

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
	14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Julie Loomes		90.0	Julie Loomes		47.5	Julie Loomes		117.5	Julie Loomes		255.0
	9-Apr-95	VIC		9-Apr-95	VIC		9-Apr-95	VIC		9-Apr-95	VIC	
M1 (40-44)	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
	14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC		14-Sep-97	VIC	
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Julie Loomes		70.0	Julie Loomes		52.5	Julie Loomes		115.0	Julie Loomes		235.0
	28-Nov-99	VIC		14-Sep-97	VIC		28-Nov-99			28-Nov-99	VIC	
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)				Julie Loomes		47.5						
				9-Apr-95	VIC							
M1 (40-44)	Julie Loomes		70.0	Julie Loomes		52.5	Julie Loomes		115.0	Julie Loomes		235.0
	28-Nov-99	VIC		14-Sep-97	VIC		28-Nov-99			28-Nov-99	VIC	
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Julie Loomes 29-Nov-97	VIC	103.0	Julie Loomes 29-Nov-97	VIC	55.0	Julie Loomes 29-Nov-97	VIC	142.5	Julie Loomes 29-Nov-97	VIC	297.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Fiona Wilson 16-Jul-95	VIC	92.5	Fiona Wilson 16-Jul-95	VIC	50.0	Fiona Wilson 16-Jul-95	VIC	125.0	Fiona Wilson 16-Jul-95	VIC	267.5
JM (35-39)	Julie Loomes 17-Sep-94	VIC	100.0	Julie Loomes 7-Sep-96	VIC	52.5	Julie Loomes 7-Sep-96	VIC	133.0	Julie Loomes 7-Sep-96	VIC	280.0
M1 (40-44)	Julie Loomes 29-Nov-97	VIC	103.0	Julie Loomes 29-Nov-97		55.0	Julie Loomes 29-Nov-97	VIC	142.5	Julie Loomes 29-Nov-97	VIC	297.5
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	J. Loomes 20-Jun-99	VIC	70.0	Julie Loomes 29-Nov-97	VIC	55.0	J. Loomes 20-Jun-99	VIC	120.0	J. Loomes 20-Jun-99	VIC	237.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Fiona Wilson 16-Jul-95	VIC	50.0						
JM (35-39)				Julie Loomes 7-Sep-96	VIC	52.5						
M1 (40-44)	J. Loomes 20-Jun-99	VIC	70.0	Julie Loomes 29-Nov-97	VIC	55.0	J. Loomes 20-Jun-99	VIC	120.0	J. Loomes 20-Jun-99	VIC	237.5
M2 (45-49)												
M3 (50-54)	J. Loomes 8-Aug-09	VIC	65.0	Julie Loomes 8-Aug-09	VIC	47.5	J. Loomes 8-Aug-09	VIC	110.0	J. Loomes 8-Aug-09	VIC	222.5
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Fiona Wilson 22-Jan-95	VIC	107.5	Fiona Wilson 22-Jan-95	VIC	52.5	Julie Loomes 23-Aug-98	VIC	145.5	Julie Loomes 23-Aug-98	VIC	300.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Fiona Wilson 22-Jan-95	VIC	107.5	Fiona Wilson 22-Jan-95	VIC	52.5	Fiona Wilson 9-Apr-95	VIC	135.0	Fiona Wilson 22-Jan-95	VIC	290.0
JM (35-39)												
M1 (40-44)	Julie Loomes 23-Aug-98	VIC	105.0	Julie Loomes 23-Aug-98	VIC	50.0	Julie Loomes 23-Aug-98	VIC	145.5	Julie Loomes 23-Aug-98	VIC	300.0
M2 (45-49)	Rose Gow 3-Aug-08	SA	100.0	Rose Gow 3-Aug-08	SA	50.0	Rose Gow 3-Aug-08	SA	140.0	Rose Gow 3-Aug-08	SA	290.0
M3 (50-54)	Julie Loomes 3-Aug-08	VIC	80.0	Julie Loomes 3-Aug-08	VIC	50.0	Julie Loomes 23-Nov-08	VIC	132.5	Julie Loomes 23-Nov-09	VIC	257.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Samantha Draper 8-Aug-04	VIC	85.0	Fiona Wilson 22-Jan-95	VIC	52.5	Julie Loomes 10-Aug-03	VIC	120.0	Julie Loomes 22-Nov-09	VIC	242.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Fiona Wilson 22-Jan-95	VIC	52.5						
JM (35-39)												
M1 (40-44)	Julie Loomes 12-Aug-01	VIC	60.0	Julie Loomes 23-Aug-98	VIC	50.0	Julie Loomes 12-Aug-01	VIC	100.0	Julie Loomes 12-Aug-01	VIC	200.0
M2 (45-49)	Julie Loomes 10-Aug-03	VIC	75.0	Julie Loomes 18-May-03	VIC	50.0	Julie Loomes 10-Aug-03	VIC	120.0	Julie Loomes 10-Aug-03	VIC	240.0
M3 (50-54)	Julie Loomes 5-Aug-08	VIC	75.0	Julie Loomes 5-Aug-08	VIC	50.0	Julie Loomes 22-Nov-08	VIC	120.0	Julie Loomes 22-Nov-09	VIC	242.5
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Karen Lloyd 9-Apr-95	VIC	127.5	Karen Lloyd 9-Apr-95	VIC	62.5	Rose Gow 23-May-09	SA	140.0	Karen Lloyd 9-Apr-95	VIC	315.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	J. Dahl 30-Apr-95	QLD	60.0	J.Dahl 30-Apr-95	QLD	32.5	J. Dahl 30-Apr-95	QLD	100.0	J. Dahl 30-Apr-95	QLD	192.5
M1 (40-44)												
M2 (45-49)	Rose Gow 23-May-09	SA	100.0	Rose Gow 23-May-09	SA	55.0	Rose Gow 23-May-09	SA	140.0	Rose Gow 23-May-09	SA	295.0
