

7/31/2025

CAPO NATIONAL CHAMPIONSHIPS 2025 Day 1

Kedron-Wavell RSL - Queensland

Name	Sex	Equip	Team	WPC Division	BWT	WtCls	Age	Age Coef	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	Age Points	Place
Shannon McMinn	MALE	Bare Knees	VIC	Mens Masters Raw 40-44	80.65	82.5	42	1.02	190	202.5	205		205	147.5	155	-160		155	360	225	235	-240		235	595	389.28	397.06	1
Simon Riggs	MALE	Bare Knees	SA	Mens Masters Raw 40-44	82.5	82.5	41	1.01	120	142.5	155		155	85	95	-105		95	250	135	162.5	182.5		182.5	432.5	278.79	281.58	8
Des Ryan	MALE	Bare Knees	QLD	Mens Masters Raw 40-44	99.55	100	44	1.043	165	175	180		180	130	135	140		140	320	215	225	235		235	555	323.25	337.15	5
Sean Chinnery	MALE	Bare Knees	WA	Mens Masters Raw 45-49	98.3	100	47	1.082	190	210	-215		210	115	122.5	125		125	335	250	260	-270		260	595	348.43	377.00	2
Michael Walker	MALE	Bare Knees	QLD	Mens Masters Raw 50-54	149.5	140+	50	1.13	170	-185	190		190	122.5	127.5	-132.5		127.5	317.5	165	185	-202.5		185	502.5	263.10	297.30	9
Peter Berge	MALE	Bare Knees	WA	Mens Masters Raw 50-54	93.9	100	54	1.204	185	-205	205		205	130	-135	-135		130	335	210	230	-240		230	565	338.10	407.07	1
Greg Perrett	MALE	Bare Knees	QLD	Mens Masters Raw 55-59	109.9	110	59	1.315	165	-175	-180		165	80	90	100		100	265	200	-217.5	-217.5		200	465	261.66	344.08	8
Michael Draper	MALE	Bare Knees	QLD	Mens Masters Raw 60-64	88.1	90	60	1.34	200	210	217.5		217.5	155	160	-165		160	377.5	210	220	225		225	602.5	373.10	499.95	1
Craig James	MALE	Bare Knees	NSW	Mens Masters Raw 60-64	66.1	67.5	63	1.421	55	90	-111		90	60	70	81		80	171	80	135	151		150	320	245.36	348.66	2
Kevin Conway	MALE	Bare Knees	SA	Mens Masters Raw 65-69	97.4	100	66	1.511	80	100	-120		100	55				55	155	170	190	-210		190	345	202.86	306.52	3
Paul Christie	MALE	Bare Knees	NSW	Mens Masters Raw 50-54	104.1	110	54	1.204	-125															0	0.00	0.00		

