

16/03/2025

## NSW State Championships 2025

Adonis Athletics - Penrith

Place	Name	Sex	Age	State	Equip	Division	BWT	Wt Cts	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	Points	Age Score	Event
1	Melissa Garvin	F	24	NSW	Wraps	Women's Raw Plus Wraps Open	55.8	56	127.5	135	-140	135	62.5	-70	-70	62.5	130	140	145	145	342.5	358.563		SBD
1	Renee Jackson	F	34	NSW	Wraps	Women's Raw Plus Wraps Open	70.75	75	130	140	150	150	75	80	-82.5	80	135	145	-152.5	145	375	326.239		SBD
1	Anne Crimmins	F	30	NSW	Sleeves	Women's Knee Sleeves Open	71	75	147.5	155	-160	155	100	102.5	-105	102.5	185	195	-202.5	195	452.5	392.702		SBD
1	Amber Spiby	F	31	NSW	Sleeves	Women's Knee Sleeves Open	74.4	75	135	147.5	-152.5	147.5	47.5	-55	-55	47.5	147.5	155	170	170	365	306.837		SBD
1	Veronica Tarling	F	43	NSW	Sleeves	Women's Knee Sleeves Masters	83.7	90	90	-100	100	100	50	60	-65	60	130	140	-150	140	300	233.880	241.130	SBD
2	Ashlee Husking	F	31	NSW	Bare Knees	Women's Bare Knees Open	72.75	75	105	-115	-115	105	55	60	-65	60	120	135	150	150	315	268.837		SBD
1	Elyssa Pearce	F	21	NSW	Bare Knees	Women's Bare Knees Junior	93.15	100	100	115	120	120	60	70	80	80	140	150	162.5	162.5	362.5	266.963	272.302	SBD
1	Emma Webb	F	27	NSW	Bare Knees	Women's Bare Knees Open	56.95	60	65	75	-82.5	75	45	50	-55	50	115	125	132.5	132.5	257.5	265.199		SBD
1	Tabitha Sheppard	F	19	NSW	Bare Knees	Women's Bare Knees Teenage	58.45	60	75	77.5	80	80	35	40	-42.5	40	95	97.5	100	100	220	221.892	230.768	SBD
1	Stephanie Kelly	F	28	NSW	Bare Knees	Women's Bare Knees Open	115.2	110+	100	110	120	120	-45	52.5	-60	52.5	125	140	-152.5	140	312.5	213.766		SBD
1	Jasmine Fisher	F	45	NSW	Bare Knees	Women's Bare Knees Masters	73.1	75	60	67.5	75	75	45	50	55	55	85	100	110	110	240	204.168	215.397	SBD
1	Isabella Beharrell	F	16	NSW	Bare Knees	Women's Bare Knees Teenage	50	52	35	42.5	50	50	25	30	35	35	60	70	80	80	165	188.480	212.982	SBD
1	Michael Sunderland	M	33	NSW	Wraps	Men's Raw Plus Wraps Open	89.35	90	260	270		270	145	155	-162.5	155	250	265	-280	265	690	423.902		SBD
2	Michael Delaney	M	35	NSW	Wraps	Men's Raw Plus Wraps Open	89.1	90	245	260	-272.5	260	137.5	147.5	150	150	245	262.5	-280	262.5	672.5	413.789		SBD
1	Gavin Park	M	47	NSW	Wraps	Men's Raw Plus Wraps Masters	112.8	125	180	-245	245	245	140	192.5	200	200	-140	200	255	255	700	391.125	423.197	SBD
1	Ethan Bailey	M	24	NSW	Wraps	Men's Raw Plus Wraps Open	118.55	125	240	250	260	260	150	160	165	165	260	-275	-280	260	685	378.411		SBD
1	Josh Micallef	M	26	NSW	Wraps	Men's Raw Plus Wraps Open	108.6	110	230	245	255	255	142.5	155	160	160	235	250	-262.5	250	665	375.426		SBD