M3 (50-54)	Rose Gow 22-May-10	SA	100.0	Rose Gow 22-May-10	SA	52.5	Rose Gow 22-May-10	SA	135.0	Rose Gow 22-May-10	SA	287.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Aileen Flynn 12-Aug-01	QLD	80.0	Karen Lloyd 9-Apr-95	VIC	62.5	Aileen Flynn 12-Aug-01	QLD	142.5	Aileen Flynn 12-Aug-01	Qld	270.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Aileen Flynn 12-Aug-01	QLD	80.0	Aileen Flynn 12-Aug-01	QLD	50.0	Aileen Flynn 12-Aug-01	Qld	142.5	Aileen Flynn 12-Aug-01	QLD	270.0
M1 (40-44)												
M2 (45-49)				Julie Loomes 30-Apr-06	VIC	45.0	Julie Loomes 30-Apr-06	VIC	110.0			
M3 (50-54)	Julie Loomes 4-May-08	VIC	80.0	Julie Loomes 4-May-08	VIC	50.0	Julie Loomes 4-May-08	VIC	125.0	Julie Loomes 4-May-08	VIC	255.0
M4 (55-59)												
GM (75-79)	Margaret Rodda 7-Aug-05	VIC	50.0	Margaret Rodda 7-Aug-05	VIC	27.5	Margaret Rodda 7-Aug-05	VIC	85.0	Margaret Rodda 7-Aug-05	VIC	152.5

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Karen Lloyd 7-Sep-96	VIC	125.0	Karen Lloyd 7-Sep-96	VIC	67.5	Karen Lloyd 7-Sep-96	VIC	140.0	Karen Lloyd 7-Sep-96	VIC	332.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)	Rose Gow 5-Aug-07	SA	103.0	Rose Gow 5-Aug-07	SA	50.5	Rose Gow 5-Aug-07	SA	130.0	Rose Gow 5-Aug-07	SA	282.5
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Tanya Green 2-May-10	VIC	90.0	Karen Lloyd 7-Sep-96	VIC	67.5	Tanya Green 2-May-10	VIC	115.0	Tanya Green 2-May-10	VIC	255.0
13												
T1 (14-15)	Mary Steed 5-Aug-07	VIC	55.0	Mary Steed 5-Aug-07	VIC	37.5	Mary Steed 5-Aug-07	VIC	110.0	Mary Steed 5-Aug-07	VIC	202.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)	Jenny Phillips 5-Aug-07	VIC	82.5	Jenny Phillips 3-Aug-08	VIC	47.5	Jenny Phillips 3-Aug-08	VIC	100.0	Jenny Phillips 5-Aug-07	VIC	220.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Karen Lloyd 12-Jun-94	VIC	120.0	Shelley Dyett 17-Sep-94	VIC	65.0	P. Jinadasa 9-Apr-95	VIC	157.5	P. Jinadasa 9-Apr-95	VIC	332.5
13	Casey Haigh 12-Jun-94	VIC	52.5	Casey Haigh 12-Jun-94	VIC	32.5	Casey Haigh 12-Jun-94	VIC	70.0	Casey Haigh 12-Jun-94	VIC	155.0
T1 (14-15)	Casey Haigh 16-Jul-95	VIC	80.0	Casey Haigh 9-Apr-95	VIC	37.5	Casey Haigh 9-Apr-95	VIC	95.0	Casey Haigh 9-Apr-95	VIC	207.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)	Lee McKinnon 3-Aug-08	SA	55.0	Lee McKinnon 5-Aug-07	SA	37.5	Lee McKinnon 5-Aug-07	SA	85.0	Lee McKinnon 5-Aug-07	SA	167.5
M2 (45-49)	Lee McKinnon 23-May-09	SA	60.0	Lee McKinnon 23-May-09	SA	37.5	Lee McKinnon 23-May-09	SA	80.0	Lee McKinnon 23-May-09	SA	177.5
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Judy McGrath 30-Apr-06	VIC	80.0	Shelley Dyett 17-Sep-94	VIC	65.0	Judy McGrath 30-Apr-06	VIC	127.5	Judy McGrath 30-Apr-06	VIC	250.0
13				Casey Haigh 12-Jun-94	VIC	32.5						
T1 (14-15)	Mary Steed 4-May-08	MAR	62.5	Mary Steed 4-May-08	MAR	40.0	Mary Steed 4-May-08	MAR	120.0	Mary Steed 4-May-08	MAR	222.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)	Liz Dando 13-May-07	GEE	70.0				Liz Dando 13-May-07	GEE	112.5	Liz Dando 13-May-07	GEE	242.5
M2 (45-49)	Judy McGrath 30-Apr-06	VIC	80.0	Judy McGrath 30-Apr-06	VIC	45.0	Judy McGrath 30-Apr-06	VIC	127.5	Judy McGrath 30-Apr-06	VIC	250.0
M3 (50-54)												
M4 (55-59)	Jenny Phillios 30-Apr-06	VIC	75.0	Jenny Phillios 30-Apr-06	VIC	35.0	Jenny Phillios 30-Apr-06	VIC	90.0	Jenny Phillios 30-Apr-06	VIC	200.0
M9 (80-84)	Jonnie Rodda (M9) 30-Apr-06	VIC	50.0	Jonnie Rodda (M9) 30-Apr-06	VIC	30.0	Jonnie Rodda (M9) 30-Apr-06	VIC	90.0	Jonnie Rodda (M9) 30-Apr-06	VIC	165.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Sofia Scoufos 14-Sep-97	VIC	135.5	Sofia Scoufos 29-Nov-98	VIC	78.0	Helen Kostadinou 10-Nov-98	VIC	148.0	Sofia Scoufos 14-Sep-97	VIC	350.0
13												
T1 (14-15)												
T2 (16-17)	Jade Farrelly 5-Aug-07	SA	85.0	Jade Farrelly 5-Aug-07	SA	60.0	Jade Farrelly 5-Aug-07	SA	130.0	Jade Farrelly 5-Aug-07	SA	275.0
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Denise Costello 7-Sep-96	QLD	95.0	Denise Costello 8-Dec-96	QLD	62.5	Denise Costello 7-Sep-96	QLD	125.0	Denise Costello 7-Sep-96	QLD	275.0
M1 (40-44)	S. Turner 19-Nov-94	QLD	95.0	S Turner 19-Nov-94	QLD	50.0	S. Turner 19-Nov-94	QLD	127.5	S. Turner 19-Nov-94	QLD	272.5
M2 (45-49)												
M3 (50-54)	Helen Kostadinou 10-Nov-98	VIC	120.0	Helen Kostadinou 10-Nov-98	VIC	67.5	Helen Kostadinou 10-Nov-98	VIC	148.0	Helen Kostadinou 10-Nov-98	VIC	332.5
M4 (55-59)												
M6 (65-69)	Barbara Juers 3-Aug-08	SA	80.5	Barbara Juers 3-Aug-08	SA	50.5	Barbara Juers 3-Aug-08	SA	100.5	Barbara Juers 3-Aug-08	SA	230.0

