

27-8-2011

CAPO National Champonships 2011

Albury - NSW

#	Name	Sex	Age	Div	Wt Cls	BWT	Squat	Squat	Squat	Squat	Bench	Bench	Bench	Bench	Deadlift	Deadlift	Deadlift	Deadlift	Total	Score
							1	2	3	4	1	2	3	4	1	2	3	4		
1	Jeff Lam	M	33	Multi	90	89.4	290	305	315		240	-245	-260		285	295	-300		850	521.8
2	Dan Wright	M	42	Multi	140	138.2	305	350	-370		210	225	232.5		300	320	332.5		915	487.4
3	Warrick Brant	M	31	Wraps	140+	149.8	330	345	355		-205	205	212.5		340	355	-371		922.5	482.7
4	Brendan Hains	M	42	Multi	100	97.5	350	-370	-370		190	-200	-200		255	270	-280		810	476
5	Wayne Howlett	M	31	Multi	140	125.7	370	-380	-380		200	-265	-270		280	300	-305		870	473.7
6	Terrence Titus	M	56	Multi	125	116.7	-325	325	-345		185	195	-205		285	310	325		845	468.4
7	George McLaren	M	27	Raw	140+	174	-310	320	330		180	190	200		330	350	372.5	-380	902.5	456.7
8	Stephen Ramsay	M	43	Multi	67.5	67.5	180	-235	235		-130	-130	130		180	230	240	-252.5	605	452.8
9	Adrian Tullo	M	39	Raw	140+	159.8	270	290	-300		220	230	235	240	-320	330	-340		855	440
10	Michael Trentin	M	28	Multi	82.5	80.6	-220	225	-235		165	172.5	180		-260	260	-288.5		665	435.3
11	Brent Drake #2	M	35	Multi	90	89.3	-245	260	270		140	155	165		260	270			705	433.2
12	Brian Jarrott	M	42	Multi	90	89.6	250	270	280		130	150	160		240	250	255		695	426.2
13	Taylor Young #1	F	56	Multi	67.5	66.7	165	180			100	-108	107.5		160	175	-185		462.5	419.9
14	Glen Stewart	M	43	Multi	100	99.7	230	-255	255		170	180	-190		240	260	-272.5		695	404.5
15	Rhys Vermish	M	23	Multi	82.5	79.8	225	242.5	252.5		122.5	132.5	-140		190	217.5	225		610	401.9
16	Firas El Achkar	M	19	Wraps	100	99.7	220	235	240		117.5	-125	125		300	322.5	-335		687.5	400.1
17	Jim Ambrose	M	60	Multi	75	72.8	180	190	195		130	135	-138		220	230	237.5		567.5	399.3
18	Michael Brook	M	24	Wraps	82.5	79.9	195	202.5	-208		152.5	-158	157.5		240	-247.5			600	395
19	Jeremy Smith #3	M	27	Wraps	110	106.3	220	-245			170	-190	-190		275	300	-310		690	392.1
20	Shane Atta-Singh	M	27	Wraps	140+	151	215	240	260		190	205	-215		250	280	-300		745	389.2
21	Troy Forniciari	M	28	Wraps	90	88.7	175	-190	205		150	160	-170		220	245	265		630	388.6
22	Brad Ringin	M	46	Multi	110	100	200	240	-265		140	150			240	273			662.5	385.3
23	John Sheridan	M	22	Multi	125	123.4	305	320			155	170	-185		190	210			700	383
24	Peter Weatherall	M	42	Wraps	125	110.8	210	230	-241		180	-190	190	-195	240	260	-271		680	381.7
25	Michael Douek	M	20	Wraps	82.5	82.5	180	195	210		132.5	140	145		215	235	-250		590	380.3
26	Scott Watts	M	24	Wraps	90	89.1	200	210	-218		137.5	142.5	145		235	245	255		610	375.3
27	Corey Millar	M	20	Wraps	82.5	80.3	170	182.5	190		120	127.5	-133		237.5	245	-250		562.5	369.1
28	Nick Rankin	M	25	Wraps	110	109.9	217.5	230	-240		140	147.5	150		245	265	272.5		652.5	367
29	Kelly Munro	M	19	Wraps	82.5	80.1	200	-210	210		-120	120	-128		200	220	227.5		557.5	366.4
30	Jonathon Nelson #1	M	29	Multi	100	97.8	-210	210	-223		132	-138	-138		250	265	270		612	359.2
31	Jack Retallack	M	43	Multi	75	73.4	150	165	-175		115	122.5	130		180	190	205		500	349.7
32	Morgan Beard	M	27	Wraps	67.5	67.2	135	-148	150	-158	87.5	92.5	-95		195	215	221	-233	463.5	348.2
33	Jeremy Buchanek	M	18	Wraps	110	102	200	215	-228		122.5	132.5	137.5		215	235	250		602.5	347.5
34	Coralie Weir	F	49	Wraps	52	51.6	80	90	95		65	-75	75		120	130	140	-150	310	344.7
35	Ben Sackville	M	18	Wraps	75	74.5	155	172.5	-183		97.5	105	110		180	200	212.5		495	342.5
36	Greg Hills	M	40	Wraps	75	71.8	170	-180			100	110	-120		200	-210			480	341.5
