

13/08/2023

CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS 2023 Day 3 - Female Open & Master

The Bridgeway Hotel - ADELAIDE

Place	Name	State	Sex	Born	Age	Equipment	Division	BWT	WtCls	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Open Score	Age Score
1	Elizabeth Browne	QLD	F	1988	35	Classic_Raw	Raw Plus Open	47.25	48	75	82.5	-87.5		82.5	37.5	40	-42.5		40	95	105	117.5		117.5	240	286.37	
1	Tania Winwood	WA	F	1971	52	Classic_Raw	Raw Plus Open	48.9	52	90	-97.5			90	40	45	-47.5		45	132.5	140	147.5		147.5	282.5	328.32	382.49
2	Joanne Allan	WA	F	1979	44	Classic_Raw	Raw Plus Open	51.35	52	87.5	-97.5	-100		87.5	47.5	52.5	-57.5		52.5	117.5	127.5	-137.5		127.5	267.5	299.23	312.09
1	Jennifer Hohn	SA	F	1991	32	Classic_Raw	Raw Plus Open	54.7	56	-110	115	122.5		122.5	60	65	-70		65	120	132.5	142.5		142.5	330	351.05	
2	Asha Pochin	QLD	F	1980	42	Classic_Raw	Raw Plus Open	55.35	56	102.5	110	115		115	50	55	57.5		57.5	140	150	-160		150	327.5	339.82	346.61
3	Shelley Laing	QLD	F	1989	34	Classic_Raw	Raw Plus Open	54.8	56	95	102.5	107.5		107.5	42.5	47.5	50		50	120	127.5	130		130	282.5	305.38	
4	Yasmin Moyses	SA	F	1987	36	Classic_Raw	Raw Plus Open	55.9	56	95	100	102.5		102.5	60	65	67.5		67.5	100	107.5	110		110	280	292.71	
1	Belinda Ryder	QLD	F	1970	52	Classic_Raw	Raw Plus Open	59.85	60	160	167.5	172.5		172.5	85	90	92.5		92.5	185	-197.5	-197.5		185	450	445.32	518.80
2	Liz McCormack	VIC	F	1984	39	Classic_Raw	Raw Plus Open	58.55	60	112.5	120	125		125	65	70	-75		70	147.5	157.5	165	-167.5	165	360	362.59	
1	Anna Bailey	QLD	F	1987	36	Classic_Raw	Raw Plus Open	64.15	67.5	145	155	165		165	72.5	77.5	-80		77.5	180	200	-213		200	442.5	414.42	
2	Tilea Fulcher	SA	F	1998	25	Classic_Raw	Raw Plus Open	64.25	67.5	155	165	170		170	62.5	67.5	70		70	155	165	172.5		172.5	412.5	385.76	
3	Kelly Hodgson	SA	F	1996	27	Classic_Raw	Raw Plus Open	66.15	67.5	147.5	155	160		160	65	70	-72.5		70	142.5	152.5	160		160	390	356.45	
1	Kelly-Ann King	QLD	F	1986	37	Classic_Raw	Raw Plus Open	73.6	75	145	-155	155		155	65	70	72.5		72.5	160	172.5	177.5		177.5	405	342.95	
2	Chantal Potgieter	SA	F	1992	31	Classic_Raw	Raw Plus Open	72.8	75	135	-145	150		150	90	97.5	-102.5		97.5	150	155	-160		155	402.5	343.35	
3	Ebony Mackenzie	SA	F	1987	35	Classic_Raw	Raw Plus Open	70.9	75	137.5	145	-150		145	60	65	-67.5		65	142.5	152.5	157.5		157.5	367.5	319.25	
4	Josie Wilson	QLD	F	1983	40	Classic_Raw	Raw Plus Open	72.75	75	-125	125	135		135	62.5	-67.5	-67.5		62.5	130	140	145		145	342.5	292.31	292.31
1	Lucy Michon	WA	F	1985	37	Classic_Raw	Raw Plus Open	75.85	82.5	195	202.5	210		210	107.5	115	120		120	210	220	-230		220	550	456.43	
2	Ligaya Wood	SA	F	1984	39	Classic_Raw	Raw Plus Open	82.5	82.5	175	187.5	-195		187.5	85	95	100		100	185	-192.5	200		200	487.5	383.44	