Michael Watt	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	81.95	82.5	42	1.02	235	-250	250		250	150	157.5	162.5		162.5	412.5	270	287.5	292.5		292.5	705	456.42	465.55	10
Matthew Simmons	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	82	82.5	42	1.02	212.5	227.5	235		235	102.5	110	-115		110	345	255	272.5	-281		272.5	617.5	399.62	407.61	7
Michael Saliba	MALE	Sleeves	NSW	Mens Masters Classic Raw 40-44	81.15	82.5	44	1.043	140	-160	165		165	110	120	-127.5		120	285	225	235	-250		235	520	338.82	353.39	3
Michael Trentin	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	81.3	82.5	42	1.02	165	-175	175		175	125	130	135		135	310	200	210	-217.5		210	520	338.42	345.18	4
Luke Hewlett	MALE	Wraps	NSW	Mens Masters Classic Raw 40-44	89.85	90	44	1.043	225	235	247.5		247.5	160	170	-180		170	417.5	250	265	-272.5		265	682.5	417.98	435.95	9
Peter Hodgson	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	97.35	100	40	1	-230	230	240		240	160	170	-180		170	410	270	285	-292.5		285	695	408.75	408.75	8
Wayne Broad	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	91.75	100	42	1.02	215	225	-230		225	135	140	142.5		142.5	367.5	235	245	-250		245	612.5	370.90	378.32	5
Harley Murphy	MALE	Sleeves	VIC	Mens Masters Classic Raw 40-44	98.9	100	42	1.02	175	190	-203		190	127.5	135	-140		135	325	220	225	-232.5		225	550	321.23	327.65	6
Jim Heintzberger	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	96.8	100	43	1.031	185	205	210		210	92.5	100	102.5		102.5	312.5	200	220	-225		220	532.5	313.99	323.72	3
Tiago Amaral	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	108.8	110	42	1.02	-240	-240	240		240	170	-175	-175		170	410	250	-260	-260		250	660	372.45	379.90	4
James Hughes	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	110	110	42	1.02	-240	240	-260		240	130	137.5	-142.5		137.5	377.5	250	267.5	-272.5		267.5	645	362.86	370.12	5
Karl Malitz	MALE	Sleeves	QLD	Mens Masters Classic Raw 40-44	108.1	110	42	1.02	190	-202.5			190	60	80	100		100	290	75	125	175		175	465	248.91	253.89	9
James Martin	MALE	Sleeves	QLD	Mens Masters Classic Raw 40-44	115.4	125	40	1	195	205	210		210	140	147.5	150		150	360	240	260	272.5		272.5	632.5	351.54	351.54	4
Steven Fetu	MALE	Wraps	QLD	Mens Masters Classic Raw 40-44	145.1	140+	41	1.01	255	270			270	170	-182.5	182.5		182.5	452.5	300	315	322.5		322.5	775	408.37	412.45	3
Matt Kilby	MALE	Wraps	NSW	Mens Masters Classic Raw 45-49	58.35	60	47	1.082	125	-135	-135		125	57.5	62.5	65		65	190	132.5	145	-152.5		145	335	286.77	310.28	1
Greg Kitson	MALE	Wraps	QLD	Mens Masters Classic Raw 45-49	79.65	82.5	47	1.082	200	210	-215		210	110	120	125		125	335	190	200	-205		200	535	352.98	381.92	6
Michael Vicig	MALE	Wraps	QLD	Mens Masters Classic Raw 45-49	87.35	90	45	1.055	155	170	180		180	82.5	90	-95		90	270	200	215	220		220	490	304.96	321.74	2
Beau Brammall	MALE	Wraps	QLD	Mens Masters Classic Raw 45-49	99.3	100	48	1.097	265	285.5	300		300	155	165	170		170	470	275	295			295	765	446.03	489.30	11
Steven Miles	MALE	Sleeves	QLD	Mens Masters Classic Raw 45-49	91.9	100	47	1.082	150	-157.5	157.5		157.5	100	110	-115		110	267.5	180	187.5	195		195	462.5	279.81	302.76	7
Vito Puopolo	MALE	Wraps	VIC	Mens Masters Classic Raw 45-49	105.7	110	46	1.068	-275	-275	275		275	145	160	-170		160	435	275	300	-312.5		300	735	418.51	446.97	1
Brad Drummond	MALE	Wraps	QLD	Mens Masters Classic Raw 45-49	108.3	110	47	1.082	225	245	255		255	175	185	-195		185	440	260	275	282.5		282.5	722.5	408.28	441.76	2
Paul Harle	MALE	Wraps	QLD	Mens Masters Classic Raw 45-49	103.5	110	48	1.097	160	172.5	185		185	90	100	105		105	290	220	240	247.5		247.5	537.5	308.28	338.19	7
Gavin Park	MALE	Wraps	ACT	Mens Masters Classic Raw 45-49	115	125	47	1.082	-180	220	225		225	202.5	-210.5			202.5	427.5	180				180	607.5	337.95	365.66	6
Andreas Fiene	MALE	Sleeves	QLD	Mens Masters Classic Raw 50-54	89.75	90	54	1.204	160	170	180		180	110	117.5	122.5		122.5	302.5	-190	200	205		205	507.5	311.00	374.44	4
Bill Harnett	MALE	Wraps	WA	Mens Masters Classic Raw 50-54	101.9	110	54	1.204	230	-245	-245		230	120	130	135		135	365	230	250	265		265	630	363.45	437.59	3
Chris Kracke	MALE	Sleeves	QLD	Mens Masters Classic Raw 50-54	105.9	110	51	1.147	205	215	-225		215	140	150	155		155	370	-225	235	240		240	610	347.15	398.18	2
Michael Guttormsen	MALE	Sleeves	QLD	Mens Masters Classic Raw 50-54	109.3	110	50	1.13	170	180	190		190	135	-140	140		140	330	235	242.5	250		250	580	326.87	369.37	5
Andrew Mauff	MALE	Wraps	VIC	Mens Masters Classic Raw 50-54	123.8	125	51	1.147	300	325	-350		325	180	200	-207.5		200	525	260	280	-303		280	805	440.25	504.97	2
Blain Robertson	MALE	Wraps	QLD	Mens Masters Classic Raw 50-54	116.6	125	53	1.184	250	270	285		285	170	180	190		190	475	260	282.5	295		295	770	426.97	505.53	1
Darren Fry	MALE	Sleeves	QLD	Mens Masters Classic Raw 55-59	80.19	82.5	59	1.315	130	140	-148		140	70	77.5	80		80	220	165	180	185	190	185	405	265.96	349.74	7
David Barker	MALE	Wraps	WA	Mens Masters Classic Raw 55-59	88.3	90	57	1.268	-165	165	-185		165	135	145	-152.5		145	310	185	200	-212.5		200	510	315.41	399.94	4
David Wicks	MALE	Wraps	QLD	Mens Masters Classic Raw 55-59	93.25	100	58	1.291	-150	150	160		160	90	97.5	-102.5		97.5	257.5	190	200	212.5		212.5	470	282.22	364.35	5
Patrick Walsh	MALE	Sleeves	QLD	Mens Masters Classic Raw 55-59	103.2	110	55	1.225	175	-185	185		185	100	110	-115		110	295	225	250	260.5	-265	260.5	555.5	319.02	390.80	3
Brian Jarrott	MALE	Wraps	VIC	Mens Masters Classic Raw 55-59	105	110	56	1.246	50	100																		