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Janine Wallace 5-Aug-08	VIC	120.0	Sofia Scoufos 29-Nov-98	VIC	78.0	Janine Wallace 5-Aug-08	VIC	155.0	Janine Wallace 5-Aug-08	VIC	342.5
13												
T1 (14-15)	Mary Steed 3-Aug-08	MAR	65.0	Mary Steed 3-Aug-08	MAR	30.0	Mary Steed 3-Aug-08	MAR	122.5	Mary Steed 3-Aug-08	MAR	217.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)				Denise Costello 8-Dec-96	QLD	62.5						
M1 (40-44)	Mary Mahoney 5-Aug-07	VIC	100.0	Mary Mahoney 5-Aug-07	VIC	67.5	Mary Mahoney 5-Aug-07	VIC	137.5	Mary Mahoney 5-Aug-07	VIC	305.0
M2 (45-49)												
M3 (50-54)				Helen Kostadinou 10-Nov-98	VIC	67.5						
M6 (65-69)	Barbara Juers 5-Aug-08	SA	80.5	Barbara Juers 5-Aug-08	SA	50.5	Barbara Juers 5-Aug-08	SA	100.5	Barbara Juers 5-Aug-08	SA	230.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Cherie Rigby 18-Apr-99	VIC	157.5	Cherie Rigby 28-Aug-99	VIC	70.0	Cherie Rigby 18-Apr-99	VIC	187.5	Cherie Rigby 18-Apr-99	VIC	412.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Melanie Rogers 23-Aug-98	VIC	100.0	Melanie Rogers 23-Aug-98	VIC	57.5	Melanie Rogers 23-Aug-98	VIC	125.0	Melanie Rogers 23-Aug-98	VIC	282.5
M1 (40-44)	Melanie Rogers 28-Nov-99		120.0	Melanie Rogers 28-Nov-99	VIC	67.5	Kerry-Anne Holmes 8-Aug-09	VIC	135.5	Melanie Rogers 28-Nov-99	VIC	317.5
M2 (45-49)	Judy Carter 28-Nov-99	VIC	110.0	Judy Carter 28-Nov-99	VIC	65.0	Judy Carter 28-Nov-99	VIC	115.0	Judy Carter 28-Nov-99	VIC	290.0
M3 (50-54)	Helen Kostadinos 3-May-98	VIC	115.0	Helen Kostadinos 23-Aug-98	VIC	65.0	Helen Kostadinos 23-Aug-98	VIC	145.5	Helen Kostadinos 23-Aug-98	VIC	325.0
M4 (55-59)												
M5 (60-64)	Helen Kostadinos 5-Aug-07	VIC	112.5	Helen Kostadinos 5-Aug-07	VIC	65.0	Helen Kostadinos 5-Aug-07	VIC	135.0	Helen Kostadinos 5-Aug-07	VIC	312.5

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Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Helen Kostadinos 27-May-01	VIC	117.5	Freda Mazzon 4-May-08	VIC	87.5	Freda Mazzon 5-Aug-08	VIC	167.5	Freda Mazzon 5-Aug-08	VIC	347.5
T1 (14-15)												
T2 (16-17)	Mary Steed 8-Aug-09	VIC	50.0	Mary Steed 8-Aug-09	VIC	42.5	Mary Steed 8-Aug-09	VIC	142.5	Mary Steed 8-Aug-09	VIC	235.0
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Freda Mazzon 5-Aug-08	VIC	110.0	Freda Mazzon 4-May-08	VIC	87.5	Freda Mazzon 5-Aug-08	VIC	167.5	Freda Mazzon 5-Aug-08	VIC	347.5
M1 (40-44)												
M2 (45-49)	Leaane Tucker 4-May-08	MAR	80.0	Leaane Tucker 5-Aug-08	MAR	47.5	Leaane Tucker 4-May-08	MAR	110.0	Leaane Tucker 4-May-08	MAR	235.0
M3 (50-54)				Helen Kostadinos 23-Aug-98	VIC	65.0						
M4 (55-59)	Helen Kostadinos 27-May-01	VIC	117.5	Helen Kostadinos 27-May-01	VIC	72.5	Helen Kostadinos 27-May-01	VIC	150.5	Helen Kostadinos 11-Aug-02	VIC	335.0
M5 (60-64)	Helen Kostadinos 3-Aug-08	VIC	107.5	Helen Kostadinos 3-Aug-08	VIC	67.5	Helen Kostadinos 3-Aug-08	VIC	140.0	Helen Kostadinos 3-Aug-08	VIC	312.5
M6 (65-69)	Helen Kostadinos 8-Aug-09	VIC	85.0	Helen Kostadinos 8-Aug-09	VIC	57.5	Helen Kostadinos 8-Aug-09	VIC	110.0	Helen Kostadinos 8/8/209	VIC	252.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Cherie Rigby 21-Oct-00	VIC	160.0	Cherie Rigby 21-Oct-00	VIC	85.0	Cherie Rigby 21-Oct-00	VIC	190.0	Cherie Rigby 21-Oct-00	VIC	435.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Louise van Zelm 23-Aug-98	VIC	117.5	Louise van Zelm 23-Aug-98	VIC	60.0	Louise van Zelm 23-Aug-98	VIC	147.5	Louise van Zelm 23-Aug-98	VIC	325.0
M1 (40-44)												
M2 (45-49)	Judy Wright 23-Aug-98	VIC	115.0	Judy Wright 3-May-98	VIC	50.0	Judy Wright 23-Aug-98	VIC	135.0	Judy Wright 18-Apr-98	VIC	297.5
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Freda Dinakis 19-May-02	VIC	125.0	Freda Dinakis 10-Aug-03	VIC	77.5	Freda Dinakis 18-May-03	VIC	160.0	Freda Dinakis 18-May-03	VIC	360.0
JM (35-39)				Louise van Zelm 23-Aug-98	VIC	60.0						
M1 (40-44)												
M2 (45-49)	Kerrryn Richards 3-Aug-08	VIC	105.0	Kerrryn Richards 4-May-08	VIC	58.0	Kerrryn Richards 4-May-08	VIC	145.0	Debbie Macer 23-Jul-06	VIC	297.5
M3 (50-54)	Debbie Macer 5-Aug-07	VIC	115.0	Debbie Macer 8-Aug-09	VIC	66.0	Debbie Macer 5-Aug-08	VIC	152.5	Debbie Macer 5-Aug-08	VIC	332.5
M4 (55-59)												
M5 (60-64)	Dianne Castanelli 8-Aug-09	VIC	100.5	Dianne Castanelli 8-Aug-09	VIC	50.0	Dianne Castanelli 3-May-09	VIC	125.0	Dianne Castanelli 8-Aug-09	VIC	270.0
