

CAPO National Deadlift Only Championship Female 2025

Name	City	State	Sex	Age	Equip	Division	BWT	WT CLS	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Gloss Points	Age Score	Local Place	National Place
Lily Riley	Brisbane	QLD	F	30	Raw	F_OR	78.09	82.5	235	255	262.5		262.5	213.71		1	1
Lydia Hantke	Brisbane	TAS	F	48	Raw	F_OR	98.9	100	247.5	265	275		275	197.64		1	2
Tilea Fulcher	Adelaide	SA	F	27	Raw	F_OR	66	67.5	190	205	-212.5		205	187.67		1	3
Sarah Rainbow	Brisbane	QLD	F	29	Raw	F_OR	99.32	100	260	-285	-285		260	186.56		2	4
Crystal Hadley Mackay	Sydney	NSW	F	38	Raw	F_OR	51.85	52	160	-170	-170		160	177.62		1	5
Bronte Webb	Brisbane	QLD	F	33	Raw	F_OR	58.82	60	152.5	162.5	170		170	170.63		1	6
Kat Bennett	Brisbane	QLD	F	32	Raw	F_OR	72.98	75	175	187.5	200		200	170.30		1	7
Simone Jones	Brisbane	QLD	F	30	Raw	F_OR	82.24	82.5	185	200	215		215	169.42		2	8
Anna Castles	Brisbane	QLD	F	38	Raw	F_OR	71.78	75	175	187.5	192.5	200	192.5	165.78		2	9
Jessica Welch	Adelaide	SA	F	29	Raw	F_OR	72.45	75	180	190	-200		190	162.65		1	10
Hannah Kelly	Brisbane	QLD	F	32	Raw	F_OR	64.38	67.5	150	165	172.5		172.5	161.02		1	11
Tayla Hinton	Brisbane	QLD	F	24	Raw	F_OR	68.03	75	155	170	180		180	160.92		3	12
Nikki Pelz	Adelaide	QLD?	F	28	Raw	F_OR	65.4	67.5	145	155	165		165	152.09		2	13
Sarah Ludlow	Brisbane	QLD	F	30	Raw	F_OR	88.2	90	185	200	-205		200	151.20		1	14
Maria Phan	Melbourne	VIC	F	38	Raw	F_OR	51.6	52	125	132.5	-137.5		132.5	147.34		1	15
Krystal Skinner	Adelaide	SA	F	38	Raw	F_OR	81.3	82.5	175	185	-190		185	147.01		1	16
Joanna Allan	Perth	WA	F	46	Raw	F_OR	56.1	60	-140	140	-150		140	145.50		1	17
Kelly Pierce	Brisbane	QLD	F	37	Raw	F_OR	63.54	67.5	137.5	145	150		150	141.50		2	18
Laura Lancaster	Brisbane	QLD	F	34	Raw	F_OR	94.95	100	180	192.5	-200		192.5	140.63		3	19
Jess Harris	Adelaide	SA	F	27	Raw	F_OR	66.95	67.5	145	155	-165		155	140.40		3	20
Ellie Taylor	Brisbane	QLD	F	35	Raw	F_OR	115.92	110+	170	190	202.5		202.5	138.33		1	21
Shelley Laing	Brisbane	QLD	F	36	Raw	F_OR	62.6	67.5	130	140	142.5		142.5	136.04		3	22
Nicole Goldring	Adelaide	SA	F	31	Raw	F_OR	89.55	90	157.5	167.5	180		180	135.54		1	23
Madeleine Jirasek	Brisbane	QLD	F	30	Raw	F_OR	71.5	75	145	152.5	155		155	133.87		4	24
Hannah Haggarty	Brisbane	QLD	F	35	Raw	F_OR	49.3	52	107.5	115	-120		115	132.81		1	25
Jamie Duggan	Adelaide	SA	F	25	Raw	F_OR	86.05	90	165	172.5	-180		172.5	132.67		2	26
Breanna Grindrod	Brisbane	QLD	F	31	Raw	F_OR	136.12	110+	175	190	200		200	131.72		2	27
Maggie Dango	Perth	WA	F	35	Raw	F_OR	81.3	82.5	140	150	160		160	127.14		1	28
Madeline Palmer	Sydney	NSW	F	30	Raw	F_OR	86.5	90	150	157.5	165		165	126.14		1	29
