

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow 5-Aug-08	SA	100.0	Rose Gow 5-Aug-08	SA	50.0	Rose Gow 5-Aug-08	SA	140.0
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-08	SA	100.0	Rose Gow 5-Aug-08	SA	50.0	Rose Gow 5-Aug-08	SA	140.0
M3 (50-54)	Julie Loomes 5-Aug-08	VIC	80.0				Julie Loomes 5-Aug-08	VIC	125.0
M4 (55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes 5-Aug-08	VIC	75.0	Julie Loomes 5-Aug-08	VIC	50.0	Julie Loomes 5-Aug-08	VIC	115.0
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)	Julie Loomes 5-Aug-08	VIC	75.0	Julie Loomes 5-Aug-08	VIC	50.0	Julie Loomes 5-Aug-08	VIC	115.0
M4 (55-59)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rose Gow 10-Sep-09	SA	105.0	Rose Gow 10-Sep-09	SA	55.0	Rose Gow 10-Sep-09	SA	140.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Rose Gow 10-Sep-09	SA	105.0	Rose Gow 10-Sep-09	SA	55.0	Rose Gow 10-Sep-09	SA	140.5
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	J. Loomes 20-Oct-06	VIC	85.0	J. Loomes 20-Oct-06	VIC	50.0	J. Loomes 20-Oct-06	VIC	122.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	J. Loomes 20-Oct-06	VIC	85.0	J. Loomes 20-Oct-06	VIC	50.0	J. Loomes 20-Oct-06	VIC	122.5
M3 (50-54)									
M4 (55-59)									
GM (75-79)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes 23-Jul-06	VIC	70.0	Julie Loomes 23-Jul-06	VIC	45.0	Julie Loomes 23-Jul-06	VIC	115.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Julie Loomes 23-Jul-06	VIC	70.0	Julie Loomes 23-Jul-06	VIC	45.0	Julie Loomes 23-Jul-06	VIC	115.0
M3 (50-54)									
M4 (55-59)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Lee Mckinnon		55.0	Lee Mckinnon		35.0	Lee Mckinnon		70.0
	5-Aug-08	SA		5-Aug-08	SA		5-Aug-08	SA	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)	Lee Mckinnon		55.0	Lee Mckinnon		35.0	Lee Mckinnon		70.0
	5-Aug-08	SA		5-Aug-08	SA		5-Aug-08	SA	
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Jonnie Rodda		52.5	Jonnie Rodda		30.0	Jonnie Rodda		70.0
	23-Jul-06	VIC		23-Jul-06	VIC		23-Jul-06	VIC	
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)									
M9 (80-84)	Jonnie Rodda		52.5	Jonnie Rodda		30.0	Jonnie Rodda		70.0
	23-Jul-06	VIC		23-Jul-06	VIC		23-Jul-06	VIC	

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Barbara Juers 5-Aug-08	SA	80.5	Natalia Zacharko 10-Sep-09	SA	75.0	Jade Farrelly 5-Aug-08	SA	125.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Jade Farrelly 5-Aug-08	SA	60.0	Jade Farrelly 5-Aug-08	SA	125.0
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M6 (64-70)	Barbara Juers 5-Aug-08	SA	80.5	Barbara Juers 5-Aug-08	SA	50.5	Barbara Juers 5-Aug-08	SA	100.5
M4 (55-59)				Natalia Zacharko 10-Sep-09	SA	75.0			

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Natalia Zacharko 5-Aug-08	SA	75.0	N. Gianacopoulos 20-Oct-06	VIC	150.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Jade Farrelly 5-Aug-08	SA	55.0			
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)				Natalia Zacharko 5-Aug-07	SA	70.5			
M4 (55-59)				Natalia Zacharko 5-Aug-08	SA	75.0			

