ASSISTED DIVISION **SA WOMEN'S 50.5 KG CLASS** ***STATE RECORDS AS AT 9th November 2024***

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 2 Aug 2008 – Bendigo	100.0	Rose Gow 13 May 2007 - Bendigo	50.0	Rose Gow 2 Aug 2008 - Bendigo	140.0	Rose Gow 13 May 2007 - Bendigo	290.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Rose Gow 2 Aug 2008 – Bendigo	100.0	Rose Gow 13 May 2007 - Bendigo	50.0	Rose Gow 2 Aug 2008 - Bendigo	140.0	Rose Gow 13 May 2007 - Bendigo	290.0
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA WOMEN'S 50.5 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 6 Sept 2014 - Merimbula	77.5	Rose Gow 6 Sept 2014 - Merimbula	50.5	Rose Gow 6 Sept 2014 - Merimbula	132.5	Rose Gow 6 Sept 2014 - Merimbula	258.0
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)	Rose Gow 6 Sept 2014 - Merimbula	77.5	Rose Gow 6 Sept 2014 - Merimbula	50.5	Rose Gow 6 Sept 2014 - Merimbula	132.5	Rose Gow 6 Sept 2014 - Merimbula	258.0
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION

SA WOMEN'S 53.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Tanya McMahon 5 August 2007 - Bendigo	90	Tanya McMahon 5 August 2007 – Bendigo	52.50	Tanya McMahon 5 August 2007 – Bendigo	115.5	Tanya McMahon 5 August 2007 – Bendigo	258.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Rose Gow 1 November 2008 - Barmera	105.5	Rose Gow 23 May 2009 – Cobdogla	55	Rose Gow 24 May 2008- Barmera	142.5	Rose Gow 3 November 2007 - Barmera	297.5
M3 (50-54)	Rose Gow 20 March 2010 - Barmera	105	Rose Gow 20 March 2010 - Barmera	55	Rose Gow 20 March 2010 - Barmera	140	Rose Gow 20 March 2010 - Barmera	300.0
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA WOMEN'S 53.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 22 May 2013 - Cobdogla	78.5	Rose Gow 13 July 2013 - Renmark	52.5	Rose Gow 13 July 2013 - Renmark	130.5	Rose Gow 13 July 2013 - Renmark	260.5
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)	Rose Gow 22 May 2013 - Cobdogla	78,5	Rose Gow 13 July 2013 - Renmark	52.5	Rose Gow 13 July 2013 - Renmark	130.5	Rose Gow 13 July 2013 - Renmark	260.5
M4 (55-59)	Rose Gow 8 Nov 2014 - Cobdogla	75.0	Rose Gow 8 Nov 2014 - Cobdogla	50.0	Rose Gow 8 Nov 2014 - Cobdogla	135.0	Rose Gow 8 Nov 2014 - Cobdogla	255.0
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION

SA WOMEN'S 55.5 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Tanya McMahon 16 June 2007 – Cobdogla	92.5	Tanya McMahon 16 June 2007 – Cobdogla	52.5	Tanya McMahon 16 June 2007 – Cobdogla	115.0	Tanya McMahon 16 June 2007 – Cobdogla	260.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Rose Gow 5 August 2007 – Bendigo	103.0	Rose Gow 5 August 2007 – Bendigo	50.5	Rose Gow 5 August 2007 – Bendigo	130.0	Rose Gow 5 August 2007 – Bendigo	283.5
M3 (50-54)	Rose Gow 19 March 2011 - Berri	100.0	Rose Gow 19 March 2011 - Berri	55.0	Rose Gow 19 March 2011 - Berri	135.0	Rose Gow 19 March 2011 - Berri	285.0
M4 (55-59)	Rose Gow 14 Nov 2015 - Cobdogla	80.0	Rose Gow 14 Nov 2015 - Cobdogla	52.5	Rose Gow 14 Nov 2015 - Cobdogla	130.0	Rose Gow 14 Nov 2015 - Cobdogla	262.5
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA WOMEN'S 55.5 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 19 Oct 2013 - Cobdogla	77.5	Rose Gow 19 Oct 2013 - Cobdogla	51.0	Rose Gow 24 May 2014 - Cobdogla	130.5	Rose Gow 24 May 2014 - Cobdogla	256.5
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)	Rose Gow 19 Oct 2013 - Cobdogla	77.5	Rose Gow 19 Oct 2013 - Cobdogla	51.0	Rose Gow 24 May 2014 - Cobdogla	130.5	Rose Gow 24 May 2014 - Cobdogla	256.5
M4 (55-59)	Rose Gow 19 May 2018 - Cobdogla	65.0	Rose Gow 19 May 2018 - Cobdogla	48.0	Rose Gow 17 Feb 2018 - Cobdogla	120.0	Rose Gow 17 Feb 2018 - Cobdogla	230.0
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION

SA WOMEN'S 58.5 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 18 May 2019 - Cobdogla	130.5	Krystal Johns 10 Nov 2018 - Cobdogla	70.5	Krystal Johns 18 May 2019 - Cobdogla	162.5	Krystal Johns 18 May 2019 - Cobdogla	362.5
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)	Krystal Johns 19 May 2018 - Cobdogla	130.0	Krystal Johns 10 Nov 2018 - Cobdogla	70.5	Krystal Johns 10 Nov 2018 - Cobdogla	160.0	Krystal Johns 10 Nov 2018 - Cobdogla	360.5
JM (35-39)								
M1 (40-44)	Lee McKinnon 24 May 2008 - Cobdogla	65.0	Lee McKinnon 3 Nov 2007 - Barmera	38.0	Lee McKinnon 16 June 2007 - Cobdogla	95.0	Lee McKinnon 3 Nov 2007 - Barmera	193.0
M2 (45-49)	Lee McKinnon 23 May 2009- Cobdogla	60.0	Lee McKinnon 23 May2009- Cobdogla	37.5	Lee McKinnon 23 May 2009- Cobdogla	80.0	Lee McKinnon 23 May 2009- Cobdogla	177.50
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)	Barbara Juers 1 Nov 2008- Barmera	80.0	Barbara Juers 1 Nov 2008- Barmera	50.0	Barbara Juers 1 Nov 2008- Barmera	100.0	Barbara Juers 1 Nov 2008- Barmera	230.0
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA WOMEN'S 58.5 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 28 Aug 2021 – Cobdogla	150.0	Krystal Johns 22 Aug 2020 – Cobdogla	80.5	Krystal Johns 28 Aug 2021 – Cobdogla	175.0	Krystal Johns 28 Aug 2021 – Cobdogla	405.0
13								
T1 (14-15)								
T2 (16-17)	Jade Farrelly 16 June 2007 – Cobdogla	95.0	Jade Farrelly 3 Nov 2007 - Barmera	60.5	Jade Farrelly 16 June 2007 – Cobdogla	135.0	Jade Farrelly 16 June 2007 – Cobdogla	285.0
T3 (18-19)	Jade Farrelly 24 May 2008 - Cobdogla	90.0	Jade Farrelly 24 May 2008 - Cobdogla	55.0	Jade Farrelly 24 May 2008 - Cobdogla	120.0	Jade Farrelly 24 May 2008 - Cobdogla	265.0
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)	Barbara Juers 24 May 2008 - Cobdogla	80.5	Barbara Juers 24 May 2008 – Cobdogla	50.5	Barbara Juers 24 May 2008 – Cobdogla	101.0	Barbara Juers 24 May 2008 – Cobdogla	232.0
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 20 Feb 2021 – Cobdogla	125.0	Krystal Johns 7 Nov 2020 – Cobdogla	75.0	Krystal Johns 20 Feb 2021 – Cobdogla	165.0	Krystal Johns 7 Nov 2020 – Cobdogla	360.0
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)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 29 May 2021 – Cobdogla	145.0	Krystal Johns 28 May 2022 – Cobdogla	85.0	Krystal Johns 28 May 2022 – Cobdogla	175.0	Krystal John 28 May 2022 – Cobdogla	405.0
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)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 19 Feb 2022 - Cobdogla	130.0	Krystal Johns 19 Feb 2022 - Cobdogla	77.5	Krystal Johns 19 Feb 2022 - Cobdogla	175.0	Krystal Johns 19 Feb 2022- Cobdogla	382.5
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)	Molly Considine 14 Nov 2015 - Cobdogla	95.0	Molly Considine 14 Nov 2015 - Cobdogla	50.0	Molly Considine 7 Feb 2015 - Cobdogla	117.5	Molly Considine 14 Nov 2015 - Cobdogla	260.0
JM (35-39)								
M1 (40-44)	Jade Till 21 May 2016 - Cobdogla	80.0	Jade Till 21 May 2016 - Cobdogla	55.0	Jade Till 21 May 2016 - Cobdogla	122.5	Jade Till 21 May 2016 - Cobdogla	255.0
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)	Fran Marlor 19 May 2012 - Berri	50.0	Fran Marlor 19 May 2012 - Berri	42.5	Fran Marlor 29 October 2011 - Berri	100.0	Fran Marlor 29 October 2011 - Berri	192.5
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Heather Wasley 16 June 07 – Cobdogla	80.0	Heather Wasley 16 June 07 – Cobdogla	52.5	Heather Wasley 16 June 07 – Cobdogla	145.0	Heather Wasley 16 June 07 – Cobdogla	272.5
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)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 26 Aug 2023 – Cobdogla	137.5	Krystal Johns 26 Aug 2023 – Cobdogla	90.0	Krystal Johns 26 Aug 2023 – Cobdogla	186.0	Krystal Johns 26 Aug 2023 – Cobdogla	411.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)	Trinity Ellacott 26 Aug 2023 – Cobdogla	130.0	Trinity Ellacott 26 Aug 2023 – Cobdogla	80.0	Trinity Ellacott 26 Aug 2023 – Cobdogla	185.0	Trinity Ellacott 26 Aug 2023 – Cobdogla	395.0
JM (35-39)								
M1 (40-44)	Michelle Glaister 16 May 2015 - Cobdogla	50.0	Michelle Glaister 16 May 2015 - Cobdogla	40.0	Michelle Glaister 16 May 2015 - Cobdogla	110.0	Michelle Glaister 16 May 2015 - Cobdogla	200.0
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION

SA WOMEN'S 90.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Sheryl Rapson 16 June 2007 – Cobdogla	120.0	Sheryl Rapson 13 July 2013 - Renmark	65.0	Sheryl Rapson 5 August 2007 – Bendigo	132.5	Sheryl Rapson 16 June 2007 – Cobdogla	312.5
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)	Sheryl Rapson 16 June 2007 – Cobdogla	120.0	Sheryl Rapson 16 June 2007 – Cobdogla	62.5	Sheryl Rapson 5 August 2007 – Bendigo	132.5	Sheryl Rapson 16 June 2007 – Cobdogla	312.5
M1 (40-44)	Sheryl Rapson 13 July 2013 - Renmark	102.5	Sheryl Rapson 13 July 2013 - Renmark	65.0	Sheryl Rapson 13 July 2013 - Renmark	60.0	Sheryl Rapson 13 July 2013 - Renmark	227.5
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA WOMEN'S 90.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