Claudia Doecke	Adelaide	SA	F	25	Raw	F_OR	87.85	90	155	162.5	165		165	125.49		3	30
Taylor Bagster	Brisbane	QLD	F	32	Raw	F_OR	74.26	75	127.5	140	147.5		147.5	124.16		5	31
Julieanne Gill	Brisbane	NSW	F	35	Raw	F_OR	96.8	100	170	-190	-190		170	123.22		4	32
Maddy Bennett	Brisbane	QLD	F	29	Raw	F_OR	88.65	90	155	162.5	-170		162.5	122.48		2	33
Valerie Abbott	Brisbane	QLD	F	39	Raw	F_OR	67	67.5	127.5	132.5	135		135	122.16		4	34
Rebecca Harding	Brisbane	QLD	F	38	Raw	F_OR	64.69	67.5	115	130	-132.5		130	120.90		5	35
Courtney Buysen	Melbourne	VIC	F	29	Raw	F_OR	70.8	75	125	130	137.5		137.5	119.61		2	36
Tania Adamcewicz	Melbourne	VIC	F	29	Raw	F_OR	73.6	75	130	135	140		140	118.56		1	37
Sarah Murray	Brisbane	QLD	F	39	Raw	F_OR	72.33	75	127.5	132.5	137.5		137.5	117.80		6	38
Allison Collier	Brisbane	QLD	F	30	Raw	F_OR	97.95	100	150	157.5	-170		157.5	113.63		5	39
Markella Legatos	Melbourne	VIC	F	30	Raw	F_OR	87.9	90	135	142.5	147.5		147.5	112.15		1	40
Nico Lester	Adelaide	SA	F	38	Raw	F_OR	88.85	90	140	147.5	-155		147.5	111.52		4	41
Kirstin McBride	Brisbane	QLD	F	35	Raw	F_OR	76.8	82.5	115	125	135		135	111.13		3	42
Vianna Standen	Brisbane	QLD	F	34	Raw	F_OR	92.2	100	130	140	150		150	110.96		6	43
Rachael Erskine	Adelaide	SA	F	36	Raw	F_OR	99.95	100	137.5	147.5	155		155	110.89		1	44
Emily Nicolosi	Brisbane	QLD	F	26	Raw	F_OR	112.47	110+	135	150	160		160	110.05		3	45
Amelia Moss	Brisbane	QLD	F	37	Raw	F_OR	66.25	67.5	120	-132.5	-132.5		120	109.55		6	46
Anya Simonsen	Adelaide	SA	F	34	Raw	F_OR	79.2	82.5	115	125	135		135	109.00		2	47
Daria Bicchieri	Brisbane	NSW	F	22	Raw	F_OR	75.7	82.5	105	120	130		130	108.03		4	48
Olga Johnson	Sydney	NSW	F	33	Raw	F_OR	68.4	70	100	110	120		120	106.89		1	49
Sian Miu	Brisbane	QLD	F	24	Raw	F_OR	89.23	90	130	140	-150		140	105.13		3	50
Stephanie Forsyth	Perth	WA	F	36	Raw	F_OR	139.9	110+	140	150	160		160	104.79		1	51
Corey Cora	Brisbane	QLD	F	29	Raw	F_OR	135.65	110+	125	140	150		150	98.87		4	52
Bayleigh Johnson	Brisbane	QLD	F	19	Raw	F_OR	107.35	110	110	130	140		140	97.60		1	53
Alison Brown	Melbourne	VIC	F	36	Raw	F_OR	127.2	110+	127.5	130	135		135	90.26		1	54
Jess Townsend	Brisbane	QLD	F	33	Raw	F_OR	87.83	90	107.5	112.5	115		115	87.14		5	55
Michelle Lister	Brisbane	QLD	F	35	Raw	F_OR	99.34	100	115	120	-125		120	86.09		7	56
Sarah Partridge	Sydney	NSW	F	27	Raw	F_OR	83.05	90	80	95	107.5		107.5	84.21		2	57
Isha Kanda	Adelaide	SA	F	23	Raw	F_OR	48	48	40	60	70		70	82.52		1	58
Mia Hutch	Brisbane	QLD	F	9	Raw	F_ST_R	36.8	44	45	52.5	60		60	80.62	99.17	1	1
Clem Rosier	Brisbane	QLD	F	10	Raw	F_ST_R	46.88	48	52.5	-60	65		65	78.00	95.94	1	2
Ophelia Davies	Adelaide	SA	F	19	Raw	F_TR_3	64.15	67.5	160	172.5	182.5	-187.5	182.5	170.69	177.76	1	1
