

3/08/2025CAPO NATIONAL CHAMPIONSHIPS 2025 - DAY 4 - FemaleKEDRON-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	
Belinda Ryder	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	59.7	60	54	1.204	170	-180	185		185	90	95	100		100	285	195	205	215	220.5	215	500	495.80	596.94	1	
Emma Hall	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	74.2	75	26	1	195	207.5	215		215	105	112.5	115		115	330	195	212.5	220	-228	220	550	463.18	463.18	2	
Lydia Hantke	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	99.4	100	48	1.097	195	210	217.5		217.5	120	130	132.5		132.5	350	245	262.5	275		275	625	448.31	491.80	3	
Jessica Welch	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	72.9	75	28	1	167.5	177.5	185		185	105	110	115		115	300	185	200	210		210	510	434.67	434.67	4	
Jess McCallum	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	127	110+	44	1.043	210	225	-245		225	132.5	140	-147.5		140	365	250	267.5	277.5	287.5	277.5	642.5	430.03	448.52	5	
Kristy Fuderer	FEMALE	CLASSIC_RAW	ACT	Open Womens Classic Raw	93.1	100	42	1.02	205	-225	-230		205	125	135	140		140	345	205	225	235		235	580	427.23	435.77	6	
Brooke Pritchard	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	83.8	90	33	1	175	185			185	87.5	92.5			92.5	277.5	228	237.5	-247.5		237.5	515	401.21	401.21	7	
Anna Castles	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	72.3	75	38	1	170	180	-190		180	85	90	92.5		92.5	272.5	175	185	195		195	467.5	400.72	400.72	8	
Emma Clayton	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	81.5	82.5	35	1	-180	180	190		190	100	107.5	110		110	300	175	190	200		200	500	396.25	396.25	9	
Laura Lancaster	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	95.8	100	34	1	195	-212.5	-212.5		195	100	107.5	110		110	305	175	185	195		195	500	363.95	363.95	10	
Carli van der Hoek	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	99.4	100	36	1	-175	175	185		185	95	102.5	-107.5		102.5	287.5	190	205	215		215	502.5	360.44	360.44	11	
Joanne Allan	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	55.2	56	46	1.068	112.5	-122.5	-125		112.5	57.5	62.5			62.5	175	140	152.5	160		160	335	353.79	377.85	12	
Hannah Monaghan	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	87.7	90	32	1	160	175	182.5		182.5	87.5	92.5	97.5		97.5	280	165	175	185		185	465	352.66	352.66	13	
Dee Hilton	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	88.4	90	32	1	175	-185	185		185	85	92.5	-97.5		92.5	277.5	150	165	180		180	457.5	345.41	345.41	14	
Maggie Dango	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	76.8	82.5	35	1	125	132.5	140		140	67.5	72.5	77.5		77.5	217.5	145	155	160		160	377.5	310.74	310.74	15	
Shelley Laing	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	59.6	60	36	1	110	115	-117.5		115	50	55	-57.5		55	170	120	130	135		135	305	302.85	302.85	16	
Carla Martyn	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	78.25	82.5	37	1	120	130	135		135	60	67.5	-72.5		67.5	202.5	150	165	-160		165	367.5	298.84	298.84	17	
Cho Wu	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	49.3	48	36	1	85	90	-95		90	45	47.5	50	-51	50	140	110	-117.5	-117.5		110	250	298.05	298.05	18	
Franca Bulzomi	FEMALE	CLASSIC_RAW	VIC	Open Womens Classic Raw	109.2	110	39	1	145	147.5	-155		147.5	87.5	95	100		100	247.5	160	180	-190		180	420	296.26	296.26	19	
Jessica Frew	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	66.1	67.5	30	1	105	-115	120		120	55	60	-65		60	180	115	127.5	-140		127.5	307.5	281.21	281.21	20	
Brooke Palmer	FEMALE	CLASSIC_RAW	WA	Open Womens Classic Raw	88.4	90	36	1	150	160	-165		160	67.5	70	-72.5		70	230	130	140	-145		140	370	279.35	279.35	21	
Tori Davidson	FEMALE	CLASSIC_RAW	SA	Open Womens Classic Raw	94.2	100	26	1	145	155	-160		155	62.5	67.5	72.5		72.5	227.5	125	135	140		140	367.5	269.36	269.36	22	
Katie Muldoon	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	58.3	60	38	1	85	92.5	100		100	42.5	47.5	-50		47.5	147.5	105	110	115		115	262.5	265.31	265.31	23	
Ann Walker	FEMALE	CLASSIC_RAW	QLD	Open Womens Classic Raw	82	82.5	34	1	-170	-170	-180			85	90	95					180	190	200			0	0.00	0.00	
Sophie Venning	FEMALE	RAW	SA	Womens Junior Raw Bench Only	74.45	75	21	1.02						67.5	72.5	75.5	-77.5	75.5							75.5	63.44	64.71	1	
