



**Aussiepower Events**  
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**06/06/2011**

**Re: Strength Quest Australia's Strongest Man Qualifying Events.**

**Dear All,**

The weekend 4<sup>th</sup> & 5<sup>th</sup> June Staged the Strength Quest Australia's Strongest Man Qualifying Event in Four separate locations being Western Australia – South Australia – Victoria – Queensland.

The main purpose for this event was to set a qualifying standard for entry to compete at this years Australia's Strongest Man , Athletes who gain the minimum A grade standard can then confidently participate in A.S.M.

The Format for this Strength Quest in relation to the scoring and ranking is based on the current scoring system used in strongman events ,the eventual goal is to formulate a grading scale so that a points for time and points for Kilo's are compatible and well balanced ...this will take time to develop.

This Strength Quest results can now assist in selection of weights and events for this coming A.S.M. and will be selected based on the overall strength levels of all the qualified Athletes , the poundage's selected will ensure the Athletes compete safely within the abilities of the field and not outside factors.

The Format for Scoring as Follows.

Using the scoring of the U 105 Strength Quest as an example.

Each event will have athletes placed 1st to 8<sup>th</sup>

All scores from each event are then tallied for a final score for all three events combined.

Any tie's will have points split i.e = 2<sup>nd</sup> will have 2<sup>nd</sup> and 3<sup>rd</sup> place points shared.  
i.e. 7 pts + 6 pts giving 6.5 points to each Athlete.

1<sup>ST</sup> 8 points  
2<sup>nd</sup> 7 points  
3<sup>rd</sup> 6 points  
4<sup>th</sup> 5 points  
5<sup>th</sup> 4 points  
6<sup>th</sup> 3 points  
7<sup>th</sup> 2 points  
8<sup>th</sup> 1 point.

**For this past event several F.A.S.C. Australian Records were established.**

**Congratulations to all new record Holders.**

Nevin Mills	Super Yoke	320 KG 15 Meters in 7.87 sec's
Nick Maloni-	Log Lift	125 KG
David Parmiter	Deadlift	300 KG

Daniel Macri	Super Yoke	400 KG 15 Meters in 9.44 secs.
Daniel Macri	Log Lift	170 KG
Danile Macri	Dead lift	300 KG

**If Any Qualified Athlete has any questions in relation to the scoring or the final results, please contact me via [info@aussiepower.biz](mailto:info@aussiepower.biz).**

**All the best for A.S.M.**

**Bill Lyndon  
F.A.S.C.**