

100% RAW Powerlifting Prairie Power Open

(25th January 2014 Calgary, Alberta)

Lifter	M/F	Age Group	Weight Class	Actual Weight	Weight In	Squat 1	Squat 2	Squat 3	Squat 4	SQ Total	Bench 1	Bench 2	Bench 3	Bench 4	BP Total	Subtotal	Dead 1	Dead 2	Dead 3	Dead 4	DL Total	Meat Total	Strict Curl 1	Strict Curl 2	Strict Curl 3	Strict Curl 4	Strict Curl Total	Press 1	Press 2	Press 3	Press 4	Press Total	
Magdalen Hanson	F	Youth 11 and unde	F44		0					0	10	12.5	15		15	15	30	35	37.5			37.5	52.5										0
Mattea Ahljjah	F	Youth 11 and unde	F44		0					0	10	12.5	15		10	10	25	30	35			35	45										0
Lisa Scheffmaier*	F	M 50-54	52	51.1	112.62	70	72.5	75		72.5	52.5	57.5	60		60	132.5	87.5	92.5	97.5			97.5	230										0
Jill Keilty	F	Sub Master 35-39	52	51.4	113.29					0	55	60	62.5		60	60	85	95	97.5			95	155	24.2	26.7	30.2	30.7	30.2	27.5	32.5	37.5		32.5
Doreen Kimura	F	M 75+	52	51.9	114.39					0	22.5	25	27.5		27.5	27.5	45	50	52.5			52.5	80										0
Agj Veckenstedt	F	M 45-49	56	55.3	121.88					0	35	37.5	40		37.5	37.5						37.5	21.7	24.2	26.7		21.7	0	0	0		0	
Sandra Cappon	F	M 40-44	56	55.7	122.76	72.5	75	77.5		77.5	50	55	55		50	127.5	90	97.5	105			105	232.5										0
Selena Gavins	F	Open 25 and up	60	59.8	131.8	90	95	100		100	57.5	60.5	60.5		57.5	42.5	130	135	137.5			137.5	180										0
Katie McGeachy - BC	F	Junior 20-24	67.5	66.5	146.57	107.5	120	122.5		120	57.5	62.5	65		62.5	182.5	127.5	137.5	142.5			137.5	320										0
Brittany Dewald	F	Junior 20-24	67.5	66.1	145.68	82.5	90	97.5		97.5	47.5	52.5	57.5		57.5	155	112.5	120	142.5			142.5	297.5										0
Katie Barath	F	Sub Master 35-39	67.5	66.5	146.57	60	62.5	65		65	35	37.5	40		37.5	102.5	85	87.5	90			90	192.5										0
Renaë Witzaney*	F	Sub Master 35-39	75	74.3	163.76	100	110	120.5		110	75.5	80	82.5		80	190	120	130	140.5			140.5	330.5	31.7	35.7	36.7		36.7	0	0	0		0
Robin Homans*	F	Open 25 and up	75	73.3	161.55	120	127.5	130		130	65	67.5	70		70	200	137.5	147.5	153			153	353	29.2	34.2	34.2		29.2					0
Selena Gaudet	F	Junior 20-24	75	71.7	158.03	92.5	97.5	105		105	52.5	55	60		55	160	125	132.5	140			140	300										0
Jillian Clark	F	Junior 20-24	75	69.9	154.06	92.5	97.5	105		105	52.5	55	55		55	160	117.5	125	140			125	285										0
Lori McWaters	F	M 40-44	75	72.8	160.45	60	65	72.5		72.5	57.5	62.5	62.5		62.5	135	105	110	112.5			112.5	247.5	26.7	29.2	39.2		29.2					0
Meagan LaFave	F	Open 25 and up	75	69.9	154.06	65	72.5	77.5		72.5	37.5	42.5	45		42.5	115	87.5	92.5	95			95	210										0
John Giffen	M	M 40-44	125	116.8	257.43					0	225	232.5	237.5		232.5	232.5						0	232.5										0
Brenden Eberle - BC	M	Junior 20-24	67.5	67.4	148.55	150	167.5	172.5		172.5	110	125	132.5		125	297.5	205	225	227.5			205	502.5						60	70	80		70
Alex Saretzky	M	Junior 20-24	67.5	66.5	146.57	130	137.5	152.5		152.5	117.5	120	127.5		120	272.5	182.5	205	207.5			205	477.5						0	0	0		0
Eldridge Abat	M	Open 25 and up	82.5	80.9	178.3					0	112.5	127.5	137.5		127.5	127.5	210	235	247.5			235	362.5	46.7	49.2	54.2		49.2	60	70	72.5		70
Bjorn Torgerson - BC	M	Open 25 and up	90	89.9	198.14	230	247.5	247.5	246.5	247.5	155	165	170	172.5	170	417.5	230	242.5	244			230	647.5						90	100	105		105
