

14/04/2024

CAPO QLD State Championships 2024 - Day 2

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
Stephanie McKay-Gillies	F	31		Classic_raw	Women's Classic Raw Open (24-39) SBD	73.83	75	-170	170	185		185	95	100	110		110	-160	160	175		175	470	397.08		SBD
Ebony Pickwell	F	21		Classic_raw	Women's Classic Raw Junior (20-23) SBD	59.61	60	162.5	170	-177.5		170	72.5	-77.5	-77.5		72.5	145	152.5	-157.5		152.5	395	392.22	400.06	SBD
Jenelle Schultz	F	46		Classic_raw	Women's Classic Raw Master (40-49) SBD	58.85	60	140	-150	150		150	80	85	-90		85	140	150	155		155	390	391.17	417.77	SBD
Lauren Graham	F	26		Classic_raw	Women's Classic Raw Open (24-39) SBD	70.97	75	-160	160	-165		160	75	82.5	85		85	155	162.5	170		170	415	360.33		SBD
Kelly-Ann King	F	37		Classic_raw	Women's Classic Raw Open (24-39) SBD	74.71	75	155	162.5	-165		162.5	67.5	72.5	-75		72.5	160	175	182.5		182.5	417.5	350.01		SBD
Ouida Ratapu	F	65		Classic_raw	Women's Classic Raw Master (60-69) SBD	72.65	75	125	130	135		135	82.5	87.5	-92.5		87.5	160	170	175		175	397.5	339.57	502.57	SBD
Josie Wilson	F	40		Classic_raw	Women's Classic Raw Master (40-49) SBD	73.59	75	135	145	155		155	75	80	82.5		82.5	140	155	160		160	397.5	336.60	336.75	SBD
Jessica Dumay	F	33		Classic_raw	Women's Classic Raw Open (24-39) SBD	79.7	82.5	135	-145	145		145	80	87.5	-90		87.5	165	175	182.5		182.5	415	333.51		SBD
Eve Stanton	F	31		Classic_raw	Women's Classic Raw Open (24-39) SBD	71.29	75	140	-150	155		155	65	70	-75		70	145	155	160		160	385	333.14		SBD
Apple Valentine	F	43		Classic_raw	Women's Classic Raw Master (40-49) SBD	82.2	82.5	145	-155	-155		145	87.5	92.5	96		96	160	170	-180		170	411	323.99	334.04	SBD
Katie Arthur	F	32		Classic_raw	Women's Classic Raw Open (24-39) SBD	51.59	52	100	-110	-110		100	40	50	-55		50	125	135	137.5	140	137.5	287.5	320.39		SBD
Cassia Whitely	F	29		Classic_raw	Women's Classic Raw Open (24-39) SBD	85.16	90	-150	-160	160		160	90	-95	-95		90	140	155	162.5		162.5	412.5	318.31		SBD
Cho Wu	F	35		Classic_raw	Women's Classic Raw Open (24-39) SBD	46.94	48	77.5	85	90		90	42.5	47.5	50		50	102.5	112.5	120		120	260	311.74		SBD
Natasha Robertson	F	39		Classic_raw	Women's Classic Raw Open (24-39) SBD	65.54	67.5	125	-135	-135		125	55	60	62.5		62.5	130	140	150		150	337.5	310.68		SBD
Dee Hilton	F	31		Classic_raw	Women's Classic Raw Open (24-39) SBD	88.46	90	155	170	175		175	75	80	-82.5		80	140	150	155		155	410	309.45		SBD
Jayda Evans	F	15		Classic_raw	Women's Classic Raw Teen (13-19) SBD	59.65	60	115	122.5	-130		122.5	57.5	62.5	-67.5		62.5	105	112.5	117.5		117.5	302.5	300.16	354.19	SBD
Sarah Ludlow	F	29		Classic_raw	Women's Classic Raw Open (24-39) SBD	86.13	90	145	-152.5	-152.5		145	57.5	62.5	65		65	175	-185	-185		175	385	295.04		SBD
