

APL Australian Records (Tested)
RAW 3-LIFT COMPETITION
-OPEN WOMEN-



OPEN							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	75.0					
	Bench	50.0					
	Deadlift	87.5					
	Total	212.5					
48 kg	Squat	80.0					
	Bench	55.0					
	Deadlift	95.0					
	Total	230.0					
52 kg	Squat	105.0	Julia Trezise-Conroy	27-Apr-19	85.0	Not Set	
	Bench	65.0	Julia Trezise-Conroy	27-Apr-19	57.5	Not Set	
	Deadlift	130.0	Julia Trezise-Conroy	27-Apr-19	102.5	Not Set	
	Total	300.0	Julia Trezise-Conroy	27-Apr-19	245.0	Not Set	
56 kg	Squat	92.5					
	Bench	62.5					
	Deadlift	107.5					
	Total	260.0					
60 kg	Squat	97.5					
	Bench	65.0					
	Deadlift	112.5					
	Total	275.0					
67.5 kg	Squat	107.5					
	Bench	82.5	Melanie Chung	4-Aug-18	72.5	Not Set	
	Deadlift	152.5	Melanie Chung	4-Aug-18	125.0	Not Set	
	Total	305.0					
75 kg	Squat	127.5	Soraya Engelken	4-Aug-18	117.5	Not Set	
	Bench	77.5					
	Deadlift	132.5					
	Total	332.5	Soraya Engelken	4-Aug-18	330.0	Not Set	
82.5 kg	Squat	132.5	Lynn Gross	27-Apr-19	127.5	Not Set	
	Bench	90.0	Lynn Gross	27-Apr-19	82.5	Not Set	
	Deadlift	162.5	Lynn Gross	27-Apr-19	142.5	Not Set	
	Total	385.0	Lynn Gross	27-Apr-19	352.5	Not Set	
90 kg	Squat	145.0	Deyana Stuebner	27-Apr-19	140.0	Deyana Stuebner	9-Nov-18
	Bench	87.5					
	Deadlift	180.0	Deyana Stuebner	9-Nov-18	172.5	Deyana Stuebner	4-Aug-18
	Total	405.0	Deyana Stuebner	9-Nov-18	382.5	Deyana Stuebner	4-Aug-18
90+ kg	Squat	147.5					
	Bench	92.5					
	Deadlift	157.5					
	Total	395.0					