

APL Australian Records (Tested)
 RAW 3-LIFT COMPETITION
 - MASTERS MEN -



M1 40-44							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	122.5					
	Bench	87.5					
	Deadlift	142.5					
	Total	352.5					
56 kg	Squat	135.0					
	Bench	95.0					
	Deadlift	150.0					
	Total	382.5					
60 kg	Squat	147.5					
	Bench	102.5					
	Deadlift	160.0					
	Total	412.5					
67.5 kg	Squat	170.0					
	Bench	115.0					
	Deadlift	192.5	Delfin Finchan	27-Apr-19	177.5	Not Set	
	Total	462.5					
75 kg	Squat	187.5					
	Bench	125.0					
	Deadlift	192.5					
	Total	505.0					
82.5 kg	Squat	200.0					
	Bench	135.0					
	Deadlift	205.0					
	Total	540.0					
90 kg	Squat	215.0					
	Bench	142.5					
	Deadlift	215.0	Ray Dobby	27-Apr-19	215.0	Not Set	
	Total	570.0					
100 kg	Squat	227.5					
	Bench	150.0					
	Deadlift	240.0	Robert Osip	27-Apr-19	227.5	Not Set	
	Total	605.0					
110 kg	Squat	237.5					
	Bench	155.0					
	Deadlift	230.0					
	Total	625.0					
125 kg	Squat	247.5					
	Bench	160.0					
	Deadlift	235.0					
	Total	642.5					
140 kg	Squat	255.0					
	Bench	165.0					
	Deadlift	237.5					
	Total	657.5					
140+ kg	Squat	262.5					
	Bench	167.5					
	Deadlift	242.5					
	Total	670.0					

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M2 45-49							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	115.0					
	Bench	82.5					
	Deadlift	132.5					
	Total	330.0					
56 kg	Squat	127.5					
	Bench	90.0					
	Deadlift	140.0					
	Total	357.5					
60 kg	Squat	137.5					
	Bench	95.0					
	Deadlift	150.0					
	Total	382.5					
67.5 kg	Squat	157.5					
	Bench	107.5					
	Deadlift	167.5					
	Total	432.5					
75 kg	Squat	175.0					
	Bench	117.5					
	Deadlift	180.0					
	Total	472.5					
82.5 kg	Squat	187.5					
	Bench	127.5					
	Deadlift	192.5					
	Total	507.5					
90 kg	Squat	200.0					
	Bench	132.5					
	Deadlift	200.0					
	Total	532.5					
100 kg	Squat	212.5					
	Bench	140.0					
	Deadlift	212.5					
	Total	565.0					
110 kg	Squat	222.5					
	Bench	145.0					
	Deadlift	217.5					
	Total	585.0					
125 kg	Squat	230.0					
	Bench	150.0					
	Deadlift	220.0					
	Total	600.0					
140 kg	Squat	240.0					
	Bench	152.5					
	Deadlift	220.0					
	Total	615.0					
140+ kg	Squat	245.0					
	Bench	157.5					
	Deadlift	225.0					
	Total	627.5					

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M3 50-54							
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	122.5					
	Total	307.5					
56 kg	Squat	117.5					
	Bench	82.5					
	Deadlift	132.5					
	Total	332.5					
60 kg	Squat	130.0					
	Bench	90.0					
	Deadlift	140.0					
	Total	357.5					
67.5 kg	Squat	147.5					
	Bench	100.0					
	Deadlift	155.0					
	Total	402.5					
75 kg	Squat	162.5					
	Bench	110.0					
	Deadlift	167.5					
	Total	440.0					
82.5 kg	Squat	175.0					
	Bench	117.5					
	Deadlift	180.0					
	Total	472.5					
90 kg	Squat	185.0					
	Bench	125.0					
	Deadlift	185.0					
	Total	497.5					
100 kg	Squat	197.5					
	Bench	132.5					
	Deadlift	197.5					
	Total	527.5					
110 kg	Squat	207.5					
	Bench	135.0					
	Deadlift	202.5					
	Total	545.0					
125 kg	Squat	217.5					
	Bench	142.5					
	Deadlift	207.5					
	Total	565.0					
140 kg	Squat	225.0					
	Bench	145.0					
	Deadlift	207.5					
	Total	575.0					
140+ kg	Squat	227.5					
	Bench	145.0					
	Deadlift	210.0					
	Total	585.0					

