

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
	14-Sep-97	EHK		14-Sep-97	EHK		14-Sep-97	EHK		14-Sep-97	EHK	
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	EHK		9-Apr-95	EHK		9-Apr-95	EHK		9-Apr-95	EHK	
M1 (40-44)	Julie Loomes		92.5	Julie Loomes		52.5	Julie Loomes		135.0	Julie Loomes		277.5
	14-Sep-97	EHK		14-Sep-97	EHK		14-Sep-97	EHK		14-Sep-97	EHK	
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

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

ASSISTED DIVISION

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

UNASSISTED DIVISION

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

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Fiona Wilson 22-Jan-95	BAL	107.5	Fiona Wilson 22-Jan-95	BAL	52.5	Julie Loomes 23-Aug-98	EHK	145.5	Julie Loomes 23-Aug-98	EHK	300.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Fiona Wilson 22-Jan-95	BAL	107.5	Fiona Wilson 22-Jan-95	BAL	52.5	Fiona Wilson 9-Apr-95	BAL	135.0	Fiona Wilson 22-Jan-95	BAL	290.0
JM (35-39)												
M1 (40-44)	Julie Loomes 23-Aug-98	EHK	105.0	Julie Loomes 23-Aug-98	EHK	50.0	Julie Loomes 23-Aug-98	EHK	145.5	Julie Loomes 23-Aug-98	EHK	300.0
M2 (45-49)												
M3 (50-54)	Julie loomes 3-Aug-08	EHK	80.0	Julie loomes 3-Aug-08	EHK	50.0	Julie loomes 3-Aug-08	EHK	125.0	Julie loomes 3-Aug-08	EHK	255.0
M4 (55-59)												

UNASSISTED DIVISION

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

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Karen Lloyd 9-Apr-95	EHK	127.5	Karen Lloyd 9-Apr-95	EHK	62.5	P. Jinadasa 12-Jun-94	EHK	137.5	Karen Lloyd 9-Apr-95	EHK	315.0
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			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes 4-May-08	EHK	80.0	Karen Lloyd 9-Apr-95	EHK	62.5	Julie Loomes 4-May-08	EHK	125.0	Julie Loomes 4-May-08	EHK	255.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)	Julie Loomes 5-Feb-06	EHK	40.0	Julie Loomes 30-Apr-06	EHK	45.0	Julie Loomes 30-Apr-06	EHK	110.0	Julie Loomes 5-Feb-06	EHK	170.0
M3 (50-54)	Julie Loomes 4-May-08	EHK	80.0	Julie Loomes 4-May-08	EHK	50.0	Julie Loomes 4-May-08	EHK	125.0	Julie Loomes 4-May-08	EHK	255.0
M4 (55-59)												
GM (75-79)	Margaret Rodda 7-Aug-05	MAR	50.0	Margaret Rodda 7-Aug-05	MAR	27.5	Margaret Rodda 7-Aug-05	MAR	85.0	Margaret Rodda 7-Aug-05	MAR	152.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Karen Lloyd 7-Sep-96	EHK	125.0	Karen Lloyd 7-Sep-96	EHK	67.5	Karen Lloyd 7-Sep-96	EHK	140.0	Karen Lloyd 7-Sep-96	EHK	332.5
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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Tanya Green 2-May-10	FP	90.0	Karen Lloyd 7-Sep-96	EHK	67.5	Tanya Green 2-May-10	FP	115.0	Tanya Green 2-May-10	FP	255.0
13												
T1 (14-15)	Mary Steed 5-Aug-07	MAR	55.0	Mary Steed 5-Aug-07	MAR	37.5	Mary Steed 5-Aug-07	MAR	110.0	Mary Steed 5-Aug-07	MAR	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	BEN	82.5	Jenny Phillips 5-Aug-08	BEN	47.5	Jenny Phillips 5-Aug-08	BEN	100.0	Jenny Phillips 5-Aug-07	BEN	220.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Karen Lloyd 12-Jun-94	EHK	120.0	Shelley Dyett 17-Sep-94	EHK	65.0	P. Jinadasa 9-Apr-95	BAL	157.5	P. Jinadasa 9-Apr-95	BAL	332.5
13	Casey Haigh 12-Jun-94	EHK	52.5	Casey Haigh 12-Jun-94	EHK	32.5	Casey Haigh 12-Jun-94	EHK	70.0	Casey Haigh 12-Jun-94	EHK	155.0
T1 (14-15)	Casey Haigh 16-Jul-95	EHK	80.0	Casey Haigh 9-Apr-95	EHK	37.5	Casey Haigh 9-Apr-95	EHK	95.0	Casey Haigh 9-Apr-95	EHK	207.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Liz Dando 13-May-07	GEE	70.0	Shelley Dyett 17-Sep-94	EHK	65.0	Liz Dando 13-May-07	GEE	112.5	Liz Dando 13-May-07	GEE	242.5
13				Casey Haigh 12-Jun-94	EHK	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	BEN	80.0	Judy McGrath 30-Apr-06	BEN	45.0	Judy McGrath 30-Apr-06	BEN	127.5	Judy McGrath 30-Apr-06	BEN	250.0
M3 (50-54)												
M4 (55-59)	Jenny Phillips 30-Apr-06	BEN	75.0	Jenny Phillips 30-Apr-06	BEN	35.0	Jenny Phillips 30-Apr-06	BEN	90.0	Jenny Phillips 30-Apr-06	BEN	200.0
M9 (80-84)	Jonnie Rodda (M9) 30-Apr-06	MAR	50.0	Jonnie Rodda (M9) 30-Apr-06	MAR	30.0	Jonnie Rodda (M9) 30-Apr-06	MAR	90.0	Jonnie Rodda (M9) 30-Apr-06	MAR	165.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Sofia Scoufos 14-Sep-97	EHK	135.5	Sofia Scoufos 29-Nov-98	EHK	78.0	Janine Wallace 3-Aug-08	VIC	155.0	Sofia Scoufos 14-Sep-97	EHK	350.0
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)	Helen Kostadinou 10-Nov-98	EHK	120.0	Helen Kostadinou 10-Nov-98		67.5	Helen Kostadinou 10-Nov-98	EHK	148.0	Helen Kostadinou 10-Nov-98	EHK	332.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Janine Wallace 4-May-08	MEL	100.0	Sofia Scoufos 29-Nov-98	EHK	78.0	Janine Wallace 4-May-08	MEL	145.0	Janine Wallace 4-May-08	MEL	310.0
13												
T1 (14-15)	Mary Steed 5-Aug-08	MAR	65.0	Mary Steed 5-Aug-08	MAR	30.0	Mary Steed 5-Aug-08	MAR	122.5	Mary Steed 5-Aug-08	MAR	217.5
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)	Mary Mahoney 5-Aug-07	BAL	100.0	Mary Mahoney 5-Aug-07	BAL	67.5	Mary Mahoney 5-Aug-07	BAL	137.5	Mary Mahoney 5-Aug-07	BAL	305.0
M2 (45-49)												
M3 (50-54)				Helen Kostadinou 10-Nov-98	EHK	67.5						
M4 (55-59)												