8/1/2025

CAPO NATIONAL CHAMPIONSHIPS 2025 Day 2

Kedron-Wavell RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Age Coef	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	Age Points	Place
Anita Fernandes	FEMALE	RAW	QLD	Womens Masters Raw 40-44	88.75	90	41	1.01	110	120	125		125	70	75.5	80		80	205	165	175	180	-190	180	385	290.01	292.91	5
Jasmine Fisher	FEMALE	RAW	NSW	Womens Masters Raw 45-49	73.3	75	45	1.055	100	-110	110		110	52.5	60	-65		60	170	100	115	125		125	295	250.48	264.26	9
Maureen Wicks	FEMALE	RAW	QLD	Womens Masters Raw 50-59	81.6	82.5	51	1.147	107.5	112.5	117.5	118.5	117.5	72.5	77.5	81		80	198.5	130	140	147.5	155	147.5	345	274.00	314.28	4
Wendy Lower	FEMALE	RAW	QLD	Womens Masters Raw 50-59	82.15	82.5	51	1.147	-110	110	117.5	-123	117.5	55	57.5	-60		57.5	175	115	125	132.5		132.5	307.5	242.49	278.14	7
Andrea Sterns	FEMALE	RAW	SA	Womens Masters Raw 60-69	78.75	82.5	63	1.421	97.5	103.5	107.5		107.5	65	70	75		75	182.5	120	132.5	141		140	322.5	261.99	372.28	1
Natasha Ithier	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	65.35	67.5	41	1.01	-115	115	-125		115	57.5	60	62.5		62.5	177.5	130	140	-150		140	317.5	292.96	295.89	6
Katharyn Jones	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	74.45	75	42	1.02	135	-142.5	142.5		142.5	60	65	-70		65	207.5	142.5	147.5	152.5		152.5	360	302.50	308.55	2
Stacey Williams	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	74.3	75	43	1.031	125	135	-140		135	60	65	-67.5		65	200	145	155	-160		155	355	298.70	307.96	5
Megan Donaldson	FEMALE	CLASSIC_RAW	SA	Womens Masters Classic Raw 40-44	72.6	75	41	1.01	115	120	125		125	65	70	-72.5		70	195	145	-155	-155		145	340	290.60	293.50	4
Apple Valentine	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	82.25	82.5	44	1.043	145	155	160		160	90	95	102.5		102.5	262.5	155	167.5	175		175	437.5	344.75	359.57	1
Kym Jackson	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	76.45	82.5	43	1.031	110	120	-128		120	50	57.5	-60		57.5	177.5	125	-137.5	-137.5		125	302.5	249.74	257.49	10
Nicki Small	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	83.15	90	42	1.02	80	90	97.5		97.5	60	65	67.5		67.5	165	115	125	130		130	295	230.92	235.54	14
Kath Brady	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-44	123.8	110+	40	1	135	142.5	150		150	85	87.5	90		90	240	165	175	180		180	420	282.77	282.77	7
Melissa McShane-Murphy	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 40-44	117.5	110+	43	1.031	115	125	135		135	70	72.5	-75		72.5	207.5	132.5	142.5	152.5		152.5	360	245.18	252.78	12
Jenelle Schultz	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 45-49	58.75	60	48	1.097	-145	155	-160		155	82.5	87.5	-90		87.5	242.5	150	160	170		170	412.5	414.32	454.50	1
Chantal O'Brien	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 45-49	59.25	60	47	1.082	160	-170	175		175	60	65	67.5		67.5	242.5	145	160	172.5	-177.5	172.5	415	414.02	447.97	2
Heather Cann	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 45-49	58.4	60	46	1.068	90	97.5	102.5		102.5	45	52.5	55		55	157.5	120	-127.5	-127.5		120	277.5	280.08	299.13	3
Shannon Dowden	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 45-49	66.8	67.5	48	1.097	55	60	65		65	35	-40	-42.5		35	100	95	100	107.5		107.5	207.5	188.20	206.46	15
Melissa Maxey	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 45-49	79.5	82.5	47	1.082	180	-190	190		190	92.5	-100	100		100	290	160	175	182.5		182.5	472.5	380.34	411.53	3
Tammy Haug	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 45-49	87.7	90	45	1.055	-105	112.5	120		120	65	70	-72.5		70	190	120	125	130		130	320	242.69	256.04	11
Noosha Burk	FEMALE	CLASSIC_RAW	SA	Womens Masters Classic Raw 45-49	97.45	100	46	1.068	112.5	122.5	-128		122.5	87.5	92.5	-95		92.5	215	135	145	155		155	370	267.47	285.66	6
Kellie Hunt	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 45-49	93.35	100	47	1.082	105	110	115		115	50	52.5	55		55	170	117.5	125	130		130	300	220.73	238.83	13
Ebony Waru	FEMALE	CLASSIC_RAW	WA	Womens Masters Classic Raw 45-49	106.1	110	49	1.113	145	152.5	160		160	95	-97.5	100		100	260	170	180	-190		180	440	308.04	342.85	4
Michaela Albert	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 45-49	126.2	110+	45	1.055	120	-130	130		130	77.5	80	-85		80	210	150	162.5	167.5	170	167.5	377.5	253.04	266.96	8
Anna Parygina	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 50-54	54.6	56	54	1.204	115	120	125.5		125	60	65	-68.5		65	190	140	145	150	-153	150	340	362.73	436.73	2
Megan Horsfall	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 50-54	66.1	67.5	50	1.113	100	115	120		120	60	-62.5	-62.5		60	180	130	-142.5	-142.5		130	310	283.50	320.35	2
Vinita Raghubar	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-54	63.1	67.5	51	1.147	-95	95	-105		95	45	-50	-50		45	140	115	120	-130		120	260	246.65	282.91	5
Rena Connors	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-54	85.85	90	50	1.113	135	147.5	155		155	87.5	92.5	97.5	100	97.5	252.5	182.5	192.5	200	-205	200	452.5	347.48	392.66	3
Melanie Lihou	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-54	88.15	90	51	1.147	120	130	-135		130	60	67.5	70		70	200	150	160	162.5		162.5	362.5	274.13	314.43	3
Naomi Hull	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-54	89.45	90	54	1.204	115	-125	125		125	60	65	67.5		67.5	192.5	125	137.5	-150		137.5	330	247.48	297.97	6
Sandra Zammit	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-54	93.9	100	52	1.165	-95	95	110		110	52.5	57.5	62.5		62.5	172.5	110	125	-140		125	297.5	218.35	254.38	8
Kim Herbert	FEMALE	CLASSIC_RAW	NSW	Womens Masters Classic Raw 55-59	50.69	52	56	1.246	90	97.5	-100		97.5	42.5	47.5	-52.5		47.5	145	110	120	127.5		127.5	272.5	307.90	383.64	1
Lucy Power	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 55-59	74	75	56	1.246	-125	-125	125		125	67.5	70	72.5		72.5	197.5	142.5	155	162.5	165	162.5	360	303.71	378.43	4
Connie Aldamiz	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 55-59	70.3	75	55	1.225	90	100	-105		100	37.5	42.5	-45		42.5	142.5	90	105	117.5		117.5	260	227.20	278.32	6
Traci Bourke	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 55-59	75.8	82.5	56	1.246	40	-45	45		45	32.5	35	-37.5		35	80	75	90	-100		90	170	141.14	175.86	9
Janet Smith	FEMALE	CLASSIC_RAW	SA	Womens Masters Classic Raw 55-59	97.95	100	56	1.246	180	190	200		200	112.5	125.5	127.5		127.5	327.5	230	245	-255		245	572.5	413.03	514.64	1
Kylie Findley	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 55-59	120.5	110+	56	1.246	140	150	-160		150	70	75	-77.5		75	225	170	180	185	-190	185	410	277.67	345.98	5
Sue Blakeley Kerr	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-64	59.1	60	62	1.393	110	115	-120		115	60	65	-66		65	180	117.5	125	130		130	310	309.91	431.70	2
Monica Cook	FEMALE	CLASSIC_RAW	WA	Womens Masters Classic Raw 60-64	66.2	67.5	61	1.366	100				100	95	97.5	-100		97.5	197.5	125	132.5	135		135	332.5	303.72	414.88	4
Helen Harvey	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-64	62.95	67.5	63	1.421	-90	90	-100		90	42.5	45	47.5		47.5	137.5	130	140	145.5	150	145.5	283	268.98	382.22	5
Tracey Faucett	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-64	71.4	75	60	1.34	105	115	120		120	55	60	-62.5		60	180	130	140	145		145	325	280.96	376.49	6
Sarah Tana	FEMALE	CLASSIC_RAW	NSW	Womens Masters Classic Raw 60-64	73.2	75	63	1.421	50	-57.5	57.5		57.5	-55	55	-60		55	112.5	117.5	122.5	130		130	242.5	206.10	292.87	2
Janine Blake	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 65-69	54.45	56	68	1.576	92.5	-100.5	-101		92.5	50	52.5	55		55	147.5	120	130	136	137.5	135	282.5	302.66	477.00	1
Leanne Williams	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 65-69	65.25	67.5	68	1.576	85	-95	95		95	50	55	-60		55	150	130	140	-142.5		140	290	267.91	422.22	