Sue Blakeley Kerr	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	61.38	67.5	62	1.393						60	-65	-65		60							60	58.17	81.03	1	
Katie Wilson	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	81.6	82.5	71	1.681						55	60	-63		60							60	47.51	79.87	2	
Shontelle Faulkner	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	89.4	90	41	1.01						100	105	-107.5		105							105	78.77	79.56	3	
Valerie Silver	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	65.05	67.5	76	1.876						40	42.5	45		45							45	41.67	78.18	4	
Peta Biggin	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	81.75	82.5	54	1.204						67.5	71	72.5		72.5							72.5	57.35	69.05	5	
Linda Stewart	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	64.35	67.5	65	1.48						45	47.5	-50		47.5							47.5	44.37	65.66	6	
Trish Tindall	FEMALE	RAW	NSW	Womens Masters Raw Bench Only	87.4	90	49	1.113						70.5	77.5	-85		77.5							77.5	58.90	65.55	7	
Jose Mccool	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	67.3	67.5	74	1.795						35	40			40							40	36.07	64.75	8	
Helen Harvey	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	63.3	67.5	63	1.421						42.5	45	47.5		47.5							47.5	44.95	63.87	9	
Dot Delaney	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	84.5	90	57	1.268						50	57.5	-62.5		57.5							57.5	44.57	56.52	10	
Janelle Crouch	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	131.1	110+	43	1.031						70	-80			70							70	46.51	47.95	11	
Sharai Hilder	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	71.3	75	33	1						55	-57.5	-57.5		55							55	47.59	47.59	12	
Cheryl Schmidt	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	77.6	82.5	78	1.961						25	-27.5	-27.5		25							25	20.44	40.08	13	
Angela Koya	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	64.95	67.5	40	1						30	32.5	-35		32.5							32.5	30.13	30.13	14	
Kristy Dole	FEMALE	RAW	VIC	Womens Masters Raw Bench Only	96.7	100	43	1.031						32.5	35	-37.5		35							35	25.38	26.17	15	
Zoe Deeks	FEMALE	RAW	QLD	Womens Masters Raw Bench Only	67.6	75	49	1.113						-91	-91	-91										0.00	0.00		
Asha Pochin	FEMALE	RAW	QLD	Womens Open Raw Bench Only	54.45	56	44	1.043						-55	57.5	60		60							60	64.06	66.81	1	
Abbey Humble	FEMALE	RAW	VIC	Womens Open Raw Bench Only	129.85	110+	31	1						70	75	80	82.5	80							80	53.27	53.27	2	
Angelika Dellios	FEMALE	RAW	VIC	Womens Open Raw Bench Only	104.65	110	34	1						52.5	-55	-55		52.5							52.5	36.94	36.94	3	
Katie Fairall	FEMALE	RAW	VIC	Womens Open Raw Bench Only	78.4	82.5	37	1						42.5	45	-47.5		45							45	36.55	36.55	4	
Alison Brown	FEMALE	RAW	VIC	Womens Open Raw Bench Only	121.8	110+	36	1						50	-60	-60		50							50	33.78	33.78	5	
Jess Francis	FEMALE	RAW	VIC	Womens Open Raw Bench Only	89.93	90	34	1						40	42.5	-45		42.5							42.5	31.78	31.78	6	
Jess Townsend	FEMALE	RAW	QLD	Womens Open Raw Bench Only	88.3	90	33	1						35	37.5	40		40							40	30.22	30.22	7	
Shristi Singh	FEMALE	RAW	QLD	Womens Teen Raw Bench Only	88.95	90	17	1.08						50	55	57.5	-60	57.5							57.5	43.26	46.72	1	
Izzy Murphy	FEMALE	RAW	VIC	Womens Teen Raw Bench Only	114.05	110+	14	1.23						52.5	55	-57.5		55							55	37.71	46.38	2	
Katie Wilson	FEMALE	RAW	QLD	Womens Masters Raw Push Pull	81.6	82.5	71	1.681						55	60	-63		60		142.5	147.5	151	-152.5	151	211	167.09	280.88	1	
Helen Harvey	FEMALE	RAW	QLD	Womens Masters Raw Push Pull	63.3	67.5	63	1.421						42.5	45	47.5		47.5		130	140	150		150	197.5	186.88	265.56	2	
Valerie Silver	FEMALE	RAW	QLD	Womens Masters Raw Push Pull	65.05	67.5	76	1.876						40	42.5	45		45		90	95	-100		95	140	129.65	243.22	3	
Trish Tindall	FEMALE	RAW	NSW	Womens Masters Raw Push Pull	87.4	90	49	1.113						70.5	77.5	-85		77.5		155	170	-180		170	247.5	188.09	209.34	4	
Linda Stewart	FEMALE	RAW	VIC	Womens Masters Raw Push Pull	64.35	67.5	65	1.48						45	47.5	-50		47.5		95	97.5	100	102.5	100	147.5	137.23	203.90	5	
Shontelle Faulkner	FEMALE	RAW	QLD	Womens Masters Raw Push Pull	89.4	90	41	1.01						100	105	-107.5		105		140	147.5	156	-160	156	261	195.80	197.76	6	
Janelle Crouch	FEMALE	RAW	VIC	Womens Masters Raw Push Pull	131.1	110+	43	1.031						70	-80			70		200	203.5	-205		203.5	273.5	181.71			