ASSISTED DIVISION

SA WOMEN'S 90.0 + KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Sheryl Rapson 2 Aug 2008 - Bendigo	115.0	Sheryl Rapson 19 May 2012 - Berri	70.0	Sheryl Rapson 2 Aug 2008 - Bendigo	120.0	Sheryl Rapson 2 Aug 2008 - Bendigo	300.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)	Sheryl Rapson 6 Nov 2010-Renmark	100.0	Sheryl Rapson 6 Nov 2010-Renmark	65.5	Sheryl Rapson 6 Nov 2010-Renmark	85.0	Sheryl Rapson 6 Nov 20 10-Renmark	250.5
M1 (40-44)	Sheryl Rapson 19 May 2012 - Berri	105.0	Sheryl Rapson 19 May 2012 - Berri	70.0	Sheryl Rapson 19 May 2012 - Berri	80.0	Sheryl Rapson 19 May 2012 - Berri	255.0
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Mandy Frazer 20 May 2017 - Cobdogla	150.0	Kate Markham 11 Nov 2023 - Cobdogla	82.5	Mandy Frazer 20 May 2017 - Cobdogla	165.0	Mandy Frazer 20 May 2017 - Cobdogla	395.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)	Sheryl Rapson 1 Nov 2008- Barmera	80.0	Sheryl Rapson 1 Nov- Barmera	57.5	Sheryl Rapson 1 Nov- Barmera	120.0	Sheryl Rapson 1 Nov- Barmera	257.5
M1 (40-44)	Sheryl Rapson 17 March 2012 - Berri	75.0	Sheryl Rapson 17 March 2012 - Berri	60.0	Sheryl Rapson 17 March 2012 - Berri	60.0	Sheryl Rapson 17 March 2012 - Berri	195.0
M2 (45-49)								
M3 (50-54)	Colleen Mac 14 Nov 2015 - Cobdogla	100.0	Colleen Mac 14 Nov 2015 - Cobdogla	70.0	Colleen Mac 14 Nov 2015 – Cobdogla	100.0	Colleen Mac 14 Nov 2015 - Cobdogla	270.0
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 2 August 08- Bendigo	100.0	Rose Gow 2 August 08- Bendigo	50.0	Rose Gow 2 August 08- Bendigo	140.0		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Rose Gow 2 August 08- Bendigo	100.0	Rose Gow 2 August 08- Bendigo	50.0	Rose Gow 2 August 08- Bendigo	140.0		
M3 (50-54)								
M4 (55-59)								
M5 (60-64)			Rose Gow 11 Nov 2023 - Cobdogla	50.0	Rose Gow 11 Nov 2023 – Cobdogla	120.0		
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
Open				Rose Gow 26 Aug 2023 - Cobdogla		47.5						
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)				Rose Gow 26 Aug 2023 - Cobdogla		47.5						
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open			Tanya McMahon 2 Aug 2008 - Bendigo	53.0	Tanya McMahon 2 Aug 2008 - Bendigo	100.0		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Rose Gow 10,11,12th Sept 2009-England	105.0	Rose Gow 10,11,12th Sept 2009-England	55.0	Rose Gow 10,11,12th Sept- 2009-England	140.5		
M3 (50-54)	Rose Gow 8 August 2010 - Bendigo	105.0	Rose Gow 8 August 2010 - Bendigo	52.5	Rose Gow 8 August 2010 - Bendigo	140.0		
M4 (55-59)	Rose Gow 13 Aug 2016 - Renmark	75.0	Rose Gow 13 Aug 2016 - Renmark	52.5	Rose Gow 13 Aug 2016 - Renmark	135.0		
M5 (60-64)			Rose Gow 12 Nov 2022 - Cobdogla	50.0	Rose Gow 27 May 2023 - Cobdogla	120.5		
M6 (65-69)					Rose Gow 9 Nov 2024 - Cobdogla	110.0		
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 15 Sept 2012 - Merimbula	77.5	Rose Gow 15 Sept 2012 - Merimbula	47.5	Rose Gow 15 Sept 2012 - Merimbula	130.0		
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)	Rose Gow 15 Sept 2012 - Merimbula	77.5	Rose Gow 15 Sept 2012 - Merimbula	47.5	Rose Gow 15 Sept 2012 - Merimbula	130.0		
M4 (55-59)								
M5 (60-64)			Rose Gow 27 May 2023 - Cobdogla	47.5				
M6 (65-69)			Rose Gow 9 Nov 2024 - Cobdogla	45.5				
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Rose Gow 11 Aug 2018 - Renmark	72.5	Rose Gow 22 Feb 2020 – Cobdogla	55.0	Rose Gow 11 Aug 2018 - Renmark	130.0		
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)	Rose Gow 11 Aug 2018 - Renmark	72.5	Rose Gow 11 Aug 2018 - Renmark	52,5	Rose Gow 11 Aug 2018 - Renmark	130.0		
M5 (60-64)			Rose Gow 22 Feb 2020 – Cobdogla	55.0	Rose Gow 7 Nov 2020 – Cobdogla	120.5		
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open			Nat Zacharko 12 Nov 2022 - Cobdogla	56.0	Aileen Flynn 13 Aug 2016 - Renmark	135.0		
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)			Aileen Flynn 13 Aug 2016 - Renmark	52.5	Aileen Flynn 13 Aug 2016 - Renmark	135.0		
M4 (55-59)								
M5 (60-64)			Rose Gow 7 Nov 2020 – Cobdogla	50.5	Rose Gow 19 Feb 2022 – Cobdogla	120.5		
M6 (65-69)			Nat Zacharko 28 May 2022 – Cobdogla	50.0				
M7 (70-74)			Nat Zacharko 12 Nov 2022 - Cobdogla	56.0				
M8 (75-79)								

SINGLE EVENT ASSISTED DIVISION

SA WOMEN'S 58.5 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 11 Aug 2018 - Renmark	132.5	Krystal Johns 11 Aug 2018 - Renmark	72.5	Krystal Johns 11 Aug 2018 - Renmark	152.5		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)	Krystal Johns 11 Aug 2018 - Renmark	132.5	Krystal Johns 11 Aug 2018 - Renmark	72.5	Krystal Johns 11 Aug 2018 - Renmark	152.5		
JM (35-39)								
M1 (40-44)	Lee McKinnon 2 Aug 2008 - Bendigo	65.0	Lee McKinnon 25 August 07 – Cobdogla	37.5	Lee McKinnon 2 Aug 2008 - Bendigo	70.0		
M2 (45-49)								
M3 (50-54)								
M4 (55-59)			Natalia Zacharko 6 August 2011 - Renmark	65.0				
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open			Natalia Zacharko 6 August 2011 - Renmark	60.0	Kaleigh McLaren 28 Aug 2021 – Cobdogla	110.0		
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)			Natalia Zacharko 6 August 2011 - Renmark	60.0				
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

SINGLE EVENT ASSISTED DIVISION **SA WOMEN'S 63.0 KG CLASS**

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Barbara Juers 5 Aug 2008 - Bendigo	80.5	Natalia Zacharko 10 Sept 2009 - England	75.0	Jade Farrelly 2 Aug 2008 - Bendigo	125.0		
13								
T1 (14-15)								
T2 (16-17)			Jade Farrelly 29 March 2008 - Barmera	60.0				
T3 (18-19)			Jade Farelly 2 Aug 2008 - Bendigo	60.0	Jade Farrelly 2 Aug 2008 - Bendigo	125.0		
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)			Natalia Zacharko 13 May 2007 – Bendigo	70.0				
M4 (55-59)			Natalia Zacharko 12 Sept 2009 - England	75.0				
M5 (60-64)			Natalia Zacharko 15 Sept 2012 - Merimbula	70.0				
M6 (65-69)	Barbara Juers 5 Aug 2008 - Bendigo	80.5	Barbara Juers 5 August 2008 - Bendigo	50.5	Barbara Juers 5 Aug 2008 - Bendigo	100.5		
M7 (70-74)								
M8 (75-79)								

