

Inner West Barbell Open Competition

Results Summary

24 Mar 2019

Inner West Barbell Club



AUSTRALIAN WEIGHTLIFTING FEDERATION INC.

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Session 1

| Lifter | Club | YOB | Bwt | Snatch attempts | | | CJ attempts | | | Sn | CJ | Total | |
|--------------------|------|------|-------|-----------------|---------------|---------------|---------------|---------------|---------------|----|----|-------|---|
| F55 | | | | | | | | | | | | | |
| Ailsa Seaton | HIL | 1986 | 54.00 | 58 | 64 | 62 | 78 | 84 | 81 | 62 | 81 | 143 | 1 |
| Irene Eng | HEI | 1984 | 52.80 | 35 | 40 | 45 | 45 | 50 | 55 | 40 | 50 | 90 | 2 |
| Mary Macken | BUR | 1961 | 50.30 | 35 | 38 | 38 | 45 | 48 | 54 | 38 | 48 | 86 | 3 |
| F59 | | | | | | | | | | | | | |
| Abby Nicolls | HRF | 1993 | 55.10 | 35 | 40 | 43 | 55 | 60 | 65 | 43 | 60 | 103 | 1 |
| Isabelle Del Rio | HEI | 2003 | 59.00 | 30 | 34 | 40 | 45 | 50 | 55 | 40 | 55 | 95 | 2 |
| Emily Medina | SSS | 1989 | 58.80 | 40 | 42 | 42 | 55 | 56 | 56 | 40 | 0 | 0 | |
| F64 | | | | | | | | | | | | | |
| Angela Dunn | IWB | 1990 | 61.10 | 35 | 39 | 42 | 45 | 50 | 55 | 42 | 50 | 92 | 1 |
| Elena Macnamara | SBC | 1967 | 60.40 | 30 | 33 | 36 | 40 | 44 | 49 | 33 | 44 | 77 | 2 |
| F71 | | | | | | | | | | | | | |
| Madeline Wu | HWC | 1998 | 65.60 | 70 | 73 | 75 | 82 | 85 | 88 | 73 | 85 | 158 | 1 |
| Charlotte Stenning | HWC | 1992 | 69.50 | 68 | 71 | 73 | 80 | 80 | 84 | 71 | 80 | 151 | 2 |
| Emily Beaumont | SBC | 1991 | 66.90 | 48 | 53 | 58 | 68 | 73 | 75 | 53 | 75 | 128 | 3 |
| Kitty Chao | HEI | 1993 | 70.00 | 40 | 43 | 46 | 55 | 60 | 65 | 46 | 65 | 111 | 4 |

Referees Peter Ticehurst NSW (NAT) Troy Smith NSW (STATE) Baley Yim NSW (STATE)

Jury

Tech Controller

MC John Zelenjak NSW (NAT) **Timekeeper** Verity Park NSW (STATE)

Marshal

Doctor

*State records can be claimed in this session. *National records cannot be claimed in this session.