ASSISTED DIVISION

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

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Helen Kostadinos 11-Aug-02	EHK	117.5	Helen Kostadinos 12-Aug-01	EHK	72.5	Helen Kostadinos 27-May-01	EHK	150.5	Helen Kostadinos 11-Aug-02	EHK	335.0
13												
T1 (14-15)												
T2 (16-17)	Mary Steed 8-Aug-09	MAR	50.0	Mary Steed 8-Aug-09	MAR	42.5	Mary Steed 8-Aug-09	MAR	142.5	Mary Steed 8-Aug-09	MAR	235.0
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Freda Mazzon 4-May-08	MAR	90.0	Freda Mazzon 4-May-08	MAR	87.5	Fred Mazzon 4-May-08	MAR	165.0	Freda Mazzon 4-May-08	MAR	340.0
M1 (40-44)												
M2 (45-49)	Leanne Tucker 4-May-08	MAR	80.0	Leanne Tucker 4-May-08	MAR	45.0	Leanne Tucker 4-May-08	MAR	110.0	Leanne Tucker 4-May-08	MAR	235.0
M3 (50-54)				Helen Kostadinos 23-Aug-98	EHK	65.0						
M4 (55-59)	Helen Kostadinos 11-Aug-02	EHK	117.5	Helen Kostadinos 12-Aug-01	EHK	72.5	Helen Kostadinos 27-May-01	EHK	150.5	Helen Kostadinos 11-Aug-02	EHK	335.0
M6 (65-69)	Helen Kostadinos 8-Aug-09	EHK	85.0	Helen Kostadinos 8-Aug-09	EHK	57.5	Helen Kostadinos 8-Aug-09	EHK	110.0	Helen Kostadinos 8/8/209	EHK	252.5