APL Australian Records (Tested)
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M4 55-59							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	95.0					
	Bench	67.5					
	Deadlift	110.0					
	Total	275.0					
56 kg	Squat	107.5					
	Bench	75.0					
	Deadlift	120.0					
	Total	300.0					
60 kg	Squat	117.5					
	Bench	80.0					
	Deadlift	125.0					
	Total	322.5					
67.5 kg	Squat	130.0					
	Bench	90.0					
	Deadlift	137.5					
	Total	357.5					
75 kg	Squat	145.0					
	Bench	97.5					
	Deadlift	147.5					
	Total	390.0					
82.5 kg	Squat	155.0					
	Bench	105.0					
	Deadlift	160.0					
	Total	420.0					
90 kg	Squat	165.0					
	Bench	110.0					
	Deadlift	165.0					
	Total	442.5					
100 kg	Squat	175.0					
	Bench	117.5					
	Deadlift	175.0					
	Total	467.5					
110 kg	Squat	185.0					
	Bench	120.0					
	Deadlift	180.0					
	Total	485.0					
125 kg	Squat	192.5					
	Bench	125.0					
	Deadlift	182.5					
	Total	497.5					
140 kg	Squat	197.5					
	Bench	127.5					
	Deadlift	182.5					
	Total	510.0					
140+ kg	Squat	202.5					
	Bench	130.0					
	Deadlift	187.5					
	Total	520.0					

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M5 60-64							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	85.0					
	Bench	60.0					
	Deadlift	97.5					
	Total	240.0					
56 kg	Squat	92.5					
	Bench	65.0					
	Deadlift	102.5					
	Total	260.0					
60 kg	Squat	100.0					
	Bench	70.0					
	Deadlift	110.0					
	Total	280.0					
67.5 kg	Squat	115.0					
	Bench	80.0					
	Deadlift	122.5					
	Total	315.0					
75 kg	Squat	127.5					
	Bench	85.0					
	Deadlift	130.0					
	Total	342.5					
82.5 kg	Squat	137.5					
	Bench	92.5					
	Deadlift	140.0					
	Total	370.0					
90 kg	Squat	145.0					
	Bench	97.5					
	Deadlift	145.0					
	Total	390.0					
100 kg	Squat	155.0					
	Bench	102.5					
	Deadlift	155.0					
	Total	412.5					
110 kg	Squat	162.5					
	Bench	105.0					
	Deadlift	157.5					
	Total	425.0					
125 kg	Squat	167.5					
	Bench	110.0					
	Deadlift	160.0					
	Total	437.5					
140 kg	Squat	175.0					
	Bench	112.5					
	Deadlift	160.0					
	Total	447.5					
140+ kg	Squat	177.5					
	Bench	115.0					
	Deadlift	165.0					
	Total	455.0					

APL Australian Records (Tested)
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 - MASTERS MEN -



M6 65-69							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	77.5					
	Bench	55.0					
	Deadlift	90.0					
	Total	225.0					
56 kg	Squat	85.0					
	Bench	60.0					
	Deadlift	95.0					
	Total	242.5					
60 kg	Squat	92.5					
	Bench	65.0					
	Deadlift	100.0					
	Total	260.0					
67.5 kg	Squat	107.5					
	Bench	72.5					
	Deadlift	112.5					
	Total	292.5					
75 kg	Squat	117.5					
	Bench	80.0					
	Deadlift	122.5					
	Total	320.0					
82.5 kg	Squat	127.5					
	Bench	85.0					
	Deadlift	130.0					
	Total	345.0					
90 kg	Squat	137.5					
	Bench	92.5					
	Deadlift	137.5					
	Total	365.0					
100 kg	Squat	145.0					
	Bench	95.0					
	Deadlift	145.0					
	Total	385.0					
110 kg	Squat	150.0					
	Bench	100.0					
	Deadlift	147.5					
	Total	397.5					
125 kg	Squat	157.5					
	Bench	102.5					
	Deadlift	147.5					
	Total	407.5					
140 kg	Squat	162.5					
	Bench	105.0					
	Deadlift	150.0					
	Total	417.5					
140+ kg	Squat	167.5					
	Bench	107.5					
	Deadlift	152.5					
	Total	427.5					

