

7-8-2026 Day 2											CAPO National Championships 2026															The Esplanade Hotel - Fremantle - WA									
Name	Gender	Equip	Team	Sesh	Flight	Awards Division	BWT	Wt Cts	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						
Belinda Ryder	FEMALE	RAW	QLD	2	A	Women's Open Sleeves	61.45	67.5	55	1.225	150	-160	-160	150	82.5	87.5	92.5	92.5	242.5	180	195	200	200	442.5	428.738	525.204	1	483.257	591.990						
Jessica Welch	FEMALE	RAW	SA	2	A	Women's Open Sleeves	77.05	82.5	29	1	155	165	170	170	117.5	125	-130	125	295	190	205	-210	205	500	410.685	410.685	1	480.182	480.182						
Chantal O'Brien	FEMALE	RAW	QLD	2	A	Women's Open Sleeves	58.85	60	48	1.097	152.5	160	165	165	60	65	-67.5	65	230	160	170	-180	170	400	401.200	440.116	2	448.905	492.449						
Michelle Hewlett	FEMALE	RAW	WA	2	A	Women's Open Sleeves	60	60	41	1.01	-130	130	-137.5	130	87.5	92.5	95	95	225	167.5	177.5	180	180	405	399.978	403.978	1	448.961	453.451						
Stephanie Scarvaci	FEMALE	RAW	WA	2	A	Women's Open Sleeves	58.85	60	27	1	125	130	135	135	72.5	77.5	-80	77.5	212.5	155	160	-165	160	372.5	373.617	373.617	3	418.043	418.043						
Catherine Henderson	FEMALE	RAW	WA	2	B	Women's Open Sleeves	88.65	90	46	1.068	145	160	170	170	95	105	-110	105	275	160	180	-187.5	180	455	342.956	366.277	1	408.381	436.151						
Alexia Teyssier	FEMALE	RAW	WA	2	A	Women's Open Sleeves	64.85	67.5	29	1	125	132.5	140	140	62.5	-67.5	72.5	72.5	212.5	132.5	142.5	150	150	362.5	336.516	336.516	2	383.137	383.137						
Hannah Haggarty-Stafrace	FEMALE	RAW	QLD	2	A	Women's Open Sleeves	50.9	52	36	1	97.5	105	-110	105	57.5	62.5	-65	62.5	167.5	117.5	122.5	125	125	292.5	329.472	329.472	1	361.903	361.903						
Krystal Skinner	FEMALE	RAW	SA	2	A	Women's Open Sleeves	80.65	82.5	39	1	125	132.5	140	140	65	72.5	75	75	215	175	187.5	195	195	410	327.045	327.045	2	384.775	384.775						
Kath Brady	FEMALE	RAW	QLD	2	B	Women's Open Sleeves	126.1	110+	41	1.01	165	175	185	185	95	100	105	105	290	160	172.5	-182.5	172.5	462.5	310.060	313.161	1	366.277	369.940						
Joyce Louie	FEMALE	RAW	QLD	2	B	Women's Open Sleeves	89.2	90	25	1	150	-160	160	160	72.5	77.5	82.5	82.5	242.5	150	160	165	165	407.5	306.094	306.094	2	364.737	364.737						
Markella Legatos	FEMALE	RAW	VIC	2	B	Women's Open Sleeves	90.95	100	31	1	135	142.5	147.5	147.5	75	80	82.5	82.5	230	155	165	170	170	400	297.640	297.640	1	354.969	354.969						
Hazel Moon	FEMALE	RAW	QLD	2	B	Women's Open Bare Knees	72.95	75	38	1	115	122.5	-127.5	122.5	55	60	62.5	62.5	185	140	150	160	160	345	293.906	293.906	1	341.040	341.040						
Kelsey Williams	FEMALE	RAW	SA	2	B	Women's Open Bare Knees	93.55	100	25	1	117.5	127.5	135	135	65	70	75	75	210	160	170	180	180	390	286.697	286.697	1	341.931	341.931						
Jamie Duggan	FEMALE	RAW	SA	2	B	Women's Open Sleeves	86.5	90	25	1	-120	120	-130	120	67.5	72.5	75	75	195	170	177.5	-180	177.5	372.5	284.776	284.776	3	338.088	338.088						
Vianna Standen	FEMALE	RAW	QLD	2	B	Women's Open Bare Knees	87.4	90	34	1	125	130	135	135	-80	82.5	-87.5	82.5	217.5	130	140	-145	140	357.5	271.682	271.682	1	322.938	322.938						
Sian Miu	FEMALE	RAW	QLD	2	A	Women's Open Sleeves	82.45	82.5	25	1	115	120	-125	120	65	70	72.5	72.5	192.5	140	147.5	150	150	342.5	269.486	269.486	3	317.978	317.978						