Lachlan Green	MALE	SINGLE_PLY	QLD	Mens Open Single Ply	109.5	110	35	1	-320	342.5	-355		342.5	200	255	-265		255	597.5	250	267.5	-285		267.5	865	487.23	487.23	1
Shane Atta-Singh	MALE	SINGLE_PLY	QLD	Mens Open Single Ply	136.9	140	41	1.01	345	-365	-365		345	180	-200			180	525	300	320	-345		320	845	451.13	455.64	2
Mitch Johnson	MALE	SINGLE_PLY	NSW	Mens Open Single Ply	105.5	110	32	1	-280	300	-310		300	200	-225	-225		200	500	290	-310	-310		290	790	450.18	450.18	3
Jeffrey Lovelock	MALE	SINGLE_PLY	SA	Mens Open Single Ply	75.5	82.5	38	1	215	217.5	232.5		232.5	135	142.5	150		150	382.5	215	-222.5	222.5		222.5	605	414.52	414.52	4
Varun Lal	MALE	SINGLE_PLY	QLD	Mens Open Single Ply	123.8	125	27	1	175	190	200		200	135	145	-150		145	345	225	240	-255		240	585	319.94	319.94	5

8/2/2025

CAPO NATIONAL CHAMPIONSHIPS 2025 Day 3

Kedron-Wavell RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Age Coef	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	Age Points	Place
Hannah-Joy Aitken	FEMALE	Bare Knees	QLD	Womens Teen Raw	43.75	44	13	1.23	65	67.5	-70		67.5	32.5	35	37.5	-40	37.5	105	85	92.5	96	100	95	200	253.88	312.28	4
Miah Lawry	FEMALE	Bare Knees	WA	Womens Teen Raw	75.5	82.5	15	1.18	95	105	110	-115	110	55	60	-65		60	170	110	120	126	130	125	295	246.41	290.76	6
Tabitha Sheppard	FEMALE	Bare Knees	NSW	Womens Teen Raw	58.15	60	19	1.04	-75	75	-77.5		75	37.5	40	42.5		42.5	117.5	97.5	102.5	107.5		107.5	225	227.86	236.97	9
Elyssa Pearce	FEMALE	Bare Knees	NSW	Womens Junior Raw	94.75	100	22	1.01	125	137.5	145		145	75	82.5	84		82.5	227.5	170	180	-190		180	407.5	299.06	302.05	1
Anne Crimmins	FEMALE	Bare Knees	NSW	Womens Open Raw	72.8	75	30	1	-145	150	160		160	90	102.5	107.5	-115	107.5	267.5	190	202.5	-210		202.5	470	400.93	400.93	2
Rebecca Muchamore	FEMALE	Bare Knees	SA	Womens Open Raw	87.4	90	34	1	122.5	-130	-130		122.5	57.5	62.5	-65		62.5	185	162.5	-170	-170		162.5	347.5	264.08	264.08	18
Megan Gorton	FEMALE	Bare Knees	NSW	Womens Open Raw	137.4	110+	35	1	140	152.5	-160		152.5	70	-80	-80		70	222.5	170	181	-185		180	402.5	265.14	265.14	17
Stephanie Kelly	FEMALE	Bare Knees	NSW	Womens Open Raw	121.5	110+	28	1	-103	-112.5	-120													0	0.00	0.00		

