

6/04/2025 2025 CAPO Queensland State Championships - Day 2 Kedron Wavell - Chermside																											
Place	Name	Sex	Age	State	Equipment	Division	BWT	Wt Cts	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	Gloss	Age Score	Event
1	Shelley Laing	F	35	QLD	Wraps	Womens Open Classic Raw	59.75	60	110	-120	-120		110	50	55	-60		55	-115	125	132.5		132.5	297.5	294.808		SBD
2	Katie Muldoon	F	37	QLD	Wraps	Womens Open Classic Raw	59.3	60	75	85	-92.5		85	37.5	40	42.5		42.5	105	115	-125		115	242.5	241.760		SBD
1	Carla Martyn	F	37	QLD	Wraps	Womens Open Classic Raw	79.6	82.5	125	132.5	-140		132.5	62.5	70	72.5		72.5	155	165	170		170	375	301.631		SBD
1	Cassia Whitley	F	30	QLD	Wraps	Womens Open Classic Raw	88.3	90	155	165	170		170	92.5	97.5	100		100	150	160	165		165	435	328.621		SBD
1	Amarnii Chetwin	F	12	QLD	Wraps	Womens Sub-Teen Classic Raw	65.2	67.5	65	75	80	-85	80	27.5	32.5	-38		32.5	95	100	102.5	105	102.5	215	198.746	244.46	SBD
1	Jayda Evans	F	16	QLD	Wraps	Womens Teen Classic Raw	61.6	67.5	115	130	-140		130	65	70	72.5		72.5	110	120	130		130	332.5	321.528	363.33	SBD
1	Janine Blake	F	68	QLD	Wraps	Womens Masters Classic Raw	54.9	56	90	95	-100.5		95	50	52.5	-56		52.5	120	130	-136		130	277.5	294.317	463.84	SBD
2	Sue Blakeley Kerr	F	62	QLD	Wraps	Womens Masters Classic Raw	59.7	60	105	110	115		115	60	62.5	65		65	110	120	125	-130	125	305	302.438	421.30	SBD
1	Chantal O'Brien	F	46	QLD	Wraps	Womens Masters Classic Raw	59.15	60	150	-160	160	-165	160	57.5	62.5	65		65	145	155	-162.5		155	380	379.628	405.44	SBD
1	Rena Connors	F	50	QLD	Wraps	Womens Masters Classic Raw	85	90	-140	140	-150		140	85	90	95		95	172.5	180	185	190	185	420	324.429	366.60	SBD
1	Tracey Faucett	F	60	QLD	Wraps	Womens Masters Classic Raw	72.6	75	-110	110	-120		110	60	-65	-65		60	130	137.5	140		140	310	264.957	355.04	SBD
1	Tammy Haug	F	45	QLD	Wraps	Womens Masters Classic Raw	92.3	100	60	60			60	60	65	70		70	60				60	190	140.477	148.20	SBD
1	Kat Bennett	F	31	QLD	Sleeves	Womens Open Sleeves	66.75	67.5	102.5	112.5	117.5		117.5	65	70	75		75	167.5	180	187.5		187.5	380	344.858		SBD
2	Kelly Pierce	F	37	QLD	Sleeves	Womens Open Sleeves	61.9	67.5	95	102.5	-107.5		102.5	60	65	67.5		67.5	127.5	135	140		140	310	298.608		SBD
3	Nicky Valentine	F	32	QLD	Sleeves	Womens Open Sleeves	66	67.5	90	-95	-95		90	55	60	-67.5		60	105	120	135		135	285	260.946		SBD
4	Anu Chacko	F	39	QLD	Sleeves	Womens Open Sleeves	60.25	67.5	65	75	80		80	40	47.5	-52		47.5	100	110	-120		110	237.5	233.776		SBD
1	Stephanie-Lynn McKay-Gillies	F	32	QLD	Sleeves	Womens Open Sleeves	73.6	75	175	185	190		190	110	-117.5	117.5		117.5	-170	170	192.5	200	192.5	500	423.400		SBD