Session 2

| Lifter | Club | YOB | Bwt | Snatch attempts | | | CJ attempts | | | Sn | CJ | Total | Sinclair |
|--------------------|------|------|-------|-----------------|----------------|---------------|---------------|---------------|---------------|-----|-----|-------|----------|
| M67 | | | | | | | | | | | | | |
| Alexander Lim | NIR | 1994 | 65.80 | 87 | -87 | 88 | 110 | 446 | 447 | 88 | 110 | 198 | 271.1 1 |
| Anh Minh Ken | BUR | 1989 | 66.90 | 75 | 80 | 86 | 95 | 102 | 407 | 86 | 102 | 188 | 254.7 2 |
| Daniel Vong | HEI | 1993 | 63.60 | 75 | 80 | 82 | 100 | 105 | 440 | 80 | 105 | 185 | 259.0 3 |
| Danny Doan | PBC | 1988 | 65.80 | 55 | 60 | 63 | 75 | 80 | 80 | 63 | 80 | 143 | 195.8 4 |
| M73 | | | | | | | | | | | | | |
| Alan Hayek | PBC | 1990 | 72.00 | 95 | 100 | 100 | 145 | 115 | 120 | 100 | 120 | 220 | 285.1 1 |
| Jeffrey Tang | HWC | 1996 | 71.50 | 70 | 75 | 80 | 100 | 105 | 442 | 80 | 105 | 185 | 240.7 2 |
| F76 | | | | | | | | | | | | | |
| Elizabeth Austin | IWB | 1986 | 72.80 | 55 | 60 | 65 | 73 | 80 | 85 | 65 | 85 | 150 | 181.3 1 |
| Megan Groves | SBC | 1980 | 74.10 | 32 | 34 | 37 | 48 | 52 | 55 | 37 | 55 | 92 | 110.2 2 |
| Kim Constable | SSS | 1977 | 73.90 | 34 | 36 | 37 | 43 | 46 | 46 | 37 | 46 | 83 | 99.60 3 |
| F81 | | | | | | | | | | | | | |
| Stefanie Fernandez | IWB | 1987 | 76.90 | 65 | 68 | 71 | 85 | 90 | 97 | 71 | 90 | 161 | 189.5 1 |
| F87 | | | | | | | | | | | | | |
| Maddisson Jones | HRF | 1997 | 84.80 | 45 | 50 | 55 | 65 | 70 | 75 | 50 | 75 | 125 | 140.9 1 |
| F87+ | | | | | | | | | | | | | |
| Dimitra | TWT | 1984 | 88.90 | 73 | 73 | 77 | 93 | 98 | 98 | 77 | 98 | 175 | 193.7 1 |
| Alexandra Watson | APH | 1987 | 91.90 | 55 | 59 | 65 | 70 | 75 | 80 | 65 | 80 | 145 | 158.6 2 |

Referees Wayne Park NSW (STATE) Leanne Springer NSW (INT I) David Cheung NSW (STATE)

Jury

Tech Controller

MC Vanessa Kerr NSW (STATE) **Timekeeper** Linda Eades NSW (INT II)

Marshall

Doctor

*State records can be claimed in this session. *National records cannot be claimed in this session.

Session 3

| Lifter | Club | YOB | Bwt | Snatch attempts | | | CJ attempts | | | Sn | CJ | Total | Sinclair |
|-------------------|------|------|-------|-----------------|-----|-----|-------------|-----|-----|-----|-----|-------|----------|
| M81 | | | | | | | | | | | | | |
| Andrew Khidhir | HBC | 1994 | 75.40 | 90 | 95 | 100 | 110 | 444 | 444 | 95 | 110 | 205 | 1 |
| Alvin Tobias-Nool | NIR | 1997 | 80.30 | 83 | 87 | 90 | 103 | 110 | 0 | 90 | 110 | 200 | 2 |
| Matthew Nguyen | HEI | 1996 | 80.10 | 45 | 55 | 65 | 65 | 75 | 85 | 65 | 85 | 150 | 3 |
| Alex Hersey | HBC | 1995 | 80.40 | 106 | 106 | 106 | 0 | 0 | 0 | 0 | 0 | 0 | |
| M89 | | | | | | | | | | | | | |
| Brock Baldwin | HRF | 1998 | 87.20 | 110 | 115 | 120 | 135 | 142 | 147 | 115 | 147 | 262 | 1 |
| Peter Lieu | NIR | 1987 | 89.00 | 106 | 110 | 112 | 110 | 120 | 125 | 106 | 110 | 216 | 2 |
| Dean Coulter | SSS | 1995 | 82.90 | 86 | 87 | 87 | 99 | 105 | 109 | 87 | 105 | 192 | 3 |
| Kirk Teesdale | HBC | 1987 | 86.70 | 80 | 84 | 87 | 96 | 101 | 105 | 84 | 101 | 185 | 4 |
| Peter Ticehurst | RAW | 1962 | 88.50 | 50 | 53 | 53 | 75 | 79 | 84 | 53 | 79 | 132 | 5 |
| M96 | | | | | | | | | | | | | |
| Tyson Hudson | TWT | 1994 | 95.50 | 103 | 108 | 112 | 133 | 133 | 133 | 108 | 133 | 241 | 1 |
| Bilal Elbatoory | TWT | 1994 | 93.10 | 70 | 75 | 80 | 100 | 100 | 103 | 80 | 100 | 180 | 2 |
| M102 | | | | | | | | | | | | | |
| Jack Brearley | RAW | 1991 | 98.20 | 90 | 120 | 120 | 109 | 445 | 445 | 120 | 109 | 229 | 1 |
| Jesse Austin | IWB | 1988 | 96.80 | 85 | 87 | 87 | 0 | 0 | 0 | 0 | 0 | 0 | |