Shayni Gartlan	FEMALE	Sleeves	QLD	Womens Teen Classic Raw	55.6	56	14	1.23	90	97.5	100	-105	100	42.5	-47.5	47.5		47.5	147.5	95	102.5	107.5	112.5	107.5	255	267.75	329.33	3
Emily Deshon	FEMALE	Sleeves	QLD	Womens Teen Classic Raw	58.5	60	14	1.23	67.5	72.5	75		75	37.5	40	42.5		42.5	117.5	80	85	-87.5		85	202.5	204.10	251.04	8
Avery Briere	FEMALE	Wraps	QLD	Womens Teen Classic Raw	66.75	67.5	15	1.18	75	-82.5	87.5		87.5	40	45	-47.5		45	132.5	80	90	95		95	227.5	206.46	243.62	1
Tori Pevreal	FEMALE	Wraps	QLD	Womens Teen Classic Raw	73.8	75	13	1.23	-80	85	95		95	40	-45	45		45	140	90	97.5	102.5	105	102.5	242.5	204.97	252.12	2
Siana Ible	FEMALE	Sleeves	NSW	Womens Teen Classic Raw	57.2	60	16	1.13	-115	115	125		125	60	65	70		70	195	120	130	140		140	335	343.81	388.51	1
Jayda Evans	FEMALE	Sleeves	QLD	Womens Teen Classic Raw	62.6	67.5	16	1.13	120.5	-132.5	-133		120.5	65	72.5	77.5	80	77.5	198	120	-130	-130		120	318	303.59	343.06	2
Maggie Herbert	FEMALE	Sleeves	NSW	Womens Teen Classic Raw	69.2	75	16	1.13	105.5	-115	-115		105.5	60	65	70		70	175.5	110	122.5	130.5	-135	130.5	306	270.35	305.50	5
Jamie-Lee Macklin	FEMALE	Sleeves	QLD	Womens Teen Classic Raw	66.8	67.5	18	1.06	-100	100	105		105	45	-50	-50		45	150	110	120	130	-138.5	130	280	253.96	269.20	7
Abigail Fisher	FEMALE	Wraps	VIC	Womens Junior Classic Raw	123.1	110+	20	1.03	-100	105	-115		105	50	55	-60		55	160	135	142.5	147.5		147.5	307.5	207.28	213.49	2
Hetal Singh	FEMALE	Wraps	QLD	Womens Junior Classic Raw	75.1	82.5	22	1.01	90	-100	100		100	37.5	42.5	45		45	145	115	-120	-120		115	260	217.19	219.36	1
Stephanie Papini	FEMALE	Sleeves	WA	Womens Open Classic Raw	58.5	60	26	1	125	127.5	130		130	72.5	-75	77.5		77.5	207.5	155	-160	162.5		162.5	370	372.92	372.92	4
Kat Bennett	FEMALE	Sleeves	QLD	Womens Open Classic Raw	66.4	67.5	31	1	105	112.5	-118		112.5	70	75	80		80	192.5	172.5	185	190		190	382.5	348.57	348.57	6
Nikki Pelz	FEMALE	Sleeves	QLD	Womens Open Classic Raw	66.95	67.5	28	1	-130	130	-140		130	60	65	-67.5		65	195	140	150	155		155	350	316.90	316.90	10
Madeleine Jirasek	FEMALE	Sleeves	QLD	Womens Open Classic Raw	72.7	75	30	1	122.5	127.5	130		130	55	60	-62.5		60	190	130	140	150		150	340	290.31	290.31	15
Stacey Edries	FEMALE	Sleeves	WA	Womens Open Classic Raw	69.45	75	28	1	82.5	92.5	100		100	52.5	57.5	-62.5		57.5	157.5	120	132.5	140		140	297.5	262.19	262.19	20
Sian Miu	FEMALE	Sleeves	QLD	Womens Open Classic Raw	82	82.5	24	1	110	115	-118		115	55	60	65		65	180	115	127.5	-145		127.5	307.5	242.76	242.76	22
Sarah Ludlow	FEMALE	Sleeves	QLD	Womens Open Classic Raw	87.9	90	30	1	155	162.5	-170		162.5	65	70	-72.5		70	232.5	175	190	-200		190	422.5	320.02	320.02	9
Maddy Bennett	FEMALE	Sleeves	QLD	Womens Open Classic Raw	89.25	90	29	1	-120	120	130		130	62.5	67.5	-70		67.5	197.5	150	165	-170		165	362.5	272.20	272.20	16
Shennai Dickson	FEMALE	Sleeves	QLD	Womens Open Classic Raw	101.2	110	29	1	100	-102.5	-105		100	47.5	-50	-52.5		47.5	147.5	140	-145	145		145	292.5	208.41	208.41	24
Breanna Grindrod	FEMALE	Sleeves	QLD	Womens Open Classic Raw	136.7	110+	31	1	190	202.5	212.5		212.5	87.5	92.5	97.5		97.5	310	165	180	190		190	500	328.98	328.98	8
Hannah Haggarty	FEMALE	Sleeves	QLD	Womens Open Classic Raw	49.2	52	35	1	-92.5	97.5	-103		97.5	52.5	55	57.5		57.5	155	102.5	107.5	115		115	270	312.34	312.34	11
Katrina Mudie	FEMALE	Sleeves	VIC	Womens Open Classic Raw	55.1	56	38	1	90	-100	100		100	47.5	52.5	55	-55.5	55	155	117.5	125	132.5	-137.5	132.5	287.5	304.03	304.03	13
Nikita Decristofaro	FEMALE	Sleeves	QLD	Womens Open Classic Raw	65	67.5	38	1	150	160	-168		160	95	-102.5	102.5		102.5	262.5	165	-180	185		185	447.5	414.68	414.68	1
Kelly Pierce	FEMALE	Sleeves	QLD	Womens Open Classic Raw	61.35	67.5	37	1	90	100	105		105	60	65	-70		65	170	135	142.5	-147.5		142.5	312.5	303.17	303.17	14
Kristy Upton	FEMALE	Sleeves	VIC	Womens Open Classic Raw	73.05	75	34	1	117.5	122.5	-125		122.5	70	75	-77.5		75	197.5	145	152.5	162.5		162.5	360	306.40	306.40	12
Nicky Valentine	FEMALE	Sleeves	QLD	Womens Open Classic Raw	68.1	75	33	1	90	97.5	-103		97.5	57.5	62.5	67.5		67.5	165	115	125	-137.5		125	290	259.13	259.13	21
Julie-Anne Gill	FEMALE	Sleeves	NSW	Womens Open Classic Raw	97.25	100	34	1	160	-177.5	185.5		185	95.5	102.5	110	-115	110	295.5	160	175	185		185	480	347.64	347.64	7
Michelle Lister	FEMALE	Sleeves	QLD	Womens Open Classic Raw	98.1	100	34	1	115	120	125		125	75	80	85		85	210	115	120	-122.5		120	330	237.93	237.93	23
Sarah Coates	FEMALE	Sleeves	SA	Womens Open Classic Raw	85.4	90	40	1	112.5	120	-125		120	65	67.5	-70		67.5	187.5	135	145	155		155	342.5	263.83	263.83	19
Chantal O'Brien	FEMALE	Sleeves	QLD	Womens Open Classic Raw	59.55	60	47	1	-140	140	-150		140	60	65	67.5		67.5	207.5	145	162.5	165		165	372.5	370.01	400.35	5
Jenelle Schultz	FEMALE	Sleeves	QLD	Womens Open Classic Raw	61.15	67.5	48	1.097	-125	135	-140		135	82.5	87.5	90		90	225	150	165	170		170	395	384.22	421.49	3

Jesse Waterson	MALE	Bare Knees	QLD	Mens Teen Raw	64.55	67.5	15	1.18	155	165	-170		165	85	95	-100		95	260	165	175	185		185	445	346.23	408.55	3
Jayden Navickas	MALE	Bare Knees	QLD	Mens Teen Raw	80	82.5	15	1.18	150	165	-176		165	80	85	-100		85	250	175	185	200	-205	200	450	296.01	349.29	7
Max Humble	MALE	Bare Knees	WA	Mens Teen Raw	95.9	100	16	1.13	127.5	135	140		140	70	77.5	82.5		82.5	222.5	180	200	210		210	432.5	256.15	289.45	9
Jayden De La Cruz	MALE	Bare Knees	QLD	Mens Teen Raw	89.45	90	17	1.08	-190	205	225		225	120	-127.5	-127.5		120	345	240	255	265	-270	265	610	374.51	404.47	4
Danny Vongphachanh	MALE	Bare Knees	NSW	Mens Teen Raw	58.25	60	19	1.04	170	180	185		185	110	112.5	120		120	305	195	215	220		220	525	450.17	468.18	1
Matthew Grimes	MALE	Bare Knees	NSW	Mens Junior Raw	121.5	125	21	1.02	-130	140	150		150	70	80			80	230	160	180	-200		180	410	225.25	229.76	5
Adriano Coiro	MALE	Bare Knees	VIC	Mens Open Raw	81.05	82.5	26	1	205	215	-225		215	125	140	-145		140	355	250	265	270		270	625	407.56	407.56	7
Sh																												

