

# CAPO NATIONAL DEADLIFT ONLY CHAMPIONSHIPS

**Females**

**BRISBANE - SYDNEY - MELBOURNE - ADELAIDE**

**7/12/2024**

#	Name	Sex	Age	State	Equip	Div	BWT	Wt Cls	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Gloss	Age Pts	Location
1	Lily Riley	F	29	QLD	Bare	FO-R	75	75	220	237.5	245		245	204.84		Brisbane - Qld
2	Lydia Hantke	F	47	QLD	Bare	FO-R	91.1	100	245	265	-275		265	197.04		Brisbane - Qld
3	Brooke Prichard	F	33	SA	Bare	FO-R	82.35	82.5	220	227.5	235		235	185.04		Adelaide - SA
4	Anna Bailey	F	37	QLD	Bare	FO-R	67.21	67.5	170	182.5	195	-205	195	176.05		Brisbane - Qld
5	Hannah Kelly	F	31	QLD	Bare	FO-R	63.85	67.5	150	165	175		175	164.47		Brisbane - Qld
6	Jess Dumay	F	34	QLD	Bare	FO-R	74.6	75	175	190.5	-200		190.5	159.85		Brisbane - Qld
7	Simone Jones	F	27	QLD	Bare	FO-R	84.15	90	160	180	195		195	151.54		Brisbane - Qld
8	Sandra Brodie	F	36	QLD	Bare	FO-R	46.85	48	115	120	125	130	125	150.11		Brisbane - Qld
9	Kelly Hodgson	F	28	SA	Bare	FO-R	66.15	67.5	145	155	162.5		162.5	148.52		Adelaide - SA
10	Sarah Ludlow	F	29	QLD	Bare	FO-R	90.25	100	180	190	-200		190	141.86		Brisbane - Qld
11	Hannah Williams	F	32	SA	Bare	FO-R	82.8	90	160	172.5	180		180	141.26		Adelaide - SA
12	Laura Lancaster	F	33	QLD	Bare	FO-R	98.1	100	175	187.5	195		195	140.60		Brisbane - Qld
13	Katie Marendy	F	27	QLD	Bare	FO-R	59.95	60	130	140	-147.5		140	138.36		Brisbane - Qld
14	KAT MUDIE	F	38	VIC	Bare	FO-R	54.9	56	-120	-120	130		130	137.88		Melbourne - Vic
15	Carla Martyn	F	37	QLD	Bare	FO-R	80.01	82.5	150	160	170		170	136.30		Brisbane - Qld
16	Ashlee Hooper	F	30	NSW	Bare	FO-R	77.8	82.5	145	-160	165		165	134.67		Sydney - NSW
17	Katie Payne	F	26	QLD	Bare	FO-R	86.5	90	150	165	175		175	133.79		Brisbane - Qld
18	Shelley Laing	F	34	QLD	Bare	FO-R	58.1	60	115	125	130		130	131.76		Brisbane - Qld
19	Jessica Powell	F	25	QLD	Bare	FO-R	77.3	82.5	145	160	-170		160	131.14		Brisbane - Qld
20	Emma Webb	F	26	NSW	Bare	FO-R	58.15	60	115	127.5	-140		127.5	129.12		Sydney - NSW
21	Julie-Ann Gill	F	34	QLD	Bare	FO-R	94.7	100	150	165	175		175	127.99		Brisbane - Qld
22	Elizabeth Browne	F	36	QLD	Bare	FO-R	51.85	52	105	115	-120		115	127.66		Brisbane - Qld
23	Olivia Madonna	F	25	SA	Bare	FO-R	84.2	90	135	150	160		160	124.30		Adelaide - SA
24	Rebecca Ford	F	24	QLD	Bare	FO-R	71.8	75	132.5	142.5	-150		142.5	122.72		Brisbane - Qld
25	Nico Lester	F	37	SA	Bare	FO-R	82.75	90	135	145	155		155	121.69		Adelaide - SA
26	Erin McCabe	F	35	QLD	Bare	FO-R	79.95	82.5	135	147.5	-160		147.5	118.31		Brisbane - Qld
