

Canterbury Raw Cup 3 Lift Championships 2011

3 December - Canterbury Sports and Performance, Christchurch

Weight Class	Class	Bodyweight	Lifter	Squat				Bench Press				Sub Total	Deadlift				Total	Wilks Pts	Class
				1st Attempt	2nd Attempt	3rd Attempt	Best	1st Attempt	2nd Attempt	3rd Attempt	Best		1st Attempt	2nd Attempt	3rd Attempt	Best			
66	Open	64.90	James Styler	<u>100.0</u>	<u>110.0</u>	<u>120.0</u>	<u>120.0</u>	<u>95.0</u>	<u>100.0</u>	<u>105.0</u>	<u>105.0</u>	<u>225.0</u>	<u>180.0</u>	<u>185.0</u>	<u>190.0</u>	<u>190.0</u>	<u>415.0</u>	<u>330.43</u>	1st
74	Junior	67.90	Vincent Smith	95.0	<u>100.0</u>	115.0	-----	<u>77.0</u>	<u>82.5</u>	<u>90.0</u>	<u>82.5</u>	Disq	<u>150.0</u>	<u>160.0</u>	170.0	<u>160.0</u>	Disq	Disq	Disq
74	M2	73.75	Steve Barnes	<u>160.0</u>	<u>175.0</u>	<u>180.0</u>	<u>180.0</u>	<u>120.0</u>	<u>130.0</u>	<u>135.0</u>	<u>135.0</u>	<u>315.0</u>	<u>195.0</u>	<u>205.0</u>	215.0	<u>205.0</u>	<u>520.0</u>	<u>374.94</u>	1st
74	Sub Junior	67.30	Andrew Thomas	130.0	<u>135.0</u>	<u>145.0</u>	<u>145.0</u>	70.0	<u>80.0</u>	<u>90.0</u>	<u>90.0</u>	<u>235.0</u>	<u>175.0</u>	<u>190.0</u>	200.0	<u>190.0</u>	<u>425.0</u>	<u>328.46</u>	1st
83	Novice	81.55	Liam Smart	<u>120.0</u>	<u>135.0</u>	145.0	<u>135.0</u>	<u>80.0</u>	<u>90.0</u>	95.0	<u>90.0</u>	<u>225.0</u>	<u>150.0</u>	<u>170.0</u>	<u>180.0</u>	<u>180.0</u>	<u>405.0</u>	<u>273.22</u>	1st
93	Junior	85.00	Matt Gardyne	<u>160.0</u>	<u>172.5</u>	<u>180.0</u>	<u>180.0</u>	<u>115.0</u>	<u>125.0</u>	135.0	<u>125.0</u>	<u>305.0</u>	<u>205.0</u>	<u>220.0</u>	<u>230.0</u>	<u>230.0</u>	<u>535.0</u>	<u>352.21</u>	1st
93	Novice	91.25	Jamie Thompson	<u>140.0</u>	<u>160.0</u>	<u>170.0</u>	<u>170.0</u>	<u>120.0</u>	<u>130.0</u>	135.0	<u>130.0</u>	<u>300.0</u>	<u>180.0</u>	<u>200.0</u>	<u>220.0</u>	<u>220.0</u>	<u>520.0</u>	<u>329.68</u>	1st
93	Open	92.30	Sam Coleman	<u>160.0</u>	<u>170.0</u>	180.0	<u>170.0</u>	<u>120.0</u>	<u>135.0</u>	<u>145.0</u>	<u>145.0</u>	<u>315.0</u>	<u>220.0</u>	<u>240.0</u>	260.0	<u>240.0</u>	<u>555.0</u>	<u>349.91</u>	1st
93	Open	90.70	Chris Bennet	<u>100.0</u>	120.0	125.0	<u>100.0</u>	<u>140.0</u>	150.0	160.0	<u>140.0</u>	<u>240.0</u>	<u>80.0</u>	<u>170.0</u>	<u>200.0</u>	<u>200.0</u>	<u>440.0</u>	<u>279.80</u>	2nd
93	Sub Junior	84.95	Luke Thomas	145.0	<u>150.0</u>	157.5	<u>150.0</u>	<u>85.0</u>	<u>90.0</u>	92.5	<u>90.0</u>	<u>240.0</u>	<u>170.0</u>	<u>175.0</u>	180.0	<u>175.0</u>	<u>415.0</u>	<u>273.30</u>	1st
105	Junior	100.40	Jackson Hinch	<u>190.0</u>	<u>200.0</u>	210.0	<u>200.0</u>	<u>125.0</u>	135.0	<u>135.0</u>	<u>135.0</u>	<u>335.0</u>	<u>230.0</u>	<u>245.0</u>	<u>255.0</u>	<u>255.0</u>	<u>590.0</u>	<u>358.50</u>	1st
105	Junior	98.35	Kris Lord	<u>170.0</u>	180.0	<u>180.0</u>	<u>180.0</u>	135.0	<u>135.0</u>	137.5	<u>135.0</u>	<u>315.0</u>	<u>220.0</u>	<u>230.0</u>	240.0	<u>230.0</u>	<u>545.0</u>	<u>333.94</u>	2nd
120	Novice	109.85	Levi Brunton	<u>80.0</u>	<u>100.0</u>	<u>120.0</u>	<u>120.0</u>	<u>60.0</u>	<u>70.0</u>	85.0	<u>70.0</u>	<u>190.0</u>	<u>100.0</u>	<u>140.0</u>	<u>160.0</u>	<u>160.0</u>	<u>350.0</u>	<u>206.06</u>	1st

Overall Placings

Steve Barnes	374.94	Winner of Canterbury Raw Cup
Jackson Hinch	358.50	
Matt Gardyne	352.21	
Sam Coleman	349.91	
Kris Lord	333.94	

South Island Bench Press Championships 2011

3 December - Canterbury Sports and Performance, Christchurch

Weight Class	Class	Bodyweight	Lifter	Bench Press				Wilks Pts	Class
				1st Attempt	2nd Attempt	3rd Attempt	Best		
59	M4	58.25	Derek Griffiths	60.0	65.0	70.0	70.0	61.36	1st
74	M2	73.75	Steve Barnes	155.0	160.0	165.0	160.0	115.37	1st
74	M4	73.55	Ron Prestage	110.0	115.0	120.0	115.0	83.08	1st
74	Sub Junior	67.3	Andrew Thomas	100.0	110.0	120.0	120.0	92.74	1st
83	M4	75.15	Albie Teese	80.0	85.0	87.5	87.5	62.26	1st
83	Open	82.5	Leon Jones	150.0	162.5	162.5	150.0	100.49	1st
93	Junior	85	Matt Gardyne	145.0	157.5	157.5	157.5	103.69	1st
93	Open	92.3	Sam Coleman	160.0	170.0	180.0	180.0	113.48	1st
93	Open	90.7	Chris Bennet	170.0	170.0	182.5	170.0	108.10	2nd
93	Sub Junior	84.95	Luke Thomas	100.0	105.0	110.0	110.0	72.44	1st
105	M4	94.1	Toso Ieti	140.0	150.0	160.0	150.0	93.71	1st
105	Open	93.45	Leighton best	215.0	240.0	245.0	215.0	134.75	1st
120	Open	119	Alex Douglas	180.0	180.0	195.0	180.0	103.69	1st
120	Open	118.5	Laurie Arvia	130.0	140.0	140.0	140.0	80.73	2nd

Overall Placings

Leighton Best	134.75
Steve Barnes	115.37
Sam Coleman	113.48