

9-8-2026 Day 4										CAPO National Championships 2026										The Esplanade Hotel - Fremantle - WA										
Name	Gender	Equip	Team	Sesh	Flight	Awards Division	BWT	Wt CIs	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	
Rohiya Contessa	FEMALE	RAW	QLD	7	A	Women's Master Raw Bench Only	66.7	67.5	42	1.02					95	100	-103	100						100	90.805	92.621	1	103.956	106.035	
Kristin Templeman	FEMALE	RAW	WA	7	A	Women's Master Raw Bench Only	76.3	82.5	44	1.043					60	-66	-66	60						60	49.599	51.732	1	57.915	60.405	
Teresa Fitton	FEMALE	RAW	VIC	7	A	Women's Master Raw Bench Only	70.3	75	54	1.204					42.5	45	47.5	47.5						47.5	41.508	49.975	1	47.920	57.695	
Harriet Staniford	FEMALE	RAW	WA	7	A	Women's Master Raw Bench Only	92.7	100	46	1.068					60	-65	-65	60						60	44.277	47.288	1	52.809	56.400	
Rohiya Contessa	FEMALE	RAW	QLD	7	A	Women's Open Raw Bench Only	66.7	67.5	42	1.02					95	100	-103	100						100	90.805	92.621	1	103.956	106.035	
Kimberly Honeysett	FEMALE	RAW	WA	7	A	Women's Open Raw Bench Only	109.3	110	43	1.031					85	-87.5	-87.5	85						85	58.888	60.714	1	70.218	72.395	
Saima Batool	FEMALE	RAW	VIC	7	A	Women's Open Raw Bench Only	89.9	90	38	1					-62.5	62.5	65	65						65	48.610	48.610	1	57.977	57.977	
Izzy Murphy	FEMALE	RAW	VIC	7	A	Women's Teen Raw Bench Only	126.5	110+	15	1.18					55	57.5	60	60						60	40.194	47.429	1	47.480	56.027	
Anna Parygina	FEMALE	SINGLE_PLY	VIC	7	C	Women's Master Single Ply Bench Only	55.2	56	55	1.225					75	-77.5	77.5	77.5						77.5	81.848	100.263	1	90.696	111.102	
Lena Dunbabin	FEMALE	SINGLE_PLY	WA	7	C	Women's Open Single Ply Bench Only	76.1	82.5	34	1					-102.5	110	117.5	117.5						117.5	97.302	97.302	1	113.571	113.571	
Xanthe Sheppard	FEMALE	SINGLE_PLY	NSW	7	C	Women's Open Single Ply Bench Only	99.1	100	26	1					-92.5	-92.5	92.5	92.5						92.5	66.424	66.424	1	79.214	79.214	
Yvonne Scarborough	FEMALE	UNLIMITED	VIC	7	C	Women's Master Unlimited Bench Only	75.9	82.5	46	1.068					90	100	105	105						105	87.098	93.020	1	101.629	108.539	
Ricky Shaw	MALE	RAW	WA	7	A	Men's Master Raw Bench Only	74.8	75	53	1.184					90	95	100	100						100	68.990	81.684	1	71.865	85.088	
Sam Murphy	MALE	RAW	WA	7	A	Men's Open Raw Bench Only	128.54	140	42	1.02					170	190		190						190	102.935	104.994	1	106.754	108.889	
Isaiah Van Spall	MALE	RAW	WA	7	A	Men's Open Raw Bench Only	79.66	82.5	24	1					132.5	140	147.5	147.5						147.5	97.317	97.317	1	101.964	101.964	
Santo Spano	MALE	RAW	VIC	7	A	Men's Teen Raw Bench Only	107.5	110	17	1.08					140	145	150	150						150	84.945	91.741	1	89.625	96.795	
Andrei Sinclair	MALE	RAW	WA	7	A	Men's Teen Raw Bench Only	99.86	100	18	1.06					-70	-70	-70							0	0.000	0.000		0.000	0.000	
