

APL Australian Records (Untested)  
 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	150.0	James Norman	10-Feb-19	137.5	Not Set	
	Bench	97.5					
	Deadlift	175.0	James Norman	10-Feb-19	152.5	Not Set	
	Total	415.0	James Norman	10-Feb-19	390.0	Not Set	
60 kg	Squat	155.0	Daniel Winter	Sep-15	150.0	Not Set	
	Bench	105.0					
	Deadlift	200.0	Marinder Singh	Sep-15	180.0	Marinder Singh	13-Jun-15
	Total	455.0	Marinder Singh	Sep-15	417.5	Not Set	
67.5 kg	Squat	172.5					
	Bench	117.5					
	Deadlift	210.0	Vidu E.B	27-Apr-19	205.0	Vidu E.B	23-Feb-19
	Total	470.0					
75 kg	Squat	197.5	Cliff Harris	07-May-16	190.0	Not Set	
	Bench	145.0	Cliff Harris	07-May-16			
	Deadlift	240.0	John Fogarty	23-Feb-19	237.5	Frank Bascetta	15-Apr-18
	Total	542.5	Cliff Harris		512.5	Not Set	
82.5 kg	Squat	205.0	Daniel Kenneally	9-Jun-19	205.0	Not Set	
	Bench	137.5					
	Deadlift	215.0	Ryan Bennett	15-Apr-18	212.5	Corey Pomeroy	09-May-15
	Total	550.0					
90 kg	Squat	240.0	Chris Lindsay	02-Jun-19	220.0	Luke Coleman	07-May-16
	Bench	162.5	Chris Lindsay	02-Jun-19	145.0	Not Set	
	Deadlift	270.0	Chris Lindsay	02-Jun-19	255.5	Peter Warman	03-Jun-18
	Total	672.5	Chris Lindsay	02-Jun-19	602.5	Ryan Buchanan	09-May-15
100 kg	Squat	235.0	Clay Scott	28-Apr-19	230.0	Sean Bell	17-Feb-19
	Bench	170.0	Sam Puskaric		152.5	Not Set	
	Deadlift	267.5	Jamie Cougan	Sep-15	260.0	Matt Paglia	03-May-15
	Total	645.0	Clay Scott	Apr-19	627.5	Jamie Cougan	Sep-15
110 kg	Squat	310.0	Dale Shepherd	28-Apr-18	250.0	Edward Burton	01-Sep-15
	Bench	217.5	Dale Shepherd	28-Apr-18	195.0	Matthew Collins	28-Apr-18
	Deadlift	340.0	Dale Shepherd	28-Apr-18	300.0	Matthew Collins	28-Apr-18
	Total	867.5	Dale Shepherd	28-Apr-18	745.0	Matthew Collins	28-Apr-18
125 kg	Squat	285.0	Tony Beecham	28-Apr-18	270.0	Matt Procak	01-Sep-15
	Bench	195.0	Fabian Lee	Sep-15	162.5	Not Set	
	Deadlift	300.0	Matt Procak	Sep-15	237.5	Not Set	
	Total	750.0	Matt Procak	Sep-15	652.5	Not Set	
140 kg	Squat	285.0	Rhyss Keane	Sep-15	265.0	Not Set	
	Bench	205.0	Rhyss Keane	Sep-15	170.0	Not Set	
	Deadlift	320.0	Rhyss Keane	Sep-15	245.0	Not Set	
	Total	810.0	Rhyss Keane	Sep-15	682.5	Not Set	
140+ kg	Squat	275.0					
	Bench	175.0					
	Deadlift	252.5					
	Total	702.5					