27	Claudia Doecke	F	24	SA	Bare	FO-R	82.3	82.5	137.5	150	-157.5		150	118.16		Adelaide - SA
28	COURTNEY BUYSEN	F	28	VIC	Bare	FO-R	65.6	67.5	125	-127.5	127.5		127.5	117.29		Melbourne - Vic
29	Silvia Nymand	F	37	QLD	Bare	FO-R	89	90	145	155	-162.5		155	116.57		Brisbane - Qld
30	Sarah Coates	F	24	SA	Bare	FO-R	86.65	90	135	145	152.5		152.5	116.47		Adelaide - SA
31	Katie Muldoon	F	37	QLD	Bare	FO-R	61.9	67.5	100	110	120		120	115.59		Brisbane - Qld
32	Joanna Banks	F	33	SA	Bare	FO-R	98.3	100	140	150	160		160	115.26		Adelaide - SA
33	Kate Purtle	F	32	QLD	Bare	FO-R	129.03	110+	155	165	172.5		172.5	115.04		Brisbane - Qld
34	Cassia Whitley	F	30	QLD	Bare	FO-R	89.4	90	142.5	152.5	-160		152.5	114.41		Brisbane - Qld
35	Elisha Young	F	28	QLD	Bare	FO-R	107.1	110	145	155	162.5		162.5	113.38		Brisbane - Qld
36	Kath Brady	F	39	QLD	Bare	FO-R	122.2	110+	155	162.5	167.5		167.5	113.09		Brisbane - Qld
37	Taylor Bagster	F	30	QLD	Bare	FO-R	81.26	82.5	125	135	140		140	111.16		Brisbane - Qld
38	Kristina Fletcher	F	30	SA	Bare	FO-R	72.85	75	115	-122.5	130		130	110.85		Adelaide - SA
39	Allison Collier	F	29	QLD	Bare	FO-R	88.05	90	125	135	145		145	109.72		Brisbane - Qld
40	STEPHANIE PEARSON	F	31	VIC	Bare	FO-R	116.1	110+	150	155	160		160	109.26		Melbourne - Vic
41	Sarah Maddison	F	36	SA	Bare	FO-R	111.2	110+	140	150	157.5		157.5	108.61		Adelaide - SA
42	Kirstin McBride	F	34	QLD	Bare	FO-R	78.35	82.5	112.5	122.5	132.5		132.5	107.66		Brisbane - Qld
43	Stephanie Alexander	F	28	QLD	Bare	FO-R	69.25	75	100	115	120		120	105.97		Brisbane - Qld
44	Anu Chacko	F	38	QLD	Bare	FO-R	63.25	67.5	95	100	110		110	104.15		Brisbane - Qld
45	Amelia Moss	F	36	QLD	Bare	FO-R	63.3	67.5	100	110	-120		110	104.09		Brisbane - Qld
46	Shennai Dickeson	F	28	QLD	Bare	FO-R	99.75	100	130	137.5	140		140	100.28		Brisbane - Qld
47	SNOW SULMAN	F	28	VIC	Bare	FO-R	88.3	90	120	130	-135		130	98.21		Melbourne - Vic
48	Rebecca Harding	F	37	QLD	Bare	FO-R	62.45	67.5	90	100	102.5		102.5	98.04		Brisbane - Qld
49	Kirstyn Tompkins	F	34	QLD	Bare	FO-R	89.9	90	110	120	130		130	97.22		Brisbane - Qld
50	KATIE FAIRALL	F	37	VIC	Bare	FO-R	75.9	82.5	105	110	115		115	95.39		Melbourne - Vic
51	Chauna Mafoe	F	25	QLD	Bare	FO-R	116.82	110+	125	137.5	-150		137.5	93.77		Brisbane - Qld
52	SAIMA BATOOL	F	36	VIC	Bare	FO-R	79.8	82.5	97.5	105	112.5		112.5	90.34		Melbourne - Vic
53	ANGELIKA DELLIOS	F	33	VIC	Bare	FO-R	105.1	110	125	-130	-130		125	87.81		Melbourne - Vic
54	Michelle Lister	F	34	QLD	Bare	FO-R	96.6	100	115	120	-125		120	87.05		Brisbane - Qld
