

5/08/2023

Conquerer Of The Coast 1

TUGGERAH - NSW

Name	Sex	Age	Equip	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	Best Deadlift	Total	Points	Event	Team
Crystal Hadley Mackay	F	36	Wraps	Open	51.7	52	110	117.5	120	120	57.5	62.5	-65	62.5	140	150	155	155	337.5	413.04	SBD	Home Gym
Nicole Thomason	F	28	Wraps	Open	74.8	75	125	135	-155	135	65	-77.5	-77.5	65	125	135	145	145	345	336.50	SBD	The Red Room
Brittany Jones	F	26	Wraps	Open	79.3	82.5	140	145	150	150	45	50		50	135	142.5	-150	142.5	342.5	324.14	SBD	Temple Gym
Trinity Martinac	F	21	Raw	Open	76.5	82.5	-105	105	115	115	-42.5	-45	45	45	115	127.5	140	140	300	289.18	SBD	Temple Gym
Olivia Macri	F	47	Raw	Open	97.8	100	97.5	105	-112.5	105	70	75	77.5	77.5	127.5	137.5	147.5	147.5	330	284.09	SBD	Reapers
Michelle Woods	F	20	Raw	Open	80.9	82.5	100	110	115	115	55	60	-62.5	60	110	120	125	125	300	281.11	SBD	One Strength
Vasa Samataua	M	33	Wraps	Open	155.6	140+	330	360	385	385	250	260		260	320	-355	-355	320	965	513.90	SBD	Base Gym
Justen Hadley Mackay	M	30	Wraps	Open	89.4	90	230	245	-265	245	165	180	190	190	235	245	250	250	685	444.42	SBD	Home Gym
Ian Spiteri	M	38	Wraps	Open	108.9	110	235	245	255	255	160	170	175	175	255	275	-290	275	705	419.14	SBD	Temple Gym
Brendan Delaney	M	38	Wraps	Open	94.4	100	220	-235	-242.5	220	140	150	160	160	240	260	270	270	650	410.63	SBD	Temple Gym
Kosta Golya	M	33	Wraps	Open	95.8	100	220	-240	245	245	155	165	175	175	230	-250	-260	230	650	407.83	SBD	Temple Gym
Jack Morton	M	20	Wraps	Open	79.8	82.5	185	195	-207.5	195	122.5	-127.5	127.5	127.5	210	-222.5	222.5	222.5	545	376.36	SBD	Reapers
Treya Te Whetu Marama	M	26	Raw	Open	123	125	230	245	-255	245	145	155	-162.5	155	245	255	260	260	660	375.99	SBD	Temple Gym
Jackson Williamson	M	23	Raw	Open	122.8	125	220	235	250	250	125	132.5	-137.5	132.5	230	240	250	250	632.5	360.51	SBD	Temple Gym
Josh Pennell	M	29	Raw	Open	101.3	110	185	195	210	210	-120	130	-132.5	130	190	200	220	220	560	342.78	SBD	Temple Gym
Deon Catindig	M	28	Wraps	Open	98.6	100	175	180	182.5	182.5	102.5	107.5	110	110	192.5	200	-207.5	200	492.5	305.02	SBD	Plus Fitness
Mitchell Prothero	M	35	Wraps	Open	87.9	90	140	150	160	160	90	97.5	100	100	155	170	-185	170	430	281.42	SBD	Temple Gym
Chevez Norton	M	17	Raw	Open	79	82.5	115	120	130	130	75	82.5	-85	82.5	150	160	-165	160	372.5	258.78	SBD	Rad Gym
Aidan Delaney	M	14	Raw	Open	62	67.5	90	100	110	110	52.5	57.5	62.5	62.5	105	117.5	130	130	302.5	248.66	SBD	Temple Gym
Kevin Yuan	M	28	Raw	Open	109	110					210	220		220					220	130.75	B	Base Gym
Justin Longdon	M	33	Raw	Open	99	100					172.5	-182.5	182.5	182.5					182.5	112.83	B	Home Gym
Jaymii Morris	F	29	Raw	Open	82	82.5									240	250	-260	250	250	232.72	D	