ASSISTED DIVISION

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

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Freda Dinakis 19-May-02	APL	125.0	Freda Dinakis 18-May-03	APL	75.0	Freda Dinakis 23-Feb-03	APL	160.0	Freda Dinakis 18-May-03	APL	360.0
JM (35-39)				Louise van Zelm 23-Aug-98	APL	60.0						
M1 (40-44)												
M2 (45-49)	Debbie Macer 5-Aug-08	MAR	105.0	Kerryn Richards 4-May-08	MAR	58.0	Kerryn Richards 5-Aug-08	MAR	150.0	Debbie Macer 23-Jul-06	MAR	297.5
M3 (50-54)	Debbie Macer 5-Aug-07	MAR	100.0	Debbie Macer 8-Aug-09	MAR	66.0	Debbie Macer 4-May-08	MAR	150.0	Debbie Macer 13-May-07	MAR	312.5
M4 (55-59)												
M5 (60-64)	Dianne Castanelli 8-Aug-09	MAR	100.5	Dianne Castanelli 8-Aug-09	MAR	50.0	Dianne Castanelli 3-May-09	MAR	125.0	Dianne Castanelli 8-Aug-09	MAR	270.5
M6 (65-69)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Tanya Ball 16-Jul-95	EHK	100.0	Tanya Ball 16-Jul-95	EHK	50.0	Tanya Ball 16-Jul-95	EHK	120.0	Tanya Ball 16-Jul-95	EHK	260.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Tanya Ball 16-Jul-95	EHK	100.0	Tanya Ball 16-Jul-95	EHK	50.0	Tanya Ball 16-Jul-95	EHK	120.0	Tanya Ball 16-Jul-95	EHK	260.0
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Judy Wright 27-May-01	CROY	120.0	Louise van Zelm 7-May-00	APL	72.5	Denai Derecki 3-May-09	MAR	155.0	Louise van Zelm 6-Aug-00	APL	332.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Denai Derecki 4-May-08	MAR	80.0	Denai Derecki 4-May-08	MAR	52.5	Denai Derecki 3-May-09	MAR	155.0	Denai Derecki 4-May-08	MAR	272.5
JM (35-39)	Louise van Zelm 6-Aug-00	APL	115.0	Louise van Zelm 7-May-00	APL	72.5	Louise van Zelm 6-Aug-00	APL	151.0	Louise van Zelm 6-Aug-00	APL	332.5
M1 (40-44)												
M2 (45-49)	Kerryn Richards 5-Aug-07	MAR	105.0	Kerryn Richards 5-Aug-07	MAR	62.5	Kerryn Richards 5-Aug-07	MAR	145.0	Kerryn Richards 5-Aug-07	MAR	312.0
M3 (50-54)	Judy Wright 27-May-01	CROY	120.0	Judy Wright 12-Aug-01	CROY	60.0	Judy Wright 12-Aug-01	CROY	146.0	Judy Wright 12-Aug-01	CROY	322.5
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Carolyn Briggs 9-Apr-94	EHK	170.0	Carolyn Briggs 9-Apr-94	EHK	85.0	Carolyn Briggs 9-Apr-94	EHK	182.5	Carolyn Briggs 16-Jul-95	EHK	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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Stacey Sullivan 12-Aug-01	APL	140.0	Carolyn Briggs 9-Apr-94	EHK	85.0	Stacey Sullivan 12-Aug-01	APL	172.5	Stacey Sullivan 12-Aug-01	APL	392.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Stacey Sullivan 12-Aug-01	APL	140.0	Stacey Sullivan 27-May-01	APL	82.5	Stacey Sullivan 12-Aug-01	APL	172.5	Stacey Sullivan 12-Aug-01	APL	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		47.5	Nicholas Loomes		25.0	Nicholas Loomes		80.0	Nicholas Loomes		152.5
	14-Sep-97	EHK		14-Sep-98	EHK		14-Sep-97	EHK		14-Sep-97	EHK	
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		25.0						
				14-Sep-98	EHK							
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		60.0	Nicholas Loomes		30.0	Nicholas Loomes		100.0	Nicholas Loomes		175.0
	29-Nov-98	EHK		29-Nov-98	EHK		29-Nov-98	EHK		26-Nov-98	EHK	
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		30.0						
				29-Nov-98	EHK							
T2 (16-17)												
