

# 100% RAW Powerlifting Federation 2013 Western Canadian Nationals

Name	Division	Weight	Class	SQUAT				BENCH				DEADLIFT				TOTAL	LBS	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd			4th
<b>Powerlifting</b>																		
Crystal Grimsen - AB	Open	46.3	48 (F)	60	65	-67.5		42.5	47.5	-52.5		112.5	72.5	82.5	-95		195	429.897
Felicity Chapdelaine - AB	Teen (14-15)	97.4	90+ (F)	35	40	-45		35	40	-45		80	60	70	75	80	155	341.713
Susan Knight - AB	Master (40-44)	96.4	90+ (F)	107.5	110	120		-77.5	-77.5	-77.5		0					0	0
Cole Robinson - AB	Open	88.5	90	170	182.5	190		155	-160	-162.5		345	210	220	227.5		572.5	1262.1335
Andrew Hanson - AB	Master (40-44)	99	100	155	167.5	170		110	120	-122.5		290	190	205	-220		495	1091.277
Andrew Harding - AB	Spec. Olym.	102.9	110	130	140	150	-155.5	90	100	-110.5		250	175	185	195	205.5	445	981.047
Colin Bonneau - AB *	Master (65-69)	115.3	125	150	-190	-190		140	164	-167.5		314	135	190	200		514	1133.1644
Gord Gallant - AB	Open	133.7	140	225	240	-252.5		170	175	-185		415	220	230	247.5		662.5	1460.5475
<b>Bench Press Only</b>																		
Jill Keilty - AB *	Sub-Master (35-39)	51.7	52 (F)					55	60	-62.5		60					60	132.276
Marcella Cameron - AB	Master (45-49)	52	52 (F)					45	-52.5	-52.5		45					45	99.207
Agi Veckenstedt - AB	Master (45-49)	54.2	56 (F)					35	-37.5	-37.5		35					35	77.161
Renaë Witany - AB	Sub-Master (35-39)	74.6	75 (F)					65	-70	-70		65					65	143.299
Alex Sartetsky - AB	Junior (20-24)	66.3	67.5					117.5	122.5	-130		122.5					122.5	270.0635
Eldridge Abat - AB	Open	89.7	90					130	135	-140		135					135	297.621
Garner Blieske - AB	Master (40-44)	93.9	100					137.5	145	150		150					150	330.69
Herb Veckenstedt - AB	Master (45-49)	97	100					115	122.5	-132.5		122.5					122.5	270.0635
Mike Proskow - AB	Master (45-49)	99.5	100					112.5	115	117.5		117.5					117.5	259.0405
James Tvorek - AB	Open	108	110					92.5	102.5	110		110					110	242.506
John Giffen - AB *	Master (40-44)	119.4	125					220	-230.5	230.5	-235	230.5					230.5	508.1603
Gord Walker - AB	Master (45-49)	120.3	125					145	155	-165		155					155	341.713
Scott Campbell - AB	Master (40-44)	133.9	140					175	185	195	-200	195					195	429.897
Blair Fisher - BC	Master (50-54)	136.6	140					115	125	130	-132.5	130					130	286.598
<b>Deadlift Only</b>																		
Addison Price - AB	Youth (11 & Under)	31.4	44 (F)									0	20	25	-27.5		25	55.115
Ara Price - AB	Youth (11 & Under)	19.7	44 (F)									0	35	45	50		50	110.23
Mattea Ahijah - AB	Youth (11 & Under)	30.2	44 (F)									0	20	-25	25		25	55.115
Jill Keilty - AB *	Sub-Master (35-39)	51.7	52 (F)									0	80	85	90	95	90	198.414
Alex Sartetsky - AB	Junior (20-24)	66.3	67.5									0	167.5	177.5	185		185	407.851
Eldridge Abat - AB	Open	89.7	90									0	215	220	230		230	507.058
Mike Proskow - AB	Master (45-49)	99.5	100									0	142.5	147.5	160		160	352.736
James Tvorek - AB	Open	108	110									0	135	147.5	160		160	352.736
Blair Fisher - AB	Master (50-54)	136.6	140									0	207.5	235	245	250	245	540.127
<b>Strict Curl</b>																		
Jill Keilty - AB *	Sub-Master (35-39)	51.7	52 (F)	22.3	24.3	26.8	29.3					26.8					26.8	59.08328
Marcella Cameron - AB	Master (45-49)	52	52 (F)	22.3	24.3	26.8	29.3					26.8					26.8	59.08328
Agi Veckenstedt - AB	Master (45-49)	54.2	56 (F)	19.3	21.8	24.3	-24.8					24.3					24.3	53.57178
Renaë Witzany - AB	Sub-Master (35-39)	74.6	75 (F)	29.3	31.8	-35.8						31.8					31.8	70.10628
Garner Blieske - AB	Master (40-44)	93.9	100	56.8	61.8	-64.3						61.8					61.8	136.24428
Herb Veckenstedt - AB	Master (45-49)	97	100	57.3	61.8	-64.3						61.8					61.8	136.24428
Mike Proskow - AB	Master (45-49)	99.5	100	49.3	51.8	-64.3						51.8					51.8	114.19828
Scott Campbell - AB	Master (45-49)	133.9	140	54.3	61.8	64.3	-66.8					64.3					64.3	141.75578
* Indicates Athlete Was Drug-Tested																		
Indicates World Record																		