

14/05/2023

## CAPO NSW State Championship

Adonis Athletics - Penrith

Name	Sex	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	Best Deadlift	Total	Score	Masters Score	Event
Rebecca Cavic	F	43	Multi Ply	FM-MP	69.8	75	155	-170	170	170	85	-95	100	100	140	152.5	160	160	430	377.626	389.332	SBD
Jill McGahon	F	34	Multi Ply	FO-MP	83.15	90	130	140	150	150	85	90	92.5	92.5	130	140	-145	140	382.5	299.410		SBD
Leigh Perry	F	31	Raw	FO-R	55.95	56	122.5	127.5	130	130	-55	-57.5	57.5	57.5	140	147.5	-155	147.5	335	349.941		SBD
Linda Rose-James	F	50	Raw	FM-R	87.4	90	115	-122.5	-122.5	115	70	75	82.5	82.5	155	162.5	170	170	367.5	279.282	315.588	SBD
Lesley Flanagan	F	32	Raw Plus	FO-RP	85.05	90	-155	160	-167.5	160	95	100	-102.5	100	150	160	-165	160	420	324.324		SBD
Emel Ozdemir	F	18	Raw Plus	FJ-RP	66.2	67.5	115	117.5	122.5	122.5	65	67.5	-70	67.5	132.5	135	140	140	330	301.439		SBD
Jasmine Rizk	F	29	Raw Plus	FO-RP	64.45	67.5	100	105	110	110	-62.5	65	-67.5	65	115	120	130	130	305	284.525		SBD
Luke Shakespeare	M	28	Single Ply	MO-SP	105.5	110	315	340	352.5	352.5	310	-320	-320	310	315	325	337.5	337.5	1000	569.750		SBD
Scott Walker	M	34	Raw Plus	MO-RP	88.95	90	245	255	262.5	262.5	140	150	160	160	290	305	-320	305	727.5	448.049		SBD
Graham McDonald	M	48	Raw Plus	MM-RP	129.2	140	270	290	300	300	170	177.5	185	185	290	310	322.5	322.5	807.5	436.938	479.321	SBD
Luke Brennan	M	29	Raw Plus	MO-RP	108.8	110	245	260	270	270	140	145	-150	145	310	330	340	340	755	426.009		SBD
Danny Vongphachanh	M	17	Raw Plus	MT-RP	57.95	60	155	162.5	170	170	-95	100	-105	100	200	210		210	480	413.722		SBD
Kristian Arcus	M	18	Raw Plus	MT-RP	72.55	75	212.5	220	227.5	227.5	115	122.5	-125	122.5	210	225	235	235	585	413.022		SBD
Josh Pywell	M	31	Raw Plus	MO-RP	97.7	100	217.5	227.5	237.5	237.5	120	127.5	-135	127.5	285	305	-312.5	305	670	393.391		SBD
Greg Deegan	M	46	Raw Plus	MM-RP	133.8	140	210	230	242.5	242.5	150	160	167.5	167.5	245	272.5	282.5	282.5	692.5	371.623	396.894	SBD
Marcus Whitley	M	29	Raw Plus	MO-RP	104.35	110	205	220	230	230	-130	140	-147.5	140	230	242.5	252.5	252.5	622.5	356.008		SBD
Zeke Mcauslin	M	17	Raw Plus	MJ-RP	86.95	90	-190	190	200	200	110	115	-120	115	210	225	-240	225	540	336.987		SBD
Ashton Ible	M	16	Raw Plus	MT-RP	69.75	75	-160	160	-170	160	90	92.5	-95	92.5	210	-227.5	-227.5	210	462.5	336.862		SBD
Jason Keohavong	M	16	Raw Plus	MT-RP	65.75	67.5	130	135	140	140	-70	75	77.5	77.5	145	152.5	160	160	377.5	288.984		SBD
Ryan Sandeman	M	45	Multi Ply	MM-MP	108.9	110	-300	300	-320	300	190	-200	-210	190	260	275	300	300	790	445.600	470.107	SBD
Ian Downes	M	29	Raw	MO-R	116.7	125	180	200	210	210	140	150	-160	150	220	250		250	610	338.154		SBD
Michael Szabo	M	50	Raw	MM-R	139.8	140					-200	210	-227.5	210	210	220	230	230	440	233.785	264.177	BD
Kevin Jalop	M	33	Raw	MO-R	81.9	82.5					115	125	130	130					130	84.195		B