

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



OPEN							
Current Record				Former Record			
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	132.5					
	Bench	90.0					
	Deadlift	145.0					
	Total	367.5					
56 kg	Squat	145.0					
	Bench	97.5					
	Deadlift	152.5					
	Total	395.0					
60 kg	Squat	157.5					
	Bench	105.0					
	Deadlift	162.5					
	Total	427.5					
67.5 kg	Squat	185.0	Michael Watt	01-Sep-15	180.0	Not Set	
	Bench	135.0	Michael Watt	01-Sep-15	117.5	Not Set	
	Deadlift	235.0	Michael Watt	01-Sep-15	180.0	Not Set	
	Total	555.0	Michael Watt	01-Sep-15	480.0	Not Set	
75 kg	Squat	200.0					
	Bench	127.5					
	Deadlift	195.0					
	Total	522.5					
82.5 kg	Squat	220.0	Jake Weber-Byrne	02-Dec-18	215.0	Not set	
	Bench	170.0	Jason Budden	10-Feb-19	160.0	Jason Budden	4-Aug-18
	Deadlift	240.0	Jake Weber-Byrne	02-Dec-18	225.0	Jason Budden	4-Aug-18
	Total	600.0	Jake Weber-Byrne	02-Dec-18	225.0	Jason Budden	4-Aug-18
90 kg	Squat	227.5					
	Bench	145.0					
	Deadlift	270.0	Luke Coleman	07-May-16	245.0	Chris Samuels	13-Jun-15
	Total	627.5	Luke Coleman	07-May-16	592.5	Not Set	
100 kg	Squat	270.0	Steven Bradford	23-Feb-19	260.0	Elliot Webb	01-Sep-15
	Bench	152.5					
	Deadlift	280.0	Jharryd Nemec	01-Sep-15	245.0	Elliot Webb	03-May-15
	Total	675.0	Elliot Webb	01-Sep-15	625.0	Elliot Webb	03-May-15
110 kg	Squat	255.0	Dan Dunbar	02-Dec-18	252.5	Not Set	
	Bench	180.0	Dan Dunbar	02-Dec-18	170.0	Aaron Scarborough	01-Sep-15
	Deadlift	280.0	Aaron Scarborough	01-Sep-15	235.0	Not Set	
	Total	705.0	Dan Dunbar	02-Dec-18	700.0	Aaron Scarborough	01-Sep-15
125 kg	Squat	310.0	Darren Farrow	28-Apr-18	270.0	Mathew Procak	03-May-15
	Bench	210.0	Darren Farrow	28-Apr-18	177.5	Mathew Procak	03-May-15
	Deadlift	350.0	Darren Farrow	28-Apr-18	300.0	Mathew Procak	03-May-15
	Total	870.0	Darren Farrow	28-Apr-18	747.5	Mathew Procak	03-May-15
140 kg	Squat	360.0	Rhyss Keane	08-May-16	280.0	Not Set	
	Bench	222.5	Rhyss Keane	08-May-16	170.0	Not Set	
	Deadlift	367.5	Rhyss Keane	08-May-16	245.0	Not Set	
	Total	950.0	Rhyss Keane	08-May-16	695.0	Not Set	
140+ kg	Squat	350.0	John Gabriel	28-Apr-18	340.00	John Gabriel	24-Feb-18
	Bench	175.0	John Gabriel	24-Feb-18	175.00	Not Set	
	Deadlift	280.0	John Gabriel	24-Feb-18	252.50	Not Set	
	Total	805.0	John Gabriel	28-Apr-18	795.00	John Gabriel	24-Feb-18