

1/08/2024

CAPO NATIONAL CHAMPIONSHIPS 2024

Day 1 - Session 1 - TJMER-Female

Caloundra RSL - Queensland

| Name | Sex | Raw/Equipped | Team | Awards Division | BWT | WtCls | Age | Age Coef | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift | Total | Gloss | Age Points | Place |
|----------------------|--------|--------------|------|-----------------|-------|-------|-----|----------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|-------|---------|------------|-------|
| Amarnii Chetwin | FEMALE | CLASSIC_RAW | QLD | SubTeen | 59.6 | 60 | 11 | 1.23 | 65 | 70 | 75 | | 75 | 25 | 27.5 | 30 | | 30 | 105 | 85 | 90 | 95 | 100 | 95 | 200 | 198.59 | 244.27 | 1 |
| Jayda Evans | FEMALE | CLASSIC_RAW | NSW | Teen 13 - 15 | 58.35 | 60 | 15 | 1.18 | 105.5 | 115 | -125 | | 115 | -58.5 | 58.5 | 62.5 | 67.5 | 62.5 | 177.5 | 107.5 | 115 | 121.5 | | 120 | 297.5 | 301.99 | 356.35 | 1 |
| Hannah Yates | FEMALE | CLASSIC_RAW | NSW | Teen 16 - 17 | 66.5 | 67.5 | 17 | 1.08 | 125 | -132.5 | -135 | | 125 | 52.5 | 57.5 | 62.5 | | 62.5 | 187.5 | 145 | -160 | 160 | | 160 | 347.5 | 316.295 | 341.60 | 2 |
| Abby McKinley | FEMALE | CLASSIC_RAW | QLD | Teen 18 - 19 | 83.2 | 90 | 19 | 1.04 | -115 | 115 | -125 | | 115 | 65 | 72.5 | 75 | -77.5 | 75 | 190 | 130 | 140 | 145 | -150 | 145 | 335 | 262.138 | 272.62 | 3 |
| Shristi Singh | FEMALE | CLASSIC_RAW | QLD | Teen 16 - 17 | 89 | 90 | 16 | 1.13 | 110 | -117.5 | 120 | | 120 | 45 | 47.5 | 50 | | 50 | 170 | 112.5 | 120 | 122.5 | | 122.5 | 292.5 | 219.975 | 248.57 | 4 |
| Jamie-Lee Macklin | FEMALE | CLASSIC_RAW | QLD | Teen 16 - 17 | 64.15 | 67.5 | 17 | 1.08 | 90 | -100 | -100 | | 90 | 40 | -45 | -47.5 | | 40 | 130 | 90 | -100 | | | 90 | 220 | 206.041 | 222.52 | 5 |
| Sophie Venning | FEMALE | CLASSIC_RAW | SA | Junior | 70.5 | 75 | 20 | 1.03 | 130 | -137.5 | 140 | | 140 | 60 | 65 | -70 | | 65 | 205 | 130 | 142.5 | 152.5 | | 152.5 | 357.5 | 311.794 | 321.15 | 1 |
| Sian Miu | FEMALE | CLASSIC_RAW | QLD | Junior | 81.5 | 82.5 | 23 | 1 | -115 | 115 | | | 115 | 55 | 60 | -65 | | 60 | 175 | 117.5 | 127.5 | 135 | | 135 | 310 | 245.675 | 245.67 | 2 |
| Hetal Singh | FEMALE | CLASSIC_RAW | QLD | Junior | 75.5 | 82.5 | 21 | 1.02 | 105 | -110 | 112.5 | | 112.5 | 40 | 45 | -50 | | 45 | 157.5 | 105 | 110 | 115 | | 115 | 272.5 | 226.843 | 231.38 | 3 |
| Sienna Murphy | FEMALE | RAW | VIC | SubTeen | 97.1 | 100 | 11 | 1.23 | 72.5 | 75 | 80 | | 80 | 40 | 42.5 | -45 | | 42.5 | 122.5 | 95 | -110 | 110 | -115 | 110 | 232.5 | 168.318 | 207.03 | 1 |
| Miah Lawry | FEMALE | RAW | WA | Teen 13 - 15 | 91 | 100 | 14 | 1.23 | 100 | 115 | 130 | | 130 | 55 | 62.5 | -65 | | 62.5 | 192.5 | -120 | 125 | 135 | 140 | 135 | 327.5 | 243.627 | 299.66 | 1 |
| Isabelle Armstrong | FEMALE | RAW | WA | Teen 16 - 17 | 80.15 | 82.5 | 16 | 1.13 | 75 | 85 | 95 | | 95 | 42.5 | 47.5 | 52.5 | | 52.5 | 147.5 | 115 | 131 | 137.5 | | 137.5 | 285 | 228.234 | 257.90 | 2 |