Gary Jones	MALE	UNLIMITED	SA	7	C	Men's Master Unlimited Bench Only	106.76	110	61	1.366					252.5	-312.5	-315	252.5						252.5	143.306	195.757	1	151.277	206.645	
David Barker	MALE	UNLIMITED	WA	7	C	Men's Master Unlimited Bench Only	89.22	90	58	1.291					-230	230	235	235						235	144.502	186.551	1	152.623	197.036	
Rob Allen	MALE	UNLIMITED	NSW	7	C	Men's Master Unlimited Bench Only	141.36	140+	44	1.043					312.5	330	-345	330						330	174.909	182.430	1	180.358	188.114	
Andrew Mauff	MALE	UNLIMITED	VIC	7	C	Men's Master Unlimited Bench Only	125.44	140	52	1.165					-280	-280								0	0.000	0.000		0.000	0.000	
Raimo Tuomikallio	MALE	UNLIMITED	QLD	7	C	Men's Open Unlimited Bench Only	86	90	38	1					-205	-222.5	-222.5							0	0.000	0.000		0.000	0.000	
Jarrad Farmer	MALE	UNLIMITED	VIC	7	C	Men's Open Unlimited Bench Only	152.24	140+	35	1					-380	-380	-380							0	0.000	0.000		0.000	0.000	
David Burt	MALE	RAW	NSW	8	A	Men's Open Raw Push Pull	89.18	90	37	1					140	150	-162.5	150			260	280	-290	280	430	264.407	264.407	1	279.331	279.331
Michael Van Spall	MALE	RAW	WA	8	A	Men's Open Raw Push Pull	84.26	90	54	1.204					-130	140	147.5	147.5			190	200	210	210	357.5	227.397	273.786	2	239.329	288.152
Terrence Titus	MALE	RAW	QLD	8	A	Men's Open Raw Push Pull	112.92	125	70	1.645					125	130	135	135			245	255	265	265	400	223.460	367.592	1	234.626	385.959
Jonny Nelson	MALE	RAW	QLD	8	A	Men's Open Raw Push Pull	105.66	110	44	1.043					120	130	-135	130			220	255	-282.5	255	385	219.248	228.676	1	231.609	241.568
Bailey Winsor	MALE	RAW	QLD	8	A	Men's Open Raw Push Pull	130.38	140	21	1.02					140	150	155	155			240	250	-260	250	405	218.672	223.045	1	226.577	231.108
Andrew Laing	MALE	RAW	QLD	8	A	Men's Open Raw Push Pull	114.68	125	36	1					145	155	160	160			180	195	-207.5	195	355	197.575	197.575	2	207.079	207.079
Harrison Brewster	MALE	RAW	QLD	8	A	Men's Open Raw Push Pull	105.72	110	25	1					105	112.5	115	115			215	-230	-230	215	330	187.902	187.902	2	198.477	198.477
Ari Koya	MALE	RAW	VIC	8	A	Men's Open Raw Push Pull	69.5	75	14	1.23					35	37.5	40	40			100	105	110	110	150	109.568	134.768	1	113.237	139.282
Liz Ramage	FEMALE	RAW	WA	8	A	Women's Open Raw Push Pull	66.22	67.5	46	1.068					70	80	90	90			140	155	170	170	260	237.497	253.647	1	271.428	289.885
Abbey Humble	FEMALE	RAW	QLD	8	A	Women's Open Raw Push Pull	133	110+	32	1					80	85.5	-87.5	85			170	190	205.5	205	290	192.700	192.700	1	227.751	227.751
Joyce Louie	FEMALE	RAW	QLD	8	A	Women's Open Raw Push Pull	89.6	90	25	1					75	80	-85	80			150	160	-167.5	160	240	179.820	179.820	1	214.387	214.387
Michaela Albert	FEMALE	RAW	VIC	8	A	Women's Open Raw Push Pull	128.2	110+	46	1.068					80	82.5	85	85			175	177.5	180.5	180	265	177.314	189.015	2	209.439	223.680
