

APL Australian Records (Tested)
 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	125.0					
	Bench	90.0					
	Deadlift	145.0					
	Total	360.0					
56 kg	Squat	137.5					
	Bench	97.5					
	Deadlift	152.5					
	Total	390.0					
60 kg	Squat	150.0					
	Bench	105.0					
	Deadlift	162.5					
	Total	417.5					
67.5 kg	Squat	172.5					
	Bench	117.5					
	Deadlift	210.0	Vidu E.B	27-Apr-19	180.0	Not set	
	Total	470.0					
75 kg	Squat	190.0					
	Bench	127.5					
	Deadlift	195.0					
	Total	512.5					
82.5 kg	Squat	205.0					
	Bench	137.5					
	Deadlift	210.0					
	Total	550.0					
90 kg	Squat	217.5					
	Bench	145.0					
	Deadlift	217.5					
	Total	580.0					
100 kg	Squat	230.0					
	Bench	152.5					
	Deadlift	230.0					
	Total	615.0					
110 kg	Squat	240.0					
	Bench	157.5					
	Deadlift	236.0	Jim Arrowsmith	04-Aug-18	235.0	Not Set	
	Total	635.0					
125 kg	Squat	250.0					
	Bench	162.5					
	Deadlift	237.5					
	Total	652.5					
140 kg	Squat	265.0					
	Bench	170.0					
	Deadlift	245.0					
	Total	682.5					
140+ kg	Squat	275.0					
	Bench	175.0					
	Deadlift	252.5					
	Total	702.5					