

16/03/2024

## ACT State Championship 2024

Club Lime Phillip 'The Red Room' Canberra

Name	Sex	Age	State	Equipment	Division	BWT	WtCls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points	Age Score	Event
Kristy Fuderer	F	41	ACT	Wraps	M40-44	90	90	165	175	195	195	100	110	120	120	165	180	200	200	515	386.79	388.84	SBD
Nicole Thomason	F	29	ACT	Wraps	Open	70	75	150	155	-165	155	-75	75	-85	75	130	137.5	-145	137.5	367.5	322.28		SBD
Lynne Chamberlain	F	49	ACT	Sleeves	M45-49	67.5	67.5	65	85	92.5	92.5	35	40	-45	40	105	120	130	130	262.5	236.34	262.93	SBD
Rebecca Cavic	F	44	ACT	Multi-ply	Open	73	75	165	182.5	-190	182.5	100	105	-112.5	105	150	162.5	-167.5	162.5	450	383.22	399.65	SBD
Holly Hoad	F	33	NSW	Multi-ply	Open	109.2	110	160	170	-175	170	80	87.5	-92.5	87.5	145	155	160	160	417.5	289.48		SBD
Frankie Verhasselt	M	34	ACT	Wraps	S33-39	98	100	-275	275	-280	275	160	170	175	175	260	280	290	290	740	433.89		SBD
Lee Freeman	M	50	ACT	Wraps	M50-54	116	125	267.5	285	-300	285	150	160	170	170	230	250	270	270	725	402.45	454.77	SBD
Luke Hewlett	M	42	NSW	Wraps	M40-44	96.2	100	200	215	-225	215	140	155	167.5	167.5	230	240	252.5	252.5	635	375.49	383.05	SBD
Luca Giugni	M	16	ACT	Sleeves	T16-17	90	90	180	190	-200	190	115	120	-125	120	240	250	260	260	570	348.75		SBD
Jimmy Douglas	M	41	ACT	Wraps	M40-44	98.2	100	185	195	200	200	85	90	-95	90	180	190	205	205	495	289.98	292.90	SBD
Steve Labson	M	68	VIC	Sleeves	M65-69	84.1	90	100	115	125	125	110	120	-125	120	135	150	160	160	405	257.90	406.46	SBD
Nathan Di Giorgi	M	29	ACT	Multi-ply	Open	103	110	280	300	320	320	200	210	220	220	220	235	-250	235	775	445.27		SBD
Simon Wang	M	41	ACT	Multi-ply	M40-44	98.1	100	260			260	200	-220		200	215	230	250	250	710	416.11	420.33	SBD
Rob Allen	M	42	NSW	Multi-ply	Open	138.4	140	300	320	340	340	210	-225	-225	210	200			200	750	399.39	407.40	SBD
Anderson Janes	M	22	QLD	Multi-ply	J20-23	103.2	110	220	235		235	150	160	175	175	240			240	650	373.18		SBD
Louis Hetenyi	M	19	ACT	Bare	T18-19	135.6	140	165	180	190	190	120	130	140	140	215	235	-250	235	565	302.23		SBD
Christopher Butler	M	46	ACT	Wraps	M45-49	147	140+					-150	-165	165	165					165	86.70	92.60	B
Dean Pascoe	M	45	ACT	Bare	M45-49	108.1	110									-247.5	247.5	-262.5	247.5	247.5	139.91	147.61	D

