

8-8-2026 Day 3										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
Mia Hutch	FEMALE	RAW	QLD	5	A	Women's Sub Teen Sleeves	47.2	48	10	1.23	55	65	72.5	72.5	25	30	-35	30	102.5	5	62.5	72.5		175	208.985	257.052	1	228.631	281.216
Clementine Rosier	FEMALE	RAW	QLD	5	A	Women's Sub Teen Sleeves	49	52	11	1.23	50	55	-62.5	55	22.5	-25	25	25	80	62.5	72.5	80	80	160	185.664	228.367	1	203.405	250.189
Shayni Gartlan	FEMALE	RAW	QLD	5	A	Women's Teen Sleeves	54.8	56	15	1.18	-120	-120	122.5	122.5	55	60	-65	60	182.5	130	135	140	140	322.5	342.560	404.220	1	379.256	447.522
Hannah-Joy Aitken	FEMALE	RAW	QLD	5	A	Women's Teen Bare Knees	49.2	52	14	1.23	72.5	80	-85	80	42.5	-47.5	-47.5	42.5	122.5	95	105	110	110	232.5	268.956	330.816	1	294.708	362.491
Emily Deshon	FEMALE	RAW	QLD	5	A	Women's Teen Sleeves	63.45	67.5	15	1.18	77.5	82.5	87.5	87.5	42.5	-47.5	47.5	47.5	135	97.5	105	107.5	107.5	242.5	229.034	270.260	1	259.688	306.431
Emily Braithwaite	FEMALE	RAW	SA	5	A	Women's Teen Bare Knees	57.25	60	18	1.06	60	65	-70	65	37.5	42.5	-45	42.5	107.5	95	100	105	105	212.5	217.919	230.994	1	242.765	257.331
Ouida Ratapu	FEMALE	WRAPS	QLD	5	A	Women's Master Wraps	67.1	67.5	67	1.543	100	102.5	115	115	75	77.5	-82.5	77.5	192.5	135	147.5	155	155	347.5	314.088	484.638	1	359.993	555.469
Chantal O'Brien	FEMALE	WRAPS	QLD	5	A	Women's Master Wraps	59.2	60	48	1.097	180	190	-195	190	60	65	-67.5	65	255	155	170	-175	170	425	424.299	465.456	1	475.159	521.249
Nat Hayter	FEMALE	WRAPS	WA	5	A	Women's Master Wraps	56	56	48	1.097	115	-122.5	122.5	122.5	57.5	-62.5	65	65	187.5	127.5	132.5	140	140	327.5	341.877	375.039	1	379.612	416.443
Ebony Waru	FEMALE	WRAPS	WA	5	A	Women's Master Wraps	96.35	100	50	1.13	-145	-155	155	155	85	90	97.5	97.5	252.5	165	177.5	187.5	187.5	440	319.528	361.067	1	381.074	430.614
Joanna O'Grady	FEMALE	WRAPS	WA	5	A	Women's Master Wraps	59.65	60	44	1.043	-125	130	-140	130	67.5	72.5	-77.5	72.5	202.5	125	145	-147.5	145	347.5	344.814	359.641	2	386.647	403.273
Tabitha Sheppard	FEMALE	RAW	NSW	5	A	Women's Junior Bare Knees	56.05	60	20	1.03	80	-87.5	87.5	87.5	37.5	42.5	-45	42.5	130	95	-105	-105	95	225	234.698	241.738	1	260.648	268.467
Natalya Lanteri	FEMALE	RAW	NSW	5	A	Women's Junior Bare Knees	75.35	82.5	21	1.02	65	75	85	85	35	40	-45	40	125	100	110	-115	110	235	195.889	199.807	1	228.324	232.890
Tori Pevreal	FEMALE	WRAPS	QLD	5	A	Women's Teen Wraps	84.5	90	14	1.23	115	-122.5	-122.5	115	50	55	-58	55	170	110	-117.5	117.5	117.5	287.5	222.856	274.112	1	263.802	324.477
Aliera Tucker	FEMALE	WRAPS	NSW	5	A	Women's Teen Wraps	78.1	82.5	17	1.08	75	90	100	100	47.5	52.5	-55	52.5	152.5	120									