

8/12/2023

CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS 2023 Day 2 - Male Masters

The Bridgeway Hotel - ADELAIDE

Place	Name	State	Sex	Born	Age	Equipment	Division	BWT	WtCls	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	Open Score	Age Score
14	Troy Millard	QLD	M	1981	41	RAW	Master (40-44)	82.25	82.5	185	195	-205		195	135	142.5	-147.5		142.5	337.5	225	237.5	-247.5		238	575	371.38	375.09
23	Dave Haupt	SA	M	1980	43	RAW	Master (40-44)	106.5	110	190	200	-205		200	122.5	127.5	-130		127.5	327.5	202.5	217.5	225		225	552.5	313.79	323.52
10	Kurt McPherson	QLD	M	1982	40	RAW	Master (40-44)	118.25	125	-240	-240	250		250	150	160	-170		160	410	290	306	-310		306	716	395.77	395.77
22	Matthew Ross	SA	M	1971	52	RAW	Master (50-54)	127.25	140	177.5	195	-200		195	107.5	-112.5	-112.5		107.5	302.5	215	-232.5	-232.5		215	517.5	281.05	327.43
26	Michael Jones	QLD	M	1962	61	RAW	Master (60-64)	88.5	90	115	-125	-135		115	80	-85	-85		80	195	160	170	175		175	370	228.55	312.20
30	Ian Harvey	QLD	M	1957	66	RAW	Master (65-69)	92.6	100	75	82.5	-87.5		82.5	50	65	67.5		67.5	150	130	140	150		150	300	180.80	273.18
20	Michael Trentin	QLD	M	1982	40	CLASSIC_RAW	Master (40-44)	89	90	185	-192.5	-192.5		185	137.5	142.5	-145.5		142.5	327.5	212.5	220	-225		220	547.5	337.10	337.10
29	Michael Vicig	QLD	M	1979	43	CLASSIC_RAW	Master (40-44)	84.75	90	150	160	-165		160	82.5	87.5	-90		87.5	247.5	180	195	200		200	447.5	283.60	292.39
7	Beau Brammall	QLD	M	1977	46	CLASSIC_RAW	Master (45-49)	95	100	250	265	275		275	150	160	165		165	440	250	270	285		285	725	431.30	460.63
9	Brent Drake	NSW	M	1976	47	CLASSIC_RAW	Master (45-49)	99.8	100	220	-235	237.5		237.5	135	145	-150		145	382.5	245	250	-255		250	632.5	367.99	398.16
15	Paul Tyrell	VIC	M	1976	47	CLASSIC_RAW	Master (45-49)	97	100	-210	225	-240.5		225	120	127.5	132.5		132.5	357.5	230	-252.5	-252.5		230	587.5	346.10	374.48
18	Cyll Duncan	QLD	M	1976	46	CLASSIC_RAW	Master (45-49)	98.25	100	205	220	225		225	90	100	107.5		107.5	332.5	200	220	227.5		228	560	328.01	350.31
25	Matthew Woolnough	QLD	M	1975	48	CLASSIC_RAW	Master (45-49)	99.75	100	150	160	-170		160	112.5	122.5	-127.5		122.5	282.5	185	205	215		215	497.5	289.51	317.59
24	Nilesh Singh	QLD	M	1976	47	CLASSIC_RAW	Master (45-49)	105.4	110	195	215	-225		215	105	110	-112.5		110	325	165	180	190		190	515	293.52	317.59
5	Graham McDonald	NSW	M	1975	48	CLASSIC_RAW	Master (45-49)	120.3	125	275	285	290		290	170	177.5	182.5		182.5	472.5	300	312.5	317.5		318	790	435.01	477.21
28	Michael Walker	QLD	M	1974	48	CLASSIC_RAW	Master (45-49)	153	140+	180	-200	205		205	125	130	-137.5		130	335	165	180	185		185	520	270.88	297.16
27	Peter Gill	QLD	M	1967	55	CLASSIC_RAW	Master (55-59)	73.8	75	125	132.5	-140		132.5	70	75	-77.5		75	207.5	155	-170	-170		155	362.5	252.61	309.44
3	Brad Cooper	VIC	M	1969	54	CLASSIC_RAW	Master (50-54)	98.35	100	-280	-280	280		280	165	175	-183		175	455	265	280	290		290	745	436.18	525.16
11	Brian Jarrott	VIC	M	1968	54	CLASSIC_RAW	Master (50-54)	99.9	100	220	235			235	120	140	-150		140	375	190				190	565	328.58	395.61
12	Maurice Carriera	VIC	M	1972	50	CLASSIC_RAW	Master (50-54)	98.15	100	225	235	-245		235	125	-137.5	-137.5		125	360	220	230	235		235	595	348.67	394.00
17	Andreas Fiene	QLD	M	1971	52	CLASSIC_RAW	Master (50-54)	97.1	100	165	175	180		180	125	130	135		135	315	180	195	202.5		203	517.5	304.73	355.01
21	David Wicks	QLD	M	1966	56	CLASSIC_RAW	Master (55-59)	97.55	100	145	155	165		165	85	90	95		95	260	180	195	-205		195	455	267.36	333.13
6	Gary Jones	SA	M	1964	58	CLASSIC_RAW	Master (55-59)	106.9	110	195	207.5	215		215	150	157.5	-160		157.5	372.5	235	245	-255		245	617.5	350.31	460.65
19	Matt Deshon	QLD	M	1969	54	CLASSIC_RAW	Master (50-54)	119.45	125	162.5	172.5	177.5		177.5	105	110	-112.5		110	287.5	210	222.5	227.5		228	515	284.02	341.96
8	Kitchener Robertson	SA	M	1968	54	CLASSIC_RAW	Master (50-54)	160.5	140+	220	240	260		260	130	145	155		155	415	250	265	-270		265	680	350.57	422.09
13	Michael Thomson	SA	M	1959	64	CLASSIC_RAW	Master (60-64)	73.6	75	125	-135	-135		125	60	70	75		75	200	170	180	185		185	385	268.85	389.83
2	Vince Simonetta	VIC	M	1960	62	CLASSIC_RAW	Master (60-64)	99.45	100	245	-265	-265		245	115	120	-125		120	365	280	295	-305		295	660	384.57	535.70
16	Andrew Smith	SA	M	1961	62	CLASSIC_RAW	Master (60-64)	101.4	110	130	140	-150		140	130	135	-140		135	275	160	180	-200		180	455	263.01	366.38
1	Terrence Titus	QLD	M	1955	67	CLASSIC_RAW	Master (65-69)	114.3	125	210	230	237.5		237.5	140	145	150		150	387.5	265	285	292.5		293	680	378.76	584.43
4	Joseph Zollo	VIC	M	1957	65	CLASSIC_RAW	Master (65-69)	121.8	125	250	-265	-265		250	125	130			130	380	235	-250	-250		235	615	337.67	499.75

