

APL Australian Records (Untested)
 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 | 77.5 | Zhara Krine | Sep-15 | 75.0 | Not Set | |
| | Bench | 50.0 | | | | | |
| | Deadlift | 100.0 | Zhara Krine | Sep-15 | 87.5 | Not Set | |
| | Total | 220.0 | Zhara Krine | Sep-15 | 212.5 | Not Set | |
| 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 | 100.0 | Steph Neisch | 2-Dec-18 |
| | Bench | 70.0 | Steph Neisch | 02-Dec-18 | 57.5 | Not Set | |
| | Deadlift | 130.0 | Steph Neisch | 02-Dec-18 | 102.5 | Not Set | |
| | Total | 300.0 | Steph Neisch | 02-Dec-18 | 245.0 | Not Set | |
| 56 kg | Squat | 100.0 | Lowri Dwyer | 2-Jun-19 | 92.5 | Not Set | |
| | Bench | 62.5 | | | | | |
| | Deadlift | 150.0 | Michelina Bajjada | 11-Jun-16 | 107.5 | Not Set | |
| | Total | 290.0 | Michelina Bajjada | 11-Jun-16 | 260 | Not Set | |
| 60 kg | Squat | 120.0 | Jade Harling | Sep-15 | 97.5 | Not Set | |
| | Bench | 65.0 | | | | | |
| | Deadlift | 165.0 | Michelina Weatherall | 13-May-17 | 142.5 | Jade Harling | Sep-15 |
| | Total | 325.0 | Michelina Weatherall | 13-May-17 | 322.5 | Jade Harling | Sep-15 |
| 67.5 kg | Squat | 135.0 | Melissa Matthias | 09-Jun-19 | 130.0 | Rachelle Maatouk | 07-May-16 |
| | Bench | 82.5 | Melanie Chung | 04-Aug-18 | 77.5 | Melanie Chung | 03-Jun-18 |
| | Deadlift | 160.0 | Rachelle Maatouk | 07-May-16 | 127.5 | Kelly Mulder | 09-May-15 |
| | Total | 360.0 | Rachelle Maatouk | 07-May-16 | 305.0 | Not set | |
| 75 kg | Squat | 131.0 | Sorata Egelken | 23-Feb-19 | 130.0 | Anna Murphy | 3-May-15 |
| | Bench | 87.5 | Anna Murphy | 03-May-15 | 77.5 | Not Set | |
| | Deadlift | 180.0 | Christina Poatajko | Sep-15 | 175.0 | Christina Poatajko | 03-May-15 |
| | Total | 367.5 | Anna Murphy | 03-May-15 | 330.0 | Not Set | |
| 82.5 kg | Squat | 132.5 | Lynne Gross | 27-Apr-19 | 127.5 | Lynne Gross | 10-Feb-19 |
| | Bench | 90.0 | Lynne Gross | 27-Apr-19 | 87.5 | Lynne Gross | 10-Feb-19 |
| | Deadlift | 162.5 | Lynne Gross | 27-Apr-19 | 155.0 | Lynne Gross | 10-Feb-19 |
| | Total | 385.0 | Lynne Gross | 27-Apr-19 | 370.0 | Lynne Gross | 10-Feb-19 |
| 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 | 09-Nov-18 | 172.5 | Deyana Stuebner | 04-Aug-18 |
| | Total | 405.0 | Deyana Stuebner | 09-Nov-18 | 382.5 | Deyana Stuebner | 04-Aug-18 |
| 90+ kg | Squat | 160.0 | Denise Rimoni | 03-May-15 | 147.5 | Not Set | |
| | Bench | 100.0 | Tea Pascoe | Sep-15 | 92.5 | Tea Pascoe | 03-May-15 |
| | Deadlift | 157.5 | | | | | |
| | Total | 395.0 | | | | | |