

100%RAW Powerlifting Federation Canada

2017 Grind Powerlifting Challenge

Medicine Hat, AB Aug 19, 2017

Price (3), Herb Veckenstedt (3), Joe Stockinger(3), Renae Witzaney (3), Mike Proskow(2), Amber Hamilton (1), Lori M

Female Full Power/Push Pull/Single Lift

Name	Age Div	BWt (Kg)	WtCls (Kg)	Wilks	Best Squat	Best Bench	Best Deadlift	PL Total	Coeff Score
Catherine Beninger	23 F-J	43	44	1.4295	77.5	47.5	95	220	314.49
McKenna Kozina	17 F-17	47.3	48	1.3387	102.5	60	110	272.5	364.79575
Gloria Cheung	28 F-O	50.1	52	1.2827	87.5	47.5	90	225	288.6075
Sherry Ma	21 F-J	54.2	56	1.2071	97.5	55	117.5	270	325.917
Nicola McDivitt	25 F-O	56	56	1.1766	80	50	115	245	288.267
Jenn Lee	33 F-O	54.6	56	1.2002	107.5	52.5	115	275	330.055
Katie Barath	43 F-40	54.9	56	1.195	87.5	52.5	107.5	247.5	295.7625
Sherine Thoummarath	23 F-J	59.5	60	1.1221	127.5	62.5	162.5	352.5	395.54025
Francesca Tocco	24 F-J	58.2	60	1.1416	90	42.5	130	262.5	299.67
Emili Schertzberg	25 F-O	58.9	60	1.131	102.5	72.5	122.5	297.5	336.4725
Sarah Cowley	25 F-O	59.9	60	1.1163	115	60	132.5	307.5	343.26225
Erin Matheson	26 F-O	59.6	60	1.1207	102.5	62.5	150	315	353.0205
Danette Lecuyer	46 F-45	57.5	60	1.1525	65	58	95	218	251.245
Teresa Lei	21 F-J	66.1	67.5	1.0362	117.5	47.5	155	320	331.584
Alyssa Coulas	23 F-J	66.7	67.5	1.0294	72.5	50	92.5	215	221.321
Clara Philibert	23 F-J	60.7	67.5	1.1049		42.5		42.5	46.95825
Andrea Melito	26 F-O	64.5	67.5	1.0551	117.5	65	125	307.5	324.44325
Rachel Hamilton	30 F-O	72.7	75	0.9698	92.5	47.5	120	260	252.148
Bonni Rogers	33 F-O	73.2	75	0.9655	125	77.5	167.5	370	357.235
Lisa Szabon-Smith	35 F-SM	71.4	75	0.9815	138	77.5	137.5	353	346.4695
Jacelyn Olandesca	36 F-SM	73.2	75	0.9655	117.5	62.5	125	305	294.4775
Heather Pliva	39 F-SM	73	75	0.9672	90	52.5	122.5	265	256.308
Selena Clauson	48 F-45	73.9	75	0.9596	80	47.5	97.5	225	215.91
Lynne Courtnage-Coolen	59 F-55	70.4	75	0.991	95.5	42.5	110	248	245.768
Danielle Philibert	24 F-J	82.5	82.5	0.9		97.5		97.5	87.75
Hailie Carnegie	25 F-O	75.8	82.5	0.9444		47.5		47.5	44.859
Courtney Van Beers	26 F-O	78	82.5	0.9283	100	57.5	130	287.5	266.88625
Lisa Gervais	30 F-O	82.4	82.5	0.9005	167.5	102.5	167.5	437.5	393.96875
Sarah Zwodeski	34 F-O	87.3	90	0.8755	72.5	52.5	130	255	223.2525
Sara Burwash	43 F-40	88.5	90	0.8703	140	95	162.5	397.5	345.94425
Sarah Skinner	29 F-O	140.6 90+		0.777	75	52.5	100	227.5	176.7675
Cherisse Martineau	35 F-SM	99.3 90+		0.8343	122.5	67.5	157.5	347.5	289.91925

