

2/03/2024		CAPO VICTORIAN STATE CHAMPIONSHIP																	SLAUGHTERHOUSE GYM - MELBOURNE						
Name	Sex	Age	State	Equipment	Division	BWT	WtCls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Points	Master Score	Event	Team
MEL HERMSEN	F	42	VIC	Wraps	F_MRP_1	87.1	90	120	140	160	160	60	70	80	80	120	140	160		160	400	305.63	310.672	SBD	MAURICE CARRIERA
ABBEY HUMBLE	F	29	VIC	Wraps	F_ORP	121.8	110+	155	170	-185	170	65	70	75	75	160	177.5	-190		177.5	422.5	285.29		SBD	PEAK STRENGTH
SNOW SULMAN	F	27	VIC	Wraps	F_ORP	82.7	90	92.5	102.5	110	110	47.5	52.5	-55	52.5	105	112.5	120		120	282.5	222.23		SBD	PEAK STRENGTH
VITO PUOPOLO	M	45	VIC	Wraps	M_MRP_2	104.6	110	265	280	-295	280	145	160	-170	160	270	290	305		305	745	425.66	449.106	SBD	PEAK STRENGTH
ANDREW MAUFF	M	50	VIC	Wraps	M_MRP_3	120.9	125	230	250	265	265	170	182.5	190	190	230	245.5	255		255	710	390.49	441.265	SBD	PEAK STRENGTH
JO COCKER	M	34	VIC	Wraps	M_SMRP	128.4	140	200	220	240	240	130	140	150	150	250	275	-300		275	665	360.36		SBD	PEAK STRENGTH
ALEX LAWSON	M	37	VIC	Wraps	M_ORP	156.5	140+	265	-290	-290	265	160	-170	-170	160	230	255	-265		255	680	351.88		SBD	PEAK STRENGTH
TRUCE TUBBAN	M	36	VIC	Wraps	M_SMRP	87.6	90	185	200	-215	200	120	-130	130	130	185	205	220		220	550	341.71		SBD	PEAK STRENGTH
MAURICE CARRIERA	M	51	VIC	Wraps	M_MRP_3	97.7	100	-220	-220	220	220	120	130	-137.5	130	220	-230	-230		220	570	334.67	383.873	SBD	LAIRD ROSS
PAUL MANNAGH	M	40	VIC	Wraps	M_MRP_1	113	125	160	-175	-175	160	95	102.5	-110	102.5	215	237.5	250		250	512.5	286.24		SBD	PEAK STRENGTH
TIMOTHY RUSSELL	M	35	VIC	Wraps	M_SMRP	105.1	110	140	-155	170	170	95	102.5	110	110	190	205	220		220	500	285.21		SBD	PEAK STRENGTH
PEEJ VOUDIOTIS	M	19	VIC	Wraps	M_TRP_3	65.6	67.5	-100	105	-115	105	50	55	-60	55	112.5	122.5	-130		122.5	282.5	216.69		SBD	PEAK STRENGTH
RYAN BALDACCHINO	M	32	VIC	Single-ply	M_OSP	120.8	125	225	245		245	115	-125.5	130	130	232.5	-255			232.5	607.5	334.18		SBD	PEAK STRENGTH
LAUREN STEWART	F	35	VIC	Raw	F_OR	73.3	75	115	122.5	-130	122.5	62.5	65	67.5	67.5	115	125	-135		125	315	267.51		SBD	Julian Anceschi-King Henry 8 Gym
MEGAN HORSFALL	F	48	VIC	Raw	F_MR_2	64.3	67.5	75	85	95	95	50	55	-60	55	117.5	125	130		130	280	261.42	287.072	SBD	ANDY GALLOWAY
COURTNEY BUYSEN	F	28	VIC	Sleeves	F_ORP	64.7	67.5	80	85	92.5	92.5	40	45	-52.5	45	95	107.5	115		115	252.5	234.63		SBD	TAEGAN PROUD
MANKARAN SINGH BRAICH	M	23	SA	Raw	M_JR	76.8	82.5	130	150	-165	150	120	130	-137.5	130	160	-185	185		185	465	314.68		SBD	618 BARBELL
TRISTAN GASSMAN	M	51	VIC	Raw	M_MR_3	120	125	140			140	160	170	180	180	-200	200			200	520	286.48	328.609	SBD	HOME GYM
YVONNE ODELL	F	43	VIC	Multi-ply	F_MMP_1	77.5	82.5	115	-122.5	125	125	62.5	-67.5	-67.5	62.5	132.5	142.5	150		150	337.5	276.26	284.720	SBD	PEAK STRENGTH
BRENDAN UPTON	M	32	VIC	Multi-ply	M_OMP	93.1	100	280	-300	310	310	172.5	182.5	190	190	275	-290	-290		275	775	465.71		SBD	PEAK STRENGTH
GAVIN WARLAND	M	37	VIC	Multi-ply	M_SMMP	140	140	260	280	-300	280	185	195	205.5	205.5	281	300	315	-327.5	315	800	425.19		SBD	PEAK STRENGTH
DAVID CUTRONI	M	30	VIC	Multi-ply	M_OMP	95	100	230	-250		230	135	-145	-145	135	215	235	-245		235	600	356.93		SBD	PEAK STRENGTH
MARK ANDERSON	M	41	VIC	Raw	M_MR_1	107.5	110					150	160	-171	160	260	291	-302.5		291	450	255.38	257.955	BD	
MIKE VAN	M	39	VIC	Raw	M_SMR	130.5	140					82.5	92.5	97.5	97.5	135	150	160		160	257.5	139.00		BD	PEAK STRENGTH
KATIE MCKIMMIE	F	27	VIC	Raw	F_OR	103.4	110					30	35	40	40	82.5	92.5	100		100	140	98.78		BD	PEAK STRENGTH
BRADLEY VILLAFLO	M	18	VIC	Raw	M_TR_3	80	82.5					100	107.5		107.5						107.5	70.71		B	Slaughterhouse Gym Melbourne
ANTHONY DAY	M	52	VIC	Raw	M_MR_3	104.5	110					95	100	-102.5	100						100	57.16	66.591	B	Slaughterhouse Gym Melbourne
LENNY POSTLETHWAITE	M	13	VIC	Raw	M_TR_1	46.6	52					25	35	-40	35						35	38.37		B	NEV
SIOBHAN POSTLETHWAITE	F	37	VIC	Single-ply	F_SMSP	67.1	67.5					95	100	-110	100						100	90.43		B	NEIL POSTLETHWAITE
ANNA PARYGINA	F	53	VIC	Single-ply	F_MSP_3	57.8	60					75	77.5	-80	77.5						77.5	78.64	93.384	B	Slaughterhouse Gym Melbourne
NEIL POSTLETHWAITE	M	44	VIC	Single-ply	M_MSP_1	82.1	82.5					155	170	-180	170						170	109.92	114.658	B	NEV
TANIA SEUMALU	F	27	VIC	Raw	F_OR	113	110+									170	-190	190		190	190	130.62		D	PEAK STRENGTH
IMOGEN JEFFERY	F	11	VIC	Raw	F_STR	59.7	60									75	85	92.5	100	92.5	92.5	91.48		D	Slaughterhouse Gym Melbourne
PHIL ROSS	M	52	VIC	Raw	M_MR_3	137.9	140					-185											0.000	B	Slaughterhouse Gym Melbourne