











**ASSISTED DIVISION 58.5kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	Lee Mckinnon 5-Aug-08	SA	55.0	Natalia Zacharko 6-Aug-11	SA	65.0	Lee Mckinnon 5-Aug-08	SA	70.0
<b>13</b>									
<b>T1</b> (14-15)									
<b>T2</b> (16-17)									
<b>T3</b> (18-19)									
<b>Junior</b> (20-23)									
<b>JM</b> (35-39)									
<b>M1</b> (40-44)	Lee Mckinnon 5-Aug-08	SA	55.0	Lee Mckinnon 5-Aug-08	SA	35.0	Lee Mckinnon 5-Aug-08	SA	70.0
<b>M2</b> (45-49)									
<b>M3</b> (50-54)									
<b>M4</b> (55-59)				Natalia Zacharko 6-Aug-11	SA	65.0			

**UNASSISTED DIVISION 58.5kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	Jonnie Rodda 23-Jul-06	VIC	52.5	Natalia Zacharko 6-Aug-11	SA	60.0	Jonnie Rodda 23-Jul-06	VIC	70.0
<b>13</b>									
<b>T1</b> (14-15)									
<b>T2</b> (16-17)									
<b>T3</b> (18-19)									
<b>Junior</b> (20-23)									
<b>JM</b> (35-39)									
<b>M1</b> (40-44)									
<b>M2</b> (45-49)									
<b>M3</b> (50-54)									
<b>M4</b> (55-59)				Natalia Zacharko 6-Aug-11	SA	60.0			
<b>M9</b> (80-84)	Jonnie Rodda 23-Jul-06	VIC	52.5	Jonnie Rodda 23-Jul-06	VIC	30.0	Jonnie Rodda 23-Jul-06	VIC	70.0

**ASSISTED DIVISION 63kg**

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

**UNASSISTED DIVISION 63kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	Barbara Juers 8-Aug-10	SA	60.0	Natalia Zacharko 5-Aug-08	SA	75.0	N. Gianacopoulos 20-Oct-06	VIC	150.0
<b>13</b>									
<b>T1</b> (14-15)									
<b>T2</b> (16-17)									
<b>T3</b> (18-19)				Jade Farrelly 5-Aug-08	SA	55.0			
<b>Junior</b> (20-23)									
<b>JM</b> (35-39)									
<b>M1</b> (40-44)									
<b>M2</b> (45-49)									
<b>M3</b> (50-54)				Natalia Zacharko 5-Aug-07	SA	70.5			
<b>M4</b> (55-59)				Natalia Zacharko 5-Aug-08	SA	75.0			
<b>M6</b> 65-69	Barbara Juers 8-Aug-10	SA	60.0	Barbara Juers 8-Aug-10	SA	42.5	Barbara Juers 8-Aug-10	SA	90.0

**ASSISTED DIVISION 70kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	Helen Kostadinov	VIC	112.5	Helen Kostadinov	VIC	65.0	Helen Kostadinov	VIC	135.0
	5-Aug-07			5-Aug-07			5-Aug-07		
<b>13</b>									
<b>T1</b> (14-15)									
<b>T2</b> (16-17)									
<b>T3</b> (18-19)									
<b>Junior</b> (20-23)									
<b>JM</b> (35-39)									
<b>M1</b> (40-44)									
<b>M2</b> (45-49)									
<b>M3</b> (50-54)									
<b>M4</b> (55-59)				Gale Fiebig	SA	60.0	Gale Fiebig	SA	100.0
				5-Aug-07			5-Aug-08		
<b>M5</b> (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		
<b>M6</b> 65-69	Helen Kostadinov	VIC	92.5	Helen Kostadinov	VIC	60.0	Helen Kostadinov	VIC	130.0
	8-Aug-10			8-Aug-10			8-Aug-10		

**UNASSISTED DIVISION 70kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	Helen Kostadinov	VIC	107.5	Freda Mazzon	VIC	85.5	Helen Kostadinov	VIC	140.0
	5-Aug-08			5-Aug-07			5-Aug-08		
<b>13</b>									
<b>T1</b> (14-15)									
<b>T2</b> (16-17)									
<b>T3</b> (18-19)									
<b>Junior</b> (20-23)									
<b>JM</b> (35-39)				Freda Mazzon	VIC	85.5			
				5-Aug-07					
<b>M1</b> (40-44)									
<b>M2</b> (45-49)									
<b>M3</b> (50-54)									
<b>M4</b> (55-59)				Natalia Zacharko	SA	65.5			
				22-May-10					
<b>M5</b> (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 80kg**

