

13/04/2024		CAPO QLD State Championships 2024 - Day 1										Kedron Wavell Services Club - Brisbane															
Name	Sex	Age	State	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	Score	Age Score	Event	
Zac Phillips	M	36		Classic_raw	Men's Classic Raw Open (24-39) SBD	123.2	125	300	320	340		340	200	220	235		235	300	315	330		330	905	495.53		SBD	
Tyler Brooks	M	36		Classic_raw	Men's Classic Raw Open (24-39) SBD	98.82	100	305	-320	-325		305	175	182.5	-187.5		182.5	250	262.5	270		270	757.5	442.61		SBD	
Michael Watt	M	41		Classic_raw	Men's Classic Raw Master (40-49) SBD	82.59	90	220	235	245		245	145	152.5	-157.5		152.5	260	280	-288.5		280	677.5	436.55	440.91	SBD	
Ben Cozens	M	32		Classic_raw	Men's Classic Raw Open (24-39) SBD	123.5	125	275	285	290		290	170	180	187.5		187.5	300	312.5	-322.5		312.5	790	432.29		SBD	
Rohan Dwyer	M	30		Classic_raw	Men's Classic Raw Open (24-39) SBD	109.2	110	285	305	315		315	140	-147.5	150		150	280	295	-305		295	760	428.37		SBD	
Kaine Shephard	M	39		Classic_raw	Men's Classic Raw Open (24-39) SBD	156.7	140+	-335	335	-355		335	175	185	195		195	270	290	-300		290	820	424.93		SBD	
Brad Drummond	M	46		Classic_raw	Men's Classic Raw Master (40-49) SBD	108.9	110	210	225	240		240	170	185	190		190	250	-270	280		280	710	400.48	427.71	SBD	
James Nash	M	32		Classic_raw	Men's Classic Raw Open (24-39) SBD	105.64	110	255	272.5			272.5	140	150	-155		150	260	280	-290		280	702.5	400.11		SBD	
George Lomidze	M	33		Classic_raw	Men's Classic Raw Open (24-39) SBD	98.3	100	-235	240	-252.5		240	160	175	-180		175	250	265	-275		265	680	398.21		SBD	
Blain Robertson	M	52		Classic_raw	Men's Classic Raw Master (50-59) SBD	121.22	125	250	265	-280		265	160	172.5	182.5		182.5	250	270	-285		270	717.5	394.41	459.49	SBD	
Jack Lauritzen	M	29		Classic_raw	Men's Classic Raw Open (24-39) SBD	93.55	100	-230	230	245		245	130	142.5	-147.5		142.5	250	270	-275		270	657.5	394.15		SBD	
Quyen Nguyen	M	39		Classic_raw	Men's Classic Raw Open (24-39) SBD	59.5	60	170	180	190	-200	190	85	90	95		95	160	175	-182.5		175	460	386.24		SBD	
Collin DCosta	M	47		Classic_raw	Men's Classic Raw Master (40-49) SBD	81.25	82.5	180	210	-220		210	120	130	140		140	190	215	225		225	575	374.35	405.05	SBD	
Alexander Bunn	M	36		Classic_raw	Men's Classic Raw Open (24-39) SBD	75.91	82.5	190	200	210		210	120	125	127.5		127.5	-200	210	-220		210	547.5	373.67		SBD	
Malique Poitoo-minler	M	26		Classic_raw	Men's Classic Raw Open (24-39) SBD	151.08	140+	-260	260	-270		260	130	140	150		150	270	-285	285		285	695	363.05		SBD	
Tim Perrett	M	55		Classic_raw	Men's Classic Raw Master (50-59) SBD	129.91	140	245	260	-270		260	130	140	150		150	240	-260	260		260	670	362.09	443.56	SBD	
James Hughes	M	41		Classic_raw	Men's Classic Raw Master (40-49) SBD	108.48	110	230	-242.5	242.5		242.5	-130	132.5	-137.5		132.5	240	250	257.5		257.5	632.5	357.22	360.79	SBD	
Joey Hizon	M	46		Classic_raw	Men's Classic Raw Master (40-49) SBD	89.1	90	205	215	-220		215	122.5	130	135	140		135	215	225	230		230	580	356.87	381.14	SBD