Referees Steven Reitano NSW (STATE) Katie Yilmaz NSW (STATE) Leanne Springer NSW (INT I)

Jury

Tech Controller

MC Linda Eades NSW (INT II)

Timekeeper David Cheung NSW (STATE)

Marshall

Doctor

*State records can be claimed in this session. *National records cannot be claimed in this session.

Sinclair Ranking

| Men | | |
|------|---------------------|--------|
| Rank | Name | Score |
| 1 | Brock Baldwin | 307.39 |
| 2 | Alan Hayek | 285.12 |
| 3 | Tyson Hudson | 271.98 |
| 4 | Alexander Lim | 271.13 |
| 5 | Daniel Vong | 259.00 |
| 6 | Andrew Khidhir | 258.82 |
| 7 | Jack Brearley | 255.66 |
| 8 | Anh Minh Ken Nguyen | 254.73 |
| 9 | Peter Lieu | 251.10 |
| 10 | Alvin Tobias-Nool | 244.20 |
| 11 | Jeffrey Tang | 240.73 |
| 12 | Dean Coulter | 230.72 |
| 13 | Kirk Teesdale | 217.62 |
| 14 | Bilal Elbatoory | 205.25 |
| 15 | Danny Doan | 195.81 |
| 16 | Matthew Nguyen | 183.38 |
| 17 | Peter Ticehurst | 153.84 |
| 18 | Alex Hersey | 0.00 |
| 19 | Jesse Austin | 0.00 |

| Women | | |
|-------|----------------------------|--------|
| Rank | Name | Score |
| 1 | Ailsa Seaton | 207.46 |
| 2 | Madeline Wu | 202.17 |
| 3 | Dimitra Tsiliaskopoulos | 193.77 |
| 4 | Stefanie Fernandez Preiksa | 189.51 |
| 5 | Charlotte Stenning | 187.07 |
| 6 | Elizabeth Austin | 181.36 |
| 7 | Emily Beaumont | 161.95 |
| 8 | Alexandra Watson | 158.64 |
| 9 | Abby Nicolls | 147.32 |
| 10 | Maddisson Jones | 140.97 |
| 11 | Kitty Chao | 136.98 |
| 12 | Irene Eng | 132.70 |
| 13 | Mary Macken | 131.46 |
| 14 | Isabelle Del Rio | 129.75 |
| 15 | Angela Dunn | 122.88 |
| 16 | Megan Groves | 110.25 |
| 17 | Elena Macnamara | 103.59 |
| 18 | Kim Constable | 99.60 |
| 19 | Emily Medina | 0.00 |

Masters SMF Ranking

| Men | | |
|------|-----------------|-----------|
| Rank | Name | SMF Score |
| 1 | Peter Ticehurst | 221.06 |

| Women | | |
|-------|-------------------------|-----------|
| Rank | Name | SMF Score |
| 1 | Dimitra Tsiliaskopoulos | 207.72 |
| 2 | Mary Macken | 192.19 |
| 3 | Irene Eng | 142.25 |
| 4 | Elena Macnamara | 136.33 |
| 5 | Megan Groves | 123.70 |
| 6 | Kim Constable | 115.74 |