Di Taylor	F	48		Classic_raw	Women's Classic Raw Master (40-49) SBD	68.05	75	-115	115	125		125	70	75	-80.5		75	110	120	130		130	330	295.03	323.64	SBD
Stephanie Hales	F	31		Classic_raw	Women's Classic Raw Open (24-39) SBD	99.47	100	-160	160	-167.5		160	77.5	80	-85		80	150	157.5	-167.5		157.5	397.5	285.07		SBD
Stacey Williams	F	42		Classic_raw	Women's Classic Raw Master (40-49) SBD	80.19	82.5	-130	135	-140		135	57.5	62.5	-65		62.5	130	140	150		150	347.5	278.17	283.85	SBD
Emily Collett	F	30		Classic_raw	Women's Classic Raw Open (24-39) SBD	96.8	100	125	132.5	-140		132.5	67.5	-72.5	-75		67.5	162.5	172.5	180.5		180	380.5	275.81		SBD
Haley Russell	F	47		Classic_raw	Women's Classic Raw Master (40-49) SBD	73.56	75	-110	110	120		120	55	60	65		65	120	130	140		140	325	275.33	297.91	SBD
Lucy Power	F	55		Classic_raw	Women's Classic Raw Master (50-59) SBD	73.37	75	-110	-110	110		110	60	62.5	65		65	127.5	135	142.5		142.5	317.5	269.47	330.10	SBD
Olivia Macri	F	47		Classic_raw	Women's Classic Raw Master (40-49) SBD	102.81	110	130	-140	140		140	75	80	82.5		82.5	150	-157.5	157.5		157.5	380	269.12	291.18	SBD
Tilly DeLaney	F	27		Classic_raw	Women's Classic Raw Open (24-39) SBD	85.68	90	105	115	122.5		122.5	67.5	72.5	-75		72.5	140	150	155		155	350	269.05		SBD
Elisha Young	F	27		Classic_raw	Women's Classic Raw Open (24-39) SBD	105.5	110	135	-142.5	-142.5		135	75	80	82.5		82.5	145	155	165		165	382.5	268.34		SBD
Alex Nelson	F	37		Classic_raw	Women's Classic Raw Open (24-39) SBD	81.21	82.5	-105	105	115		115	57.5	62.5	67.5		67.5	125	140	147.5		147.5	330	262.12		SBD
Kath Brady	F	39		Classic_raw	Women's Classic Raw Open (24-39) SBD	124.5	110+	140	147.5	155		155	77.5	-82.5	-82.5		77.5	137.5	147.5	-155		147.5	380	255.49		SBD
Alison Kenny	F	35		Classic_raw	Women's Classic Raw Open (24-39) SBD	54.68	56	85	92.5	-100		92.5	40	45	47.5		47.5	90	100	-107.5		100	240	255.31		SBD
Nicky Valentine	F	31		Classic_raw	Women's Classic Raw Open (24-39) SBD	65.25	67.5	75	82.5	-85		82.5	52.5	57.5	60		60	100	110	120		120	262.5	242.50		SBD
Tee Ngo	F	42		Classic_raw	Women's Classic Raw Master (40-49) SBD	57.6	60	80	-90	-90		80	35	37.5	40		40	105	112.5	-120		112.5	232.5	237.27	242.01	SBD
Kelly Johnson	F	50		Classic_raw	Women's Classic Raw Master (50-59) SBD	123.9	110+	-115	115	120		120	55	-60	62.5		62.5	145	155	160		160	342.5	230.50	260.47	SBD
Sabine Goeman	F	52		Classic_raw	Women's Classic Raw Master (50-59) SBD	86.89	90	85	90	95		95	60	65	70		70	100	112.5	120		120	285	217.31	253.17	SBD
Nicki Small	F	41		Classic_raw	Women's Classic Raw Master (40-49) SBD	78.79	82.5	85	-95	-95		85	57.5	-62.5	62.5		62.5	100	112.5	120		120	267.5	216.55	218.80	SBD
Samantha Miller	F	27		Classic_raw	Women's Classic Raw Open (24-39) SBD	74.35	75	-75	75	80		80	45	52.5	-55		52.5	102.5	112.5	120		120	252.5	212.36		SBD