M6 (65-69)												

ASSISTED DIVISION												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Sheryl Rapson		120.0	Tanya Ball		50.0	Tanya Ball		120.0	Tanya Ball		260.0
	5-Aug-07	SA		16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior	Tanya Ball		100.0	Tanya Ball		50.0	Tanya Ball		120.0	Tanya Ball		260.0
(20-23)	16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC		16-Jul-95	VIC	
JM	Sheryl Rapson		120.0	Sheryl Rapson		60.0	Sheryl Rapson		132.5	Sheryl Rapson		312.5
(35-39)	5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA		5-Aug-07	SA	
M1												
(40-44)												
M2												
(45-49)												
M3												
(50-54)												
M4												
(55-59)												
UNASSISTED DIVISION												
Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Judy Wright		120.0	Louise van Zelm		72.5	Denai Derecki		155.0	Louise van Zelm		332.5
	27-May-01	VIC		7-May-00	VIC		3-May-09	VIC		6-Aug-00	VIC	
13												
T1												
(14-15)												
T2												
(16-17)												
T3												
(18-19)												
Junior	Denai Derecki		80.0	Denai Derecki		52.5	Denai Derecki		155.0	Denai Derecki		272.5
(20-23)	4-May-08	VIC		4-May-08	VIC		3-May-09	VIC		4-May-08	VIC	
JM	Louise van Zelm		115.0	Louise van Zelm		72.5	Louise van Zelm		151.0	Louise van Zelm		332.5
(35-39)	6-Aug-00	VIC		7-May-00	VIC		6-Aug-00	VIC		6-Aug-00	VIC	
M1												
(40-44)												
M2	Kerryn Richards		105.0	Kerryn Richards		62.5	Kerryn Richards		145.0	Kerryn Richards		312.5
(45-49)	5-Aug-07	VIC		5-Aug-07	VIC		5-Aug-07	VIC		5-Aug-07	VIC	
M3	Judy Wright		120.0	Judy Wright		60.0	Judy Wright		146.0	Judy Wright		332.5
(50-54)	27-May-01	VIC		12-Aug-01	VIC		12-Aug-01	VIC		12-Aug-01	VIC	
M9												
(80-84)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Carolyn Briggs 9-Apr-94	VIC	170.0	Carolyn Briggs 9-Apr-94	VIC	85.0	Carolyn Briggs 9-Apr-94	VIC	182.5	Carolyn Briggs 16-Jul-95	VIC	437.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Stacey Sullivan 12-Aug-01	VIC	140.0	Carolyn Briggs 9-Apr-94	VIC	85.0	Stacey Sullivan 12-Aug-01	VIC	172.5	Stacey Sullivan 12-Aug-01	VIC	392.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Stacey Sullivan 12-Aug-01	VIC	140.0	Stacey Sullivan 12-Aug-01	VIC	82.5	Stacey Sullivan 12-Aug-01	VIC	172.5	Stacey Sullivan 12-Aug-01	VIC	392.5
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

MEN'S 44 KG CLASS

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13	Nicholas Loomes	VIC	47.5	Nicholas Loomes	VIC	25.0	Nicholas Loomes	VIC	80.0	Nicholas Loomes	VIC	152.5
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13				Nicholas Loomes	VIC	25.0						
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												

MEN'S 48 KG CLASS

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13												
T1 (14-15)	Nicholas Loomes	VIC	60.0	Nicholas Loomes	VIC	30.0	Nicholas Loomes	VIC	100.0	Nicholas Loomes	VIC	175.0
T2 (16-17)												
T3 (18-19)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
13												
T1 (14-15)				Nicholas Loomes	VIC	30.0						
T2 (16-17)												
T3 (18-19)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open												
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Nicholas Loomes 28-Nov-99	VIC	70.0	Nicholas Loomes 28-Nov-99	VIC	35.0	Nicholas Loomes 28-Nov-99	VIC	110.0	Nicholas Loomes 28-Nov-99	VIC	215.0
13												
T1 (14-15)	Nicholas Loomes 28-Nov-99	VIC	70.0	Nicholas Loomes 28-Nov-99	VIC	35.0	Nicholas Loomes 28-Nov-99	VIC	110.0	Nicholas Loomes 28-Nov-99	VIC	215.0
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Peter Mong 5-May-96	VIC	140.0	Peter Mong 5-May-96	VIC	92.5	Peter Mong 5-May-96	VIC	182.5	Peter Mong 5-May-96	VIC	410.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)	John Deakin 16-Jul-95	QLD	82.5	John Deakin 16-Jul-95	QLD	77.5	John Deakin 16-Jul-95	QLD	133.0	John Deakin 16-Jul-95	QLD	290.0
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Nicholas Loomes 6-Aug-00	VIC	70.0	Peter Mong 5-May-96	VIC	92.5	Nicholas Loomes 6-Aug-00	VIC	120.0	Nicholas Loomes 6-Aug-00	VIC	225.0
13												
T1 (14-15)												
T2 (16-17)	Nicholas Loomes 6-Aug-00	VIC	70.0	Nicholas Loomes 6-Aug-00	VIC	40.0	Nicholas Loomes 6-Aug-00	VIC	120.0	Nicholas Loomes 6-Aug-00	VIC	225.0
