

# CENTRAL DISTRICTS CLASSIC COMPETITION 2012

## Morning 3 Lift Session

Powerlifting Results Name	Team Gym	Div	Bwt (kg)	Wt Cls (kg)	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	Sub Total	DL-1	DL-2	DL-3	(1) PL Total	(2) Wilks Pts	Pl-Div- WtCls- Evt
Tania Rivers	Novice	F-O	73.4	84	60	75	75	40	50	55	125	90	100	110	235	226.493	1-F-O-84-PL
Rosalie Watson	L Mills	F-Jr	64.6	72	100	102.5	102.5	65	70	75	172.5	130	140	142.5	312.5	329.344	1-F-Jr-72-PL
Ian Prisk	PBBC	M-M2	74	74	110	130	160	60			190	175	190	190	380	262.540	1-M-M2-74-PL
Chris Basher	3	M-M1	72.4	74	125	135	150	90	100	100	240	180	190	200	440	321.508	1-M-M1-74-PL
Jason Baker	PH	M-M1	87	93	145	155	155	102.5	105	107.5	252.5	165	172.5	177.5	425	276.208	1-M-M1-93-PL
Josh Stewart	Novice	M-O	69.7	74	120	130	135	80	100	100	215	180	190	200	405	304.520	1-M-O-74-PL
Nicholas Fyfe	PH	M-O	69.4	74	110	120	130	85	92.5	92.5	215	140	152.5	162.5	367.5	277.242	2-M-O-74-PL
Sam Fowler	L Mill	M-O	81.8	83	180	187.5	195	115	122.5	125	312.5	210	220	220	522.5	351.851	1-M-O-83-PL
Nick Whiteford	PH	M-O	78.8	83	155	170	182.5	115	125	132.5	302.5	200	215	225	517.5	356.713	2-M-O-83-PL
Tui Halatokoua	Palmy	M-O	74.6	83	160	180	185	125	132.5	135	292.5	190	205	210	502.5	359.388	3-M-O-83-PL
Douw Steyn	Novice	M-O	82.1	83	150	160	167.5	100	105	112.5	265	170	180	200	465	312.433	4-M-O-83-PL
James Wilson	L Mill	M-O	80.6	83	160	170		120	125	130	295	0			0	0.000	
Hayden Pritchard	Palmy	M-O	90.2	93	220	230	242.5	110	125	137.5	367.5	250	272.5	280	640	408.128	1-M-O-93-PL
Justin Brown	HB	M-O	92.8	93	215	230	230	140	147.5	157.5	362.5	200	215	230	562.5	353.700	2-M-O-93-PL
David Gafford	Novice	M-O	84.9	93	120	130	140	85	95	100	225	145	160	180	405	266.814	3-M-O-93-PL
Tyler Simpson	PH	M-O	101.3	105	170	180	192.5	135	142.5	150	335	215	230	245	580	351.190	1-M-O-105-PL
Jesse Reynolds	PH	M-O	97.9	105	175	185	190	120	130	135	320	220	235	245	555	340.715	2-M-O-105-PL
Damon Tafatu	L Mill	M-O	116.1	120	260	280	300	180	200	210	480	260	280	290	760	440.496	1-M-O-120-PL
Tom Wilson	Novice	M-Jr	89.4	93	125	135	145	80	80	85	225	190	205	215	440	281.864	1-M-Jr-93-PL
Jonathan Parson	Novice	M-Jr	112.8	120	220	240	260	140	160	170	400	280	300	317.5	700	408.870	1-M-Jr-120-PL

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

Referees	Best Lifter Male	Best Lifter Female	Best Junior	Best Master
Craig McMillan	Damon Tafatu 440.496	Rosalie Watson 329.344	Jonathan Parson 408.870	Chris Basher 321.508
Maria Brightwater-Wharf	Jonathan Parson 408.870	Tania Rivers 226.493	Tom Wilson 281.864	Jason Baker 276.208
Robert Quigley McBride	Hayden Pritchard 408.128			
Warren Trent (Records)				

Records: **CDPA Raw Records are the same as the National Records**

Rosalie Watson, Female Junior, 72kg Bench **70kgs**, Deadlift **140kgs**:

Hayden Pritchard, Male Open 93kg, Squat **242.5kgs**, Deadlift **272.5kgs** Total **640kgs**:

Ian Prisk, Male Master II, 74kg Deadlift **175kg**

Damon Tafatu, Male 120kg Squat **280kg**, Bench **200kgs**, Total **760kg**

# CENTRAL DISTRICTS BENCH PRESS CHAMPS 2012

## Bench Press Session

Bench Press Results Name	Area	Div	Bwt (kg)	WtCls (kg)	SQ -1	SQ -2	SQ -3	BP-1	BP-2	BP-3	Sub Total	DL-1	DL-2	DL-3	(1) Best BP	(2) Wilks Pts	Pl-Div- WtCls- Evt
Derek Griffiths	CD	M-M4	58.2	59				70	75	-82.5					75	65.798	1-M-M4-59-BP
Ron Prestage	CD	M-M4	73.6	74				110	112.5						112.5	81.236	1-M-M4-74-BP
Bernard Sanders	CD	M-M4	85.2	93				95	100	105					105	69.038	1-M-M4-93-BP
John Rippon	CD	M-M3	90.7	93				65	85	105					105	66.770	1-M-M3-93-BP
Ian Prisk	CD	M-M2	74	74				60	0	0					60	43.158	1-M-M2-74-BP
John Rivers	CD	M-M2	80.9	83				117.5	-122.5	-122.5					117.5	79.653	1-M-M2-83-BP
Laurence Voight	CD	M-M2	93	93				100	107.5	120					120	75.384	1-M-M2-93-BP
Craig McMillan	CD	M-M1	92.3	93				100							100	63.050	1-M-M1-93-BP
Pere Rodgers	CD	M-O	68.7	74				150	155	160					160	121.648	1-M-O-74-BP
Zane Waapu-Wairama	CD	M-O	104	105				165	175	-185					175	104.930	1-M-O-105-BP
Bayasgalan Chuluudai	CD	M-O	123.2	120+				250	-262.5	-270					250	142.900	1-M-O-120+-BP

Code 1-M-O-74-BP: 1st-Male-Open-74kg-Bench Press

Referees	Best Lifter Male	Best Master 1	Best Master 2	Best Master 3	Best Master 4
Craig McMillan	Bayasgalan Chuluudai 142.900	Craig McMillan 63.050	John Rivers 79.653	John Rippon 66.770	Ron Prestage 81.236
Maria Brightwater-Wharf	Pere Rodgers 121.648				
Robert Quigley McBride					
Warren Trent (Records)					

Records:

Ron Prestage, Male Master IV, 74kg Bench **112.5kg**; Bernard Sanders, Male Master IV, 93kg Bench **105kg**; Bayasgalan Chuluudai, Male Open, 120kg Bench **250kgs**