

VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION

STATE: NSW
 DATE: JUNE 13th 2009

EVENT: National Single Lift Championship
 VENUE: HEMIBURG RSA

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

AGE	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							
53	Rose GOW	✓		51.6	M2	SAPA	85	95	100		47.5	52.5	55		125	135	140									
90	Grace SUTTON	✓		83.7	M2	M/Borough VIC					40	42.5	42.5		100	110	115									
75	Austin MORRISON	✓		74.8	M5	M/Borough VIC	157.5	167.5	176																	
82.5	Ashley MURKIN	✓		81.1	T3	-	80	90	100	110	52.5	57.5	62.5	65	140	150	160		312.5			195.87	6268			
82.5	Akin SIMPSON	✓		75.1	M5	-	115	125	135		85	90	95		130	145	160		385.5			255.89	6638			
82.5	John CLOW	✓		82.4	M4	Central VIC			160																	
90	Mark SANDS	✓		87.9	JH	M/Borough VIC	152.5	162.5	172.5		72.5	82.5	90		205	215	225		467.5			277	5939			
100	Ross KNIGHT	✓		95.8	M2	Central VIC	190	220	220		135	145	155		230	255	275		620	1st		350	5654			
110	MIKE COLLINS	✓		104.7	Junior	M/Borough NSW	140	150	165		115	125	135	140	205	215	225	230	525			285	5443			
110	Greg SCHMIDT	✓		109.7	JH	-					130	140	140													
110	Bob PARKER	✓		108	M4	Central VIC					140	150	152.5													
	"GUEST"																									
100	Daryl DAHDO	✓		91.6	Open	VIC					175	182.5	182.5		220	235	235									

REFEREES (& CATEGORY) AUSTIN MORRISON
 HEAD REFEREE JULIE HEMMING

SIDE REFEREE JENNY PHILLIPS

SIDE REFEREE DON JUERS
 SIDE REFEREE BOB PARKER