

2016 100%RAW Western Canadian Championships

Calgary, AB, Canada

June 4-5 2016

FEMALE FULL POWER

Name	Age	Div	BWt (Kg)	WTCLs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
McKenna Kozina	16	F-17	46.5	48	1.3553	45	55	70	77.5	70	45	-50	-50		45	45	65	80		80	195	264.2835
Christina Lam	27	F-O	47.8	48	1.3285	82.5	90	-92.5		90	55	57.5	-60		57.5	112.5	117.5	123.5	128	123.5	271	360.0235
Peyton Swagar	13	F-13	55.5	56	1.1849	42.5	47.5	52.5		52.5	25	32.5	37.5		37.5	65	67.5	70		70	160	189.584
Sherine Thoummarath	21	F-J	54.9	56	1.195	112.5	120	-125		120	52.5	60	-62.5		60	142.5	158	-160		158	338	403.91
Taylor Mann	18	F-19	56.6	60	1.1668	75	77.5	82.5		82.5	50	52.5	55		55	92.5	95	97.5		97.5	235	274.198
Kaitlyn Coolen	23	F-J	58.9	60	1.131	85	85	-90		85	37.5	40	-42.5		40	105	112.5	120	-125.5	120	245	277.095
Sandra Cappon	47	F-45	60	60	1.1149	80	87.5	92.5	95	92.5	57.5	-60	-60		57.5	115	125	130	132.5	130	280	312.172
Liv Price	17	F-17	64.8	67.5	1.0515	102.5	-110	-110		102.5	52.5	55	57.5		57.5	107.5	110	115		115	275	289.1625
Megan Kretschmer	26	F-O	63.5	67.5	1.0676	110	115	120		120	60	-65	-65		60	127.5	140	-150		140	320	341.632
Andrea Melito	25	F-O	65.7	67.5	1.0408	97.5	105	117.5		117.5	57.5	-67.5	-67.5		57.5	115	125	-137.5		125	300	312.24
Crystal Tueseck	30	F-O	66.9	67.5	1.0272	95	100	105		105	45	52.5	55		55	117.5	122.5	127.5		127.5	287.5	295.32
Jessica Stephens	25	F-O	65.3	67.5	1.0455	67.5	-80	-80		67.5	35	40	-45		40	87.5	92.5	105		105	212.5	222.16875
Gillian McCann	35	F-SM	66.8	67.5	1.0283	102.5	107.5	110	112.5	110	67.5	72.5	75		75	130	140	145		145	330	339.339
Leyla Guliyeva	35	F-SM	64.5	67.5	1.0551	82.5	90	95		95	52.5	-57.5	-57.5		52.5	122.5	135	142.5		142.5	290	305.979
Sheila Sutton	39	F-SM	67.2	67.5	1.0239	92.5	102.5	107.5	-112.5	107.5	45	-52.5	52.5		52.5	110	120	130		130	290	296.931
Carla Morris	38	F-SM	64.7	67.5	1.0527	82.5	85	-90		85	50	52.5	-57.5		52.5	85	92.5	-100		92.5	230	242.121
Elizabeth Fraser	19	F-19	73.6	75	0.9621	92.5	100	-110		100	55	62.5	65	-67.5	65	117.5	-125	-125		117.5	282.5	271.79325
Meghan Trebilco	23	F-J	74	75	0.9587	97.5	107.5	112.5		112.5	75	77.5	-80		77.5	122.5	135	140	143	140	330	316.371
Ashley Proulx	20	F-J	73.6	75	0.9621	72.5	80	85		85	50	52.5	57.5		57.5	110	117.5	122.5		122.5	265	254.9565
Caitlin Ryan	22	F-J	70.3	75	0.9919	70	75	-80		75	35	-40	-40		35	77.5	82.5	90		90	200	198.38
Bonni Rogers	31	F-O	72.2	75	0.9742	110	115	-120		115	67.5	-70	-70		67.5	157.5	165	172.5		172.5	355	345.841
Erin Kronstedt	29	F-O	70.6	75	0.989	92.5	100	105		105	57.5	60	-62.5		60	117.5	-127.5	127.5		127.5	292.5	289.2825
Sylwia Wenslaw	32	F-O	71.6	75	0.9797	-75	77.5	80		80	-50	-50	-50		0	107.5	-112.5	112.5		112.5	192.5	188.59225
Marissa Brolo	40	F-40	74.5	75	0.9547	-97.5	100	-110		100	60	62.5	-65		62.5	120	130	137.5	-142.5	137.5	300	286.41
Geri Reimer	47	F-45	70.7	75	0.9881	82.5	-87.5	92.5		92.5	55	60	-65		60	105	110	120		120	272.5	269.25725
Allison MacNearney	54	F-50	74.1	75	0.9579	52.5	62.5	72.5		72.5	35	37.5	40		40	92.5	110	120		120	232.5	222.71175
Zahra Woods	19	F-19	79.7	82.5	0.9169	-90	95	100		100	45	50	-55		50	105	115	-125		115	265	242.9785
Taylor Wheatley	26	F-O	80.1	82.5	0.9144	95	102.5	-107.5		102.5	65	70	-72.5		70	132.5	140	-147.5		140	312.5	285.75
Vanessa Reed	33	F-O	80.2	82.5	0.9137	105	110	-112.5		110	57.5	-62.5	62.5		62.5	-115	115	-120		115	287.5	262.68875
Nora Kish	39	F-SM	81.6	82.5	0.9052	112.5	120	-125		120	55	57.5	-60		57.5	140	147.5	-155		147.5	325	294.19
Jenn Swagar	42	F-40	75.5	82.5	0.7093	-85	90	95		95	75	80	-85		80	130	135	140		140	315	223.4295
Lori McWatters	46	F-45	81.1	82.5	0.9082	80	85	88	90	88	57.5	63.5	-65		63.5	115	125	131		131	282.5	256.5665
Michelle Balsillie	45	F-45	78.6	82.5	0.9242	80	85	87.5		87.5	47.5	52.5	57.5	-64	57.5	90	95	100		100	245	226.429
Margaret Estabrooks	68	F-65	79.6	82.5	0.9176	47.5	-52.5	52.5		52.5	35	37.5	40		40	82.5	87.5	92.5		92.5	185	169.756
Dawn Krpan	39	F-SM	84.5	90	0.8891	107.5	117.5	125	130	125	57.5	60	-65		60	135	147.5	155		155	340	302.294
Suzanne Westcott	42	F-40	85.9	90	0.8821	102.5	107.5	112.5		112.5	65	-70	-70		65	112.5	117.5	125		125	302.5	266.83525
Amber Hamilton	34	F-O	100.7	90+	0.8309	110	115	120		120	70	77.5	-86		77.5	125	135	145		145	342.5	284.58325
Alanna Gibson	35	F-SM	118.7	90+	0.8012	97.5	110	-120		110	65	70	72.5		72.5	110	120	130		130	312.5	250.375

