

2/08/2024

## CAPO NATIONAL CHAMPIONSHIPS 2024

## DAY 2 - SESSION 2 - Female Master Classic Raw

Caloundra RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Coef	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Gloss	Age Points	Group Place	Overall Masters
Ouida Ratapu	FEMALE	CLASSIC_RAW	QLD	Masters 60-69	73.15	75	65	1.48	130	140	147.5		147.5	92.5	95	97.5		97.5	245	170	177.5	185		185	430	365.63	541.13	1	1
Janine Blake	FEMALE	CLASSIC_RAW	QLD	Masters 60-69	53.41	56	67	1.543	92.5	100	-105		100	50	55.5	-57.5		55.5	155	125	135.5	-137.5		135.5	290	315.56	486.91	2	2
Monica Cook	FEMALE	CLASSIC_RAW	WA	Masters 60-69	66.09	67.5	60	1.34	117.5	-125	135		135	87.5	92.5	-95		92.5	227.5	135	140	145		145	372.5	340.65	456.47	3	3
Melissa Maxey	FEMALE	CLASSIC_RAW	VIC	Masters 40-49	81.24	82.5	46	1.068	170	190.5	200		200	90	100	103	-105	103	302.5	170	180.5	192.5	-200	192.5	495	393.43	420.18	1	4
Jenelle Schultz	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	58.65	60	47	1.082	140	150	-160		150	80	85	-88		85	235	140	-150	150		150	385	387.23	418.99	2	5
Anna Parygina	FEMALE	CLASSIC_RAW	VIC	Masters 50-59	54.7	56	53	1.184	105	112.5	117.5		117.5	60	65	68		68	185	132.5	140.5	145	147.5	145	330	351.59	416.28	1	6
Andrea Gledhill	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	76.47	82.5	45	1.055	170	180	185		185	75	80	82.5		82.5	267.5	175	190	-205		190	457.5	377.71	398.49	3	7
Katie Wilson	FEMALE	CLASSIC_RAW	QLD	Masters 70-79	78.2	82.5	70	1.645	-95	-95	95	-102.5	95	57.5	60	-61		60	155	125	135	140	-145	140	295	239.98	394.77	1	8
Chantal O'Brien	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	59.19	60	46	1.068	145	-152.5	-152.5		145	55	60	-65		60	205	140	150	160		160	365	364.40	389.18	4	9
Renae Connors	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	79.67	82.5	49	1.113	-135	135	-145		135	85	92.5	-95		92.5	227.5	155	165	172.5	-181	172.5	400	321.60	357.94	5	10
Domenica Soroka	FEMALE	CLASSIC_RAW	WA	Masters 40-49	73.65	75	45	1.055	135	145	152.5		152.5	72.5	77.5	80.5		80	232.5	140	157.5	167.5		167.5	400	338.99	357.64	6	11
Lucy Power	FEMALE	CLASSIC_RAW	QLD	Masters 50-59	73.3	75	55	1.225	117.5	125	-130		125	62.5	65	67.5	-69	67.5	192.5	132.5	143	150	155	150	342.5	290.82	356.25	2	12
Josie Wilson	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	74.25	75	41	1.01	140	-155	155		155	80	85	87.5		87.5	242.5	155	165	175		175	417.5	351.44	354.95	7	13
Jose Mccool	FEMALE	CLASSIC_RAW	QLD	Masters 70-79	70.04	75	73	1.756	-65	-65	65		65	45	50	52.5	-55	52.5	117.5	100	110	110	-115	110	227.5	199.29	349.96	2	14
Kim Herbert	FEMALE	CLASSIC_RAW	NSW	Masters 50-59	50.21	52	55	1.225	80	87.5	-90		87.5	40	42.5	-45		42.5	130	110	115	-120		115	245	279.01	341.78	3	15
Alison Craven	FEMALE	CLASSIC_RAW	WA	Masters 40-49	89.07	90	44	1.043	-160	167.5	-175		167.5	90	95	-100		95	262.5	150	160	165		165	427.5	321.40	335.22	8	19
Melissa Hermesen	FEMALE	CLASSIC_RAW	VIC	Masters 40-49	88.34	90	43	1.031	150	170	-185		170	75	80	-85		80	250	150	170	180		180	430	324.74	334.81	9	16