Marcus Sime	MALE	Wraps	VIC	Mens Junior Classic Raw	77.5	82.5	22	1.01	170	180	-190		180	92.5	97.5	-102.5		97.5	277.5	202.5	212.5	220		220	497.5	334.52	337.86	4
Sam Morgan	MALE	Sleeves	SA	Mens Junior Classic Raw	87.5	90	21	1.02	210	-215	-215		210	120	127.5	132.5		132.5	342.5	212.5	225	-235		225	567.5	352.84	359.90	4
Ethan Wallis	MALE	Wraps	QLD	Mens Junior Classic Raw	98	100	23	1	225	240	-250		240	132.5	-140	140		140	380	-260	260	275		275	655	384.06	384.06	1
Aiden McGrath	MALE	Wraps	NSW	Mens Junior Classic Raw	98.1	100	23	1	215	230	240		240	122.5	132.5	137.5		137.5	377.5	245	260	275		275	652.5	382.46	382.46	2
Adam Williamson	MALE	Sleeves	QLD	Mens Junior Classic Raw	99.95	100	22	1.01	220	237.5	240		240	150	155	-157.5		155	395	220	242.5	257.5		257.5	652.5	379.38	383.17	3
Matt Dylan	MALE	Sleeves	NSW	Mens Junior Classic Raw	102.1	110	23	1	270	-290	-300		270	200	-210	-210		200	470	280	-301	-301		280	750	432.45	432.45	1
Matt Dylan	MALE	Sleeves	NSW	Mens Open Classic Raw	104.1	110	23	1	260	-270			260	190	200	-210		200	460	-260	-260	-260			0	0.00	0.00	
Vincent Sim	MALE	Sleeves	SA	Mens Open Classic Raw	73.95	75	28	1	185	-197.5	-200		185	90	95	97.5		97.5	282.5	210	230	240		240	522.5	363.56	363.56	15
Jonathan Todd	MALE	Sleeves	QLD	Mens Open Classic Raw	74.5	75	32	1	152.5	160	165		165	122.5	-127.5	127.5		127.5	292.5	175	182.5	187.5		187.5	480	332.14	332.14	19
Harrison Parker	MALE	Sleeves	QLD	Mens Open Classic Raw	72.65	75	26	1	150	160	-178		160	85	-95	95		95	255	167.5	175	-180		175	430	303.26	303.26	24
Ethan Bartram	MALE	Sleeves	QLD	Mens Open Classic Raw	88.85	90	29	1	225	235	-240		235	150	-155	-155		150	385	285	300	-305		300	685	422.13	422.13	6
Caleb Jones	MALE	Sleeves	QLD	Mens Open Classic Raw	99	100	29	1	235	250	-255		250	220	230	235		235	485	270	292.5	-302.5		292.5	777.5	453.90	453.90	2
Coen George	MALE	Sleeves	SA	Mens Open Classic Raw	108.6	110	25	1	-255	272.5	285		285	170	182.5	-195		182.5	467.5	267.5	282.5	295		295	762.5	430.47	430.47	5
Harrison Brewster	MALE	Sleeves	QLD	Mens Open Classic Raw	100.9	110	24	1	-155	-155	155		155	95	-100	-100		95	250	200	-210	-210		200	450	260.69	260.69	25
Frazer Coombes	MALE	Sleeves	QLD	Mens Open Classic Raw	119.5	125	29	1	210	-230	230		230	185	-200	-200		185	415	225	240	255		255	670	369.51	369.51	11
Reece Dickeson	MALE	Sleeves	SA	Mens Open Classic Raw	118.7	125	29	1	195	205	-215		205	110	117.5	122.5		122.5	327.5	227.5	235	245		245	572.5	316.22	316.22	21
Uriah Sefo	MALE	Sleeves	VIC	Mens Open Classic Raw	174.7	140+	28	1	310	-330	-330		310	180	190	197.5		197.5	507.5	277.5	292.5	-302.5		292.5	800	404.84	404.84	8
Brady Felton	MALE	Sleeves	SA	Mens Open Classic Raw	80.95	82.5	37	1	-175	-180	180		180	130	135	140		140	320	225	237.5	-245		237.5	557.5	363.84	363.84	14
Tim Middleton	MALE	Sleeves	QLD	Mens Open Classic Raw	88.5	90	36	1	180	200	-220		200	135	145	-150		145	345	225	240	252.5		252.5	597.5	369.08	369.08	12
Jamie Corcoran	MALE	Sleeves	QLD	Mens Open Classic Raw	96.75	100	37	1	260	282.5	287.5		287.5	152.5	162.5	165		165	452.5	275	295	-325		295	747.5	440.88	440.88	3
Nick Skewes	MALE	Sleeves	SA	Mens Open Classic Raw	98.2	100	37	1	190	205	210		210	125	130	135		135	345	220	230	235		235	580	339.79	339.79	16
Ben Cozens	MALE	Sleeves	QLD	Mens Open Classic Raw	123.5	125	33	1	275	285	-290		285	-180	190	-195		190	475	300	317.5	325		325	800	437.80	437.80	4
Kevin Butler	MALE	Sleeves	QLD	Mens Open Classic Raw	125.6	140	35	1	275	295	-300		295	190	202.5	207.5		207.5	502.5	-275	-275	-275			0	0.00	0.00	
Edward Osborne	MALE	Sleeves	WA	Mens Open Classic Raw	152.6	140+	38	1	290	310	320		320	167.5	180	-190		180	500	260	-290	-290		260	760	396.13	396.13	9
Quyen Nguyen	MALE	Sleeves	QLD	Mens Open Classic Raw	59.8	60	41	1.01	170	180	-190		180	70	80	87.5		87.5	267.5	170	182.5	192.5		192.5	460	384.35	388.20	10
Michael Blanck	MALE	Sleeves	SA	Mens Open Classic Raw	80.15	82.5	41	1.01	-145	145	-155		145	95	100	-105		100	245	210	225	-235		225	470	308.79	311.88	22
Adam Todd	MALE	Sleeves	SA	Mens Open Classic Raw	109.3	110	42	1.02	-275	275	300		300	175	185	190		190	490	300	320	330		330	820	462.07	471.31	1

