

**100%RAW Powerlifting Canada**  
**2016 Alberta Provincial Championships**  
**Calgary, Alberta November 12, 2016**

**Full Power Female**

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
Catherine Beninger	22	F-J	43.4	44	1.4209	70	-72	-75		70	37.5	40	-45		40	75	85	92.5	-97.5	92.5	202.5	287.73225
Rylea Yanke	20	F-J	47.2	48	1.3408	65.5	-67.5	67.5	-70	67.5	57.5	-60.5	-60.5		57.5	92.5	-97.5	-97.5		92.5	217.5	291.624
Winnie Fong	32	F-O	55.1	56	1.1916	55	65	70		70	35	37.5	-40		37.5	-80	80	90		90	197.5	235.341
Nicola McDivitt	24	F-J	57.2	60	1.1572	47.5	55	60		60	40	-45	45		45	70	75	82.5		82.5	187.5	216.975
Felicia Leask	24	F-J	58.3	60	1.1401	-105	110	112.5		112.5	-57.5	-57.5	-57.5		0	110	-115	0		110	0	0
Sarah Gough	39	F-SM	59.8	60	1.1178	105	-110	-110		105	42.5	-47.5	-52.5		42.5	117.5	120	122.5		122.5	270	301.806
Katie Barath	42	F-40	58.5	60	1.1371	82.5	87.5	92.5		92.5	47.5	50	52.5		52.5	110	-115	115		115	260	295.646
Alexa Drummond	25	F-O	63.5	67.5	1.0676	115	120	125		125	-67.5	67.5	70		70	132.5	-135	-135		132.5	327.5	349.639
Tracy Normandeau	30	F-O	61.4	67.5	1.0952	70	75	80		80	57.5	-60	-60		57.5	102.5	110	115		115	252.5	276.538
Laurenne Patterson	37	F-SM	66.1	67.5	1.0362	110	112.5	115		115	60	62.5	-65		62.5	132.5	135	137.5		137.5	315	326.403
Yasmen Muhssin	25	F-O	72.5	75	0.9716	42.5	-60	60		60	30	35	-40		35	62.5	80	90		90	185	179.746
Robyn Koolen	32	F-O	72.5	75	0.9716	110	-120	125		125	57.5	62.5	67.5		67.5	137.5	150	162.5		162.5	355	344.918
Elizabeth Hamilton	37	F-SM	74.4	75	0.9555	-92.5	-97.5	97.5		97.5	57.5	-62.5	65		65	107.5	115	125		125	287.5	274.70625
Kathleen MacDonald	38	F-SM	74	75	0.9587	95	100	105		105	47.5	52.5	-60		52.5	107.5	115	122.5		122.5	280	268.436
Marisa Brolo	41	F-40	74.3	75	0.9563	87.5	97.5	110		110	55	60	-65		60	135	140	145		145	315	301.2345
Andrea Maksymowich	41	F-40	71.3	75	0.9824	60	65	-70		65	35	-40	40		40	72.5	-82.5	85		85	190	186.656
Joan Buccat	24	F-J	79.6	82.5	0.9176	110	125	-130		125	55	60	65		65	100	115	125		125	315	289.044
Laura Manzanares	30	F-O	81.2	82.5	0.9076	85	92.5	95		95	47.5	-55	55		55	112.5	127.5	-132.5		127.5	277.5	251.859
Tracey Ridgway	49	F-45	83.9	90	0.8923	-62.5	62.5	77.5		77.5	35	47.5	52.5		52.5	100	112.5	-120		112.5	242.5	216.38275
Jose Potter	53	F-50	100.5	90+	0.8314	117.5	125	133	135.5	133	73	78	-80		78	162.5	-175.5	-175.5		162.5	373.5	310.5279

