

APL Australian Records
 SINGLE PLY 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	140.0					
	Bench	100.0					
	Deadlift	160.0					
	Total	400.0					
56 kg	Squat	152.5					
	Bench	107.5					
	Deadlift	170.0					
	Total	432.5					
60 kg	Squat	167.5					
	Bench	115.0					
	Deadlift	182.5					
	Total	465.0					
67.5 kg	Squat	190.0					
	Bench	130.0					
	Deadlift	200.0					
	Total	522.5					
75 kg	Squat	210.0					
	Bench	142.5					
	Deadlift	217.6					
	Total	570.0					
82.5 kg	Squat	227.5					
	Bench	152.5					
	Deadlift	232.5					
	Total	612.5					
90 kg	Squat	242.5					
	Bench	162.5					
	Deadlift	242.5					
	Total	645.0					
100 kg	Squat	255.0					
	Bench	170.0					
	Deadlift	280.0	Jack Ridge	23-Feb-19	255.0	Not Set	
	Total	682.5					
110 kg	Squat	267.5					
	Bench	175.0					
	Deadlift	260.0					
	Total	705.0					
125 kg	Squat	280.0					
	Bench	180.0					
	Deadlift	265.0					
	Total	725.0					
140 kg	Squat	295.0					
	Bench	190.0					
	Deadlift	272.5					
	Total	757.5					
140+ kg	Squat	305.0					
	Bench	195.0					
	Deadlift	280.0					
	Total	780.0					