

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	Julie Loomes 2-May-10	EHK	67.5	Julie Loomes 2-May-10	EHK	47.5	Julie Loomes 2-May-10	EHK	107.5
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)	Julie Loomes 2-May-10	EHK	67.5	Julie Loomes 2-May-10	EHK	47.5	Julie Loomes 2-May-10	EHK	107.5
M4 (55-59)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes		80.0	Julie Loomes		50.0	Julie Loomes		125.0
	5-Aug-08	EHK		5-Aug-08	EHK		5-Aug-08	EHK	
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		80.0	Julie Loomes		50.0	Julie Loomes		125.0
	5-Aug-08	EHK		5-Aug-08	EHK		5-Aug-08	EHK	
M4 (55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Julie Loomes		75.0	Julie Loomes		50.0	Julie Loomes		115.0
	5-Aug-08	EHK		5-Aug-08	EHK		5-Aug-08	EHK	
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		75.0	Julie Loomes		50.0	Julie Loomes		115.0
	5-Aug-08	EHK		5-Aug-08	EHK		5-Aug-08	EHK	
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)									
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	EHK	70.0	Julie Loomes 23-Jul-06	EHK	45.0	Julie Loomes 23-Jul-06	EHK	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	EHK	70.0	Julie Loomes 23-Jul-06	EHK	45.0	Julie Loomes 23-Jul-06	EHK	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									
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	Jonnie Rodda 23-Jul-06	MAR	52.5	Jonnie Rodda 23-Jul-06	MAR	30.0	Jonnie Rodda 23-Jul-06	MAR	70.0
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)									
M9 (80-84)	Jonnie Rodda 23-Jul-06	MAR	52.5	Jonnie Rodda 23-Jul-06	MAR	30.0	Jonnie Rodda 23-Jul-06	MAR	70.0

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									
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									
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)									

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 3-May-09	MAR	40.0	Grace Sutton 3-May-09	MAR	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 3-May-09	MAR	40.0	Grace Sutton 3-May-09	MAR	110.0
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)									

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									
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	Audi Roedel 23-Jul-06	APO	205.0	Rhys Archer 4-May-08	KYN	135.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)				Rhys Archer 4-May-08	KYN	135.0			
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	John Clow 13-Jun-09	EHK	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	EHK	160.0						

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	John Clow 5-Aug-08	EHK	197.5	Zeb Jones 23-Jul-06		125.0	John Clow 5-Aug-08	EHK	190.0
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)				Zeb Jones 23-Jul-06		125.0			
JM (35-39)									
M1 (40-44)									
M2 (45-49)									
M3 (50-54)									
M4 (55-59)	John Clow 5-Aug-08	EHK	197.5				John Clow 5-Aug-08	EHK	190.0
M5 (60-64)									
M6 (65-69)									

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				Ray Ancilleri 13-May-07	GIP	130.0			
13									
T1 (14-15)									
T2 (16-17)									
T3 (18-19)									
Junior (20-23)									
JM (35-39)									
M1 (40-44)									
M2 (45-49)				Bernard Cramer 23-Jul-06		115.0			
M3 (50-54)				Ray Ancilleri 13-May-07	GIP	130.0			
M4 (55-59)									
M5 (60-64)				Barry Wilkes 30-Apr-06	GIP	127.5			
M7 (70-75)									

ASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open	Ross Knight		190.0	Ross Knight		155.0	Ross Knight		275.0
	13-Jun-09	MIA		13-Jun-09	MIA		13-Jun-09	MIA	
13									
T1									
(14-15)									
T2									
(16-17)									
T3									
(18-19)									
Junior									
(20-23)									
JM									
(35-39)									
M1									
(40-44)									
M2	Ross Knight		190.0	Ross Knight		155.0	Ross Knight		275.0
(45-49)	13-Jun-09	MIA		13-Jun-09	MIA		13-Jun-09	MIA	
M3									
(50-54)									
M4									
(55-59)									

UNASSISTED DIVISION

Division	Squat			Bench Press			Deadlift		
	Name	Club	kg	Name	Club	Kg	Name	Club	Kg
Open				Nathan Shepherd		155.0	Nathan Shepherd		280.5
				3-May-09	KYN		3-May-09	KYN	
13									
T1									
(14-15)									
T2									
(16-17)									
T3				Andrew Cecil		125.0			
(18-19)				4-May-08	WARR				
Junior									
(20-23)									
JM									
(35-39)									
M1				Greg Horbowicz		120.0			
(40-44)				30-Apr-06					
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	BAL				
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	Robert Parker		202.5	Robert Parker		152.5	Robert Parker		230.0
	5-Aug-08	EHK		13-Jun-09	EHK		5-Aug-08	EHK	
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)	Robert Parker		202.5	Robert Parker		152.5	Robert Parker		230.0
	5-Aug-08	EHK		13-Jun-09	EHK		5-Aug-08	EHK	

ASSISTED DIVISION

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