

## Canterbury Bench Championships 2009 Ashburton

| Lifter           | Class | Div         | Result |
|------------------|-------|-------------|--------|
| Tash Armstrong   | 67.5  | Jnr         | 70     |
| Tania Green      | 67.5  | Open        | 105.5  |
| Bruce Park       | 67.5  | M4          | 77.5   |
| Ron Prestage     | 75    | M3          | 105    |
| Derek Griffiths  | 60    | M4          | 70     |
| Lance Preddy     | 75    | Novice Open | 87.5   |
| Albie Teese      | 75    | Novice M4   | 70     |
| Mike Gardiner    | 75    | M1          | 135    |
| Tec Williamson   | 75    | M1          | 162.5  |
| Peter Mackle     | 110   | Jnr         | 122.5  |
| Bernard Sanders  | 82.5  | M4          | 98     |
| Steve Gardinier  | 82.5  | M1          | 120    |
| Andrew Sawbrick  | 82.5  | Open        | BMB    |
| Terry O'Connor   | 90    | M3          | 120    |
| Mike Clifford    | 100   | Open        | 142.5  |
| Leighton Best    | 90    | Open        | 185    |
| Terry Stockdale  | 100   | M3          | 112.5  |
| Toso Ieti        | 110   | M3          | 152.5  |
| Steve McAskill   | 125   | M1          | BMB    |
| Delon Lafituanai | 125+  | Open        | 140    |
| Jason Nolan      | 90    | M1          | 115    |

Winner Clifford Cup: Leighton Best

**Canterbury 3 Lift Championships 2009**  
**CSPC Gym - Christchurch**

| Lifter           | Class | Div  | Bodyweight | Squat | Bench | Deadlift |
|------------------|-------|------|------------|-------|-------|----------|
| Graham Uden      | 90    | Open | 88.5       | 170   | 130   | 220      |
| Mike Clifford    | 90    | Open | 88.8       | 160   | 140   | 200      |
| Lance Preddy     | 75    | Open | 73.7       | 130   | 85    | 185      |
| Andrew Nicholson | 82.5  | Open | 77.1       | 200   | 85    | 205      |
| David Summers    | 75    | Open | 73.5       | 200   | 130   | 200      |
| Delon Lafituanai | 125+  | Open | 152.1      | 230   | 170   | 180      |
| Tania Green      | 67.5  | Open | 60.7       | 102.5 | 100.5 | 125      |

| Lifter          | Class | Div | Bodyweight | Squat | Bench | Deadlift |
|-----------------|-------|-----|------------|-------|-------|----------|
| Terry Pierson   | 90    | M2  | 87.2       | 60    | 60    | 240      |
| Tash Armstrong  | 67.5  | Jr  | 64.6       | 130   | 70.5  | 130      |
| Tec Williamson  | 75    | M1  | 73.7       | 235   | 160   | 245      |
| Terry O'Connor  | 90    | M3  | 87.6       | 90    | 115   | 145      |
| Jason Nolan     | 90    | M1  | 88         | 160   | 0     | 160      |
| Toso Ieti       | 110   | M3  | 100.6      | 150   | 160   | 170      |
| Peter Mackle    | 110   | Jr  | 105.9      | 175   | 90    | 195      |
| Mike Gardiner   | 67.5  | M1  | 66         | 160   | 150   | 220      |
| Brian Armstrong | 125   | M1  | 111.8      | 175   | 190   | 195      |

| Total |
|-------|
| 520   |
| 500   |
| 400   |
| 490   |
| 530   |
| 580   |
| 328   |

| Total |
|-------|
| 360   |
| 330.5 |
| 640   |
| 350   |
| BMB   |
| 480   |
| 460   |
| 530   |
| 560   |