

100%RAW Powerlifting Federation Canada
2019 Cast A Shadow
Squamish, BC Feb 2, 2019

Sanction 3 Event - Referees in attendance - Andrew Noury (3), Danica Smith (3) Andrew Smith (3), Kristen Stewart (2) Colin DeWolfe (1)

Female Full Power and Single Lift

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
Hannah Kaminski	24	F-J	51.9	52	1.2485	110.0	115.0	-120.0		115.0	52.5	55.5	57.5	-60.5	57.5	125.0	-132.5	-132.5		125.0	297.5	371.43
Lisa Budau	24	F-J	54.1	56	1.2088	85.0	92.5	97.5		97.5	50.0	55.0	60.0		60.0	100.0	115.0	127.5		127.5	285.0	344.51
Alana Parrett	37	F-SM	54.3	56	1.2054	82.5	85.0	-87.5		85.0	47.5	52.5	60.0		60.0	120.0	125.0	-130.0		125.0	270.0	325.458
Chelsea Ruzik	26	F-O	59.4	60	1.1236	70.0	75.0	80.0		80.0	50.0	52.5	55.0		55.0	95.0	100.0	105.0		105.0	240.0	269.664
Isabelle Hourigan	29	F-O	58.9	60	1.131	95.0	97.5	100.0		100.0	52.5	55.0	-57.5		55.0	112.5	117.5	120.0		120.0	275.0	311.025
Jenny Austin	34	F-O	59.2	60	1.1266	75.0	80.0	82.5		82.5	47.5	50.0	-52.5		50.0	120.0	-122.5	-125.0		120.0	252.5	284.4665
Karen Ogilvie	43	F-40	58.3	60	1.1401	-80.0	85.0	90.0		90.0	60.0	62.5	65.5		65.5	130.0	135.0	-140.0		135.0	290.5	331.19905
Lisa Lethbridge	26	F-O	66.9	67.5	1.0272	140.0	147.5	155.0		155.0	70.0	75.0	-80.0		75.0	160.0	175.0	183.5		183.5	413.5	424.7472
Amanda Penwill	28	F-O	66.8	67.5	1.0283	95.0	105.0	110.0		110.0	52.5	57.5	-60.0		57.5	-110.0	122.5	132.5		132.5	300.0	308.49
Breanne Manson	34	F-O	62.4	67.5	1.0818	85.0	-87.5	90.0		90.0	52.5	55.0	60.0		60.0	120.0	122.5	125.0		125.0	275.0	297.495
Angela Whalen	37	F-SM	66.4	67.5	1.0328	80.0	-87.5	92.5		92.5	42.5	47.5	-50.0		47.5	100.0	112.5	120.0		120.0	260.0	268.528
Andrea Kilroy	39	F-SM	66	67.5	1.0374											115.0	122.5	127.5		127.5	127.5	132.2685
Maria McElman	41	F-40	67.1	67.5	1.025	80.0	87.5	-95.0		87.5	45.0	-55.0	-57.5		45.0	100.0	110.0	-120.0		110.0	242.5	248.5625
Andrea Yeung-Meadows	42	F-40	67.5	67.5	1.0206	60.0	65.0	-67.5		65.0	-42.5	45.0	-47.5		45.0	87.5	92.5	100.0		100.0	210.0	214.326
