

27/08/2023

2023 POSEIDON'S TRIDENT CUP

Power Pit - Rockingham

Name	Age	Equip	Division	BWt	WtCls	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	Points	Age + Points	Place	Team
FEMALE																				
Lisa Retallack	42	Wraps	FO-RP	89.18	90	175	190	200		82.5	87.5	90	185	200	-210	490	369.75	377.15	1-FO-RP	Ruccis
Catherine Henderson	43	Wraps	FM-RP	82.3	82.5	162.5	175	182.5		82.5	92.5	-95	160	172.5	182.5	457.5	360.92	372.11	1-FM-RP	Power Pit
Raegan Ashplant	31	Raw	FO-R	92.7	100	175	185	195		80	-90	-90	180	190	-200	465	344.15	344.15	1-FO-R	Muscle Pit
Sophie Whisson	30	Wraps	FO-RP	78.72	82.5	135	145	150		92.5	100	102.5	150	165	-175	417.5	338.39	338.39	2-FO-RP	Golds Mandurah
Joelle Boribon	29	Wraps	FO-RP	54.64	56	80	90	95		50	55	57.5	120	135	-145	287.5	305.21	305.21	3-FO-RP	Smiths
Domenica Soroka	44	Wraps	FM-RP	78.86	82.5	125	135	145		65	70	-75	132.5	142.5	152.5	367.5	297.53	310.32	3-FM-RP	Power Pit
Jac Mooney	50	Sleeves	FM-RP	82.04	82.5	117.5	130	135		72.5	77.5	80	145	160	-170	375	296.39	334.92	2-FM-RP	Smiths Fitness
Maggie Dango	33	Wraps	FO-RP	79.4	82.5	127.5	132.5	137.5		60	65	-70	135	142.5	150	352.5	284.18	284.18	4-FO-RP	Muscle pit
Samantha Hess	44	Wraps	FM-RP	74.14	75	115	-125	125		42.5	-50	-50	135	150	-160	317.5	267.56	279.06	4-FM-RP	Golds
Jenelle Turner	41	Wraps	FM-RP	73	75	90	100	110		67.5	72.5	-75	120	130	-135	312.5	266.13	268.79	5-FM-RP	Golds Mandurah
Bianca Padovan	16	Wraps	FT-RP	59.34	60	90	100	105		47.5	53	55	92.5	102.5	-110	262.5	260.85	294.76	1-FT-RP	Smiths Fitness
Olivia Kovacs	13	Raw	FT-R	59.34	60	35	45	50		25	27.5	30	70	75	80	160	158.99	203.51	1-FT-R	Power Pit
MALE																				
Matt Dawson	40	Wraps	MO-RP	123.34	125	310	-320	320		180	-190		280	295	300	800	437.86	437.86	1-MO-RP	Power Pit
Sheen Kovacs	40	Wraps	MO-RP	155.5	140+	-320	320	335		170	177.5		290	310	-317.5	822.5	426.33	426.33	2-MO-RP	Power Pit
Reece Potter	32	Wraps	MO-RP	99.44	100	245	257.5	270		150	162.5	170	240	262.5	270	710	413.68	413.68	3-MO-RP	Golds Port Kennedy
Lucaan Cooper	25	Wraps	MO-RP	122.66	125	250	270	280		150	160	167.5	240	257.5	272.5	720	394.63	394.63	4-MO-RP	Power Pit
Corey Millar	32	Wraps	MO-RP	60	60	150	160	167.5	-180.5	90			205	-212.5	-212.5	462.5	385.19	385.19	5-MO-RP	Muscle Pit
David Harwood	47	Wraps	MM-RP	81.4	82.5	190	202.5	210		120	130	-140	220	235	-245	575	373.89	404.55	1-MM-RP	
Daniel Celentano	34	Wraps	MO-RP	78.82	82.5	175	190	200		-100	105	107.5	205	225	237.5	545	362.16	362.16	6-MO-RP	Smiths
Jack Ryman	23	Wraps	MO-RP	81.76	82.5	185	200	-220		120	130	-135	205	220	227.5	557.5	361.46	361.46	7-MO-RP	Power Pit
Dan Stockden	35	Wraps	MO-RP	88.52	90	185	197.5	207.5		110	120	125	220	242.5	252.5	585	361.27	361.27	8-MO-RP	Golds
Gavin Stockil	38	Wraps	MO-RP	109.78	110	330	-345	-345		195	205	-210	100			635	357.36	357.36	9-MO-RP	Power Pit
Paul Norman	32	Sleeves	MO-RP	85.3	90	165	180	192.5		115	125	-130	205	-220	220	537.5	339.28	339.28	10-MO-RP	24/7 Culture Fitness
Sam King	30	Wraps	MO-RP	91.4	100	175	-190	190		-120	-125	125	200	222.5	230	545	330.67	330.67	11-MO-RP	
Jandre Van Der Walt	25	Sleeves	MO-RP	102.68	110	180	195	200		115	122.5	127.5	210	225	235	562.5	323.56	323.56	12-MO-RP	Smith's Fitness
Shane Hall	38	Wraps	MO-RP	72.2	75	-135	135	150		97.5	105	110	150	162.5	-167.5	422.5	299.4	299.4	13-MO-RP	Smith's fitness
Nicholas Gill	29	Sleeves	MO-RP	74.08	75	-120	132.5	-137.5		95	105	110	160	182.5	187.5	430	298.79	298.79	14-MO-RP	Golds Port Kennedy
Sean Hood	41	Wraps	MM-RP	123.52	125	-180	-195	200		115	125	-130	180	-200	-205	505	276.29	279.06	2-MM-RP	Smiths
Stuart Walker	38	Wraps	MO-RP	89.76	90	145	155	160		92.5	-100	-100	175	190	-200	442.5	271.14	271.14	15-MO-RP	Strenthletics
Andrew Newton	39	Sleeves	MO-RP	77.62	82.5	-120	120	130		77.5	87.5	-92.5	160	170	180	397.5	266.98	266.98	16-MO-RP	
Thomas Jordan	18	Sleeves	MT-RP	73.46	75	115	125	-130		70	77.5	-82.5	145	157.5	170	372.5	260.49	276.11	2-MT-RP	Golds Kennedy park
Kobi Murphy	14	Sleeves	MT-RP	95.4	100	125	-135	145	155.5	60	67.5	72.5	150	170	182.5	400	237.47	292.09	1-MT-RP	Power Pit