

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



M1 40-44							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	72.5					
	Bench	50.0					
	Deadlift	85.0					
	Total	207.5					
48 kg	Squat	80.0					
	Bench	52.5					
	Deadlift	92.5					
	Total	225.0					
52 kg	Squat	85.0					
	Bench	57.5					
	Deadlift	100.0					
	Total	240.0					
56 kg	Squat	90.0					
	Bench	60.0					
	Deadlift	107.5					
	Total	257.5					
60 kg	Squat	95.0					
	Bench	62.5					
	Deadlift	110.0					
	Total	270.0					
67.5 kg	Squat	105.0					
	Bench	70.0					
	Deadlift	122.5					
	Total	297.5					
75 kg	Squat	117.5					
	Bench	75.0					
	Deadlift	130.0					
	Total	322.5					
82.5 kg	Squat	125.0					
	Bench	82.5					
	Deadlift	140.0					
	Total	347.5					
90 kg	Squat	135.0					
	Bench	87.5					
	Deadlift	147.5					
	Total	370.0					
90+ kg	Squat	145.0					
	Bench	92.5					
	Deadlift	152.5					
	Total	390.0					

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M2 45-49							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	67.5					
	Bench	45.0					
	Deadlift	80.0					
	Total	192.5					
48 kg	Squat	72.5					
	Bench	50.0					
	Deadlift	87.5					
	Total	210.0					
52 kg	Squat	77.5					
	Bench	52.5					
	Deadlift	92.5					
	Total	225.0					
56 kg	Squat	82.5					
	Bench	55.0					
	Deadlift	100.0					
	Total	237.5					
60 kg	Squat	90.0					
	Bench	60.0					
	Deadlift	102.5					
	Total	250.0					
67.5 kg	Squat	97.5					
	Bench	65.0					
	Deadlift	115.0					
	Total	277.5					
75 kg	Squat	107.5					
	Bench	70.0					
	Deadlift	122.5					
	Total	300.0					
82.5 kg	Squat	117.5					
	Bench	75.0					
	Deadlift	130.0					
	Total	322.5					
90 kg	Squat	125.0					
	Bench	80.0					
	Deadlift	137.5					
	Total	342.5					
90+ kg	Squat	135.0					
	Bench	85.0					
	Deadlift	142.5					
	Total	362.5					

APL Australian Records (Tested)
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M3 50-54							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	62.5					
	Bench	42.5					
	Deadlift	75.0					
	Total	180.0					
48 kg	Squat	67.5					
	Bench	45.0					
	Deadlift	82.5					
	Total	195.0					
52 kg	Squat	72.5					
	Bench	50.0					
	Deadlift	87.5					
	Total	210.0					
56 kg	Squat	77.5					
	Bench	52.5					
	Deadlift	92.5					
	Total	222.5					
60 kg	Squat	82.5					
	Bench	55.0					
	Deadlift	95.0					
	Total	235.0					
67.5 kg	Squat	92.5					
	Bench	60.0					
	Deadlift	107.5					
	Total	260.0					
75 kg	Squat	100.0					
	Bench	65.0					
	Deadlift	115.0					
	Total	280.0					
82.5 kg	Squat	110.0					
	Bench	70.0					
	Deadlift	122.5					
	Total	302.5					
90 kg	Squat	117.5					
	Bench	75.0					
	Deadlift	127.5					
	Total	320.0					
90+ kg	Squat	125.0					
	Bench	80.0					
	Deadlift	132.5					
	Total	337.5					

APL Australian Records (Tested)
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M4 55-59							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	57.5					
	Bench	37.5					
	Deadlift	67.5					
	Total	162.5					
48 kg	Squat	62.5					
	Bench	42.5					
	Deadlift	72.5					
	Total	175.0					
52 kg	Squat	65.0					
	Bench	45.0					
	Deadlift	77.5					
	Total	187.5					
56 kg	Squat	70.0					
	Bench	47.5					
	Deadlift	82.5					
	Total	200.0					
60 kg	Squat	75.0					
	Bench	50.0					
	Deadlift	85.0					
	Total	210.0					
67.5 kg	Squat	82.5					
	Bench	55.0					
	Deadlift	95.0					
	Total	232.5					
75 kg	Squat	90.0					
	Bench	60.0					
	Deadlift	102.5					
	Total	252.5					
82.5 kg	Squat	97.5					
	Bench	62.5					
	Deadlift	110.0					
	Total	270.0					
90 kg	Squat	105.0					
	Bench	67.5					
	Deadlift	115.0					
	Total	287.5					
90+ kg	Squat	112.5					
	Bench	70.0					
	Deadlift	120.0					
	Total	302.5					

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M5 60-64							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	50.0					
	Bench	32.5					
	Deadlift	60.0					
	Total	142.5					
48 kg	Squat	55.0					
	Bench	35.0					
	Deadlift	65.0					
	Total	155.0					
52 kg	Squat	57.5					
	Bench	37.5					
	Deadlift	67.5					
	Total	165.0					
56 kg	Squat	60.0					
	Bench	40.0					
	Deadlift	72.5					
	Total	175.0					
60 kg	Squat	65.0					
	Bench	42.5					
	Deadlift	75.0					
	Total	185.0					
67.5 kg	Squat	72.5					
	Bench	47.5					
	Deadlift	82.5					
	Total	202.5					
75 kg	Squat	80.0					
	Bench	52.5					
	Deadlift	90.0					
	Total	220.0					
82.5 kg	Squat	85.0					
	Bench	55.0					
	Deadlift	95.0					
	Total	237.5					
90 kg	Squat	92.5					
	Bench	60.0					
	Deadlift	100.0					
	Total	252.5					
90+ kg	Squat	97.5					
	Bench	62.5					
	Deadlift	105.0					
	Total	265.0					