| Emily Deshon | FEMALE | RAW | QLD | Teen 13 - 15 | 47.9 | 48 | 13 | 1.23 | 47.5 | 52.5 | 55 | | 55 | 27.5 | 32.5 | -35 | | 32.5 | 87.5 | 65 | 70 | 73 | 75 | 73 | 160.5 | 189.534 | 233.13 | 3 |
| Emily Thistlethwaite | FEMALE | RAW | VIC | Teen 18 - 19 | 57 | 60 | 19 | 1.04 | 55 | 60 | -67.5 | | 60 | 35 | -37.5 | -37.5 | | 35 | 95 | 50 | 60 | 70 | | 70 | 165 | 169.818 | 176.61 | 4 |
| Anisa Ralph | FEMALE | RAW | VIC | Junior | 63.5 | 67.5 | 22 | 1.01 | 120 | 127.5 | -130 | | 127.5 | 60 | 67.5 | -70 | | 67.5 | 195 | 120 | 140 | -150 | | 140 | 335 | 316.207 | 319.37 | 1 |
| Stacey McDonnell | FEMALE | RAW | VIC | Open | 71.09 | 75 | 34 | 1 | 130 | 135 | 140 | | 140 | 70 | -75 | 75 | | 75 | 215 | 140 | 150 | 160 | | 160 | 375 | 325.125 | | 1 |
| Kat Mudie | FEMALE | RAW | VIC | Open | 50.6 | 52 | 37 | 1 | 75 | -85 | 85 | | 85 | 45 | 47.5 | 50 | | 50 | 135 | -117.5 | 117.5 | 120 | -127.5 | 120 | 255 | 288.583 | | 2 |
| Angela Darby | FEMALE | RAW | ACT | Open | 80 | 82.5 | 37 | 1 | 110 | 120 | 130 | | 130 | 57.5 | -62.5 | 65 | | 65 | 195 | 125 | 140 | 160 | | 160 | 355 | 284.621 | | 3 |
| Carla Martyn | FEMALE | RAW | QLD | Open | 77.25 | 82.5 | 36 | 1 | 100 | 107.5 | 110 | | 110 | 60 | 65 | 67.5 | | 67.5 | 177.5 | 140 | 150 | 157.5 | | 157.5 | 335 | 274.70 | | 4 |
| Nicky Valentine | FEMALE | RAW | QLD | Open | 65 | 67.5 | 32 | 1 | -85 | -85 | 85 | | 85 | 55 | 57.5 | | | 57.5 | 142.5 | 100 | 110 | 127.5 | | 127.5 | 270 | 250.20 | | 5 |
| Helen Harvey | FEMALE | RAW | QLD | Masters | 58.75 | 60 | 62 | 1.393 | 75 | -80 | -80 | | 75 | 37.5 | 43 | | | 43 | 117.5 | 110 | -115 | | | 110 | 227.5 | 229.00 | 319.00 | 1 |
| Trudy Preece | FEMALE | RAW | QLD | Masters | 93.3 | 100 | 44 | 1.043 | -125 | 125 | -135 | | 125 | 72.5 | 75 | 77.5 | | 77.5 | 202.5 | 145 | 150 | 160 | | 160 | 362.5 | 266.782 | 278.25 | 2 |
| Wendy Lower | FEMALE | RAW | QLD | Masters | 84.1 | 90 | 50 | 1.13 | 107.5 | 112.5 | 117.5 | | 117.5 | 55 | -57.5 | -57.5 | | 55 | 172.5 | 130 | 140 | -145 | | 140 | 312.5 | 242.938 | 274.52 | 3 |
| Anita Fernandes | FEMALE | RAW | QLD | Masters | 88.8 | 90 | 40 | 1 | -100 | 100 | -110 | | 100 | 60 | -65 | 65 | | 65 | 165 | 155 | 160 | -165 | | 160 | 325 | 244.741 | 244.74 | 4 |
| Merinda O'Brien | FEMALE | SINGLE_PLY | QLD | Open | 65 | 67.5 | 43 | 1.031 | 145 | 155 | 162.5 | | 162.5 | 87.5 | 92.5 | 97.5 | | 97.5 | 260 | 150 | 165 | 180 | | 180 | 440 | 407.726 | | 1 |
| Celeste McCormack | FEMALE | SINGLE_PLY | WA | Masters | 49 | 52 | 48 | 1.097 | 50 | 60 | -65 | | 60 | 30 | 35 | -37.5 | | 35 | 95 | 70 | 85 | -95 | | 85 | 180 | 208.872 | 229.13 | 1 |
| Yvonne Odell | FEMALE | MULTI_PLY | VIC | Masters | 76.95 | 82.5 | 44 | 1.043 | 115 | -125 | -125 | | 115 | -65 | 65 | 72.5 | | 72.5 | 187.5 | 135 | 145 | 155 | | 155 | 342.5 | 281.559 | 293.67 | 1 |
| Holly Hoad | FEMALE | MULTI_PLY | NSW | Open | 105.3 | 110 | 34 | 1 | -160 | -160 | -160 | | | | | | | | | | | | | | 0 | 0 | 0 | 0 |