

VWA OPEN CONTEST & MASTERS GRAND PRIX

Held: Saturday 19 June 2010

At: Victorian Weightlifting Centre, Hawthorn, Melbourne

MEN

	Born	Club	Bodywt.	Snatch	C & J	Total
<i>56kg category</i>						
Damien Hewish	1964	Knox	56.00	72	98	170
<i>77kg category</i>						
Nick Richardson	1985	Geelong	75.20	75	100	175
Lachlan McClusky	1990	Geelong	72.35	62	75	137
<i>94kg category</i>						
Ryan Keaney	1989	Phoenix	90.35	95	130	225
Frank Parsons	1941	Geelong	89.90	43	60	103
Adam Kabbas	1983	Phoenix	93.10	116	---	---
<i>105kg category</i>						
Marc Mansour	1987	Phoenix	102.65	102	125	227
Chris Hooper	1984	Geelong	97.15	100	120	220
Stephen Helberg	1960	Hawthorn	95.25	63	81	144
John Reynolds	1944	Traralgon	102.10	55	73	128

Referees: Julio Melo, Kevin White, Milos Trnka

Best lifters:

Open Damien Hewish
Masters Damien Hewish

WOMEN

	Born	Club	Bodywt.	Snatch	C & J	Total
<i>58kg category</i>						
Rochelle Walshe	1986	Geelong	56.70	32	44	76
<i>63kg category</i>						
Elaine Janes	1935	Geelong	62.85	27	37	64
<i>69kg category</i>						
Sara Kersten-Murphy	1983	Geelong	65.90	57	68	125

Referees: Tony Villanti, Julio Melo, Seen Lee

Best lifters:

Open Sara Kersten-Murphy
Masters Elaine Janes