

4/08/2024

CAPO NATIONAL CHAMPIONSHIPS 2024

Day 4 - Female Open Classic Raw

Caloundra RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	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	Class Place	Overall
Aliesha Sharp	FEMALE	CLASSIC_RAW	WA	Open 60 kg	59.64	60	27	175	182.5	190		190	90	95	-97.5		95	285	210	220	-225		220	505	501.10	1	1
Belinda Ryder	FEMALE	CLASSIC_RAW	QLD	Open 60 kg	59.44	60	53	180	187.5	-195		187.5	92.5	97.5	100		100	287.5	-207.5	207.5	-217.5		207.5	495	492.49	2	2
Lydia Hantke	FEMALE	CLASSIC_RAW	QLD	Open 100 kg	98.86	100	47	195	211	222.5		222.5	122.5	130.5	135		135	357.5	247.5	265	-275		265	622.5	447.48	1	3
Stephanie-Lynn McKay-Gillies	FEMALE	CLASSIC_RAW	QLD	Open 75 kg	72.65	75	31	190	200	210		210	105	112.5	117.5		117.5	327.5	175	185	195		195	522.5	446.36	1	4
Lucy Michon	FEMALE	CLASSIC_RAW	WA	Open 75 kg	73.27	75	38	190	-200	-200		190	100	110	-117.5		110	300	210	222.5	-225		222.5	522.5	443.86	2	5
Anna Bailey	FEMALE	CLASSIC_RAW	QLD	Open 67.5 kg	65.72	67.5	37	160	175	183		183	82.5	87.5	-92.5		87.5	270	185	200	205	-213	205	475	436.91	2	6
Annie Malard	FEMALE	CLASSIC_RAW	WA	Open 67.5 kg	66.69	67.5	43	-185	185	-200		185	60	75	85		85	270	195	210	-217.5		210	480	435.86	1	7
Jess McCatum	FEMALE	CLASSIC_RAW	WA	Open 110+ kg	131.96	110+	43	235	-262.5	-262.5		235	120	135	145		145	380	240	260	-285		260	640	424.58	1	8
Tabatha Whitehead	FEMALE	CLASSIC_RAW	QLD	Open 75 kg	73.77	75	44	190	-207.5	-207.5		190	90	95	100		100	290	185	200	-210		200	490	414.37	3	9
Kristy Fuderer	FEMALE	CLASSIC_RAW	ACT	Open 100 kg	96.44	100	41	185	-200			185	120	130	-140		130	315	-200	217.5	-235		217.5	532.5	386.54	2	10
Emma Claydon	FEMALE	CLASSIC_RAW	QLD	Open 82.5 kg	80.79	82.5	34	160	-170	175		175	95	100	102.5		102.5	277.5	170	180	185		185	462.5	368.50	1	11
Chantal Potgieter	FEMALE	CLASSIC_RAW	SA	Open 67.5 kg	67.15	67.5	32	130	140			140	92.5	97.5	100		100	240	150	160	165		165	405	365.84	3	12
Elva Kristin Reynisdottir	FEMALE	CLASSIC_RAW	QLD	Open 56 kg	54.06	56	37	122.5	127.5	-130		127.5	65	67.5	-70		67.5	195	140	-150	-150		140	335	359.79	1	13
Ann Walker	FEMALE	CLASSIC_RAW	QLD	Open 82.5 kg	81.68	82.5	33	170	-180	-180		170	90	95	-100		95	265	170	182.5	187.5		187.5	452.5	358.06	2	14
Etta Su'a	FEMALE	CLASSIC_RAW	VIC	Open 75 kg	67.75	75	34	145	155	-165		155	67.5	75	-80		75	230	167.5	-175	-175		167.5	397.5	356.49	5	15
Katie Arthur	FEMALE	CLASSIC_RAW	QLD	Open 52 kg	51.88	52	32	100	110	-115		110	45	55	60		60	170	-135	145	150	152.5	150	320	354.98	1	16
Catherine Henderson	FEMALE	CLASSIC_RAW	WA	Open 82.5 kg	81.46	82.5	44	-165	-170	170		170	95	-100	-100		95	265	170	177.5	182.5		182.5	447.5	354.78	3	17
