

## Auckland 3- Lift Championships 2012, CLM, Lynfield, Auckland, 31 March 2012

### 1st Session

Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts	PI Code Open	PI Code Div
Ali Gascoine	AK	F-M1	51.26	52	4	48	75	80	82.5	82.5	57.5	60	<del>62.5</del>	60	142.5	125	130	132.5	132.5	275	346.637	1	1
Rachel Clayton	AK	F-M1	56.3	57	5	42	112.5	115	<del>117.5</del>	115	65	67.5	70	70	185	130	137.5	142.5	142.5	327.5	383.732	1	1
Rechelle Unsworth	AK	F-O	55.1	57	9	30	95	105	<del>110</del>	105	60	65	70	70	175	105	115	120	120	295	351.522	2	1
Linda Duijs	AK	F-O	52.66	57	1	28	50	55	57.5	57.5	42.5	<del>47.5</del>	47.5	47.5	105	85	<del>100</del>	<del>100</del>	85	190	234.555	3	2
Emma Clayton	AK	F-SJ	61.9	63	7	17	<del>92.5</del>	95	<del>105</del>	95	52.5	55	<del>57.5</del>	55	150	132.5	137.5	142.5	142.5	292.5	318.357	1	1
Rachelle Turrell	AK	F-M1	62.72	63	3	40	70	72.5	82.5	82.5	<del>42.5</del>	47.5	<del>50</del>	47.5	130	95	<del>105</del>	107.5	107.5	237.5	255.930	2	1
Brian Choi	AK	M-J	64.32	66	2	21	155	165	170	170	100	105	<del>110</del>	105	275	185	195	200	200	475	381.092	1	1
William Sperling	AK	M-J	60.66	66	8	20	120	<del>130</del>	130	130	85	90	<del>95</del>	90	220	160	170	180	180	400	337.760	2	2
Sanket Das	AK	M-SJ	65.72	66	6	18	110	120	<del>130</del>	120	75	80	85	85	205	140	150	<del>155</del>	150	355	279.740	3	1

Side Referee: Craig Ebborn Centre Referee: Julian Perry Side Referee: Serena Perry

### 2nd Session

Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	lot#	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts	PI Code Open	PI Code Div
John Strachan	AK	M-O	72.7	74	2	24	215	225	235	235	150	155	160	160	395	215	225	230	230	625	455.313	1	1
Stephen Pickens	NTH	M-M2	73.32	74	9	54	165	180	<del>190</del>	180	120	130	<del>135</del>	130	310	160	180	190	190	500	362.050	2	1
Harry De Lacey	AK	M-J	73.54	74	3	19	180	<del>185</del>	<del>185</del>	180	80	90	<del>100</del>	90	270	185	195	<del>200</del>	195	465	335.963	3	1
Rajah Singh	AK	M-O	71.64	74	8	30	125	<del>135</del>	<del>135</del>	125	95	100	<del>105</del>	100	225	160	170	<del>180</del>	170	395	290.878	4	2
William Pope	AK	M-J	72.74	74	7	20	110	122.5	130	130	60	<del>62.5</del>	<del>62.5</del>	60	190	120	140	160	160	350	254.870	5	2
Karl Hawker	AK	M-SJ	66.44	74	11	17	90	<del>105</del>	105	105	70	80	<del>82.5</del>	80	185	120	140	-	140	325	253.793	6	1
Steve King	AK	M-M2	82.88	83	5	49	225	245	255	255	122.5	127.5	132.5	132.5	387.5	210	225	230	230	617.5	412.552	1	1
Tony Thomas	AK	M-M3	79.3	83	1	66	130	140	150	150	110	<del>115</del>	115	115	265	130	150	<del>160</del>	150	415	284.898	2	1
Clarry Parsons	AK	M-M4	81.08	83	4	70	150	155	<del>160</del>	155	85	90	<del>92.5</del>	90	245	160	170	<del>175</del>	170	415	280.955	3	1
Callum Faifua	AK	M-SJ	82	83	6	17	50	<del>52.5</del>	<del>52.5</del>	50	80	100	<del>105</del>	100	150	120	140	160	160	310	208.444	4	1
Suzy Maddox	AK	F-M1	81.84	84	12	42	137.5	152.5	<del>165</del>	152.5	90	97.5	105	105	257.5	137.5	152.5	160	160	417.5	377.337	1	1
Tina Herlund	AK	F-O	77.8	84	10	39	65	72.5	77.5	77.5	40	<del>42.5</del>	<del>42.5</del>	40	117.5	100	110	<del>115</del>	110	227.5	211.507	2	1
Troy Marshall	AK	M-O	91.96	93	15	38	225	<del>240</del>	<del>247.5</del>	225	155	165	170	170	395	230	242.5	252.5	252.5	647.5	408.961	1	1
Rikki Sherrcock	AK	M-O	90.86	93	14	26	225	240	250	250	147.5	152.5	<del>157.5</del>	152.5	402.5	220	235	<del>242.5</del>	235	637.5	405.004	2	2
Bronson Brown	AK	M-M1	91.72	93	20	40	180	<del>220</del>	220	220	130	<del>140</del>	-	130	350	220	250	<del>260</del>	250	600	379.440	3	1
Jing Seth	AK	M-J	90.3	93	19	20	170	180	190	190	120	<del>125</del>	<del>125</del>	120	310	240	250	<del>255</del>	250	560	356.888	4	1
Darren Neves	AK	M-O	103.42	105	16	31	250	270	<del>290</del>	270	180	190	<del>197.5</del>	190	460	220	240	262.5	262.5	722.5	434.078	1	1
Philip Middleton	AK	M-M1	102.58	105	21	40	200	215	225	225	140	150	155	155	380	220	245	260	260	640	385.664	2	1
Jono Radich	AK	M-O	114.64	120	13	25	305	320	325	325	207.5	<del>212.5</del>	-	207.5	532.5	290	<del>310</del>	<del>317.5</del>	290	822.5	478.284	1	1
Greg Turrell	AK	M-O	115.5	120	17	34	250	260	<del>272.5</del>	260	215	<del>220</del>	<del>220</del>	215	475	230	240	<del>245</del>	240	715	414.986	2	2

Side Referee: Julian Perry Centre Referee: Craig Ebborn Side Referee: Serena Perry

#### Best Overall Male 3- Lift Placings

1st Male Lifter:	Jono Radich	478.284
2nd Male Lifter:	John Strachan	455.313
3rd Male Lifter:	Darren Neves	434.078

#### Best Overall Female 3- Lift Placings

1st Female Lifter:	Rachel Clayton	383.732
2nd Female Lifter:	Suzy Maddox	377.337
3rd Female Lifter:	Rechelle Unsworth	351.522