Elizabeth Aitken	FEMALE	RAW	QLD	8	A	Women's Open Raw Push Pull	79.6	82.5	46	1.068					-52.5	57.5	-60	57.5			150	160	-168	160	217.5	174.946	186.842	1	205.453	219.424
Aimee Bleasdale	FEMALE	RAW	WA	8	A	Women's Open Raw Push Pull	58.4	60	36	1					-55	-55	55	55			115	117.5	-120	117.5	172.5	174.104	174.104	1	194.546	194.546
Lauren Fowler	FEMALE	RAW	QLD	8	A	Women's Open Raw Push Pull	72.4	75	34	1					65	-72.5	-72.5	65			115	125	135	135	200	171.260	171.260	1	198.518	198.518
Melissa Mcshane-Murphy	FEMALE	RAW	VIC	8	A	Women's Open Raw Push Pull	106.9	110	44	1.043					65	67.5	70	70			135	145	150	150	220	153.604	160.209	1	183.145	191.020
Bianca Mccowat	FEMALE	RAW	VIC	8	A	Women's Open Raw Push Pull	116	110+	35	1					62.5	-65	65	65			130	135	142.5	142.5	207.5	141.723	141.723	3	168.155	168.155
Angela Koya	FEMALE	RAW	VIC	8	A	Women's Open Raw Push Pull	78.6	82.5	41	1.01					35	37.5	-40	37.5			117.5	122.5	125	125	162.5	131.763	133.081	2	154.479	156.024
Katie Fairall	FEMALE	RAW	VIC	8	A	Women's Open Raw Push Pull	84.1	90	38	1					45	47.5	-50	47.5			110	-112.5	-112.5	110	157.5	122.441	122.441	2	144.842	144.842
Airley Hudson	FEMALE	RAW	WA	8	A	Women's Open Raw Push Pull	76.3	82.5	17	1.08					40	-45	45	45			90	100	102.5	102.5	147.5	121.931	131.685	3	142.373	153.763
Alison Brown	FEMALE	RAW	VIC	8	A	Women's Open Raw Push Pull	122.2	110+	37	1					55	57.5	-60	57.5			115	120		120	177.5	119.839	119.839	4	141.710	141.710
Principina Stewart	FEMALE	MULTI_PLY	QLD	8	A	Women's Open Multi Ply Push Pull	67.5	67.5	47	1.082					40	-42.5	42.5	42.5			95	102.5	-107.5	102.5	145	130.493	141.193	1	149.697	161.972
Lisa Ly	FEMALE	SINGLE_PLY	VIC	8	A	Women's Open Single Ply Push Pull	67.5	67.5	50	1.13					50			50			125	140	150	150	200	179.990	203.389	1	206.479	233.321
David Barker	MALE	MULTI_PLY	WA	9	B	Men's Master Multi Ply Deadlift Only	89.22	90	58	1.291											230	247.5	255	255	255	156.800	202.428	1	165.612	213.805
Tony Parry	MALE	RAW	NSW	9	B	Men's Master Raw Deadlift Only	108.54	110	55	1.225											250	276	-290	276	276	155.837	190.900	1	164.298	201.265
Ricky Shaw	MALE	RAW	WA	9	B	Men's Master Raw Deadlift Only	74.8	75	53	1.184											150	-165		150	150	103.485	122.526	1	107.797	127.632
Richard Glew	MALE	RAW	VIC	9	B	Men's Master Raw Deadlift Only	113.96	125	52	1.165											160	170	175	175	175	97.549	113.645	1	102.310	119.192
Sam Murphy	MALE	RAW	WA	9	B	Men's Open Raw Deadlift Only	128.54	140	42	1.02											270	300	320	320	320	173.365	176.832	1	179.796	183.392
Luke Roberts	MALE	RAW	WA	9	B	Men's Open Raw Deadlift Only	113.82	125	31	1											255	-285	-285	255	255	142.188	142.188	1	149.147	149.147