

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



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	180.0					
	Bench	117.5					
	Deadlift	180.0					
	Total	480.0					
75 kg	Squat	200.0					
	Bench	127.5					
	Deadlift	195.0					
	Total	522.5					
82.5 kg	Squat	235.0	Jake Webber-Byrne	27-Apr-19	215.0	Not Set	
	Bench	137.5					
	Deadlift	230.0	Jake Webber-Byrne	27-Apr-19	210.0	Not Set	
	Total	610.0	Jake Webber-Byrne	27-Apr-19	562.5	Not Set	
90 kg	Squat	227.5					
	Bench	145.0					
	Deadlift	217.5					
	Total	592.5					
100 kg	Squat	242.5					
	Bench	152.5					
	Deadlift	230.0					
	Total	625.0					
110 kg	Squat	270.0	Dan Dunbar	27-Apr-19	252.5	Not Set	
	Bench	185.0	Dan Dunbar	27-Apr-19	157.5	Not Set	
	Deadlift	260.0	Dan Dunbar	27-Apr-19	235.0	Dennis Stephensen	04-Aug-18
	Total	715.0	Dan Dunbar	27-Apr-19	647.5	Not Set	
125 kg	Squat	262.5					
	Bench	162.5					
	Deadlift	237.5					
	Total	665.0					
140 kg	Squat	280.0					
	Bench	170.0					
	Deadlift	245.0					
	Total	695.0					
140+ kg	Squat	287.5					
	Bench	175.0					
	Deadlift	252.5					
	Total	715.0					