

18/10/1992

CAPO Nationals Spartans Gym - Melbourne

Name	Sex	Age	Equip	Class	Best Squat	Best Bench	Best Deadlift	Total	Points
Charles Coleiro	M	32	Single	67.5	275	132.5	250	657.5	492.08
Geoff Barclay	M	34	Single	110	320	207.5	325	852.5	479.49
Bill Lyndon	M		Single	140	340	216	305	861	457.32
Joe Zollo	M	35	Single	110	300	200	300	800	449.96
Grant Stokes	M	28	Single	100	290	180	295	765	444.67
D. Sharman	M		Single	125	295	205	305	805	438.99
Ron Hardy	M		Single	90	260	165	280	705	431.35
Justine Horseman	F	18	Single	56	150	95	155	400	416.3
Yuris Sterns	M	46	Single	90	265	140	270	675	412.99
Len Wilson	M		Single	100	260	165	280	705	409.8
C. Brown #5	M		Single	90	270	145	245	660	403.81
Russell Wakefield	M		Single	75	205	142.5	235	582.5	401.05
C. Rutland	M		Single	60	170	115	190	475	395.6
Mick Smythe	M		Single	125	260	190	260	710	387.18
Ray Dobbin	M	28	Single	82.5	220	140	240	600	386.75
G. Cameron	M	26	Single	82.5	200	120	205	525	338.41
Maria Smeeton	F	30	Single	48	90	71	100	261	307.68
Nikki Dale	F		Single	67.5	125	86	120	331	298.01
Sutherland	F		Single	67.5	100	60	125	285	256.59
C. Arrigoni	F		Single	52	85	50	77.5	212.5	234.82
C. Larner	M	28	Single	100	275	190			