

APL Australian Records  
 RAW 3-LIFT COMPETITION  
 - JUNIOR WOMEN -



J1 JUNIOR 15-19							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	62.5					
	Bench	42.5					
	Deadlift	75.0					
	Total	182.5					
48 kg	Squat	70.0					
	Bench	47.5					
	Deadlift	82.5					
	Total	197.5					
52 kg	Squat	75.0					
	Bench	50.0					
	Deadlift	87.5					
	Total	210.0					
56 kg	Squat	112.5	Ishbel Graham	08-Nov-18	107.5	Ishbel Graham	04-Aug-18
	Bench	55.0	Ishbel Graham	04-Aug-18	52.5	Not Set	
	Deadlift	125.0	Ishbel Graham	08-Nov-18	120.0	Ishbel Graham	04-Aug-18
	Total	292.5	Ishbel Graham	08-Nov-18	282.5	Ishbel Graham	04-Aug-18
60 kg	Squat	110.5	Chloe Gabriel	04-Aug-18	85.0	Not Set	
	Bench	55.0					
	Deadlift	110.5	Chloe Gabriel	04-Aug-18	97.5	Not Set	
	Total	263.5	Chloe Gabriel	04-Aug-18	235.0	Not Set	
67.5 kg	Squat	110.0	Chloe Gabriel	24-Feb-18	92.5	Not Set	
	Bench	62.5					
	Deadlift	112.5	Chloe Gabriel	24-Feb-18	97.5	Not Set	
	Total	262.5	Chloe Gabriel	24-Feb-18	262.5	Not Set	
75 kg	Squat	102.5					
	Bench	67.5					
	Deadlift	107.5					
	Total	282.5					
82.5 kg	Squat	110.0					
	Bench	72.5					
	Deadlift	122.5					
	Total	305.0					
90 kg	Squat	117.5					
	Bench	75.0					
	Deadlift	130.0					
	Total	322.5					
90+ kg	Squat	125.0					
	Bench	80.0					
	Deadlift	135.0					
	Total	340.0					

APL Australian Records  
 RAW 3-LIFT COMPETITION  
 - JUNIOR WOMEN -



J2 JUNIOR 20-23							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	70.0					
	Bench	47.5					
	Deadlift	82.5					
	Total	197.5					
48 kg	Squat	75.0					
	Bench	50.0					
	Deadlift	90.0					
	Total	215.0					
52 kg	Squat	100.0	Steph Nesich	02-Dec-18	80.0	Not Set	
	Bench	70.0	Steph Nesich	02-Dec-18	55.0	Not Set	
	Deadlift	130.0	Steph Nesich	02-Dec-18	95.0	Not Set	
	Total	300.0	Steph Nesich	02-Dec-18	230.0	Not Set	
56 kg	Squat	85.0					
	Bench	57.5					
	Deadlift	102.5					
	Total	245.0					
60 kg	Squat	102.0	April Wells	Sep-15	92.5	Not Set	
	Bench	62.5	April Wells	Sep-15	60.0		
	Deadlift	135.0	April Wells	Sep-15	127.0	April Wells	13-Jun-15
	Total	299.5	April Wells	Sep-15	276.0	April Wells	13-Jun-15
67.5 kg	Squat	132.5	Kacie Trost	23-Feb-19	122.5	Brooke Rodwell	4-Aug-18
	Bench	67.5					
	Deadlift	165.0	Kacie Trost	23-Feb-19	135.0	Brooke Rodwell	4-Aug-18
	Total	355.0	Kacie Trost	23-Feb-19	317.5	Brooke Rodwell	4-Aug-18
75 kg	Squat	160.0	Jaymi-Lee Morris	07-May-16	132.5	Bonnie Townsend	01-Sep-15
	Bench	77.5	Jaymi-Lee Morris	07-May-16	72.5	Not Set	
	Deadlift	180.0	Jaymi-Lee Morris	07-May-16	147.5	Bonnie Townsend	01-Sep-15
	Total	471.5	Jaymi-Lee Morris	07-May-16	350.0	Bonnie Townsend	01-Sep-15
82.5 kg	Squat	147.5	Jamison Collier	01-Sep-15	135.0	Jamison Collier	09-May-15
	Bench	77.5					
	Deadlift	155.0	Jamison Collier	09-May-15	135.0	Not Set	
	Total	367.5	Jamison Collier	01-Sep-15	350.0	Jamison Collier	09-May-15
90 kg	Squat	130.0					
	Bench	82.5					
	Deadlift	140.0					
	Total	352.5					
90+ kg	Squat	137.5					
	Bench	87.5					
	Deadlift	147.5					
	Total	372.5					