2	Harry Bickers	M	52	NSW	Wraps	Men's Raw Plus Wraps Masters	121.8	125	260	-290	-320	260	-100	100		100	220	250		250	610	334.921	390.182	SBD
1	Aaron Hawkins	M	44	NSW	Wraps	Men's Raw Plus Wraps Masters	80.2	82.5	175	190	-200	190	87.5	95	-100	95	190	210	-225	210	495	325.067	339.044	SBD
1	Matt Kilby	M	47	NSW	Wraps	Men's Raw Plus Wraps Masters	59.4	60	-120	120	130	130	55	60	-65	60	130	140	150	150	340	285.957	309.405	SBD
1	Christopher Kelly	M	36	NSW	Sleeves	Men's Knee Sleeves Open	111.4	125	275	300		300	190	205	-215	205	280	300	312.5	312.5	817.5	458.291		SBD
1	Matt Dylan	M	23	NSW	Sleeves	Men's Knee Sleeves Junior	106.95	110	260	280	-290	280	190	205	-215	205	260	-280	-280	260	745	422.564	422.564	SBD
1	Byron Li	M	27	NSW	Sleeves	Men's Knee Sleeves Open	81	82.5	215	225	-235	225	120	127.5	-135	127.5	220	230	-247.5	230	582.5	379.994		SBD
1	Jimmy Stockton	M	36	NSW	Sleeves	Men's Knee Sleeves Open	106.95	110	200	210	220	220	140	155	165	165	230	255	275	275	660	374.352		SBD
1	Matthew Simmons	M	26	NSW	Sleeves	Men's Knee Sleeves Open	95.35	100	180	215	225	225	120	130	-140	130	220	240	250	250	605	359.294		SBD
1	Justin Lee	M	28	NSW	Sleeves	Men's Knee Sleeves Open	72.5	75	182.5	-192.5	-192.5	182.5	112.5	-117.5		112.5	160	180	205	205	500	353.200		SBD
1	Craig James	M	63	NSW	Sleeves	Men's Knee Sleeves Masters	66.35	67.5	75	90	110	110	70	75	-80	75	100	125	150	150	335	254.433	361.549	SBD
1	Sho Khan	M	25	NSW	Bare Knees	Men's Bare Knees Open	88.35	90	-170	180	192.5	192.5	105	112.5	117.5	117.5	205	220	230	230	540	333.869		SBD
1	James Holland	M	22	NSW	Bare Knees	Men's Bare Knees Junior	77.65	82.5	127.5	-135	135	135	107.5	-112.5	-117.5	107.5	155	165	175	175	417.5	280.351	283.155	SBD
1	Matthew Grimes	M	21	NSW	Bare Knees	Men's Bare Knees Junior	122.8	125	110	120	135	135	60	67.5	75	75	150	165	172.5	172.5	382.5	209.610	213.802	SBD
1	Paul Christie	M	54	NSW	Bare Knees	Men's Bare Knees Masters	105.5	110	110	120	130	130	55	65	72.5	72.5	130	142.5	-152.5	142.5	345	196.564	236.663	SBD
1	Mitch Johnson	M	32	NSW	Single_Ply	Men's Single Ply Open	101.55	110	260	270		270	-180	200	-210	200	260	280	-300	280	750	433.275		SBD
1	Josh Weir	M	29	NSW	Raw	Men's Raw Open Push Pull	99.1	100					100	110	120	120	160	175	190	190	310	180.901		BD
1	Mick Szabo	M	52	NSW	Raw	Men's Raw Masters Bench Only	138.9	140					200	-220	-220	200					200	106.425	123.985	B
1	Kevin Jalop	M	35	NSW	Single_Ply	Men's Single Ply Open Bench Only	88.25	90					150	160	175	175					175	108.264		B
1	Ray Owen	M	54	NSW	Unlimited	Men's Unlimited Masters Bench Only	89.35	90					240	251	262.5	262.5					262.5	161.267	194.165	B

## Referees

World	Andrea Sterns
National	Kelvin Naumanen
State	Micah San Pascual