

6-8-2026 Day 1						CAPO National Championships 2026																		The Esplanade Hotel - Fremantle - WA									
Name	Gender	Equip	Team	Sesh	Flight	Awards Division	BWT	Wt Cls	Age	Age Coef	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Gloss Pts	Gloss + Age Pts	Place		Dots	Dots & Age Pts			
Michael Draper	MALE	RAW	QLD	1	C	Men's Master Bare Knees	89.2	90	61	1.366	200	210	220	220	157.5	162.5	-165	162.5	382.5	220	230	240	240	622.5	382.775	522.871	1		404.334	552.320			
Beau Brammall	MALE	RAW	QLD	1	A	Men's Master Sleeves	99.36	100	49	1.113	240	255	260	260	160	170	175	175	435	265	290	-300	290	725	422.621	470.377	1		447.497	498.064			
Gary Jones	MALE	RAW	SA	1	C	Men's Master Bare Knees	110.22	125	61	1.366	165	180	191	190	150	160	167.5	167.5	358.5	215	242.5	250	250	607.5	341.537	466.539	1		364.189	497.482			
David Harwood	MALE	RAW	WA	1	C	Men's Master Sleeves	81.44	82.5	50	1.13	-190	201	211	211	130	140	145	145	356	210	230	240	240	596	387.400	437.762	1		406.719	459.593			
Michael Van Spall	MALE	RAW	WA	1	C	Men's Master Sleeves	82.9	90	54	1.204	190	200	-212.5	200	135	145	-151.5	145	345	190	200	-212.5	200	545	350.217	421.661	1		368.172	443.279			
Brad Drummond	MALE	RAW	QLD	1	A	Men's Master Bare Knees	108.56	110	48	1.097	190	210	220	220	160	180	190	190	410	250	-270	270	270	680	383.945	421.188	2		404.763	444.025			
Peter Berge	MALE	RAW	WA	1	C	Men's Master Bare Knees	95.74	100	55	1.225	-195	-200	200	200	125	130	135	135	335	220	235	-242.5	235	570	337.839	413.853	1		357.737	438.228			
Shannon McMinn	MALE	RAW	VIC	1	A	Men's Master Bare Knees	80	82.5	43	1.031	190	200	207.5	207.5	145	152.5	157.5	157.5	365	220	-230	-238	220	585	384.813	396.742	1		403.385	415.890			
Steven Cook	MALE	RAW	QLD	1	A	Men's Master Sleeves	86.9	90	48	1.097	160	185	200	200	110	117.5	-125	117.5	317.5	210	232.5	-240	232.5	550	343.338	376.641	2		362.120	397.246			
Craig Thorley	MALE	RAW	SA	1	A	Men's Master Sleeves	95.06	100	47	1.082	192.5	202.5	-207.5	202.5	147.5	152.5	-155	152.5	355	212.5	225	-240	225	580	344.955	373.241	2		365.218	395.166			
Matt Deshon	MALE	RAW	QLD	1	C	Men's Master Sleeves	118.3	125	57	1.268	155	165	170	170	105	112.5	-117.5	112.5	282.5	220	232.5	240	240	522.5	288.786	366.180	1		301.518	382.324			
Darren Fry	MALE	RAW	QLD	1	C	Men's Master Sleeves	80.84	82.5	60	1.34	140	-150	-150	140	75	80	-83	80	220	175	-191	191	190	410	268.455	359.005	2		281.676	377.445			
Paul Harle	MALE	RAW	QLD	1	A	Men's Master Sleeves	104.82	110	49	1.113	180	187.5	190	190	95	102.5	107.5	107.5	297.5	240	260	265	265	562.5	321.216	357.513	1		339.477	377.838			
Bobby Kinsella	MALE	RAW	WA	1	C	Men's Master Sleeves	81.68	82.5	55	1.225	130	140	145	145	97.5	107.5	112.5	112.5	257.5	170	190	-202.5	190	447.5	290.293	355.609	3		304.864	373.459			
