

1/08/2024

## CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 3 - Deadlift 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
Ayla Hipwell	FEMALE	RAW	QLD	Women's Raw Teen D	52.3	56	13	1.23						65	75	85	90	85	85	93.71	115.27	1
Millie McNamara	FEMALE	RAW	QLD	Women's Raw Junior D	66.8	67.5	21	1.02						165	-185	-185		165	165	149.7	152.65	1
Silvia Nymand	FEMALE	RAW	QLD	Women's Raw Open D	88.8	90	38	1						145	155	160		160	160	120.5		1
Stephanie Pearson	FEMALE	RAW	VIC	Women's Raw Open D	121.4	110+	31	1						150	162.5	-165		162.5	162.5	109.9		2
Shontelle Faulkner	FEMALE	RAW	QLD	Women's Raw Open D	97.6	100	40	1						145	-155	-155		145	145	104.8		3
Sarah Leigh	FEMALE	RAW	VIC	Women's Raw Open D	74.4	75	35	1						100	110	112.5		112.5	112.5	94.57		4
Katie Fairall	FEMALE	RAW	VIC	Women's Raw Open D	73.3	75	36	1						100	105	110		110	110	93.4		5
Angelika Dellios	FEMALE	RAW	VIC	Women's Raw Open D	107.2	110	33	1						110	120	132.5		132.5	132.5	92.43		6
Tabatha Whitehead	FEMALE	RAW	QLD	Women's Raw Masters D	72.6	75	44	1.043						190				190	190	162.39	169.38	1
Mui Mui Lavaka	FEMALE	RAW	VIC	Women's Raw Masters D	87.3	90	57	1.268						140	145	147.5		147.5	147.5	112.16	142.22	2
Janelle Crouch	FEMALE	RAW	VIC	Women's Raw Masters D	136.4	110+	42	1.02						195	202.5	-205		202.5	202.5	133.31	135.97	3
Therese Duffy	FEMALE	RAW	QLD	Women's Raw Masters D	76.1	82.5	54	1.204						127.5	135	-140		135	135	111.79	134.60	4
Cheryl Schmid	FEMALE	RAW	VIC	Women's Raw Masters D	77.8	82.5	77	1.918						75	80	-85		80	80	65.30	125.24	5
Melanie Lihou	FEMALE	RAW	QLD	Women's Raw Masters D	92.7	100	50	1.13						130	140	-150		140	140	103.31	116.74	6
Michaela Albert	FEMALE	RAW	VIC	Women's Raw Masters D	119.9	110+	44	1.043						160	-165	-165		160	160	108.48	113.14	7
Dot De'laney	FEMALE	RAW	QLD	Women's Raw Masters D	89.2	90	56	1.246						90	100	110	118	110	110	82.63	102.95	8
Melissa McShane-Murphy	FEMALE	RAW	VIC	Women's Raw Masters D	121.1	110+	42	1.02						135	140	-150		140	140	94.71	96.60	9
Traci Bourke	FEMALE	RAW	QLD	Women's Raw Masters D	71.3	75	55	1.225						65	70	75		75	75	64.90	79.50	10
Helen Harvey	FEMALE	SINGLE_PLY	QLD	Women's Single Ply Masters D	59.5	60	62	1.393						100	107.5	112.5		112.5	112.5	111.9	155.81	1
Kingston Mudie	MALE	RAW	VIC	Men's Raw SubTeen D	50.4	52	11	1.23						75	85	87.5	90	87.5	87.5	87.57	107.71	1
Ariyan Koya	MALE	RAW	VIC	Men's Raw SubTeen D	57.5	60	12	1.23						75	85	-87.5		85	85	73.84	90.823	2
Aidan Delaney	MALE	RAW	QLD	Men's Raw Teen D	64.6	67.5	16	1.13						150	165	-170		165	165	128.3	144.96	1
Malik Brown	MALE	RAW	NSW	Men's Raw Teen D	76	82.5	17	1.08						165	185	-202.5		185	185	126.2	136.24	2
Darcy Vella	MALE	RAW	QLD	Men's Raw Teen D	69.9	75	14	1.23						120	125	-130		125	125	90.89	111.79	3
Johnny Barrel	MALE	RAW	QLD	Men's Raw Teen D	96.2	100	16	1.13						135	145	-150		145	145	85.75	96.901	4
Adam Williamson	MALE	RAW	QLD	Men's Raw Junior D	106.5	110	21	1.02						180				180	180	102.2	104.28	1
Theo Maddox	MALE	RAW	QLD	Men's Raw Open D	136.5	140	21	1.02						400	410			410	410	219.02		1
Chris Kelly	MALE	RAW	NSW	Men's Raw Open D	108.6	110	35	1						285	302.5			302.5	302.5	170.78		2
Taylor Omoore -Mcleeland	MALE	RAW	NSW	Men's Raw Open D	162.4	140+	33	1						300	315			315	315	161.97		3
Ben Milham	MALE	RAW	QLD	Men's Raw Open D	108.4	110	32	1						240	250	262.5		262.5	262.5	148.27		4
Tyler Clarke	MALE	RAW	QLD	Men's Raw Open D	108.3	110	24	1						260	-270	-270		260	260	146.90		5
Taylen Mills	MALE	RAW	VIC	Men's Raw Open D	133.6	140	27	1						260	270	-275		270	270	144.94		6
Clay Scott	MALE	RAW	QLD	Men's Raw Open D	105	110	34	1						230	250	-260		250	250	142.66		7
Paul Moloney	MALE	RAW	QLD	Men's Raw Open D	107.9	110	25	1						210	222.5	230		230	230	130.10		8
Varun Lal	MALE	RAW	QLD	Men's Raw Open D	116.9	125	26	1						205	220	-230		220	220	121.91		9
Dean Pascoe	MALE	RAW	ACT	Men's Raw Masters D	107	110	46	1.068						245	-261.5	261.5		260	260	148.3	158.38	1
Nicholas Ebdon-walker	MALE	RAW	QLD	Men's Raw Masters D	88.7	90	42	1.02						200	225	230		230	230	141.9	144.71	2
Simon Knechtli	MALE	RAW	QLD	Men's Raw Masters D	66.6	67.5	55	1.225						105	115	125		125	125	94.63	115.92	3