Neil Britton	M	42		Classic_raw	Men's Classic Raw Master (40-49) SBD	89.05	90	185	195	205		205	100	115	130		130	220	240	-250		240	575	353.91	360.99	SBD	
Morgan Keech	M	25		Classic_raw	Men's Classic Raw Open (24-39) SBD	130.8	140	240	255	270		270	130	135	140		140	200	220	240		240	650	350.70		SBD	
Tyler Clarke	M	23		Classic_raw	Men's Classic Raw Junior (20-23) SBD	102.6	110	-200	-205	220		220	115	122.5	-130		122.5	250	265	-275		265	607.5	349.59	349.59	SBD	
Dominic Morton	M	48		Classic_raw	Men's Classic Raw Master (40-49) SBD	98	100	180	200	-210		200	142.5	150	-157.5		150	232.5	240			240	590	345.95	379.50	SBD	
Clay Scott	M	34		Classic_raw	Men's Classic Raw Open (24-39) SBD	104.72	110	160	180	200		200	130	140	147.5		147.5	220	240			240	587.5	335.61		SBD	
Adam Williamson	M	21		Classic_raw	Men's Classic Raw Junior (20-23) SBD	92.5	100	180	-190	195		195	115	120	127.5		127.5	200	220	227.5		227.5	550	331.62	338.25	SBD	
Cooper Brown	M	22		Classic_raw	Men's Classic Raw Junior (20-23) SBD	92.2	100	185	200	207.5	-210		120	130	-140		130	185	205	210		210	547.5	330.69	334.00	SBD	
Simon Watkins	M	64		Classic_raw	Men's Classic Raw Master (40-49) SBD	88.8	90	190	200	-210		200	117.5	125	127.5	130		127.5	195	207.5	-212.5		207.5	535	329.80	478.21	SBD
Jimmy Martin	M	39		Classic_raw	Men's Classic Raw Open (24-39) SBD	109	110	-220	-220	220		220	132.5	140	-145		140	200	220	-240		220	580	327.09		SBD	
Gareth Small	M	60		Classic_raw	Men's Classic Raw Master (60-69) SBD	81.22	82.5	170	185	192.5		192.5	97.5	-102.5	102.5		102.5	180	192.5	200		200	495	322.39	432.01	SBD	
Matthew Woolnough	M	48		Classic_raw	Men's Classic Raw Master (40-49) SBD	100.95	110	170	180	190		190	130	135	140		140	210	225	232.5		232.5	562.5	321.05	352.19	SBD	
Greg Kitson	M	46		Classic_raw	Men's Classic Raw Master (40-49) SBD	74.76	75	175	-190	-190		175	90	100	105		105	-175	175	185		185	465	320.97	342.79	SBD	
Brendan Morris	M	34		Classic_raw	Men's Classic Raw Open (24-39) SBD	97.02	100	165	180	192.5		192.5	120	132.5	140		140	170	190	205		205	537.5	316.64		SBD	
Kobi Mcleod	M	27		Classic_raw	Men's Classic Raw Open (24-39) SBD	83.16	90	150	160	167.5		167.5	120	-125	-125		120	175	190	200		200	487.5	312.66		SBD	
Suhail Ali	M	19		Classic_raw	Men's Classic Raw Junior (20-23) SBD	76.45	82.5	140	145	-150		145	85	92.5	100		100	190	-205	205		205	450	305.53	317.75	SBD	
Andreas Fiene	M	52		Classic_raw	Men's Classic Raw Master (50-59) SBD	99.78	100	180	190	-200		190	125	130	135		135	180	200	-205		200	525	305.51	355.92	SBD	
Paul Motoney	M	25		Classic_raw	Men's Classic Raw Open (24-39) SBD	109.95	110	185	-195	-195		185	122.5	132.5	-140		132.5	200	212.5	220		220	537.5	302.38		SBD	
Michael Vicij	M	44		Classic_raw	Men's Classic Raw Master (40-49) SBD	83.72	90	145	157.5	165		165	80	85	90		90	190	202.5	210		210	465	297.00	309.77	SBD	
