

Shred Barbell Open Competition

Results Summary

03 Jun 2018

Shred Barbell Club



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Session 1

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	
F55													
Kushini Jayawardane	RAW	1992	52.90	57	60	60	72	75	75	60	72	132	1
Karen Mcgregor	RAW	1960	49.40	20	23	25	33	36	38	25	36	61	2
F59													
Elena Macnamara	SBC	1967	58.00	32	34	36	42	45	48	34	42	76	1
F64													
Verity Park	SBC	1992	61.40	50	55	64	68	72	76	55	72	127	1
Carlene Portela	SBC	1978	59.70	48	64	51	62	65	65	51	62	113	2
F76													
Cristina Capratsis	SBC	1966	72.70	30	35	40	40	45	47	40	40	80	1
F87													
Cherina Rajeevan	RAW	1970	86.20	25	28	32	35	40	45	28	45	73	1
Jodi Baker	SBC	1980	82.20	25	28	31	35	40	43	31	40	71	2

Referees Linda Eades NSW (INT II) Coral Fernandez NSW (STATE) Jacob Shneidman NSW (NAT)

Jury

Tech Controller

MC Linda Eades NSW (INT II) **Timekeeper** Linda Eades NSW (INT II)

Marshall **Doctor**

*State records can be claimed in this session. *National records can be claimed in this session.

Session 2

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	Sinclair
M73													
Bouachanh Thongvilu	RAW	1961	68.80	62	-64	66	72	76	-82	66	76	142	1
M89													
Andrew Rajeevan	RAW	1991	81.20	95	100	105	115	120	125	100	120	220	1
Corey Hele	SBC	1989	84.70	95	-95	-95	0	0	0	0	0	0	
M96													
Nicholas Stavroulakis	OLY	1996	89.10	140	140	110	140	147	155	110	155	265	1
Wayne Park	SBC	1987	93.50	80	85	90	100	110	118	90	118	208	2
Matthew Henry	SBC	1993	93.60	105	105	140	120	0	0	105	0	0	

Referees Linda Eades NSW (INT II) John Zelenjak NSW (NAT) Carlene Portela NSW (STATE)

Jury

Tech Controller

MC John Zelenjak NSW (NAT) **Timekeeper** John Zelenjak NSW (NAT)

Marshall **Doctor**

*State records can be claimed in this session. *National records can be claimed in this session.

Sinclair Ranking

Men		
Rank	Name	Score
1	Nicholas Stavroulakis	307.91
2	Andrew Rajeevan	267.10
3	Wayne Park	236.76
4	Bouachanh Thongvilu	189.09
5	Corey Hele	0.00
6	Matthew Henry	0.00

Women		
Rank	Name	Score
1	Kushini Jayawardane	194.36
2	Verity Park	169.10
3	Carlene Portela	153.16
4	Elena Macnamara	104.97
5	Cristina Capratsis	96.80
6	Karen Mcgregor	94.54
7	Cherina Rajeevan	81.79
8	Jodi Baker	81.11

Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Bouachanh Thongvilu	276.45

Women		
Rank	Name	SMF Score
1	Carlene Portela	175.98
2	Karen Mcgregor	140.68
3	Elena Macnamara	138.15
4	Cristina Capratsis	129.51
5	Cherina Rajeevan	103.30
6	Jodi Baker	91.01

Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Nicholas Stavroulakis	M94	U23	NSW	SNATCH	110kg
Nicholas Stavroulakis	M94	U23	NSW	CJ	155kg
Nicholas Stavroulakis	M94	U23	AWF	CJ	155kg
Nicholas Stavroulakis	M94	U23	NSW	TOTAL	265kg

Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Cherina Rajeevan	NSW	CJ	42kg	45kg	3kg
Cherina Rajeevan	NSW	TOTAL	72kg	73kg	1kg
Elena Macnamara	NSW	SNATCH	33kg	34kg	1kg
Karen Mcgregor	NSW	SNATCH	23kg	25kg	2kg
Karen Mcgregor	NSW	CJ	35kg	36kg	1kg
Karen Mcgregor	NSW	TOTAL	58kg	61kg	3kg
Nicholas Stavroulakis	NSW	CJ	141kg	155kg	14kg
Nicholas Stavroulakis	NSW	TOTAL	260kg	265kg	5kg
Verity Park	NSW	SNATCH	53kg	55kg	2kg
Verity Park	NSW	CJ	70kg	72kg	2kg
Verity Park	NSW	TOTAL	123kg	127kg	4kg
Wayne Park	NSW	SNATCH	80kg	90kg	10kg
Wayne Park	NSW	CJ	115kg	118kg	3kg
Wayne Park	NSW	TOTAL	190kg	208kg	18kg