8/3/2025

CAPO NATIONAL CHAMPIONSHIPS 2025 Day 4

Kedron-Wavell RSL - Queensland

Name	Sex	Equip	Team	Awards Division	BWT	WtCls	Age	Age Coef	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	Age Points	Place
Jessica Frew	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	66.1	67.5	30	1	105	-115	120		120	55	60	-65		60	180	115	127.5	-140		127.5	307.5	281.21	281.21	20
Emma Hall	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	74.2	75	26	1	195	207.5	215		215	105	112.5	115		115	330	195	212.5	220	-228	220	550	463.18	463.18	2
Jessica Welch	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	72.9	75	28	1	167.5	177.5	185		185	105	110	115		115	300	185	200	210		210	510	434.67	434.67	4
Hannah Monaghan	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	87.7	90	32	1	160	175	182.5		182.5	87.5	92.5	97.5		97.5	280	165	175	185		185	465	352.66	352.66	13
Dee Hilton	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	88.4	90	32	1	175	-185	185		185	85	92.5	-97.5		92.5	277.5	150	165	180		180	457.5	345.41	345.41	14
Tori Davidson	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	94.2	100	26	1	145	155	-160		155	62.5	67.5	72.5		72.5	227.5	125	135	140		140	367.5	269.36	269.36	22
Cho Wu	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	47.3	48	36	1	85	90	-95		90	45	47.5	50	-51	50	140	110	-117.5	-117.5		110	250	298.05	298.05	18
Shelley Laing	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	59.6	60	36	1	110	115	-118		115	50	55	-57.5		55	170	120	130	135		135	305	302.85	302.85	16
Katie Muldoon	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	58.3	60	38	1	85	92.5	100		100	42.5	47.5	-50		47.5	147.5	105	110	115		115	262.5	265.31	265.31	23
Anna Castles	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	72.3	75	38	1	170	180	-190		180	85	90	92.5		92.5	272.5	175	185	195		195	467.5	400.72	400.72	8
Emma Clayson	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	81.5	82.5	35	1	-180	180	190		190	100	107.5	110		110	300	175	190	200		200	500	396.25	396.25	9
Maggie Dango	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	76.8	82.5	35	1	125	132.5	140		140	67.5	72.5	77.5		77.5	217.5	145	155	160		160	377.5	310.74	310.74	15
Carla Martyn	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	78.25	82.5	37	1	120	130	135		135	60	67.5	-72.5		67.5	202.5	150	165	-180		165	367.5	298.84	298.84	17
Ann Walker	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	82	82.5	34	1	-170	-170	-180														0	0.00	0.00	
Brooke Prichard	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	83.8	90	33	1	175	185			185	87.5	92.5			92.5	277.5	228	237.5	-247.5		237.5	515	401.21	401.21	7
Brooke Palmer	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	88.4	90	36	1	150	160	-165		160	67.5	70	-72.5		70	230	130	140	-145		140	370	279.35	279.35	21
Laura Lancaster	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	95.8	100	34	1	195	-212.5	-213		195	100	107.5	110		110	305	175	185	195		195	500	363.95	363.95	10
Carli van der Hoek	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	99.4	100	36	1	-175	175	185		185	95	102.5	-107.5		102.5	287.5	190	205	215		215	502.5	360.44	360.44	11
Franca Bulzomi	FEMALE	CLASSIC_RAW	VIC	Open Womens Classic Raw	109.2	110	39	1	145	147.5	-155		147.5	87.5	95	100		100	247.5	160	180	-190		180	427.5	296.26	296.26	19
Kristy Fuderer	FEMALE	CLASSIC_RAW	ACT	Open Womens Classic Raw	93.1	100	42	1.02	205	-225	-230		205	125	135	140		140	345	205	225	235		235	580	427.23	435.77	6
Jess McCallum	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	127	110+	44	1.043	210	225	-245		225	132.5	140	-147.5		140	365	250	267.5	277.5	287.5	277.5	642.5	430.03	448.52	5
Joanne Allan	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	55.2	56	46	1.068	112.5	-122.5	-125		112.5	57.5	62.5			62.5	175	140	152.5	160		160	335	353.79	377.85	12
Lydia Hantke	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	99.4	100	48	1.097	195	210	217.5		217.5	120	130	132.5		132.5	350	245	262.5	275		275	625	448.31	491.80	3
Belinda Ryder	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	59.7	60	54	1.204	170	-180	185		185	90	95	100		100	285	195	205	215	220.5	215	500	495.80	596.94	1

Izzy Murphy	FEMALE	RAW	VIC	Womens Teen Raw Bench Only	114.1	110+	14	1.23						52.5	55	-57.5		55							55
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Adam Williamson	MALE	RAW	QLD	Mens Junior Raw Bench Only	103	110	22	1.01						102.5	120								120	68.95	69.64	1
Josh Weir	MALE	RAW	NSW	Mens Open Raw Bench Only	99.5	100	29	1						115	125	-130							125	72.82	72.82	6
Caleb Jones	MALE	RAW	QLD	Mens Open Raw Bench Only	109	110	30	1						180	200	220							220	124.07	124.07	1
Slade Richardson	MALE	RAW	SA	Mens Open Raw Bench Only	106.1	110	27	1						162.5	167.5	170							170	96.69	96.69	4
Taylen Mills	MALE	RAW	VIC	Mens Open Raw Bench Only	119.5	125	28	1						167.5	175	-182.5							175	96.51	96.51	5
Robert Kennedy	MALE	RAW	QLD	Mens Masters Raw Bench Only	96.55	100	43	1.031						140	147.5	-155							147.5	87.08	89.78	8
Jonathan Nelson	MALE	RAW	QLD	Mens Masters Raw Bench Only	112	125	43	1.031						102.5	105	122.5							122.5	68.57	70.70	9
Craig Thorley	MALE	RAW	SA	Mens Masters Raw Bench Only	92.75	100	46	1.068						145	155	-162.5							155	93.33	99.68	6
Michael Puopolo	MALE	RAW	VIC	Mens Masters Raw Bench Only	106.5	110	45	1.055						145	155	161.5	-165						161.5	91.72	96.77	7
Dominic Morton	MALE	RAW	QLD	Mens Masters Raw Bench Only	101.5	110	49	1.113						130	140	155	-162.5						155	89.56	99.68	5
Ken Haydock	MALE	RAW	QLD	Mens Open Raw Bench Only	97.8	100	50	1.13						170	177.5	180							180	105.65	119.39	2
Alexander Stevenson	MALE	RAW	SA	Mens Open Raw Bench Only	107.8	110	50	1.13						170	175	-180							175	99.03	111.90	3
Michael Szabo	MALE	RAW	NSW	Mens Masters Raw Bench Only	137.3	140	52	1.165						180	-190	-190							180	96.03	111.88	3
Will Zollo	MALE	RAW	VIC	Mens Masters Raw Bench Only	88.9	90	65	1.48						112.5	117.5	120.5							120.5	74.23	109.87	4
Ian Harvey	MALE	RAW	QLD	Mens Masters Raw Bench Only	85.2	90	67	1.543						55	60	62.5							62.5	39.48	60.92	10
Terrence Titus	MALE	RAW	QLD	Mens Masters Raw Bench Only	111.1	125	69	1.61						120	130	135							135	75.74	121.94	2
Rodney Syvia	MALE	RAW	VIC	Mens Masters Raw Bench Only	105	110	73	1.756						140	147.5	-155							147.5	84.17	147.80	1

