

COUNCIL OF AUSTRALIAN POWERLIFTING ORGANIZATIONS

National Powerlifting Championships

Royal Perth Showgrounds, Claremont WA

October 4th 2008

Name	Age	Sex	Div	WtCls (Kg)	BWt (Kg)	State	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Formula	Score
Gregg Gordan	16	M	Multi Ply	90	88.80	VIC	217.5	230	-245		230	160	170	180	-190	180	410.00	210	232.5	245		245	655.00	0.61645	403.775
Peter Philips	54	M	Multi Ply	110	107.00	WA	190	210	220		220	135	142.5	-150		142.5	362.50	220	240	-250		240	602.50	0.56710	341.678
Michael Douek	17	M	Multi Ply	75	72.50	VIC	145	160	170		170	90	102.5	110		110	280.00	160	185	192.5	-201	192.5	472.50	0.70640	333.774
Wayne Vaughan	54	M	Multi Ply	125	108.90	QLD	180	-280	-280		180	140	-150	-150		140	320.00	245	260	270		270	590.00	0.56405	332.790
Michael Delaney	18	M	Multi Ply	100	91.10	NT	180	-200	-200		180	-125	125	-		125	305.00	225	-240	-252.5		225	530.00	0.60785	322.161
Liam Donald	21	M	Multi Ply	82.5	82.10	QLD	167.5	175	-		175	115	122.5	-130		122.5	297.50	185	192.5	-195		192.5	490.00	0.64665	316.859
Kelly Munro	16	M	Multi Ply	82.5	79.50	NT	170	-180	-180		170	100	105	-110		105	275.00	190	-200	-200		190	465.00	0.66060	307.179
Mark Roberts	28	M	Multi Ply	75	71.80	WA	130	135	140		140	95	105	115		115	255.00	145	150	165		165	420.00	0.71170	298.914
David Kay	46	M	Multi Ply	75	74.80	WA	120	140	150		150	90	100	105		105	255.00	150	160	170		170	425.00	0.68990	293.208
Mitchell Erdelyi	17	M	Multi Ply	75	74.40	NT	190	-200	-200		190	100	105	-110		105	295.00	-190	-190	-190		0	0		
David Wenman	20	M	Multi Ply	56	55.60	NT	110	-115	115		115	-85	-85	-85		0	0						0		

Maria Barba	43	F	Multi Ply	75	69.90	Vic	165	172.5	180		180	87.5	95	97.5		97.5	277.50	160	170	175		175	452.50	0.87730	396.978
Vicki O'Brien	45	F	Multi Ply	67.5	66.40	Vic	130	-140	145		145	75	82.5	87.5		87.5	232.50	160	170	177.5		177.5	410.00	0.91130	373.633
Louise Vu-Duy	37	F	Multi Ply	56	55.70	Vic	135	140	-145		140	70	-75	-75		70	210.00	135	137.5	-140		137.5	347.50	1.04840	364.319
Coralie Weir	46	F	Multi Ply	52	52.00	QLD	105	115	-125		115	65	70	75		75	190.00	125	132.5	-141		132.5	322.50	1.10760	357.201
Jackie Giglia	47	F	Multi Ply	56	55.10	WA	95	105	-115		105	60	65	70		70	175.00	140	150	152.5	-153.5	152.5	327.50	1.05750	346.331
Joanne Mitchell	31	F	Multi Ply	75	73.50	Vic	140	-155	-155		140	-80	80	95		95	235.00	110	-140	-152.5		110	345.00	0.84755	292.405
Anne Whitehead	46	F	Multi Ply	67.5	66.40	WA	80	90	100		100	60	65	70		70	170.00	90	100	110		110	280.00	0.91130	255.164
Shannon Wall	15	F	Multi Ply	52		WA																			
Carla Chippendale *	31	F	Raw	90	90.00	NT	-75	80	-85		80	45	55	-57.5		55	135.00	80	90	-95		90	225.00	0.74755	168.199

Steve Brown	48	M	Multi Ply	125	112.30	Vic	-365	365	385		385	190	200	-215		200	585.00	270	285	-300		285	870.00	0.55940	486.68
Jason Durbidge *	30	M	Raw	125	111.10	Qld	260	300	-305		300	180	-190	-190		180	480.00	300	325	335		335	815.00	0.56095	457.17
Dean Riordan	44	M	Multi Ply	90	88.00	WA	240	255	260		260	165	175	-180		175	435.00	275	285	295		295	730.00	0.61970	452.38
Matt Van Beuningen *	25	M	Raw	140	129.50	WA	-280	280	-290		280	210	220	225		225	505.00	270	280	290		290	795.00	0.54082	429.95
Brendan Hains	39	M	Multi Ply	90	89.10	Vic	240	250	266		266	-140	140	-150		140	406.00	240	255	262.5		262.5	668.50	0.61530	411.33
Brent Drake	32	M	Multi Ply	90	87.50	NSW	-225	-240	250		250	135	145	152.5		152.5	402.50	245	255	-267.5		255	657.50	0.62175	408.80
Chris Brown *	43	M	Raw	110	107.70	NT	250	270	285	300.00	285	150	165	175	182.50	175	460.00	200	250	260		260	720.00	0.56595	407.48
Michael Trentin	25	M	Multi Ply	82.5	81.10	QLD	-210	210	217.5		218	-153	-153	152.5		152.5	370.00	220	240	250		250	620.00	0.65185	404.15
Vadim Minos *	24	M	Raw	90	89.90	Vic	205	225	235		235	145	155	165		165	400.00	220	235	250		250	650.00	0.61225	397.96
Allan Kliese	28	M	Multi Ply	140+	146.60	QLD	235	250	265		265	175	185	190		190	455.00	205	280	300		300	755.00	0.52578	396.96
Dominic Morton *	32	M	Raw	100	99.40	QLD	210	225	-240		225	137.5	-145	-145		137.5	362.50	210	220	-230		220	582.50	0.58280	339.48
Paul Nay	39	M	Multi Ply	125	115.50	Vic	70	-	-		70	250	-263	262.5	-275.00	262.5	332.50	100	-300	-300		100	432.50	0.55565	240.32
Jeffrey Lam	30	M	Multi Ply	82.5	81.20	QLD	240	250	262.5		263	-190	-190	-190		0									
Terrence Titus	53	M	Multi Ply	125	116.80	QLD	-305	-305	-305		0														

Yolandie Weir	22	F	Multi Ply	52	48.3	QLD						55	60	-65									60.00	1.17330	70.40
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James Figueroa	35	M	Multi Ply	56	56	WA						125	130	135	-137.50								135.00	0.89255	120.49
Luke Rowlands	22	M	Multi Ply	75	74.9	WA						155	-165	-165									155.00	0.68920	106.83
Darcy Boylan	51	M	Multi Ply	125	120.1	WA						150	160	170	-180.00								170.00	0.55085	93.64
Stephen Higgins	29	M	Multi Ply	75	73.4	WA						-140	-140	-145											
Frank Balestra	52	M	Multi Ply	75	74.7	WA						-180	-180	-180											
Henry Day	44	M	Multi Ply	100	99.1	WA						-250	-250	-250											
Daniel Macri	19	M	Multi Ply	140+	156.8	WA						-													
Shaun Bostock	38	M	Multi Ply	140+	148	Vic						-305	-325	-325											

* Denotes Raw