Jamie-Lee Macklin	F	17		Classic_raw	Women's Classic Raw Teen (13-19) SBD	62.69	67.5	80	90	-100		90	35	40	-45		40	85	92.5	-100		92.5	222.5	212.15	229.13	SBD
Shristi Singh	F	16		Classic_raw	Women's Classic Raw Teen (13-19) SBD	89.3	90	80	90	100		100	42.5	47.5	50		50	100	112.5	120		120	270	202.68	229.02	SBD
Hetal Singh	F	20		Classic_raw	Women's Classic Raw Junior (20-23) SBD	74.74	75	80	-90	-100		80	37.5	42.5	-45		42.5	90	105	112.5		112.5	235	196.92	202.92	SBD
Bhavika Singh	F	46		Classic_raw	Women's Classic Raw Master (40-49) SBD	56.48	60	35	40	45		45	25	30	32.5		32.5	70	77.5	82.5		82.5	160	165.84	177.24	SBD
Carla Martyn	F	36		Raw	Women's Raw Open (24-39) SBD	72.68	75	80	85	87.5		87.5	50	55	-60		55	115	122.5	130		130	272.5	232.67		SBD
Jasmine Goodrick	F	36		Raw	Women's Raw Open (24-39) SBD	85.89	90	100	105	-110		105	60	-62.5	-62.5		60	120	127.5	135		135	300	230.30		SBD
Sian Miu	F	22		Raw	Women's Raw Junior (20-23) SBD	82.13	82.5	100	107.5	-115		107.5	47.5	52.5	-57.5		52.5	102.5	112.5	120		120	280	220.81	223.02	SBD
Michelle Lister	F	33		Raw	Women's Raw Open (24-39) SBD	96.79	100	105	-115	-115		105	-70	72.5	75		75	115	120	-125		120	300	217.45		SBD
Emily Deshon	F	12		Raw	Women's Raw SubTeen (10-12) SBD	47.6	48	42.5	47.5	50		50	25	30	-32.5		30	60	67.5	72.5		72.5	152.5	180.94	222.56	SBD
Lily Vernon	F	13		Raw	Women's Raw Teen (13-19) SBD	56.8	60	25	30	35		35	25	30	32.5		32.5	70	77.5	-85		77.5	145	149.65	184.08	SBD
Scarlet Vernon	F	13		Raw	Women's Raw Teen (13-19) SBD	58.72	60	-25	25	30		30	25	-30	-32.5		25	60	67.5	75		75	130	130.66	160.72	SBD
Bobby Dowdle	F	60		Raw	Women's Raw Bench Only	88.9	90						55	57.5	60	-62.5	60						60	45.16	60.51	B
Traci Bourke	F	55		Raw	Women's Raw Bench Only	78.43	82.5						25	27.5	30		30						30	24.35	29.82	B
Caleb Jones	M	28		Raw	Men's Raw Bench Only	99.01	100						190	200	-210		200						200	116.76		B
Ken Haydock	M	48		Raw	Men's Raw Bench Only	100.75	110						170	-177.5			170						170	98.52	108.08	B
Michael Buda	M	42		Raw	Men's Raw Bench Only	97.2	100						112.5	117.5	-122.5		117.5						117.5	69.15	70.54	B
Simon Knechtli	M	55		Raw	Men's Raw Bench Only	66.45	67.5						70	75	80		80						80	60.68	74.33	B
Heather Maddern	F	80		Raw	Women's Raw Push Pull	85.08	90						25	27.5	30		30	75	80	82.5		82.5	112.5	86.84	178.03	BD
Ashlee Selwood	F	23		Classic_raw	Women's Classic Raw Junior (20-23) SBD	66.65	67.5	-90	-90	-90			40	47.5	-52.5		47.5	110	122.5	130		130		0.00	0.00	SBD
Kim Herbert	F	54		Classic_raw	Women's Classic Raw Master (50-59) SBD	49.36	52	-90	-90	-90			42.5	-45	-45		42.5	105	110	112.5		112.5		0.00		SBD
Areeba Ali	F	27		Classic_raw	Women's Classic Raw Open (24-39) SBD	55.24	56	-125	125	-130		125	65	-70	70		70	-130	-130	-130				0.00		SBD