

VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION

STATE VICTORIA
 DATE SATURDAY 8TH AUGUST 2009

EVENT NATIONAL CHAMPIONSHIPS
 VENUE STRATHFIELDSAYE SPORTS CLUB

CATEGORIES
 (N) Novice (JM) Junior Master (O) Open (M) Master
 (T) Teenager (SM) Senior Master (S) Senior (GM) Grand Master

NAME	E	U	BWT	Cat	Club	SQUAT				BENCH				Sub Total	DEAD LIFT				Total	Place Cat.	Grade	S.F.T.	
						1	2	3	4	1	2	3	4		1	2	3	4					
67.5 ALEX HAWKINS		✓	60.3	T3	TRARALGON	75	85	(100)		50	(62.5)	62.5		162.5	100	125	(130)		292.5	T3 2nd	259.45	.6087	
67.5 DANIEL ARBUTHNOT		✓	67.1	T3	"	85	100	(115) ^N	117.5 ^N	70 ^N	(80) ^N	85 ^N		195	125	155 ^N	(170) ^N	175 ^N	365	1st	266.34	.7297	
75 WAYNE TOWERS		✓	74.1	M4	M'BOROUGH	60	(80)			50	60	(62.5)		142.5	60	(90)	100		232.5		155.96	.6708	
82.5 MATTHEW FLEMING		✓	81.7	JNR	KYNETON	100	117.5	(122.5)		65	77.5	(77.5)		200	150	175	(182.5)		382.5		238.48	.6235	
82.5 MARK SANDS		✓	82.4	JM	PAMBULA	145 ^N	155 ^N	(165) ^N		72.5	82.5	(92.5)		257.5	180 ^N	190 ^N	(200) ^N		457.5		283.55	.6198	
90 CURTIS DE HAAN		✓	84.4	T2	M'BOROUGH	165	(200) ^H	205 ^H		100	(120)			320	250	(300) ^N		620		378.07	.6095		
90 BARRY WILKES		✓	88.5	M5	GIPPSLAND	100	110	(120)		100	110	(115)		235	130	140	(150)		385		227.68	.5914	
90 PETER HALLY		✓	88.9	M2	CRANBOURNE	160	160	160		120					180								
100 DARYL DANDO		✓	91.2	OPEN	GEELONG	(25)				180	182.5	(182.5)	190	207.5	232.5	240	(240)		447.5		Guest Lifter		
100 PAUL TEAPE		✓	96.3	M2	MELBOURNE	120	140 ^{SN}	(160) ^{SN}		(120)	125	125		280	200 ^{SN}	(210) ^{SN}	220 ^{SN}		490		276.31	.5639	
100 NATHAN SHEPHERD		✓	99.2	OPEN	SUNBURY	190	195	195		150					280								

REFEREES (& CATEGORY) JULIE HEMMING *Julie Hemming*
 HEAD REFEREE AUSTIN MORRISON *Austin Morrison*
 SIDE REFEREE JENNY PHILLIPS *J Phillips*
 SIDE REFEREE BOB PARKER *Bob Parker*

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FLIGHT 1

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NAME	E	U	BWT	Cat	Club	SQUAT				BENCH				Sub Total	DEAD LIFT				Total	Place Cat.	Grade	S.F.T.
						1	2	3	4	1	2	3	4		1	2	3	4				
47.5 JULIE LOOMES		✓	46.5	OPEN M3	BENDIGO	(65) ^{NW}	72.5 ^{SNW}	72.5 ^{SNW}		42.5	45 ^{SN}	(47.5) ^{SN}		112.5	105 ^{SNW}	(110) ^{SNW}	115 ^{SNW}		222.5	1st	235.89	1.0602
53.0 TANYA GREEN		✓	53.0	OPEN	GEELONG	(80)	90	90		40	45	(47.5)		127.5	(115.0)	122.5	122.5		242.5		231.24	.9536
63 SHARON HUGHEY		✓	62.8	M2	"	70	(80)	85		45	(50)	52.5		130	(117.5)	125	125		247.5		204.93	.8280
70 HELEN KOSTADINOS		✓	64.4	M6	BENDIGO	75 ^{NW}	(85) ^{NW}			55	(57.5) ^{NW}			142.5	90	(110) ^{SNW}			252.5		204.65	.8105
70 MARY STEED		✓	64.6	T2	M'BOROUGH	(50)	70	70		30	(42.5)	45		92.5	120 ^N	130 ^N	(142.5) ^N	145 ^N	235		189.97	.8084
70 PERRY HOLMES	✓		69.6	M1	TALBOT	95	110	(115) ^{NW}	120.5 ^{SN}	(40)	47.5	50		155	110	(135.5) ^{SN}	145.5 ^{SNW}		290.5	29.		
80 DIANNE CASTANELLI		✓	76.1	M5	M'BOROUGH	90	100	(100.5) ^{NW}		45	47.5	(50) ^{NW}	52.5 ^{NW}	150.5	110	(120) ^{NW}	130 ^{NW}		270.5		193.16	.7141
80 DEBBIE MACER		✓	76.8	M3	"	(100)	115.5 ^{NW}	115.5 ^{NW}		50	60	(66) ^N		166	(130)	140	140		296	1st	209.98	.7094
90 JOY ROSENOW		✓	87.7	M3	BAGSHOT	50	55	(60)		50	55	(60)		120	90	105	(110)		230		147.91	.6431
90+ DENAI DERECKI		✓	94.2	OPEN	M'BOROUGH	90	(110)	115		50	60	(62.5)		172.5	140	(160)	165		332.5	1st	205.15	.6170

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