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Helen Kostadinov	VIC	112.5	Helen Kostadinov	VIC	65.0	Helen Kostadinov	VIC	135.0
	5-Aug-07			5-Aug-07			5-Aug-07		
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)				Gale Fiebig	SA	60.0	Gale Fiebig	SA	100.0
				5-Aug-07			5-Aug-08		
M5 (60-64)	Helen Kostadinov	VIC	112.5	Helen Kostadinov	VIC	65.0	Helen Kostadinov	VIC	135.0
	5-Aug-07			5-Aug-07			5-Aug-07		

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Helen Kostadinov	VIC	107.5	Freda Mazzon	VIC	85.5	Helen Kostadinov	VIC	140.0
	5-Aug-08			5-Aug-07			5-Aug-08		
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)				Freda Mazzon	VIC	85.5			
				5-Aug-07					
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)				Natalia Zacharko	SA	65.5			
				22-May-10					
M5 (60-64)	Helen Kostadinov	VIC	107.5	Helen Kostadinov	VIC	65.5	Helen Kostadinov	VIC	140.0
	5-Aug-08			5-Aug-08			5-Aug-08		

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Val Vanstone 5-Aug-07	SA	35.0			
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)									
M8 (75-79)				Val Vanstone 5-Aug-07	SA	35.0			

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Grace Sutton 13-Jun-09	VIC	40.0	Grace Sutton 13-Jun-09	VIC	110.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)				Grace Sutton 13-Jun-09	VIC	40.0	Grace Sutton 13-Jun-09	VIC	110.0
M3 (50-54)									
M9 (80-84)				Val Vanstone 23-May-09	SA	32.5	Val Vanstone 23-May-09	SA	62.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Sheryl Rapson 5-Aug-08	SA	115.0	Sheryl Rapson 22-May-10	SA	65.5	Sheryl Rapson 5-Aug-08	SA	120.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)				Sheryl Rapson 22-May-10	SA	65.5			
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									

MEN'S 44 KG CLASS

ASSISTED DIVISION

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

UNASSISTED DIVISION

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

MEN'S 48 KG CLASS

ASSISTED DIVISION

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

UNASSISTED DIVISION

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

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Malcolm Barber		75.0			
				5-Aug-08	SA				
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M7 (70-74)				Malcolm Barber		75.0			
				5-Aug-08	SA				
M8 (75-79)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Derek Bevins		140.0			
				21-Oct-06	VIC				
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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Malcolm Barber		80.0			
				5-Aug-07	SA				
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)									
M7 (70-74)				Malcolm Barber		80.0			
				5-Aug-07	SA				

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Austin Morrison 13-Jun-09	NSW	176.0	Trevor Vanstone 5-Aug-08	SA	50.0	Trevor Vanstone 5-Aug-08	SA	100.0
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)									
M5 (60-64)	Austin Morrison 13-Jun-09	NSW	176.0						
M9 (80-84)	Trevor Vanstone 5-Aug-08	SA	52.5	Trevor Vanstone 5-Aug-08	SA	50.0	Trevor Vanstone 5-Aug-08	SA	100.0

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Audi Roedel 23-Jul-06	VIC	205.0	Rhys Archer 4-May-08	VIC	135.0	C. De Haan 20-Oct-06	VIC	230.0
13									
T1 (14-15)	C. De Haan 20-Oct-06	VIC	150.0	C. De Haan 20-Oct-06	VIC	90.0	C. De Haan 20-Oct-06	VIC	230.0
T2 (16-17)									
T3 (18-19)									
Junior (20-23)				Rhys Archer 4-May-08	VIC	135.0			
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
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

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	John Clow 13-Jun-09	VIC	160.0	Alan Simpson 13-Jun-09	NSW	90.0	Alan Simpson 13-Jun-09	NSW	160.0
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)	John Clow 13-Jun-09	VIC	160.0						
M5 (60-64)	Alan Simpson 13-Jun-09	NSW	135.5	Alan Simpson 13-Jun-09	NSW	90.0	Alan Simpson 13-Jun-09	NSW	160.0

