

# POWERLIFTING RESULT SHEET

COMPETITION Dave Graham- Dean Bennett Memorial								VENUE Barmera Rec Centre				DATE 28/03/09											
State record				National Record				Personal best				Vision Impaired National Record				NNN.N		Includes washers					
NAME	E	U	M	AGE GROUP	BODY WEIGHT	WEIGHT CLASS	WEIGHT FORM	CLUB STATE	SQUAT				BENCH				Sub Total	DEAD LIFT				TOTAL 3 LIFT	ADJ. 3 LIFT
									1	2	3	4th	1	2	3	4th		1	2	3	4th		
3 Lifts																							
Rose Gow	E		F	M2	50.95	53.00	0.9848	Barmera	80.0	90.0	100.0		47.5	52.5	55		152.50	120.0	130.0	140.0		292.5	288.05
Lee McKinnon	E		F	M1	57.55	58.00	0.8909	Barmera	50.0	60.0	60.0		35.0	40	40		95.00	60.0	70.0	80.0		175.0	155.90
Trevor Vanstone	E		M	M9	72.10	75.00	0.7423	Barmera	40.0	50.0	55.0		45.0	47.5	50.0		105.00	80.0	90.0	100.0		205.0	152.17
			F																			0.0	0.00
Bench Only- SINGLE																							
			F																			0.0	0.00
Nat Zacharko		U	F	M4	63.60	70.00	0.8192	Fun Life	/	/	/	/	62.5	67.5	70.0		70.00	/	/	/	/	70.0	57.34
Nat Zacharko	E		F	M4	63.60	70.00	0.8192	Fun Life	/	/	/	/	67.5	70.0	72.5		72.50	/	/	/	/	72.5	59.39
Gale Fiebig	E		F	M4	70.90	80.00	0.7512	Barmera	/	/	/	/	50.0	55.0	60.0	62.5	60.00	/	/	/	/	60.0	45.07
David Thomas			M	M1 & O	99.40	100.00	0.6005		/	/	/	/	120.0	130.0	140.0		140.00	/	/	/	/	140.0	84.07
Val Vanstone		U	F	M8	81.85	90.00	0.6771	Barmera	/	/	/	/	30.0	32.5	35		32.50	/	/	/	/	32.5	22.00
			F																				
Deadlift Only- SINGLE																							
Val Vanstone		U	F	M8	81.85	90.00	0.6771	Barmera	/	/	/	/	/	/	/	/	0.00	40.0	50.0	60.0		60.0	40.62

Head referee.....

Side referee.....

Side referee.....