3	Ann Walker	QLD	F	1990	32	Classic_Raw	Raw Plus Open	79.95	82.5	160	170	-180		170	80	85	92.5		92.5	160	175	-182.5		175	435	350.91	
4	Carmen Beaton	SA	F	1980	43	Classic_Raw	Raw Plus Open	81.75	82.5	140	150	160		160	85	92.5	-100		92.5	165	180	-195		180	432.5	342.11	352.71
5	Sarah Butler	SA	F	1981	41	Classic_Raw	Raw Plus Open	78.55	82.5	115	125	130		130	70	-75	75		75	160	170	-175		170	375	304.19	307.23
6	Erin McCabe	QLD	F	1989	34	Classic_Raw	Raw Plus Open	81	82.5	115	125	130		130	62.5	67.5	70		70	130	140	150		150	350	278.44	
7	Madeleine Macintyre (G)	SA	F	1995	27	Classic_Raw	Raw Plus Open	75.5	82.5	125	135	-145		135	-55	-60	60		60	120	-127.5			120	315	262.22	
1	Lesley Flanagan	NSW	F	1990	33	Classic_Raw	Raw Plus Open	86.6	90	145	155	-165		155	95	-97.5	-97.5		95	145	155	162.5		162.5	412.5	315.15	
2	Beck Middleton	SA	F	1982	40	Classic_Raw	Raw Plus Open	82.6	90	125	135	140		140	90	-95	95		95	155	160	-165		160	395	310.45	310.45
3	Dee Hilton	QLD	F	1992	30	Classic_Raw	Raw Plus Open	89.75	90	140	152.5	-160		152.5	70	72.5	77.5		77.5	130	140	150		150	380	284.43	
4	Tori Davidson	SA	F	1998	24	Classic_Raw	Raw Plus Open	89.6	90	137.5	145	152.5		152.5	70	-72.5	72.5		72.5	122.5	130	135		135	360	269.73	
1	Natalie Stone	SA	F	1991	31	Classic_Raw	Raw Plus Open	99.4	100	147.5	160	172.5		172.5	90	97.5	102.5		102.5	150	165	175		175	450	322.79	
2	Edwina Liki	VIC	F	1991	32	Classic_Raw	Raw Plus Open	98.35	100	130	145	-155		145	55	60	-65		60	155	170.5	180	-190	180	385	277.30	
3	Emily Collett	QLD	F	1994	29	Classic_Raw	Raw Plus Open	94.2	100	110	120	127.5		127.5	62.5	67.5	-70		67.5	150	162.5	172.5	-180.5	172.5	367.5	269.36	
1	Marakesh Toleafoa	VIC	F	1990	33	Classic_Raw	Raw Plus Open	102.4	110	-195	195	-215		195	62.5	67.5	72.5		72.5	165	180	190	-200	190	457.5	324.48	
2	Franca Bulzomi	VIC	F	1986	37	Classic_Raw	Raw Plus Open	109.4	110	140	155	162.5		162.5	85	-92.5	92.5		92.5	160	175	182.5	-190.5	182.5	437.5	302.99	
3	Brooke Palmer	WA	F	1988	34	Classic_Raw	Raw Plus Open	107.9	110	150	165.5	172.5	-180	172.5	65	70	-75		70	155	163	-167.5		163	405.5	282.21	
4	Alexandra Murray	VIC	F	1997	25	Classic_Raw	Raw Plus Open	108.3	110	150	-165	-165		150	62.5	67.5	72.5	-75	72.5	127.5	140	-147.5		140	362.5	251.94	
1	Alyshianna Paletua	VIC	F	1992	31	Classic_Raw	Raw Plus Open	158.3	110+	170	190			190	100	105	-112.5		105	200	220	-230		220	515	329.03	
2	Carli van der Hoek	SA	F	1989	34	Classic_Raw	Raw Plus Open	121.4	110+	-185	185	-200		185	92.5	100	-105		100	185	200	-205		200	485	327.91	
3	Hilda Betham	QLD	F	1975	47	Classic_Raw	Raw Plus Open	115.7	110+	165	180	195		195	65	72.5	75		75	180	195	-215		195	465	317.78	343.84
4	Emma James	QLD	F	1988	35	Classic_Raw	Raw Plus Open	129.45	110+	120	130			130	82.5	87.5	90		90	130	140			140	360	239.90	