Carlee Grant	42	F-40	60.9	67.5	1.1021	90.0	-95.0	100.0		100.0	57.5	60.0	-62.5		60.0	130.0				130.0	290.0	319.609
Tonya Motyka	48	F-45	59.6	67.5	1.1207	110.0	120.0	-127.5		120.0	70.0	75.0	-77.5		75.0	147.5	-157.5	157.5		157.5	352.5	395.04675
Sarah Clark	51	F-50	67	67.5	1.0261	87.5	-95.0	97.5		97.5	52.5	55.0	-57.5		55.0	120.0	125.0	130.0		130.0	282.5	289.87325
Robyn Schenk	15	F-15	69.2	75	1.0028	90.0	95.0	100.0		100.0	52.5	55.0	-57.5		55.0	112.5	120.0	127.5		127.5	282.5	283.291
Gillian Chitty	31	F-O	73	75	0.9672	92.5	102.5	-105.0		102.5	60.0	65.0	-70.0		65.0	115.0	122.5	127.5		127.5	295.0	285.324
Sue O'Connell	34	F-O	73	75	0.9672	85.0	90.0	95.0		95.0	50.0	52.5	-55.0		52.5	130.0	137.5	142.5		142.5	290.0	280.488
Rachele Hicks	40	F-40	70.8	75	0.9871	107.5	112.5	117.5		117.5	52.5	57.5	60.0		60.0	-137.5	137.5	142.5		142.5	320.0	315.872
Kathy Brennan	63	F-60	74.7	75	0.953	-95.0	100.0	105.0		105.0	47.5	50.0	52.5		52.5	117.5	122.5	-127.5		122.5	280.0	266.84
Tia Pascuzzi	15	F-15	75.6	82.5	0.9459	90.0	95.0	100.0		100.0	52.5	-57.5	-57.5		52.5	102.5	110.0	115.0		115.0	267.5	253.02825
Tania Perizzolo	28	F-O	77.3	82.5	0.9333	80.0	85.0	87.5		87.5	47.5	50.0	-52.5		50.0	110.0	115.0	-120.0		115.0	252.5	235.65825
Suzanne Thomas	42	F-40	79	82.5	0.9215	85.0	90.0	95.0		95.0	45.0	47.5	-50.0		47.5	97.5	110.0	120.0		120.0	262.5	241.89375
Kaitlyn Wittow	15	F-15	85.1	90	0.8861	60.0	65.0	70.0		70.0	42.5	45.0	-47.5		45.0	75.0	80.0	85.0		85.0	200.0	177.22
Samantha Cox	34	F-O	89.5	90	0.8661	97.5	102.5	107.5		107.5	57.5	60.0	62.5		62.5	125.0	130.0	-137.5		130.0	300.0	259.83
Alyssia DeWolfe	29	F-O	92 90+		0.8565	102.5				102.5	80.0	85.5	87.5	-90.0	87.5	125.0	150.0	160.0		160.0	350.0	299.775
Anita Wempe	40	F-40	129 90+		0.7894	65.0	70.0	72.5		72.5	40.0	45.0	-47.5		45.0	100.0	107.5	117.5		117.5	235.0	185.509
Suzenna Matty	40	F-40	96.8 90+		0.841	65.0	70.0	72.5		72.5	40.0	45.0	50.0		50.0	100.0	107.5	117.5		117.5	240.0	201.84