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)				John Deakin 16-Jul-95	QLD	77.5						
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Damian Lenten 12-Jun-94	VIC	155.0	Peter Mong 3-May-98	VIC	90.0	Scott York 16-Jul-95	VIC	192.5	Damian Lenten 12-Jun-95	VIC	425.0
13												
T1 (14-15)												
T2 (16-17)	Scott York 22-Jan-95	VIC	142.5	Paul Mong 7-May-00	VIC	72.5	Paul Mong 6-Aug-00	VIC	183.5	Scott York 22-Jan-95	VIC	382.5
T3 (18-19)	Scott York 16-Jul-95	VIC	150.5	Scott York 16-Jul-95	VIC	70.0	Scott York 16-Jul-95	VIC	192.5	Scott York 16-Jul-95	VIC	412.5
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Andrew Bennett 27-May-01		120.0	Tom Extra 5-Aug-08	VIC	105.0	Tom Extra 5-Aug-08	VIC	183.0	Tom Extra 5-Aug-08	VIC	390.0
13												
T1 (14-15)	Andrew Bennett 7-May-00	VIC	105.0	Andrew Bennett 7-May-00	VIC	62.5	Andrew Bennett 7-May-00	VIC	145.0	Andrew Bennett 7-May-00	VIC	307.5
T2 (16-17)	Andrew Bennett 27-May-01	VIC	120.0	Scott York 22-Jan-95	VIC	65.0	Andrew Bennett 27-May-01	VIC	160.0	Andrew Bennett 27-May-01	VIC	335.0
T3 (18-19)				Scott York 16-Jul-95	VIC	70.0						
Junior (20-23)	Tom Extra 5-Aug-08	VIC	110.0	Tom Extra 5-Aug-08	VIC	105.0	Tom Extra 5-Aug-08	VIC	183.0	Tom Extra 5-Aug-08	VIC	390.0
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	S. Wright 30-Apr-95	QLD	200.0	Derek Bevins 23-Jul-06	VIC	167.5	Leigh Andrew 12-Jun-94	VIC	233.0	Leigh Andrew 12-Jun-94	VIC	552.5
13												
T1 (14-15)												
T2 (16-17)	D. Hallard 30-Apr-95	QLD	110.0	D. Hallard 30-Apr-95	Qld	65.0	D. Hallard 30-Apr-95	QLD	125.0	D. Hallard 30-Apr-95	QLD	300.0
T3 (18-19)	Paul Mong 26-Nov-00	VIC	155.0	Paul Mong 26-Nov-00	VIC	77.5	Paul Mong 26-Nov-00	VIC	190.0	Paul Mong 26-Nov-00	VIC	422.5
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Brendan Cameron 10-Aug-03	VIC	160.0	Leigh Andrew 12-Jun-94	VIC	127.5	Brendan Cameron 10-Aug-03	VIC	213.0	Brendan Cameron 10-Aug-03	VIC	482.5
13												
T1 (14-15)	Curtis De Haan 30-Apr-06	VIC	115.0	Daniel Pollard 19-May-02	VIC	72.5	Curtis De Haan 30-Apr-06	VIC	180.0	Curtis De Haan 30-Apr-06	VIC	357.5
T2 (16-17)				D. Hallard 30-Apr-95	QLD	65.0						
T3 (18-19)	Daniel Arbuthnot 8-Aug-09	VIC	117.5	Daniel Arbuthnot 8-Aug-09	VIC	80.0	Daniel Arbuthnot 8-Aug-09	VIC	175.0	Daniel Arbuthnot 8-Aug-09	VIC	365.0
Junior (20-23)	Thomas Extra 3-May-09	VIC	120.0	Thomas Extra 3-May-09	VIC	100.0	Thomas Extra 3-May-09	VIC	185.0	Thomas Extra 3-May-09	VIC	405.0
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M7 (70-74)	Bill Lotherington 4-May-08	MAR	70.0	Bill Lotherington 4-May-08	MAR	60.0	Bill Lotherington 4-May-08	MAR	115.0	Bill Lotherington 4-May-08	MAR	245.0
M8 (75-79)	Bill Lotherington 5-Aug-08	MAR	80.0	Bill Lotherington 5-Aug-08	MAR	55.0	Bill Lotherington 5-Aug-08	MAR	120.0	Bill Lotherington 5-Aug-08	MAR	250.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Austin Morrison 7-Sep-96	VIC	230.0	Nathan Flick 14-Sep-97	QLD	177.5	Lindsay Harch 30-Apr-95	QLD	240.0	Andrew Sceney 20-Jun-99	VIC	577.5
13												
T1 (14-15)												
T2 (16-17)	Adrian Gault 8-Dec-96	QLD	115.0	Adrian Gault 8-Dec-96	QLD	60.0	Adrian Gault 8-Dec-96	QLD	130.0	Adrian Gault 8-Dec-96	QLD	305.0
T3 (18-19)	Paul Mong 11-Aug-02	BAL	190.0	Nathan Flick 19-Nov-94	QLD	152.5	Paul Mong 11-Aug-02	BAL	215.0	Paul Mong 11-Aug-02	BAL	505.0
Junior (20-23)	Nathan Deppler 14-Sep-97	VIC	165.0	Nathan Flick 14-Sep-97	QLD	177.5	Nathan Deppler 14-Sep-97	VIC	205.0	Nathan Deppler 14-Sep-97	VIC	447.5
JM (35-39)	Andrew Sceney 29-Nov-98	VIC	210.0	Andrew Sceney 20-Jun-99	VIC	142.5	Andrew Sceney 29-Nov-98	VIC	225.5	Andrew Sceney 20-Jun-99	VIC	577.5
M1 (40-44)												
M2 (45-49)	Austin Morrison 7-Sep-96	VIC	230.0	Austin Morrison 17-Sep-94	VIC	127.5	Austin Morrison 7-Sep-96	VIC	235.0	Austin Morrison 7-Sep-96	VIC	592.5
M3 (50-54)												
M4 (55-59)												
M9 (80-84)	Trevor Vanstone 23-May-09	SA	55.5	Trevor Vanstone 5-Aug-08	SA	50.5	Trevor Vanstone 23-May-09	SA	101.0	Trevor Vanstone 23-May-09	SA	205.0

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Audi Roedel 5-Aug-08	VIC	215.0	Nathan Flick 14-Sep-97	QLD	177.5	Brendan Cameron 16-May-04	GEE	222.5	Audi Roedel 5-Aug-08	VIC	550.0
13												