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	John Clow 5-Aug-08	VIC	197.5	Zeb Jones 23-Jul-06	VIC	125.0	Austin Morrison 5-Aug-08	VIC	193.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)	Ashley Malone 13-Jun-09	NSW	100.0	Phillip Ward 5-Aug-07	SA	102.5	Ashley Malone 13-Jun-09	NSW	150.0
Junior (20-23)				Zeb Jones 23-Jul-06	VIC	125.0			
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	John Clow 5-Aug-08	VIC	197.5				John Clow 5-Aug-08	VIC	190.0
M5 (60-64)	Austin Morrison 5-Aug-08	VIC	190.0	Austin Morrison 5-Aug-08	VIC	90.0	Austin Morrison 5-Aug-08	VIC	193.0
M6 (65-69)				Bob Withers 20-Oct-06	SA	92.5			

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Mark Sands		162.5	Mark Sands		90.0	Mark Sands		215.0
	13-Jun-09	NSW		13-Jun-09	NSW		13-Jun-09	NSW	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Mark Sands		162.5	Mark Sands		90.0	Mark Sands		215.0
	13-Jun-09	NSW		13-Jun-09	NSW		13-Jun-09	NSW	
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Ray Ancilleri		170.0	Craig Rogers		145.0	Ray Ancilleri		220.0
	20-Oct-06	VIC		23-Jul-06	SA		20-Oct-06	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Mark Sands		170.0	Mark Sands		80.0	Mark Sands		220.0
	5-Aug-08	NSW		5-Aug-08	NSW		5-Aug-08	NSW	
M1 (40-44)									
M2 (45-49)				Bernard Crameri		120.0			
				20-Oct-06	VIC				
M3 (50-54)	Ray Ancilleri		170.0	Ray Ancilleri		130.0	Ray Ancilleri		220.0
	20-Oct-06	VIC		13-May-07	VIC		20-Oct-06	VIC	
M4 (55-59)									
M5 (60-64)				Barry Wilkes		127.5			
				30-Apr-06	VIC				
M7 (70-75)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Ross Knight 13-Jun-09	VIC	190.0	Daniel Roberts 23-Jul-06	SA	185.0	Ross Knight 13-Jun-09	VIC	275.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Ross Knight 13-Jun-09	VIC	190.0	Ross Knight 13-Jun-09	VIC	155.0	Ross Knight 13-Jun-09	VIC	275.0
M3 (50-54)									
M4 (55-59)									
M7 (70-74)				Don Juers 5-Aug-07	SA	120.0			

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Daniel Roberts 30-Apr-06	SA	165.0	Nathan Shepherd 3-May-09	VIC	280.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)				Andrew Cecil 4-May-08	WARR	125.0			
Junior (20-23)									
JM (35-39)				David Thomas 23-Jul-06	SA	155.0			
M1 (40-44)				David Thomas 23-May-09	SA	150.0			
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Scott York		202.5			
				5-Aug-08	VIC				
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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Damian Kruger		225.0	Damian Kruger		170.0	A. Mazzon		250.0
	20-Oct-06	VIC		20-Oct-06	VIC		20-Oct-06	VIC	
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Mitchell Collins		165.0	Mitchell Collins		135.0	Mitchell Collins		230.0
	13-Jun-09	NSW		13-Jun-09	NSW		13-Jun-09	NSW	
JM (35-39)				Craig Schmidt		145.0			
				4-May-08	VIC				
M1 (40-44)				A. Mazzon		150.0	A. Mazzon		250.0
				20-Oct-06	VIC		20-Oct-06	VIC	
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	Robert Parker		202.5	Robert Parker		152.5	Robert Parker		230.0
	5-Aug-08	VIC		13-Jun-09	VIC		5-Aug-08	VIC	

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Scott York 4-May-08	BAL	200.0			
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		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Glenn Asling 4-May-08	TRA	150.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)				Glenn Asling 4-May-08	TRA	150.0			
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	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		
	Name	Club	kg	Name	Club	Kg	Name	Club	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)									