

BLEDISBRO POWERHOUSE OPEN 2013

Afternoon 3 Lift Session Open

Name	RAW	Div	Bwt (kg)	WtCls	SQ1	SQ2	SQ3	Best SQ	BP1	BP2	BP3	Best BP	Sub Total	DL1	DL2	DL3	Best DL	Total	Wilks	PI-Div- WtCls-Evt
Henry Bakker	RAW	M-O	92.85	93	170	180	190	190	120	430	130	130	320	200	220	230	220	540	339.498	1-M-O-93-PL
Ben Hanara	RAW	M-O	85.8	93	150	160	170	170	100	115	120	120	290	200	210	220	220	510	333.999	2-M-O-93-PL
John Rivers		M-O	87.02	93	160	170	170	160	125	128	128	125	285	160	170	180	180	465	302.157	3-M-O-93-PL
Ash Philips	RAW	M-O	86.38	93	140	150	160	160	90	100	110	110	270	160	175	190	190	460	300.104	4-M-O-93-PL
Glen Tassicker	RAW	M-O	88.9	93	140	150	150	150	85	90	100	90	240	160	170	170	170	410	263.384	5-M-O-93-PL
James Underwood	RAW	M-O	89.84	93	115	125	132.5	133	55	60	73	60	192.5	140	150	157.5	157.5	350	223.650	6-M-O-93-PL
Jared Beckett	RAW	M-O	91.68	93	255	273	273	255	170		0	0	0	220		0	0	0	0.000	
Nicholas Bakker	RAW	M-O	95.1	105	140	155	175	175	125	135	143	143	342.5	200	220	240	240	557.5	341.747	2-M-O-105-PL
James Barclay	RAW	M-O	98.26	105	140	155	175	175	125	135	143	143	317.5	200	220	240	240	557.5	341.747	2-M-O-105-PL
Graham Boyce	RAW	M-O	94.4	105	160	180	187.5	188	110	117.5	120	118	305	220	230	235	235	540	336.852	3-M-O-105-PL
Isaac King	RAW	M-O	104.1	105	160	175	182.5	183	115	125	138	125	307.5	180	195	200	200	507.5	304.195	4-M-O-105-PL
Benjamin Bakker	RAW	M-O	98.92	105	140	150	165	150	100	110	120	110	260	180	190	200	200	460	281.198	5-M-O-105-PL
Phil Galley	RAW	M-O	94.8	105	140	160	170	160	85	92.5	100	92.5	252.5	170	190	205	205	457.5	284.840	6-M-O-105-PL
Zane Waapu-Wairama		M-O	108.5	120	290	300	300	300	150	170	180	180	480	250	270	287.5	287.5	767.5	453.593	1-M-O-120-PL
Graham Liddington	RAW	M-O	117.7	120	180	200	210	200	100	120	143	120	320	180	200	225	225	545	314.792	2-M-O-120-PL
Ian Dennis	RAW	M-O	113	120	170	183	190	190	130	137.5	140	138	327.5	175	195	215	215	542.5	316.766	3-M-O-120-PL
Goefrey Holmes	RAW	M-O	117.3	120	180	190	195	195	105	110	115	110	305	190	205	220	220	525	303.503	4-M-O-120-PL
Constantinos Alexopoulos		M-O	138.6	120+	230	250	260	250	215	227.5	235	228	477.5	270	290	300	290	767.5	429.493	1-M-O-120+-PL

Code 1-M-O-74-PL: 1st-Male-Open-74kg-Powerlifting

Referees	Best Lifter Male	Best Lifter Female	Best Sub Junior	Best Junior	Best Master I Male	Best Master II Male
Nick Toulis	Zane Waapu-Wairama 453.593	Maria Brightwater-Wharf 439.774	Ben Hanara 333.999	Joshua Tukua 401.040	Ian Dennis 316.766	Graham Boyce 336.852
Phil Townley	Richard Watson 439.205	Jess Hanara 300.365	Ash Phillips 300.104	Nicholas Bakker 368.357	Graham Liddington 314.792	Goefrey Holmes 303.503
Leighton Best	Costa Alexopolous 429.493	Verena Tilson- Scoblen 278.160	Jared Tahana 282.667	Ashton McHardy 357.578	Glen Tassicker 263.384	John Rivers 302.157

Records: [CDPA Equipped Records](#) Maria Brightwater-Wharf M2 Female 63kg, [Squat 155kgs](#), [Bench Press 85kgs](#), [Deadlift 167.5kgs](#), [Total 407.5kgs](#):