1	Cho Wu	SA	F	1989	34	Raw	Raw Open	46.45	48	77.5	-85	-85		77.5	40	45	-47.5		45	95	105	117.5		117.5	240	290.09	290.09
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1	Monica Cook	WA	F	1964	59	Classic_Raw	Raw Plus Master (50-59)	65.8	67.5	110	120	127.5		127.5	87.5	92.5	95	97.5	95	135	145	-147.5		145	367.5	337.29	443.54
2	Annie Malard	WA	F	1981	42	Classic_Raw	Raw Plus Master (40-49)	77.6	82.5	192.5	205	212.5	-215.5	212.5	87.5	92.5	95		95	200	210	220	225	220	527.5	431.26	439.88
3	Janet Smith	SA	F	1969	54	Classic_Raw	Raw Plus Master (50-59)	95.15	100	130				130	112.5	120	122.5		122.5	210	230	-240		230	482.5	352.20	424.05
4	Jenelle Schultz	QLD	F	1977	46	Classic_Raw	Raw Plus Master (40-49)	57.55	60	130	140	-145		140	80	85	87.5		87.5	130	140	-145		140	367.5	375.29	400.81
5	Jane Morris	NSW	F	1978	45	Classic_Raw	Raw Plus Master (40-49)	93.05	100	180	192.5	205		205	85	90	95		95	180	195	202.5		202.5	502.5	370.23	390.59
6	Andrea Gledhill	ACT	F	1979	44	Classic_Raw	Raw Plus Master (40-49)	70.7	75	135	142.5	147.5		147.5	70	72.5			72.5	165	175	180		180	400	348.16	363.13
7	Chantal O'Brien	QLD	F	1978	45	Classic_Raw	Raw Plus Master (40-49)	61.9	67.5	140	145	-150		145	55	60	62.5		62.5	130	140	147.5		147.5	355	341.95	360.76
8	Marie Elpitiya Badalge	QLD	F	1979	44	Classic_Raw	Raw Plus Master (40-49)	68.65	75	130	140	150		150	55	-60	60		60	130	140	150		150	360	319.86	333.61
9	Linda Rose-James	NSW	F	1972	50	Raw	Raw Master (50-59)	87.35	90	120	-127.5	127.5		127.5	75	82.5	-87.5		82.5	165	172.5	175		175	385	292.67	330.71
10	Maureen Wicks	QLD	F	1974	49	Classic_Raw	Raw Plus Master (40-49)	80.85	82.5	130	137.5	-145		137.5	75	80	-82.5		80	140	147.5	152.5		152.5	370	294.69	327.99
11	Helen Harvey	QLD	F	1961	61	Raw	Raw Master (60-69)	62.85	67.5	72.5	77.5	80		80	-35	35	40		40	110	120	127.5		127.5	247.5	235.54	321.75
12	Trish Tindall	QLD	F	1975	47	Classic_Raw	Raw Plus Master (40-49)	79.85	82.5	125	-135	135		135	60	67.5	-72.5		67.5	140	155	164		164	366.5	294.20	318.32
13	Alison Craven	WA	F	1980	43	Classic_Raw	Raw Plus Master (40-49)	82.15	82.5	140	-147.5	150		150	77.5	85	-92.5		85	137.5	145	-150		145	380	299.67	308.96
14	Charlotte Goess	SA	F	1969	54	Classic_Raw	Raw Plus Master (50-59)	82.5	82.5	105	112.5	117.5		117.5	65	70	72.5		72.5	117.5	127.5	132.5		132.5	322.5	253.66	305.41
15	Michelle Keffe	QLD	F	1979	44	Classic_Raw	Raw Plus Master (40-49)	58.8	60	90	100	112.5		112.5	55	57.5			57.5	105	115	120		120	290	291.07	303.59
16	Apple Valentine	QLD	F	1980	42	Classic_Raw	Raw Plus Master (40-49)	79.75	82.5	-132.5	132.5	-140		132.5	-82.5	82.5	-90		82.5	145	155	-162.5		155	370	297.24	303.18
17	Lucy Power	QLD	F	1968	54	Raw	Raw Master (50-59)	78.8	82.5	90	97.5	-102.5		97.5	57.5	61	62.5	65	62.5	120	131	140	-145	140	300	242.87	292.41
18	Connie Aldamiz	VIC	F	1970	53	Raw	Raw Master (50-59)	65.6	67.5	80	90	100		100	37.5	40	42.5		42.5	90	102.5	115		115	257.5	236.89	280.47
19	Debbie Jefferies	SA	F	1969	54	Classic_Raw	Raw Plus Master (50-59)	79	82.5	72.5	87.5	92.5		92.5	52.5	60	65		65	95	105	-117.5		105	262.5	212.15	255.43
20	Tee Ngo	QLD	F	1982	41	Classic_Raw	Raw Plus Master (40-49)	57.95	60	85	-90	90		90	-35	35	37.5		37.5	-95	105	-110		105	232.5	236.13	238.49