VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION

STATE: NSW
DATE: 30th Jan 2009
EVENT: Novice / Qualifying
VENUE: Austin Gym Harrisburg

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 1	SQUAT 2	SQUAT 3	SQUAT 4	BENCH 1	BENCH 2	BENCH 3	BENCH 4	Sub Total	DEAD LIFT 1	DEAD LIFT 2	DEAD LIFT 3	DEAD LIFT 4	Total	Place Cat.	Grade	S.F.T.
6	Alex Hawkins		✓	60.0	T3	Traralgon	75	90	102.5		55	67.5	70		172.5	105	127.5	132.5	140	305	247.904	6	.8128
7	Grant Craikstant		✓	75.0	Open	Austins	100	115	125	135	65	~~80~~	~~80~~		190	140	150	160	172.5	350	232.575	7	.6645
4	Daniel Abbatt		✓	69.9	T3	Traralgon	100	120	122.5	125	82.5	~~90~~	~~90~~		205	165	177.5	185	190	390	274.56	4	.7040
2	Michael Macarthur	✓		85.0	Open	Club Prime	160	~~200~~	200		120	140	160		360	160	200	230		590	358.071	2	.6069
3	David Bedingfield		✓	87.0	M1	Austins	150	160	~~180~~		100	110	~~120~~		370	180	200	~~210~~		570	340.746	3	.5978
1	Jim Hosie	✓		96.0	Open	Hosie P/T	200	230	~~245~~		160	~~182.5~~	—		390	200	240	260		650	367.12	1	.5648
5	Gary Newell		✓	104.6	M3	Traralgon	~~140~~	190	—		120	125	~~130~~		275	190	200	—		475	258.4	5	.5444
8	Glen Asling		✓	120.3	M1	Traralgon	40	—			140	~~152.5~~	~~152.5~~		180	150	170	~~200~~		370	194.879	8	.5267