

1/08/2025		CAPO NATIONAL CHAMPIONSHIPS 2025 - DAY 2														KEDRON-WAVELL RSL - BRISBANE - QLD												
Name	Sex	Equip	Team	Awards Division	BWT	Wt Cts	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 Score	Age Score	Div Place
Jenelle Schultzt	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-49	58.75	60	48	1.097	-145	155	-160		155	82.5	87.5	-90		87.5	243	150	160	170		170	413	414.32	454.50	1
Chantal O'Brien	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-49	59.25	60	47	1.082	160	-170	175		175	60	65	67.5		67.5	243	145	160	172.5	-177.5	170	415	414.02	447.97	2
Melissa Maxey	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 40-49	79.5	82.5	47	1.082	180	-190	190		190	92.5	-100	100		100	290	160	175	182.5		182.5	473	380.34	411.53	3
Ebony Waru	FEMALE	CLASSIC_RAW	WA	Womens Masters Classic Raw 40-49	106.1	110	49	1.113	145	152.5	160		160	95	-97.5	100		100	260	170	180	-190		180	440	308.04	342.85	4
Stacey Williams	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-49	74.3	75	43	1.031	125	135	-140		135	60	65	-67.5		65	200	145	155	-160		155	355	298.70	307.96	5
Natasha Ithier	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 40-49	65.35	67.5	41	1.01	-115	115	-125		115	57.5	60	62.5		62.5	178	130	140	-150		140	318	292.96	295.89	6
Janet Smith	FEMALE	CLASSIC_RAW	SA	Womens Masters Classic Raw 50-59	97.95	100	56	1.246	180	190	200		200	112.5	125.5	127.5		127.5	328	230	245	-255		245	573	413.03	514.64	1
Anna Parygina	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 50-59	54.6	56	54	1.204	115	120	125.5		125.5	60	65	-68.5		65	191	140	145	150	-153	150	341	362.73	436.73	2
Renae Connors	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-59	85.85	90	50	1.13	135	147.5	155		155	87.5	92.5	97.5	100	97.5	253	182.5	192.5	200	-205	200	453	347.48	392.66	3
Lucy Power	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-59	74	75	56	1.246	-125	-125	125		125	67.5	70	72.5		72.5	198	142.5	155	162.5	165	162.5	360	303.71	378.43	4
Kylie Findley	FEMALE	CLASSIC_RAW	VIC	Womens Masters Classic Raw 50-59	120.5	110+	56	1.246	140	150	-160		150	70	75	-77.5		75	225	170	180	185	-190	185	410	277.67	345.98	5
Naomi Hull	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 50-59	89.45	90	54	1.204	115	-125	125		125	60	65	67.5		67.5	193	125	137.5	-150		137.5	330	247.48	297.97	6
Janine Blake	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-69	54.45	56	68	1.576	92.5	-101	-101		92.5	50	52.5	55		55	148	120	130	136	137.5	136	284	302.66	477.00	1
Sue Blakeley Kerr	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-69	59.1	60	62	1.393	110	115	-120		115	60	65	-86		65	180	117.5	125	130		130	310	309.91	431.70	2
Leanne Williams	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-69	65.25	67.5	68	1.576	85	-95	95		95	50	55	-80		55	150	130	140	-142.5		140	290	267.91	422.22	3
Monica Cook	FEMALE	CLASSIC_RAW	WA	Womens Masters Classic Raw 60-69	66.2	67.5	61	1.366	100				100	95	97.5	-100		97.5	198	125	132.5	135		135	333	303.72	414.88	4
Helen Harvey	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-69	62.95	67.5	63	1.421	-90	90	-100		90	42.5	45	47.5		47.5	138	130	140	145.5	150	145.5	283	268.98	382.22	5
Tracey Faucett	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 60-69	71.4	75	60	1.34	105	115	120		120	55	60	-62.5		60	180	130	140	145		145	325	280.96	376.49	6
Valerie Silver	FEMALE	CLASSIC_RAW	QLD	Womens Masters Classic Raw 70-79	65	67.5	76	1.876	30	35	-40		35	37.5	40	42.5		42.5	77.5	85	90	92.5		92.5	170	157.53	295.53	1
Yvonne Scarborough	FEMALE	MULTI_PLY	VIC	Womens Masters Multi Ply	77.35	82.5	45	1.055	113	120	127.5		127.5	75	80	85		85	213	141	-142.5	150		150	363	297.00	313.34	1
Apple Valentine	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	82.25	82.5	44	1.043	145	155	160		160	90	95	102.5		102.5	263	155	167.5	175		175	438	344.75	359.57	1
Katharyn Jones	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	74.45	75	42	1.02	135	-143	142.5		142.5	60	65	-70		65	208	142.5	147.5	152.5		152.5	360	302.50	308.55	2
Heather Cann	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	58.4	60	46	1.068	90	97.5	102.5		102.5	45	52.5	55		55	158	120	-127.5	-127.5		120	278	280.08	299.13	3
Megan Donaldson	FEMALE	RAW	SA	Womens Masters Raw Sleeves 40-49	72.6	75	41	1.01	115	120	125		125	65	70	-72.5		70	195	145	-155	-155		145	340	290.60	293.50	4
