

8/1/2024

CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 1 - TJMER-Female

Caloundra RSL - Queensland

Table containing athlete results for Day 1 - Session 1 - TJMER-Female. Columns include Name, Sex, Equip, Team, Awards Division, BWT, WtCls, Age, Age Coef, Squat 1-4, Bench 1-4, Best Squat, Best Bench, Sub Total, Deadlift 1-4, Best Deadlift, Total, Gross, Age Points, and Place.

8/1/2024

CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 1 - TJMER-Male

Caloundra RSL - Queensland

Table containing athlete results for Day 1 - Session 1 - TJMER-Male. Columns include Name, Sex, Equip, Team, Awards Division, BWT, WtCls, Age, Age Coef, Squat 1-4, Bench 1-4, Best Squat, Best Bench, Sub Total, Deadlift 1-4, Best Deadlift, Total, Gross, Age Points, and Place.

8/2/2024

CAPO NATIONAL CHAMPIONSHIPS 2024 DAY 2 - SESSION 1 - Male Master Classic Raw

Caloundra RSL - Queensland

Table containing athlete results for Day 2 - Session 1 - Male Master Classic Raw. Columns include Name, Sex, Equip, Team, Division, BWT, WtCls, Age, Age Coef, Squat 1-4, Bench 1-4, Best Squat, Best Bench, Sub Total, Deadlift 1-4, Best Deadlift, Total, Gross, Age Points, Group, Place, and Overall.