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)									
M5 60-64									

**UNASSISTED DIVISION 80kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Rebecca Wardlaw 8-Aug-10	VIC	130.0	Rebecca Wardlaw 8-Aug-10	VIC	65.0	Rebecca Wardlaw 8-Aug-10	VIC	165.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)				Dee Stocker 6-Aug-11	SA	45.0	Dee Stocker 6-Aug-11	SA	110.0
M2 (45-49)									
M3 (50-54)				Joy Rosenow 18-Jun-11	VIC	62.5			
M5 60-64	Dianne Castanelli 8-Aug-10	VIC	100.0	Dianne Castanelli 8-Aug-10	VIC	45.0	Dianne Castanelli 8-Aug-10	VIC	125.0
M8 (75-79)				Val Vanstone 5-Aug-07	SA	35.0			

**ASSISTED DIVISION 90kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Sheryl Rapson 21-May-11	SA	100.0	Sheryl Rapson 21-May-11	SA	65.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)	Sheryl Rapson 21-May-11	SA	100.0	Sheryl Rapson 21-May-11	SA	65.0			
M2 (45-49)									
M3 (50-54)									
M4 (55-59)									

**UNASSISTED DIVISION 90kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Joy Rosenow 6-Aug-11	SA	100.0	Jessica Baker 8-Aug-10	VIC	50.0	Joy Rosenow 6-Aug-11	SA	122.5
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)	Jessica Baker 8-Aug-10	VIC	80.0	Jessica Baker 8-Aug-10	VIC	50.0	Jessica Baker 8-Aug-10	VIC	100.0
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)	Kerry Perry 6-Aug-11	VIC	90.0	Grace Sutton 13-Jun-09	VIC	40.0	Grace Sutton 13-Jun-09	VIC	110.0
M3 (50-54)									
M4 (55-59)	Joy Rosenow 6-Aug-11	SA	100.0				Joy Rosenow 6-Aug-11	SA	122.5
M9 (80-84)				Val Vanstone 23-May-09	SA	32.5	Val Vanstone 23-May-09	SA	62.5











**ASSISTED DIVISION 67.5kg**

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 67.5kg**

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)									
M7 (70-74)				Malcolm Barber		80.0			
				5-Aug-07	SA				
M8 (75-79)				Malcolm Barber		77.5			
				21-May-11	SA				

**ASSISTED DIVISION 75kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	Austin Morrison 13-Jun-09	NSW	176.0	Trevor Vanstone 5-Aug-08	SA	50.0	Dean Jenkinson 6-Aug-11	SA	230.0
<b>13</b>									
<b>T1 (14-15)</b>	Chris Powell 6-Aug-11	Vic	115.0	Chris Powell 6-Aug-11	VIC	85.0	Chris Powell 6-Aug-11	VIC	150.0
<b>T2 (16-17)</b>									
<b>T3 (18-19)</b>									
<b>Junior (20-23)</b>									
<b>JM (35-39)</b>									
<b>M1 (40-44)</b>							Dean Jenkinson 6-Aug-11	SA	230.0
<b>M2 (45-49)</b>									
<b>M3 (50-54)</b>									
<b>M5 (60-64)</b>	Austin Morrison 13-Jun-09	NSW	176.0						
<b>M9 (80-84)</b>	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 75kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
<b>Open</b>	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
<b>13</b>									
<b>T1 (14-15)</b>	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
<b>T2 (16-17)</b>									
<b>T3 (18-19)</b>									
<b>Junior (20-23)</b>				Rhys Archer 4-May-08	VIC	135.0			
<b>JM (35-39)</b>									
<b>M1 (40-44)</b>									
<b>M2 (45-49)</b>									
<b>M3 (50-54)</b>									
<b>M5 (60-64)</b>	Austin Morrison 8-Aug-10	NSW	182.5	Alan Simpson 5-Aug-08	NSW	100.0	Austin Morrison 8-Aug-10	NSW	192.5

