

22/03/2026

## NSW State Championships 2026

Adonis Athletics Penrith New South Wales

Place	Name	Sex	Age	State	Equip	Division	BWT	Wt Cls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Gloss	Age Score	Event
1	Kirsten Shears	F	26	NSW	Raw	Women's Bare Knees Open	66.2	67.5	95	-102.5	102.5	102.5	55	60	62.5	62.5	130	140	-142.5	140	305	278.60		SBD
2	Olga Johnson	F	33	NSW	Raw	Women's Bare Knees Open	67.5	67.5	-85	85	-90	85	45	50		50	115	125	-135	125	260	233.99		SBD
1	Liana Cuento	F	34	NSW	Raw	Women's Bare Knees Open	108.45	110	110	120	-130	120	55	65	-72.5	65	120	130	142.5	142.5	327.5	227.51		SBD
3	Shelby-Lea Grech	F	24	NSW	Raw	Women's Bare Knees Open	67	67.5	65	-77.5	77.5	77.5	40	-45	-45	40	100	110	117.5	117.5	235	212.65		SBD
1	Lathika Rai	F	28	NSW	Raw	Women's Bare Knees Open	99.95	100	60	-70	70	70	35	-42.5		35	75	85	100	100	205	146.73		SBD
1	Tabitha Sheppard	F	20	NSW	Raw	Women's Bare Knees Junior	57.8	60	80	85	90	90	37.5	42.5	-45	42.5	100	-112.5	-112.5	100	232.5	236.62	243.71	SBD
1	Natalya Lanteri	F	20	NSW	Raw	Women's Bare Knees Junior	77.2	82.5	65	75	-85	75	30	-40	-40	30	90	100	112.5	112.5	217.5	178.43	183.78	SBD
1	Alex Carr	F	48	NSW	Raw	Women's Bare Knees Master	97.15	100	40	52.5	65	65	35	42.5	-50	42.5	85	100	-107.5	100	207.5	150.19	164.76	SBD
1	Sarah Tana	F	64	NSW	Raw	Women's Knee Sleeves Master	72	75	65	70	75	75	30			30	125	-140	-140	125	230	197.70	286.66	SBD
1	Crystal Hadley Mackay	F	39	NSW	Wraps	Women's Raw Plus Wraps Open	52.2	56	115	-127.5	-130	115	67.5	-72.5	-72.5	67.5	150	160	-170	160	342.5	378.19		SBD
1	Josh Weir	M	30	NSW	Raw	Men's Bare Knees Open	90.8	100	160	167.5	-172.5	167.5	120	125	-127.5	125	220	-232.5	232.5	232.5	525	319.70		SBD
1	Jesse Stratton	M	28	NSW	Raw	Men's Bare Knees Open	66.55	67.5	120	127.5	135	135	80	90	92.5	92.5	165	175	185	185	412.5	312.49		SBD
2	Anthony Halteh	M	24	NSW	Raw	Men's Bare Knees Open	98.9	100	125	135	-147.5	135	97.5	110	-117.5	110	185	200	-210	200	445	259.90		SBD
1	Julius Fronda	M	25	NSW	Raw	Men's Bare Knees Open	69.1	75	90	100		100	-55	60	-67.5	60	125	135	145	145	305	223.85		SBD
1	Joseph Ameer	M	17	NSW	Raw	Men's Bare Knees Teenage	99	100	-160	165	-175	165	90	100	-107.5	100	185	205	215	215	480	280.22	302.64	SBD
1	Xiaotian Cai	M	18	NSW	Raw	Men's Bare Knees Teenage	81.55	82.5	140	150	-165	150	75	85	92.5	92.5	170	-182.5	-182.5	170	412.5	267.92	283.99	SBD
1	Samuel Eadie	M	23	NSW	Raw	Men's Bare Knees Junior	147	140+	-160	-170	170	170	145	155	160	160	210	-225	235	235	565	296.89	296.89	SBD
1	Craig James	M	64	NSW	Raw	Men's Bare Knees Master	66.1	67.5	55	80	-110	80	55	70	-82.5	70	90	125	-152.5	125	275	209.55	303.85	SBD
1	Justen Hadley	M	33	NSW	Raw	Men's Knee Sleeves Open	87.35	90	225	-235	235	235	170	180	-190	180	240	255	265	265	680	423.22		SBD
1	Harrison Knowles	M	24	NSW	Raw	Men's Knee Sleeves Open	74.8	75	-150	160	175	175	105	112.5	120	120	160	-180	200	200	495	341.50		SBD
1	Jake Campbell	M	19	NSW	Raw	Men's Knee Sleeves Teenage	74.3	75	150	162.5	170	170	110	120	-125	120	175	190	205	205	495	343.21	356.94	SBD
1	Thomas Wren	M	37	NSW	Wraps	Men's Raw Plus Wraps Open	159.7	140+	270	300		300	180	200	220	220	240	260	280	280	800	412.89		SBD
2	Jason Williams	M	33	ACT	Wraps	Men's Raw Plus Wraps Open	141.2	140+	290	-307.5		290	170	-180	-180	170	275	-290	-290	275	735	389.67		SBD
1	Brendon Loveridge	M	34	NSW	Wraps	Men's Raw Plus Wraps Open	104	110	220	230	-240	230	-180	180	-190	180	250	-260	-270	250	660	377.88		SBD
1	Corey Kamsrikerd	M	38	NSW	Wraps	Men's Raw Plus Wraps Open	121.25	125	250	255	270	270	145	150	160	160	-245	245	-255	245	675	371.01		SBD
1	Andi Gledhill	F	46	QLD	Raw	Women's Master Push Pull	71.85	75					75	77.5	80	80	165	175	182.5	182.5	262.5	225.95	241.32	BD
1	Jonah Sutherland-Stowers	M	22	NSW	Raw	Men's Junior Push Pull	123.9	125					105	-115	-130	105	220	240	250	250	355	194.10	196.04	BD
1	Steve Labson	M	70	VIC	Raw	Men's Master Bench Only	88.15	90					100	110	115	115					115	71.19	117.11	B
1	Mitch Johnson	M	33	NSW	Unlimited	Men's Unlimited Open Bench Only	106.75	110					-310	-310	310	310					310	175.94		B
1	Nicole Bloem	F	30	NSW	Raw	Women's Open Deadlift Only	63	67.5									150	160	-170	160	160	151.98		D
1	Matthew Grimes	M	22	NSW	Raw	Men's Junior Deadlift Only	119.5	125									175	190	-200	190	190	104.78	105.82	D
1	Kelvin Naumanen	M	36	NSW	Raw	Men's Open Deadlift Only	104.6	110									230	-245		230	230	131.42		D
DQ	Anthony Thomas	M	61	NSW	Raw	Men's Master Push Pull	99.95	100					-130	-140	-145									BD

## Referees

Andrea Sterns World

Michelina Weatherall National

Xanthe Sheppard State