55	ANGELA KOYA	F	39	VIC	Bare	FO-R	76.5	82.5	100	102.5	105		105	86.65		Melbourne - Vic
56	SHEREE LUCAS	F	35	VIC	Bare	FO-R	131.3	110+	120	122.5	125		125	83.03		Melbourne - Vic
57	ALISON BROWN	F	35	VIC	Bare	FO-R	126	110+	110	115	120		120	80.46		Melbourne - Vic
58	Jade Tighe	F	35	QLD	Bare	FO-R	102	110	80	90	102.5		102.5	72.80		Brisbane - Qld

1	IMOGEN JEFFERY	F	12	VIC	Bare	F_STR	64.3	67.5	80	87.5	95	100.5	95	88.79	109.21	Melbourne - Vic
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1	Camryn Midgley	F	16	QLD	Bare	F_TR_2	67.3	67.5	132.5	140	145	-153	145	130.75	147.75	Brisbane - Qld
2	Hannah Yates	F	18	NSW	Bare	F_TR_3	67.35	67.5	150	-157.5	-162.5		150	135.19	143.30	Sydney - NSW
3	ZARA WYNNE	F	15	VIC	Bare	F_TR_1	46.2	48	85	90	95	-100	95	115.29	136.04	Melbourne - Vic
4	Alicia Robertson	F	19	SA	Bare	F_TR_3	97.35	100	155	170	180		180	130.18	135.38	Adelaide - SA
5	Elodie Turner	F	19	QLD	Bare	F_TR_3	74.17	75	125	137.5	150		150	126.38	131.43	Brisbane - Qld
6	Shristi Singh	F	16	QLD	Bare	F_TR_2	88.9	90	115	122.5	127.5	130	127.5	95.96	108.43	Brisbane - Qld
7	Emily Deshon	F	13	QLD	Bare	F_TR_1	52.3	56	70	75	77.5		77.5	85.44	105.10	Brisbane - Qld
8	Maggie Herbert	F	16	QLD	Bare	F_TR_2	68	75	80	90	100		100	89.45	101.08	Brisbane - Qld
9	EMILY THISTLETHWAITE	F	19	VIC	Bare	F_TR_3	57.8	60	85	87.5	90		90	91.59	95.26	Melbourne - Vic
10	Lacey Collins	F	16	QLD	Bare	F_TR_2	59.6	60	67.5	72.5	77.5		77.5	76.95	86.96	Brisbane - Qld
11	IZZY MURPHY	F	13	VIC	Bare	F_TR_1	109.1	110	80	85	-92.5		85	58.93	72.48	Melbourne - Vic

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#	Name	Sex	Age	State	Equip	Div	BWT	Wt Cls	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Gloss	Age Pts	Location
1	Millie McNamara	F	21	QLD	Bare	F_JR	65.3	67.5	172.5	191	-200		191	176.34	179.87	Brisbane - Qld
2	Steph Borrill	F	22	QLD	Bare	F_JR	67.35	67.5	150	160	167.5		167.5	150.96	152.47	Brisbane - Qld
3	Daria Bicchieri	F	21	QLD	Bare	F_JR	79	82.5	110	120	130		130	105.07	107.17	Brisbane - Qld
4	Hetal Singh	F	21	QLD	Bare	F_JR	78.6	82.5	107.5	115	120		120	97.30	99.25	Brisbane - Qld
5	Kati Wright	F	22	QLD	Bare	F_JR	53.27	56	75	80	90		90	97.82	98.80	Brisbane - Qld
1	Alison Andric	F	58	QLD	Bare	F_MR_4	67	67.5	160	175	-180.5		175	158.36	204.44	Brisbane - Qld
2	Janet Smith	F	55	SA	Bare	F_MR_4	97.65	100	210	225	-235		225	162.52	199.08	Adelaide - SA
3	NICOLE BEEFORTH	F	51	VIC	Bare	F_MR_3	55.5	56	150	160	165		165	173.48	198.98	Melbourne - Vic
