

# 100% RAW Powerlifting Federation

## 2012 Eastern Canadian Nationals

Name	Age	Weight	Class	SQUAT					BENCH					DEADLIFT				TOTAL	LBS	Place
				RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th			
Nikki Chapman	45 (F)	51.9	52	12/12	82.5	-87.5	87.5	-90	-57.5	60	-62.5		147.5	107.5	110	115	117.5	262.5	578.7075	
Gwendolyn Sheridan	16 (F)	54.7	56	10/6	52.5	57.5	-62.5		45	50	-52.5		107.5	92.5	102.5	110	-120	217.5	479.5005	
Jamie Snow	23 (F)	59.6	60	14/12	100	107.5	-115		50	-52.5	52.5		160	112.5	117.5	120	125	280	617.288	
Sheila Paulin	19 (F)	101.5	90+	18/14	100	110	115	120	50	55	60	62	175	115	125	130	135	305	672.403	
Carley Dixon Cradock	13(F)	66.3	67.5	9/11	65	70	-72.5		30	35	-37.5		0	85	90	95		95	209.437	
Katie McGeachy	21 (F)	68.2	75	14/13	100	110	117.5		55	-65	-65		172.5	115	122.5	130		302.5	666.8915	
Matthew Taylor	16 (M)	72.3	75	14/14	-117.5	122.5	130		75	82.5	-87.5		212.5	120	132.5	137.5		350	771.61	
Janine Wheeler	51 (F)	99.6	90+	9/12B	115	125	132.5	-135	57.5	62.5	65	67.5	197.5	122.5	135	145		342.5	755.0755	
Geoff Berenz	26 (M)	66.5	67.5	14/14	142.5	150	152.5		92.5	-97.5	-97.5		245	157.5	-163	-162.5		402.5	887.3515	
Richard Lu	26 (M)	74.8	75	15/13	160	167.5	-172.5		112.5	120	122.5		290	175	187.5	192.5		482.5	1063.7195	
Felix Sun	27 (M)	71	75	11/13	165	170	-172.5		115	120	122.5		292.5	182	192.5	200		492.5	1085.7655	
Daniel Remulla	21 (M)	66	67.5	12/12	180	195	200		137.5	142.5	145	-146	345	205	215	220		565	1245.599	
Luke Redman	19 (M)	74.4	75	15/13									0					0	0	
Alec Moffatt	19 (M)	94	100	17/14	-145	160	-170		87.5	97.5	-105		257.5	145	170	190		447.5	986.5585	
Kenneth Sitthikorn	21 (M)	89	90	14/14	165	175	-180		100	105	-107.5		280	205	212.5	-215		492.5	1085.7655	
Brandon Taylor Racicot	22 (M)	98	100	15/15	195	210	227.5		150	160	170	173	397.5	240	255	265		662.5	1460.5475	
Sean Behan	23 (M)	80.4	82.5	15/14	135	-147.5	-147.5		90	-95	-95		225	170	185	-200		410	903.886	
Dan Canning	25 (M)	113.3	125	17/14	120	135	150		80	90	100		250	150	165	180		430	947.978	
Bobby Bonner	27 (M)	79.9	82.5	15/14	155	162.5	-170		97.5	105	-107.5		267.5	195	205	-210		472.5	1041.6735	
Chris Kornacki	27 (M)	88.3	90	18/16	175	182.5	192.5		125	127.5	-132.5		320	185	192.5	-200		512.5	1129.8575	
Bjorn Torgerson	29 (M)	90	90	13/11	-180	190	210		-150	157.5	165	-173	375	140	160	197.5		572.5	1262.1335	
Chris Goodman	29 (M)	118	125	19/16	-192.5	-205	205		147.5	155	-163.5		360	257.5	272.5	-289		632.5	1394.4095	
Ashwin Naik	32 (M)	95	100	17/16	-155	155	170		95	100	-110		270	205	227.5	237.5		507.5	1118.8345	
Tom Hayes	47 (M)	104.5	110	14/13	155	165	-172.5		117.5	125	-132.5		290	212.5	217.5	227.5		517.5	1140.8805	
Paul Koskinen	48 (M)	100.5	110	15/15	110	125	140		100	-110	-110		240	190	200	-205		440	970.024	
BENCH PRESS ONLY																				
Russell Stocker	49 (M)	123.1	125	16					160	170	-177.5		170					170	374.782	
Richard Moquin	44 (M)	105.3	110	13					167.5	-180	-180		167.5					167.5	369.2705	
Curd Hos	44 (M)	145.3	140+	16					182.5	-192.5	-192.5		182.5					182.5	402.3395	
Ian Sanderson	32 (M)	119.7	125	15					197.5	202.5	-205		202.5					202.5	446.4315	
Clint Harwood	39 (M)	132.6	140	13					200	207.5	-212.5		207.5					207.5	457.4545	
													0					0	0	
													0					0	0	
													0					0	0	