

9/12/2023				CAPO National Deadlift Only Championships - Female								Adelaide-Melbourne-Sydney-Brisbane					
Place	Name	Sex	Age	Competition City	State of Origin	Equip	Division	BWT	WtCls	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Points	Masters Score	Team
1	Lily Riley	F	28	Brisbane	QLD	Raw	FO-R	74.73	75	215	225	232.5	235.5	232.5	194.92		
2	Belinda Ryder	F	53	Brisbane	QLD	Raw	FO-R	59.91	60	175	185	192.5	195.5	192.5	190.36	225.390	Fortitude Barbell
3	Lydia Hantke	F	46	Brisbane	TAS	Raw	FO-R	90.95	100	242.5	255	-262.5		255	189.75	202.648	
4	Crystal Hadley Mackay	F	36	Sydney	NSW	Raw	FO-R	51.7	52	150	157.5	162.5	-165	162.5	180.80		
5	Anna Bailey	F	36	Brisbane	QLD	Raw	FO-R	65.92	67.5	175	190	-195		190	174.16		Blackdam Barbell
6	NICOLE BEEFORTH	F	50	Melbourne	VIC	Raw	F MR 50-54	55.1	56	152.5	162.5	-172.5		162.5	171.84	194.183	SCOTT HIPWELL-MUSCLE HUT QLD
7	Sophie Fuller	F	24	Adelaide	SA	Raw	FO-R	77.9	82.5	190	-200	200		200	163.11		618Barbell
8	Andrea Gledhill	F	44	Brisbane	ACT	Raw	F MR 40-44	73.22	75	170	180	185	188.5	185	157.23	163.992	The Red Room, Club Lime, Phillip
9	Emily Schinella	F	23	Adelaide	SA	Raw	FJ_R	55.8	56	140	145	150	155	150	157.04		
10	Janet Smith	F	54	Adelaide	SA	Raw	F MR 50-54	96.25	100	210	-230	-230		210	152.57	183.693	
11	Jenelle Schultz	F	46	Brisbane	QLD	Raw	F MR 45-49	58.6	60	140	150	-157.5		150	150.98	161.241	
12	Eve Stanton	F	30	Brisbane	QLD	Raw	FO-R	70.17	75	145	160	170		170	148.78		
13	Katie Arthur	F	31	Brisbane	QLD	Raw	FO-R	51.19	52	122	130	132.5	135	132.5	148.68		
14	Tasha Hunter	F	38	Brisbane	QLD	Raw	FO-R	57.65	60	135	145	-147.5		145	147.87		
15	Sophia Caricato	F	22	Brisbane	QLD	Raw	FJ_R	66.29	67.5	142.5	152.5	160		160	146.06		
16	ANNA PARYGINA	F	53	Melbourne	VIC	Raw	F MR 50-54	55.2	56	127.5	132.5	137.5		137.5	145.21	171.933	SLAUGHTERHOUSE GYM MELBOURNE
17	SIMONE MANNING	F	48	Melbourne	VIC	Raw	F MR 45-49	67	67.5	150	160	-162.5		160	144.78	158.828	INGRID BARCLAY
18	Annie Short	F	30	Brisbane	QLD	Raw	FO-R	71.45	75	155	167.5	-172.5		167.5	144.74		Olympus Training Facility
19	Cho Wu	F	34	Adelaide	SA	Raw	FO-R	46.9	48	102.5	112.5	120	-125	120	144.00		618Barbell
20	Hilda Betham	F	48	Brisbane	QLD	Raw	F MR 45-49	122.2	110+	180	200	212.5	-220	212.5	143.47	157.386	
21	Cody Brown	F	28	Brisbane	QLD	Raw	FO-R	108.85	110	175	195	205	-212.5	205	142.22		
22	Steph Jessup	F	40	Brisbane	QLD	Raw	F MR 40-44	68.7	75	150	160	-165		160	142.09	142.088	
