

| 28-8-2022            |     |          |        |       | CAPO Poseidons Trident Cup 2022 |         |         |            |         |         |         |            |            |            | Power Pit - Rockingham - WA |            |               |       |        |         |                  |
|----------------------|-----|----------|--------|-------|---------------------------------|---------|---------|------------|---------|---------|---------|------------|------------|------------|-----------------------------|------------|---------------|-------|--------|---------|------------------|
| Name                 | Age | Division | BWT    | WtCls | Squat 1                         | Squat 2 | Squat 3 | Best Squat | Bench 1 | Bench 2 | Bench 3 | Best Bench | Deadlift 1 | Deadlift 2 | Deadlift 3                  | Deadlift 4 | Best Deadlift | Total | Points | Place   | Team             |
| <b>WOMEN</b>         |     |          |        |       |                                 |         |         |            |         |         |         |            |            |            |                             |            |               |       |        |         |                  |
| Catherine Henderson  | 42  | FO-RP    | 76.6   | 82.5  | 150                             | -165    | -165    | 150        | -85     | -85     | 85      | 85         | 155        | 165        | -172.5                      |            | 165           | 400   | 329.89 | 1-FO-RP | Powerpit         |
| Ashlee Watkinson     | 33  | FO-RP    | 47.7   | 48    | 70                              | 80      | 90      | 90         | 52.5    | -57.5   | -57.5   | 52.5       | 130.5      | 135        | -140                        |            | 135           | 277.5 | 328.78 | 2-FO-RP | Musclepit        |
| Danielle Vincent     | 22  | FO-RP    | 72.65  | 75    | 110                             | -117.5  | 117.5   | 117.5      | 65      | -70     | -70     | 65         | 135        | 145        | -150                        |            | 145           | 327.5 | 279.82 | 3-FO-RP | Revo             |
| Tamara Eigenmann     | 23  | FO-RP    | 61.5   | 67.5  | -80                             | 80      | 85      | 85         | 45      | 47.5    | -50     | 47.5       | 115        | 120        | 125                         |            | 125           | 257.5 | 248.79 | 4-FO-RP | Goodlife Subiaco |
| <b>MEN</b>           |     |          |        |       |                                 |         |         |            |         |         |         |            |            |            |                             |            |               |       |        |         |                  |
| Hayden Toitoti-Symes | 27  | MO-RP    | 115.5  | 125   | 250                             | 272.5   |         | 272.5      | -170    | -182.5  | 182.5   | 182.5      | -270       | 270        | -300                        |            | 270           | 725   | 402.84 | 1-MO-RP | Genesis          |
| David Crowe          | 33  | MO-RP    | 106.6  | 110   | 200                             | 215     | 222.5   | 222.5      | -110    | 120     | -130    | 120        | 240        | 260        | 272.5                       |            | 272.5         | 615   | 349.17 | 2-MO-RP | Powerpit         |
| Wade Slingsby        | 31  | MO-RP    | 108.7  | 110   | 190                             | 200     | 210     | 210        | 115     | 125     | -132.5  | 125        | 235        | 245        | -255                        |            | 245           | 580   | 327.33 | 3-MO-RP | Powerpit         |
| Eduardo Jaena        | 21  | MO-RP    | 80.35  | 82.5  | 145                             | 155     | -162.5  | 155        | 80      | -85     | -85     | 80         | 190        | 200        | -210                        |            | 200           | 435   | 285.3  | 4-MO-RP | Goodlife Success |
| Erik Hall            | 27  | MO-RP    | 86.3   | 90    | 130                             | 142.5   | 150     | 150        | 80      | 87.5    | 90      | 90         | -180       | 190        | 200                         |            | 200           | 440   | 275.79 | 5-MO-RP | Musclepit        |
| Gerald Tan           | 27  | MO-RP    | 95.6   | 100   | -145                            | 157.5   | -165    | 157.5      | 95      | -105    | -112.5  | 95         | 185        | 200        | 207.5                       |            | 207.5         | 460   | 272.82 | 6-MO-RP | New Movement     |
| Bill Harnett         | 51  | MM-RP    | 106.65 | 110   | 225                             | -245    | -255    | 225        | -130    | 140     | 150     | 150        | 250        | -270       | 270                         | -280       | 270           | 645   | 366.14 | 1-MM-RP | Powerpit         |
| Ryan Burke           | 46  | MM-RP    | 89.2   | 90    | 165                             | -170    | 170     | 170        | 115     | 125     | -130    | 125        | 175        | 185        | 192.5                       |            | 192.5         | 487.5 | 299.76 | 2-MM-RP | Powerpit         |
| Rosario Murace       | 43  | MM-RP    | 97.02  | 100   | -155                            | 155     | 167.5   | 167.5      | 82.5    | 90      | -92.5   | 90         | 192.5      | 202.5      | -210                        |            | 202.5         | 460   | 270.94 | 3-MM-RP | Musclepit        |
| Rafael Fancubit      | 17  | MT-RP    | 80.5   | 82.5  | 180                             | -190    | -190    | 180        | 95      | 100     | -105    | 100        | 230        | 240        | -245                        |            | 240           | 520   | 340.63 | 1-MT-RP | Eaton Rec Centre |
| Ashley Quadros       | 19  | MT-RP    | 64.2   | 67.5  | -135                            | -135    | -135    |            | 90      | 92.5    | 95      |            | 180        | 207.5      | -210                        |            |               |       |        |         | Genesis          |