

30/04/2022

CAPO NSW STATE CHAMPIONSHIP 2022

Adonis Athletics Penrith

Name	Sex	Age	Equipment	Division	BWT	Wt Cls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points	Event
Alec Pijcke	M	26	Raw	Open	89.1	90	190	210	225	225	155	167.5	-172.5	167.5	230	240	250	250	642.5	395.31	SBD
Josh Pywell	M	30	Raw	Open	96.9	100	215	222.5	230	230	122.5	130	-135	130	275	290	300	300	660	388.96	SBD
Carlos Adina	M	16	Raw	T16-17	71	75	155	165	170	170	97.5	102.5	105	105	205	215	225	225	500	359.02	SBD
Danny Vongphachanh	M	16	Raw	T16-17	54.7	56	110	-120	-130	110	82.5	87.5	-92.5	87.5	165	172.5	180	180	377.5	345.34	SBD
Christopher Skinner	M	21	Raw	J20-23	96.4	100	185	195	-200	195	135	-142.5	-142.5	135	215	225	230	230	560	330.82	SBD
Daniel Heazlewood-Lee	M	19	Raw	T18-19	85.45	90	160	172.5	187.5	187.5	120	130	-137.5	130	180	190	200	200	517.5	326.31	SBD
Nicole Thomason	F	27	Wraps	Open	68.55	75	110	125	135	135	40	55	-62.5	55	110	122.5	130	130	320	284.88	SBD
Manny Tsiolakis	M	28	Wraps	Open	102.9	110	220	232.5	240	240	140	145	152.5	152.5	220	237.5	-247.5	237.5	630	362.09	SBD
Jagdish Chauhan	M	52	Wraps	M50-54	65.5	67.5	145	155	-165	155	-75	82.5	-87.5	82.5	165	175	182.5	182.5	420	322.59	SBD
Rebecca Cavic	F	42	Multi-ply	Open	62.85	67.5	140	150	-155	150	90	-100	100	100	140	150	-155	150	400	380.03	SBD
Alyce Reid	F	34	Multi-ply	Open	73.7	75	150	160	170	170	90	100	105	105	140	150	160	160	435	368.05	SBD
Pete Sutton	M	45	Multi-ply	Open	89.3	90	-250	250	260	260	190	-200	200	200	240	250	-260	250	710	436.3	SBD
Ryan Sandeman	M	54	Multi-ply	M50-54	109.2	110	250	-270	275	275	180	0	0	180	-245	-250	250	250	705	397.35	SBD
Justin Faella	M	37	Multi-ply	S33-39	87.1	90	-245	245	-255	245	130	137.5	140	140	230	242.5	250	250	635	395.84	SBD
Brendan Hains	M	53	Raw	M50-54	89.1	90					140	-150	-150	140					140	86.14	B
Mark Micallef	M	42	Raw	M40-44	88.8	90					-100	100	105	105	162.5	167.5	172.5	172.5	277.5	171.06	BD
Glen Stewart	M	54	Raw	M50-54	94.55	100									260	0	0	260	260	155.03	D
Melinda Brown	F	36	Single-ply	S33-39	121.8	110+					-110	-120	-125								B