8/1/2024

CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 2 - Bench Only

Caloundra RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Age Coef	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Gloss	Age Points	Place
Ana Cocolaras	FEMALE	RAW	VIC	Women's Raw Teen B	50.7	52	19	1.04	55	57.5	60	-65	60						60	67.794	70.51	1
Sofia Bianco	FEMALE	RAW	QLD	Women's Raw Teen B	65.8	67.5	18	1.06	50	52.5	55	-58	55						55	50.479	53.51	2
Ayla Hipwell	FEMALE	RAW	QLD	Women's Raw Teen B	52.3	56	13	1.23	30	35	-40		35						35	38.588	47.46	3
Millie McNamara	FEMALE	RAW	QLD	Women's Raw Junior B	66.8	67.5	21	1.02	70	80	-85		80						80	72.56	74.01	1
Chantal Potgieter	FEMALE	RAW	SA	Women's Raw Open B	66.8	67.5	32	1	85	90	95		95						95	86.165		1
Taylah Hoffmann	FEMALE	RAW	QLD	Women's Raw Open B	85.1	90	23	1	95	-100	-100		95						95	73.335		2
Shontelle Fautkner	FEMALE	RAW	QLD	Women's Raw Open B	97.8	100	40	1	100	-110	-110		100						100	72.185		3
Katie Payne	FEMALE	RAW	NSW	Women's Raw Open B	87.5	90	26	1	75	82.5	87.5		87.5						87.5	66.447		4
Stephanie Pearson	FEMALE	RAW	VIC	Women's Raw Open B	121.4	110+	31	1	75	77.5	-80		77.5						77.5	52.40		5
Alison Brown	FEMALE	RAW	VIC	Women's Raw Open B	123.5	110+	35	1	-57.5	57.5	60		60						60	40.413		6
Katie Fairall	FEMALE	RAW	VIC	Women's Raw Open B	73.3	75	36	1	42.5	45	-47.5		45						45	38.21		7
Angelika Deltios	FEMALE	RAW	VIC	Women's Raw Open B	107.2	110	33	1	47.5	50	52.5		52.5						52.5	36.621		8
Therese Duffy	FEMALE	RAW	QLD	Women's Raw Masters B	76.1	82.5	54	1.204	57.5	62.5	65		65						65	53.826	64.81	1
Linda Stewart	FEMALE	RAW	VIC	Women's Raw Masters B	62.8	67.5	64	1.45	45	-47.5			45						45	42.851	62.13	2
Dot De'laney	FEMALE	RAW	QLD	Women's Raw Masters B	88.9	90	56	1.246	57.5	62.5	-65		62.5						62.5	47.038	58.61	3
Melanie Lihou	FEMALE	RAW	QLD	Women's Raw Masters B	92.8	100	50	1.13	60	65	70		70						70	51.632	58.34	4
Michaela Albert	FEMALE	RAW	VIC	Women's Raw Masters B	120	110+	44	1.043	72.5	77.5	80		80						80	54.232	56.56	5
Wendy Abrahmsen	FEMALE	RAW	QLD	Women's Raw Masters B	67.6	75	62	1.393	40	42.5	-45		42.5						42.5	38.174	53.18	6
Janelle Crouch	FEMALE	RAW	VIC	Women's Raw Masters B	136.5	110+	42	1.02	75	77.5	-80		77.5						77.5	51.007	52.03	7
Mui Mui Lavaka	FEMALE	RAW	VIC	Women's Raw Masters B	87.4	90	57	1.268	47.5	50	52.5		52.5						52.5	39.897	50.59	8
Olive OBrien	FEMALE	RAW	VIC	Women's Raw Masters B	109	110	68	1.576	42.5	43	45	-47.5	45						45	31.208	49.18	9
Melissa McShane-Murphy	FEMALE	RAW	VIC	Women's Raw Masters B	121.1	110+	42	1.02	67.5	70	-72.5		70						70	47.355	48.3	10
