

1/08/2024

## CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 4 - National Push Pull

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	
Chris Kelly	MALE	RAW	NSW	Men's Raw Open PP	108.1	110	35	1	190	200	210		210	285	302.5			302.5	512.5	289.72		1	
Ben Milham	MALE	RAW	QLD	Men's Raw Open PP	108.4	110	32	1	170	-177.5	-177.5		170	240	250	262.5		262.5	432.5	244.30		2	
Taylen Mills	MALE	RAW	VIC	Men's Raw Open PP	133.7	140	27	1	165	172.5	177.5		177.5	260	270	-275		270	447.5	240.20		3	
Clay Scott	MALE	RAW	QLD	Men's Raw Open PP	105.1	110	34	1	140	155	-170		155	230	250	-260		250	405	231.05		4	
Paul Moloney	MALE	RAW	QLD	Men's Raw Open PP	108.1	110	25	1	117.5	127.5	-132.5		127.5	210	222.5	230		230	357.5	202.09		5	
Kingston Mudie	MALE	RAW	VIC	Men's Raw SubTeen PP	50.5	52	11	1.23	25	27.5	-30		27.5	75	85	87.5	90	87.5	115	114.83	141.24	1	
Ariyan Koya	MALE	RAW	VIC	Men's Raw SubTeen PP	57.6	60	12	1.23	22.5	25	-27.5		25	75	85	-87.5		85	110	112.26	138.07	2	
Aidan Delaney	MALE	RAW	QLD	Men's Raw Teen PP	64.6	67.5	16	1.13	57.5	65	-75		65	150	165	-170		165	230	178.83	202.07	1	
Malik Brown	MALE	RAW	NSW	Men's Raw Teen PP	76.5	82.5	17	1.08	75	82.5	90		90	165	185	-202.5		185	275	186.62	201.54	2	
Darcy Vella	MALE	RAW	QLD	Men's Raw Teen PP	69.9	75	14	1.23	42.5	45	46	47.5	45	120	125	-130		125	170	123.61	152.04	3	
Adam Williamson	MALE	RAW	QLD	Men's Raw Junior PP	106.5	110	21	1.02	130	142.5	-155		142.5	180				180	322.5	183.16	186.83	1	
Nicholas Ebdon-Walker	MALE	RAW	QLD	Men's Raw Masters PP	88.7	90	42	1.02	150	160	-164		160	200	225	230		230	390	240.57	245.38	1	
Simon Knechtli	MALE	RAW	QLD	Men's Raw Masters PP	66.6	67.5	55	1.225	70	75	77.5		77.5	105	115	125		125	202.5	153.30	187.80	2	
Shontelle Faulkner	FEMALE	RAW	QLD	Women's Raw Open PP	97.8	100	40	1	100	-110	-110		100	145	-155	-155		145	245	176.85		1	
Stephanie Pearson	FEMALE	RAW	VIC	Women's Raw Open PP	121.4	110+	31	1	75	77.5	-80		77.5	150	162.5	-165		162.5	240	162.26		2	
Katie Fairall	FEMALE	RAW	VIC	Women's Raw Open PP	73.3	75	36	1	42.5	45	-47.5		45	100	105	110		110	155	131.61		3	
Angelika Dellios	FEMALE	RAW	VIC	Women's Raw Open PP	107.2	110	33	1	47.5	50	52.5		52.5	110	120	132.5		132.5	185	129.05		4	
Sarah Leigh	FEMALE	RAW	VIC	Women's Raw Open PP	74.4	75	35	1	-75	-75	-75												
Ayla Hipwell	FEMALE	RAW	QLD	Women's Raw Teen PP	52.3	56	13	1.23	30	35	-40		35	65	75	85	90	85	120	132.30	162.73	1	
Millie McNamara	FEMALE	RAW	QLD	Women's Raw Junior PP	66.8	67.5	21	1.02	70	80	-85		80	165	-185	-185		165	245	222.22	226.66	1	
Therese Duffy	FEMALE	RAW	QLD	Women's Raw Masters PP	76.1	82.5	54	1.204	57.5	62.5	65		65	127.5	135	-140		135	200	165.62	199.41	1	
Mui Mui Lavaka	FEMALE	RAW	VIC	Women's Raw Masters PP	87.4	90	57	1.268	47.5	50	52.5		52.5	140	145	147.5		147.5	200	151.99	192.72	2	
Janelle Crouch	FEMALE	RAW	VIC	Women's Raw Masters PP	136.5	110+	42	1.02	75	77.5	-80		77.5	195	202.5	-205		202.5	280	184.28	187.97	3	
Melanie Lihou	FEMALE	RAW	QLD	Women's Raw Masters PP	92.8	100	50	1.13	60	65	70		70	130	140	-150		140	210	154.90	175.03	4	
Michaela Albert	FEMALE	RAW	VIC	Women's Raw Masters PP	120	110+	44	1.043	72.5	77.5	80		80	160	-165	-165		160	240	162.70	169.69	5	
Dot De'laney	FEMALE	RAW	QLD	Women's Raw Masters PP	88.9	90	56	1.246	57.5	62.5	-65		62.5	90	100	110	118	110	172.5	129.82	161.76	6	
Melissa McShane-Murphy	FEMALE	RAW	VIC	Women's Raw Masters PP	121.1	110+	42	1.02	67.5	70	-72.5		70	135	140	-150		140	210	142.07	144.91	7	
Traci Bourke	FEMALE	RAW	QLD	Women's Raw Masters PP	71.3	75	55	1.225	25	27.5	30		30	65	70	75		75	105	90.86	111.30	8	