T3 (18-19)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	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			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Nicholas Loomes 28-Nov-99	EHK	70.0	Nicholas Loomes 28-Nov-99	EHK	35.0	Nicholas Loomes 28-Nov-99	EHK	110.0	Nicholas Loomes 28-Nov-99	EHK	215.0
13												
T1 (14-15)	Nicholas Loomes 28-Nov-99	EHK	70.0	Nicholas Loomes 28-Nov-99	EHK	35.0	Nicholas Loomes 28-Nov-99	EHK	110.0	Nicholas Loomes 28-Nov-99	EHK	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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Peter Mong 5-May-96	BAL	140.0	Peter Mong 5-May-96	BAL	92.5	Peter Mong 5-May-96	BAL	182.5	Peter Mong 5-May-96	BAL	410.0
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			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Nicholas Loomes 6-Aug-00	EHK	70.0	Peter Mong 5-May-96	BAL	92.5	Nicholas Loomes 6-Aug-00	EHK	120.0	Nicholas Loomes 6-Aug-00	EHK	225.0
13												
T1 (14-15)												
T2 (16-17)	Nicholas Loomes 6-Aug-00	EHK	70.0	Nicholas Loomes 6-Aug-00	EHK	40.0	Nicholas Loomes 6-Aug-00	EHK	120.0	Nicholas Loomes 6-Aug-00	EHK	225.0
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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Damian Lenten 12-Jun-94	EHK	155.0	Peter Mong 3-May-98	BAL	98.0	Scott York 16-Jul-95	BAL	192.5	Damian Lenten 12-Jun-95	EHK	425.0
13												
T1 (14-15)												
T2 (16-17)	Scott York 22-Jan-95	BAL	142.5	Paul Mong 7-May-00	BAL	72.5	Scott York 22-Jan-95	BAL	175.0	Scott York 22-Jan-95	BAL	382.5
T3 (18-19)	Scott York 16-Jul-95	BAL	150.5	Scott York 16-Jul-95	BAL	70.0	Scott York 16-Jul-95	BAL	192.5	Scott York 16-Jul-95	BAL	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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Andrew Bennett 27-May-01	SHP	120.0	Peter Mong 3-May-98	BAL	98.0	Andrew Bennett 27-May-01	SHP	160.0	Andrew Bennett 27-May-01	SHP	335.0
13												
T1 (14-15)	Andrew Bennett 7-May-00	SHP	105.0	Andrew Bennett 7-May-00	SHP	62.5	Andrew Bennett 7-May-00	SHP	145.0	Andrew Bennett 7-May-00	SHP	307.5
T2 (16-17)	Andrew Bennett 27-May-01	SHP	120.0	Scott York 22-Jan-95	BAL	65.0	Andrew Bennett 27-May-01	SHP	160.0	Andrew Bennett 27-May-01	SHP	335.0
T3 (18-19)				Scott York 16-Jul-95	BAL	70.0						
Junior (20-23)	Tom Extra 5-Aug-08	KYN	110.0	Tom Extra 5-Aug-08	KYN	105.0	Tom Extra 5-Aug-08	KYN	183.0	Tom Extra 5-Aug-08	KYN	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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Leigh Andrew 12-Jun-94	EHK	195.0	Derek Bevins 23-Jul-06		137.5	Leigh Andrew 12-Jun-94	EHK	233.0	Leigh Andrew 12-Jun-94	EHK	552.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)	Paul Mong 26-Nov-00	BAL	155.0	Paul Mong 26-Nov-00	BAL	77.5	Paul Mong 26-Nov-00	BAL	190.0	Paul Mong 26-Nov-00	BAL	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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Brendan Cameron 10-Aug-03	GEE	160.0	Leigh Andrew 12-Jun-94	EHK	127.5	Brendan Cameron 10-Aug-03	GEE	213.0	Brendan Cameron 10-Aug-03	GEE	482.5
13												
T1 (14-15)	Curtis De Haan 30-Apr-06	MAR	115.0	Daniel Pollard 19-May-02	CAS	72.5	Curtis De Haan 30-Apr-06	MAR	180.0	Curtis De Haan 30-Apr-06	MAR	357.5
T2 (16-17)												
T3 (18-19)	Daniel Arbuthnot 8-Aug-09	TRA	117.5	Daniel Arbuthnot 8-Aug-09	TRA	80.0	Daniel Arbuthnot 8-Aug-09	TRA	175.0	Daniel Arbuthnot 8-Aug-09	TRA	365.0