Male Full Power/Push Pull/Single Lift

Name	Age Div	BWt (Kg)	WtCls (Kg)	Wilks	Best Squat	Best Bench	Best Deadlift	PL Total	Coeff Score
Calvin Quach	26 M-O	66.7	67.5	0.7785	137.5	0	190	0	0
Adrian Ezra	23 M-J	71.8	75	0.7352	142.5	115	215	472.5	347.382
Brendan Fowler	24 M-J	74.4	75	0.7166	165	125	187.5	477.5	342.1765
Ryan Smith	27 M-O	74.1	75	0.7186	165	125	210	500	359.3
Alex Saretsky	27 M-O	70.2	75	0.7478	202.5	142.5	220	565	422.507
Kevin Wais	27 M-O	74.6	75	0.7152		180		180	128.736
Kieran Claypool	21 M-J	81.3	82.5	0.6759	157.5	102.5	185	445	300.7755
Aaron Chung	23 M-J	80.4	82.5	0.6806		0		0	0
Trygve Tysseland	32 M-O	80.9	82.5	0.6779	175	135	202.5	512.5	347.42375
Brett Hansen	34 M-O	79.8	82.5	0.6838	227.5	147.5	242.5	617.5	422.2465
Bradley Wall	19 M-19	87.3	90	0.6487	160	100	202.5	462.5	300.02375
David McNeil	20 M-J	89.2	90	0.6413	190	142.5	237.5	570	365.541
Justin Cowley	21 M-J	88.9	90	0.6424	175	100	210	485	311.564
Jonathan Taylor	21 M-J	88.6	90	0.6436	207.5	117.5	265	590	379.724
Brandon Hunt	22 M-J	84.9	90	0.6588	167.5	85	172.5	425	279.99
Brian Adams	25 M-O	85.9	90	0.6545	190	145	222.5	557.5	364.88375
Rick Biddle	27 M-O	89.5	90	0.6402	192.5	142.5	195	530	339.306
Victor (Akwaowo) Akpawan	29 M-O	86.7	90	0.6511	242.5	155	275	672.5	437.86475
Jen Bussey	35 M-SM	82.8	90	0.6685	65	60	100	225	150.4125
Michael Croft	21 M-J	98.2	100	0.6131	165	0	197.5	0	0
Hayden Schick	22 M-J	99.7	100	0.6093	200	150	235	585	356.4405
Austin Phillips	23 M-J	91.8	100	0.6321	175	125	225	525	331.8525
Stanley Guedes	32 M-O	95.8	100	0.6197	272.5	150	318	740.5	458.88785
Luke Harasymiw	33 M-O	93.9	100	0.6254	172.5	110	190	472.5	295.5015
Sean Craig	40 M-40	99	100	0.6111	115	107.5	157.5	380	232.218
mike moorhead	40 M-40	98.9	100	0.6113	231	179	260	670	409.571
John Braun	72 M-70	95.2	100	0.6214			210	210	130.494
Johannel Naron	20 M-J	109.7	110	0.589	255	152.5	255	662.5	390.2125
Raymond Ly	22 M-J	107.2	110	0.5933	187.5	107.5	220	515	305.5495
Bronson Annable	24 M-J	107.8	110	0.5923	227.5	137.5	255	620	367.226
Nick Hill	25 M-J	102.3	110	0.6032	180	127.5	205	512.5	309.14
Umberto Cappella	26 M-O	108.5	110	0.591	230	175	272.5	677.5	400.4025
Gerald Jean-Louis	40 M-40	105.6	110	0.5964	180	135	250	565	336.966
Aaron Pachal	42 M-40	105.6	110	0.5964	165	115	180	460	274.344
John Giffen	45 M-45	109.5	110	0.5893	205	217.5	207.5	630	371.259
Wade Edwards	47 M-45	109.6	110	0.5892		130	180	310	182.652
Alex McLeod	27 M-O	118.3	125	0.5769	130	100	175	405	233.6445
Justin McIntyre	28 M-O	110.1	125	0.5883	205	125	227.5	557.5	327.97725
Thomas Hureau	34 M-O	110.9	125	0.587	122.5	125	162.5	410	240.67
Adam Price	42 M-40	114.6	125	0.5816	272.5	195	265	732.5	426.022

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Patrick Cullum	47	M-45	112.1	125	0.5852	190	125	215	530	310.156
Spence Howson	18	M-19	129.3	140	0.5661	170	120	220	510	288.711
Jake Little	19	M-19	128.6	140	0.5667	235	160	245	640	362.688
Jason Thompson	32	M-O	139.7	140	0.559	252.5	180	295	727.5	406.6725
Wally Schoffer	54	M-50	136.4	140	0.561		165		165	92.565
Chris Morrison	35	M-SM	161.6	SHW	0.5474		185		185	101.269
Russell Peel	38	M-SM	152.3	SHW	0.5521	242.5	190	285	717.5	396.13175

Strict Curl

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Best Curl
Hailie Carnegie	25	F-O	75.8	82.5	0.9444	33.5
Mitchell Jacobsen	24	M-J	98.4	100	0.6126	70
Teresa Lindgren	34	F-O	67.1	67.5	1.025	30
McKenna Kozina	17	F-17	47.3	48	1.3387	30
Kory Kozina	36	M-SM	82.4	82.5	0.6704	62.5
Alex Saretsky	27	M-O	70.2	75	0.7478	65
Des Peddle	45	M-45	159.9	SHW	0.5483	71

Military Press

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Best Press
Aaron Chung	23	M-J	80.4	82.5	0.6806	97.5
Patrick Cullum	47	M-45	112.1	125	0.5852	100
Sarah Cowley	25	F-O	59.9	60	1.1163	37.5
Teresa Lindgren	34	F-O	67.1	67.5	1.025	40
McKenna Kozina	17	F-17	47.3	48	1.3387	45
Erin Matheson	26	F-O	59.6	60	1.1207	47.5
Danielle Philibert	24	F-J	82.5	82.5	0.9	55
Austin Phillips	23	M-J	91.8	100	0.6321	80
Alex Saretsky	27	M-O	70.2	75	0.7478	82.5
Mitchell Jacobsen	24	M-J	98.4	100	0.6126	90
Rick Biddle	27	M-O	89.5	90	0.6402	95
Des Peddle	45	M-45	159.9	SHW	0.5483	112.5