Jeremy Vernon	M	45		Classic_raw	Men's Classic Raw Master (40-49) SBD	109.83	110	180	190	200		200	100	107.5	-110		107.5	195	210	217.5		217.5	525	295.44	311.69	SBD	
Ben Wilkins	M	29		Classic_raw	Men's Classic Raw Open (24-39) SBD	81.75	82.5	150	155	-157.5		155	90	95	-97.5		95	205	-215	-215		205	455	295.04		SBD	
Malik Brown	M	17		Classic_raw	Men's Classic Raw Teen (13-19) SBD	73.9	75	135	145	-160		145	65	72.5	-80		72.5	150	175	200		200	417.5	290.64	313.89	SBD	
Matt Deshon	M	54		Classic_raw	Men's Classic Raw Master (50-59) SBD	122.98	125	170	175	182.5		182.5	107.5	112.5	115		115	215	225	230		230	527.5	288.98	347.93	SBD	
Patrick Walsh	M	54		Classic_raw	Men's Classic Raw Master (50-59) SBD	99.4	100	155	165	-170		165	90	95	97.5		97.5	-200	220	225		225	487.5	284.12	342.07	SBD	
Zane Horsfall	M	20		Classic_raw	Men's Classic Raw Junior (20-23) SBD	67.5	67.5	120	-130	132.5		132.5	87.5	95	100		100	120	130	140	150	150	420	372.5	278.78	287.14	SBD
Terrence Titus	M	68		Classic_raw	Men's Classic Raw Master (60-69) SBD	113.4	125	185	-215			185	140	147.5	-150		147.5	165				165	497.5	277.63	437.54	SBD	
Harrison Brewster	M	23		Classic_raw	Men's Classic Raw Junior (20-23) SBD	93.44	100	-165	165	-175		165	87.5	92.5	-95		92.5	190	205	-210		205	462.5	277.48	277.48	SBD	
Mark Walker	M	54		Classic_raw	Men's Classic Raw Master (50-59) SBD	100.9	110	150	157.5	162.5		162.5	105	110	-115		110	185	200			200	472.5	273.65	329.47	SBD	
Varun Lal	M	26		Classic_raw	Men's Classic Raw Open (24-39) SBD	109.55	110	160	-167.5	-167.5		160	90	95	102.5		102.5	200	215	222.5		222.5	485	273.13		SBD	
David Wicks	M	57		Classic_raw	Men's Classic Raw Master (50-59) SBD	97.03	100	140	150	160		160	95	100	-102.5		100	180	190	200		200	460	270.99	343.61	SBD	
Jim Heintzberger	M	42		Classic_raw	Men's Classic Raw Master (40-49) SBD	96.65	100	140	150	-155		150	90	97.5	102.5		102.5	180	200	205		205	457.5	269.96	275.36	SBD	
Michael Walker	M	49		Classic_raw	Men's Classic Raw Master (40-49) SBD	158.9	140+	-190	200	-225		200	120	130	137.5		137.5	170	180	-197.5		180	517.5	267.38	297.59	SBD	
Simon Butterworth	M	65		Classic_raw	Men's Classic Raw Master (60-69) SBD	98.63	100	130	140	150		150	90	97.5	100		100	180	195	-205		195	445	260.24	385.15	SBD	
Mitchell O'Shea	M	12		Classic_raw	Men's Classic Raw SubTeen (10-12) SBD	42.53	52	-65	70	-77.5		70	35	37.5			37.5	90	100			100	207.5	254.53	312.62	SBD	
Michael Jones	M	61		Classic_raw	Men's Classic Raw Master (60-69) SBD	86.42	90	115	125	132.5		132.5	77.5	82.5	-85		82.5	165	175	182.5		182.5	397.5	248.97	340.10	SBD	
RJ Foxwell	M	15		Classic_raw	Men's Classic Raw Teen (13-19) SBD	85.9	90	110	120	125		125	70	75	80		80	135	145	155		155	360	226.30	267.03	SBD	
Alex Jensen	M	35		Classic_raw	Men's Classic Raw Open (24-39) SBD	74.6	75	90	-100	-110		90	65	72.5	77.5		77.5	140	150	-157.5		150	317.5	219.47		SBD	
Kurt McPherson	M	41		Raw	Men's Raw Master (40-49) SBD	117.16	125	-265	265	277.5		277.5	-155	170	-185		170	290	310	330	-340	330	777.5	430.66	434.96	SBD	