

**APL Australian Records (Untested)  
CLASSIC RAW 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	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	185.0	Michael Watt	01-Sep-15	180.0	Not Set	
	Bench	135.0	Michael Watt	01-Sep-15	117.5	Not Set	
	Deadlift	235.0	Michael Watt	01-Sep-15	180.0	Not Set	
	Total	555.0	Michael Watt	01-Sep-15	480.0	Not Set	
75 kg	Squat	225.0	Clifford Harris	02-Jun-19	200.0	Not Set	
	Bench	145.0	Clifford Harris	02-Jun-19	127.5	Not Set	
	Deadlift	200.0	Clifford Harris	02-Jun-19	195.0	Not Set	
	Total	570.0	Clifford Harris	02-Jun-19	522.5	Not Set	
82.5 kg	Squat	235.0	Jake Weber-Byrne	27-Apr-19	220.0	Jake Weber-Byrne	02-Dec-18
	Bench	170.0	Jason Budden	10-Feb-19	160.0	Jason Budden	4-Aug-18
	Deadlift	241.0	Jason Budden	28-Apr-19	240.0	Jake Weber-Byrne	2-Dec-18
	Total	610.0	Jake Weber-Byrne	27-Apr-19	600.0	Jake Weber-Byrne	02-Dec-18
90 kg	Squat	227.5					
	Bench	145.0					
	Deadlift	270.0	Luke Coleman	07-May-16	245.0	Chris Samuels	13-Jun-15
	Total	627.5	Luke Coleman	07-May-16	592.5	Not Set	
100 kg	Squat	270.0	Steven Bradford	23-Feb-19	260.0	Elliot Webb	01-Sep-15
	Bench	152.5					
	Deadlift	280.0	Jharryd Nemec	01-Sep-15	245.0	Elliot Webb	03-May-15
	Total	675.0	Elliot Webb	01-Sep-15	625.0	Elliot Webb	03-May-15
110 kg	Squat	270.0	Dan Dunbar	27-Apr-19	255.0	Dan Dunbar	02-Dec-18
	Bench	185.0	Dan Dunbar	27-Apr-19	180.0	Dan Dunbar	02-Dec-18
	Deadlift	280.0	Aaron Scarborough	01-Sep-15	235.0	Not Set	
	Total	715.0	Dan Dunbar	27-Apr-19	705.0	Dan Dunbar	02-Dec-18
125 kg	Squat	310.0	Darren Farrow	28-Apr-18	270.0	Mathew Procak	03-May-15
	Bench	210.0	Darren Farrow	28-Apr-18	177.5	Mathew Procak	03-May-15
	Deadlift	350.0	Darren Farrow	28-Apr-18	300.0	Mathew Procak	03-May-15
	Total	870.0	Darren Farrow	28-Apr-18	747.5	Mathew Procak	03-May-15
140 kg	Squat	360.0	Rhyss Keane	08-May-16	280.0	Not Set	
	Bench	222.5	Rhyss Keane	08-May-16	170.0	Not Set	
	Deadlift	367.5	Rhyss Keane	08-May-16	245.0	Not Set	
	Total	950.0	Rhyss Keane	08-May-16	695.0	Not Set	
140+ kg	Squat	350.0	John Gabriel	28-Apr-18	340.00	John Gabriel	24-Feb-18
	Bench	175.0	John Gabriel	24-Feb-18	175.00	Not Set	
	Deadlift	280.0	John Gabriel	24-Feb-18	252.50	Not Set	
	Total	805.0	John Gabriel	28-Apr-18	795.00	John Gabriel	24-Feb-18