Traci Bourke	FEMALE	RAW	QLD	Women's Raw Masters B	71.3	75	55	1.225	25	27.5	30		30						30	25.959	31.8	11
Malik Brown	MALE	RAW	NSW	Men's Raw Teen B	76.5	82.5	17	1.08	75	82.5	90		90						90	61.074	65.96	1
Aidan Delaney	MALE	RAW	QLD	Men's Raw Teen B	64.6	67.5	16	1.13	57.5	65	-75		65						65	50.538	57.11	2
Darcy Vella	MALE	RAW	QLD	Men's Raw Teen B	69.9	75	14	1.23	42.5	45	46	47.5	45						45	33.447	41.14	3
Adam Williamson	MALE	RAW	QLD	Men's Raw Junior B	106.5	110	21	1.02	130	142.5	-155		142.5						142.5	80.933	82.55	1
Caleb Jones	MALE	RAW	QLD	Men's Raw Open B	99.5	100	28	1	210	218	225	227.5	225						225	131.07		1
Chris Kelly	MALE	RAW	NSW	Men's Raw Open B	108.1	110	35	1	190	200	210		210						210	112.41		2
Ben Milham	MALE	RAW	QLD	Men's Raw Open B	108.4	110	32	1	170	-177.5	-177.5		170						170	96.024		3
Taylen Mills	MALE	RAW	VIC	Men's Raw Open B	133.7	140	27	1	165	172.5	177.5		177.5						177.5	95.273		4
Clay Scott	MALE	RAW	QLD	Men's Raw Open B	105.1	110	34	1	140	155	-170		155						155	88.428		5
Anthony Batrich	MALE	RAW	VIC	Men's Raw Open B	136.6	140	33	1	130	-135	135		135						135	72.102		6
Paul Moloney	MALE	RAW	QLD	Men's Raw Open B	108.1	110	25	1	117.5	127.5	-132.5		127.5						127.5	68.251		7
Alex Jensen	MALE	RAW	QLD	Men's Raw Open B	73.7	75	35	1	70	75	80		80						80	55.804		8
Rod Sylvia	MALE	RAW	VIC	Men's Raw Masters B	102.9	110	72	1.718	135	-145	-155.5		135						135	77.598	133.3	1
Ken Haydock	MALE	RAW	QLD	Men's Raw Masters B	104.1	110	49	1.113	167.5	175	177.5		177.5						177.5	101.6	113.1	2
Nicholas Ebdon-walker	MALE	RAW	QLD	Men's Raw Masters B	88.7	90	42	1.02	150	160	-164		160						160	98.696	100.7	3
Matt Deshon	MALE	RAW	QLD	Men's Raw Masters B	121.4	125	55	1.225	112.5	117.5	120		120						120	65.94	80.78	4
Simon Knechtli	MALE	RAW	QLD	Men's Raw Masters B	66.6	67.5	55	1.225	70	75	77.5		77.5						77.5	58.671	71.87	5
Tyson Knowles	MALE	SINGLE_PLY	WA	Men's Single Ply Open B	72	75	28	1	65	70			70						70	49.714		1
Peter Sutton	MALE	MULTI_PLY	NSW	Men's Multi Ply Open B	95.9	100	47	1.082	-220	220	-240		220						220	130.3	141	1
Les Wroe	MALE	UNLIMITED	QLD	Men's Unlimited Open B	158.5	140+	35	1	-310	-310	310		310						310	160.25	160.3	1
Brendan Hains	MALE	UNLIMITED	VIC	Men's Unlimited Open B	88.9	90	55	1.225	215	-250.5	-270		215						215	132.45	162.3	2
Manatuki Pryor	MALE	UNLIMITED	QLD	Men's Unlimited Open B	114.2	125	51	1.147	-260	-260	-260								0	0	0	
Sarah Leigh	FEMALE	RAW	VIC	Women's Raw Open B	74.4	75	35	1	-75	-75	-75								0	0	0	
Gemma Stewart	FEMALE	UNLIMITED	QLD	Women's Unlimited Masters B	123.9	110+	38	1	-137.5	-137.5									0	0	0	