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Ayden Collier	13	M-13	62.4	67.5	0.8235	52.5	57.5	-62.5		57.5	30.0	35.0	-37.5		35.0	75.0	80.0	85.0		85.0	177.5	146.17125
Ethan Skiffington	15	M-15	67.5	67.5	0.771	102.5	107.5	110.0		110.0	62.5	65.0	67.5		67.5	130.0	135.0	140.0		140.0	317.5	244.7925
Ryan Bell	20	M-J	69.7	75	0.7519	165.0	175.0	-185.0		175.0	97.5	-107.5	-112.5		97.5	175.0	187.5	-197.5		187.5	460.0	345.874
Sean Sikorski	46	M-45	72.8	75	0.7278	162.5	170.0	-172.5		170.0	130.0	137.5	142.5		142.5	175.0	185.0	192.5		192.5	505.0	367.539
Jordan Haddad	25	M-O	77.3	82.5	0.6981	-160.0	167.5	180.0		180.0	100.0	-105.0	-105.0		100.0	215.0	227.5	-240.0		227.5	507.5	354.28575
Cosmin Olteanu	43	M-40	82.5	82.5	0.6699	215.0	228.0	235.0		235.0	115.0	120.0	125.0		125.0	225.0	-235.0	-235.0		225.0	585.0	391.8915
Kevin Haberl	59	M-55	81.6	82.5	0.6744	165.0	182.5	192.5		192.5	95.0	100.0	-102.5		100.0	165.0	177.5	187.5		187.5	480.0	323.712
Damien Rattee	25	M-O	87.1	90	0.6495	190.0	205.0	-215.0		205.0	132.5	140.0	-145.0		140.0	217.5	235.0	245.0		245.0	590.0	383.205
Lucas Paczek	28	M-O	88.7	90	0.6432	155.0	160.0	-162.5		160.0	-105.0	110.0	115.0		115.0	180.0	190.0	200.0		200.0	475.0	305.52
Zac McHugh	36	M-SM	86.3	90	0.6528	155.0	160.0	165.0		165.0	90.0	95.0	-100.0		95.0	180.0	185.0	195.0		195.0	455.0	297.024
Dan Wales	37	M-SM	84.9	90	0.6588	-180.0	190.0	-200.0		190.0	115.0	-125.0	125.0		125.0	215.0	235.0	-250.0		235.0	550.0	362.34
Mike Rafferty	45	M-45	82.6	90	0.6694	175.0	182.5	187.5		187.5	107.5	112.5	115.0		115.0	175.0	182.5	190.0		190.0	492.5	329.6795
Kyle Huard	20	M-J	96.7	100	0.6172	175.0	182.5	187.5		187.5	115.0	120.0	-127.5		120.0	195.0	207.5	-215.0		207.5	515.0	317.858
Kailen Smith	20	M-J	91.4	100	0.6335	200.0	212.5	222.5		222.5	135.0	142.5	145.0		145.0	245.0	257.5	267.5		267.5	635.0	402.2725
Jon Anctil	33	M-O	98.6	100	0.6121	142.5	155.0	165.0		165.0	102.5	110.0	115.0		115.0	187.5	197.5	-205.0		197.5	477.5	292.27775
Daryn Collier	46	M-45	99.6	100	0.6096	150.0	157.5	167.5		167.5	92.5	95.0	-97.5		95.0	187.5	197.5	210.0		210.0	472.5	288.036
Giles Weeden	47	M-45	95.2	100	0.6214	140.0	152.5	-160.0		152.5	90.0	97.5	-100.0		97.5	187.5	202.5	-207.5		202.5	452.5	281.1835
Luke Kavanagh	31	M-O	107.8	110	0.5923	135.0	150.0	165.0		165.0	87.5	92.5	97.5		97.5	165.0	177.5	190.0		190.0	452.5	268.01575
Rob Wilkins	38	M-SM	109.1	110	0.59						195.0	205.0	215.0		215.0	195.0	205.0	215.0		215.0	215.0	126.85
Jamie Robertson	52	M-50	100.4	110	0.6076	135.0	140.0	-145.0		140.0	97.5	102.5	105.0		105.0	135.0	142.5	150.0		150.0	395.0	240.002
Matthew Lucas	41	M-40	114.9	125	0.5812	180.0	190.0	200.0		200.0	110.0	117.5	125.0		125.0	230.0	245.0	-260.0		245.0	570.0	331.284
Nick Johnson	21	M-J	131.6	140	0.5644	175.0	185.0	192.5		192.5	115.0	-122.5	-122.5		115.0	207.5	220.0	-230.0		220.0	527.5	297.721
Douglas Leary	28	M-O	130	140	0.5656	152.5	162.5	172.5		172.5	-145.0	150.0	160.0		160.0	185.0	195.0	210.0		210.0	542.5	306.838
Nick Morneau	34	M-O	130.4	140	0.5653	270.0	-295.0			270.0	190.0	205.0			205.0	305.0	330.0	-340.0		330.0	805.0	455.0665
Adam Munnings	38	M-SM	168.8	SHW	0.5438	222.5	235.0	-260.0		235.0	112.5	122.5	-127.5		122.5	205.0	225.0	240.0		240.0	597.5	324.9205