

## Powerhouse Novice - 3 Lift Bench Press March

M/W	Nbr	Class	BW	Name	Raw or Equipped	SQUAT			SQ	BENCH PRESS			BP	Sub. Tot.	DEADLIFT			DL	Tot. Result	Points	Place	SQ	BP	DL
						1.	2.	3.	Result	1.	2.	3.	Result		1.	2.	3.	Result				4.	4.	4.
<b>Novice 3 Lift Group 1</b>																								
m		M2100	99.70	<b>John Gyenge</b>	Raw	100.0	115.0	135.0	135.0	100.0	107.5	<del>115.0</del>	107.5	242.5	140.0	155.0	<del>167.5</del>	155.0	397.5	242.20	1.			
m		M2 82.5	82.40	<b>John Rivers</b>	Equipped	170.0	180.0	190.0	190.0	115.0	<del>120.0</del>	120.0	120.0	310.0	175.0	<del>190.0</del>	200.0	200.0	510.0	341.90	1.			
m		OM 90	87.70	<b>Tavita Lipine</b>	Raw	100.0	140.0	180.0	180.0	100.0	120.0	130.0	130.0	310.0	100.0	160.0	190.0	190.0	500.0	323.55	1.			
w		OW 75	69.40	<b>Lyndell Neho</b>	Raw	82.5	<del>90.0</del>	90.0	90.0	52.5	55.0	<del>60.0</del>	55.0	150.0	100.0	105.0	107.5	107.5	252.5	252.70	1.			
m		OM 110	108.00	<b>Mike Iovine</b>	Raw	180.0	205.0	220.0	220.0	<del>155.0</del>	160.0	175.0	175.0	395.0	235.0	265.0	280.0	280.0	675.0	399.53	1.			
m		OM 125+	126.00	<b>John Tristram</b>	Raw	125.0	<del>150.0</del>	165.0	165.0	115.0	125.0	<del>135.0</del>	125.0	290.0	140.0	170.0	200.0	200.0	490.0	278.76	1.			
m		OM 75	73.40	<b>Ron Ial</b>	Raw	100.0	110.0	120.0	120.0	70.0	80.0	90.0	90.0	210.0	130.0	140.0	150.0	150.0	360.0	260.46	1.			
m		OM 110	109.40	<b>Clinton haste</b>	Raw	100.0	185.0	<del>230.0</del>	185.0	100.0	120.0	140.0	140.0	325.0	100.0	160.0	190.0	190.0	515.0	303.59	2.			
m		Jr 82.5	77.60	<b>Kyle Duddley</b>	Raw	100.0	120.0	140.0	140.0	90.0	<del>110.0</del>	<del>110.0</del>	90.0	230.0	120.0	140.0	160.0	160.0	390.0	271.56	1.			
<b>Novice Bench Press Group 2</b>																								
m		M1 100	94.30	<b>Andrew Curry</b>	Raw					110.0	<del>120.0</del>	120.0	120.0					240.0	360.0	224.68	1.			
m		Jr 125+	127.5	<b>Matt Rowland</b>	Raw					120.0	140.0	150.0	150.0						150.0	#N/A	1.			
m		OM 110	104.00	<b>Craig Scoble</b>	Raw					120.0	140.0	<del>160.0</del>	140.0	140.0				210.0	350.0	209.86	3.			
m		Jr 90	89.30	<b>Jeremy Broed</b>	Raw					120.0	120.0	130.0	130.0					215.0	345.0	221.15	3.			
m		Jr 75	74.00	<b>Dan Beddis</b>	Raw					80.0	90.0	<del>100.0</del>	90.0					260.0	350.0	251.76	1.			
m		Jr 90	86.40	<b>Adam Keys</b>	Raw					100.0	120.0	<del>125.0</del>	120.0						120.0	78.28	1.			
m		M1 100	95.30	<b>Russell Oliver</b>	Raw					110.0	120.0	127.5	127.5					220.0	347.5	215.83	1.			
m		sbjr 82.5	81.70	<b>Hayden Williams</b>	Raw					90.0	100.0	<del>110.0</del>	100.0						100.0	67.39	2.			
m		OM 110	105.60	<b>Zane Wairama</b>	Raw					130.0	140.0		140.0	140.0					140.0	83.50	2.			
m		M2 90	85.00	<b>Bruce Dyhrberg</b>	Raw					90.0	100.0	<del>110.0</del>	100.0	100.0				240.0	340.0	223.82	1.			
m		OM 82.5	77.00	<b>Nick De Martin</b>	Raw					100.0	120.0	130.0	130.0	130.0					130.0	90.99				

Records:

Side Referee **Nick Toulis**  
**Craig McMillan**  
**Phil Townley**

Chief Referee **Craig McMillan**  
**Phil Townley**  
**Nick Toulis**

Side Referee **Phil Townley**  
**Nick Toulis** 1  
**Craig McMillan**