Tracey Faucett	FEMALE	CLASSIC_RAW	QLD	Masters 50-59	75.9	82.5	59	1.315	105	-112.5	-112.5		105	55	60	-65		60	165	125	135	140		140	305	253.00	332.69	4	17
Apple Valentine	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	82.03	82.5	43	1.031	135	145	-150		145	92.5	-97.5	-97.5		92.5	237.5	145	155	160		160	397.5	313.70	323.42	10	18
Natasha Robertson	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	63.82	67.5	40	1	120	130	-140		130	55	60	65		65	195	130	140	-150		140	335	315.03	315.03	11	20
Sharon Maddock	FEMALE	CLASSIC_RAW	WA	Masters 50-59	59.25	60	55	1.225	87.5	92.5	95		95	37.5	40	-42.5		40	135	105	112.5	120		120	255	254.40	311.64	5	21
Valerie Silver	FEMALE	CLASSIC_RAW	QLD	Masters 70-79	64.02	67.5	75	1.835	30	35	40		40	37.5	42.5	45	-47.5	45	85	85	90	95	-100	95	180	168.85	309.84	3	22
Victoria Friganiotis	FEMALE	CLASSIC_RAW	QLD	Masters 50-59	51.07	52	52	1.165	70	75	-80		75	50	55	-57.5		55	130	90	100	105		105	235	264.09	307.67	6	23
Olivia Macri	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	101.5	110	48	1.097	-130	-140	140		140	80	85	90		90	230	140	150	160		160	390	277.52	304.44	12	24
Janene Davidson	FEMALE	CLASSIC_RAW	VIC	Masters 50-59	72.1	75	52	1.165	85	95	100		100	60	65	67.5		67.5	167.5	120	130	135		135	302.5	259.76	302.62	7	25
Haley Russell	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	73.71	75	47	1.082	110	120	-130		120	55	60	62.5		62.5	182.5	120	130	142.5		142.5	325	274.97	297.51	13	26
Stacey Williams	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	78.26	82.5	42	1.02	120	130			130	60	62.5	-65		62.5	192.5	140	150	155		155	347.5	282.58	288.23	14	27
Naomi Hull	FEMALE	CLASSIC_RAW	QLD	Masters 50-59	89.18	90	53	1.184	105	115	120		120	57.5	60	62.5		62.5	182.5	120	132.5	137.5		137.5	320	240.37	284.60	8	28
Michelle Keeffe	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	61.47	67.5	45	1.055	95	-105	-105		95	57.5	60	62.5		62.5	157.5	105	112.5	120		120	277.5	268.87	283.66	15	29
Connie Aldamiz	FEMALE	CLASSIC_RAW	VIC	Masters 50-59	65.22	67.5	54	1.204	85	95	100		100	37.5	40	42.5		42.5	142.5	100	-110	110		110	252.5	233.41	281.03	9	30
Bianca Strahan	FEMALE	CLASSIC_RAW	SA	Masters 40-49	81.98	82.5	41	1.01	125	132.5	137.5		137.5	60	65	67.5		67.5	205	135	145	-152.5		145	350	276.31	279.07	16	31
Noosha Burk	FEMALE	CLASSIC_RAW	SA	Masters 40-49	101.71	110	45	1.055	-120	120	125		125	82.5	87.5	88		87.5	212.5	135	145	150		150	362.5	258.11	272.31	17	32
Tee Ngo	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	54.19	56	42	1.02	85	-92.5	-92.5		85	35	40	-42.5		40	125	100	107.5	-115		107.5	232.5	249.15	254.13	18	33
Lynne Chamberlain	FEMALE	CLASSIC_RAW	ACT	Masters 40-49	66.07	67.5	49	1.113	65	-75	75		75	40	42.5			42.5	117.5	120	-137.5	-137.5		120	237.5	217.32	241.88	19	34
Nicki Small	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	79.41	82.5	41	1.01	85	-95	95		95	57.5	62.5	65		65	160	100	115	122.5		122.5	282.5	227.58	229.86	20	35
Bhavika Singh	FEMALE	CLASSIC_RAW	QLD	Masters 40-49	58.46	60	47	1.082	55	65	70		70	30	32.5	35		35	105	75	82.5	85		85	190	191.63	207.35	21	36