Carli van der Hoek	FEMALE	CLASSIC_RAW	SA	Open 110 kg	108.14	110	35	-192.5	192.5	-205		192.5	97.5	105	107.5		107.5	300	187.5	202.5	210		210	510	354.63	1	18
Laura Lancaster	FEMALE	CLASSIC_RAW	QLD	Open 100 kg	98.22	100	33	185	197.5	205		205	95	102.5	105		105	310	160	172.5	180		180	490	353.14	3	19
Hilda Betham	FEMALE	CLASSIC_RAW	QLD	Open 110+ kg	125.05	110+	48	200	215	-225		215	82.5	-87.5	-87.5		82.5	297.5	200	215	225		225	522.5	350.94	3	20
Joanne Allan	FEMALE	CLASSIC_RAW	WA	Open 52 kg	51.85	52	45	95	105	110		110	50	55	60		60	170	125	135	145		145	315	349.68	2	21
Latanya Parker	FEMALE	CLASSIC_RAW	QLD	Open 110+ kg	142.03	110+	38	-200	200	220		220	102.5	107.5	-115		107.5	327.5	192.5	-207.5	207.5		207.5	535	348.89	2	22
Tegan Rushton	FEMALE	CLASSIC_RAW	WA	Open 56 kg	54.21	56	33	95	102.5	110		110	60	65	-67.5		65	175	132.5	140	147.5		147.5	322.5	345.59	2	23
Kelly Ann King	FEMALE	CLASSIC_RAW	QLD	Open 75 kg	74.16	75	39	150	157.5	160		160	67.5	70	-72.5		70	230	175	-185	-185		175	405	341.22	4	24
Renee Jackson	FEMALE	CLASSIC_RAW	NSW	Open 75 kg	71.58	75	33	140	-150	150		150	80	85	-90		85	235	140	150	160		160	395	340.83	6	25
Sheryl-Ann Kaye-Bourne	FEMALE	CLASSIC_RAW	QLD	Open 110+ kg	134.46	110+	30	200	217.5	-230		217.5	85	92.5	-100		92.5	310	190	205	-212.5		205	515	340.16	4	26
Olivia Hogan	FEMALE	CLASSIC_RAW	QLD	Open 82.5 kg	79.64	82.5	24	172.5	185	-192.5		185	67.5	72.5	-75		72.5	257.5	145	155	162.5		162.5	420	337.68	4	27
Natalie Stone	FEMALE	CLASSIC_RAW	SA	Open 100 kg	99.06	100	32	185	-200	200		200	95	102.5	105		105	305	165	-177.5	-182.5		165	470	337.59	4	28
Tegan Fennell	FEMALE	CLASSIC_RAW	NSW	Open 110+ kg	118.14	110+	26	165	185	200		200	82.5	92.5	-100		92.5	292.5	170	190	200		200	492.5	335.01	6	29
Dee Hilton	FEMALE	CLASSIC_RAW	QLD	Open 90 kg	89.33	90	31	170	180	187.5		187.5	80	87.5	90		90	277.5	140	152.5	165		165	442.5	332.06	1	30
Hannah Monaghan	FEMALE	CLASSIC_RAW	SA	Open 90 kg	89.48	90	31	155	165	175		175	77.5	85	90		90	265	150	162.5	177.5		177.5	442.5	331.74	2	31
Alyshianna Paletua	FEMALE	CLASSIC_RAW	VIC	Open 110+ kg	162.25	110+	32	165	185	-200		185	100	-112.5	112.5	-120.5	112.5	297.5	200	215	-225		215	512.5	326.01	5	32
Ebony Mackenzie	FEMALE	CLASSIC_RAW	SA	Open 75 kg	73.97	75	36	147.5	157.5	-162.5		157.5	62.5	67.5	70		70	227.5	145	157.5	-165		157.5	385	324.96	7	33
Cassia Whitley	FEMALE	CLASSIC_RAW	QLD	Open 90 kg	86.75	90	29	150	160	165		165	90	95	97.5		97.5	262.5	150	160	-165		160	422.5	322.46	3	34
Liv Pecuius	FEMALE	CLASSIC_RAW	SA	Open 82.5 kg	78.78	82.5	28	140	147.5	152.5		152.5	62.5	67.5	70		70	222.5	165	175	-180		175	397.5	321.80	5	35