SINGLE EVENT UNASSISTED DIVISION

SA WOMEN'S 63.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Barb Juers 8 August 2010 - Bendigo	60.0	Natalia Zacharko 5 Aug 2008 - Bendigo	75.0	Barb Juers 8 August 2010 - Bendigo	90.0		
13								
T1 **(14-15)**								
T2 **(16-17)**			Jade Farrelly 25 Aug 2007 – Cobdogla	55.0				
T3 **(18-19)**			Jade Farrelly 3 Aug 2008 - Bendigo	55.0				
Junior **(20-23)**			Kayley Vigar 16 March 2013 - Berri	52.5				
JM **(35-39)**								
M1 **(40-44)**								
M2 **(45-49)**								
M3 **(50-54)**			Natalia Zacharko 5 August 2007 – Bendigo	70.5				
M4 **(55-59)**			Natalia Zacharko 3 August 2008- Bendigo	75.0				
M5 **(60-64)**			Natalia Zacharko 15 Sept 2012 - Merimbula	65.0				
M6 **(65-69)**	Barb Juers 8 August 2010 - Bendigo	60.0	Natalia Zacharko 19 May 2019 - Cobdogla	60.0	Barb Juers 8 August 2010 - Bendigo	90.0		
M7 **(70-74)**								

SINGLE EVENT ASSISTED DIVISION

SA WOMEN'S 70.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
Open				Natalia Zacharko	28 March 2009- Barmera	72.5	Gale Fiebig	2 Aug 2008 - Bendigo	100.0			
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)				Natalia Zacharko	28 March 2009- Barmera	72.5	Gale Fiebig	2 Aug 2008 - Bendigo	100.0			
M5 (60-64)				Natalia Zacharko	12 Aug 2017 - Renmark	65.5	Gale Fiebig	21 May 2011 - Berri	90.0			
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												

SINGLE EVENT UNASSISTED DIVISION

SA WOMEN'S 70.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Kayley Vigar 8 Nov 2014 - Cobdogla	90.0	Natalia Zacharko 28 March 2009- Barmera	70.0	Kayley Vigar 8 Nov 2014 - Cobdogla	112.5		
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)			Natalia Zacharko 28 March 2009- Barmera	70.0				
M5 (60-64)			Natalia Zacharko 12 Aug 2017 - Renmark	62.5	Fran Marlor 6 August 2011 - Renmark	105.0		
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Krystal Johns 9 Nov 2024 - Cobdogla	160.0	Heather Wasley 25 Aug 2007 – Cobdogla	52.5				
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)	Trinity Ellacott 11 Nov 2023 - Cobdogla	145.0						
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)								
M4 (55-59)			Gale Fiebig 28 March 2009- Barmera	60.0				
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open			Krystal Johns 9 Nov 2024 - Cobdogla	92.5	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	Maria Cricelli 9 Nov 2024 - Cobdogla	110.0		
M9 (80-84)			Val Vanstone 6 Nov 2010 - Renmark	30.0	Val Vanstone 6 Nov 2010-Renmark	55.0		

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open			Valda Vanstone 31 Oct 09- Lakeside, Adel	35.0	Maria Cricellli 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 Cricellli 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	**35.0**	Valda Vanstone 23 May 2009- Cobdogla	62.5		

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Sheryl Rapson 2 Aug 2008 - Bendigo	115.0	Sheryl Rapson 19 March 11 - Berri	70.5	Sheryl Rapson 2 Aug 2008 - Bendigo	120.0		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)			Sheryl Rapson 24 May 08 - Cobdogla	65.5				
M1 (40-44)	Sheryl Rapson 6 August 2011 - Renmark	105.0	Sheryl Rapson 19 March 11 - Berri	70.5				
M2 (45-49)			Sheryl Rapson 22 Feb 2020 – Cobdogla	60.0				
M3 (50-54)	Sheryl Rapson 12 Nov 2022 - Cobdogla	95.0	Sheryl Rapson 27 May 2023 – Cobdogla	70.0				
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Mandy Frazer 13 Aug 2016 - Renmark	150.0	Mandy Frazer 13 Aug 2016 - Renmark	70.0	Mandy Frazer 13 Aug 2016 - Renmark	155.0		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)			Sheryl Rapson 16 March 2013 - Berri	62.5				
M2 (45-49)								
M3 (50-54)			Sheryl Rapson 12 Nov 2022 - Cobdogla	60.5				
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION **SA MEN'S 52.0 KG CLASS** ***STATE RECORDS AS AT 18th May 2024***

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

ASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

UNASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Michael McFarlane 27 Feb 2016 - Cobdogla	100.0	Michael McFarlane 27 Feb 2016 - Cobdogla	65.0	Michael McFarlane 27 Feb 2016 - Cobdogla	130.0	Michael McFarlane 27 Feb 2016 - Cobdogla	295.0
13								
T1 **(14-15)**	Michael McFarlane 27 Feb 2016 - Cobdogla	100.0	Michael McFarlane 27 Feb 2016 - Cobdogla	65.0	Michael McFarlane 14 Nov 2015 - Cobdogla	130.0	Michael McFarlane 27 Feb 2016 - Cobdogla	295.0
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)**								

