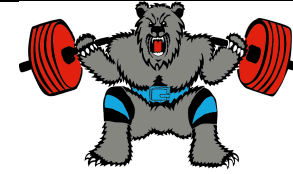




**IRON  
REVOLUTION**

# Iron Revolution Strength Challenge



**IRON  
REVOLUTION**

## INDIVIDUAL EVENT SCORE SHEET

Event \_\_\_\_\_ **Log Lift** \_\_\_\_\_ Date/Time: \_\_\_\_\_ 13th August 2016 \_\_\_\_\_

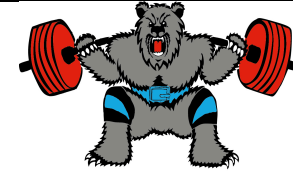
Competitor name:		T-1	T-2	T-3	BEST	
1	Jodi Smith	35	40	42.5	40	
2	Sarah Xuereb	40	45	47.5	45	
3	Claire Chisholm	40	40	45	40	
4	Rebecca Hockley	50	52.5	52.5	50	
5	Sarah Hansen	57.5	60	62.5	62.5	
6	Louise Edwards	55	60	65	60	
7	Liana Wylie	57.5	60	65	60	
8	Kellie Kelly	62.5	65	70	65	
9	Amanda Hill	62.5	67.5	70	67.5	
10						

CERTIFIED TRUE AND CORRECT BY: Aaron Scarborough



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REVOLUTION**

# Iron Revolution Strength Challenge



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REVOLUTION**

## INDIVIDUAL EVENT SCORE SHEET

Event \_\_\_\_\_ **Log Lift** \_\_\_\_\_ Date/Time: \_\_\_\_\_ 13th August 2016 \_\_\_\_\_

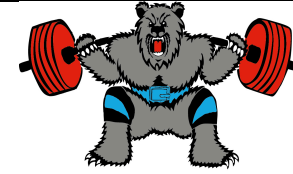
Competitor name:		T-1	T-2	T-3	BEST		
1	Steve Babaniaris	70	80	85	80		
2	Jaime Hubbard	80	90	100	90		
3	Matt Thomas	80	85	85	80		
4	Cameron Barker	90	100	100	90		
5	Oscar Vigar	90	95	100	95		
6	James Devlin	100	105	105	100		
7	Sam Chaplin	100	110	115	110		
8	Michael Smits	115	120	125	120		
9	Vernon Van Schalkwyk	150	160	160	150		
10							

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**IRON  
REVOLUTION**

# Iron Revolution Strength Challenge



**IRON  
REVOLUTION**

## INDIVIDUAL EVENT SCORE SHEET

Event Deadlift Date/Time: 13th August 2016

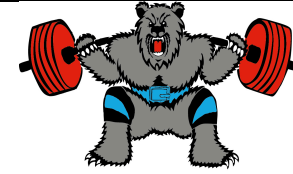
Competitor name:		T-1	T-2	T-3	BEST		
1	Rebecca Hockley	110	120	130	130		
2	Sarah Xuereb	110	120	125	125		
3	Kay Hodgeson	112.5	117.5	117.5	112.5		
4	Claire Chisholm	117.5	122.5	130	130		
5	Jodi Smith	130	140	150	150		
6	Sarah Hansen	140	150	160	160		
7	Amanda Hill	145	155	162.5	162.5		
8	Liana Wylie	155	165	180	180		
9	Louise Edwards	155	160	165	165		
10	Kellie Kelly	155	165	165	155		

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**IRON  
REVOLUTION**

# Iron Revolution Strength Challenge



**IRON  
REVOLUTION**

## INDIVIDUAL EVENT SCORE SHEET

Event Deadlift Date/Time: 13th August 2016

Competitor name:		T-1	T-2	T-3	BEST		
1	Jaime Hubbard	170	180	190	190		
2	Steve Babaniaris	200	215	222.5	215		
3	Cameron Barker	200	215	230	230		
4	Matt Thomas	210	230	245	245		
5	Jarrold Simms	220	230	240	230		
6	Sam Chaplin	235	250	260	250		
7	Michael Smits	240	255	265	265		
8	Oscar Vigar	240	260	260	240		
9	James Devlin	250	-	272.5	272.5		
10	Vernon Van Schalkwyk	280	290	300	300		

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# Iron Revolution Strength Challenge



## INDIVIDUAL EVENT SCORE SHEET

Event Yoke- 20m

Date/Time: 13th August 2016

	Competitor name:	T-1 (KG)	Time (sec)	Distance (m)	FINAL
1	Claire Chisholm	170kg	22.5		22.5 seconds
2	Jodi Smith	175kg	32.94		32.94 seconds
3	Sarah Xuereb	200	25.44		25.44 seconds
4	Amanda Hill	250	47.12		47.12 seconds
5	Sarah Hansen	260		7.7	7.7 meters
6	Louise Edwards	270		9	9 meters
7	Kelly Kelly	300		2.6	2.6 meters
8	Oscar Vigor	265	60		60 seconds
9	Steve Babaniaris	280		6.2	6.2 meters
10	Jarrold Simms	280		15.75	15.75 meters
11	Sam Chaplin	300		13.7	13.7 meters
12	Jamie Hubbard	300	15.6		15.6 seconds

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# Iron Revolution Strength Challenge



## INDIVIDUAL EVENT SCORE SHEET

Event Farmers Walk- 40 meters

Date/Time: 13th August 2016

	Competitor name:	T-1 (KG)	Time (SEC)	Distance (m)	RESULT
1	Claire Chisholm	45kg	18.66		18.66 seconds
2	Jodi Smith	60	26.5		26.50 seconds
3	Sarah Xuereb	70	22.84		22.84 seconds
4	Kay Hodgeson	70	46.56		46.56 seconds
5	Louise Edwards	80	22.31		22.31 seconds
6	Kellie Kelly	80	58.19		58.19 seconds
7	Sarah Hansen	90	27.15		27.15 seconds
8	Amanda Hill	90	23.38		23.38 seconds
9	Jamie Hubbard	100	18.6		18.6 seconds
10	Steve Babaniaris	105	30.76		30.76 seconds
11	Jarrold Simms	105	22.83		22.83 seconds
12	Oscar Vigor	105		32.7	32.7 meters
13	Sam Chaplin	120	57.2		57.2 seconds

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Aaron Scarborough