

20/04/2024

## NSW STATE CHAMPIONSHIPS

ADONIS ATHLETICS - PENRITH

Name	Sex	Age	State	Div	Awards Division	BWT	WtCls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Score	Age Score	Event
Robert Hejduk	M	18	NSW	CLASSIC_RAW	Men's Classic Raw Teen	66	67.5	-170	182.5	192.5	192.5	-100	107.5		107.5	230	245	255	255	555	423.47	448.87	SBD
Anthony Davis	M	56	NSW	CLASSIC_RAW	Men's Classic Raw Master	122.95	125	-270	270	285	285	150	-160	-162.5	150	300	320	-325	320	755	413.61	515.36	SBD
Adam Hall	M	27	NSW	CLASSIC_RAW	Men's Classic Raw Open	120.05	125	265	280	-300	280	165	175	-180	175	250	270	-290	270	725	399.40		SBD
Luke Hewlett	M	43	NSW	CLASSIC_RAW	Men's Classic Raw Master	89.45	90	200	220	235	235	145	160	-170	160	240	255	-270	255	650	399.07	411.44	SBD
Harry Bickers	M	52	NSW	CLASSIC_RAW	Men's Classic Raw Master	123.05	125	240	260	280	280	140	160		160	240	260	280	280	720	394.34	459.41	SBD
Beaudean Lines	M	39	SA	CLASSIC_RAW	Men's Classic Raw Open	100	100	200	215	230	230	130	137.5	142.5	142.5	250	265	272.5	272.5	645	374.94		SBD
Jake Smith	M	27	NSW	CLASSIC_RAW	Men's Classic Raw Open	67.85	75	185	195	202.5	202.5	110	120	-127.5	120	165	180	-192.5	180	502.5	374.45		SBD
Edward Brown	M	29	Vic	CLASSIC_RAW	Men's Classic Raw Open	109.4	110	225	240	260	260	170	175	182.5	182.5	220		-260	220	662.5	373.22		SBD
Marcus Whitley	M	29	NSW	CLASSIC_RAW	Men's Classic Raw Open	98.2	100	205	220	232.5	232.5	125	132.5	-137.5	132.5	230	245	255	255	620	363.23		SBD
Gavin Park	M	46	ACT	CLASSIC_RAW	Men's Classic Raw Master	119.9	125	-200	230	240	240	-140	145	160	160	200	225	250	250	650	358.18	382.54	SBD
Madhya Chandra Karmacharya	M	35	NSW	CLASSIC_RAW	Men's Classic Raw Open	82.3	82.5	185	-195	195	195	110	117.5	-120	117.5	220	232.5	-240	232.5	545	351.85		SBD
Scott Cassidy	M	26	NSW	CLASSIC_RAW	Men's Classic Raw Open	83.85	90	175	192.5	205	205	100	105		105	225	240	-245	240	550	350.89		SBD
Josh Pennell	M	30	NSW	CLASSIC_RAW	Men's Classic Raw Open	100.2	110	205	215	-225	215	120	130	135	135	200	220	235	235	585	339.80		SBD
Hugo Hovagimian	M	13	NSW	CLASSIC_RAW	Men's Classic Raw Teen	58.1	60	120	130	135	135	-70	-70	75	75	150	170	180	180	390	335.26	412.37	SBD
Josh Micallef	M	25	NSW	CLASSIC_RAW	Men's Classic Raw Open	105.5	110	185	192.5	200	200	127.5	132.5	-140	132.5	205	212.5	225	225	557.5	317.64		SBD
Christopher Williams	M	20	NSW	CLASSIC_RAW	Men's Classic Raw Junior	98.25	100	195	-215	-215	195	120	-130	-135	120	200	-215	225	225	540	316.29	325.78	SBD