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M7 70-74							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	72.5					
	Bench	52.5					
	Deadlift	82.5					
	Total	207.5					
56 kg	Squat	80.0					
	Bench	57.5					
	Deadlift	90.0					
	Total	225.0					
60 kg	Squat	87.5					
	Bench	60.0					
	Deadlift	95.0					
	Total	240.0					
67.5 kg	Squat	100.0					
	Bench	67.5					
	Deadlift	105.0					
	Total	272.5					
75 kg	Squat	110.0					
	Bench	75.0					
	Deadlift	112.5					
	Total	297.5					
82.5 kg	Squat	117.5					
	Bench	80.0					
	Deadlift	120.0					
	Total	317.5					
90 kg	Squat	125.0					
	Bench	85.0					
	Deadlift	125.0					
	Total	335.0					
100 kg	Squat	132.5					
	Bench	90.0					
	Deadlift	132.5					
	Total	355.0					
110 kg	Squat	140.0					
	Bench	92.5					
	Deadlift	137.5					
	Total	367.5					
125 kg	Squat	145.0					
	Bench	95.0					
	Deadlift	137.5					
	Total	377.5					
140 kg	Squat	150.0					
	Bench	97.5					
	Deadlift	140.0					
	Total	387.5					
140+ kg	Squat	155.0					
	Bench	100.0					
	Deadlift	142.5					
	Total	397.5					

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M8 75-79							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	65.0					
	Bench	45.0					
	Deadlift	72.5					
	Total	185.0					
56 kg	Squat	70.0					
	Bench	50.0					
	Deadlift	77.5					
	Total	200.0					
60 kg	Squat	77.5					
	Bench	52.5					
	Deadlift	82.5					
	Total	215.0					
67.5 kg	Squat	87.5					
	Bench	60.0					
	Deadlift	92.5					
	Total	242.5					
75 kg	Squat	97.5					
	Bench	65.0					
	Deadlift	100.0					
	Total	262.5					
82.5 kg	Squat	105.0					
	Bench	70.0					
	Deadlift	107.5					
	Total	282.5					
90 kg	Squat	112.5					
	Bench	75.0					
	Deadlift	112.5					
	Total	297.5					
100 kg	Squat	117.5					
	Bench	80.0					
	Deadlift	117.5					
	Total	315.0					
110 kg	Squat	125.0					
	Bench	82.5					
	Deadlift	120.0					
	Total	325.0					
125 kg	Squat	130.0					
	Bench	85.0					
	Deadlift	122.5					
	Total	335.0					
140 kg	Squat	135.0					
	Bench	85.0					
	Deadlift	122.5					
	Total	342.5					
140+ kg	Squat	137.5					
	Bench	87.5					
	Deadlift	127.5					
	Total	350.0					

APL Australian Records (Tested)
RAW 3-LIFT COMPETITION
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M8 80+							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	57.5					
	Bench	40.0					
	Deadlift	65.0					
	Total	162.5					
56 kg	Squat	62.5					
	Bench	45.0					
	Deadlift	70.0					
	Total	175.0					
60 kg	Squat	67.5					
	Bench	47.5					
	Deadlift	72.5					
	Total	187.5					
67.5 kg	Squat	77.5					
	Bench	52.5					
	Deadlift	80.0					
	Total	210.0					
75 kg	Squat	85.0					
	Bench	57.5					
	Deadlift	87.5					
	Total	230.0					
82.5 kg	Squat	92.5					
	Bench	62.5					
	Deadlift	95.0					
	Total	247.5					
90 kg	Squat	97.5					
	Bench	65.0					
	Deadlift	97.5					
	Total	260.0					
100 kg	Squat	102.5					
	Bench	70.0					
	Deadlift	102.5					
	Total	277.5					
110 kg	Squat	107.5					
	Bench	72.5					
	Deadlift	105.0					
	Total	285.0					
125 kg	Squat	112.5					
	Bench	72.5					
	Deadlift	107.5					
	Total	292.5					
140 kg	Squat	117.5					
	Bench	75.0					
	Deadlift	107.5					
	Total	300.0					
140+ kg	Squat	120.0					
	Bench	77.5					
	Deadlift	110.0					
	Total	305.0					