

8/08/2009

## CAPO Nationals 2009

Canberra - ACT

Place	Lifter	Sex	Age	Equipment	BWT	Wt Cls	Best Squat	Best Bench	Best Deadlift	Total	Gloss Pts
1	Paul Nay	M		Multi	121.6	125	350	245	310	905	497.07
2	Greg Hills	M		Multi	67.5	67.5	250	140	251	641	479.74
3	Jason Durbidge	M	30~	Wraps	108.8	110	310	190	335	835	471.11
4	Derek Boyer	M	40	Wraps	141	140+	330	200	350	880	466.67
5	Jeff Lam	M	30~	Multi	88.4	90	280	215	255	750	463.53
6	Taylor Young	F	54	Multi	59.6	60	180	100	182.5	462.5	458.00
7	Allan Kliese	M	28~	Wraps	144	140+	325	220	320	865	456.55
8	Dan Wright	M	39	Wraps	136	140	310	192.5	327.5	830	443.68
9	Matthew Middleton	M		Wraps	89.9	90	260	165	265	690	422.43
10	Michael Trentin	M		Multi	80.6	82.5	227.5	162.5	255	645	422.16
11	Gawain Johnstone	M	23	Wraps	155	140+	312.5	177.5	322.5	812.5	421.52
12	Brent Drake	M	33	Multi	85.8	90	240	155	262.5	657.5	413.56
13	Tim Thongsrinoon	M		Wraps	81.1	82.5	225	155	242.5	622.5	405.76
14	Henry Day	M	45	Wraps	99.1	100	240	180	270	690	402.61
15	Harley Hale	M		Multi	96.9	100	255	170	255	680	400.75
16	Kane Farrow	M		Multi	82.3	82.5	230	120	255	605	390.58
17	Nic Thongsrinoon	M		Wraps	72.5	75	187.5	130	227.5	545	384.97
18	Jeremy Smith	M	24~	Wraps	99.2	100	240	170	250	660	384.94
19	Daniel Cann	M		Multi	96	100	255	155	240	650	384.74
20	Greg Fraser	M	26	Wraps	90	90	235	130	260	625	382.40
21	Steve Geers	M	35~	Multi	89.9	90	222.5	120	272.5	615	376.51
22	Wayne Vaughan	M	54~	Wraps	119.9	125	280	105	290	675	371.94
23	Stephen Ramsay	M		Wraps	64.1	67.5	170	110	195	475	371.90
24	Joanne Mitchell	F		Multi	73.6	75	160	110	167.5	437.5	370.34
25	Louise Vu-Duy	F	37~	Multi	55.8	56	147.5	70	130	347.5	362.44
26	Jeremy Wilson	M	19	Wraps	93.7	100	230	140	235	605	362.37
27	Gregg Gordon	M	17	Multi	89.5	90	270	50	260	580	355.96
28	Alan Romero	M		Wraps	74.6	75	180	110	220	510	352.53
29	Aaron Kingsley	M	19	Wraps	93.7	100	195	150	237.5	582.5	348.89
30	Liam Donald	M	22	Multi	89.6	90	205	140	217.5	562.5	345.01
31	Jack Retallack	M		Multi	67	67.5	150	127.5	180	457.5	344.57
32	Marc Moussi	M		Wraps	86.3	90	202.5	115	230	547.5	343.17
33	James Haggerty	M	18~	Wraps	98.6	100	215	115	230	560	327.47
34	Terese Free	F		Multi	74.9	75	155	70	165	390	326.27
35	Lucas Walker	M		Wraps	79.8	82.5	185	110	200	495	326.16
36	Yolandie Weir	F		Multi	47	48	85	65	120	270	323.70
37	John Nelson	M		Multi	95.1	100	175	127.5	237	539.5	320.78
38	Michael Nicholas	M		Wraps	99.3	100	190	140	220	550	320.64
39	Joe Rolle	M		Wraps	81.9	82.5	165	100	230	495	320.58
40	George Katsikas	M	37~	Multi	139	140	140	170	285	595	316.54
41	Peter Parsons	M	23	Wraps	95.8	100	200	105	222.5	527.5	312.54
42	Amanda Helliwell	F		Wraps	56	56	115	50	130	295	307.02
43	Zac Jarrot	M	17~	Multi	64.2	67.5	140	70	162.5	372.5	291.24
44	Chris Hall	M		Wraps	75.8	82.5	125	100	175	400	273.27
45	Brody Cooper	M	21~	Wraps	72.4	75	130	80	150	360	254.57
46	Karen Clark	F	33	Wraps	55.7	56	85	42.5	102.5	230	240.24
47	Nathan Wallace	M		Wraps	89.4	90	220	145		365	224.15
48	Helen McDonald	F		Wraps	74.8	75	100	42.5	125	267.5	223.99
49	Carla Chippendale	F		Wraps	86.6	90	85	60	100	242.5	185.87
50	Shaun Bostock	M		Multi	131	140		290		290	156.40
51	Richard Huxley	M	26~	Multi	97.2	100		220		220	129.47
52	Dominic Morton	M		Multi	100.8	110		170		170	98.49
DQ	Coralie Weir	F	47	Multi	51.9	52					
DQ	Brendan Hains	M		Multi	89.8	90					
DQ	Terrence Titus	M		Multi	117.9	125					