

17-8-2019

## CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS

CAMP WATTLE GROVE WA

Name	State	Age	Div	BWt (Kg)	WtCls (Kg)	Gloss	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff
Janet Smith	SA	50	F-M	74.7	75	0.83835	150	160.5	-167.5	160.5	85	95	-97.5		95	255.5	180	195	205		205	460.5	386.060	436.248
Monica Cook	WA	55	F-M	65.9	67.5	0.91665	110	120	130	130	80	85	-90		85	215	130	137.5	142.5	150	142.5	357.5	327.702	401.435
Tania Winwood	WA	48	F-M	47.3	48	1.1922	90	-97.5	100	100	42.5	47.5	-50		47.5	147.5	125	135	145		145	292.5	348.719	382.544
Michelina Weatherall	NSW	44	F-M	58.6	60	1.0065	70	82.5	90	90	60	65	70		70	160	145	155	162.5		162.5	322.5	324.596	338.554
Gigi van der Poll	VIC	43	F-M	82.1	82.5	0.7889	110	120	127.5	127.5	50	57.5	60		60	187.5	155	-162.5	162.5	167.5	162.5	350	276.115	284.675
Erica McKnight	WA	51	F-M	72.9	75	0.8523	60	70	-80	70	60	65	-67.5		65	135	130	140	147.5		147.5	282.5	240.775	276.169
Lisa Donoghue	QLD	47	F-M	99	SHW	0.71845	122.5	-130	-130	122.5	45	50	52.5		52.5	175	130	-140	140		140	315	226.312	244.869
Coralie Weir	QLD	57	F-O	51.8	52	1.111	120	-135	135	135	-80	82.5	-85		82.5	217.5	157.5	165	170		170	387.5	430.513	
Kat Becker	WA	35	F-O	86.8	90	0.76295	220	-242.5	-242.5	220	100	107.5	-112.5		107.5	327.5	210	225	-230		225	552.5	421.530	
Jessica Day	WA	34	F-O	72	75	0.85955	-170	-180	180	180	95	102.5	107.5		107.5	287.5	185	195	-212.5		195	482.5	414.733	
Samantha Johannes	WA	25	F-O	55.8	56	1.0469	135	-142.5	142.5	142.5	65	70	-72.5		70	212.5	145	157.5	-162.5		157.5	370	387.353	
Sonia Williams	QLD	37	F-O	65	67.5	0.92665	-145	150	-162.5	150	95	-102.5	102.5	105	102.5	252.5	150	160	165		165	417.5	386.876	
Alexis Hayto	WA	38	F-O	72	75	0.85955	-130	135	140	140	75	82.5	-87.5		82.5	222.5	150	-162.5	162.5		162.5	385	330.927	
Greer Mason	QLD	29	F-O	64.9	67.5	0.92775	-127.5	-135	135	135	57.5	62.5	-65		62.5	197.5	127.5	135	140		140	337.5	313.116	
Sian Miller	WA	32	F-O	56.9	60	1.0306	97.5	107.5	112.5	112.5	52.5	57.5	-62.5		57.5	170	122.5	130	-135		130	300	309.180	
Catherine Henderson	WA	39	F-O	80.5	82.5	0.79865	145	-150	150	150	75	77.5	80		80	230	155	-165	-165		155	385	307.480	
Giorgia South	WA	24	F-O	54.6	56	1.0653	95	100	105	105	42.5	47.5	50		50	155	125	132.5			132.5	287.5	306.274	
Laura Cass	WA	36	F-O	57.6	60	1.0205	110	120	-130	120	50	-55	55		55	175	125	-132.5	-132.5		125	300	306.150	
Bianca Strahan	SA	36	F-O	67	67.5	0.9049	115	127.5	130	130	62.5	-67.5	-67.5		62.5	192.5	127.5	137.5	142.5		142.5	335	303.142	
Annie Malard	WA	38	F-O	65.4	67.5	0.9222	110	125	-132.5	125	57.5	-62.5	-62.5		57.5	182.5	130	137.5	142.5		142.5	325	299.715	
Stacey Rosam	WA	34	F-O	63.9	67.5	0.9392	90	100	107.5	107.5	60	-62.5	-62.5		60	167.5	130	140	150		150	317.5	298.196	
Suzette Flores	QLD	38	F-O	59.5	60	0.99425	95	100	105	105	55	60	62.5		62.5	167.5	107.5	115	122.5		122.5	290	288.333	
Jo Robbertsen	SA	36	F-O	73	75	0.8515	-122.5	122.5	132.5	132.5	55	60	-65		60	192.5	135	145	-150		145	337.5	287.381	
Samantha Connor	SA	29	F-O	71.2	75	0.8662	92.5	102.5	107.5	107.5	60	-65	-65		60	167.5	122.5	132.5	145		145	312.5	270.688	
Amy Bower	SA	29	F-O	78.8	82.5	0.80955	125	135	142.5	142.5	-60	60	-67.5		60	202.5	100	105			105	307.5	248.937	
Emma Jacobs	SA	20	F-J	65.5	67.5	0.9211	97.5	105	115	115	55	-60	-60		55	170	117.5	130	135		135	305	280.936	
Emily Glew	SA	19	F-T	54.4	56	1.0684	95	-105	-105	95	47.5	-50	-50		47.5	142.5	120	127.5	-132.5		127.5	270	288.468	
Korin Kilgore	QLD	17	F-T	78.4	82.5	0.8122	125	-132.5	-132.5	125	60	65	-67.5		65	190	125	132.5	140	-142.5	140	330	268.026	
Paige Ngarotata-Day	WA	17	F-T	86.9	90	0.7625	105	115	122.5	122.5	50	55	-60		55	177.5	125	137.5	142.5	145	142.5	320	244.000	
Jacob Noble	SA	22	M-J	88.8	90	0.61645	217.5	227.5	-235	227.5	127.5	-135	-135		127.5	355	230	250	260		260	615	379.117	
Luke Taylor	QLD	21	M-J	109.8	110	0.56275	230	245	252.5	252.5	142.5	150	152.5		152.5	405	225	235	245		245	650	365.788	
Griffin Finlay-Brooks	SA	19	M-T	89.8	90	0.6126	170	185	190	190	115	120	-122.5		120	310	215	-232.5	232.5		232.5	542.5	332.336	
Fergus Lamond	QLD	17	M-T	106.8	110	0.56745	180	190	200	200	80	87.5	-92.5		87.5	287.5	180	192.5	205		205	492.5	279.469	
Owen Dowley	WA	14	M-T	81.9	82.5	0.6504	125	137.5	155	155	85	-92.5	-97.5		85	240	145	157.5	-175		157.5	397.5	258.534	
Daniel Boros	WA	13	M-T	60	60	0.83285	105	115	-120	115	42.5	47.5	-52.5		47.5	162.5	125	135	142.5	-150	142.5	305	254.019	