

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)								

ASSISTED DIVISION

SA WOMEN'S 53.0 KG CLASS

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

ASSISTED DIVISION

SA WOMEN'S 55.5 KG CLASS

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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 58.5 KG CLASS

[illegible]

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

[illegible]

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

ASSISTED 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	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)												

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open	Tahlia Jones 24 May 2025 – Cobdogla		95.0	Tahlia Jones 24 May 2025 – Cobdogla		60.0	Tahlia Jones 24 May 2025 – Cobdogla		140.0	Tahlia Jones 24 May 2025 – Cobdogla		295.0
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)												

ASSISTED 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	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)												

[illegible]

[illegible]

[illegible]

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 10,11,12 th Sept 2009- England	105.0	Rose Gow 10,11,12 th Sept 2009- England	55.0	Rose Gow 10,11,12 th 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 24 May 2025 - Cobdogla	50.0	Rose Gow 24 May 2025 - Cobdogla	120.0		
M7 (70-74)								
M8 (75-79)								

[illegible]

[illegible]

SINGLE EVENT ASSISTED DIVISION

SA WOMEN'S 58.5 KG CLASS

[illegible]

[illegible]

SINGLE EVENT ASSISTED DIVISION

SA WOMEN'S 63.0 KG CLASS

[illegible]

SINGLE EVENT UNASSISTED DIVISION

SA WOMEN'S 63.0 KG CLASS

Division	Squat	Weight kg	Benchpress	Weight kg	Deadlift	Weight kg	Total	Weight
	NameLocation		NameLocation		NameLocation		NameLocation	
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

[illegible]

SINGLE EVENT UNASSISTED DIVISION

SA WOMEN'S 70.0 KG CLASS

[illegible]

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

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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		35.0	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	
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		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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)												

[illegible]

[illegible]

ASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

[illegible]

UNASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

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

[illegible]

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
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 24 May 2025 - Cobdogla	112.5	Dean Jenkinson 24 May 2025 - Cobdogla	227.5	Dean Jenkinson 24 May 2025 - Cobdogla	500.0
M5 (60-64)								
M6 (65-69)								
M7 (70-74)								
M8 (75-79)								

[illegible]

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 4 th	Charlie McMahon 3 November 07 - Barmera	340.0
M8 (75-79)								

Division	Squat Name Location	Weight t 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 22 nd May 2010- Cobdogla	115.0	Clay Wescombe-Downs 22 nd May 2010- Cobdogla	67.5	Clay Wescombe-Downs 22 nd May 2010- Cobdogla	150.0	Clay Wescombe-Downs 22 nd 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)	Linkin-James Lim 24 May 2025 - Cobdogla	205.0	Linkin-James Lim 24 May 2025 - Cobdogla	135.0	Linkin-James Lim 24 May 2025 - Cobdogla	220.0	Linkin-James Lim 24 May 2025 - Cobdogla	560.0
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)								

[illegible]

UNASSISTED DIVISION

SA MEN'S 100.0 KG CLASS

[illegible]

[illegible]

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

[illegible]

[illegible]

[illegible]

ASSISTED DIVISION

SA MEN'S 145.0 + KG CLASS[illegible]

UNASSISTED DIVISION

SA MEN'S 145.0 + KG CLASS[illegible]

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 52.0 KG CLASS

[illegible]

SINGLE EVENT UNNASSISTED DIVISION

SA MEN'S 52.0 KG CLASS

[illegible]

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

[illegible]

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 56.0 KG CLASS

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

[illegible]

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 60.0 KG CLASS

[illegible]

SINGLE EVENT ASSISTED DIVISION
SA MEN'S 67.5 KG CLASS

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

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 82.5 KG CLASS

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

[illegible]

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				

[illegible]

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

[illegible]

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						

SINGLE EVENT ASSISTED DIVISION

SA MEN'S 125.0 KG CLASS

[illegible]

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

[illegible]

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 145.0 KG CLASS

82.

[illegible]