APL Australian Records (Tested)
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M6 65-69							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	45.0					
	Bench	30.0					
	Deadlift	55.0					
	Total	132.5					
48 kg	Squat	50.0					
	Bench	32.5					
	Deadlift	60.0					
	Total	142.5					
52 kg	Squat	52.5					
	Bench	35.0					
	Deadlift	62.5					
	Total	152.5					
56 kg	Squat	57.5					
	Bench	37.5					
	Deadlift	67.5					
	Total	162.5					
60 kg	Squat	65.0	Valerie Silver	04-Aug-18	60.0	Not Set	
	Bench	45.0	Valerie Silver	04-Aug-18	40.0	Not Set	
	Deadlift	110.0	Valerie Silver	04-Aug-18	70.0	Not Set	
	Total	220.0	Valerie Silver	04-Aug-18	172.5	Not Set	
67.5 kg	Squat	67.5					
	Bench	45.0					
	Deadlift	77.5					
	Total	190.0					
75 kg	Squat	75.0					
	Bench	47.5					
	Deadlift	82.5					
	Total	205.0					
82.5 kg	Squat	80.0					
	Bench	52.5					
	Deadlift	90.0					
	Total	220.0					
90 kg	Squat	85.0					
	Bench	55.0					
	Deadlift	95.0					
	Total	235.0					
90+ kg	Squat	92.5					
	Bench	57.5					
	Deadlift	97.5					
	Total	247.5					

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M7 70-74							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	42.5					
	Bench	27.5					
	Deadlift	50.0					
	Total	122.5					
48 kg	Squat	47.5					
	Bench	30.0					
	Deadlift	55.0					
	Total	132.5					
52 kg	Squat	50.0					
	Bench	32.5					
	Deadlift	60.0					
	Total	142.5					
56 kg	Squat	52.5					
	Bench	35.0					
	Deadlift	62.5					
	Total	150.0					
60 kg	Squat	57.5					
	Bench	37.5					
	Deadlift	65.0					
	Total	157.5					
67.5 kg	Squat	62.5					
	Bench	40.0					
	Deadlift	72.5					
	Total	175.0					
75 kg	Squat	67.5					
	Bench	45.0					
	Deadlift	77.5					
	Total	190.0					
82.5 kg	Squat	72.5					
	Bench	47.5					
	Deadlift	82.5					
	Total	205.0					
90 kg	Squat	80.0					
	Bench	50.0					
	Deadlift	87.5					
	Total	217.5					
90+ kg	Squat	85.0					
	Bench	52.5					
	Deadlift	90.0					
	Total	227.5					

APL Australian Records (Tested)
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M8 75-79							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	37.5					
	Bench	25.0					
	Deadlift	45.0					
	Total	107.5					
48 kg	Squat	40.0					
	Bench	27.5					
	Deadlift	50.0					
	Total	117.5					
52 kg	Squat	45.0					
	Bench	30.0					
	Deadlift	52.5					
	Total	125.0					
56 kg	Squat	47.5					
	Bench	32.5					
	Deadlift	55.0					
	Total	132.5					
60 kg	Squat	50.0					
	Bench	32.5					
	Deadlift	57.5					
	Total	140.0					
67.5 kg	Squat	55.0					
	Bench	37.5					
	Deadlift	65.0					
	Total	155.0					
75 kg	Squat	60.0					
	Bench	40.0					
	Deadlift	67.5					
	Total	167.5					
82.5 kg	Squat	65.0					
	Bench	42.5					
	Deadlift	72.5					
	Total	180.0					
90 kg	Squat	70.0					
	Bench	45.0					
	Deadlift	77.5					
	Total	192.5					
90+ kg	Squat	75.0					
	Bench	47.5					
	Deadlift	80.0					
	Total	202.5					

APL Australian Records (Tested)
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M9 80+							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
44 kg	Squat	32.5					
	Bench	22.5					
	Deadlift	40.0					
	Total	95.0					
48 kg	Squat	35.0					
	Bench	25.0					
	Deadlift	42.5					
	Total	102.5					
52 kg	Squat	37.5					
	Bench	25.0					
	Deadlift	45.0					
	Total	110.0					
56 kg	Squat	40.0					
	Bench	27.5					
	Deadlift	47.5					
	Total	117.5					
60 kg	Squat	42.5					
	Bench	30.0					
	Deadlift	50.0					
	Total	122.5					
67.5 kg	Squat	47.5					
	Bench	32.5					
	Deadlift	55.0					
	Total	137.5					
75 kg	Squat	52.5					
	Bench	35.0					
	Deadlift	60.0					
	Total	147.5					
82.5 kg	Squat	57.5					
	Bench	37.5					
	Deadlift	65.0					
	Total	160.0					
90 kg	Squat	62.5					
	Bench	40.0					
	Deadlift	67.5					
	Total	170.0					
90+ kg	Squat	65.0					
	Bench	42.5					
	Deadlift	70.0					
	Total	177.5					