

22/05/2022

2022 CAPO WA State Powerlifting Championships

Camp Wattle Grove - Perth

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Gloss Coeff	Squat 1	Squat 2	Squat 3	Squat 4	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 Score	PI-Div-WtCl	Team
Aliesha Sharp	24	FO-RP	58	60	1.0149	165	-172.5	-172.5		165	72.5	77.5	-82.5		77.5	242.5	192.5	200	205		205	447.5	454.168	454.168	1-FO	Physique Training
Jessica Day	37	FO-RP	74.9	75	0.83685	190	-200	200		200	105	110	115	-123	115	315	210	217.5	227.5		227.5	542.5	453.991	453.991	2-FO	Physique Training
Jess McCallum	41	FO-RP	126.9	SHW	0.66945	230	250	260		260	110	120	130		130	390	230	260	280	-290	280	670	448.532	453.017	3-FO	Physique Training
Lucy Michon	36	FO-RP	72.4	75	0.8563	180	187.5	-192.5		187.5	100	105	-110		105	292.5	200	210	215		215	507.5	434.572	434.572	4-FO	Physique Training
Liz Ramage	42	FM-RP	65.9	67.5	0.91665	155	162.5	170		170	77.5	-80			77.5	247.5	-185	185	195		195	442.5	405.618	413.730	1-FM	PPS
Alexis Salkin	41	FM-RP	74	75	0.84365	137.5	152.5	-157.5		152.5	85	-92.5	93	-97.5	93	245.5	165	-180	-180		165	410.5	346.318	349.782	3-FM	Muscle Pit
Kylie McLeod	40	FM-RP	78.6	82.5	0.81085	140	150	155		155	60	65	70		70	225	155	165	170		170	395	320.286	320.286	4-FM	Muscle Pit
Monica Cook	57	FM-RP	65.8	67.5	0.9178	85	95	105		105	77.5	82.5	-87.5		82.5	187.5	120	130	135		135	322.5	295.991	375.316	2-FM	Strength House
Nyah Keep	16	FT-RP	66.8	67.5	0.907	95	100	107.5		107.5	65	-67.5	-67.5		65	172.5	125	132.5	137.5	142.5	137.5	310	281.170	281.170	1-FT	Snap Fitness
Joanne Allan	43	FM-RP	51.1	52	1.123	-75	75	-85		75	40	-45	45		45	120	110	120	125		125	245	275.135	283.664	5-FM	PowerPit
Jemma Kirke	26	FO-RP	66.5	67.5	0.9102	-100	-105	105		105	50	52.5	-55		52.5	157.5	112.5	117.5	125		125	282.5	257.132	257.132	5-FO	PowerPit
Jessica Napper	18	FT-RP	69.6	75	0.87995	100	110	-115		110	42.5	45	-47.5		45	155	110	120	130		130	285	250.786	250.786	2-FT	PPS
Jordan Martin	16	FT-RP	77.6	82.5	0.81755	-105	110	120		120	40	45	-50		45	165	125	130	140		140	305	249.353	249.353	3-FT	KH Strong
Joy Rivera	39	FO-RP	96.6	100	0.72545	100	120	135		135	60	65	-70		65	200	100	120	130	-135	130	330	239.399	239.399	6-FO	KH Strong
Lee Maree Stinson	39	FO-RP	89.2	90	0.75115	-80	90	-100		90	50	-60	60		60	150	85	100	110		110	260	195.299	195.299	7-FO	Muscle Pit
Evelyn Stinson	13	FT-RP	101.1	SHW	0.71265	80	90	100		100	40	45	50		50	150	70	90	110		110	260	185.289	185.289	4-FT	KH Strong
Fiona Baldacchino	45	FM-RP	86.2	90	0.7661	60	-70	85		85	-35	40	45		45	130	70	80	90		90	220	168.542	177.812	6-FM	Slaughterhouse
Sam Murphy	38	MO-RP	123.1	125	0.54765	332.5	342.5	-352.5		342.5	205	-212.5	-212.5		205	547.5	352.5	-372.5			352.5	900	492.885	492.885	1-MO	Power Pit
Morgan Donney	26	MO-RP	79.9	82.5	0.6613	220	230	240		240	160	-165	165		165	405	260	285			285	690	456.297	456.297	2-MO	Lift Culture
Matthew Hrabar	32	MO-RP	88.9	90	0.61815	270	-287.5	-287.5		270	157.5	167.5	170		170	440	267.5	277.5	280		280	720	445.068	445.068	3-MO	PowerPit
Duy Nguyen	21	MO-RP	74.7	75	0.6906	225	237.5	242.5		242.5	127.5	132.5			132.5	375	240	262.5	-277.5		262.5	637.5	440.258	440.258	4-MO	Roar Fitness
Matt Dawson	38	MO-RP	122.6	125	0.5482	290	310	-315		310	170	180	187.5		187.5	497.5	275	290	302.5		302.5	800	438.560	438.560	5-MO	Lifters League
Sheen Kovacs	38	MO-RP	153.3	SHW	0.5206	312.5	330	-342.5		330	185	190			190	520	290	312.5	320		320	840	437.304	437.304	6-MO	Muscle Pit
Joshua Genever	22	MO-R	82.1	82.5	0.64665	215	225	235	240	235	165	172.5	175		175	410	235	250	260	-271	260	670	433.256	433.256	7-MO	Goodlife
Brendan Murphy	21	MO-RP	85.7	90	0.62945	250	257.5	265		265	137.5	-142.5	145		145	410	250	262.5	275		275	685	431.173	431.173	8-MO	KH Strong
Dave Toomer	34	MO-R	143.7	145	0.528	220	240	260		260	200	215	220		220	480	280	307.5	325		325	805	425.040	425.040	9-MO	