ASSISTED DIVISION

SA MEN'S 60.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

UNASSISTED DIVISION

SA MEN'S 60.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Michael McFarlane 18 May 2019 - Cobdogla	107.5	Michael McFarlane 21 May 2016 - Cobdogla	65.0	Michael McFarlane 21 May 2016 - Cobdogla	140.0	Michael McFarlane 21 May 2016 - Cobdogla	312.5
13								
T1 (14-15)	Michael McFarlane 21 May 2016 - Cobdogla	107.5	Michael McFarlane 21 May 2016 - Cobdogla	65.0	Michael McFarlane 21 May 2016 - Cobdogla	140.0	Michael McFarlane 21 May 2016 - Cobdogla	312.5
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)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Dean Jenkinson 27 May 2023 - Cobdogla	170.0	Dean Jenkinson 27 May 2023 - Cobdogla	112.5	Dean Jenkinson 27 May 2023 - Cobdogla	220.0	Wayne Hunter 10 Aug 2019 – Cobdogla	502.5
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)	Dean Jenkinson 27 May 2023 - Cobdogla	170.0	Dean Jenkinson 27 May 2023 - Cobdogla	112.5	Dean Jenkinson 27 May 2023 - Cobdogla	220,0	Dean Jenkinson 27 May 2023 - Cobdogla	502.5
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Dean Jenkinson 29 May 2021 – Cobdogla	155.0	Kamaldeep Singh 18 May 2019 - Cobdogla	125.0	Dean Jenkinson 13 Nov 2021 – Cobdogla	230.0	Dean Jenkinson 29 May 2021 – Cobdogla	490.0
13								
T1 (14-15)	Jacob Kerr 21 May 2016 - Cobdogla	115.5	Jacob Kerr 21 May 2016 - Cobdogla	80.0	Jacob Kerr 21 May 2016 - Cobdogla	160.0	Jacob Kerr 21 May 2016 - Cobdogla	355.0
T2 (16-17)	Michael McFarlane 12 Aug 2017 - Renmark	117.5	Michael McFarlane 18 Feb 2017 - Cobdogla	75.0	Michael McFarlane 18 Feb 2017 - Cobdogla	150.0	Michael McFarlane 18 Feb 2017 - Cobdogla	340.0
T3 (18-19)								
Junior (20-23)					k			
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Phil White 14 Nov 2015 - Cobdogla	135.0	Phil White 14 Nov 2015 - Cobdogla	95.0	Phil White 14 Nov 2015 - Cobdogla	185.0	Phil White 14 Nov 2015 - Cobdogla	415.0
M3 (50-54)	Dean Jenkinson 29 May 2021 – Cobdogla	155.0	Dean Jenkinson 29 May 2021 – Cobdogla	110.0	Dean Jenkinson 13 Nov 2021 – Cobdogla	230.0	Dean Jenkinson 29 May 2021 – Cobdogla	490.0
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	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
13								
T1 (14-15)	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
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)	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
M2 (45-49)	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
M3 (50-54)	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
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								
M9 (80-84)	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 Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Dean Jenkinson 11 Aug 2018 - Renmark	172.5	Kamaldeep Singh 22 Feb 2020 - Cobdogla	130.5	Dean Jenkinson 20 May 2017 - Cobdogla	237.5	Dean Jenkinson 20 May 2017 - Cobdogla	537.5
13								
T1 (14-15)	Chris Powell 21 May 2011 - Berri	100.0	Chris Powell 21 May 2011 - Berri	82.5	Chris Powell 21 May 2011 - Berri	135.0	Chris Powell 21 May 2011 - Berri	317.5
T2 (16-17)								
T3 (18-19)								
Junior (20-23)	Tristan Beasley 14 Nov 2015 - Cobdogla	170.0	Tristan Beasley 14 Nov 2015 - Cobdogla	105.0	Tristan Beasley 14 Nov 2015 - Cobdogla	235.0	Tristan Beasley 14 Nov 2015 - Cobdogla	510.0
JM (35-39)	Wayne Hunter 18 May 2024 – Cobdogla	137.5	Wayne Hunter 18 May 2024 – Cobdogla	95.0	Wayne Hunter 18 May 2024 – Cobdogla	195.0	Wayne Hunter 18 May 2024 – Cobdogla	427.5
M1 (40-44)								
M2 (45-49)	Dean Jenkinson 11 Aug 2018 - Renmark	172.5	Dean Jenkinson 20 May 2017 - Cobdogla	130.0	Dean Jenkinson 20 May 2017 - Cobdogla	237.5	Dean Jenkinson 20 May 2017 - Cobdogla	537.5
M3 (50-54)	Dean Jenkinson 10 Aug 2019 – Cobdogla	160.0	Dean Jenkinson 10 Aug 2019 – Cobdogla	120.0	Dean Jenkinson 10 Aug 2019 – Cobdogla	232.5	Dean Jenkinson 10 Aug 2019 – Cobdogla	512.5
M4 (55-59)	Dean Jenkinson 9 Nov 2024 – Cobdogla	160.0	Dean Jenkinson 9 Nov 2024 – Cobdogla	105.0	Dean Jenkinson 9 Nov 2024 – Cobdogla	225.0	Dean Jenkinson 9 Nov 2024 – Cobdogla	490.0
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Aaron McFarlane 21 May 2016 - Cobdogla	217.5	Aaron McFarlane 21 May 2016 - Cobdogla	125.0	Aaron McFarlane 14 Nov 2015 - Cobdogla	230.0	Aaron McFarlane 21 May 2016 - Cobdogla	562.5
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)	Aaron McFarlane 29 Oct 2011 - Berri	200.0	Aaron McFarlane 29 Oct 2011 - Berri	120.0	Aaron McFarlane 29 Oct 2011 - Berri	210.0	Aaron McFarlane 29 Oct 2011 - Berri	530.0
M1 (40-44)	Aaron McFarlane 21 May 2016 - Cobdogla	217.5	Aaron McFarlane 21 May 2016 - Cobdogla	125.0	Aaron McFarlane 14 Nov 2015 - Cobdogla	230.0	Aaron McFarlane 21 May 2016 - Cobdogla	562.5
M2 (45-49)	Aaron McFarlane 18 May 2019 - Cobdogla	200.0	Aaron McFarlane 18 May 2019 - Cobdogla	115.0	Aaron McFarlane 18 May 2019 - Cobdogla	210.0	Aaron McFarlane 18 May 2019 - Cobdogla	525.0
M3 (50-54)	Warwick Williams 18 May 2013 - Berri	135.0	Warwick Williams 18 May 2013 - Berri	80.0	Warwick Williams 18 May 2013 - Berri	205.0	Warwick Williams 18 May 2013 - Berri	420.0
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	John Hopf 24 May 2014 - Cobdogla	176.0	Gregory Neumann 12 Aug 2017 - Renmark	140.0	Jarad Lusher 10 Nov 2018 - Cobdogla	242.5	Gregory Neumann 12 Aug 2017 - Renmark	520.0
13								
T1 (14-15)								
T2 (16-17)	Jordan Maur 16 May 2015 - Cobdogla	180.0	Chris Powell 16 March 2013 - Berri	102.5	Jordan Maur 16 May 2015 - Cobdogla	185.0	Jordan Maur 16 May 2015 - Cobdogla	465.0
T3 (18-19)	Chris Powell 8 Nov 2014 - Cobdogla	155.0	Chris Powell 7 Feb 2015 - Cobdogla	117.5	Chris Powell 7 Feb 2015 - Cobdogla	200.0	Chris Powell 7 Feb 2015 - Cobdogla	470.0
Junior (20-23)	Ryan Smallwood-Simpson 16 May 2015 - Cobdogla	190.0	Ryan Smallwood-Simpson 8 Nov 2014 - Cobdogla	115.0	Ryan Smallwood-Simpson 16 May 2015 - Cobdogla	240.0	Ryan Smallwood-Simpson 16 May 2015 - Cobdogla	540.0
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)								
M4 (55-59)	Gregory Neumann 12 Aug 2017 - Renmark	160.0	Gregory Neumann 12 Aug 2017 - Renmark	140.0	Gregory Neumann 12 Aug 2017 - Renmark	220.0	Gregory Neumann 12 Aug 2017 - Renmark	520.0
M5 (60-64)								
M6 (65-69)								
M7 (70-74)	Charlie McMahon 3 November 07 - Barmera	110.0	Charlie McMahon 3 November 07 - Barmera	90.00	Charlie McMahon 3 November 07 - Barmera	150.0 4th	Charlie McMahon 3 November 07 - Barmera	340.0
M8 (75-79)								