Anita Fernandes	FEMALE	RAW	QLD	Womens Masters Raw 40-49	88.75	90	41	1.01	110	120	125		125	70	75.5	80		80	205	165	175	180	-190	180	385	290.01	292.91	5
Noosha Burk	FEMALE	RAW	SA	Womens Masters Raw Sleeves 40-49	97.45	100	46	1.068	112.5	122.5	-128		122.5	87.5	92.5	-95		92.5	215	135	145	155		155	370	267.47	285.66	6
Kath Brady	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	123.75	110+	40	1	135	142.5	150		150	85	87.5	90		90	240	165	175	180		180	420	282.77	282.77	7
Michaela Albert	FEMALE	RAW	VIC	Womens Masters Raw Sleeves 40-49	126.2	110+	45	1.055	120	-130	130		130	77.5	80	-85		80	210	150	162.5	167.5	170	167.5	378	253.04	266.96	8
Jasmine Fisher	FEMALE	RAW	NSW	Womens Masters Raw 40-49	73.3	75	45	1.055	100	-110	110		110	52.5	60	-65		60	170	100	115	125		125	295	250.48	264.26	9
Kym Jackson	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	76.45	82.5	43	1.031	110	120	-128		120	50	57.5	-60		57.5	178	125	-137.5	-137.5		125	303	249.74	257.49	10
Tammy Haug	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	87.7	90	45	1.055	-105	112.5	120		120	65	70	-72.5		70	190	120	125	130		130	320	242.69	256.04	11
Melissa McShane-Murphy	FEMALE	RAW	VIC	Womens Masters Raw Sleeves 40-49	117.5	110+	43	1.031	115	125	135		135	70	72.5	-75		72.5	208	132.5	142.5	152.5		152.5	360	245.18	252.78	12
Kellie Hunt	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	93.35	100	47	1.082	105	110	115		115	50	52.5	55		55	170	117.5	125	130		130	300	220.73	238.83	13
Nicki Small	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	83.15	90	42	1.02	80	90	97.5		97.5	60	65	67.5		67.5	165	115	125	130		130	295	230.92	235.54	14
Shannon Dowden	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 40-49	66.8	67.5	48	1.097	55	60	65		65	35	-40	-42.5		35	100	95	100	107.5		107.5	208	188.20	206.46	15
Kim Herbert	FEMALE	RAW	NSW	Womens Masters Raw Sleeves 50-59	50.69	52	56	1.246	90	97.5	-100		97.5	42.5	47.5	-52.5		47.5	145	110	120	127.5		127.5	273	307.90	383.64	1
Megan Horsfall	FEMALE	RAW	VIC	Womens Masters Raw Sleeves 50-59	66.1	67.5	50	1.13	100	115	120		120	60	-62.5	-62.5		60	180	130	-142.5	-142.5		130	310	283.50	320.35	2
Melanie Linou	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 50-59	88.15	90	51	1.147	120	130	-135		130	60	67.5	70		70	200	150	160	162.5		162.5	363	274.13	314.43	3
Maureen Wicks	FEMALE	RAW	QLD	Womens Masters Raw 50-59	81.6	82.5	51	1.147	107.5	112.5	117.5	118.5	117.5	72.5	77.5	81		81	199	130	140	147.5	155	147.5	346	274.00	314.28	4
Vinita Raghubar	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 50-59	63.1	67.5	51	1.147	-95	95	-105		95	45	-50	-50		45	140	115	120	-130		120	260	246.65	282.91	5
Connie Aldamiz	FEMALE	RAW	VIC	Womens Masters Raw Sleeves 50-59	70.3	75	55	1.225	90	100	-105		100	37.5	42.5	-45		42.5	143	90	105	117.5		117.5	260	227.20	278.32	6
Wendy Lower	FEMALE	RAW	QLD	Womens Masters Raw 50-59	82.15	82.5	51	1.147	-110	110	117.5	-123	117.5	55	57.5	-60		57.5	175	115	125	132.5		132.5	308	242.49	278.14	7
Sandra Zammit	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 50-59	93.9	100	52	1.165	-95	95	110		110	52.5	57.5	62.5		62.5	173	110	125	-140		125	298	218.35	254.38	8
Traci Bourke	FEMALE	RAW	QLD	Womens Masters Raw Sleeves 50-59	75.8	82.5	56	1.246	40	-45	45		45	32.5	35	-37.5		35	80	75	90	-100		90	170	141.14	175.86	9
Andrea Sterns	FEMALE	RAW	SA	Womens Masters Raw 60-69	78.75	82.5	63	1.421	97.5	103.5	107.5		107.5	65	70	75		75	183	120	132.5	141		141	324	261.99	372.28	1
Sarah Tana	FEMALE	RAW	NSW	Womens Masters Raw Sleeves 60-69	73.2	75	63	1.421	50	-57.5	57.5		57.5	-55	55	-60		55	113	117.5	122.5	130		130	243	206.10	292.87	2
Celeste McCormack	FEMALE	SINGLE_PLY	WA	Womens Masters Single Ply	48.7	52	49	1.113	65	-75	-75		65	-37.5	37.5	40		40	105	85	95	105		105	210	244.84	272.51	1
Paula Morton	FEMALE	SINGLE_PLY	QLD	Womens Masters Single Ply	84.7	90	52	1.165	90	95	-100		95	57.5	60	62.5	-65	62.5	158	105	110	112.5		112.5	270	209.01	243.49	2
Merinda O'Brien	FEMALE	SINGLE_PLY	QLD	Womens Open Single Ply	64.9	67.5	45	1.055	145	152.5	162.5		162.5	85	90	-95		90	253	150	165	175		175	428	396.61	418.43	1
Haylee Antonio	FEMALE	SINGLE_PLY	VIC	Womens Open Single Ply	177.2	110+	28	1	210	225	-235		225	-92.5	-92.5	92.5		92.5	318	190</								