T1 (14-15)	Curtis De Haan 23-Jul-06	VIC	130.0	Curtis De Haan 23-Jul-06	VIC	77.5	Curtis De Haan 23-Jul-06	VIC	200.0	Curtis De Haan 23-Jul-06	VIC	407.5
T2 (16-17)	Simon Rowland 5-Aug-07	VIC	172.5	Simon Rowland 5-Aug-07	VIC	95.0	Simon Rowland 5-Aug-07	VIC	202.5	Simon Rowland 5-Aug-07	VIC	470.0
T3 (18-19)				Nathan Flick 19-Nov-94	QLD	152.5						
Junior (20-23)	Rhys Archer 13-May-07	VIC	152.5	Nathan Flick 14-Sep-97	QLD	177.5	Rhys Archer 13-May-07	VIC	210.0	Rhys Archer 13-May-07	VIC	482.5
JM (35-39)				Andrew Sceney 29-Nov-98	VIC	135.0						
M2 (45-49)				Austin Morrison 17-Sep-94	VIC	127.5						
M3 (50-54)	Austin Morrison 6-Aug-00	VIC	190.0	Austin Morrison 6-Aug-00	VIC	100.0	Austin Morrison 6-Aug-00	VIC	200.0	Austin Morrison 6-Aug-00	VIC	490.0
M4 (55-59)	Austin Morrison 11-Aug-02	VIC	192.5	Austin Morrison 11-Aug-02	VIC	102.5	Austin Morrison 11-Aug-02	VIC	202.5	Austin Morrison 11-Aug-02	VIC	497.5
M5 (60-64)	Alan Simpson 5-Aug-08	NSW	140.5	Alan Simpson 5-Aug-08	NSW	100.0	Alan Simpson 5-Aug-08	NSW	160.0	Alan Simpson 5-Aug-08	NSW	400.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Daryl Maddern 12-Aug-01	VIC	250.0	Nathan Flick 23-Aug-98	QLD	192.5	Keith McKinnon 7-Sep-96	QLD	276.0	Daryl Maddern 12-Aug-01	VIC	635.0
13												
T1 (14-15)	M. Fahy 19-Nov-94	QLD	152.5	M. Fahy 19-Nov-94	QLD	85.0	M. Fahy 19-Nov-94	QLD	155.0	M. Fahy 19-Nov-94	QLD	392.5
T2 (16-17)	M. Fahy 30-Apr-95	QLD	155.0	M. Fahy 4-Nov-95	QLD	90.0	M. Fahy 4-Nov-95	QLD	175.0	M. Fahy 4-Nov-95	QLD	420.0
T3 (18-19)												
Junior (20-23)	Andrew Nipperess 7-Sep-96	QLD	220.0	Andrew Nipperess 8-Dec-96	QLD	162.5	Andrew Nipperess 8-Dec-96	QLD	250.0	Andrew Nipperess 8-Dec-96	QLD	627.5
JM (35-39)	David Pye 17-Sep-94	VIC	222.5	Andrew Sceney 6-Aug-00	VIC	160.0	David Pye 17-Sep-94	VIC	240.0	David Pye 17-Sep-94	VIC	582.5
M1 (40-44)	David Pye 7-Sep-96	VIC	215.0	David Pye 23-Aug-98	VIC	122.5	David Pye 23-Aug-98	VIC	245.0	David Pye 23-Aug-98	VIC	582.5
M2 (45-49)	Austin Morrison 5-May-96	VIC	230.0	Austin Morrison 5-May-96	VIC	130.0	Austin Morrison 5-May-96	VIC	240.0	Austin Morrison 5-May-96	VIC	600.0
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Glenn Stephens 16-Oct-02	VIC	207.5	Nathan Flick 23-Aug-98	QLD	192.5	Glen Stephens 7-Aug-05	VIC	255.0	Glen Stephens 16-Oct-02	VIC	580.0
T1 (14-15)	Curtis De Haan 5-Aug-07	VIC	175.0	Curtis De Haan 5-Aug-07	VIC	100.0	Curtis De Haan 5-Aug-07	VIC	240.0	Curtis De Haan 5-Aug-07	VIC	515.0
T2 (16-17)	Brandon Cornwill 3-May-09	VIC	140.0	Brandon Cornwill 3-May-09	VIC	110.0	Brandon Cornwill 3-May-09	VIC	230.0	Brandon Cornwill 3-May-09	VIC	480.0
T3 (18-19)	Simon Rowland 5-Aug-08	MAR	200.0	Simon Rowland 5-Aug-08	MAR	120.0	Simon Rowland 4-May-08	MAR	240.0	Simon Rowland 5-Aug-08	MAR	530.0
Junior (20-23)	Paul Mong 30-Apr-06	VIC	180.0	Andrew Nipperess 8-Dec-96	QLD	162.5	Rhys Archer 5-Aug-07	VIC	220.0	Rhys Archer 5-Aug-07	VIC	525.0
JM (35-39)	Mark Sands 8-Aug-09	NSW	165.0	Andrew Sceney 23-Aug-98	VIC	130.0	Mark Sands 8-Aug-09	NSW	200.0	Mark Sands 8-Aug-09	NSW	457.5
M1 (40-44)	Lindsay Gordon 26-Nov-00	VIC	160.0	David Pye 23-Aug-98	VIC	122.5	Lindsay Gordon 26-Nov-00	VIC	225.0	Lindsay Gordon 26-Nov-00	VIC	482.5
M2 (45-49)				Noel Lindsay 13-May-07	VIC	142.5	Noel Lindsay 23-Jul-06	VIC	210.0	Noel Lindsay 23-Jul-06	VIC	490.0
M3 (50-54)	John Clow 6-Aug-00	VIC	200.0	Noel Lindsay 5-Aug-07	VIC	140.0	Noel Lindsay 5-Aug-08	VIC	212.5	Noel Lindsay 5-Aug-08	VIC	507.5
M4 (55-59)	John Clow 5-Aug-08	VIC	197.5	John Clow 5-Aug-08	VIC	110.0	John Clow 5-Aug-07	VIC	202.5	John Clow 5-Aug-08	VIC	497.5
M5 (60-64)	Austin Morrison 5-Aug-08	NSW	190.0	Austin Morrison 5-Aug-08	NSW	90.0	Austin Morrison 5-Aug-08	NSW	193.0	Austin Morrison 5-Aug-08	NSW	472.5
M7 (70-74)	Charles McMahon 5-Aug-07	SA	100.0	Charles McMahon 5-Aug-07	SA	77.5	Charles McMahon 5-Aug-07	SA	140.0	Charles McMahon 5-Aug-07	SA	317.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Phil Walsh 11-Jun-94	QLD	270.0	Daryl Dando 5-Aug-07	VIC	170.0	A. Roberts 9-Apr-95	VIC	270.0	Phil Walsh 11-Jun-94	QLD	657.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Andrew Nipperess 30-Apr-94	QLD	220.0	Andrew Nipperess 30-Apr-94	QLD	140.0	Shane Newman 7-Sep-96	VIC	250.0	Andrew Nipperess 30-Apr-94	QLD	585.0
JM (35-39)	Alan Muston 11-Jun-94	QLD	240.0	Alan Muston 11-Jun-94	QLD	140.0	Alan Muston 19-Nov-94	QLD	260.0	Alan Muston 19-Nov-94	QLD	640.0
