

1/12/2024

## NSW Open

Adonis Athletics - Penrith

| Name               | Sex | Cat        | State | Division        | BWT    | Wt Cls | Age | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | Total | Gloss  | Age Points | Event | Place |
|--------------------|-----|------------|-------|-----------------|--------|--------|-----|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|-------|--------|------------|-------|-------|
| Anne Crimmins      | F   | Bare       | NSW   | Bare Knee Open  | 73.4   | 75     | 30  | 130     | 140     | 145     |         | 145        | 92.5    | 97.5    | 100     |         | 100        | 245       | 170        | -180       | 185        |            | 185           | 430   | 364.79 | 364.79     | SBD   | 1     |
| Siana Ible         | F   | Sleeves    | NSW   | Sleeve Teen     | 57.55  | 60     | 16  | 117.5   | -122.5  | -122.5  |         | 117.5      | -55     | -62.5   | 65      |         | 65         | 182.5     | 120        | 130        | -140       |            | 130           | 312.5 | 319.13 | 360.61     | SBD   | 1     |
| Laura Mansfield    | F   | Sleeves    | NSW   | Sleeve Open     | 73.95  | 75     | 30  | 107.5   | 110     | 115     |         | 115        | 62.5    | 65      | -70     |         | 65         | 180       | 140        | 147.5      | -150       |            | 147.5         | 327.5 | 276.43 | 276.43     | SBD   | 1     |
| Sarah Tana         | F   | Sleeves    | NSW   | Sleeve Master   | 66.9   | 67.5   | 62  | 50      | 55      | 60      |         | 60         | 47.5    | 52.5    | -55     |         | 52.5       | 112.5     | -117.5     | 122.5      | -127.5     |            | 122.5         | 235   | 212.90 | 296.57     | SBD   | 1     |
| Danny Vongphachanh | M   | RAW        | NSW   | Bare Knee Teen  | 57.95  | 60     | 18  | 135     | 145     | 155     |         | 155        | -115    | 120     | -125    |         | 120        | 275       | -200       | 217.5      | -225       |            | 217.5         | 492.5 | 424.50 | 449.97     | SBD   | 1     |
| Shane Howley       | M   | Sleeves    | NSW   | Sleeve Master   | 89.95  | 90     | 40  | 180     | -190    | -190    |         | 180        | 110     | 120     | -122.5  |         | 120        | 300       | 220        | 235        | 250        |            | 250           | 550   | 336.63 | 336.63     | SBD   | 1     |
| Michael Saliba     | M   | Sleeves    | NSW   | Sleeve Master   | 81.65  | 82.5   | 43  | 150     | 165     | 175     |         | 175        | 110     | 115     |         |         | 115        | 290       | 205        | 217.5      | 225        |            | 225           | 515   | 334.22 | 344.58     | SBD   | 1     |
| Graham McDonald    | M   | Wraps      | NSW   | Wraps Master    | 123.3  | 125    | 49  | 285     | 305     | -315    |         | 305        | 180     | 192.5   |         |         | 192.5      | 497.5     | 300        | 315        | 322.5      |            | 322.5         | 820   | 448.91 | 499.64     | SBD   | 1     |
| Gavin Park         | M   | Wraps      | ACT   | Wraps Master    | 104.3  | 110    | 46  | 220     | 242.5   | -245    |         | 242.5      | 150     | 165     | 172.5   |         | 172.5      | 415       | 240        | -260       | -260       |            | 240           | 655   | 374.66 | 400.14     | SBD   | 1     |
| Jackson Williamson | M   | Wraps      | NSW   | Wraps Open      | 124.7  | 125    | 24  | 225     | 245     |         |         | 245        | -120    | 130     | -140    |         | 130        | 375       | 220        | 240        | -260       |            | 240           | 615   | 335.64 | 335.64     | SBD   | 1     |
| Manny Tsiolakis    | M   | SINGLE_PLY | NSW   | Single Ply Open | 108.5  | 110    | 30  | 255     | 270     | 280     |         | 280        | 155     | -167.5  | 167.5   |         | 167.5      | 447.5     | 225        | 235        | -245       |            | 235           | 682.5 | 385.41 | 385.41     | SBD   | 1     |
| Kevin Miller       | M   | MULTI_PLY  | NSW   | Multi Ply Open  | 105.9  | 110    | 26  | 275     | 300     | 315     |         | 315        | 150     | 160     | 170     |         | 170        | 485       | 220        | 240        | 260        |            | 260           | 745   | 423.91 | 423.91     | SBD   | 1     |
| Mitch Johnson      | M   | SINGLE_PLY | NSW   | Single Ply Open | 107.25 | 110    | 31  |         |         |         |         |            | 180     | 190     | -205    |         | 190        |           | 280        | -300       | -300       |            | 280           | 470   | 266.35 | 266.35     | PP    | 1     |
| Lesley Flanagan    | F   | SINGLE_PLY | NSW   | Single Ply Open | 87.3   | 90     | 34  |         |         |         |         |            | 117.5   | -122.5  | -122.5  |         | 117.5      |           |            |            |            |            | 117.5         | 89.35 | 89.35  | B          | 1     |       |
| Xanthe Sheppard    | F   | SINGLE_PLY | NSW   | Single Ply Open | 106.9  | 110    | 25  |         |         |         |         |            | 75      | 77.5    | -80     |         | 77.5       |           |            |            |            |            |               | 77.5  | 54.11  | 54.11      | B     | 1     |
| Ray Owen           | M   | RAW        | NSW   | Raw Master      | 89.05  | 90     | 53  |         |         |         |         |            | -175    | 185     | -195    |         | 185        |           |            |            |            |            |               | 185   | 113.87 | 134.82     | B     | 1     |
| Harry Bickers      | M   | Wraps      | NSW   | Wraps Master    | 123.05 | 125    | 52  | 260     | 290     | 310     |         | 310        | -140    | -140    | -140    |         |            |           | 260        | -285       |            |            | 260           | 0     | 0.00   | 0.00       | SBD   |       |

## Referees

|                   |          |
|-------------------|----------|
| Kelvin Naumanen   | National |
| Chris Ross        | National |
| Micah San Pascual | State    |