**ASSISTED DIVISION 82.5kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Aaron McFarlane 6-Aug-11	SA	195.0	Aaron McFarlane 6-Aug-11	SA	120.0	Aaron McFarlane 6-Aug-11	SA	210.0
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)	Austin Morrison 6-Aug-11	NSW	175.0	Alan Simpson 13-Jun-09	NSW	90.0	Alan Simpson 13-Jun-09	NSW	160.0
M6 (65-69)				Alan Simpson 8-Aug-10	NSW	97.5			

**UNASSISTED DIVISION 82.5kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	John Clow 5-Aug-08	VIC	197.5	Noel Lindsay 8-Aug-10	VIC	140.0	Mark Sands 8-Aug-10	NSW	212.5
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)				Mark Sands 8-Aug-10	NSW	90.0	Mark Sands 8-Aug-10	NSW	212.5
M1 (40-44)	Damian Powell 6-Aug-11	SA	105.0	Damian Powell 6-Aug-11	SA	103.5	Damian Powell 6-Aug-11	SA	140.0
M2 (45-49)									
M3 (50-54)				Noel Lindsay 8-Aug-10	VIC	140.0			
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 90kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Mark Sands 13-Jun-09	NSW	162.5	Peter Hally 8-Aug-10	VIC	121.0	Mark Sands 13-Jun-09	NSW	215.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Mark Sands 13-Jun-09	NSW	162.5	Mark Sands 13-Jun-09	NSW	90.0	Mark Sands 13-Jun-09	NSW	215.0
M1 (40-44)									
M2 (45-49)				Peter Hally 8-Aug-10	VIC	121.0			
M3 (50-54)									
M4 (55-59)									

**UNASSISTED DIVISION 90kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	John Clow 6-Aug-11	VIC	190.0	Craig Rogers 23-Jul-06	SA	145.0	Ray Ancilleri 20-Oct-06	VIC	220.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)	Mark Sands 5-Aug-08	NSW	170.0	Jason Mawby 8th Aug 2010	VIC	135.0	Mark Sands 5-Aug-08	NSW	220.0
M1 (40-44)									
M2 (45-49)				Bernard Crameri 20-Oct-06	VIC	120.0			
M3 (50-54)	Ray Ancilleri 20-Oct-06	VIC	170.0	Ray Ancilleri 13-May-07	VIC	130.0	Ray Ancilleri 20-Oct-06	VIC	220.0
M4 (55-59)				Ray Ancilleri 8-Aug-10	VIC	120.0			
M5 (60-64)	John Clow 6-Aug-11	VIC	190.0	Barry Wilkes 30-Apr-06	VIC	127.5			
M6 (65-69)				Barry Wilkes 8-Aug-10	VIC	107.5			



**ASSISTED DIVISION 110kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Scott York 5-Aug-08	VIC	202.5	Andrew Norris 6-Aug-11	SA	180.0
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 110kg**

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Damian Kruger 8-Aug-10	VIC	230.0	Damian Kruger 8-Aug-10	VIC	180.0	Nathan Shepherd 8-Aug-10	VIC	285.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)	Mitchell Collins 13-Jun-09	NSW	165.0	Mitchell Collins 13-Jun-09	NSW	135.0	Mitchell Collins 13-Jun-09	NSW	230.0
JM (35-39)	Damian Kruger 8-Aug-10	VIC	230.0	Damian Kruger 8-Aug-10	VIC	180.0	Damian Kruger 8-Aug-10	VIC	280.0
M1 (40-44)				A. Mazzon 20-Oct-06	VIC	150.0	A. Mazzon 20-Oct-06	VIC	250.0
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	Robert Parker 5-Aug-08	VIC	202.5	Robert Parker 13-Jun-09	VIC	152.5	Robert Parker 5-Aug-08	VIC	230.0
M5 (60-64)	Bob Parker 6-Aug-11	VIC	200.0	David Wescombe-Down 21-May-11	SA	118.0	Bob Parker 6-Aug-11	SA	230.0
M6 (65-69)	David Wescombe-Down 6-Aug-11	SA	142.5				David Wescombe-Down 6-Aug-11	SA	167.5
M7 (70-74)				Don Juers 21-May-11	SA	112.5	Don Juers 8-Aug-10	SA	145.0