Hannah-Joy Aitken	Brisbane	QLD	F	13	Raw	F_TR_1	47.6	48	85	90	-96		90	106.79	131.35	1	2
Amarnii Chetwin	Brisbane	QLD	F	13	Raw	F_TR_1	66.2	67.5	95	105	115	120	115	105.05	129.21	1	3
Imogen Jeffery	Melbourne	VIC	F	13	Raw	F_TR_1	75.4	82.5	115	116.5	117.5	120	117.5	97.91	120.42	1	4
Aliera Tucker	Albury	NSW	F	17	Raw	F_TR_2	75.4	82.5	115	125	132.5		132.5	110.41	119.23	1	5
Maggie Herbert	Brisbane	NSW	F	17	Raw	F_TR_2	70.06	75	115	125	-135		125	109.50	118.26	1	6
Tori Pevreal	Brisbane	QLD	F	13	Raw	F_TR_1	73	75	102.5	112.5	-115		112.5	95.79	117.83	2	7
Avery Briere	Brisbane	QLD	F	16	Raw	F_TR_2	59.7	60	92.5	100	-105		100	99.16	112.05	1	8
Emily Deshon	Brisbane	QLD	F	14	Raw	F_TR_1	59.97	60	80	85	90		90	88.94	109.40	2	9
Phoebe Penny	Brisbane	QLD	F	19	Raw	F_TR_3	101.65	110	115	125	135		135	96.01	99.85	1	10
Amity Parker	Brisbane	QLD	F	13	RAW	F_TR_1	82.5	82.5	80	85	90	97.5	90	70.79	87.07	1	11
Cameron Goss	Albury	NSW	F	22	Raw	F_JR	56.1	60	115	132.5	137.5		137.5	142.90	144.76	1	1
Janet Smith	Adelaide	SA	F	56	Raw	F_MR_4	92	100	225	242.5	250		250	185.71	230.63	1	1
Helen Harvey	Brisbane	QLD	F	64	Raw	F_MR_5	63.51	67.5	130	140	150	-155	150	141.59	205.30	1	2
Renae Connors	Brisbane	QLD	F	51	Raw	F_MR_3	78.9	82.5	185	200	210		210	169.87	194.84	1	3
Kim Herbert	Brisbane	NSW	F	56	Raw	F_MR_4	50.65	52	115	125	132.5		132.5	149.83	186.69	2	4
Tabatha Whitehead	Brisbane	QLD	F	45	Raw	F_MR_2	70.3	75	175	190	202.5		202.5	176.95	186.69	1	5
Lucy Power	Brisbane	QLD	F	56	Raw	F_MR_4	77.79	82.5	142.5	152.5	162.5	168	162.5	132.63	165.26	2	6
Alli Lazarevic	Brisbane	QLD	F	42	Raw	F_MR_1	50.5	52	125	132.5	142.5		142.5	161.51	164.74	1	7
Megan Horsfall	Melbourne	VIC	F	50	Raw	F_MR_3	66.2	67.5	142.5	145	-150		145	132.44	149.67	1	8
Ebony Waru	Perth	WA	F	49	Raw	F_MR_2	100.7	110	160	170	187.5	190	187.5	133.72	148.94	1	9
Sarah Butler	Adelaide	SA	F	44	Raw	F_MR_1	78	82.5	155	165	170		170	138.59	144.48	1	10
Anita Fernandes	Brisbane	QLD	F	41	Raw	F_MR_1	91.02	100	165	185	190.5		190.5	141.71	143.13	1	11
Sharla Taueki	Brisbane	QLD	F	46	Raw	F_MR_2	54.26	56	110	-120	125		125	133.85	142.95	1	12
Melanie Lihou	Brisbane	QLD	F	51	Raw	F_MR_3	88.35	90	155	165	-167.5		165	124.61	142.93	2	13
Apple Valentine	Brisbane	QLD	F	44	Raw	F_MR_1	83.6	90	165	175	-180		175	136.54	142.41	1	14
Vanessa Wadsworth	Brisbane	QLD	F	58	Raw	F_MR_4	101.53	110	140	145	152.5		152.5	108.50	140.07	1	15
Heather Cann	Brisbane	QLD	F	47	Raw	F_MR_2	59.73	60	120	127.5	130		130	128.82	139.39	1	16
Natasha Robertson	Brisbane	QLD	F	41	Raw	F_MR_1	64.44	67.5	137.5	147.5	-155		147.5	137.60	138.97	2	17
Michelle Leach	Brisbane	QLD	F	57	Raw	F_MR_4											