

20-11-22

## 2022 CAPO DEADLIEST DEADLIFT &amp; BENCH

CICERELLOS - FREMANTLE

Name	Age	Division	Bwt(Kg)	WtCl(Kg)	Bench 1	Bench 2	Bench 3	Bench 4	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	TotalKg	Points	Place	Team
<b>FEMALE</b>																
Annie Malard	41	FO-R	67.5	67.5	77.5	85	90	-95	185	192.5	202.5		292.5	263.35	1-FO-R	Musclepit
Sarah Rodwell	39	FO-R	71.7	75	80	85	-90		182.5	192.5	200		285	245.74	2-FO-R	Top End Strength
Alexis Hayto	41	FO-R	75.2	82.5	85	87.5	-92.5		170	177.5	182.5	-185	270	225.38	3-FO-R	PPS Wanneroo
Ashlee Watkinson	34	FO-R	46.8	48	40	45	-50		110	117.5	122.5	127.5	167.5	201.5	4-FO-R	Musclepit
Kathryn Cole	33	FO-R	91.6	100	97.5	102.5	107.5		150	160	-165		267.5	199.14	5-FO-R	Cockburn Arc
Joanne Allan	43	FO-R	52	52	45	-50	-50		115	127.5	132.5		177.5	196.14	6-FO-R	PPS Wanneroo
Brooke Palmer	34	FO-R	108.4	110	72.5	77.5	-82.5		135	145	155	-160	232.5	161.51	7-FO-R	POWERPIT
Margaret Dango	32	FO-R	76.1	82.5	50	55	60		120	130	-140		190	157.37	8-FO-R	Musclepit
Steph Forsyth	33	FO-R	142	110+	57.5	62.5	67.5	-70	135	145	155		222.5	145.27	9-FO-R	Musclepit
Dion Stewart	38	FO-R	66.3	67.5	65	67.5	-70									Musclepit
Monica Cook	58	FM-R	66.9	67.5	80	85	90		125	135	140		230	269.1	1-FM-R	Strength House
Tania Winwood	51	FM-R	47.1	48	42.5	-45	-45		110	120	-130		162.5	223.08	2-FM-R	Musclepit
Nyah Keep	17	FT-R	66.7	67.5	67.5	72.5	-75		130	137.5	142.5	145	215	210.9	1-FT-R	Snap Newman
Jessica Napper	19	FT-R	79.1	82.5	45	50	52.5		125	135	145		197.5	165.98	2-FT-R	Powerfitness Midland
Isabella Murphy	15	FT-R	59.4	60	-30	32.5	35	-37.5	95	105	-115		140	164.03	3-FT-R	POWERPIT
Janie Napper	15	FT-R	63.2	67.5	27.5	32.5	-35		85	92.5	-100		125	139.54	4-FT-R	Powerfitness Midland
<b>MALE</b>																
Sam Murphy	38	MO-R	123.9	125	202.5	-210	-210		330	352.5	-372.5		555	303.4	1-MO-R	POWERPIT
Kyle Love	33	MO-R	106.8	110	205	215	220		270	280	-290		500	283.7	2-MO-R	Musclepit
Izzy Barret	28	MO-R	104.4	110	-165	170	-177.5		270	285	-300		455	261.97	3-MO-R	
Shane Parnell	40	MO-R	105.6	110	160	170	-180		255	270	290	-300	460	260.14	4-MO-R	Snap Newman
Cameron Pilapil	28	MO-R	81	82.5	145	155	-162.5		220	230	240		395	257.68	5-MO-R	Brabham XO
Chris Flemming	27	MO-R	120.5	125	170	180	-182.5		-250	260	270		450	247.68	6-MO-R	
Mitch Nesbitt	26	MO-R	113.3	125	165	172.5	-177.5		270	-280			442.5	246.98	7-MO-R	Genesis Bentley
Ryan Corbett	31	MO-R	81.7	82.5	125	130	135		200	210	220		355	230.28	8-MO-R	Southwest Strength
Tim Jackson	31	MO-R	85.6	90	120	130	-137.5		220	227.5			357.5	225.18	9-MO-R	PPS Wanneroo
David Crowe	33	MO-R	103.2	110	115	122.5	-125		240	260	-275		382.5	219.6	10-MO-R	POWERPIT
Gabriel Gent	21	MO-R	99	100	95	-110	-120		230	250	270		365	213.07	11-MO-R	Genesis
Matthew Cole	32	MO-R	100	100	120	125	130		200	210	-220		340	197.63	12-MO-R	Cockburn Arc
Erik Hall	27	MO-R	88.4	90	85	92.5	-100		195	-210	-210		287.5	177.69	13-MO-R	Musclepit
Brock Cujini	25	MO-R	105.2	110	-175	175	-185									Powerfitness Midland
David Harwood	46	MM-R	81.6	82.5	130	135	-142.5		-240	240	-252.5		375	260	1-MM-R	Home Gym
Brad Keep	50	MM-R	98.2	100	150	160	170	-175	220	-230			390	258.17	2-MM-R	Snap Newman
Rosario Murace	44	MM-R	95.1	100	87.5	92.5	97.5		200	210	-212.5		307.5	190.7	3-MM-R	Musclepit
Peter Fear	40	MM-R	121.6	125	115	125	-130		222.5	237.5			362.5	199.1	4-MM-R	Musclepit
Mark Barker	49	MM-R	88.3	90	65	72.5	75		145	155	170		245	168.64	5-MM-R	Roar Fitness
David James	46	MM-R	105.2	110	60	65	70		80	87.5	92.5		162.5	98.96	6-MM-R	PPS Wanneroo
Troy Szann	61	MM-R	124.7	125	135	140	142.5									Home Gym
Ashley Quadros	19	MT-R	65.6	67.5	100	105	-110		205	220	-230		325	259.26	MT-R	Genesis Kelmscott
Davin Do	18	MT-R	61.4	67.5	95	100	-107.5		160	170	190		290	250.43	MT-R	REVO
Jayden Yum	19	MT-R	85	90	110	117.5	-122.5		200	-220	-232.5		317.5	208.88	MT-R	
Orlando Tompkin	17	MT-R	88.5	90	-85	85	92.5		180	192.5	200		292.5	195.11	MT-R	Musclepit
Brandon Smith	18	MT-R	72.9	75	-90	90	-100		150	160	-170		250	186.4	MT-R	NVSL
Damien Travcich	17	MT-R	60.4	67.5	-50	55	-57.5		140	150	-160		205	183.21	MT-R	XO Fit
Kobi Murphy	13	MT-R	93.6	100	52.5	60	67.5	-72.5	142.5	155	162.5		230	176.43	MT-R	POWERPIT
Zachary Buba	16	MT-R	139.9	140	80	90	100		120	140	160		260	156.08	MT-R	Brabham XO
Riley Stinson	15	MT-R	124.8	125	-60	70	75	80	130	140	150	157.5	225	144.85	MT-R	Physique