M1 (40-44)	Ray Ancilleri 23-Aug-98	VIC	207.5	Ray Ancilleri 4-May-97	VIC	135.0	E. Kostrzewski 30-Apr-95	QLD	250.0	Ray Ancilleri 23-Aug-98	VIC	572.5
M2 (45-49)	Ray Ancilleri 12-Aug-01	VIC	185.0	Ray Ancilleri 6-Aug-00	VIC	120.0	Ray Ancilleri 6-Aug-00	VIC	220.0	Ray Ancilleri 6-Aug-00	VIC	525.0
M3 (50-54)	Barry Wilkes 3-May-98	VIC	180.0	Barry Wilkes 3-May-98	VIC	135.0	Barry Wilkes 14-Sep-97	VIC	200.0	Barry Wilkes 3-May-98	VIC	502.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Andrew Roberts 6-Aug-00	VIC	240.0	Peter Mavromatis 12-Aug-01	VIC	165.5	Curtis Dehaan 8-Aug-09	VIC	300.0	Andrew Roberts 6-Aug-00	VIC	655.0
13												
T1 (14-15)	Clay Westcombe-Down 22-May-10	SA	115.0	Clay Westcombe-Down 22-May-10	SA	67.5	Clay Westcombe-Down 22-May-10	SA	150.0	Clay Westcombe-Down 22-May-10	SA	332.5
T2 (16-17)	Curtis Dehaan 8-Aug-09	VIC	200.0	Curtis Dehaan 5-Aug-08	VIC	122.5	Curtis Dehaan 8-Aug-09	VIC	300.0	Curtis Dehaan 8-Aug-09	VIC	620.0
T3 (18-19)												
Junior (20-23)	Damien Kierl 6-Aug-00	VIC	170.0	Andrew Nipperess 30-Apr-94	QLD	140.0	Damien Kierl 7-May-00	VIC	220.0	Damien Kierl 7-May-00	VIC	480.0
JM (35-39)	Mark Sands 5-Aug-08	NSW	170.0	Alan Muston 11-Jun-94	QLD	140.0	Mark Sands 5-Aug-08	NSW	220.0	Mark Sands 5-Aug-08	NSW	470.0
M1 (40-44)	David Pye 20-Jun-99	VIC	200.0	Ray Ancilleri 4-May-97	VIC	135.0	David Pye 20-Jun-99	VIC	190.0	David Pye 20-Jun-99	VIC	510.0
M2 (45-49)	Ray Ancilleri 8-Aug-04	VIC	170.0	Ray Ancilleri 8-Aug-04	VIC	125.0	Ray Ancilleri 8-Aug-04	VIC	210.0	Ray Ancilleri 8-Aug-04	VIC	505.0
M3 (50-54)	Ray Ancilleri 7-Aug-05	VIC	165.0	Ray Ancilleri 5-Aug-07	VIC	136.0	Ray Ancilleri 30-Apr-06	VIC	220.0	Ray Ancilleri 30-Apr-06	VIC	507.5
M4 (55-59)				Barry Wilkes 8-Aug-04	VIC	127.5						
M5 (60-64)	Barry Wilkes 15-May-05	VIC	145.0	Barry Wilkes 5-Aug-07	VIC	125.0	Barry Wilkes 7-Aug-05	VIC	200.0	Barry Wilkes 7-Aug-05	VIC	455.0
M7 (70-74)	Wim Van Weenen 10-Aug-03	VIC	165.0	Wim Van Weenen 10-Aug-03	VIC	100.0	Wim Van Weenen 10-Aug-03	VIC	210.0	Wim Van Weenen 10-Aug-03	VIC	475.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Phil Walsh 8-Jun-96	QLD	287.5	Tristan Gassman 5-Aug-08	VIC	180.0	David Myers 16-Jul-95	VIC	282.5	Phil Walsh 8-Jun-96	QLD	710.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)	Simon Jarvis 12-Jun-94	VIC	190.0	Simon Jarvis 12-Jun-94	VIC	92.5	Simon Jarvis 12-Jun-94	VIC	210.0	Simon Jarvis 12-Jun-94	VIC	485.0
Junior (20-23)	Simon Jarvis 7-Sep-96	VIC	215.0	Simon Jarvis 7-Sep-96	VIC	112.5	Simon Jarvis 7-Sep-96	VIC	260.0	Simon Jarvis 7-Sep-96	VIC	587.5
JM (35-39)	Ivan Straga 9-Apr-95	VIC	242.5	Ivan Straga 17-Sep-94	VIC	147.5	David Myers 16-Jul-95	VIC	282.5	David Myers 16-Jul-95	VIC	652.5
M1 (40-44)	Gary Hoffman 7-Sep-96	QLD	220.0	Ivan Straga 3-May-98	VIC	152.5	Ivan Straga 3-May-98	VIC	235.0	Ivan Straga 3-May-98	VIC	552.5
M2 (45-49)	Richard Gault 9-Nov-94	QLD	225.0	Ross Knight 4-May-08	VIC	150.0	Ross Knight 4-May-08	VIC	270.0	Ross Knight 16-Jul-95	VIC	635.0
M3 (50-54)	Barry Wilkes 24-Nov-96	VIC	190.0	Barry Wilkes 4-May-97	VIC	142.5	Barry Wilkes 24-Nov-96	VIC	212.5	Barry Wilkes 24-Nov-96	VIC	542.5
M4 (55-59)	John Ede 16-Jul-95	QLD	220.0	John Ede 8-Dec-96	Qld	100.0	John Ede 8-Dec-96	QLD	235.0	John Ede 16-Jul-95	QLD	545.0

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Jason Coulston 13-May-07	VIC	220.0	Damien Kruger 5-Aug-07	VIC	185.0	Damien Kruger 5-Aug-07	VIC	275.0	Damien Kruger 5-Aug-07	VIC	680.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)				Simon Jarvis 12-Jun-94	VIC	92.5						
Junior (20-23)				Simon Jarvis 7-Sep-96	VIC	112.5						
JM (35-39)	Scott Bayley 12-Aug-01	VIC	210.0	Ivan Straga 17-Sep-94	VIC	147.5	Scott Bayley 12-Aug-01	VIC	250.0	Scott Bayley 12-Aug-01	VIC	585.0
M1 (40-44)	Ross Knight 18-May-03	VIC	205.0	Ross Knight 18-May-03	VIC	155.0	Ross Knight 18-May-03	VIC	272.5	Ross Knight 18-May-03	VIC	632.5
M2 (45-49)	Paul Teape 8-Aug-09	VIC	160.0	Robert Bull 9-Apr-95	VIC	145.0	Paul Teape 8-Aug-09	VIC	210.0	Paul Teape 8-Aug-09	VIC	490.0
M3 (50-54)	Barry Wilkes 28-Nov-99	VIC	150.0	Barry Wilkes 4-May-97	VIC	142.5	Barry Wilkes 28-Nov-99	VIC	190.0	Barry Wilkes 28-Nov-99	VIC	465.0