23	TEGAN SHERWIN	F	28	Melbourne	VIC	Raw	FO-R	83.8	90	170	175	180		180	140.23		PUMPT
24	Leigh Perry	F	31	Sydney	NSW	Raw	FO-R	59.35	60	130	140	-150		140	139.48		
25	PAULA PHOENIX KATZ	F	37	Melbourne	VIC	Raw	FO-R	80.8	82.5	175	-177.5	-177.5		175	139.43		SLAUGHTERHOUSE GYM MELBOURNE
26	Katie Marendy	F	26	Brisbane	QLD	Raw	FO-R	59.34	60	115	127.5	137.5		137.5	137.08		
27	Sarah Ludlow	F	28	Brisbane	QLD	Raw	FO-R	89.4	90	170	182.5	-190		182.5	136.91		
28	Latanya Parker	F	37	Brisbane	QLD	Raw	FO-R	143.32	110+	200	210	-215		210	136.68		
29	Rebecca Stennett	F	27	Brisbane	QLD	Raw	FO-R	69.5	75	140	152.5	-157.5		152.5	134.33		
30	Steph Borrill	F	22	Brisbane	QLD	Raw	FJ_R	65.68	67.5	135	145	-152.5		145	133.31		
31	JANELLE CROUCH	F	41	Melbourne	VIC	Raw	F MR 40-44	132.4	110+	195	197.5	200		200	132.58	133.906	PUMPT
32	Kess O'Kearney	F	25	Brisbane	QLD	Raw	FO-R	96.57	100	155	170	182.5		182.5	132.42		
33	Emilia Phillips	F	34	Brisbane	QLD	Raw	FO-R	139.08	110+	185	200			200	131.05		
34	EMILY KRO	F	23	Melbourne	VIC	Raw	FJ_R	62.9	67.5	130	135	-140		135	128.40		PUMPT
35	Beck Middleton	F	41	Adelaide	SA	Raw	FO-R	82.45	82.5	142.5	152.5	162.5		162.5	127.86	129.137	Coached by Fuzzy
36	Emily Collett	F	29	Brisbane	QLD	Raw	FO-R	96.05	100	160.5	170	175		175	127.25		
37	KAT MUDIE	F	37	Melbourne	VIC	Raw	FO-R	58.7	60	115	125	-130		125	125.64		PUMPT
38	Lucy Power	F	54	Brisbane	QLD	Raw	F MR 50-54	74.31	75	130	140	146		146	122.84	147.905	
39	ELIZA HART	F	29	Melbourne	VIC	Raw	FO-R	65.3	67.5	115	125	132.5		132.5	122.33		SOPHIE HULL
40	Anita Fernandes	F	39	Brisbane	QLD	Raw	FO-R	90.35	100	150	162.5	-165		162.5	121.27		The Fit Initiative
41	Heather Cann	F	45	Brisbane	QLD	Raw	F MR 45-49	60.12	67.5	110	122.5	-125		122.5	120.82	127.460	
42	Camryn Midgley	F	15	Brisbane	QLD	Raw	F T13-15_R	67.05	67.5	120	-132.5	132.5	135	132.5	119.83		
43	Lara Manche	F	16	Brisbane	QLD	Raw	F T16-17_R	65.57	67.5	130	-137.5	-140		130	119.67		
44	Carli van der Hoek	F	34	Adelaide	SA	Raw	FO-R	117.05	110+	165	175	-182.5		175	119.28		Ragnarok Power Gym
45	Jayda Evans	F	15	Brisbane	NSW	Raw	F T13-15_R	59.9	60	110	120	-125.5		120	118.67		
46	Olivia Macri	F	47	Brisbane	QLD	Raw	F MR 45-49	100.53	110	150	160	165		165	117.85	127.515	
47	Emily Menesdorff	F	31	Adelaide	SA	Raw	FO-R	63.9	67.5	100	115	125		125	117.40		
48	NATASHA GRIMBLE	F	26	Melbourne	VIC	Raw	FO-R	78.5	82.5	135	140	142.5		142.5	115.64		PUMPT
49	Payton Mogg-Roberts	F	24	Brisbane	QLD	Raw	FO-R	94.23	100	125	145	157.5		157.5	115.44		