ASSISTED DIVISION

SA MEN'S 90.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Aaron McFarlane 12 Aug 2017 - Renmark	222.5	Peter Everingham 21 May 2016 – Cobdogla	135.0	Peter Everingham 21 May 2016 – Cobdogla	235.0	Aaron McFarlane 112 Aug 2017 - Renmark	572.5
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)	Sean Simpson 23 May 2009- Cobdogla	145.0	Sean Simpson 23 May 2009- Cobdogla	90.0	Sean Simpson 23 May 2009- Cobdogla	160.0	Sean Simpson 23 May 09- Cobdogla	395.0
M1 (40-44)	Sean Simpson 27 Oct 2012 - Berri	160.0	Sean Simpson 29 Oct 2011 - Berri	92.5	Sean Simpson 19 March 2011 - Berri	180.0	Sean Simpson 19 March 11 - Berri	417.5
M2 (45-49)	Aaron McFarlane 12 Aug 2017 - Renmark	222.5	Aaron McFarlane 12 Aug 2017 - Renmark	130.0	Aaron McFarlane 18 Feb 2017 - Cobdogla	220.0	Aaron McFarlane 12 Aug 2017 - Renmark	572.5
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)	Colin Priestly 3 Nov 2007 - Barmera	50.0	Colin Priestly 3 Nov 2007 - Barmera	45.0	Colin Priestly 3 Nov 2007 - Barmera	120.0	Colin Priestly 3 Nov 2007 - Barmera	215.0
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA MEN'S 90.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Neil Garry 22 March 2014 - Cobdogla	200.0	Corrado Angeletti 22 March 2014 -Cobdogla	142.5	Neil Garry 17 March 2012 -Cobdogla	235.0	Neil Garry 22 March 2014 -Cobdogla	560.0
13								
T1 (14-15)	Clay Wescombe-Downs 22nd May 2010- Cobdogla	115.0	Clay Wescombe-Downs 22nd May 2010- Cobdogla	67.5	Clay Wescombe-Downs 22nd May 2010- Cobdogla	150.0	Clay Wescombe-Downs 22nd May 2010- Cobdogla	332.50
T2 (16-17)	Jaiden Nairne-Nagy 11 Aug 2018 - Renmark	120.5	Jaiden Nairne-Nagy 11 Aug 2018 - Renmark	75.5	Jaiden Nairne-Nagy 11 Aug 2018 - Renmark	162.5	Jaiden Nairne-Nagy 11 Aug 2018 - Renmark	358.5
T3 (18-19)	Chris Powell 14 Nov 2015 - Cobdogla	170.0	Chris Powell 16 May 2015 - Cobdogla	125.0	Chris Powell 16 May 2015 - Cobdogla	210.0	Chris Powell 14 Nov 2015 - Cobdogla	497.5
Junior (20-23)								
JM (35-39)	Michael Rowney 18 May 2019 - Cobdogla	142.5	Michael Rowney 18 May 2019 - Cobdogla	105.0	Michael Rowney 18 May 2019 - Cobdogla	182.5	Michael Rowney 18 May 2019 - Cobdogla	430.0
M1 (40-44)	Michael Rowney 16 Nov 2019 – Cobdogla	147.5	Michael Rowney 16 Nov 2019 – Cobdogla	110.0	Michael Rowney 10 Aug 2019 – Cobdogla	192.5	Michael Rowney 10 Aug 2019 – Cobdogla	450.0
M2 (45-49)	Damian Powell 24 May 2014 - Cobdogla	132.5	Damian Powell 13 July 2013 - Renmark	130.0	Damian Powell 24 May 2014 - Cobdogla	187.5	Damian Powell 19 Oct 2013 - Cobdogla	432.5
M3 (50-54)	Corrado Angeletti 13 July 2013 - Renmark	167.5	Corrado Angeletti 22 March 2014 -Cobdogla	142.5	Corrado Angeletti 13 July 2013 - Renmark	190.0	Corrado Angeletti 13 July 2013 - Renmark	497.5
M4 (55-59)	Shane Onley 13 July 2013 - Renmark	172.5	Shane Onley 13 July 2013 - Renmark	95.0	Shane Onley 13 July 2013 - Renmark	192.5	Shane Onley 13 July 2013 - Renmark	460.0
M5 (60-64)								
M6 (65-69)								
M7 (70-74)	Charlie McMahon 29 March 2008 - Barmera	115.0	Charlie McMahon 29 March 2008 - Barmera	85.0	Charlie McMahon 29 March 2008 - Barmera	125.0	Charlie McMahon 29 March 2008 - Barmera	330.0
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	David Alpen 26 Aug 2023 - Cobdogla	190.0	David Alpen 26 Aug 2023 - Cobdogla	140.0	David Alpen 26 Aug 2023 - Cobdogla	240.0	David Alpen 26 Aug 2023 - Cobdogla	570.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)	Chris Gow 16 June 2007 - Cobdogla	130.0	Chris Gow 16 June 07 - Cobdogla	80.0	Chris Gow 16 June 07 - Cobdogla	150.0	Chris Gow 16 June 07 - Cobdogla	360.0
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)	David Alpen 26 Aug 2023 - Cobdogla	190.0	David Alpen 26 Aug 2023 - Cobdogla	140.0	David Alpen 26 Aug 2023 - Cobdogla	240.0	David Alpen 26 Aug 2023 - Cobdogla	570.0
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

