

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

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open				Kayley Vigar 18 Feb 2017 - Cobdogla		70.0	Dee Stocker 6 August 2011 - Renmark		110.0			
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
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 - Baramera		35.5						
M9 (80-84)				Val Vanstone 6 Nov 2010 - Renmark		30.0	Val Vanstone 6 Nov 2010-Renmark		55.0			

SINGLE EVENT UNASSISTED DIVISION

SA WOMEN'S 90.0 KG CLASS

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

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

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open	Dean Jenkinson	24 May 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)												
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

SINGLE EVENT UNASSISTED 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				Malcolm Barber 1 Nov 2008- Barmera		81.0						
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)				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 UNASSISTED DIVISION**SA MEN'S 75.0 KG CLASS**

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open				Trevor Vanstone 31 October 2009-Barmera		52.5						
13												
T1 (14-15)												
T2 (16-17)												
T3 (18-19)												
Junior (20-23)												
JM (35-39)												
M1 (40-44)												
M2 (45-49)												
M3 (50-54)												
M4 (55-59)												
M5 (60-64)												
M6 (65-69)												
M7 (70-74)												
M8 (75-79)												
M9 (80-84)				Trevor Vanstone 31 October 2009-Barmera		52.5						

SINGLE EVENT UNASSISTED DIVISION

SA MEN'S 100.0 KG CLASS

Division	Squat		Weight kg	Benchpress		Weight kg	Deadlift		Weight kg	Total		Weight kg
	Name	Location		Name	Location		Name	Location		Name	Location	
Open	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)												
M4 (55-59)												
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						

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 UNASSISTED 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							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)												