Danika Peets	FEMALE	RAW	QLD	2	B	Women's Open Sleeves	74.3	75	33	1	100	110	115	115	55	60	65	65	180	110	120	130	130	310	260.834	260.834	1	303.439	303.439						
Liana Cuento	FEMALE	RAW	NSW	2	B	Women's Open Bare Knees	109.1	110	34	1	125	135	-145	135	60	-72.5	72.5	72.5	207.5	130	142.5	152.5	152.5	360	249.570	249.570	1	297.579	297.579						
Rachael Erskine	FEMALE	RAW	SA	2	B	Women's Open Sleeves	99.4	100	36	1	122.5	-130	-130	122.5	57.5	62.5	65	65	187.5	137.5	150	157.5	157.5	345	247.469	247.469	2	295.097	295.097						
Emma Passey	FEMALE	RAW	QLD	2	A	Women's Open Sleeves	82.15	82.5	34	1	110	117.5	-125	117.5	50	55	-57.5	55	172.5	125	132.5	137.5	137.5	310	244.466	244.466	4	288.314	288.314						
Michelle Lister	FEMALE	RAW	QLD	2	B	Women's Open Sleeves	91.85	100	35	1	115	-120	-120	115	72.5	77.5	-82.5	77.5	192.5	115	120	-122.5	120	312.5	231.522	231.522	3	276.137	276.137						
Stephanie Forsyth	FEMALE	RAW	WA	2	B	Women's Open Bare Knees	134.05	110+	36	1	115	-125	135	135	70	-75	-75	70	205	145	-155		145	350	231.340	231.340	1	273.510	273.510						
Jess Townsend	FEMALE	RAW	QLD	2	B	Women's Open Sleeves	89.85	90	34	1	77.5	82.5	-90	82.5	40	-42.5	-42.5	40	122.5	107.5	112.5	120	120	242.5	181.407	181.407	4	216.353	216.353						
Maria Phan	FEMALE	RAW	VIC	2	A	Women's Open Sleeves	46.5	48	39	1	106	-112.5	-112.5	106	47.5	52.5	-55	52.5	158.5	-125	-125	-125		0	0.000	0.000		0.000	0.000						
Sarah Coates	FEMALE	RAW	SA	2	A	Women's Open Sleeves	78.8	82.5	41	1.01	-110	-110	-110		60	62.5	65	65		140	150	-155	150	0	0.000	0.000		0.000	0.000						
Chris Whittaker	MALE	RAW	WA	3	B	Men's Open Sleeves	97.56	100	35	1	270	-290	-290	270	170	180	182.5	182.5	452.5	305	320	322.5	322.5	775	455.390	455.390	1	482.248	482.248						
James Stevens	MALE	RAW	WA	3	B	Men's Open Sleeves	98.18	100	33	1	272.5	-292.5	-292.5	272.5	172.5	182.5	187.5	187.5	460	287.5	302.5	315	315	775	454.034	454.034	2	480.885	480.885						
Kyle Conquest-Hope	MALE	RAW	VIC	3	B	Men's Open Sleeves	81.78	82.5	33	1	-230	230	-250	230	145	152.5	157.5	157.5	387.5	280	295.5	-300	295	682.5	442.567	442.721	1	464.975	464.975						
Jamie Corcoran	MALE	RAW	QLD	3	B	Men's Open Sleeves	100.32	110	38	1	265	285	-295	285	160	-170	170	170	455	270	300	-315	300	755	438.353	438.353	1	464.074	464.074						
Edward Osborne	MALE	RAW	WA	3	B	Men's Open Sleeves	147.52	140+	39	1	300	320	335	335	172.5	182.5	-187.5	182.5	517.5	280	300	-310	300	817.5	429.249	429.249	1	441.598	441.598						
Patrick Harrison	MALE	RAW	QLD	3	A	Men's Open Sleeves	88.1	90	25	1	242.5	247.5	-250	247.5	142.5	147.5	152.5	152.5	400	292.5	-300		292.5	692.5	428.831	428.831	1	452.680	452.680						
Ben Heihei	MALE	RAW	WA	3	A	Men's Open Sleeves	88.12	90	37	1	195	-205	210	210	160	172.5	177.5	177.5	387.5	235	255	-270	255	642.5	397.868	397.868	2	419.946	419.946						
Frazer Coombes	MALE	RAW	QLD	3	B	Men's Open Sleeves	123.24	125	30	1	230	245	255	255	180	187.5	192.5	192.5	447.5	245	260	270	270	717.5	392.831	392.831	1	408.489	408.489						
Isaiah Van Spall	MALE	RAW	WA	3	B	Men's Open Sleeves	79.6	82.5	24	1	190	200	-205	200	132.5	140	145	145	345	225	237.5	-242.5	237.5	582.5	384.479	384.479	2	402.853	402.853						
Andrew Blair	MALE	RAW	WA	3	B	Men's Open Sleeves	117.3	125	38	1	235	-250	-250																						