Junior (20-23)	Thomas Extra 3-May-09	KYN	120.0	Thomas Extra 3-May-09	KYN	100.0	Thomas Extra 3-May-09	KYN	185.0	Thomas Extra 3-May-09	KYN	405.0
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M7 (50-54)	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 (55-59)	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	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Austin Morrison 7-Sep-96	EHK	230.0	Andrew Sceney 20-Jun-99	SHP	142.5	Austin Morrison 7-Sep-96	EHK	235.0	Austin Morrison 7-Sep-96	EHK	592.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)	Paul Mong 11-Aug-02	BAL	190.0	Paul Mong 11-Aug-02	BAL	100.0	Paul Mong 11-Aug-02	BAL	215.0	Paul Mong 11-Aug-02	BAL	505.0
Junior (20-23)	Nathan Deppler 14-Sep-97	BLS	165.0				Nathan Deppler 14-Sep-97	BLS	205.0	Nathan Deppler 14-Sep-97	BLS	447.5
JM (35-39)	Andrew Sceney 29-Nov-98	SHP	210.0	Andrew Sceney 20-Jun-99	SHP	142.5	Andrew Sceney 29-Nov-98	SHP	225.5	Andrew Sceney 20-Jun-99	SHP	577.5
M1 (40-44)												
M2 (45-49)	Austin Morrison 7-Sep-96	EHK	230.0	Austin Morrison 17-Sep-94	EHK	127.5	Austin Morrison 7-Sep-96	EHK	235.0	Austin Morrison 7-Sep-96	EHK	592.5
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Audi Roedel 5-Aug-08	APO	215.0	Andrew Sceney 29-Nov-98	SHP	135.0	Brendan Cameron 16-May-04	GEE	222.5	Audi Roedel 5-Aug-08	APO	550.0
13												
T1 (14-15)	Curtis De Haan 23-Jul-06	MAR	130.0	Curtis De Haan 23-Jul-06	MAR	77.5	Curtis De Haan 23-Jul-06	MAR	200.0	Curtis De Haan 23-Jul-06	MAR	407.5
T2 (16-17)	Simon Rowland 5-Aug-07	MAR	172.5	Simon Rowland 5-Aug-07	MAR	95.0	Simon Rowland 5-Aug-07	MAR	202.5	Simon Rowland 5-Aug-07	MAR	470.0
T3 (18-19)				Shane Newman 12-Jun-94	BAL	77.5						
Junior (20-23)	Rhys Archer 13-May-07	KYN	152.5	Rhys Archer 13-May-07	KYN	125.0	Rhys Archer 13-May-07	KYN	210.0	Rhys Archer 13-May-07	KYN	487.5
JM (35-39)				Andrew Sceney 29-Nov-98	SHP	135.0						
M1 (40-44)												
M2 (45-49)				Austin Morrison 17-Sep-94	EHK	127.5						
M3 (50-54)	Austin Morrison 6-Aug-00	GAL	190.0	Austin Morrison 6-Aug-00	GAL	100.0	Austin Morrison 6-Aug-00	GAL	200.0	Austin Morrison 6-Aug-00	GAL	490.0
M4 (55-59)	Austin Morrison 11-Aug-02	EHK	192.5	Austin Morrison 11-Aug-02	EHK	102.5	Austin Morrison 11-Aug-02	EHK	202.5	Austin Morrison 11-Aug-02	EHK	497.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Daryl Maddern 12-Aug-01	CAS	250.0	Andrew Sceney 6-Aug-00	SHP	160.0	David Pye 23-Aug-98	BAL	245.0	Daryl Maddern 12-Aug-01	CAS	635.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)	Geoffrey Mong 21-Feb-99	BAL	150.0	Geoffrey Mong 21-Feb-99	BAL	75.0	Geoffrey Mong 21-Feb-99	BAL	200.0	Geoffrey Mong 21-Feb-99	BAL	425.0
Junior (20-23)	Shane Newman 9-Apr-95	BAL	202.5	A. Leehane 9-Apr-95	BAL	92.5	Shane Newman 16-Jul-95	BAL	230.0	Shane Newman 16-Jul-95	BAL	507.5
JM (35-39)	David Pye 17-Sep-94	BAL	222.5	Andrew Sceney 6-Aug-00	SHP	160.0	David Pye 17-Sep-94	BAL	240.0	Andrew Sceney 6-Aug-00	SHP	600.0
M1 (40-44)	David Pye 7-Sep-96	BAL	215.0	David Pye 23-Aug-98	BAL	122.5	David Pye 23-Aug-98	BAL	245.0	David Pye 23-Aug-98	BAL	582.5
M2 (45-49)	Austin Morrison 5-May-96	EHK	230.0	Austin Morrison 5-May-96	EHK	130.0	Austin Morrison 5-May-96	EHK	240.0	Austin Morrison 5-May-96	EHK	600.0
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Glen Stephens 16-Oct-02	EHK	207.5	Glen Stephens 16-Oct-02	EHK	132.5	Glen Stephens 7-Aug-05	EHK	255.0	Glen Stephens 16-Oct-02	EHK	580.0