4	Tabatha Whitehead	F	43	QLD	Bare	F_MR_1	70.4	75	190	200	-210		200	174.60	180.01	Brisbane - Qld
5	Andi Gledhill	F	45	QLD	Bare	F_MR_2	77.35	82.5	185	200	205	211	205	167.96	177.20	Brisbane - Qld
6	Valerie Silver	F	75	QLD	Bare	F_MR_8	64.2	67.5	90	95	100	-102.5	100	93.58	171.71	Brisbane - Qld
7	Sue Blakeley Kerr	F	61	QLD	Bare	F_MR_5	59.25	60	110.5	117.5	122.5		122.5	122.21	166.94	Brisbane - Qld
8	Kim Herbert	F	57	QLD	Bare	F_MR_4	51.4	52	107.5	115	117.5		117.5	131.34	166.54	Brisbane - Qld
9	SAMANTHA SUTTON	F	56	VIC	Bare	F_MR_4	74.3	75	140	150	-160		150	126.21	157.26	Melbourne - Vic
10	Lucy Power	F	55	QLD	Bare	F_MR_4	76.29	82.5	135	145	155	160	155	128.19	157.03	Brisbane - Qld
11	Colleen Kelly	F	71	QLD	Bare	F_MR_7	66.81	67.5	90	97.5	102.5	105	102.5	92.97	156.28	Brisbane - Qld
12	Michelle Del Guzzo	F	45	QLD	Bare	F_MR_2	88.35	90	190	-200	-200		190	143.49	151.38	Brisbane - Qld
13	Mui Mui Kovi A Uluvalu Lavaka	F	58	VIC	Bare	F_MR_4	86.8	90	140.5	145	150	155	150	114.44	147.75	Melbourne - Vic
14	Jayne Coppins	F	60	QLD	Bare	F_MR_5	86.9	90	127.5	140	-142.5		140	106.75	143.05	Brisbane - Qld
15	JANELLE CROUCH	F	42	VIC	Bare	F_MR_1	132.5	110+	195	200	205		205	135.87	138.59	Melbourne - Vic
16	Tiffany Piper	F	55	QLD	Bare	F_MR_4	83.6	90	127.5	137.5	145	148	145	113.13	138.58	Brisbane - Qld
17	EFI ZION	F	45	VIC	Bare	F_MR_2	66.8	67.5	130	-140	140		140	126.98	133.96	Melbourne - Vic
18	Sharla Taueki	F	44	QLD	Bare	F_MR_1	54.75	56	110	120	-125		120	127.56	133.05	Brisbane - Qld
19	Heather Cann	F	46	QLD	Bare	F_MR_2	59.55	60	122.5	125	-127.5		125	124.17	132.61	Brisbane - Qld
20	Haley Russell	F	48	QLD	Bare	F_MR_2	76	82.5	120	135	145		145	120.18	131.84	Brisbane - Qld
21	Cherie Deacon	F	48	QLD	Bare	F_MR_2	87.05	90	135	145	157.5		157.5	119.97	131.60	Brisbane - Qld
22	Stacey Williams	F	43	QLD	Bare	F_MR_1	81	82.5	142.5	152.5	160		160	127.29	131.23	Brisbane - Qld
23	Louise Gibson	F	41	QLD	Bare	F_MR_1	93.3	100	155	167.5	175		175	128.79	130.08	Brisbane - Qld
24	Melanie Lihou	F	50	QLD	Bare	F_MR_3	89.75	90	142.5	152.5	-157.5		152.5	114.15	128.99	Brisbane - Qld
25	Therese Duffy	F	53	QLD	Bare	F_MR_3	74.95	75	130	-146.5	-146.5		130	108.74	128.75	Brisbane - Qld
26	Anita Fernandes	F	40	QLD	Bare	F_MR_1	87.7	90	150	162.5	167.5		167.5	127.03	127.03	Brisbane - Qld
27	TERESA FITTON	F	52	VIC	Bare	F_MR_3	78.1	82.5	-120	127.5	132.5		132.5	107.87	125.67	Melbourne - Vic
28	LINDA STEWART	F	64	VIC	Bare	F_MR_5	62.5	67.5	80	85	90		90	86.03	124.74	Melbourne - Vic
