

Canterbury 3 Lift Championships 2009
CSPC Gym - Christchurch

Lifter	Class	Div	Bodyweight	Squat	Bench	Deadlift	Total
Graham Uden	90	Open	88.5	170	130	220	520
Mike Clifford	90	Open	88.8	160	140	200	500
Lance Preddy	75	Open	73.7	130	85	185	400
Andrew Nicholson	82.5	Open	77.1	200	85	205	490
David Summers	75	Open	73.5	200	130	200	530
Delon Lafituanai	125+	Open	152.1	230	170	180	580
Tania Green	67.5	Open	60.7	102.5	100.5	125	328

Lifter	Class	Div	Bodyweight	Squat	Bench	Deadlift	Total
Terry Pierson	90	M2	87.2	60	60	240	360
Tash Armstrong	67.5	Jr	64.6	130	70.5	130	330.5
Tec Williamson	75	M1	73.7	235	160	245	640
Terry O'Connor	90	M3	87.6	90	115	145	350
Jason Nolan	90	M1	88	160	0	160	BMB
Toso Ieti	110	M3	100.6	150	160	170	480
Peter Mackle	110	Jr	105.9	175	90	195	460
Mike Gardiner	67.5	M1	66	160	150	220	530
Brian Armstrong	125	M1	111.8	175	190	195	560