13												
T1 (14-15)	Curtis De Haan 5-Aug-07	MAR	175.0	Curtis De Haan 5-Aug-07	MAR	100.0	Curtis De Haan 5-Aug-07	MAR	240.0	Curtis De Haan 5-Aug-07	MAR	515.0
T2 (16-17)	Brandon Cornwill 3-May-09	MAR	140.0	Brandon Cornwill 3-May-09	MAR	110.0	Brandon Cornwill 3-May-09	MAR	230.0	Brandon Cornwill 3-May-09	MAR	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	BAL	180.0	Rhys Archer 5-Aug-07	BAL	135.0	Rhys Archer 5-Aug-07	BAL	220.0	Rhys Archer 5-Aug-07	BAL	527.5
JM (35-39)				Andrew Sceney 23-Aug-98	SHP	130.0						
M1 (40-44)	Lindsay Gordon 26-Nov-00	GAL	160.0	David Pye 23-Aug-98	BAL	122.5	Lindsay Gordon 26-Nov-00	GAL	225.0	Lindsay Gordon 26-Nov-00	GAL	482.5
M2 (45-49)				Noel Lindsay 13-May-07	BAL	142.5	Noel Lindsay 23-Jul-06	BAL	210.0	Noel Lindsay 23-Jul-06	BAL	490.0
M3 (50-54)	John Clow 6-Aug-00	GAL	200.0	Noel Lindsay 5-Aug-07	BAL	140.0	Noel Lindsay 5-Aug-08	BAL	212.5	Noel Lindsay 5-Aug-08	BAL	507.5
M4 (55-59)	John Clow 5-Aug-07	EHK	197.5	John Clow 5-Aug-08	EHK	110.0	John Clow 5-Aug-07	EHK	190.0	John Clow 5-Aug-08	EHK	497.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	A. Roberts 9-Apr-95	EHK	240.0	Daryl Dando 24-Nov-02	APO	165.0	A. Roberts 9-Apr-95	EHK	270.0	Daryl Maddern 6-Aug-00	CAS	635.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Shane Newman 7-Sep-96	BAL	215.0	Andrew Mayne 9-Apr-95	BAL	150.0	Damian Keirl 27-May-01	BAL	250.5	Damian Keirl 27-May-01	BAL	552.5
JM (35-39)	David Pye 5-Nov-95	BAL	205.0	David Pye 5-Nov-95	BAL	117.5	David Pye 5-Nov-95	BAL	230.0	David Pye 5-Nov-95	BAL	530.0
M1 (40-44)	Ray Ancilleri 23-Aug-98	GIP	207.5	Ray Ancilleri 4-May-97	GIP	135.0	Ray Ancilleri 6-Apr-95	GIP	232.5	Ray Ancilleri 23-Aug-98	GIP	572.5
M2 (45-49)	Ray Ancilleri 6-Aug-00	GIP	185.0	Ray Ancilleri 6-Aug-00	GIP	120.0	Ray Ancilleri 6-Aug-00	GIP	220.0	Ray Ancilleri 6-Aug-00	GIP	525.0
M3 (50-54)	Barry Wilkes 3-May-98	GIP	180.0	Barry Wilkes 3-May-98	GIP	135.0	Barry Wilkes 14-Sep-97	GIP	200.0	Barry Wilkes 3-May-98	GIP	502.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Andrew Roberts 6-Aug-00	BAL	240.0	Peter Mavromatis 12-Aug-01	MEL	165.5	Andrew Roberts 6-Aug-00	BAL	275.0	Andrew Roberts 6-Aug-00	BAL	655.0
13												
T1 (14-15)												
T2 (16-17)	Curtis Dehaan 8-Aug-09	MAR	200.0	Curtis Dehaan 5-Aug-08	MAR	122.5	Curtis Dehaan 8-Aug-09	MAR	300.0	Curtis Dehaan 8-Aug-09	MAR	620.0
T3 (18-19)												
Junior (20-23)	Damien Kierl 6-Aug-00	BAL	170.0	Andrew Mayne 9-Apr-95	BAL	150.0	Damien Kierl 12-Aug-01	BAL	250.0	Damien Kierl 6-Aug-00	BAL	492.5
JM (35-39)				David Pye 5-Nov-95	BAL	117.5						
M1 (40-44)	David Pye 20-Jun-99	BAL	200.0	Ray Ancilleri 4-May-97	GIP	135.0	David Pye 20-Jun-99	BAL	190.0	David Pye 20-Jun-99	BAL	510.0
M2 (45-49)	Ray Ancilleri 8-Aug-04	GIP	170.0	Ray Ancilleri 8-Aug-04	GIP	125.0	Ray Ancilleri 8-Aug-04	GIP	210.0	Ray Ancilleri 8-Aug-04	GIP	505.0
M3 (50-54)	Ray Ancilleri 7-Aug-05	GIP	165.0	Ray Ancilleri 5-Aug-07	GIP	136.0	Ray Ancilleri 30-Apr-06	GIP	220.0	Ray Ancilleri 30-Apr-06	GIP	507.5
M4 (55-59)				Barry Wilkes 8-Aug-04	GIP	127.5						
M5 (60-64)	Barry Wilkes 15-May-05	GIP	145.0	Barry Wilkes 5-Aug-07	GIP	125.0	Barry Wilkes 5-Feb-06	GIP	205.0	Barry Wilkes 5-Feb-06	GIP	462.5
M7 (70-75)	Wim Van Weenen 10-Aug-03		165.0	Wim Van Weenen 10-Aug-03		100.0	Wim Van Weenen 10-Aug-03		210.0	Wim Van Weenen 10-Aug-03		475.0