Cho Wu	FEMALE	CLASSIC_RAW	QLD	Open 48 kg	47.63	48	35	90	95	-97.5		95	45	47.5	50	-53	50	145	110	118	122.5	125	122.5	267.5	317.15	1	36
Nicole Goldring	FEMALE	CLASSIC_RAW	SA	Open 110 kg	107.18	110	30	-155	155	-175		155	85	95	-100		95	250	175	185	195		195	445	310.41	2	37
Shelley Laing	FEMALE	CLASSIC_RAW	QLD	Open 56 kg	55.33	56	35	100	105	-110		105	45	50	52.5		52.5	157.5	120	130	-132.5		130	287.5	302.94	3	38
Abbey Humble	FEMALE	CLASSIC_RAW	VIC	Open 110+ kg	122.48	110+	30	165	180	-195		180	70	75	77.5		77.5	257.5	170	190	-195		190	447.5	301.95	7	39
Sarah Ludlow	FEMALE	CLASSIC_RAW	QLD	Open 90 kg	87.4	90	29	140	150	-155		150	-57.5	57.5	62.5		62.5	212.5	170	180	-190		180	392.5	298.28	4	40
Maggie Dango	FEMALE	CLASSIC_RAW	WA	Open 90 kg	87.98	90	34	-145	145	152.5		152.5	65	72.5	-75		72.5	225	147.5	157.5	165		165	390	295.21	5	41
Nicole Thomason	FEMALE	CLASSIC_RAW	ACT	Open 75 kg	72.84	75	29	-150	-150	150		150	70	-75	-75		70	220	120	125			125	345	294.17	8	42
Erin McCabe	FEMALE	CLASSIC_RAW	QLD	Open 82.5 kg	78.02	82.5	35	122.5	132.5	137.5		137.5	62.5	67.5	70		70	207.5	142.5	152.5	-160		152.5	360	293.35	6	43
Franca Bulzomi	FEMALE	CLASSIC_RAW	VIC	Open 110 kg	109.55	110	38	150	160	167.5		167.5	82.5	90	-97.5		90	257.5	160	-175	-180		160	417.5	289.02	3	44
Brooke Palmer	FEMALE	CLASSIC_RAW	WA	Open 100 kg	98.76	100	35	160	172.5	-180		172.5	70	-75	-75		70	242.5	145	157.5			157.5	400	287.66	5	45
Elizabeth Browne	FEMALE	CLASSIC_RAW	QLD	Open 52 kg	50.72	52	36	75	80	85		85	40	42.5	45		45	130	105	112.5	117.5		117.5	247.5	279.65	3	46
Kath Brady	FEMALE	CLASSIC_RAW	QLD	Open 110+ kg	123.95	110+	39	145	155	165		165	77.5	82.5	85		85	250	150	160	-165		160	410	275.91	8	47
Alison Kenny	FEMALE	CLASSIC_RAW	QLD	Open 56 kg	54.81	56	35	90	95	-100		95	45	50	-52.5		50	145	95	105	112.5		112.5	257.5	273.52	4	48
Emma James	FEMALE	CLASSIC_RAW	QLD	Open 110+ kg	127.36	110+	36	140	150	160		160	82.5	87.5	-92.5		87.5	247.5	140	155	-170		155	402.5	269.22	9	49
Emily Collett	FEMALE	CLASSIC_RAW	QLD	Open 100 kg	97.88	100	30	115	125	-132.5		125	65	70	72.5		72.5	197.5	155	165	175		175	372.5	268.80	6	50
Tori Davidson	FEMALE	CLASSIC_RAW	SA	Open 100 kg	94.33	100	25	145	-152.5	152.5		152.5	65	70	75		75	227.5	120	130	137.5		137.5	365	267.36	7	51
Tilly De'Laney	FEMALE	CLASSIC_RAW	QLD	Open 90 kg	83.69	90	27	112.5	122.5	-125		122.5	67.5	-72.5	72.5		72.5	195	135	147.5	-155		147.5	342.5	267.01	6	52
Elisha Young	FEMALE	CLASSIC_RAW	QLD	Open 110 kg	108.06	110	28	140	150	-155		150	75	-80	-80		75	225	140	150	155		155	380	264.32	4	53
Sarah Coates	FEMALE	CLASSIC_RAW	SA	Open 90 kg	86.45	90	39	105	-112.5	115	</																