1	Alex Nelson	F	38	QLD	Sleeves	Womens Open Sleeves	81.55	82.5	115	122.5	-127.5		122.5	60	62.5	67.5		67.5	135	145	155		155	345	273.309		SBD
1	Sarah Ludlow	F	30	QLD	Sleeves	Womens Open Sleeves	88	90	145	155	160		160	62.5	67.5	70		70	170	185	-200		185	415	314.134		SBD
2	Maddy Bennett	F	28	QLD	Sleeves	Womens Open Sleeves	89.05	90	120	132.5	137.5		137.5	60	65	-70		65	-145	157.5	162.5		162.5	365	274.414		SBD
3	Silvia Nymand	F	38	QLD	Sleeves	Womens Open Sleeves	88.75	90	112.5	-122.5	-122.5		112.5	55	60	-62.5		60	137.5	145	150		150	322.5	242.930		SBD
4	Chloe Nguyen	F	39	QLD	Sleeves	Womens Open Sleeves	89.73	90	-85	85	92.5		92.5	60	65	-70		65	110	120	125		125	282.5	211.508		SBD
1	Michelle Lister	F	34	QLD	Sleeves	Womens Open Sleeves	97	100	115	120	-125		120	70	75	80		80	115	120	-125		120	320	231.760		SBD
2	Shennal Dickeson	F	29	QLD	Sleeves	Womens Open Sleeves	99.95	100	70	95	-105		95	47.5	-52.5	-52.5		47.5	120	135	-145		135	277.5	198.626		SBD
1	Chauna Mafoe	F	25	QLD	Sleeves	Womens Open Sleeves	117.95	110+	-120	130	-145		130	55	60	-65		60	130	140	-150		140	330	224.555		SBD
1	Jamie Lee Macklin	F	18	QLD	Sleeves	Womens Teen Sleeves	65.95	67.5	80	90	-100		90	40	45	-50		45	110	120	130	-138.5	130	265	242.772	257.34	SBD
1	Emily Deshon	F	13	QLD	Sleeves	Womens Teen Sleeves	55.5	56	60	65	70		70	30	32.5	37.5		37.5	70	75	82.5		82.5	190	199.766	245.71	SBD
1	Kim Herbert	F	55	NSW	Sleeves	Womens Masters Sleeves	51.4	52	80	-87.5	90		90	42.5	47.5	50		50	107.5	115	120	125	120	260	290.628	356.02	SBD
1	Apple Valentine	F	44	QLD	Sleeves	Womens Masters Sleeves	82.2	82.5	140	150	-155		150	90	95	100		100	155	165	-175		165	415	327.145	341.21	SBD
1	Melanie Lihou	F	50	QLD	Sleeves	Womens Masters Sleeves	87.05	90	105	112.5	120		120	62.5	67.5	-72.5		67.5	140	150	155		155	342.5	260.882	294.80	SBD
2	Heather Cann	F	46	QLD	Sleeves	Womens Masters Sleeves	62.4	67.5	90	100	105		105	50	-55	-55		50	122.5	127.5	130		130	285	272.774	291.32	SBD
1	Natasha Robertson	F	40	QLD	Sleeves	Womens Masters Sleeves	65.25	67.5	110	115	-120		115	55	60	-65		60	130	140	-150		140	315	291.003	291.00	SBD
2	Katharyn Jones	F	42	QLD	Sleeves	Womens Masters Sleeves	80.98	82.5	-130	-130	130		130	-62.5	62.5	-67.5		62.5	135	142.5	147.5		147.5	340	270.589	276.00	SBD
1	Kath Brady	F	40	QLD	Sleeves	Womens Masters Sleeves	123.9	110+	-135	-135	135		135	80	85	87.5		87.5	160	165	170		170	392.5	264.153	264.15	SBD
3	Kym Jackson	F	42	QLD	Sleeves	Womens Masters Sleeves	77.2	82.5	110	120	-125		120	52.5	57.5	-60		57.5	115	125	130		130	307.5	252.258	257.30	SBD
3	Sarah Donald	F	46	QLD	Sleeves	Womens Masters Sleeves	84.2	90	85	-95	95		95	50	52.5	57.5	-60	57.5	110	120	130		130	282.5	219.460	234.38	SBD
