

STAND SUBMIT



The 2019 Iron Revolution Strength Challenge 1

| # | NAME | DIV | SUPER YOKE | | VIKING PRESS | | FRAME DEADLIFT | | CARRY & DRAG | |
|----|-----------------------|------|------------|-----------|--------------|------|----------------|-----|--------------|-----------|
| | | | KG | TIME/DIST | KG | REPS | 1st | MAX | KG | TIME/DIST |
| 1 | Mark coats | HW | 300 | 4.4m | 100 | 4 | 200 | 240 | 75/190 | 47.46s |
| 2 | Andrew Rayment | HW | 330 | 34.15s | 105 | 10 | 240 | 240 | 75/190 | 48.37s |
| 3 | Fadi El Masri | HW | 330 | 12.9s | 105 | 7 | 260 | 300 | 100/220 | 46.09s |
| 4 | Sam Mohammed | HW | 200 | 8.22s | 75 | 11 | 160 | 180 | 65/160 | 50.79s |
| 5 | Ardesht Satya Narayan | HW | 250 | 27.38s | 70 | 3 | 200 | 240 | 65/140 | 61.69s |
| 6 | Paul Saigar | U105 | 280 | 13.66s | 80 | 10 | 240 | 260 | 65/160 | 44.53s |
| 7 | Harry Taylor | U105 | 230 | 23.65s | 70 | 10 | 200 | 240 | 65/160 | 35.5s |
| 8 | Phil Thomas | U105 | 340 | 30.25 | 130 | 7 | 280 | 320 | 100/220 | 54.91s |
| 9 | Jason Midgley | U105 | 260 | 13.72 | 85 | 13 | 240 | 280 | 85/185 | 44.68s |
| 10 | Jack Brown | U105 | 260 | 11.8m | 85 | 3 | 200 | 240 | 65/160 | 34.12s |
| 11 | Bobby karevski | U105 | 260 | 13.07s | 100 | 11 | 240 | 280 | 65/160 | 33.81s |
| 12 | Jamie Hubbard | U105 | 400 | 18.32 | 90 | 11 | 220 | 260 | 65/160 | 33.62s |
| 13 | Ryan G.H Wu | U105 | 260 | 10.75s | 85 | 5 | 200 | 200 | 65/160 | 43.72s |
| 14 | Danny Hill | U90 | 300 | 19.15s | 100 | 8 | 220 | 260 | 85/185 | 48.09s |
| 15 | Paul Ryan | U90 | 240 | 12.46s | 65 | 6 | 160 | 200 | 55/135 | 34.16s |
| 16 | Aaron Kuszla | U90 | 280 | 10.25s | 85 | 9 | 200 | 240 | 75/160 | 33.35s |
| 17 | Jono Bentley | U90 | 200 | 16.96s | 65 | 10 | 200 | 240 | 45/120 | 35.47s |
| 18 | Ben hicks | U80 | 320 | 22.5s | 65 | 6 | 180 | 220 | 65/140 | 37.22s |
| 19 | Nathan Fradley | U80 | 240 | 33.81s | 70 | 8 | 200 | 240 | 65/140 | 36.66s |
| 20 | Dylan Adcock | U80 | 280 | 12.38s | 70 | 0 | 180 | 180 | 65/140 | 37.19s |
| 21 | Sarah van der Waal | U82 | 180 | 28.06s | 50 | 3 | 170 | 190 | 45/100 | 41.25s |
| 22 | Jessica xuereb | U82 | 160 | 10.29s | 40 | 9 | 140 | 140 | 35/75 | 43.47s |
| 23 | Elizabeth Blackthorn | U82 | 150 | 10.94s | 50 | 13 | 140 | 150 | 45/100 | 36.28s |
| 24 | Liz Coll | U65 | 135 | 16.34s | 40 | 13 | 105 | 115 | 35/75 | 52.16s |
| 25 | Emily Wordie-Thompson | U65 | 135 | 20.63s | 40 | 11 | 125 | 150 | 35/80 | 38.72s |
| 26 | Dena Helmrich | U65 | 200 | 16.47s | 60 | 8 | 140 | 160 | 45/100 | 38.59s |