29	PETA BIGGIN	F	54	VIC	Bare	F_MR_3	81.8	82.5	125	127.5	130		130	102.79	123.76	Melbourne - Vic
30	Katharyn Jones	F	42	QLD	Bare	F_MR_1	87.84	90	150	160	-165		160	121.27	123.70	Brisbane - Qld
31	Noosha Burk	F	46	SA	Bare	F_MR_2	96.25	100	135	145	152.5		152.5	110.79	118.33	Adelaide - SA
32	Olivia Macri	F	48	QLD	Bare	F_MR_2	103.5	110	140	152.5	-162.5		152.5	107.73	118.18	Brisbane - Qld
33	MICHAELA ALBERT	F	45	VIC	Bare	F_MR_2	119.6	110+	155	160	165		165	111.93	118.08	Melbourne - Vic
34	Svenja Edwardson	F	47	QLD	Bare	F_MR_2	66.1	67.5	110	117.5	-122.5		117.5	107.45	116.26	Brisbane - Qld
35	Kellie Hunt	F	47	QLD	Bare	F_MR_2	88.9	90	127.5	135	-140		135	101.60	109.93	Brisbane - Qld
36	Rae Askew	F	56	QLD	Bare	F_MR_4	73.91	75	85	95	102.5		102.5	86.56	107.85	Brisbane - Qld
37	Tee Ngo	F	42	QLD	Bare	F_MR_1	58.92	60	100	-110	-115		100	100.24	102.24	Brisbane - Qld
38	Helen Toa	F	41	QLD	Bare	F_MR_1	183	110+	145	160	-170		160	101.06	102.07	Brisbane - Qld
39	Melissa McShane-Murphy	F	42	VIC	Bare	F_MR_1	115.4	110+	130	135	140		140	95.73	97.65	Melbourne - Vic
40	Leigh Jose	F	46	QLD	Bare	F_MR_2	75.7	82.5	90	100	105		105	87.26	93.19	Brisbane - Qld
41	Kim Forrest	F	62	QLD	Bare	F_MR_5	94.3	100	80	90	-100		90	65.94	91.85	Brisbane - Qld
42	Debra Gundry	F	54	QLD	Bare	F_MR_3	100.8	110	87.5	97.5	105		105	74.91	90.19	Brisbane - Qld
43	Shannon Guttormsen	F	48	QLD	Bare	F_MR_2	66.69	67.5	80	90	-100		90	81.77	89.71	Brisbane - Qld
44	Traci Bourke	F	54	QLD	Bare	F_MR_3	71.45	75	70	80	-90		80	69.13	83.23	Brisbane - Qld
45	Bhavika Singh	F	47	QLD	Bare	F_MR_2	59.75	60	75	-85	-85		75	74.32	80.42	Brisbane - Qld
46	Cindy Buchan	F	58	QLD	Bare	F_MR_4	112.8	110+	82.5	-92.5	-102.5		82.5	56.71	73.21	Brisbane - Qld
1	ANNA PARYGINA	F	54	VIC	Single-ply	F_MSP_3	55.2	56	147.5	153	157.5		157.5	166.34	200.27	Melbourne - Vic
2	HAYLEE ANTONIO	F	27	VIC	Single-ply	F_OSP	169	110+	165.5	185	200	-210	200	126.32		Melbourne - Vic
3	Helen Harvey	F	62	QLD	Single-ply	F_MSP_5	64.45	67.5	110	120	125	130	125	116.61	162.44	Brisbane - Qld
1	Jenelle Schultz	F	47	QLD	Multi-ply	F_MMP_2	61.55	67.5	150	160	170	-175	170	164.50	177.99	Brisbane - Qld
2	JESSICA XUEREB-BAKER	F	30	VIC	Multi-ply	F_OMP	83.7	90	180.5	200	-210.5		200	155.92		Melbourne - Vic
3	MELISSA MAXEY	F	46	VIC	Multi-ply	F_MMP_2	83.9	90	165	185	-200		185	144.03	153.83	Melbourne - Vic
4	YVONNE SCARBOROUGH	F	44	VIC	Multi-ply	F_MMP_1	76.5	82.5	140	-150	-150		140	115.54	120.50	Melbourne - Vic
5	ALEXANDRA MURRAY	F	27	VIC	Multi-ply	F_OMP	102.4	110	130	140	-150		140	99.30		Melbourne - Vic