20th & 21st August **CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS 2022** **The Bridgeway Hotel - Adelaide SA** **MASTERS**

Name	Sex	Age	State	Equip	Div	BWT	Wt Cls	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Points	Age Score	Team
Janet Smith	F	53	SA	Wraps	FM-RP	95.45	**100**	**-162.5**	162.5	170		170	95	107.5	**-112.5**		107.5	200	220.5	**-227.5**		220.5	**497.5**	363.54	**429.410**	SA
Annie Malard	F	41	WA	Wraps	FM-RP	70.35	**75**	167.5	177.5	**-185**		177.5	77.5	85	**-87.5**		85	190	200	205	207.5	205	**467.5**	408.52	**412.407**	WA
Monica Cook	F	58	WA	Sleeves	FM-RP	65.25	**67.5**	85	95	105		105	75	80	82.5		82.5	115	125	130		130	**317.5**	293.16	**378.667**	WA
Pam Li	F	52	VIC	Sleeves	FM-RP	51.4	**52**	100	**-105.5**	**-105.5**		100	47.5	50.5	52.5	**-55**	52.5	130	135.5	**-137.5**		135.5	**287.5**	321.26	**374.393**	VIC
Maureen Wicks	F	48	QLD	Wraps	FM-RP	87.75	**90**	**-135**	147.5	155		155	77.5	82.5	85	86	85	140	150	160		160	**400**	304.41	**332.685**	QLD
Asha Pochin	F	41	QLD	Wraps	FM-RP	51.75	**52**	100	**-105**	**-105**		100	50	**-52.5**	52.5		52.5	125	135	140		140	**292.5**	324.49	**328.454**	QLD
Helen Harvey	F	60	QLD	Sleeves	FM-RP	58.85	**60**	65	72.5	77.5		77.5	37.5	42.5	43.5		43.5	100	110	115		115	**235**	236.06	**315.845**	QLD
Hilda Betham	F	46	QLD	Wraps	FM-RP	126.25	**110+**	155	167.5	175		175	70	75.5	77.5		77.5	160	170	180	185	180	**432.5**	289.65	**309.572**	QLD
Joanne Allan	F	43	WA	Wraps	FM-RP	51.9	**52**	75	82.5	90		90	40	45	50		50	105	120	130		130	**270**	298.82	**308.796**	WA
Michelle Keeffe	F	43	QLD	Wraps	FM-RP	59.1	**60**	95	105	110		110	50	55	**-60**		55	105	112.5	120		120	**285**	284.11	**293.747**	QLD
Emily Maddern	F	43	SA	Bare	FM-R	97.15	**100**	130	141			141	75	81	82.5		82.5	167.5	**-177.5**	**-177.5**		167.5	**390**	283.17	**291.033**	SA
Cherie Deacon	F	45	QLD	Wraps	FM-RP	79.95	**82.5**	120	**-127.5**	127.5		127.5	62.5	**-67.5**	**-67.5**		62.5	140	147.5	**-152.5**		147.5	**337.5**	270.93	**285.587**	QLD
Charlotte Goess	F	53	SA	Sleeves	FM-RP	82.3	**82.5**	95	105	110		110	62.5	67.5	**-72.5**		67.5	107.5	117.5	125		125	**302.5**	238.64	**282.123**	SA
Terrence Titus	M	66	QLD	Wraps	MM-RP	108.75	**110**	210	225	235		235	120	130	135		135	285	**-295**			285	**655**	369.61	**558.515**	QLD
Jim Ambrose	M	71	WA	Wraps	MM-RP	74.2	**75**	145	150	**-155**		150	100	107.5	110		110	200	207.5			207.5	**467.5**	324.45	**545.392**	WA
Vince Simonetta	M	61	VIC	Wraps	MM-RP	99.5	**100**	250	**-260**	260		260	110	117.5	**-120**		117.5	270	**-300**	**-300**		270	**647.5**	377.16	**515.257**	VIC
Joe Zollo	M	64	VIC	Wraps	MM-RP	123.3	**125**	**-245**	260	**-270**		260	125	**-130**	130		130	232.5	245	250		250	**640**	350.32	**508.034**	VIC
Gary Jones	M	57	SA	Wraps	MM-RP	109.2	**110**	**-220**	235	**-246**		235	167.5	173	175		175	235	**-252.5**	**-263**		235	**645**	363.53	**460.987**	SA
Leigh Wisbey	M	60	VIC	Bare	MM-R	131.3	**140**	210	222.5	235		235	85	**-92.5**	97.5		97.5	275	285	**-290**		285	**617.5**	332.84	**446.029**	VIC
Brian Jarrott	M	53	VIC	Wraps	MM-RP	104.55	**110**	245	255	265		265	120	140	**-150**		140	230	240	247.5		247.5	**652.5**	372.87	**441.518**	VIC
Brad Keep	M	49	WA	Sleeves	MM-RP	95.7	**100**	200	220	**-240**		220	150	160	170		170	210	235	250		250	**640**	379.38	**422.299**	WA