2	Nicki Small	F	42	QLD	Sleeves	Womens Masters Sleeves	83.75	90	85	95	-100		95	60	65	-67.5		65	115	125	-130		125	285	222.106	226.55	SBD
3	Shannon Dowden	F	48	QLD	Sleeves	Womens Masters Sleeves	67	67.5	45	55	60		60	35	37.5	-40		37.5	-95	100	105		105	202.5	183.242	201.02	SBD
1	Traci Bourke	F	56	QLD	Sleeves	Womens Masters Sleeves	71.5	75	30	35	40		40	30	32.5	35		35	75	85	90		90	165	142.511	177.57	SBD
1	Megan Gorton	F	35	NSW	Bare Knees	Womens Open Raw	134.65	110+	-140	150	-152.5		150	70	77.5	-80		77.5	160	170	180	-185	180	407.5	269.072		SBD
1	Evelyn McLachlan	F	11	NSW	Bare Knees	Womens Sub-Teen Raw	65.1	67.5	65	-72.5	-72.5		65	35	37.5	-40		37.5	72.5	-80	82.5		82.5	185	171.218	210.60	SBD
1	Maggie Herbert	F	16	NSW	Bare Knees	Womens Teen Raw	66.65	67.5	75	82.5	-87.5		82.5	50	55	60		60	85	92.5	100		100	242.5	220.336	248.98	SBD
2	Seraphina Valentine	F	18	QLD	Bare Knees	Womens Teen Raw	66.8	67.5	65	70	75		75	47.5	52.5	57.5		57.5	75	90	-100		90	222.5	201.808	213.92	SBD
1	Edwina Garzarella	F	64	QLD	Bare Knees	Womens Masters Raw	88.85	90	80	87.5	92.5		92.5	50	-55	55		55	117.5	127.5	132.5		132.5	280	210.790	305.64	SBD
1	Vinita Raghobar	F	51	QLD	Bare Knees	Womens Masters Raw	63.65	67.5	-95		97.5		97.5	40	45	50		50	110	115	120		120	267.5	252.025	289.07	SBD
1	Wendy Lower	F	50	QLD	Bare Knees	Womens Masters Raw	90.2	100	-105	115	-125		115	57.5	60	-62.5		60	130	-140	-145		130	305	227.774	257.38	SBD
1	Anita Fernandes	F	41	QLD	Bare Knees	Womens Masters Raw	88.65	90	-100	100	-107.5		100	60	-67.5	-70.5		60	160	167.5	170.5	-172.5	170.5	330	249.114	251.61	SBD
1	Rae Askeew	F	56	QLD	Bare Knees	Womens Masters Raw	74.5	75	-65	65	-75		65	37.5	42.5	45		45	-92.5	100	107.5		107.5	217.5	182.678	227.62	SBD
1	Paula Morton	F	52	QLD	Single_ply	Womens Masters Single Ply	85.4	90	85	92.5	97.5	-102.5	97.5	55	57.5	-62.5		57.5	65				65	220	169.466	197.43	SBD
1	Shontelle Faulkner	F	40	QLD	Raw	Womens Masters Push/Pull	91.5	100						105	110	-112.5		110	150	157.5	162.5	-170	162.5	272.5	202.222	202.22	BD
1	Anna Castles	F	38	QLD	Raw	Womens Open Bench Only	69.4	75						82.5	87.5	92.5		92.5						92.5	81.562		B
1	Laura Lancaster	F	33	QLD	Raw	Womens Open Bench Only	97.85	100						100	107.5	112.5		112.5						112.5	81.194		B
1	Ken Haydock	M	50	QLD	Raw	Mens Open Bench Only	97.4	100						165	172.5	-176		172.5						172.5	101.430		B
1	Dominic Morton	M	49	QLD	Single_ply	Mens Masters Single Ply Bench Only	97.65	100						147.5	152.5	157.5		157.5						157.5	92.500	102.95	B
1	Matthew Collins	M	35	QLD	Unlimited	Mens Open Bench Only Unlimited	129.7	140						180	200	210		210						210	113.526		B
DQ	Katie Wilson	F	71	QLD	Wraps	Womens Masters Classic Raw	81	82.5	-100	-100	-100			55	60												