**Full Power Male**

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
Tyler Hay	18	M-19	57.8	60	0.883	90	100	107.5		107.5	60	-65	65	67.5	65	140	150	155	160	155	327.5	289.1825
Corey Drake	26	M-O	58.8	60	0.8689	130	-135	137.5		137.5	105	110	-115		110	150	157.5	165		165	412.5	358.42125
Shane Frey	37	M-SM	67.2	67.5	0.7738	147.5	162.5	-165		162.5	97.5	-102.5	-102.5		97.5	192.5	205	210	-215	210	470	363.686
Brenden Eberle	24	M-J	74.2	75	0.7179	170	177.5	182.5		182.5	145	150	-152.5		150	255	260	-272.5		260	592.5	425.35575
Antony Trusilo	23	M-J	82.5	82.5	0.6699	175	180	182.5		182.5	132.5	142.5	147.5		147.5	190	205	207.5		207.5	537.5	360.07125
Kyle Winstanley	29	M-O	80.6	82.5	0.6795	-165	-172.5	172.5		172.5	-130	-130	-130		0	230	237.5	-240		237.5	0	0
David McNeil	19	M-19	86.2	90	0.6532	172.5	180	185		185	120	127.5	-130		127.5	230	237.5	-242.5		237.5	550	359.26
Dave Nisbet	31	M-O	89.5	90	0.6402	-160	167.5	175		175	125	132.5	137.5		137.5	205	215	220		220	532.5	340.9065
Kory Kozina	36	M-SM	88.5	90	0.644	165	-177.5	-177.5		165	100	107.5	-110		107.5	160	-182.5	182.5		182.5	455	293.02
Christopher Carrera	24	M-J	97.3	100	0.6155	192.5	205	-215		205	152.5	-155	-155		152.5	227.5	240	-252.5		240	597.5	367.76125
Alex Pronchuk	24	M-J	98.4	100	0.6126	215	222.5	230		230	145	147.5	150		150	265	275	285		285	665	407.379
Daniel DeBrocke	27	M-O	98	100	0.6136	180	200	-210		200	125	-135	-135		125	220	227.5			227.5	552.5	339.014
Andrew Harding	35	M-SM	97.1	100	0.6161	125	132.5	140		140	95	-105	-105		95	165	175	190	-202.5	190	425	261.8425
Vaughn Johnson	47	M-45	98.2	100	0.6131	155	170	182.5	190	182.5	110	120	122.5		122.5	200	215	235		235	540	331.074
Theoren Wood	27	M-O	100.7	110	0.6069	175	182.5	190		190	-120	-125	125		125	227.5	235	237.5		237.5	552.5	335.31225
Brent Woolnough	59	M-55	108.8	110	0.5905	160	170	180		180	142.5	-147.5			142.5	160	170	180		180	502.5	296.72625
Ryder Leach	22	M-J	123.1	125	0.5717	165	172.5	180		180	90	97.5	-102.5		97.5	170	182.5	190		190	467.5	267.26975
Adam Price	41	M-40	111	125	0.5869	245	260.5	272.5		272.5	165	175.5	182.5		182.5	245	255	260		260	715	419.6335
Joseph Pors	23	M-J	128.1	140	0.5671	-147.5	-175	177.5		177.5	110	122.5	127.5		127.5	210	222.5	-235		222.5	527.5	299.14525

### Bench Only

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score
McKenna Kozina	16	F-17	46.3	48	1.3594	47.5	-51	51	-52.5	51	69.3294
Cory Fisher	45	F-45	58.8	60	1.1325	65	67.5	70	-72.5	70	79.275
Angelo Addante	25	M-O	155.8	SHW	0.5503	-117.5	-130	-130		0	0
Kevin Wais	26	M-O	85.7	90	0.6553	172.5	182.5	188		188	123.1964

### Military Press

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score
Shane Frey	37	M-SM	67.2	67.5	0.7738	55	65	67.5	-70	67.5	52.2315
Mike Moorhead	40	M-40	100	100	0.6086	105	110	112.5	-120	112.5	68.4675
Des Peddle	45	M-45	161.5	SHW	0.5475	-110	110	115	-120	115	62.9625
McKenna Kozina	16	F-17	46.3	48	1.3594	35	-39.5	-39.5		35	47.579
Angelo Addante	25	M-O	155.8	SHW	0.5503	75	-90	-110.5		75	41.2725