Luke Roberts	26	MO-RP	121.2	125	0.5497	257.5	277.5	282.5		282.5	157.5	170	180		180	462.5	290	305	-312.5		305	767.5	421.895	421.895	10-MO	Muscle Pit
Matteo Giubilato	20	MO-RP	93.7	100	0.599	265	-275			265	142.5	-147.5			142.5	407.5	270	282.5	-292.5		282.5	690	413.310	413.310	11-MO	Muscle Pit
Jakob Parr	22	MO-RP	89.9	90	0.61425	260	280	-290		280	130	-135			130	410	235	255	-265		255	665	408.476	408.476	12-MO	Smith's Fitness
Brook Cugini	25	MO-RP	111.3	125	0.5607	240	255	265		265	175	-187.5			175	440	270				270	710	398.097	398.097	13-MO	Power Fitness
Izzy Barrett	27	MO-RP	106.4	110	0.5681	220	235	250		250	160	170	175		175	425	240	260	275		275	700	397.670	397.670	14-MO	World Gym Bunbury
George Napper	49	MM-RP	124	125	0.5466	257.5	272.5	280		280	160	167.5	175		175	455	257.5	-272.5	272.5		272.5	727.5	397.652	442.586	4-MM	Muscle Pit
Blake Woodward	24	MO-RP	94.6	100	0.59615	220	225	240		240	135	140	-147.5		140	380	260	280	-300		280	660	393.459	393.459	15-MO	Muscle Pit
Ashleigh Hartigan	28	MO-RP	119.9	125	0.5515	225	245	-265		245	140	150	160		160	405	-260	270	285		285	690	380.535	380.535	16-MO	World Gym Bunbury
Gary Jones	57	MM-RP	109.8	110	0.56275	-210	225	-235		225	170	177.5	-180		177.5	402.5	235	252.5	263		263	665	374.510	474.879	2-MM	Home
David Hardwood	46	MM-RP	81.2	82.5	0.6513	190	205	-215		205	120	130	-137.5		130	335	215	-230	230		230	565	367.985	393.007	6-MM	
Kane Swinburne	34	MO-RP	163.2	SHW	0.51355	220	240	260		260	175	182.5	-190		182.5	442.5	245	257.5	265		265	707.5	363.337	363.337	17-MO	Impala Fitness
Ashley Vincent	24	MO-RP	94.7	100	0.59585	200	212.5	-220		212.5	140	145	-150		145	357.5	225	242.5	-250		242.5	600	357.510	357.510	18-MO	Goodlife
Brad Keep	49	MM-R	95.5	100	0.59345	180	190	200		200	130	145	155		155	355	200	220	245		245	600	356.070	396.306	5-MM	Snap Fitness
Rishi O'Flaherty	17	MT-RP	88.2	90	0.61885	180	200	205		205	115	-120	-120		115	320	220				220	540	334.179	334.179	1-MT	Revo
Aditya Bhatt	19	MT-RP	76.6	82.5	0.678	155	165	-180		165	100	-105	-105		100	265	210	220	-225		220	485	328.830	328.830	2-MT	Revo
Owen Dowley	17	MT-RP	99.2	100	0.5833	-190	190	205		205	120	127.5	-132.5		127.5	332.5	190	205	220	-231	220	552.5	322.273	322.273	3-MT	Muscle Pit
Jim Ambrose	70	MM-RP	73.8	75	0.69685	-140	-140	140		140	100	107.5	-113		107.5	247.5	190	200	207.5		207.5	455	317.067	521.575	1-MM	Muscle Universe
Nick Grozinger	38	MO-RP	79.5	82.5	0.6606	150	160	-170		160	115	-122.5	-122.5		115	275	185	195	-205		195	470	310.482	310.482	19-MO	Power Pit
Orlando Tompkin-Drew	16	MT-RP	80.3	82.5	0.65615	170	177.5	182.5		182.5	80	-90	90		90	272.5	175	182.5	185		185	457.5	300.189	300.189	4-MT	Muscle Pit
Zane Pusey	19	MT-RP	67.3	67.5	0.75035	120	132.5	-142.5		132.5	80	-85	85		85	217.5	160	172.5	-182.5		172.5	390	292.637	292.637	5-MT	KH Strong
John O'Brien	18	MT-RP	90	90	0.61185	170	185	-195		185	90	-100	-100		90	275	170	180	190		190	465	284.510	284.510	6-MT	Revo
Peter McLernon	70	MM-RP	85.4	90	0.6308	145	155	165		165	85	95	-105		95	260	175	185	-195		185	445	280.706	461.761	3-MM	Physique Training
Rosario Murace	43	MM-RP	88.2	90	0.61885	147.5	155	165		165	72.5	80	85		85	250	182.5	192.5	200		200	450	278.483	287.115	8-MM	Muscle Pit
Peter Fear	39	MO-RP	120.1	125	0.55085	150	160	170		170	112.5	-120	-120		112.5	282.5	205	220	-230		220	502.5	276.802	276.802	20-MO	Muscle Pit
Peter Mayhew	60	MM-RP	76.2	82.5	0.68055	135	-150	-150		135	90	-100			90	225	125	140	160	-170	160	385	262.012	351.096	7-MM	Physique Training
Louis Walkden	18	MT-RP	66	67.5	0.763	105	115	130		130	50	55	57.5		57.5	187.5	105	120	135		135	322.5	246.068	246.068	7-MT	Physique Training
Tyronne Jackson	17	MT-RP	101.9	110	0.578	105	110	120		120	60	65	-67.5		65	185	140	150	160		160	345	199.410	199.410	8-MT	PowerPit
Troy Szann	61	MM-RP	133.4	140	0.537	0				0	140	150	155		155	0				</						