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	Name	Location		Name	Location		Name	Location		Name	Location	
Open				Krystal Johns 18 May 2024 - Cobdogla		90.0	Krystal Johns 11 Nov 2023 - Cobdogla		190.0			
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Trinity Ellacott 11 Nov 2023 - Cobdogla		82.5	Trinity Ellacott 11 Nov 2023 - Cobdogla		190.0			
JM (35-39)												
M1 (40-44)				Dee Stocker 6 August 2011 - Renmark		45.0	Dee Stocker 6 August 2011 - Renmark		110.0			
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						
M9 (80-84)				Val Vanstone 6 Nov 2010 - Renmark		30.0	Val Vanstone 6 Nov 2010-Renmark		55.0			





Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open				Valda Vanstone 31 Oct 09- Lakeside, Adel		35.0	Maria Cricelli 20 Feb 2021 – Cobdogla		115.5			
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)							Maria Cricelli 20 Feb 2021 – Cobdogla		115.5			
M8 (75-79)				Valda Vanstone 28 March 2009- Barmera		32.5	Valda Vanstone 1 Nov 2008- Barmera		60.0			
M9 (80-84)				Valda Vanstone 31 Oct 09- Lakeside, Adel		<b>35.0</b>	Valda Vanstone 23 May 2009- Cobdogla		62.5			























Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
<b>Open</b>	Dean Jenkinson	24 May 2008 - Cobdogla	205.0	Dean Jenkinson	23 May 2009 - Cobdogla	140.0	Dean Jenkinson	22 May 2010 - Cobdogla	240.0	Dean Jenkinson	22 May 2010 - Cobdogla	577.5
<b>13</b>												
<b>T1 (14-15)</b>	Chris Powell	29 Oct 2011 - Berri	117.5	Chris Powell	29 Oct 2011 - Berri	87.5	Chris Powell	29 Oct 2011 - Berri	155.0	Chris Powell	29 Oct 2011 - Berri	355.0
<b>T2 (16-17)</b>												
<b>T3 (18-19)</b>												
<b>Junior (20-23)</b>												
<b>JM (35-39)</b>												
<b>M1 (40-44)</b>	Dean Jenkinson	18 May 2013 - Berri	195.0	Dean Jenkinson	13 July 2013 - Renmark	135.0	Dean Jenkinson	13 July 2013 - Renmark	235.0	Dean Jenkinson	13 July 2013 - Renmark	565.0
<b>M2 (45-49)</b>	Dean Jenkinson	21 May 2016 - Cobdogla	190.0	Dean Jenkinson	21 May 2016 - Cobdogla	135.0	Dean Jenkinson	21 May 2016 - Cobdogla	240.0	Dean Jenkinson	21 May 2016 - Cobdogla	565.0
<b>M3 (50-54)</b>	Dean Jenkinson	18 May 2024 – Cobdogla	180.0	Dean Jenkinson	22 Aug 2020 – Cobdogla	122.5	Dean Jenkinson	18 May 2024 – Cobdogla	230.0	Dean Jenkinson	18 May 2024 – Cobdogla	527.5
<b>M4 (55-59)</b>												
<b>M5 (60-64)</b>												
<b>M6 (65-69)</b>												
<b>M7 (70-74)</b>												
<b>M8 (75-79)</b>												
<b>M9 (80-84)</b>	Trevor Vanstone	24 May 2008 - Cobdogla	55.5	Trevor Vanstone	24 May 2008 - Cobdogla	55.5	Trevor Vanstone	24 May 2008 - Cobdogla	101.0	Trevor Vanstone	24 May 2008 - Cobdogla	212.0



















































Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open				Simon Strezovski 29 May 2021 – Cobdogla		100.0						
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Simon Strezovski 29 May 2021 – Cobdogla		100.0						
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)				Malcolm Barber 1 Nov 2008- Barmera		81.0						
M8 (75-79)				Malcolm Barber 21 May 2011 - Berri		77.5						
M9 (80-84)				Malcolm Barber 16 May 2015 - Cobdogla		70.0						

**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	
<b>Open</b>	Chris Powell	6 August 2011 - Renmark	115.0	Chris Powell	6 August 2011 - Renmark	85.0	Dean Jenkinson	6 August 2011 - Renmark	230.0			
<b>13</b>												
<b>T1 (14-15)</b>	Chris Powell	6 August 2011 - Renmark	115.0	Chris Powell	6 August 2011 - Renmark	85.0	Chris Powell	6 August 2011 - Renmark	150.0			
<b>T2 (16-17)</b>												
<b>T3 (18-19)</b>												
<b>Junior (20-23)</b>												
<b>JM (35-39)</b>												
<b>M1 (40-44)</b>							Dean Jenkinson	6 August 2011 - Renmark	230.0			
<b>M2 (45-49)</b>												
<b>M3 (50-54)</b>												
<b>M4 (55-59)</b>												
<b>M5 (60-64)</b>												
<b>M6 (65-69)</b>												
<b>M7 (70-74)</b>												
<b>M8 (75-79)</b>												
<b>M9 (80-84)</b>	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				Trevor Vanstone 31 October 2009-Barmera		52.5						
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 31 October 2009-Barmera		52.5						









Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
<b>Open</b>	Damian Powell	15 Sept 2012 - Merimbula	100.0	Corrado Angeletti	16 May 2015 - Cobdogla	145.0	Sean Simpson	16 March 2013 - Berri	180.0			
<b>13</b>												
<b>T1 (14-15)</b>												
<b>T2 (16-17)</b>												
<b>T3 (18-19)</b>				Chris Powell	21 May 2016 - Cobdogla	127.5						
<b>Junior (20-23)</b>												
<b>JM (35-39)</b>												
<b>M1 (40-44)</b>							Sean Simpson	16 March 2013 - Berri	180.0			
<b>M2 (45-49)</b>	Damian Powell	15 Sept 2012 - Merimbula	100.0	Damian Powell	13 Augt 2016 - Renmark	122.5	Damian Powell	15 Sept 2012 - Merimbula	165.0			
<b>M3 (50-54)</b>				Corrado Angeletti	16 May 2015 - Cobdogla	145.0						
<b>M4 (55-59)</b>												
<b>M5 (60-64)</b>												
<b>M6 (65-69)</b>												
<b>M7 (70-74)</b>												
<b>M8 (75-79)</b>												
<b>M9 (80-84)</b>				John Diehm	29 May 2021 - Cobdogla	75.0						
<b>M10 (85-90)</b>				John Diehm	28 May 2022 - Cobdogla	77.5						



Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
<b>Open</b>	Caleb Sapinski-Keightley	11 Aug 2018 - Renmark	160.0	David Thomas	29 October 2011 - Berri	150.5	Michael Birch	13 Aug 2016 - Renmark	245.0			
<b>13</b>												
<b>T1 (14-15)</b>												
<b>T2 (16-17)</b>	Caleb Sapinski-Keightley	11 Aug 2018 - Renmark	160.0	Caleb Sapinski-Keightley	11 Aug 2018 - Renmark	80.0	Caleb Sapinski-Keightley	11 Aug 2018 - Renmark	215.0			
<b>T3 (18-19)</b>	Chris Powell	27 Feb 2016 - Cobdogla	170.0	Chris Powell	27 Feb 2016 - Cobdogla	125.0	Chris Powell	27 Feb 2016 - Cobdogla	210.0			
<b>Junior (20-23)</b>							Michael Birch	13 Aug 2016 - Renmark	245.0			
<b>JM (35-39)</b>												
<b>M1 (40-44)</b>				David Thomas	29 October 2011 - Berri	150.5						
<b>M2 (45-49)</b>				Damian Powell	7 Feb 2015 - Cobdogla	105.0	Mark Buckerfield	13 Aug 2016 - Renmark	152.5			
<b>M3 (50-54)</b>				Sean Simpson	7 Nov 2020 - Cobdogla	102.5						
<b>M4 (55-59)</b>												
<b>M5 (60-64)</b>												
<b>M6 (65-69)</b>				David Parker	11 Aug 2018 - Renmark	135.0						
<b>M7 (70-74)</b>				Don Juers	19 March 2011 - Berri	110.5						
<b>M8 (75-79)</b>												
<b>M9 (80-84)</b>				Don Juers	18 May 2019 - Cobdogla	90.0						
<b>M10 (85-89)</b>				Don Juers	19 Feb 2022 - Cobdogla	85.0	Don Juers	19 Feb 2022 - Cobdogla	100.0k			



**SINGLE EVENT UNASSISTED DIVISION**
**SA MEN'S 110.0 KG CLASS**

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open	Andrew Norris	18 May 2013 - Berri	100.0	Dave Thomas	22 March 2014 -Cobdogla	165.0	Andrew Norris	29 Oct 2011 - Berri	190.0			
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Lewis McLean	13 Aug 2016 - Renmark	142.5						
JM (35-39)												
M1 (40-44)				Dave Thomas	16 March 2013 - Berri	162.5						
M2 (45-49)				Dave Thomas	22 March 2014 -Cobdogla	165.0						
M3 (50-54)												
M4 (55-59)												
M5 (60-64)	David Wescombe-Down	21 May 2011 - Berri	147.5	David Wescombe-Down	21 May 2011 - Berri	118.0	David Wescombe-Down	21 May 2011 - Berri	162.5			
M6 (65-69)	David Wescombe-Down	6 August 2011 - Renmark	142.5				David Wescombe-Down	6 August 2011 - Renmark	167.5			
M7 (70-74)				Don Juers	21 May 2011 - Berri	112.5	Don Juers	8 August 2010 - Bendigo	145.0			
M8 (75-79)												
M9 (80-84)				Don Juers	13 Aug 2016 - Renmark	100.0						



Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open				Matthew Fjord 28 Aug 2021 – Cobdogla		127.5	Demetrios Kriticos 10 Nov 2018 - Cobdogla		235.0			
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)							Demetrios Kriticos 10 Nov 2018 - Cobdogla		235.0			
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												





