

19/05/2024

## WA State Powerlifting Championships - Day 2 Female

Camp Wattle Grove - Perth

Name	Sex	Age	State	Equip	Division	BWT	WtCls	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Points	Points + Age	Event
Aliesha Sharp	F	26	WA	Wraps	FO-RP	60	60	180	185	-190		185	85	90	95	95	205	212.5	220		220	500	492.53		SBD
Jess McCallum	F	43	Tas	Wraps	FO-RP	135	110+	230	250	-272.5		250	130	137.5	142.5	142.5	240	260			260	652.5	430.58		SBD
Liz Ramage	F	44	WA	Wraps	FO-RP	66.5	67.5	150	160	-170		160	87.5	90	-95	90	190	200	-210		200	450	409.64		SBD
Cassandra Palermo	F	29	WA	Sleeves	FO-RP	59.5	60	120	127.5	-132.5		127.5	77.5	82.5		82.5	170	185	-195		185	395	391.68		SBD
Raegan Ashplant	F	31	WA	Wraps	FO-RP	89.1	90	-190	190	210		210	80	85	87.5	87.5	190	202.5	210		210	507.5	383.14		SBD
Chloe Caisley	F	21	WA	Sleeves	FO-RP	68.2	75	135	145	155		155	85	90	95	95	145	160	170		170	420	375.3		SBD
Catherine Henderson	F	44	WA	Wraps	FO-RP	82.3	82.5	170	-180	180		180	95	100	-102.5	100	172.5	185	-192.5		185	465	366.84		SBD
Tania Winwood	F	53	WA	Wraps	FO-RP	50	52	92.5	-100	-105		92.5	42.5	47.5	-50	47.5	135	142.5	150		150	290	330.8		SBD
Joanne Allan	F	45	WA	Wraps	FO-RP	51.5	52	90	100	-105		100	50	55	-57.5	55	115	127.5	132.5		132.5	287.5	320.19		SBD
Tegan Rushton	F	33	WA	Wraps	FO-RP	54.6	56	95	100	102.5		102.5	57.5	-62.5	-62.5	57.5	130	135	140		140	300	318.67		SBD
Domenica Soroka	F	45	WA	Wraps	FO-RP	74.2	75	-140	-140	140		140	75	-80.5	-80.5	75	145	157.5	-165		157.5	372.5	313.74		SBD
Paige Johnson	F	27	WA	Sleeves	FO-RP	69.3	75	-125	130	137.5		137.5	70	-75	-75	70	130	137.5	145		145	352.5	311.35		SBD
Maggie Dango	F	33	WA	Bare	FO-R	89.6	90	110	117.5	-120		117.5	55	60	65	65	120	135	150		150	332.5	250.3		SBD
Steph Forsyth	F	34	WA	Bare	FO-R	133	110+	110	117.5	-122.5		117.5	65	-70	-70	65	140	155	165		165	347.5	230.05		SBD
Holly Davey	F	17	WA	Wraps	FT-RP	54.9	56	85	95	107.5		107.5	45	52.5	-57.5	52.5	87.5	100	105	108	105	265	280.25	302.67	SBD
Shayla Winwood	F	19	WA	Wraps	FT-RP	50.7	52	90	97.5	-102.5		97.5	37.5	40	42.5	42.5	87.5	95	102.5		102.5	242.5	273.52	284.46	SBD
Miah Lawry	F	14	WA	Bare	FT-R	89.5	90	105	107.5	110	-112.5	110	57.5	60	-62.5	60	127.5	-132.5	-132.5		127.5	297.5	224.08	275.62	SBD
Isabelle Armstrong	F	16	WA	Bare	FT-R	83.3	90	65	-75	85	95	85	40	50	-52.5	50	110	125	135		135	270	211.51	239.00	SBD
Janie Napper	F	16	WA	Wraps	FT-RP	80.8	82.5	105	-115	-115		105	37.5	-40	-42.5	37.5	110	120	-127.5		120	262.5	209.37	236.59	SBD
Emily Rigney	F	20	WA	Bare	FJ-R	57.4	60	80	85	-90		85	50	55	-57.5	55	105	115	117.5		117.5	257.5	262.74	270.62	SBD
Monica Cook	F	59	WA	Wraps	FM-RP	66.1	67.5	105	115	122.5		122.5	80	87.5	-92.5	87.5	115	125	135		135	345	315.47	414.85	SBD
Joanna Harmer	F	41	WA	Bare	FM-R	66	67.5	120	-125	125		125	67.5	75	-80	75	120	130	140		140	340	311.25	314.36	SBD
Alison Craven	F	43	WA	Wraps	FM-RP	88.8	90	137.5	150	157.5		157.5	87.5	92.5	-95	92.5	140	152.5	-160		152.5	402.5	304.4	313.84	SBD
Sharon Maddock	F	55	WA	Sleeves	FM-RP	59.7	60	80	85	-87.5		85	37.5	40	-42.5	40	100	107.5	112.5		112.5	237.5	234.88	287.73	SBD
Trish Armstrong	F	45	WA	Bare	FM-R	73.9	75	60	75	85		85	50	60	70	70	100	115	130		130	285	240.7	253.93	SBD