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Nigel Whitford	24	M-J	55.6	56	0.9168	130	135	140		140	90	95	100	102.5	100	165	175	185	-190	185	425	389.64
Alex (Obi-Wan) Saretsky	26	M-O	67	67.5	0.7756	185	195	197.5		197.5	-140	-140	-140		0	220	-230	-230		220	417.5	323.813
Colin Yuen	29	M-O	65.1	67.5	0.7942	100	112.5	122.5		122.5	70	-77.5	-77.5		70	140	150	162.5		162.5	355	281.941
Rahul Singh	26	M-O	67.5	67.5	0.771	92.5	-97.5	97.5		97.5	70	77.5	-85		77.5	137.5	142.5	-147.5		142.5	317.5	244.7925
Brenden Eberle	23	M-J	74.7	75	0.7146	0				0	142.5	147.5	-150		147.5	250	260	-272.5		260	407.5	291.1995
Victor Akpawan	28	M-O	82.1	82.5	0.6719	207.5	217.5	0		217.5	125	137.5	142.5		142.5	260	280.5	0		280.5	640.5	430.35195
Kyle Winstanley	28	M-O	82.4	82.5	0.6704	175	-180	-182.5		175	122.5	127.5	-132.5		127.5	232.5	-245	-245		232.5	535	358.664
Gordon Daviau	33	M-O	82.1	82.5	0.6719	-170	170	-180		170	-100	-115	115		115	200	212.5	-220		212.5	497.5	334.27025
Vitalie Ursu	36	M-SM	80.2	82.5	0.6816	210	230	-240		230	160	-170	-170		160	250	272.5	-280		272.5	662.5	451.56
Kory Kozina	35	M-SM	82.4	82.5	0.6704	137.5	160	-165		160	92.5	-100	-100		92.5	160	-170	-170		160	412.5	276.54
Paul Butts	46	M-45	88.9	90	0.6424	125	-135	-135		125	-85	87.5	-90		87.5	140	152.5	-160		152.5	365	234.476
Colin Mullany	56	M-55	86.5	90	0.6519	100	0	0		100	120	128	132.5	-137.5	132.5	100	0	0		100	332.5	216.75675
Stanley Guedes	31	M-O	89.1	90	0.6417	240	255	-265		255	140	147.5	152.5		152.5	282.5	305	-317.5		305	712.5	457.21125
Kyle Kirzinger	32	M-O	87.1	90	0.6495	135	147.5	155		155	82.5	87.5	-95		87.5	165	180	190		190	432.5	280.90875
Brodie Pattenden	30	M-O	89.4	90	0.6406	117.5	132.5	140		140	87.5	97.5	-107.5		97.5	145	155	162.5		162.5	400	256.24
Warren Carrol	40	M-40	96.4	100	0.618	170	177.5	-182.5		177.5	130	137.5	-145		137.5	165	175	185		185	500	309
Spencer Stevens	48	M-45	92.5	100	0.6298	140	150	162.5		162.5	70	80	87.5	-108	87.5	160	175	190	-201	190	440	277.112
Kevin Lutz	23	M-J	99.5	100	0.6098	217.5	235	242.5		242.5	165	172.5	-177.5		172.5	225	240	250		250	665	405.517
Christopher (CJAY)Carrera	23	M-J	97.2	100	0.6158	195	205	212.5		212.5	147.5	-160	-160		147.5	240	250	-260		250	610	375.638
Sebastian Lindner	27	M-O	99.4	100	0.6101	205	215	-220		215	125	130	135		135	237.5	250	255		255	605	369.1105
Blair Lunau	34	M-O	90.5	100	0.6366	-122.5	132.5	137.5		137.5	95	105	107.5	110	107.5	160	175	190	201	190	435	276.921
Dawson Holloway	31	M-O	95.2	100	0.6214	-150	157.5	162.5		162.5	95	-97.5	97.5		97.5	162.5	172.5	180		180	440	273.416
Andrew Harding	34	M-O	94.6	100	0.6232	130	135	-145		135	90	95	97.5		97.5	160	175	190	-201	190	422.5	263.302
Patrick Cullum	46	M-45	108.7	110	0.5907	210	215	-225		215	-130	-130	-130		0	182.5	225	240		240	455	268.7685
Mike Proskow	50	M-50	106	110	0.5956	105	110	115		115	137.5	140	-145		140	150	160	170		170	425	253.13
Brent Woolnough	58	M-55	109.1	110	0.59	-175	175	0		175	135	142.5	147.5	150	147.5	-190	-190	-190		0	322.5	190.275
Alexander Pronchuk	23	M-J	104.1	110	0.5994	220	232.5	-242.5		232.5	142.5	150	-152.5		150	255	280	-295		280	662.5	397.1025
Robby Wang	26	M-O	108.3	110	0.5914	190	205	-210		205	110	-120	120		120	230	247.5	-260		247.5	572.5	338.5765
Mike Frost	29	M-O	124.9	125	0.5699	195	205	212.5		212.5	167.5	172.5	175		175	260	272.5	282.5		282.5	670	381.833
Chris Caleffi	32	M-O	111	125	0.5869	180	192.5	200		200	130	137.5	145		145	205	212.5	-225		212.5	557.5	327.19675
Justin Fraser	29	M-O	120.9	125	0.5739	162.5	177.5	-185		177.5	102.5	110	-120		110	182.5	192.5	205		205	492.5	282.64575

