



COUNCIL OF AUSTRALIAN POWERLIFTING ORGANISATIONS

(Affiliated to World Powerlifting Congress)

SCORE SHEET

EVENT: CAPO NSW State Titles

VENUE: North Wollongong PCYC

DATE: Saturday 05 May 2012

NAME	Age	State	Mem. Y/N	Cat.	Sex	Wt. Div	BWT	Raw Equip	SQUAT				BENCHPRESS				Sub Total	DEADLIFT				Total	Gloss Formula		Master Formula		Over All Place	
									1	2	3	4	1	2	3	4		1	2	3	4		No.	Total	No.	Total		
Aaron Kingsley	21	NSW	Y	Junior	M	U100	99.80	Raw	215.00	225.00	232.50		170.00	182.50	190.00		422.50	260.00	270.00	280.00		702.50	0.5818	408.71		0.00		
Geoff Hopkins	23	NSW	Y	Junior	M	U125	115.30	Raw	180.00	-	-		120.00	140.00	-		320.00	270.00	290.00	300.00		620.00	0.5559	344.63		0.00		
Dylan Smith	32	NSW	Y	Open	M	U110	109.40	Raw	220.00	235.00	245.00		140.00	160.00	-170.00		405.00	260.00	280.00	290.00	300.00	695.00	0.5634	391.53		0.00		
Greg Deegan	35	NSW	Y	Open	M	U140	130.00	Raw	225.00	235.00	-240.00		155.00	165.00	-175.00		400.00	270.00	292.50	-300.00		692.50	0.5403	374.17		0.00		
Dan Wright	42	NSW	Y	Open	M	U140	138.90	Rplus	300.00	335.00	350.00		180.00	195.00	-202.50		545.00	300.00	325.00	335.00		880.00	0.5321	468.27		0.00		
George McLaren	27	NSW	Y	Open	M	140+	175.50	Raw	320.00	-340.00	345.00		170.00	190.00	-205.00		535.00	340.00	360.00	380.00	-382.50	915.00	0.5055	462.52		0.00		
Ken Levanda	41	NSW	Y	Mster	M	U82.5	82.00	Raw	150.00	160.00	170.00	180.00	110.00	-120.00	-120.00		280.00	170.00	192.50	-200.00		472.50	0.6472	305.78	1.01	308.84		
Glen Stewart	43	ACT	Y	Mster	M	U110	100.70	Equip	230.00	250.00	-275.00		175.00	-195.00	-		425.00	240.00	275.00	-285.00		700.00	0.5797	405.76	1.031	418.33		
Leo Vangelovski	43	NSW	Y	Mster	M	U125	119.80	Equip	-275.00	-275.00	275.00		140.00	155.00	162.50		437.50	220.00	240.00	255.00		692.50	0.5512	381.67	1.031	393.50		
																	0.00					0.00					0.00	
Alana Hines	24	NSW	Y	Open	F	U60	57.90	Raw	60.00	70.00	75.00	77.50	40.00	47.50	50.00		125.00	110.00	120.00	130.00		255.00	1.0163	259.16		0.00		
Katie Foster	24	ACT	Y	Open	F	U67.5	67.40	Raw	115.00	127.50	135.00	140.00	60.00	72.50	77.50	-82.50	212.50	130.00	150.00	160.00	167.50	372.50	0.9008	335.55		0.00		
Lucie Thompson	34	NSW	Y	Open	F	U82.5	76.40	Raw	-120.00	125.00	135.00		75.00	85.00	90.00	-92.50	225.00	140.00	150.00	160.00	170.00	385.00	0.826	318.01		0.00		
Rachel O'Gorman	34	NSW	Y	Open	F	U90	89.20	Raw	82.50	90.00	100.00	110.00	75.00	80.00	-85.00		180.00	130.00	145.00	155.00	-165.00	335.00	0.7512	251.64		0.00		
Heather Davidson	29	ACT	Y	Open	F	90+	123.40	Raw	90.00	110.00	120.00	-130.00	55.00	65.00	-70.00		185.00	120.00	135.00	150.00	-155.00	335.00	0.6737	225.67		0.00		
Esther Smithard	45	NSW	Y	Mster	F	U67.5	62.20	Equip	-70.00	-75.00	75.00		90.00	95.00	-100.00		170.00	90.00	-	-		260.00	0.9596	249.50	1.055	263.22		
Shirley Hetherton	62	ACT	Y	Mster	F	U90	87.90	Raw	40.00	50.00	60.00		40.00	45.00	47.50	-50.00	107.50	90.00	100.00	-110.00		207.50	0.7575	157.17	1.393	218.94		
																	0.00					0.00					0.00	
Damien Garrety	18	NSW	Y	Teen	M	U90	89.80	Raw	155.00	165.00	175.00	180.00	120.00	130.00			305.00	200.00	212.50	217.00	220.00	522.00	0.6123	319.59		0.00		

Bench Only

Katie Foster	24	ACT	Y	Open	F	U67.5	67.40	Raw					60.00	70.00	77.50		77.50					77.50	0.9008	69.81		0.00	
Lucie Thompson	34	NSW	Y	Open	F	U82.5	76.40	Raw					75.00	82.50	87.50	90.00	87.50					87.50	0.826	72.28		0.00	
																	0.00					0.00				0.00	
Peter Weatherall	42	NSW	Y	Mster	M	U100	99.70	Raw					170.00	-177.50	177.50		177.50					177.50	0.5821	103.31	1.02	105.38	
Aaron Kingsley	21	NSW	Y	Junior	M	U100	99.80	Raw					160.00	170.00	177.50	180.00	177.50					177.50	0.5818	103.27		0.00	