

NEW ZEALAND POWERLIFTING FEDERATION**New Zealand Womens Powerlifting Championships 2022, Globe, Palmerston North (New Zealand), 01-05.0****Nominations on 31st of July 2022**

Name / B.Year	Team	Squat	Bench Press	Deadlift	Sum	Total
Open						
-52kg						
1 Smith Megan-Li /1996	Canterbury	160.0	80.0	180.0	420.0	415.0
2 Kariyawasam Kavishi /1993	Auckland	147.5	72.5	170.0	390.0	390.0
3 Premji Suzee /1984	Auckland	132.5	72.5	150.0	355.0	355.0
-57kg						
1 Corrigan Evie /1996	Auckland	170.0	102.5	200.0	472.5	470.0
2 Shon Catherine /1992	Auckland	137.5	85.0	165.0	387.5	387.5
3 Chu Vi /1995	Auckland	97.5	60.0	145.0	302.5	302.5
-63kg						
1 Lin Katie /1989	Auckland	140.0	77.5	170.0	387.5	387.5
2 Hurndell Gillian /1990	Canterbury	147.5	77.5	152.5	377.5	377.5
3 Sargison Ashliegh /1996	Wellington & C	137.5	75.0	155.0	367.5	367.5
4 Reid Jessica /1998	Southern	135.0	67.5	160.0	362.5	362.5
5 Murray Amanda /1988	Wellington & C	130.0	67.5	160.5	358.0	358.0
-69kg						
1 Spence Alyssa-Joy /1986	Auckland	152.5	85.0	182.5	420.0	420.0
2 Fruean Lagi /1990	Auckland	142.5	82.5	170.0	395.0	395.0
3 Manning Veronica /1999	Southern	135.0	83.0	175.0	393.0	393.0
4 Petrie-Taylor Elsie /1998	Canterbury	135.0	72.5	182.5	390.0	365.0
5 Hanrahan Em /1998	Waikato Bay of	125.0	73.0	163.0	361.0	361.0
6 Jenkins Kate /1995	Wellington & C	125.0	60.0	155.0	340.0	340.0
-76kg						
1 Tongotea Karlina /1992	Auckland	215.0	121.0	246.0	582.0	582.0
2 Smith Nicole /1993	Auckland	182.5	102.5	172.5	457.5	457.5
3 Nicoll Fiona /1998	Canterbury	157.5	105.0	180.0	442.5	442.5
4 Williams Chanel /1995	Canterbury	147.5	100.0	170.0	417.5	417.5
5 Husaimee Ahmad Hashilah	Auckland	140.0	80.0	160.0	380.0	380.0
-84kg						
1 Nunan Claire /1993	Canterbury	177.5	111.0	205.5	494.0	494.0
2 Giles-Rosanowski Emily /19	Wellington & C	155.0	105.0	200.0	460.0	460.0
3 Govind Hema /1996	Canterbury	175.0	97.5	185.0	457.5	457.5
4 Elisa Sisi /1983	Auckland	150.0	85.0	185.0	420.0	420.0
5 Hema Kiri /1988	Waikato Bay of	147.5	87.5	177.0	412.0	412.5
6 Seumanutafa Sina /1998	Auckland	160.0	92.5	155.0	407.5	407.5
7 Chambers Nina /1992	Canterbury	125.0	85.0	170.0	380.0	380.0
8 Ewens-Smith Holly /1993	Canterbury	140.0	67.5	165.0	372.5	372.5
84+kg						
1 Tasi Jewel /1998	Auckland	254.0	120.0	230.0	604.0	604.0
2 Christensen Aimee /1991	Canterbury	160.0	100.0	185.0	445.0	445.0
3 Tuhou Joanna /1986	Auckland	160.0	95.0	190.0	445.0	437.5
4 Drummond Kelly /1993	Canterbury	165.0	85.0	180.0	430.0	430.0
5 Poli Teresa /1997	Waikato Bay of	150.0	95.0	172.5	417.5	417.5
6 Utailesolo Seirosa /1998	Wellington & C	155.0	82.5	175.0	412.5	412.5
7 McDonald Elise /1994	Wellington & C	142.5	85.0	175.0	402.5	402.5
8 Thompson Jess /1993	Wellington & C	155.0	67.5	175.0	397.5	397.5

In the Competitions were participating 38 lifters

Sub-Juniors

-57kg

1	McMillan Zaviera /2005	Wellington & C	116.0	57.0	117.5	290.5	300.5
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-69kg

1	Bhadha Yasmin /2004	Auckland	112.5	62.5	170.0	345.0	347.5
2	Jamieson Anna /2006	Wellington & C	120.0	60.0	122.5	302.5	302.5
3	Farrell Rachel /2004	Wellington & C	105.0	60.0	127.5	292.5	292.5

