

1/08/2024

CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 2 - Bench Only

Caloundra RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Age Coef	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Gloss	Age Points	Place
Ana Cocolaras	FEMALE	RAW	VIC	Women's Raw Teen B	50.7	52	19	1.04	55	57.5	60	-65	60						60	67.794	70.506	1
Sofia Bianco	FEMALE	RAW	QLD	Women's Raw Teen B	65.8	67.5	18	1.06	50	52.5	55	-58	55						55	50.479	53.508	2
Ayla Hipwell	FEMALE	RAW	QLD	Women's Raw Teen B	52.3	56	13	1.23	30	35	-40		35						35	38.588	47.463	3
Millie McNamara	FEMALE	RAW	QLD	Women's Raw Junior B	66.8	67.5	21	1.02	70	80	-85		80						80	72.56	74.011	1
Chantal Potgieter	FEMALE	RAW	SA	Women's Raw Open B	66.8	67.5	32	1	85	90	95		95						95	86.165		1
Taylah Hoffmann	FEMALE	RAW	QLD	Women's Raw Open B	85.1	90	23	1	95	-100	-100		95						95	73.335		2
Shontelle Faulkner	FEMALE	RAW	QLD	Women's Raw Open B	97.8	100	40	1	100	-110	-110		100						100	72.185		3
Katie Payne	FEMALE	RAW	NSW	Women's Raw Open B	87.5	90	26	1	75	82.5	87.5		87.5						87.5	66.447		4
Stephanie Pearson	FEMALE	RAW	VIC	Women's Raw Open B	121.4	110+	31	1	75	77.5	-80		77.5						77.5	52.40		5
Alison Brown	FEMALE	RAW	VIC	Women's Raw Open B	123.5	110+	35	1	-57.5	57.5	60		60						60	40.413		6
Katie Fairall	FEMALE	RAW	VIC	Women's Raw Open B	73.3	75	36	1	42.5	45	-47.5		45						45	38.21		7
Angelika Dellios	FEMALE	RAW	VIC	Women's Raw Open B	107.2	110	33	1	47.5	50	52.5		52.5						52.5	36.621		8
Therese Duffy	FEMALE	RAW	QLD	Women's Raw Masters B	76.1	82.5	54	1.204	57.5	62.5	65		65						65	53.826	64.807	1
Linda Stewart	FEMALE	RAW	VIC	Women's Raw Masters B	62.8	67.5	64	1.45	45	-47.5			45						45	42.851	62.134	2
Dot De'laney	FEMALE	RAW	QLD	Women's Raw Masters B	88.9	90	56	1.246	57.5	62.5	-65		62.5						62.5	47.038	58.609	3
Melanie Lihou	FEMALE	RAW	QLD	Women's Raw Masters B	92.8	100	50	1.13	60	65	70		70						70	51.632	58.344	4
Michaela Albert	FEMALE	RAW	VIC	Women's Raw Masters B	120	110+	44	1.043	72.5	77.5	80		80						80	54.232	56.564	5
Wendy Abrahmsen	FEMALE	RAW	QLD	Women's Raw Masters B	67.6	75	62	1.393	40	42.5	-45		42.5						42.5	38.174	53.176	6
Janelle Crouch	FEMALE	RAW	VIC	Women's Raw Masters B	136.5	110+	42	1.02	75	77.5	-80		77.5						77.5	51.007	52.027	7
Mui Mui Lavaka	FEMALE	RAW	VIC	Women's Raw Masters B	87.4	90	57	1.268	47.5	50	52.5		52.5						52.5	39.897	50.59	8
Olive O'Brien	FEMALE	RAW	VIC	Women's Raw Masters B	109	110	68	1.576	42.5	43	45	-47.5	45						45	31.208	49.183	9
Melissa McShane-Murphy	FEMALE	RAW	VIC	Women's Raw Masters B	121.1	110+	42	1.02	67.5	70	-72.5		70						70	47.355	48.302	10
Traci Bourke	FEMALE	RAW	QLD	Women's Raw Masters B	71.3	75	55	1.225	25	27.5	30		30						30	25.959	31.8	11