UNASSISTED DIVISION

SA MEN'S 100.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Neil Garry 16 March 2013 - Berri	192.5	Neil Garry 16 March 2013 - Berri	135.0	Neil Garry 16 March 2013 – Berri	227.5	Neil Garry 16 March 2013 - Berri	555.0
13								
T1 (14-15)								
T2 (16-17)	Clay Wescombe-Down 29 Oct 2011 - Berri	160.0	Clay Wescombe-Down 29 Oct 2011 - Berri	75.0	Clay Wescombe-Down 21 May 2011 - Berri	180.0	Clay Wescombe-Down 21 May 2011 - Berri	385.0
T3 (18-19)								
Junior (20-23)	Michael Birch 27 Feb 2016 - Cobdogla	165.0	Michael Birch 27 Feb 2016 - Cobdogla	125.0	Michael Birch 27 Feb 2016 - Cobdogla	230.0	Michael Birch 27 Feb 2016 - Cobdogla	515.0
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Mark Buckerfield 14 Nov 2015 - Cobdogla	120.0	Mark Buckerfield 14 Nov 2015 - Cobdogla	95.0	Mark Buckerfield 14 Nov 2015 - Cobdogla	150.0	Mark Buckerfield 14 Nov 2015 - Cobdogla	365.0
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	David Wescombe-Down 24 May 2008 - Cobdogla	185.0	Brandon Clarke 11 Nov 2017 - Cobdogla	130.0	Brandon Clarke 11 Nov 2017 - Cobdogla	255.0	Brandon Clarke 11 Nov 2017 - Cobdogla	555.0
13								
T1 (14-15)								
T2 (16-17)	Tyrone Sharp 23 May 2009- Cobdogla	65.0	Tyrone Sharp 23 May 2009- Cobdogla	45.0	Tyrone Sharp 23 May 2009- Cobdogla	120.0	Tyrone Sharp 23 May 2009- Cobdogla	230.0
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)	David Wescombe-Down 24 May 2008 - Cobdogla	185.0	David Wescombe-Down 29 March 2008 - Barmera	127.5	David Wescombe-Down 24 May 2008 - Cobdogla	182.5	David Wescombe-Down 24 May 2008 - Cobdogla	492.5
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION

SA MEN'S 125.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Paul Ashby 18 May 2019 - Cobdogla	195.0	Paul Ashby 18 May 2019 - Cobdogla	145.0	Paul Ashby 18 May 2019 - Cobdogla	215.0	Paul Ashby 18 May 2019 - Cobdogla	555.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Paul Ashby 18 May 2019 - Cobdogla	195.0	Paul Ashby 18 May 2019 - Cobdogla	145.0	Paul Ashby 18 May 2019 - Cobdogla	215.0	Paul Ashby 18 May 2019 - Cobdogla	555.0
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Brett Johns 28 Aug 2021 – Cobdogla	255.0	Brett Johns 18 May 2019 - Cobdogla	175.0	Brett Johns 29 May 2021 – Cobdogla	280.0	Brett Johns 29 May 2021 – Cobdogla	705.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Brett Johns 11 Aug 2018 - Renmark	235.0	Brett Johns 11 Aug 2018 - Renmark	170.0	Brett Johns 11 Aug 2018 - Renmark	255.0	Brett Johns 11 Aug 2018 - Renmark	660.0
M3 (50-54)	Brett Johns 28 Aug 2021 – Cobdogla	255.0	Brett Johns 18 May 2019 - Cobdogla	175.0	Brett Johns 29 May 2021 – Cobdogla	280.0	Brett Johns 29 May 2021 – Cobdogla	705.0
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Brett Johns 18 May 2024 – Cobdogla	260.0	Brett Johns 28 May 2022 – Cobdogla	180.0	Brett Johns 28 May 2022 – Cobdogla	280.0	Brett Johns 28 May 2022 – Cobdogla	715.0
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)								
M2 (45-49)	Brett Johns 19 May 2018 - Cobdogla	225.0	Brett Johns 19 May 2018 - Cobdogla	165.0	Brett Johns 19 May 2018 - Cobdogla	240.0	Brett Johns 19 May 2018 - Cobdogla	630.0
M3 (50-54)	Brett Johns 28 May 2022 – Cobdogla	255.0	Brett Johns 28 May 2022 – Cobdogla	180.0	Brett Johns 28 May 2022 – Cobdogla	280.0	Brett Johns 28 May 2022 – Cobdogla	715.0
M4 (55-59)	Brett Johns 18 May 2024 - Cobdogla	260.0	Brett Johns 18 May 2024 - Cobdogla	177.5	Brett Johns 18 May 2024 - Cobdogla	270.0	Brett Johns 18 May 2024 - Cobdogla	707.5
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

ASSISTED DIVISION

SA MEN'S 145.0 + KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

UNASSISTED DIVISION

SA MEN'S 145.0 + KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 52.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

SINGLE EVENT UNNASSISTED DIVISION

SA MEN'S 52.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Michael McFarlane 13 Aug 2016 - Renmark	80.0			Michael McFarlane 13 Aug 2016 - Renmark	130.0		
13								
T1 (14-15)	Michael McFarlane 13 Aug 2016 - Renmark	80.0			Michael McFarlane 13 Aug 2016 - Renmark	130.0		
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)								

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 60.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 60.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
Open				Malcom Barber 3 August 2008- Bendigo		75.0						
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)				Malcom Barber 3 August 2008- Bendigo		75.0						
M8 (75-79)												

