

**100%RAW Powerlifting Federation Canada**  
**2017 Fist Full of Steel**  
**Squamish, BC April 29, 2017**

**Female Full Power/Push Pull**

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Best Squat	Best Bench	Best Deadlift	PL Total	Coeff
Mira Pascuzzi	11	F-11	37.6	44	42.5	25	47.5	115	177.44
Rachael Mirvish	40	F-40	54.5	56	60	40	90	190	228.361
Taryn Haggerstone	26	F-O	58.6	60	115	75	145	335	380.3925
Erin Matheson	26	F-O	59.7	60	100	60	145	305	341.356
Allysha Pomeroy	26	F-O	59.2	60	97.5	50	125	272.5	306.9985
Karen Ogilvie	41	F-40	59.3	60		62.5	137.5	200	225.02
Tonya Motyka	46	F-45	65.6	67.5	122.5	77.5	150	350	364.7
Tia Pascuzzi	14	F-15	68.8	75	95	50	110	255	256.7595
Darlene Miller	57	F-55	70.9	75	82.5	47.5	102.5	232.5	229.2915
Kathy Brennan	61	F-60	70	75	87.5	42.5	107.5	237.5	236.265
Samantha Cox	33	F-O	88	90	110	57.5	127.5	295	257.358
Kristan Stewart	39	F-SM	97.6	90+		65	115	180	150.984

**Male Full Power/Push Pull**

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Best Squat	Best Bench	Best Deadlift	PL Total	Coeff
Rory Baldwin	23	M-J	70.5	75	125	77.5	170	372.5	277.62425
Riley Smith	16	M-17	78.6	82.5	122.5	80	190	392.5	271.02125
Dylan Smith	16	M-17	79.2	82.5	132.5	85	165	382.5	262.81575
Mark Nolette	31	M-O	82.5	82.5	185	110	245	540	361.746
Pat Foster	32	M-O	81.6	82.5	162.5	105	160	427.5	288.306
Jason Noel	36	M-SM	81.8	82.5	160	125	210	495	333.333
Kevin Haberl	57	M-55	82.2	82.5	182.5	100	175	457.5	307.1655
Brandon Cheal	17	M-17	87.3	90	102.5	72.5	150	325	210.8275
Kailen Smith	18	M-19	89.4	90	222.5	137.5	277.5	637.5	408.3825
Tim Frazer	32	M-O	89.9	90	185	0	0	0	0
Brian Lim	33	M-O	89.3	90	170	110	257.5	537.5	344.5375
Wyatt Pedersen	21	M-J	92.8	100	127.5	75	185	387.5	243.66
Iain Gregg	23	M-J	96.8	100	185	135	250	570	351.633
Giles Weeden	45	M-45	94.9	100	147.5	100	200	447.5	278.47925
Tony Xu	28	M-O	101.1	110	250	140	255	645	390.87
Geoff Park	40	M-SM	103.8	110		137.5		137.5	82.5
Andrew Noury	44	M-40	103.6	110	177.5	130	190	497.5	298.699
Cory Constantin	24	M-J	124.8	125	237.5	160	242.5	640	364.8
Nicholas Cowan	35	M-SM	119.4	125	170	107.5	195	472.5	271.971
J.M. (Marty) Walker	43	M-40	120.3	125	200	115	200	515	295.919
Adam Cheal	44	M-40	124.1	125	215	132.5	222.5	570	325.299
Cliff Miller	55	M-55	110.6	125	185	117.5	215	517.5	304.03125
Nick Morneau	32	M-O	130.6	140	245	180	285	710	401.221
Bob MacPherson	52	M-50	130.8	140	165	100	185	450	254.25

**Military Press**

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Best Press
Erin Matheson	26	F-O	59.7	60	47.5
Kailen Smith	18	M-19	89.4	90	70
Giles Weeden	45	M-45	94.9	100	65
Cory Constantin	24	M-J	124.8	125	100
Marty Walker	43	M-40	120.3	125	80
Adam Cheal	44	M-40	124.1	125	80