In the Competitions were participating 4 lifters**Juniors****-52kg**

1	Wong Milly /2000	Auckland	102.5	47.5	112.5	262.5	262.5
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-63kg

1	Perkins Zoe /2002	Auckland	137.5	80.0	162.5	380.0	380.0
2	Iles Emma /2003	Canterbury	97.5	52.5	122.5	272.5	270.0

-69kg

1	Carpenter Lily /1999	Wellington & C	135.0	75.0	175.0	385.0	385.0
2	Carline Zoe /2002	Wellington & C	107.5	70.0	152.5	330.0	330.0

-84kg

1	Worley Charlotte /2001	Southern	155.0	95.0	175.0	425.0	425.0
2	Farrell Sara /2001	Wellington & C	140.0	77.5	160.0	377.5	377.5

84+kg

1	Luka Rawinia /2000	Waikato Bay of	184.0	95.0	190.0	469.0	469.0
2	Edwards Maxine /2001	Auckland	185.0	75.0	175.0	435.0	435.0
3	Reupena Toli-Reina /2000	Wellington & C	160.0	65.0	165.0	390.0	390.0
4	Hirst-Thynne Eloise /1999	Auckland	142.5	75.0	147.5	365.0	362.5

In the Competitions were participating 11 lifters**Masters 1****-52kg**

1	Surtees Sara /1981	Wellington & C	130.0	62.5	150.0	342.5	342.5
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-57kg

1	Jeffery Megan /1981	Southern	112.5	85.5	147.5	345.5	345.5
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-63kg

1	McAulay Carolyn /1976	Wellington & C	125.0	78.0	152.5	355.5	355.5
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-69kg

1	Jessop Roshelle /1975	Canterbury	140.0	90.0	182.5	412.5	412.5
2	Thompson Anna Claire /1975	Southern	115.0	71.5	155.0	341.5	341.5
3	Broczek Anita /1977	Wellington & C	110.0	76.0	135.0	321.0	318.5
4	Zammit Sandra /1973	Waikato Bay of	105.0	55.0	140.0	300.0	300.0

-84kg

1	Abbott Janelle /1981	Northland	150.0	90.0	160.0	400.0	400.0
2	Ferris-Bretherton Raina /1975	Waikato Bay of	140.0	70.0	172.5	382.5	382.5
3	Park Fiona /1977	Southern	130.0	80.0	145.0	355.0	355.0
4	Hall Elizabeth /1974	Wellington & C	135.0	67.5	135.0	337.5	337.5
5	Fordyce Christina /1974	Auckland	107.5	65.0	145.0	317.5	317.5
6	Jacobs Vienna /1982	Canterbury	100.0	52.5	160.0	312.5	312.5

84+kg

1	Berger Nicola /1979	Auckland	160.0	72.5	180.0	412.5	412.5
2	Bennett Trina /1973	Wellington & C	157.5	70.0	170.0	397.5	397.5
3	O'Callaghan Lee-Ann /1981	Waikato Bay of	130.0	80.0	160.0	370.0	370.0

In the Competitions were participating 16 lifters**Masters 2****-57kg**

1	Clarke Anna /1968	Waikato Bay of	100.0	57.5	137.5	295.0	295.0
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-63kg

1	Humphreys Karen /1963	Waikato Bay of	102.5	62.5	127.5	292.5	292.5
-76kg							
1	Goddard Terri /1971	Southern	95.0	52.0	130.0	277.0	277.0
-84kg							
1	Seiuli Melissa /1969	Wellington & C	135.0	80.0	147.5	362.5	362.5
2	Graham Frances /1971	Waikato Bay of	110.0	60.0	140.0	310.0	310.0
3	Taylor Sue /1963	Wellington & C	90.0	55.0	130.0	275.0	275.0
84+kg							
1	Telea Ime /1972	Wellington & C	160.0	100.0	200.0	460.0	460.0
2	Cosner Ali /1971	Northland	142.5	90.0	180.0	412.5	412.5
3	Welgens Elizabeth /1971	Auckland	97.5	97.5	142.5	337.5	337.5

In the Competitions were participating 9 lifters

Masters 3

-52kg

1	Muldrock Trish /1954	Northland	67.5	57.5	112.5	237.5	237.5
2	Taylor Julianne /1959	Auckland	82.5	52.5	90.0	225.0	225.0

-76kg

1	Procter Lesley-Jan /1956	Southern	105.0	63.0	145.0	313.0	313.0
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-84kg

1	Chipping Tracy /1961	Southern	131.5	72.5	156.5	360.5	360.5
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In the Competitions were participating 4 lifters

Masters 4

-57kg

1	Wilson Cherry /1950	Auckland	85.5	43.5	112.5	241.5	241.5
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In the Competitions were participating 1 lifters