.5	Not Set	
	Bench	87.5	Anna Murphy	03-May-15	77.5	Not Set	
	Deadlift	180.0	Christina Poatajko	Sep-15	175.0	Christina Poatajko	03-May-15
	Total	367.5	Anna Murphy	03-May-15	330.0	Not Set	
82.5 kg	Squat	127.5	Lynne Gross	10-Feb-19	127.5	Not Set	
	Bench	87.5	Lynne Gross	10-Feb-19	82.5	Shannon Hastings	Sep-15
	Deadlift	155.0	Lynne Gross	10-Feb-19	142.5	Not Set	
	Total	370.0	Lynne Gross	10-Feb-19	352.5	Not Set	
90 kg	Squat	140.0	Deyana Stuebner	09-Nov-18	137.5	Not Set	
	Bench	87.5					
	Deadlift	180.0	Deyana Stuebner	09-Nov-18	172.5	Deyana Stuebner	04-Aug-18
	Total	405.0	Deyana Stuebner	09-Nov-18	382.5	Deyana Stuebner	04-Aug-18
90+ kg	Squat	160.0	Denise Rimoni	03-May-15	147.5	Not Set	
	Bench	100.0	Tea Pascoe	Sep-15	92.5	Tea Pascoe	03-May-15
	Deadlift	157.5					
	Total	395.0					