M4 (55-59)	Barry Wilkes 5-Aug-08	VIC	202.5	Barry Wilkes 19-May-02	VIC	135.0	Barry Wilkes 10-Aug-03	VIC	215.0	Barry Wilkes 10-Aug-03	VIC	522.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	David Myers 3-May-98	VIC	257.5	Scott York 3-Aug-08	VIC	202.5	Grant Cody 16-Jul-95	VIC	300.5	Grant Cody 16-Jul-95	VIC	717.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Scott York 26-Nov-00	VIC	200.0	Scott York 26-Nov-00	VIC	117.5	Scott York 26-Nov-00	VIC	240.0	Scott York 26-Nov-00		550.0
JM (35-39)	Chris Turner 8-Dec-96	QLD	248.0	Tristan Gassman 3-May-09	VIC	190.0	Chris Turner 8-Jun-96	QLD	272.5	Chris Turner 8-Jun-96	QLD	655.0
M1 (40-44)	David Myers 3-May-98	VIC	257.5	Ivan Straga 7-Sep-96	VIC	160.0	David Myers 14-Sep-97	VIC	291.0	David Myers 14-Sep-97	VIC	687.5
M2 (45-49)	Ian Chettle 16-Jul-95	VIC	250.0	Ivan Straga 10-Aug-03	VIC	177.5	Ian Chettle 17-Sep-94	VIC	230.0	Ian Chettle 17-Sep-94	VIC	607.5
M3 (50-54)	K. Neumann 11-Jun-94	QLD	202.5	K. Neuman 11-Jun-94		160.0	K. Neumann 11-Jun-94	QLD	220.0	K. Neumann 11-Jun-94	QLD	582.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Damian Kruger 8-Aug-09	VIC	230.0	Damian Kruger 8-Aug-09	VIC	180.0	Damian Kruger 8-Aug-09	VIC	280.0	Damian Kruger 8-Aug-09	VIC	690.0
13												
T1 (14-15)												
T2 (16-17)	Tyrone Sharpe 23-May-09	SA	65.0	Tyrone Sharpe 23-May-09	SA	45.0	Tyrone Sharpe 23-May-09	SA	120.0	Tyrone Sharpe 23-May-09	SA	230.0
T3 (18-19)												
Junior (20-23)	Mitch Collins 8-Aug-09	VIC	177.5	Mitch Collins 8-Aug-09	VIC	140.0	Mitch Collins 8-Aug-09	VIC	240.0	Mitch Collins 8-Aug-09	VIC	557.5
JM (35-39)	Damian Kruger 8-Aug-09	VIC	230.0	Damian Kruger 8-Aug-09	VIC	180.0	Damian Kruger 8-Aug-09	VIC	280.0	Damian Kruger 8-Aug-09	VIC	690.0
M1 (40-44)	Adam Mazzon 23-Jul-06	VIC	220.0	Ivan Straga 20-Jun-99	VIC	162.5	Adam Mazzon 30-Apr-06	VIC	260.0	Adam Mazzon 30-Apr-06	VIC	615.0
M2 (45-49)				Ian Chettle 17-Sep-94	VIC	137.5						
M3 (50-54)	Gary Newell 5-Aug-07	VIC	170.0	K. Neumann 11-Jun-94	QLD	160.0	Gary Newell 4-May-08	VIC	240.0	Gary Newell 4-May-08	VIC	550.0
M4 (55-59)	Robert Parker 5-Aug-08	VIC	202.5	Robert Parker 5-Aug-08	VIC	150.0	Robert Parker 5-Aug-08	VIC	230.0	Robert Parker 5-Aug-08	VIC	582.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Martyn Girvan 23-Aug-98	VIC	280.0	Scott York 4-May-08	BAL	200.0	Alan Pickersgill 7-Sep-96	VIC	310.0	Martyn Girvan 6-Aug-00	VIC	747.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Glenn Firth 29-Nov-97	VIC	220.0	Glenn Firth 29-Nov-97	VIC	127.5	Glenn Firth 29-Nov-97	VIC	225.0	Glenn Firth 29-Nov-97	VIC	550.0
JM (35-39)	G. Smith 4-Nov-95	QLD	250.0	Stephen Maxwell 23-Aug-98	VIC	155.0	Stephen Maxwell 23-Aug-98	VIC	270.5	G. Smith 4-Nov-95	QLD	672.5
M1 (40-44)												
M2 (45-49)	M. Whitaker 19-Nov-94	QLD	235.0	Daryl Dawes 7-Sep-96	QLD	130.0	M. Whitaker 19-Nov-94	QLD	230.0	M. Whitaker 19-Nov-94	QLD	585.0
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Adam Mazzon 4-May-08	VIC	242.5	Alan Pickersgill 7-Sep-96	VIC	160.0	Martyn Girvan 20-Jun-99	VIC	300.0	Martyn Girvan 20-Jun-99	VIC	700.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Glenn Firth 29-Nov-97	VIC	127.5						
JM (35-39)	Chris Whyte 3-May-09	VIC	200.0	Stephen Maxwell 23-Aug-98	VIC	155.0	Chris Whyte 3-May-09	VIC	260.0	Chris Whyte 3-May-09	VIC	575.0
M1 (40-44)	Adam Mazzon 4-May-08	VIC	242.5	Adam Mazzon 5-Aug-07	VIC	152.5	Adam Mazzon 8-Aug-09	VIC	300.0	Adam Mazzon 4-May-08	VIC	677.5
M2 (45-49)				Daryl Dawes 7-Sep-96	QLD	130.0						
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Mal Rae 8-Dec-96	QLD	260.0	Mal Rae 8-Dec-96	QLD	157.5	Mal Rae 4-Nov-95	QLD	240.0	Mal Rae 8-Dec-96	QLD	642.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Mal Rae 8-Dec-96	QLD	260.0	Mal Rae 8-Dec-96	QLD	157.5	Mal Rae 4-Nov-95	QLD	240.0	Mal Rae 8-Dec-96	QLD	642.5
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open	Paul Frange 23-Jul-06	VIC	228.0	Paul Frange 23-Jul-06	VIC	168.0	Paul Frange 30-Apr-06	VIC	313.0	Paul Frange 23-Jul-06	VIC	705.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Paul Frange 23-Jul-06	VIC	228.0	Paul Frange 23-Jul-06	VIC	168.0	Paul Frange 30-Apr-06	VIC	313.0	Paul Frange 23-Jul-06	VIC	705.0
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open												
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	State	kg	Name	State	Kg	Name	State	Kg	Name	State	Kg
Open												
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												