Matt Kilby	M	46	NSW	CLASSIC_RAW	Men's Classic Raw Master	58.35	60	112.5	117.5	-122.5	117.5	52.5	57.5	-60	57.5	122.5	127.5	132.5	132.5	307.5	263.23	281.13	SBD
Hayden North	M	29	NSW	RAW	Men's Raw Open	88.85	90	185	200	210	210	115	125	132.5	132.5	190	210		210	552.5	340.48		SBD
Ian Downes	M	30	ACT	RAW	Men's Raw Open	121	125	210	225		225	110	120		120	240	265		265	610	335.44		SBD
Paul Christie	M	53	NSW	RAW	Men's Raw Master	109.05	110	110	-120	132.5	132.5	80	-90	-90	80	125	135	150	150	362.5	204.40	242.02	SBD
Jac Quarisa	F	36	SA	CLASSIC_RAW	Women's Classic Raw Open	65.85	67.5	127.5	135	140	140	72.5	77.5	-80	77.5	150	162.5	-170	162.5	380	348.54		SBD
Renee Jackson	F	33	NSW	CLASSIC_RAW	Women's Classic Raw Open	67.05	67.5	-140	145	-155	145	-80	-80	80	80	140	150	157.5	157.5	382.5	345.92		SBD
Creasie Maharjan	F	27	NSW	CLASSIC_RAW	Women's Classic Raw Open	57.2	60	110	122.5	-130	122.5	45	50	-52.5	50	125	135	145	145	317.5	325.85		SBD
Hannah Yates	F	17	NSW	CLASSIC_RAW	Women's Classic Raw Teen	67.1	67.5	115	122.5	-127.5	122.5	52.5	60	-65	60	132.5	142.5	150	150	332.5	300.53	324.57	SBD
Brittany Jones	F	27	NSW	CLASSIC_RAW	Women's Classic Raw Open	78.6	82.5	132.5	137.5	-142.5	137.5	45	50	-55	50	132.5	142.5	-150	142.5	330	267.58	267.58	SBD
Amalina Jumary	F	32	NSW	CLASSIC_RAW	Women's Classic Raw Open	74.5	75	-102.5	107.5	-112.5	107.5	62.5	-67.5	-67.5	62.5	130	145	-147.5	145	315	264.57	264.57	SBD
Portia Zuber	F	22	NSW	CLASSIC_RAW	Women's Classic Raw Junior	58.85	60	-75	77.5	-85	77.5	35	40	-45	40	122.5	-130	130	130	247.5	248.24	250.72	SBD
Melissa Vozic	F	44	NSW	RAW	Women's Raw Master	80.95	82.5	80	-90	-90	80	50	55	60	60	110	120	140	140	280	222.84	232.42	SBD
Xanthe Sheppard	F	24	NSW	RAW	Women's Raw Open	107.85	110	95	-100	-100	95	45	-47.5	-47.5	45	110	115	120	120	260	180.98		SBD
Annabelle Owen	F	24	NSW	SINGLE_PLY	Women's Single Ply Open	67.4	67.5	172.5	180		180	-100	-110	-110		-170	170	-180	170	0	0	0	SBD
Kevin Jalop	M	34	NSW	SINGLE_PLY	Men's Single Ply Open Bench Only	87.9	90					150	160	-170	160					160	99.22		B
Michael Szabo	M	51	NSW	RAW	Men's Raw Master Bench Only	134.2	140					220	-230	-230	220					220	117.98	135.32	B
Ray Owen	M	53	NSW	RAW	Men's Raw Master Bench Only	96.9	100					182.5	192.5	-200	192.5					192.5	113.46	134.34	B
Lorena Barra	F	23	NSW	CLASSIC_RAW	Women's Classic Raw Junior	74.2	75	-115	-115			45	-50	-50	45	120	127.5	132.5	132.5	0	0	0	SBD
Bris Bautista	M	25	NSW	CLASSIC_RAW	Men's Classic Raw Open	71.3	75	160	167.5	172.5	172.5	-115	-115	-115		235	245	-252.5	245	0	0	0	SBD