

## CENTRAL DISTRICTS BENCH PRESS CHAMPIONSHIPS & NOVICE 3 LIFT

M/W	Nbr	Class	BW	Name	Equipped Raw	SQUAT			SQ	BENCH PRESS			BP	Sub.	DEADLIFT			DL	Tot.	Points	Place	SQ	BP	DL
						1.	2.	3.	Result	1.	2.	3.	Result	Tot.	1.	2.	3.	Result	Result	4.	4.	4.		
<b>3 LIFT NOVICE</b>																								
M	1	Op 110	105.20	<b>Richard Munro</b>	Raw	<u>160.0</u>	<u>172.5</u>	<del>180.0</del>	172.5	<u>70.0</u>	<u>85.0</u>	<u>95.0</u>	95.0	267.5	<u>170.0</u>	<u>187.5</u>	<del>190.0</del>	187.5	455.0	271.73	1.			
M	1	Jnr 67.5	64.90	<b>Jon Lamorena</b>	Raw	<u>90.0</u>	<u>105.0</u>	<del>120.0</del>	105.0	<u>60.0</u>	<del>70.0</del>	<u>70.0</u>	70.0	175.0	<del>140.0</del>	<u>155.0</u>	<del>170.0</del>	155.0	330.0	262.75	1.			
M	1	Jnr 100	93.60	<b>Matt Higgins</b>	Raw	<u>140.0</u>	<u>150.0</u>	<del>160.0</del>	150.0	<u>97.5</u>	<del>105.0</del>	<u>105.0</u>	105.0	255.0	<u>190.0</u>	<u>210.0</u>	<del>225.0</del>	210.0	465.0	291.23	1.			
M	1	M3 90	89.30	<b>John Rippon</b>	Raw	<u>150.0</u>	<u>155.0</u>	<del>162.5</del>	155.0	<u>110.0</u>	<u>117.5</u>	<u>122.5</u>	122.5	277.5	<u>190.0</u>	<u>200.0</u>	<u>205.0</u>	205.0	482.5	309.28	1.			
M	1	U23 90	90.00	<b>Jesse Reynolds</b>	Raw	<u>150.0</u>	<u>160.0</u>	<u>165.0</u>	165.0	<u>105.0</u>	<u>110.0</u>	<del>112.5</del>	110.0	275.0	<u>170.0</u>	<u>180.0</u>	<u>192.5</u>	192.5	467.5	298.45	1.			
M	1	M2 100	91.70	<b>Ian Stuart</b>	Raw	<u>60.0</u>	<u>75.0</u>	<u>95.0</u>	95.0	<u>40.0</u>	<del>60.0</del>	<del>70.0</del>	40.0	135.0	<u>90.0</u>	<u>110.0</u>	<del>130.0</del>	110.0	245.0	154.96	1.			
W	1	W 90+	105.00	<b>Phoebe Velovaa</b>	Raw	<del>40.0</del>	<del>40.0</del>	<u>40.0</u>	40.0	<u>40.0</u>	<u>50.0</u>	<del>60.0</del>	50.0	90.0	<u>80.0</u>	<u>100.0</u>	<u>130.0</u>	130.0	220.0	180.77	1.			
<b>CD BENCH CHAMPS</b>																								
M	1	75 OM	74.70	<b>Matt Jonson</b>	Equipped				<u>150.0</u>	<del>160.0</del>	<u>172.5</u>	172.5	172.5						172.5	123.27	1.			
M	1	M1 90	89.20	<b>Andrew Curry</b>	Equipped				<u>137.5</u>	<del>140.0</del>	<u>140.0</u>	140.0	140.0						140.0	89.78	1.			
M	1	Jnr 125	124.00	<b>Mat Rowland</b>	Raw				<u>170.0</u>	<del>180.0</del>	<del>190.0</del>	170.0	170.0						170.0	97.04	1.			
M	1	Op 110	106.20	<b>Craig Scoble</b>	Raw				<u>175.0</u>	<u>180.0</u>	<del>195.0</del>	180.0	180.0						180.0	107.14	1.			
M	1	M2 90	86.60	<b>Bruce Dyhaberg</b>	Raw				<u>100.0</u>	<u>110.0</u>	<del>120.0</del>	110.0	110.0						110.0	71.67	1.			
M	1	M1 100	97.40	<b>Russell Oliver</b>	Equipped				<u>130.0</u>	<u>137.5</u>	<u>140.0</u>	140.0	140.0						140.0	86.13	2.			
M	1	U18 90	84.80	<b>Hayden Williams</b>	Raw				<u>100.0</u>	<u>112.5</u>	<u>117.5</u>	117.5	117.5						117.5	77.46	1.			
M	1	U23 100	91.10	<b>Jeremy Broade</b>	Raw				<u>120.0</u>	<del>130.0</del>	<u>130.0</u>	130.0	130.0						130.0	82.49	1.			
M	1	Op 100	90.20	<b>Craig McMillian</b>	Equipped				<del>170.0</del>	<u>170.0</u>	<u>185.0</u>	185.0	185.0						185.0	117.97	1.			
M	1	Op 82.5	78.00	<b>Nick DeMartin</b>	Equipped				<u>150.0</u>	<del>160.0</del>	<u>160.0</u>	160.0	160.0						160.0	111.02	1.			
<u>185.0</u>																								

Records:

Side Referee Phil Townley Jnr  
Warren Trent  
Phil Townley Jnr

Chief Referee Craig McMillian  
Phil Townley Jnr  
Nick Toulis

Side Referee Nick Toulis  
Nick Toulis  
Craig McMillian