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 67.5 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Wayne Hunter 18 May 2019 - Cobdogla	110.0			Wayne Hunter 18 May 2019 - Cobdogla	140.0		
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)								

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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 Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Chris Powell 6 August 2011 - Renmark	115.0	Chris Powell 6 August 2011 - Renmark	85.0	Dean Jenkinson 6 August 2011 - Renmark	230.0		
13								
T1 (14-15)	Chris Powell 6 August 2011 - Renmark	115.0	Chris Powell 6 August 2011 - Renmark	85.0	Chris Powell 6 August 2011 - Renmark	150.0		
T2 (16-17)								
T3 (18-19)								
Junior (20-23)								
JM (35-39)								
M1 (40-44)					Dean Jenkinson 6 August 2011 - Renmark	230.0		
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 UNNASSISTED DIVISION

SA MEN'S 75.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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						

SINGLE EVENT ASSISTED DIVISION **SA MEN'S 82.5 KG CLASS**

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Aaron McFarlane 13 August 2016 -Renmark	210.0	Aaron McFarlane 6 August 2011- Renmark	120.0	Aaron McFarlane 6 August 2011- Renmark	210.0		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)			Phillip Ward 25 Aug 2007 – Cobdogla	105.0				
Junior (20-23)								
JM (35-39)			Sean Simpson 25 Aug 2007 Cobdogla	100.0				
M1 (40-44)	Aaron McFarlane 13 August 2016 -Renmark	210.0	Aaron McFarlane 13 August 2016 -Renmark	110.0				
M2 (45-49)								
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

SINGLE EVENT UNASSISTED DIVISION **SA MEN'S 82.5 KG CLASS**

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	Damian Powell 6 August 2011 - Renmark	105.0	Jay Onley 16 March 2013 - Berri	130,0	Jared Lusher 13 Aug 2016 - Renmark	237.5		
13								
T1 (14-15)								
T2 (16-17)								
T3 (18-19)			Phillip Ward 5 August 2007 – Bendigo	102.5				
Junior (20-23)								
JM (35-39)								
M1 (40-44)	Damien Powell 6 August 2011 - Renmark	105.0	Damien Powell 6 August 2011 - Renmark	103.5	Damien Powell 6 August 2011 - Renmark	140.0		
M2 (45-49)			Damian Powell 21 May 2016 - Cobdogla	125.0				
M3 (50-54)								
M4 (55-59)								
M5 (60-64)								
M6 (65-69)								
M7 (70-74)			John Diehm 16 June 2007 – Cobdogla	100.0				
M8 (75-79)								

Division	Squat Name	Squat Location	Weight kg	Benchpress Name	Benchpress Location	Weight kg	Deadlift Name	Deadlift Location	Weight kg	Total Name	Total Location	Weight kg
Open				Corrado Angeletti	13 August 2016 -Renmark	145.0						
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)				Sean Simpson	1 Nov 2008- Barmera	85.0						
M1 (40-44)												
M2 (45-49)												
M3 (50-54)				Corrado Angeletti	13 August 2016 -Renmark	145.0						
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												

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

Division	Squat Name	Squat Location	Weight kg	Benchpress Name	Benchpress Location	Weight kg	Deadlift Name	Deadlift Location	Weight kg	Total Name	Total Location	Weight kg
Open				Don Juers	13 May 2007 – Bendigo	120.0						
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)				Chris Gow	24 May 2008 - Cobdogla	80.0						
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)				Don Juers	13 May 2007 – Bendigo	120.0						
M8 (75-79)												

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
Open	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		
13								
T1 (14-15)								
T2 (16-17)	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		
T3 (18-19)	Chris Powell 27 Feb 2016 - Cobdogla	170.0	Chris Powell 27 Feb 2016 - Cobdogla	125.0	Chris Powell 27 Feb 2016 - Cobdogla	210.0		
Junior (20-23)					Michael Birch 13 Aug 2016 - Renmark	245.0		
JM (35-39)								
M1 (40-44)			David Thomas 29 October 2011 - Berri	150.5				
M2 (45-49)			Damian Powell 7 Feb 2015 - Cobdogla	105.0	Mark Buckerfield 13 Aug 2016 - Renmark	152.5		
M3 (50-54)			Sean Simpson 7 Nov 2020 – Cobdogla	102.5				
M4 (55-59)			Mark Buckerfield 9 Nov 2024 – Cobdogla	90.0				
M5 (60-64)								
M6 (65-69)			David Parker 11 Aug 2018 - Renmark	135.0				
M7 (70-74)			Don Juers 19 March 2011 - Berri	110.5				
M8 (75-79)								
M9 (80-84)			Don Juers 18 May 2019 - Cobdogla	90.0				
M10 (85-89)			Don Juers 19 Feb 2022 - Cobdogla	85.0	Don Juers 19 Feb 2022 - Cobdogla	100.0		

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 110.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
Open				Lewis McLean 13 Aug 2016 - Renmark		147.5						
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)				Lewis McLean 13 Aug 2016 - Renmark		147.5						
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)												

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 110.0 KG CLASS

Division	Squat Name Location	Weight kg	Benchpress Name Location	Weight kg	Deadlift Name Location	Weight kg	Total Name Location	Weight kg
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				

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 125.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat Name	Squat Location	Weight kg	Benchpress Name	Benchpress Location	Weight kg	Deadlift Name	Deadlift Location	Weight kg	Total Name	Total Location	Weight kg
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)												

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 145.0 KG CLASS

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
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)												

Division	Squat		Weight	Benchpress		Weight	Deadlift		Weight	Total		Weight
	Name	Location	kg	Name	Location	kg	Name	Location	kg	Name	Location	kg
Open				Brett Johns 7 Nov 2020 – Cobdogla		185.0	Demetrios Kriticos 12 Aug 2017 - Renmark		275.0			
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)							Demetrios Kriticos 12 Aug 2017 - Renmark		275.0			
M1 (40-44)												
M2 (45-49)				Brett Johns 17 Feb 2018 - Cobdogla		165.0						
M3 (50-54)				Brett Johns 7 Nov 2020 – Cobdogla		185.0	Brett Johns 7 Nov 2020 – Cobdogla		270.0			
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												