

22/02/2026

King Kong Classic II

Cyclone Training Centre - Lismore - NSW

Place	Name	Sex	Age	State	Equip	Division	BWT	Wt Cts	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Gloss Points	Age Score	Event
1	Shelley Laing	F	35	QLD	Wraps	F_OCR	59.66	60	110	120	125	125	50	55	-57.5	55	130	140	145		145	325	321.58		SBD
1	Emma James	F	37	QLD	Wraps	F_OCR	102.61	110	117.5	125	-130	125	67.5	72.5	77.5	77.5	135	145	152.5		152.5	355	251.25		SBD
1	Helen Harvey	F	64	QLD	Sleeves	F_MR_5	59.5	60	90	97.5	-102.5	97.5	45	50.5		50	130	135	140	145	140	287.5	285.08	414.478	SBD
1	Kelly-Ann King	F	39	QLD	Single-ply	F_OES	79.66	82.5	185	200	-205	200	90	95	-97.5	95	160	175	185	192.5	185	480	386.18		SBD
1	Michael Vicig	M	46	QLD	Wraps	M_MCR_2	87.34	90	155	170	-185	170	82.5	87.5	-92.5	87.5	195	210	-220		210	467.5	290.96	310.858	SBD
1	Peter Baskerville	M	71	QLD	Sleeves	M_MR_7	101.55	110	100	115	130	130	60	70	75	75	180	200	210		210	415	239.73	403.012	SBD
1	Cyll Duncan	M	49	QLD	Sleeves	M_MR_2	95.4	100	190	205	210	210	70	80	90	90	210	225	235		235	535	317.63	353.551	SBD
1	Ian Harvey	M	68	QLD	Sleeves	M_MR_6	81.5	82.5	25	35	45	45	40	47.5	52.5	52.5	80	90	100		100	197.5	128.32	202.241	SBD
1	Rowan Lenord	M	16	NSW	Bare	M_TR_2	97.6	100	110	120	130	130		160	165	165	170	190	205		205	500	293.71	331.909	SBD
1	Clint Cash	M	65	QLD	Single-ply	M_MES_6	89	90	-80	80	120	120	70	80	85	85	130	140	150		150	355	218.56	323.489	SBD
1	Tony Parry	M	55	NSW	Raw	M_MR_4	109.3	110					140	150	160	160	250	275	-285		275	435	245.11	300.275	BD
1	Adam Williamson	M	23	QLD	Raw	M_JR	89.11	90					142.5	150	152.5	152.5	160	180	200		200	352.5	216.87	216.893	BD
1	Dominic Morton	M	50	QLD	Single-ply	M_MES_3	102.3	110					140	147.5	150	150	230	240	-247.5		240	390	224.65	253.865	BD
1	Helen Harvey	F	64	QLD	Raw	F_MR_5	59.5	60					45	50.5		50	130	135	140	145	140	190	188.4	273.916	BD
1	Tony Parry	M	55	NSW	Raw	M_MR_4	109.3	110					140	150	160	160						160	90.15	110.446	B
1	Tony Parry	M	55	NSW	Raw	M_MR_4	109.3	110									250	275	-285		275	275	154.95	189.829	D

Referees

Dino Toci	World
Trish Tindall	National
Angela Johnson	Novice
Michael Piccoli	Novice