Abe Alcorn	M	43	SA	Wraps	MM-RP	107.45	**110**	235	**-250**	260		260	**-150**	160	**-170**		160	**-270**	285	**-307.5**		285	**705**	399.26	**411.673**	SA
Adrian Zwaan	M	84	VIC	Bare	MM-R	84.2	**90**	**-70**	**-80**	80		80	50	55	**-57.5**		55	140	145	150		150	**285**	181.35	**405.851**	VIC
Pete Mayhew	M	60	WA	Wraps	MM-RP	76.2	**82.5**	140	160	**-170**		160	90	95	100		100	145	165	172.5	**-175**	172.5	**432.5**	294.34	**394.413**	WA
Eddie Jones	M	55	SA	Bare	MM-R	89.05	**90**	165	175	180	185	180	125	**-132.5**	**-132.5**		125	200	210	217.5		217.5	**522.5**	321.58	**393.958**	SA
Anthony Dickens	M	57	VIC	Wraps	MM-RP	111.4	**125**	205	**-225**	**-230**		205	100	115	**-125**		115	200	217.5	**-225**		217.5	**537.5**	301.29	**382.077**	VIC
Jim Panagiotidis	M	53	VIC	Bare	MM-R	60	**60**	**-112.5**	112.5	120	**-125**	120	97.5	**-102.5**	**-102.5**		97.5	167.5	**-175**			167.5	**385**	320.64	**379.646**	VIC
Dave Keetch	M	40	SA	Wraps	MM-RP	107.6	**110**	220	235	**-250**		235	135	142.5	147.5		147.5	250	270	287.5		287.5	**670**	379.28	**379.287**	SA
Maurice Carriera	M	49	VIC	Sleeves	MM-RP	95.85	**100**	210	**-220**	**-220**		210	120	130	135		135	230	**-240**	**-240**		230	**575**	340.6	**379.121**	VIC
Dominic Morton	M	46	QLD	Wraps	MM-RP	99.85	**100**	195	207.5	220		220	**-140**	**-147.5**	147.5		147.5	230	240	**-255**		240	**607.5**	353.34	**377.397**	QLD
David Wicks	M	55	QLD	Wraps	MM-RP	94.6	**100**	145	155	**-165**		155	92.5	97.5	**-102.5**		97.5	195	205	212.5		212.5	**465**	277.19	**339.582**	QLD
Peter Gill	M	54	QLD	Wraps	MM-RP	66.5	**67.5**	110	120	**-127.5**		120	60	67.5	**-70**		67.5	150	162.5	170	**-183**	170	**357.5**	270.99	**326.287**	QLD
Dave Haupt	M	42	SA	Sleeves	MM-RP	99.85	**100**	177.5	**-190**	190		190	112.5	120	**-125**		120	190	205	210		210	**520**	302.45	**308.520**	SA
Cyll Duncan	M	45	QLD	Wraps	MM-RP	88.9	**90**	160	170	177.5		177.5	82.5	90	92.5		92.5	160	180	190		190	**460**	283.39	**298.969**	QLD
Michael Vicig	M	42	QLD	Wraps	MM-RP	83.85	**90**	145	155	160		160	82.5	87.5	**-90**		87.5	175	187.5	192.5		192.5	**440**	280.7	**286.323**	QLD
Nilesh Singh	M	46	QLD	Wraps	MM-RP	109.9	**110**	165	**-185**	185		185	92.5	97.5	100		100	150	160	170		170	**455**	255.98	**273.414**	QLD
Peter Sutton	M	45	NSW	Multi-ply	MO-MP	95.6	**100**	**-250**	250	270		270	200	**-210**	210		210	240	250	**-260**		250	**730**	432.95	**456.814**	NSW
Ryan Sandeman	M	44	ACT	Multi-ply	MO-MP	109	**110**	250	270	300		300	**-180**	**-180**	180		180	240	260	270		270	**750**	422.93	**441.150**	ACT
Nathan Liebke	M	47	QLD	Wraps	MM-RP	109.3	**110**	**-200**	**-200**	**-200**			130	135	**-140**			200	210	220						QLD
Francisco Dullona	M	50	SA	Wraps	MM-RP	59.35	**60**	150	155	**-160**		155	**-90**	**-92.5**	**-92.5**											SA
Brendan Hains	M	53	VIC	Wraps	MM-RP	89.35	**90**	**-201**	**-201**	**-201**			146	150	**-155**			160								VIC
Michael Thomson	M	63	SA	Bare	MM-R	74.6	**75**	110	120	125		125	**-75**	**-80**	**-80**											SA
Sarah Butler	F	40	SA	Wraps	FM-RP	77.1	**82.5**	**-135**	**-135**	**-135**			70	72.5	**-75**			155	165	**-172.5**						SA
Rebecca Cavic	F	43	ACT	Multi-ply	FO-MP	66.45	**67.5**	145	152.5	**-160**		152.5	**-90**	**-95**	**-95**											ACT