

15-9-2024

## 2024 Poseidon's Trident Cup

Power Pit - Rockingham

Name	Sex	Age	Equip	Division	Podium	BWT	WtCls	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	Points	Points + Age
<b>Female</b>																			
Stephanie Papini	F	26	Sleeves	FO-RS	CR	59.86	60	115	120	125	65	70	-75	135	145	-152.5	340	335.54	
Lesley Nation	F	39	Wraps	FM-RP	CR	82.45	82.5	115	125	130	52.5	-57.5	-57.5	140	150	160	342.5	269.91	
Steph Forsyth	F	35	Wraps	FM-RP	CR	128	110+	-115	-115	122.5	60	67.5	-72.5	150	-160	-160	340	227	
Melanie Dolden	F	48	Wraps	FM-RP	CR	84.4	90	140	152.5	167.5	60	67.5	72.5	152.5	172.5	182.5	422.5	328.49	360.35
Jo O'Grady	F	42	Wraps	FM-RP	CR	62.94	67.5	-122.5	-125	125	72.5	-75	-75	120	130	135	332.5	315.55	321.86
Samantha Hess	F	45	Wraps	FM-RP	CR	74.08	75	125	-132.5	-132.5	40	50	-55	150	160	-167.5	335	282.46	297.99
Lena Dunbabin	F	32	Bare	FO-R	R	66.08	67.5				72.5	77.5	80				80	73.17	
<b>Male</b>																			
Sam Murphy	M	40	Wraps	MO-RP	CR	124.4	125	325	345	352.5	200	210	215	337.5	360	-372.5	927.5	506.48	
Lucaan Cooper	M	26	Wraps	MO-RP	CR	119.92	125	280	300	312.5	167.5	185	192.5	250	275	295	800	440.81	
Zach Seccombe	M	27	Wraps	MO-RP	CR	73.66	75	245	262.5	-270	115	122.5	-127.5	230	240	245	630	439.64	
Colin Hogan	M	35	Wraps	MO-RP	CR	96.08	100	220	240	-260	150	160	165	280	300	-310	705	417.13	
David Crowe	M	35	Wraps	MO-RP	CR	108.22	110	215	230	240	127.5	137.5	142.5	260	285	-300	667.5	377.2	
Dan Stockden	M	36	Wraps	MO-RP	CR	89.74	90	195	207.5	217.5	110	120	-127.5	225	242.5	255	592.5	363.09	
Josh Brennan	M	32	Sleeves	MO-RS	CR	87.5	90	185	195	-205	130	135	137.5	205	215	-217.5	547.5	340.38	
Mark Cavanaugh	M	33	Sleeves	MO-RS	CR	93.08	100	-145	150	160	120	130	-140	212.5	220	-225	510	306.5	
Chad Blachford	M	20	Sleeves	MJ-RS	CR	79.82	82.5	130	142.5	155	90	100		180	185	192.5	447.5	294.81	
Tom Ritchie	M	35	Sleeves	MO-RS	CR	150.3	140+	140	150	160	120	130	-140	180	210		500	261.46	
Alexander Short	M	19	Wraps	MT-RP	CR	81.7	82.5	-210	230	-242.5	120	132.5	-140	190	215	230	592.5	384.34	399.71
James Hoxey	M	15	Sleeves	MT-RS	CR	80.34	82.5	170	-185	185	97.5	105	107.5	195	207.5	-220.5	500	327.96	387.00
Kaiden Glover	M	16	Sleeves	MT-RS	CR	74.06	75	-140	-152.5	155	105	115	-122.5	150	162.5	172.5	442.5	307.54	347.52
Peter McLernon	M	73	Wraps	MM-RP	CR	81.6	82.5	140	150	160	75	85	-95	170	180	-190	425	275.91	484.49
Bill Harnett	M	53	Wraps	MM-RP	CR	99.44	100	210	230	245	105	115	125	220	240	-252.5	610	355.41	420.81
Jim Limnios	M	58	Wraps	MM-RP	CR	89	90	170	-180	180	117.5	125	-130	-170	180	-185	485	298.6	385.49
Richard Brown	M	44	Wraps	MM-RP	CR	139.8	140	180	200	-230	-140	160	170	200	240	260	630	334.73	349.13
Miguel De Guzman	M	37	Bare	MO-R	R	89.9	90				150	-155	-155				150	91.83	