Beau Hanrahan	M	Junior 20-24	90	87.9	193.73	185	195	205		195	137.5	142.5	150		150	345	200	207.5	215			207.5	552.5										0
Shane Martin*	M	Open 25 and up	100	100	220.4					0	155	167.5	177.5		177.5	177.5						0	177.5	56.7	61.7	64.2		64.2	95	100	105		105
Alex Miles - ON*	M	Teen 18-19	100	97.7	215.33					0					0	265	277.5	285				277.5	277.5										0
Kevin Weiss - BC	M	M 40-44	100	96.4	212.47	205	215	227.5		227.5	150	165	172.5		172.5	400	235	260	272.5			272.5	672.5						90	100	107.5		0
Forrest Gavins	M	Sub Master 35-39	100	97.8	215.55	185	192.5	200		200	142.5	150	150		142.5	342.5	232.5	240	250			250	592.5										0
Andre Trudel	M	Junior 20-24	100	96.4	212.47	185	195	205		205	102.5	110	120		110	315	205	215	227.5			227.5	542.5										0
Eric LeClair	M	Junior 20-24	100	98.6	217.31	175	190	190		190	137.5	137.5	137.5		137.5	327.5	200	207.5	220			220	547.5										0
Andrew Hanson	M	M 40-44	100	97.8	215.55	170	177.5	182.5		182.5	100	110	115		115	297.5	205	220	0			205	502.5										0
Jack Dawson	M	Teen 16-17	100	98.4	216.87	70	80	92.5		92.5	77.5	80	82.5		80	172.5	127.5	132.5	132.5			172.5	380										0
Mike Frost	M	Open 25 and up	100	100	220.4					0	135	140	142.5		140		230	235	240			240	380										0
Herb Veckenstedt	M	M 45-49	100	96.7	213.13					0					0	0						0	56.7	59.2	61.7		61.7	80	85	87.5		85	
Brent Woolnough	M	M 55-59	110	107.1	236.05	165	175	182.5		182.5	135	145	152.5		145	327.5	0	0	0			0	327.5						0	0	0		0
Collin Bonneau	M	M 65-69	110	109.1	240.46	150	170.5	180		180	125.5	145	155		145	325	150	177.5	187.5			177.5	502.5										0
Curtis Durocher	M	Open 25 and up	110	103.8	228.78	220	230	0		230	150	160	0		150	380	260	0	0			260	640						0	0	0		0
James Tworek	M	Open 25 and up	110	106	233.62	142.5	152.5	152.5		142.5	105	110	115		110	252.5	155	165	170			170	422.5						0	0	0		0
Andrew Harding	M	Special Olympian	110	104.5	230.32	135	140	147.5	155.5	147.5	100	105	105		100	247.5	170	180	195			180	427.5										0
Mike Proskow	M	M 45-49	110	101.1	222.82					0	120	122.5	122.5		122.5	122.5	147.5	152.5	162.5			162.5	285	51.7	51.7	0		0	65	70	75		70
Ryan Pelletier	M	Junior 20-24	125	119.7	263.82	220	240	252.5		252.5	140	145	152.5		152.5	405	220	232.5	250			250	655						85	95	97.5		97.5
Aleks Barabas	M	Junior 20-24	125	122.3	269.55	205	215	225		225	125	135	140		135	360	215	237.5	250			237.5	597.5						0	0	0		0
Scott Campbell	M	M 40-44	125	122.3	269.55	165	172.5	180		180	175	182.5	182.5		175	355	0	0	0			0	355	0	0	0		0	0	0		0	
Gordon Gallant	M	Open 25 and up	125	124.8	275.06	232.5	240	242.5		232.5	175	175	175		175	57.5	0	0	0			0	57.5	0	0	0		0	0	0		0	
Blair Fisher - BC	M	M 50-54	140	135.3	298.2					0	127.5	0	0		0	0	237.5	252.5	260	262.5	260	260											0

Best Lifters:

Robin Homans (Female Full Power)

Bjorn Torgerson (Male Full Power)

Renaë Witzaney (Female Bench Press)

John Giffen (Male Bench Press)

Selena Gavins (Female Deadlift)

Alex Miles (Male Deadlift)

Jill Keilty (Female Strict Curl)

Shane Martin (Male Strict Curl)

Jill Keilty (Female Military Press)

Bjorn Torgerson (Male Military Press)

Referees: Mike Armstrong (AB, CAN), Garner Blieske (AB, CAN), Hunter Claypatch (NM, USA), Jackson Lee (PA, USA), & Herb Veckenstedt (AB, CAN)

Indicates World Record

* Indicates Athlete Was Drug-Tested