Niall O'Grady	MALE	RAW	WA	1	C	Men's Master Bare Knees	70.06	75	68	1.576	90	100	110	110	80	-90	-90	80	190	90	100	120	120	310	225.004	354.607	1		232.720	366.767			
Sean Chinnery	MALE	RAW	WA	1	A	Men's Master Bare Knees	89.14	90	48	1.097	160	-172.5	172.5	172.5	105	112.5	-120	112.5	285	210	222.5	240	240	525	322.928	354.251	2		341.122	374.210			
Des Ryan	MALE	RAW	QLD	1	A	Men's Master Sleeves	104.82	110	45	1.055	185	-192.5	-192.5	185	140	145	-147.5	145	330	230	242.5	250	250	580	331.209	349.425	2		350.038	369.290			
Damien Rosier	MALE	RAW	QLD	1	A	Men's Master Sleeves	119.04	125	41	1.01	-195	195	210	210	125	132.5	-137.5	132.5	342.5	230	250	-267.5	250	592.5	327.016	330.286	2		341.192	344.604			
Thomas Henry Beynon	MALE	RAW	WA	1	C	Men's Master Bare Knees	72.38	75	86	2.337	50	-55	-60	50	40	45	-50	45	95	90	95	100	100	195	137.885	322.236	2		143.183	334.618			
Nigel Kelly	MALE	RAW	QLD	1	C	Men's Master Bare Knees	80.64	82.5	56	1.246	115	122.5	-130	122.5	85	90	-95	90	212.5	145	155	-161	155	367.5	240.437	299.584	2		252.227	314.275			
Damien Christidis	MALE	RAW	VIC	1	C	Men's Master Bare Knees	141.42	140+	55	1.225	135	140	145	145	65	75	80	80	225	205	215	-217.5	215	440	233.200	285.670	1		240.450	294.551			
Paul Christie	MALE	RAW	NSW	1	C	Men's Master Bare Knees	108.46	110	55	1.225	130	-150	157.5	157.5	80	-90	-90	80	237.5	150	-160		150	387.5	218.850	268.092	3		230.737	282.653			
Ian Harvey	MALE	RAW	QLD	1	C	Men's Master Sleeves	85.62	90	68	1.576	55	60	65	65	55	60	-62.5	60	125	105	115	120	120	245	154.326	243.217	3		162.591	256.243			
Matthew Rollo	MALE	RAW	QLD	1	A	Men's Master Bare Knees	98.84	100	40	1	140	147.5	152.5	152.5	75	80	85	85	237.5	150	165	172.5	172.5	410	239.512	239.512	2		253.650	253.650			
Greg Brush	MALE	RAW	WA	1	C	Men's Master Sleeves	82.78	90	58	1.291	-100													0	0.000	0.000			0.000	0.000			
Nigel Grapentin	MALE	RAW	SA	1	C	Men's Master Sleeves	96.1	100	50	1.13	-185	-185	-185		135	140	145	145		220	235	245	245	0	0.000	0.000			0.000	0.000			
Helen Harvey	FEMALE	RAW	QLD	1	B	Women's Master Sleeves	64.05	67.5	64	1.45	90	97.5	102.5	102.5	45	50	-52.5	50	152.5	125	140		140	292.5	274.277	397.702	1		311.457	451.613			
Kim Herbert	FEMALE	RAW	NSW	1	B	Women's Master Sleeves	52	52	57	1.268	92.5	-100	100	100	45	47.5	-50	47.5	147.5	115	125	135	135	282.5	312.897	396.753	1		344.340	436.623			
Andrea Sterns	FEMALE	RAW	SA	1	B	Women's Master Sleeves	78.65	82.5	64	1.45	107.5	115.5	-117.5	115	60	68.5	72.5	72.5	187.5	125	-135	135	135	322.5	261.792	379.598	1		306.958	445.089			
Monica Cook	FEMALE	RAW	WA	1	B																												