

19/01/2025

CAPO War Zone 2025

Steel and Stone Gym - Brisbane

Place	Name	State	Sex	Age	Equip	Division	BWT	WtCls	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	Shristi Singh	QLD	F	16	Bare	Open	91.9	100	80	90	100	105	100	40	50	55		55	110	120	127.5	-132.5	127.5	282.5	209.25		SBD	
2	Hetal Singh	QLD	F	21	Bare	Open	79.45	82.5	80	87.5	92.5		92.5	40	42.5	45		45	105	115	-122.5		115	252.5	203.33		SBD	
1	Shristi Singh	QLD	F	16	Bare	T16-17	91.9	100	80	90	100	105	100	40	50	55		55	110	120	127.5	-132.5	127.5	282.5	209.25	236.45	SBD	
1	Jenelle Schultz	QLD	F	47	Sleeves	Open	62.1	67.5	125	135	140		140	82.5	87.5	-90		87.5	150	160	165		165	392.5	377.11		SBD	
2	Stacey Williams	QLD	F	42	Sleeves	Open	81.5	82.5	115	120	125		125	60	62.5	65		65	145	152.5	-155		152.5	342.5	271.43		SBD	
3	Melanie Lihou	QLD	F	50	Sleeves	Open	88.8	90	92.5	102.5	112.5		112.5	-62.5	70	-72.5		70	135	142.5	152.5		152.5	335	252.27		SBD	
1	Jenelle Schultz	QLD	F	47	Sleeves	M45-49	62.1	67.5	125	135	140		140	82.5	87.5	-90		87.5	150	160	165		165	392.5	377.11	408.04	SBD	
2	Melanie Lihou	QLD	F	50	Sleeves	M50-54	88.8	90	92.5	102.5	112.5		112.5	-62.5	70	-72.5		70	135	142.5	152.5		152.5	335	252.27	285.07	SBD	
3	Stacey Williams	QLD	F	42	Sleeves	M40-44	81.5	82.5	115	120	125		125	60	62.5	65		65	145	152.5	-155		152.5	342.5	271.43	276.86	SBD	
1	Jess Dumay	QLD	F	34	Wraps	Open	74.8	75	152.5	162.5	-170		162.5	87.5	95	100		100	175	190	-200		190	452.5	379.01		SBD	
2	Laura Lancaster	QLD	F	33	Wraps	Open	97.7	100	185	200	210		210	95	-102.5	102.5		102.5	170	180	-190		180	492.5	355.66		SBD	
3	Olivia Macri	QLD	F	48	Wraps	Open	104.4	110	-110	110			110	75	82.5	90		90	130	140	-150		140	340	239.43		SBD	
1	Olivia Macri	QLD	F	48	Wraps	M45-49	104.4	110	-110	110			110	75	82.5	90		90	130	140	-150		140	340	239.43	262.65	SBD	
4	Paula Morton	QLD	F	52	Single Ply	Open	84.5	90	85	92.5	97.5		97.5	55	57.5	60	62.5	60	102.5	110	-115		110	267.5	207.35		SBD	
2	Paula Morton	QLD	F	52	Single Ply	M50-54	84.5	90	85	92.5	97.5		97.5	55	57.5	60	62.5	60	102.5	110	-115		110	267.5	207.35	241.57	SBD	
1	Jayden Navickas	QLD	M	14	Bare	Youth	78.5	82.5	120	125	130		130	60	65	70		70	145	155	170	175	170	370	246.57	303.28	SBD	
1	Jason Sparrow	QLD	M	26	Sleeves	Open	74.9	75	115	130	142.5		142.5	75	85	-92.5		85	165	172.5	180		180	407.5	280.85		SBD	
1	Kane Webster	QLD	M	31	Wraps	Open	88.1	90	247.5	262.5	272.5		272.5	145	155	160		160	250	-262.5	-267.5		250	682.5	422.64		SBD	
2	Chris Hansson	QLD	M	51	Wraps	Open	81.7	82.5	175	-190	195		195	120	130	-132.5		130	190	210	-212.5		210	535	347.05		SBD	
1	Clint Cash	QLD	M	64	Bare	M60-64	86.6	90						80	82.5	-87.5		82.5	140	145	147.5	150	147.5	230	143.87	208.60	BD	
1	Clint Cash	QLD	M	64	Bare	Open	86.6	90						80	82.5	-87.5		82.5	140	145	147.5	150	147.5	230	143.87		BD	
1	Zoe Deeks	QLD	F	49	Bare	Open	67.8	75						82.5	87.5	90	-92.5	90						90	80.67		B	
1	Zoe Deeks	QLD	F	49	Bare	M45-49	67.8	75						82.5	87.5	90	-92.5	90						90	80.67	89.79	B	
DQ	Collin D'Costa	QLD	M	48	Wraps	M45-49	81	82.5	-200	-200	200		200	130	137.5	-142.5		137.5	-210	-210	-210							SBD
DQ	Collin D'Costa	QLD	M	48	Wraps	Open	81	82.5	-200	-200	200		200	130	137.5	-142.5		137.5	-210	-210	-210							SBD