Kingston Mudie	MALE	RAW	VIC	Men's Raw SubTeen B	50.5	52	11	1.23	25	27.5	-30		27.5						27.5	27.46	33.776	1
Ariyan Koya	MALE	RAW	VIC	Men's Raw SubTeen B	57.6	60	12	1.23	22.5	25	-27.5		25						25	21.679	26.665	2
Malik Brown	MALE	RAW	NSW	Men's Raw Teen B	76.5	82.5	17	1.08	75	82.5	90		90						90	61.074	65.96	1
Aidan Delaney	MALE	RAW	QLD	Men's Raw Teen B	64.6	67.5	16	1.13	57.5	65	-75		65						65	50.538	57.107	2
Darcy Vella	MALE	RAW	QLD	Men's Raw Teen B	69.9	75	14	1.23	42.5	45	46	47.5	45						45	33.447	41.139	3
Adam Williamson	MALE	RAW	QLD	Men's Raw Junior B	106.5	110	21	1.02	130	142.5	-155		142.5						142.5	80.933	82.552	1
Caleb Jones	MALE	RAW	QLD	Men's Raw Open B	99.5	100	28	1	210	218	225	227.5	225						225	131.07		1
Chris Kelly	MALE	RAW	NSW	Men's Raw Open B	108.1	110	35	1	190	200	210		210						210	112.41		2
Ben Milham	MALE	RAW	QLD	Men's Raw Open B	108.4	110	32	1	170	-177.5	-177.5		170						170	96.024		3
Taylen Mills	MALE	RAW	VIC	Men's Raw Open B	133.7	140	27	1	165	172.5	177.5		177.5						177.5	95.273		4
Clay Scott	MALE	RAW	QLD	Men's Raw Open B	105.1	110	34	1	140	155	-170		155						155	88.428		5
Anthony Batrich	MALE	RAW	VIC	Men's Raw Open B	136.6	140	33	1	130	-135	135		135						135	72.102		6
Paul Motoney	MALE	RAW	QLD	Men's Raw Open B	108.1	110	25	1	117.5	127.5	-132.5		127.5						127.5	68.251		7
Alex Jensen	MALE	RAW	QLD	Men's Raw Open B	73.7	75	35	1	70	75	80		80						80	55.804		8
Rod Sylvia	MALE	RAW	VIC	Men's Raw Masters B	102.9	110	72	1.718	135	-145	-155.5		135						135	77.598	133.31	1
Ken Haydock	MALE	RAW	QLD	Men's Raw Masters B	104.1	110	49	1.113	167.5	175	177.5		177.5						177.5	101.6	113.08	2
Nicholas Ebdon-walker	MALE	RAW	QLD	Men's Raw Masters B	88.7	90	42	1.02	150	160	-164		160						160	98.696	100.67	3
Matt Deshon	MALE	RAW	QLD	Men's Raw Masters B	121.4	125	55	1.225	112.5	117.5	120		120						120	65.94	80.777	4
Simon Knechtli	MALE	RAW	QLD	Men's Raw Masters B	66.6	67.5	55	1.225	70	75	77.5		77.5						77.5	58.671	71.872	5
Tyson Knowles	MALE	SINGLE_PLY	WA	Men's Single Ply Open B	72	75	28	1	65	70			70						70	49.714		1
Peter Sutton	MALE	MULTI_PLY	NSW	Men's Multi Ply Open B	95.9	100	47	1.082	-220	220	-240		220						220	130.3	140.98	1
Les Wroe	MALE	UNLIMITED	QLD	Men's Unlimited Open B	158.5	140+	35	1	-310	-310	310		310						310	160.25	160.25	1
Brendan Hains	MALE	UNLIMITED	VIC	Men's Unlimited Open B	88.9	90	55	1.225	215	-250.5	-270		215						215	132.45	162.25	2
Manatuki Pryor	MALE	UNLIMITED	QLD	Men's Unlimited Open B	114.2	125	51	1.147	-260	-260	-260								0	0	0	
Sarah Leigh	FEMALE	RAW	VIC	Women's Raw Open B	74.4	75	35	1	-75	-75	-75								0	0	0	
Gemma Stewart	FEMALE	UNLIMITED	QLD	Women's Unlimited Masters B	123.9	110+	38	1	-137.5	-137.5									0	0	0	