8/11/2023

CAPO NATIONAL CHAMPIONSHIPS 2023 - BENCH PRESS ONLY

The Bridgeway Hotel - ADELAIDE

Place	Name	State	Sex	Born	Age	Equipment	Division	BWT	WtCls	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Open Score	Age Score
1	Chantal Potgieter	SA	F	1992	31	Raw	Open	73.2	75	92.5	97.5	-100		97.5	82.87	
2	Anna Parygina	VIC	F	1970	52	Raw	Master (50-54)	54.2	56	62.5	66	-67.5		66	70.73	82.40
3	Anastasia Cocolaras	VIC	F	2005	18	Raw	Teen 18-19	57.45	60	-60	60	63	65	63	64.43	68.30
4	Emily Maddern	SA	F	1978	45	Raw	Master (45-49)	100.05	110	80	85	86	-87.5	86	61.53	64.92
5	Jennifer Vale	SA	F	1998	24	Raw	Open	96.15	100	52.5	55	57.5		57.5	41.79	

1	Michael Szabo	NSW	M	1972	50	Raw	Master (50-54)	132.8	140	210	220	-227.5		220	118.27	133.64
2	Sam Murphy	WA	M	1983	39	Raw	Submaster 33 - 39	124.15	125	190	205	-212.5		205	112.02	
3	Brendan Wang	VIC	M	1992	31	Raw	Open	114.65	125	170	187.5	195		195	108.54	
4	Rod Sylvia	VIC	M	1951	71	Raw	Master (70-74)	105.15	110	140	-150	-155.5		140	79.86	134.24
5	Andrew Smith	SA	M	1961	62	Raw	Master (60-69)	101.55	110	130	135	-140		135	77.99	108.64
6	Morgan Keech	QLD	M	1998	24	Raw	Open	123.85	125	130	140	-145		140	76.55	
7	Alex Jensen	QLD	M	1988	34	Raw	Submaster 33 - 39	74.95	75	70	75	77.5		77.5	53.39	

1	Ken Haydock	QLD	M	1975	48	Single_Ply	Master (45-49)	102.2	110	180	190	200	-205	200	115.26	126.44
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DQ	Alison Kenny		F	1989	34	Raw	Submaster 33 - 39	54.85	56	-42.5	-45	-47.5		0	0	0
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