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Fraser Young 12-Jun-94	TTN	275.0	Tristan Gassman 5-Aug-08	WOD	180.0	David Myers 16-Jul-95	EHK	282.5	Fraser Young 12-Sep-94	TTN	652.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)	Simon Jarvis 12-Jun-94	BAL	190.0	Simon Jarvis 12-Jun-94	BAL	92.5	Simon Jarvis 12-Jun-94	BAL	210.0	Simon Jarvis 12-Jun-94	BAL	485.0
Junior (20-23)	Simon Jarvis 7-Sep-96	BAL	215.0	Simon Jarvis 7-Sep-96	BAL	112.5	Simon Jarvis 7-Sep-96	BAL	260.0	Simon Jarvis 7-Sep-96	BAL	587.5
JM (35-39)	Ivan Straga 9-Apr-95	BAL	242.5	Ivan Straga 17-Sep-94	BAL	147.5	David Myers 16-Jul-95	EHK	282.5	David Myers 16-Jul-95	EHK	652.5
M1 (40-44)	Ivan Straga 3-May-98	BAL	165.0	Ivan Straga 22-Feb-98	BAL	152.5	Ivan Straga 22-Feb-98	BAL	235.0	Ivan Straga 3-May-98	BAL	552.5
M2 (45-49)	Ross Knight 4-May-08	MIA	215.0	Ross Knight 4-May-08	MIA	150.0	Ross Knight 4-May-08	MIA	270.0	Ross Kinght 4-May-08	MIA	635.0
M3 (50-54)	Barry Wilkes 24-Nov-96	BAL	190.0	Barry Wilkes 4-May-97	GIP	142.5	Barry Wilkes 24-Nov-96	GIP	212.5	Barry Wilkes 24-Nov-96	GIP	542.5
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Jason Coulston 13-May-07	CHOP	220.0	Damien Kruger 5-Aug-07	GIP	185.0	Damien Kruger 5-Aug-07	GIP	275.0	Damien Kruger 5-Aug-07	GIP	680.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)				Simon Jarvis 12-Jun-94	BAL	92.5						
Junior (20-23)				Simon Jarvis 7-Sep-96	BAL	112.5						
JM (35-39)	Scott Bayley 12-Aug-01	BEN	210.0	Ivan Straga 17-Sep-94	BAL	147.5	Scott Bayley 12-Aug-01	BEN	250.0	Scott Bayley 12-Aug-01	BEN	585.0
M1 (40-44)	Ross Knight 18-May-03	EHK	205.0	Ross Knight 18-May-03	EHK	155.0	Ross Knight 18-May-03	EHK	272.5	Ross Knight 18-May-03	EHK	632.5
M2 (45-49)	Paul Teape 8-Aug-09	MEL	160.0	Robert Bull 9-Apr-95	BLS	145.0	Paul Teape 8-Aug-09	MEL	210.0			
M3 (50-54)	Barry Wilkes 28-Nov-99	GIP	150.0	Barry Wilkes 4-May-97	GIP	142.5	Barry Wilkes 28-Nov-99	GIP	190.0	Barry Wilkes 28-Nov-99	GIP	465.0
M4 (55-59)	Barry Wilkes 12-Aug-01		177.5	Barry Wilkes 23-Feb-03	GIP	137.5	Barry Wilkes 10-Aug-03	GIP	215.0	Barry Wilkes 23-Feb-03	GIP	522.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	David Myers 3-May-98	EHK	257.5	Scott York 5-Aug-08	BAL	202.5	Grant Cody 16-Jul-95	EHK	300.5	Grant Cody 16-Jul-95	EHK	717.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Scott York 26-Nov-00	BAL	200.0	Scott York 26-Nov-00	BAL	117.5	Scott York 26-Nov-00	BAL	232.5	Scott York 26-Nov-00	BAL	550.0
JM (35-39)	Ivan Straga 16-Jul-95	BAL	247.5	Tristan Gassman 3-May-09	WOD	190.0	Ivan Straga 5-May-96	BAL	240.0	Ivan Straga 16-Jul-95	BAL	612.5
M1 (40-44)	David Myers 3-May-98	EHK	257.5	Ivan Straga 7-Sep-96	BAL	162.5	David Myers 14-Sep-97	EHK	291.0	David Myers 14-Sep-97	EHK	688.5
M2 (45-49)	Ian Chettle 16-Jul-95	EHK	250.0	Ivan Straga 10-Aug-03	BAL	177.5	Ian Chettle 17-Sep-94	EHK	230.0	Ian Chettle 17-Sep-94	EHK	607.5
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Damian Kruger 8-Aug-09	WAR	230.0	Damian Kruger 8-Aug-09	WAR	180.0	Damian Kruger 3-May-09	WAR	280.0	Damian Kruger 8-Aug-09	WAR	690.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Scott York 6-Aug-00	BAL	170.0	Scott York 6-Aug-00	BAL	107.5	Scott York 6-Aug-00	BAL	227.5	Scott York 6-Aug-00	BAL	500.0
JM (35-39)	Damian Kruger 8-Aug-09	WAR	230.0	Damian Kruger 8-Aug-09	WAR	180.0	Damian Kruger 3-May-09	WAR	280.0	Damian Kruger 8-Aug-09	WAR	690.0
M1 (40-44)	Adam Mazzon 23-Jul-06		220.0	Ivan Straga 7-Sep-96	BAL	162.5	Adam Mazzon 30-Apr-06	MAR	260.0	Adam Mazzon 30-Apr-06	MAR	615.0
M2 (45-49)				Ian Chettle 17-Sep-94	EHK	137.5						
M3 (50-54)	Gary Newell 5-Aug-07	TRA	170.0	Gary Newell 4-May-08	TRA	137.5	Gary Newell 4-May-08	TRA	240.0	Gary Newell 4-May-08	TRA	547.5
M4 (55-59)	Robert Parker 5-Aug-08	BEN	202.5	Robert Parker 5-Aug-08	BEN	150.0	Robert Parker 5-Aug-08	BEN	230.0	Robert Parker 5-Aug-08	BEN	582.5