Ari Koya	MALE	RAW	VIC	Mens Teen Raw Deadlift Only	67.25	67.5	13	1.23														85	87.5	90	90	90	67.57	83.11	2		
Anthony Cariolo	MALE	RAW	VIC	Mens Teen Raw Deadlift Only	68.8	75	19	1.04															115	120	125	125	125	92.08	95.76	1	
Adam Williamson	MALE	RAW	QLD	Mens Junior Raw Deadlift Only	103	110	22	1.01															222.5	245	-265	245	245	140.78	142.18	1	
Theo Maddox	MALE	RAW	QLD	Mens Open Raw Deadlift Only	141.3	140+	22	1.01															-400	410	430	430	430	227.92	230.20	1	
Elijah Teu	MALE	RAW	VIC	Mens Open Raw Deadlift Only	144.4	140+	25	1															195	210	225	225	225	118.69	118.69	6	
Taylen Mills	MALE	RAW	VIC	Mens Open Raw Deadlift Only	119.5	125	28	1															270	282.5	290	290	290	159.94	159.94	3	
Josh Weir	MALE	RAW	NSW	Mens Open Raw Deadlift Only	99.5	100	29	1															215	225	-245	225	225	131.07	131.07	5	
Josh Pywell	MALE	RAW	NSW	Mens Open Raw Deadlift Only	100.1	110	33	1															280	300	-310	300	300	174.32	174.32	2	
James Nash	MALE	RAW	QLD	Mens Open Raw Deadlift Only	104.9	110	33	1															260	270		270	270	154.13	154.13	4	
Matthew Rollo	MALE	RAW	QLD	Mens Open Raw Deadlift Only	93	100	39	1															130	140	150	150	150	90.20	90.20	7	
Robert Kennedy	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	96.55	100	43	1.031															250	265	280	285	280	165.30	170.42	4	
Michael Buda	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	99.22	100	44	1.043															180	200	220	220	220	128.33	133.84	9	
Kurt McPherson	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	122.5	125	42	1.02															310	330	-340	330	330	180.94	184.56	3	
Jonathan Nelson	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	112	125	43	1.031															220	250	262.5	262.5	262.5	146.93	151.49	7	
Craig Thorley	MALE	RAW	SA	Mens Masters Raw Deadlift Only	92.75	100	46	1.068															205	220	230	230	230	138.49	147.91	8	
Dominic Morton	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	101.5	110	49	1.113															237.5	245	252.5	-257.5	252.5	252.5	145.89	162.38	5
Michael Puopolo	MALE	RAW	VIC	Mens Masters Raw Deadlift Only	106.5	110	45	1.055															220	242.5	255	260	255	255	144.83	152.79	6
Ian Harvey	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	85.2	90	67	1.543															110	120	125	125	125	78.96	121.84	10	
Stuart Day	MALE	RAW	VIC	Mens Masters Raw Deadlift Only	95.5	100	68	1.576															195	215	221	225	221	221	131.15	206.70	2
Terrence Titus	MALE	RAW	QLD	Mens Masters Raw Deadlift Only	111.1	125	69	1.61															220	230	240	240	240	134.65	216.78	1	

Mitch Johnson	MALE	SINGLE_PLY	NSW	Mens Open Single Ply Bench Only	106.3	110	32	1						200	210	220							220				220	125.03	125.03	1	
Mitch Johnson	MALE	SINGLE_PLY	NSW	Mens Open Single Ply Deadlift Only	106.3	110	32	1															280	300			300	300	170.49	170.49	1
Steve Piva	MALE	SINGLE_PLY	QLD	Mens Open Single Ply Bench Only	99.65	100	34	1						135	145	150	152.5										150	87.33	87.33	2	
Michael Godfrey	MALE	SINGLE_PLY	QLD	Mens Masters Single Ply Bench Only	88.3	90	48	1.097						110	117.5	127.5											127.5	78.85	86.50	1	
Michael Godfrey	MALE	SINGLE_PLY	QLD	Mens Masters Single Ply Deadlift Only	88.3	90	48	1.097															180	185	190		190	190	117.51	128.90	2
Geoff Lewis	MALE	SINGLE_PLY	SA	Mens Masters Single Ply Deadlift Only	79.1	82.5	58	1.291															202.5	220	235		235	235	155.78	201.11	1

Matthew Collins	MALE	UNLIMITED	QLD	Mens Open Unlimited Bench Only	131.6	140	35	1						215	230	-255							230				230	123.91	123.91	3
Le Roy Vorster	MALE	UNLIMITED	QLD	Mens Open Unlimited Bench Only	134	140	38	1						-400	400	-415							400				400	214.60	214.60	1
Bradley Humble	MALE	UNLIMITED	WA	Mens Masters Unlimited Bench Only	108.7	110	43	1.031						200	-207.5	-212.5											200	112.88	116.38	4
Rob Allen	MALE	UNLIMITED	NSW	Mens Open Unlimited Bench Only	140.1	140+	43	1.031						-302.5	-302.5	-315											0	0.00	0.00	
Jason Brown	MALE	UNLIMITED	NSW	Mens Masters Unlimited Bench Only	129.9	140	52	1.165						250	-280	-280											250	135.11	157.40	2
Manatuki Pryor	MALE	UNLIMITED	QLD	Mens Masters Unlimited Bench Only	120.4	125	52	1.165						230	245	-275											245	134.88	157.14	3
Ray Owen	MALE	UNLIMITED	NSW	Mens Masters Unlimited Bench Only	89.8	90	54	1.204						265	-280	-280											265	162.34	195.46	1
Gary Jones	MALE	UNLIMITED	SA	Mens Open Unlimited Bench Only	105.9	110	60	1.34						235	-245	-245											235	133.74	179.21	2