8/1/2024

CAPO NATIONAL CHAMPIONSHIPS 2024 Day 1 - Session 3 - Deadlift Only

Caloundra RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Age Coef	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Gloss	Age Points	Place
Ayla Hipwell	FEMALE	RAW	QLD	Women's Raw Teen D	52.3	56	13	1.23						65	75	85	90	85	85	93.713	115.27	1
Millie McNamara	FEMALE	RAW	QLD	Women's Raw Junior D	66.8	67.5	21	1.02						165	-185	-185		165	165	149.66	152.65	1
Silvia Nymand	FEMALE	RAW	QLD	Women's Raw Open D	88.8	90	38	1						145	155	160		160	160	120.49		1
Stephanie Pearson	FEMALE	RAW	VIC	Women's Raw Open D	121.4	110+	31	1						150	162.5	-165		162.5	163	109.87		2
Shontelle Faulkner	FEMALE	RAW	QLD	Women's Raw Open D	97.6	100	40	1						145	-155	-155		145	145	104.76		3
Sarah Leigh	FEMALE	RAW	VIC	Women's Raw Open D	74.4	75	35	1						100	110	112.5		112.5	113	94.573		4
Katie Fairall	FEMALE	RAW	VIC	Women's Raw Open D	73.3	75	36	1						100	105	110		110	110	93.401		5
Angelika Dellios	FEMALE	RAW	VIC	Women's Raw Open D	107.2	110	33	1						110	120	132.5		132.5	133	92.425		6
Tabatha Whitehead	FEMALE	RAW	QLD	Women's Raw Masters D	72.6	75	44	1.043						190				190	190	162.39	169.38	1
Mui Mui Lavaka	FEMALE	RAW	VIC	Women's Raw Masters D	87.3	90	57	1.268						140	145	147.5		147.5	148	112.16	142.22	2
Janelle Crouch	FEMALE	RAW	VIC	Women's Raw Masters D	136.4	110+	42	1.02						195	202.5	-205		202.5	203	133.31	135.97	3
Therese Duffy	FEMALE	RAW	QLD	Women's Raw Masters D	76.1	82.5	54	1.204						127.5	135	-140		135	135	111.79	134.60	4
Cheryl Schmidt	FEMALE	RAW	VIC	Women's Raw Masters D	77.8	82.5	77	1.918						75	80	-85		80	80	65.30	125.24	5
Melanie Lihou	FEMALE	RAW	QLD	Women's Raw Masters D	92.7	100	50	1.13						130	140	-150		140	140	103.31	116.74	6
Michaela Albert	FEMALE	RAW	VIC	Women's Raw Masters D	119.9	110+	44	1.043						160	-165	-165		160	160	108.48	113.14	7
Dot De'laney	FEMALE	RAW	QLD	Women's Raw Masters D	89.2	90	56	1.246						90	100	110	118	110	110	82.627	102.95	8
Melissa McShane-Murphy	FEMALE	RAW	VIC	Women's Raw Masters D	121.1	110+	42	1.02						135	140	-150		140	140	94.71	96.60	9
Traci Bourke	FEMALE	RAW	QLD	Women's Raw Masters D	71.3	75	55	1.225						65	70	75		75	75	64.90	79.50	10
Helen Harvey	FEMALE	SINGLE_PLY	QLD	Women's Single Ply Masters D	59.5	60	62	1.393						100	107.5	112.5		112.5	113	111.85	155.81	1
Aidan Delaney	MALE	RAW	QLD	Men's Raw Teen D	64.6	67.5	16	1.13						150	165	-170		165	165	128.29	144.96	1
Malik Brown	MALE	RAW	NSW	Men's Raw Teen D	76	82.5	17	1.08						165	185	-202.5		185	185	126.15	136.24	2
Darcy Vella	MALE	RAW	QLD	Men's Raw Teen D	69.9	75	14	1.23						120	125	-130		125	125	90.888	111.79	3
Johnny Barrel	MALE	RAW	QLD	Men's Raw Teen D	96.2	100	16	1.13						135	145	-150		145	145	85.753	96.901	4
Adam Williamson	MALE	RAW	QLD	Men's Raw Junior D	106.5	110	21	1.02						180				180	180	102.23	104.28	1
Theo Maddox	MALE	RAW	QLD	Men's Raw Open D	136.5	140	21	1.02						400	410			410	410	219.02		1
Chris Kelly	MALE	RAW	NSW	Men's Raw Open D	108.6	110	35	1						285	302.5			302.5	303	170.78		2
Taylor Omoore -Mcleeland	MALE	RAW	NSW	Men's Raw Open D	162.4	140+	33	1						300	315			315	315	161.97		3
Ben Milham	MALE	RAW	QLD	Men's Raw Open D	108.4	110	32	1						240	250	262.5		262.5	263	148.27		4
Tyler Clarke	MALE	RAW	QLD	Men's Raw Open D	108.3	110	24	1						260	-270	-270		260	260	146.90		5
Taylen Mills	MALE	RAW	VIC	Men's Raw Open D	133.6	140	27	1						260	270	-275		270	270	144.94		6
Clay Scott	MALE	RAW	QLD	Men's Raw Open D	105	110	34	1						230	250	-260		250	250	142.66		7
Paul Moloney	MALE	RAW	QLD	Men's Raw Open D	107.9	110	25	1						210	222.5	230		230	230	130.10		8
Varun Lal	MALE	RAW	QLD	Men's Raw Open D	116.9	125	26	1						205	220	-230		220	220	121.91		9
Dean Pascoe	MALE	RAW	ACT	Men's Raw Masters D	107	110	46	1.068						245	-261.5	261.5		260	260	148.3	158.38	1
Nicholas Ebdon-walker	MALE	RAW	QLD	Men's Raw Masters D	88.7	90	42	1.02						200	225	230		230	230	141.88	144.71	2
Simon Knechtli	MALE	RAW	QLD	Men's Raw Masters D	66.6	67.5	55	1.225						105	115	125		125	125	94.631	115.92	3