

APL Australian Records (Tested)
 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	57.5	Ishbel Graham	27-Apr-19	55.0	Ishbel Graham	04-Aug-18
	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	92.5					
	Bench	62.5					
	Deadlift	97.5					
	Total	262.5					
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	Gabrielle Parker	27-Apr-19	122.5	Not Set	
	Total	305.0					
90 kg	Squat	130.0	Tayla Hannah	27-Apr-19	117.5	Not Set	
	Bench	75.0					
	Deadlift	150.0	Tayla Hannah	27-Apr-19	130.0	Not Set	
	Total	347.5	Tayla Hannah	27-Apr-19	322.5	Not Set	
90+ kg	Squat	125.0					
	Bench	80.0					
	Deadlift	135.0					
	Total	340.0					

APL Australian Records (Tested)
 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	110.0	Stephanie Nesich	27-Apr-19	80.0	Not Set	
	Bench	72.5	Stephanie Nesich	27-Apr-19	55.0	Not Set	
	Deadlift	140.0	Stephanie Nesich	27-Apr-19	95.0	Not Set	
	Total	322.5	Stephanie Nesich	27-Apr-19	230.0	Not Set	
56 kg	Squat	85.0					
	Bench	57.5					
	Deadlift	102.5					
	Total	245.0					
60 kg	Squat	92.5					
	Bench	60.0					
	Deadlift	105.0					
	Total	257.5					
67.5 kg	Squat	122.5	Brooke Rodwell	04-Aug-18	102.5	Not Set	
	Bench	67.5					
	Deadlift	135.0	Brooke Rodwell	04-Aug-18	117.5	Not Set	
	Total	317.5	Brooke Rodwell	04-Aug-18	285.0	Not Set	
75 kg	Squat	132.5	Corrina McColl	09-Nov-18	130.0	Corrina McColl	04-Aug-18
	Bench	72.5					
	Deadlift	125.0	Corrina McColl	04-Aug-18	125.0	Not Set	
	Total	315.0	Corrina McColl	09-Nov-18	310.0	Corrina McColl	04-Aug-18
82.5 kg	Squat	120.0					
	Bench	77.5					
	Deadlift	135.0					
	Total	332.5					
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					