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PUSH/PULL

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Meagen Lynn	31	F-O	102.6	90+	0.8266	0				0	52.5	-57.5	-57.5		52.5	95	105	-137.5		105	157.5	130.1895
Mark Anderson	32	M-O	135.2	140	0.5618	0				0	100	107.5	-110		107.5	180	-190	195		195	302.5	169.9445

BENCH ONLY

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Cory Fisher	44	F-40	58.8	60	1.1325	0				0	60	65	-67.5		65	0				0	65	73.6125
Teresa Lindgren	32	F-O	73.7	75	0.9613	0				0	47.5	50	-55		50	0				0	50	48.065
Stephanie Miller	37	F-SM	68.9	75	1.0059	0				0	45	-50	-50		45	0				0	45	45.2655
Alan Day	91	M-90	74.4	75	0.7166	0				0	57.5	63	65	-68	65	0				0	65	46.579
Mike Habina	50	M-50	81.3	82.5	0.6759	0				0	127.5	132.5	-137.5		132.5	0				0	132.5	89.55675
Kevin Wais	25	M-O	81.4	82.5	0.6754	0				0	173	183	187	191	187	0				0	187	126.2998
Garner Bleskie	46	M-45	89.9	90	0.6388	0				0	137.5	-142.5	142.5		142.5	0				0	142.5	91.029
Tom Hoekstra	56	M-55	118	125	0.5772	0				0	-145	145	150		150	0				0	150	86.58

DEADLIFT ONLY

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score
Gino Caleffi	10	M-11	28.6	48	#N/A	0				0	0				0	50	55	-60		55	55	
Theoren Wood	26	M-O	106.5	110	0.5946	0				0	0				0	210	220	232.5		232.5	232.5	138.2445