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Martyn Girvan 23-Aug-98	APL	280.0	Scott York 4-May-08	BAL	200.0	Alan Pickersgill 7-Sep-96	BAL	310.0	Martyn Girvan 6-Aug-00	APL	747.5
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)	Glenn Firth 29-Nov-97	BLS	220.0	Glenn Firth 29-Nov-97	BLS	127.5	Glenn Firth 29-Nov-97	BLS	225.0	Glenn Firth 29-Nov-97	BLS	550.0
JM (35-39)	Stephen Maxwell 23-Aug-98	BAL	185.0	Stephen Maxwell 23-Aug-98	BAL	155.0	Stephen Maxwell 23-Aug-98	BAL	270.5	Stephen Maxwell 23-Aug-98	BAL	610.0
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Martyn Girvan 20-Jun-99	APL	240.0	Alan Pickersgill 7-Sep-96	BAL	160.0	Martyn Girvan 20-Jun-99	APL	300.0	Martyn Girvan 20-Jun-99	APL	700.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Glenn Firth 29-Nov-97	BLS	127.5						
JM (35-39)	Chris Whyte 3-May-09		200.0	Stephen Maxwell 23-Aug-98	BAL	155.0	Chris Whyte 3-May-09		260.0	Chris Whyte 3-May-09		575.0
M1 (40-44)	Adam Mazzon 4-May-08	MAR	242.5	Adam Mazzon 5-Aug-07	MAR	152.5	Adam Mazzon 8-Aug-09	MAR	300.0	Adam Mazzon 4-May-08	MAR	677.5
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift			Total		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg	Name	Club	Kg
Open	Bruce Apted 22-Feb-04	GLG	190.0	Bruce Apted 22-Feb-04	GLG	150.0	Bruce Apted 22-Feb-04	GLG	200.0	Bruce Apted 22-Feb-04	GLG	540.0
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)	Bruce Apted 22-Feb-04	GLG	190.0	Bruce Apted 22-Feb-04	GLG	150.0	Bruce Apted 22-Feb-04	GLG	200.0	Bruce Apted 22-Feb-04	GLG	540.0
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												

UNASSISTED DIVISION

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

ASSISTED DIVISION

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