50	Natasha Robertson	F	39	Brisbane	QLD	Raw	FO-R	65.38	67.5	125	-135	-135		125	115.34		
51	Louise Gray	F	38	Brisbane	QLD	Raw	FO-R	72.16	75	120	127.5	132.5		132.5	113.72		
52	TAEGAN PROUD	F	41	Melbourne	VIC	Raw	F MR 40-44	74.5	75	125	130	135		135	113.39	114.520	JO MURACA
53	Sinead Houston	F	44	Brisbane	QLD	Raw	F MR 40-44	99.02	100	145	157.5	-167.5		157.5	113.16	118.022	
54	Tee Ngo	F	41	Brisbane	QLD	Raw	F MR 40-44	59.85	60	95	105	112.5		112.5	111.33	112.443	
55	MICHAELA ALBERT	F	44	Melbourne	VIC	Raw	F MR 40-44	116	110+	150	155	162.5		162.5	110.99	115.760	PUMPT
56	Sarah Coates	F	38	Adelaide	SA	Raw	FO-R	86.8	90	135	145	-150		145	110.63		
57	Stacey Swann	F	23	Adelaide	WA	Raw	FO-R	69.65	75	110	125	-140		125	109.94		
58	ANYA SIMONSEN	F	32	Melbourne	VIC	Raw	FO-R	72.7	75	120	125	127.5		127.5	108.87		TAEGAN PROUD
59	STEPHANIE PEARSON	F	30	Melbourne	VIC	Raw	FO-R	120.2	110+	155	157.5	160		160	108.42		PUMPT
60	Claudia Doecke	F	23	Adelaide	SA	Raw	FJ-R	90.3	100	132.5	140	145	-150	145	108.24		618Barbell
61	Valerie Abbott	F	37	Brisbane	QLD	Raw	FO-R	67.48	67.5	110	117.5	-125		117.5	105.74		
62	Kellie Hunt	F	46	Brisbane	QLD	Raw	F MR 45-49	85.56	90	125	135	-142.5		135	103.89	110.949	
63	Sarah Maddison	F	35	Adelaide	SA	Raw	FO-R	114.55	110+	135	145	150		150	102.74		
64	Kelly Johnson	F	50	Brisbane	QLD	Raw	F MR 50-54	123.5	110+	140	145	150	152.5	150	101.03	114.167	
65	Tori Davidson	F	25	Adelaide	SA	Raw	FO-R	92.95	100	122.5	130	135		135	99.51		
66	Nicola Lester	F	36	Adelaide	SA	Raw	FO-R	81.8	82.5	115	125	-135		125	98.84		
67	MUI MUI KOVI A ULUVALU LAVAKA	F	57	Melbourne	VIC	Raw	F MR 55-59	90.9	100	120	125	130	140	130	96.76	122.690	PUMPT
68	Bailey Stevens	F	13	Brisbane	QLD	Raw	F T13-15_R	47.08	48	70	77.5	80	82.5	80	95.76		Fortitude Barbell
69	MELISSA McSHANE-MURPHY	F	41	Melbourne	VIC	Raw	F MR 40-44	117.6	110+	125	135	140		140	95.33	96.286	PUMPT
70	Jasmine Goodrick	F	36	Brisbane	QLD	Raw	FO-R	87.11	90	115	-122.5	125		125	95.18		
71	Amanii Chetwin	F	11	Brisbane	QLD	Raw	F ST_R	55.99	56	80	85	90		90	94.01		Powerhouse
72	Stephanie McLean	F	34	Brisbane	QLD	Raw	FO-R	86.59	90	100	112.5	122.5		122.5	93.62		
73	CHARLIE RAY	F	12	Melbourne	VIC	Raw	F ST_R	45	48	70.5	72.5	75	80	75	92.80		PUMPT
74	Kirstyn Tompkins	F	33	Brisbane	QLD	Raw	FO-R	74.9	75	90	100	110		110	92.05		
75	Kate Thompson	F	33	Brisbane	QLD	Raw	FO-R	90.12	100	105	112.5	120		120	89.66		
76	Rebecca Harding	F	36	Brisbane	QLD	Raw	FO-R	62.82	67.5	80	92.5	-100		92			