07-08-2004

CAPO National Championships 2004

Adelaide - SA

#	Name	Sex	Age	Div	Wt Cls	BWT	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	Score
1	Vince Simonetta	M	43	Multi	110	108.2	310	330	-350		330	-180	190	200		200	530	310	330	-347.5		330	860	486.01
2	Chris Brown #11	M	39	Multi	110	107.4	-320	320	-340		320	190	197.5	205		205	525	290	305			305	830	470.12
3	Adrian Zalcman	M	24	Multi	67.5	60.2	200	-215	-215		200	100	117.5	130	-135.5	130	330	200	217.5	-225		217.5	547.5	454.51
4	Terrence Titus	M	48	Multi	110	105.4	270	280			280	165	170	180		180	460	300	-315	-315		300	760	433.07
5	Brian Jarrott	M	36	Multi	82.5	81.7	240	250	-261	260.5	250	130	140	-150		140	390	240	245			245	635	411.91
6	Ken Fiske	M	35	Multi	110	106.4	260	-283	287.5		287.5	147.5	155	160		160	447.5	255	275	-290		275	722.5	410.45
7	Derek Bevins	M	32	Multi	67.5	67.4	-180	192.5	-203		192.5	115	125	130		130	322.5	195	212.5	220		220	542.5	406.32
8	Shane Stringer	M	42	Multi	100	99	210	-225	230		230	205	-215	215	-225.5	215	445	220	230	-245		230	675	394.03
9	Gerard Gaud	M	39	Multi	75	74.9	200	-230	-230		200	120	-130	-130		120	320	240	-250	-250		240	560	385.79
10	Henning Bach	M	55	Multi	140+	144.3	180	220	235.5		235	-150	150	-165		150	385	260	300	315		315	700	369.29
11	Teresa Manning	F	43	Multi	48	46.3	85	90	95		95	70	75	78		77.5	172.5	120	125	130		130	302.5	366.65
12	Mike Brittain	M	42	Multi	90	89.2	200	222.5	237.5		237.5	130	140	145		145	382.5	180	197.5	-210		197.5	580	356.64
13	Michael Trentin	M	21	Multi	75	72	167.5	180	-188		180	-112.5	112.5	120		120	300	-190	202.5	-210		202.5	502.5	356.55
14	Alex Wynd	M	21	Multi	75	74.7	155	175	180		180	100	115	-120		115	295	190	210	220		220	515	355.49
15	Richard Huxley	M	21	Multi	82.5	81.6	180	190	200		200	130	-137.5	137.5		137.5	337.5	185	200	210		210	547.5	355.26
16	Danny Brien	M	52	Multi	75	73.1	180	200	-225		200	90	95			95	295	200	-222.5	-222.5		200	495	347.45
17	Tegan Colliver	F	33	Multi	48	47.1	-108	110	-115	115	110	-50	52.5	55.5		55	165	110	118	122.5	127.5	122.5	287.5	344.09
18	Andrew Wiesner	M	19	Multi	82.5	82.3	175	190	200		200	112.5	117.5	122.5	125.5	122.5	322.5	180	195	205		205	527.5	340.39
19	Stephen Williams	M	48	Multi	100	94.5	200	210	-220		210	120	130	140		140	350	200	220	-235		220	570	339.93
20	Helen Brooke	F	41	Multi	67.5	66.3	130	-140	-140		130	60	70	-75		70	200	155	160	-167.5		160	360	328.23
21	Reno Borg	M	65	Multi	82.5	81	-165	167.5	-175		167.5	110	-120	120	-125	120	287.5	200	-210	210		210	497.5	324.5
22	Kyra Brown	F	39	Multi	75	73.8	130	135	140		140	70	75	-80		75	215	140	150	160		160	375	316.82
23	Wim Van Weenen	M	72	Multi	90	87.9	170	-185	-185		170	90	100	102.5		102.5	272.5	200	220	225		225	497.5	308.44
24	Amanda Miller	F	40	Multi	67.5	64.2	105	112.5	-118		112.5	60	-65	-65		60	172.5	140	-145	-145		140	312.5	291.9
25	Maurie Craggs	M	72	Multi	75	74.3	-150	150	-170		150	80	85	-90		85	235	180	-200	-200		180	415	287.67
26	Martin Burnett	M	16	Multi	100	95.4	175	-185	-185		175	105	115	-122.5		115	290	180	192.5	-200		192.5	482.5	286.42
27	Daniel Macri	M	15	Multi	125	116.7	150	170	-185	208.5	170	110	117.5	-125	-125	117.5	287.5	180	205	213		212.5	500	277.14
28	Suzanne Jackson	F	56	Multi	75	70	100	-105	-105		100	55	-57.5	-57.5		55	155	135	-137.5	-137.5		135	290	254.11
29	Ange Galati	M	36	Multi	82.5	79.2	70				70	215	227.5	237.5		237.5	307.5	65				65	372.5	246.71
30	Christina Skarlatos	F	15	Multi	60	59.9	80	-90	90		90	40	-45	-45	-45	40	130	95	100	-110	-110	100	230	226.68
31	Peter Goujon	M	51	Multi	82.5	75.4	100	110	120		120	100	110	120		120	240	65				65	305	209.13
1	Ange Galati	M	36	Multi	82.5	79.7						212.5	222.5	-227.5		222.5							222.5	146.739
2	Shane Stringer	M	42	Multi	100	99						205	-215	-215		205							205	119.679
3	Matt McKinley	M	31	Multi	125	122.7						180	190	200		200							200	109.62
4	Barry Murray	M	46	Multi	110	100.3						175	182.5	187.5		187.5							187.5	108.863
5	Martin Burnett	M	16	Multi	100	95.4						100	110	120	-125	120							120	71.25
6	John Miller #8	M	71	Multi	67.5	65						75	-85			75							75	58.00
1	Teresa Manning	F	43	Multi	48	46.3						65	67.5			67.5							67.5	81.78
2	Christina Skarlatos	F	15	Multi	60	59.9						40	-42.5	42.5	-45	42.5							42.5	42.03
DQ	Dave Smith #2	M	43	Multi	90	87.8	-225	-230	-230															
DQ	Shaun Bostock	M	34	Multi	140	134.9						-250	-250											
DQ	Paul Nay	M	35	Multi	125	119.2	-360	-385	-403															
	Josh Paish	M		Multi																				