

SINGLE EVENT UNASSISTED DIVISION**SA WOMEN'S 80.0 KG CLASS**

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)				Val Vanstone 3 November 07 - Barmera		35.5						

SINGLE EVENT UNASSISTED DIVISION

SA WOMEN'S 90.0 KG CLASS

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)				Valda Vanstone 28 March 09- Barmera	32.5	Valda Vanstone 1 Nov 2008- Barmera	60.0					
M9				Valda Vanstone 31 Oct 09- Lakeside, Adel	35	Valda Vanstone 23 May 09- Cobdogla	62.50					

(75-79)

ASSISTED DIVISION**SA MEN'S 75.0 KG CLASS**

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open	Dean Jenkinson	24 May 08 - Cobdogla	205.0	Dean Jenkinson	23 May 09 - Cobdogla	140.0	Dean Jenkinson	22 May 10 - Cobdogla	240.0	Dean Jenkinson	22 May 10 - Cobdogla	577.5
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)												
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												
M9 (80-84)	Trevor Vanstone	24 May 08 - Cobdogla	55.5	Trevor Vanstone	24 May 08 - Cobdogla	55.5	Trevor Vanstone	24 May 08 - Cobdogla	101.0	Trevor Vanstone	24 May 08 - Cobdogla	212.0

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 75.0 KG CLASS

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79) M9 (80-84)	Trevor Vanstone 2 Aug 2008 - Bendigo		52.5	Trevor Vanstone 2 Aug 2008 - Bendigo		50.0	Trevor Vanstone 2 Aug 2008 Bendigo		100.0			

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 75.0 KG CLASS

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												

M9

Trevor Vanstone
31 Oct 09

52.5