Records Broken

| Lifter | Bwt Cat | Age Group | Record Level | Record Type | New Record |
|-------------------------|---------|------------|--------------|-------------|------------|
| Dimitra Tsiliaskopoulos | F87+ | Mast 35-39 | NSW | SNATCH | 77kg |
| Dimitra Tsiliaskopoulos | F87+ | Mast 35-39 | NSW | CJ | 98kg |
| Dimitra Tsiliaskopoulos | F87+ | Mast 35-39 | NSW | TOTAL | 175kg |
| Isabelle Del Rio | F59 | U23 | NSW | SNATCH | 40kg |
| Isabelle Del Rio | F59 | U23 | NSW | CJ | 55kg |
| Isabelle Del Rio | F59 | U23 | NSW | TOTAL | 95kg |
| Maddisson Jones | F87 | U23 | NSW | SNATCH | 50kg |
| Maddisson Jones | F87 | U23 | NSW | CJ | 75kg |
| Maddisson Jones | F87 | U23 | NSW | TOTAL | 125kg |

Personal Bests

| Lifter | State | Lift | Previous PB | New PB | Increase |
|--------------------|-------|--------|-------------|--------|----------|
| Alan Hayek | NSW | SNATCH | 95kg | 100kg | 5kg |
| Alan Hayek | NSW | TOTAL | 215kg | 220kg | 5kg |
| Alvin Tobias-Nool | NSW | SNATCH | 82kg | 90kg | 8kg |
| Alvin Tobias-Nool | NSW | CJ | 106kg | 110kg | 4kg |
| Alvin Tobias-Nool | NSW | TOTAL | 188kg | 200kg | 12kg |
| Andrew Khidhir | NSW | SNATCH | 90kg | 95kg | 5kg |
| Angela Dunn | NSW | SNATCH | 35kg | 42kg | 7kg |
| Angela Dunn | NSW | TOTAL | 88kg | 92kg | 4kg |
| Bilal Elbatoory | NSW | SNATCH | 60kg | 80kg | 20kg |
| Bilal Elbatoory | NSW | CJ | 90kg | 100kg | 10kg |
| Bilal Elbatoory | NSW | TOTAL | 150kg | 180kg | 30kg |
| Brock Baldwin | NSW | SNATCH | 110kg | 115kg | 5kg |
| Brock Baldwin | NSW | CJ | 145kg | 147kg | 2kg |
| Brock Baldwin | NSW | TOTAL | 255kg | 262kg | 7kg |
| Charlotte Stenning | NSW | SNATCH | 70kg | 71kg | 1kg |
| Danny Doan | NSW | SNATCH | 60kg | 63kg | 3kg |
| Danny Doan | NSW | TOTAL | 140kg | 143kg | 3kg |
| Kim Constable | NSW | SNATCH | 34kg | 37kg | 3kg |
| Kim Constable | NSW | CJ | 44kg | 46kg | 2kg |
| Kim Constable | NSW | TOTAL | 78kg | 83kg | 5kg |
| Kirk Teesdale | NSW | SNATCH | 81kg | 84kg | 3kg |
| Kirk Teesdale | NSW | CJ | 100kg | 101kg | 1kg |
| Kirk Teesdale | NSW | TOTAL | 181kg | 185kg | 4kg |
| Peter Ticehurst | NSW | CJ | 78kg | 79kg | 1kg |
| Peter Ticehurst | NSW | TOTAL | 131kg | 132kg | 1kg |
| Tyson Hudson | NSW | SNATCH | 104kg | 108kg | 4kg |
| Tyson Hudson | NSW | CJ | 130kg | 133kg | 3kg |
| Tyson Hudson | NSW | TOTAL | 232kg | 241kg | 9kg |