37	Daniel Lawrence	M	20	Wraps	82.5	80.7	160	172.5	-180		120	130	135		205	-215	-215		512.5	335.2
38	Lucie Thompson	F	34	Wraps	75	73.9	125	130	135	140	80	82.5	87.5		165	172.5	-180		395	333.6
39	Pierre Zunkley	M	21	Wraps	82.5	81	-165	165	170		115	120	-123		200	210	220		510	332.5
40	Mitch Munro	M	22	Wraps	110	103.5	200	-220	-220		135	142.5	-148		220	235			577.5	331.2
41	Leo Vangelouski	M	42	Wraps	140	125.8	200	215			140	150	155		200	220	230		600	326.5
42	Steven Skevas	M	22	Wraps	75	72.3	135	145			105	112.5	-113		200	210			460	325.6
43	Phillip Boyd	M	52	Wraps	110	106	190	200	-210		130	-140	-145		230	240	-245		570	324.1
44	Jack Pollard	M	20	Wraps	140	137.7	190	200	210		140	-150	-150		230	240	247.5		597.5	318.5
45	Rebecca Sotomayer	F	37	Wraps	67.5	66.5	100	125	-130		45	52.5	-55		140	155	165		342.5	311.8
46	Damien Garrety	M	18	Wraps	90	87.6	155	162.5	170		100	110	115		190	205	215		500	310.6
47	Bethany Perks	F	32	Wraps	56	54.7	90	95	-97.5		52.5	55	57.5		130	135	140		292.5	310.2
48	Eric Owens	M	22	Wraps	90	88.7	-150	170	180		100	110	-123		190	200	210		500	308.4
49	Katrina McIlroy	F	26	Wraps	56	55	90	-95	95		47.5	-50	-50		135	145	147.5		290	306.2
50	Kelly Drake	F	39	Multi	82.5	76.5	100	115	130		70	80	-90		135	150	160		370	305.4
51	Will Straughen	M	23	Wraps	82.5	79.5	125	135	142.5		120	125	127.5		165	175	185		455	300.4
52	Chris Lewis	M	49	Wraps	100	99.2	142.5	152.5	160		117.5	122.5	125		212.5	222.5	230		515	300.3
53	Trent Nguyen	M	33	Wraps	82.5	75.4	110	140	-150		105	115	120	-125	150	160	175	-190	435	298.1
54	Zach Turner #1	M	17	Wraps	125	119.3	-175	175	192.5	192.5	-135	140	145	150	180	200	-207.5		530	292.4
55	Lawrence Johnson	M	21	Wraps	140	135	180	190	202.5		95	-100	-100		220	240	247.5		545	291.8
56	Dijon Gordon	M	16	Wraps	90	89.4	150	160	170		102.5	112.5	-118		170	190	-202.5		472.5	290.2
57	Wayne Kollen	M	43	Wraps	82.5	81.8	135	140	-145		100	105	-110		185	190	-192.5		435	281.9
58	Camila Sadri	F	18	Wraps	60	60	87.5	-92.5	-92.5		47.5	-52.5	52.5	-55	135	142.5	-150		282.5	278.3
59	Piotr Jakubczyk	M	36	Wraps	125	116.7	150	165	-170		135	-140	-140		180	190	200		500	277.2
60	Nina Markopoulos	F	46	Wraps	56	56	75	80	85	87.5	57.5	60	65		110	115	-120		265	275.8
61	Saxby Morley	M	16	Wraps	82.5	75.5	105	112.5	120		105	117.5	122.5		140	150	160	171	402.5	275.8
62	Tara Marshall	F	24	Wraps	67.5	66	87.5	95	100	105	62.5	65	67.5	70	125	132.5	-137.5		300	274.6
63	Kate Quinn #1	F	32	Wraps	60	59.3	70	75	80		45	47.5	50		125	132.5	140		270	268.4
64	Sussy Kollen	F	41	Wraps	60	59.5	80	85	92.5		57.5	60	62.5		105	112.5	115		270	267.7
65	James Thomson #2	M	62	Wraps	110	109.8	150	157.5	165		85	90	-92.5		-200	200	210	215	465	261.6
66	Beau Houston	M	17	Wraps	110	105.1	145	-150	150	155	100	105	110	117.5	165	175	180	-192.5	440	250.9
67	Ron Birch	M	66	Wraps	110	100	135	150			80	90			145	165	185		425	247
68	Fion Chen	F	23	Wraps	52	51.1	60	65	70		40	45	-50		90	95	100	102.5	215	240.8
69	Ben Moriss	M	19	Wraps	125	116	155	-168	-168		75	80	82.5		150	162.5	175		412.5	229
70	Steven Collier	M	17	Wraps	90	85.4	85				-60	60			165	-180	-185		310	195.5
71	Herb Turvey	M	49	Wraps	100	98	65				140	-170	170		65				300	175.8
72	Glen Robinson	M	41	Wraps	100	99.3	65				140	155	-170		65				285	166.1
73	Shirley Hetherton	F	61	Wraps	90	84.5	-45	50	-65		40	-45	-45		90	100	-110		190	147.6
DQ	Esther Smithard	F	44	Multi	67.5	60.1	70	75	80		-90	-90	-90		80	90			0	
DQ	Daniel Portelli	M	28	Wraps	140	138	240	250	260			195	205		240	250	-285		0	
DQ	Joanne Mitchell	F	34	Multi																