

APL Australian Records (Untested)
 RAW 3-LIFT COMPETITION
 - JUNIOR MEN -



J1 JUNIOR 15-19							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	107.5					
	Bench	77.5					
	Deadlift	125.0					
	Total	310.0					
56 kg	Squat	120.0					
	Bench	82.5					
	Deadlift	132.5					
	Total	335.0					
60 kg	Squat	130.0					
	Bench	90.0					
	Deadlift	140.0					
	Total	360.0					
67.5 kg	Squat	162.5	James Norman	27-Apr-19	150.0	James Norman	10-Feb-19
	Bench	102.5	James Norman	27-Apr-19	100.0	Not Set	
	Deadlift	200.0	Rubaiyat Mahmud	2-Jun-19	185.0	James Norman	27-Apr-19
	Total	450.0	James Norman	27-Apr-19	415.0	James Norman	10-Feb-19
75 kg	Squat	162.5					
	Bench	110.0					
	Deadlift	167.5					
	Total	440.0					
82.5 kg	Squat	175.0					
	Bench	117.5					
	Deadlift	225.0	Callum McCoy	Sep-15	180.0	Not Set	
	Total	500.0	Callum McCoy	Sep-15	475.0	Not Set	
90 kg	Squat	220.0	Jesse Peak	Sep-15	187.5	Not Set	
	Bench	125.0					
	Deadlift	235.0	Jesse Peak	Sep-15	187.5	Jai Quinlan	09-May-15
	Total	575.0	Jesse Peak	Sep-15	575.0	Not Set	
100 kg	Squat	197.5					
	Bench	132.5					
	Deadlift	222.5	Matthew Summers-Hall	26-May-19	197.5	Not Set	
	Total	527.5					
110 kg	Squat	225.0	Sam Butterworth	Sep-15	210.0	Sam Butterworth	13-Jun-15
	Bench	137.5					
	Deadlift	245.0	Sam Butterworth	Sep-15	220.0	Sam Butterworth	13-Jun-15
	Total	605.0	Sam Butterworth	Sep-15	562.0	Sam Butterworth	13-Jun-15
125 kg	Squat	215.0					
	Bench	140.0					
	Deadlift	205.0					
	Total	560.0					
140 kg	Squat	227.5					
	Bench	147.5					
	Deadlift	210.0					
	Total	587.5					
140+ kg	Squat	235.0					
	Bench	150.0					
	Deadlift	217.5					
	Total	605.0					

APL Australian Records (Untested)
 RAW 3-LIFT COMPETITION
 - JUNIOR MEN -



J2 JUNIOR 20-23							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	117.5					
	Bench	85.0					
	Deadlift	135.0					
	Total	337.5					
56 kg	Squat	130.0					
	Bench	92.5					
	Deadlift	145.0					
	Total	365.0					
60 kg	Squat	142.5					
	Bench	97.5					
	Deadlift	152.5					
	Total	392.5					
67.5 kg	Squat	162.5					
	Bench	110.0					
	Deadlift	170.0					
	Total	442.5					
75 kg	Squat	180.0	Andreas Pelosi	08-May-16	177.5	Not Set	
	Bench	120.0					
	Deadlift	220.0	Andreas Pelosi	08-May-16	205.0	Liam Tomkins	09-May-15
	Total	510.0	Andreas Pelosi	08-May-16	482.5	Not Set	
82.5 kg	Squat	215.0	Tom Buckland	08-May-16	200.0	Mitch Farquhar	Sep-15
	Bench	130.0					
	Deadlift	230.0	Tom Buckland	08-May-16	220.0	Dean Panopoulos	Sep-15
	Total	565.0	Tom Buckland	08-May-16	540.0	Mitch Farquhar	Sep-15
90 kg	Squat	205.0					
	Bench	137.5					
	Deadlift	210.0	Janus Macuno	04-Aug-18	205.0	Jai Quinlan	08-May-16
	Total	545.0					
100 kg	Squat	217.5			217.5	Not Set	
	Bench	145					
	Deadlift	225.0	Aaron West	09-May-15	225.0	Aaron West	09-May-15
	Total	577.5			577.5	Not Set	
110 kg	Squat	282.5	John Pappas	Sep-15	227.5	Not Set	
	Bench	180.0	John Pappas	Sep-15	150.0	Not Set	
	Deadlift	305.0	Trent Large	08-May-16	270.0	Nick King	Sep-15
	Total	712.5	John Pappas	Sep-15	597.5	Not Set	
125 kg	Squat	300.0	Kurtis Rymer	28-Apr-19	280.0	Kurtis Rymer	10-Feb-19
	Bench	180.0	Kurtis Rymer	28-Apr-19	160.0	Kurtis Rymer	10-Feb-19
	Deadlift	300.0	Kurtis Rymer	28-Apr-19	280.0	Kurtis Rymer	10-Feb-19
	Total	780.0	Kurtis Rymer	28-Apr-19	690.0	Kurtis Rymer	10-Feb-19
140 kg	Squat	260.0	Jason Tram	2-Jun-19	250.0	Not Set	
	Bench	160.0	Jason Tram	2-Jun-19	160.0	Not Set	
	Deadlift	285.0	Jason Tram	2-Jun-19	230.0	Not Set	
	Total	705.0	Jason Tram	2-Jun-19	640.0	Not Set	
140+ kg	Squat	257.5					
	Bench	165.0					
	Deadlift	237.5					
	Total	660.0					