

100%RAW Powerlifting Federation Canada

2019 Hub Power Open

High River, AB April 6, 2019

Sanction 3 Event - Referees in attendance - Mike Proskow (3), Lori McWatters (3), Megan Bain (3), Colin Dewolfe (1), Ally DeWolfe (1), Kari Pearson (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
Marcella Fortini Cameron	52	F-50	49.8	52	1.2885	76.0	-80.0	80.0		80.0	52.5	55.0	-57.5		55.0	92.5	97.5	-102.5		97.5	232.5	299.58
Nicola McDivitt	27	F-O	58.5	60	1.1371	75.0	80.0	-85.0		80.0	47.5	52.5	57.5		57.5	125.0	132.5	137.5		137.5	275.0	312.70
Kennedy Macinnes	11	F-11	64	67.5	1.0613	-27.5	-27.5	30.0		30.0	20.0	22.5	27.5	-30.5	27.5	50.0	65.0	-72.5		65.0	122.5	130.01
Chelsey Morck	29	F-O	65.3	67.5	1.045	95.0	100.0	105.0		105.0	50.0	52.5	-55.0		52.5	95.0	100.0	110.0		110.0	267.5	279.54
Megan Bain	29	F-O	64.4	67.5	1.0564	110.0	117.5	125.0		125.0	70.0	75.0	77.5		77.5	130.0	140.0	150.0		150.0	352.5	372.38
Ashley Johnston	26	F-O	73.5	75	0.9629	110.0	-125.0	132.5		132.5	57.5	65.0	70.0		70.0	110.0	125.0	135.0		135.0	337.5	324.98
Julia Bassett	26	F-O	74.7	75	0.953	-102.5	-102.5	102.5		102.5	52.5	55.0	60.0		60.0	125.0	132.5	137.5		137.5	300.0	285.90
Leah Cameron	26	F-O	70.6	75	0.989	135.0	145.0	-150.0		145.0	80.0	-87.5	-87.5		80.0	140.0	150.0	160.0		160.0	385.0	380.77
Melissa Buhler	30	F-O	69.8	75	0.9968	142.5	152.5	162.5		162.5	85.0	87.5	90.5	91.0	90.5	150.0	160.0	-167.5		160.0	413.0	411.68
Sylvia Roche	36	F-SM	74.7	75	0.953	-90.0	97.5	-102.5		97.5	60.0	65.0	67.5		67.5	102.5	117.5	120.0		120.0	285.0	271.61
Lisa Szabon-Smith	37	F-SM	72.7	75	0.9698	135.0	140.0	-145.0		140.0	72.5	-75.0	-75.0		72.5	150.0	157.5	162.5		162.5	375.0	363.68
Nora Kish	42	F-40	74.3	75	0.9563	110.0	115.0	-120.0		115.0	55.0	57.5	-60.0		57.5	140.0	150.0	-155.0		150.0	322.5	308.41
Nataly Lugo	33	F-O	75.1	82.5	0.9498	115.0	-125.0	130.0		130.0	52.5	60.0	62.5		62.5	125.0	140.0	150.0		150.0	342.5	325.31
Kathleen MacDonald	41	F-40	80.4	82.5	0.9125	132.5	142.5	145.0	-147.5	145.0	67.5	72.5	77.5		77.5	145.0	152.5	155.0		155.0	377.5	344.47
Janice Edwards	45	F-45	80.2	82.5	0.9137	90.0	95.0	-100.0		95.0	55.0	60.0	-65.0		60.0	105.0	115.0	125.0		125.0	280.0	255.84
Sheryl Malinowski	44	F-40	85.7	90	0.8831	127.5	132.5	137.5		137.5	77.5	-82.5	-82.5		77.5	150.0	160.0	-165.0		160.0	375.0	331.16
Mary Donnachie	61	F-60	86.5	90	0.8792						35.0	40.0	42.0	-45.0	42.0	70.0	75.0	80.0	-85.0	80.0	122.0	107.26

Male 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
Brandon Hall	17	M-17	60	60	0.8529	-135.0	135.0	140.5	-147.5	140.5	70.0	75.0	80.0	82.5	80.0	135.0	145.0	-155.0		145.0	365.5	311.73
Austin Kloster	19	M-19	59.7	60	0.8568						85.0	-95.0	95.0	-100.0	95.0	140.0	150.0	-160.5		150.0	245.0	209.92
Jason Yuen	29	M-O	59.5	60	0.8594	175.0	182.5	187.5	192.5	187.5	126.0	-135.0	-135.0		126.0	140.0	155.0	160.0		160.0	473.5	406.93
Max Hall	23	M-J	66	67.5	0.7852	167.5	175.0	185.5		185.5	82.5	95.0	0.0		95.0	217.5	-222.5	-222.5		217.5	498.0	391.03
Joe Stockinger	89	M-85	66.3	67.5	0.7823	115.0	120.0	125.0		125.0	72.5	77.5	80.0		80.0	165.0	180.0	192.5		192.5	397.5	310.96
Regan MacElwain	26	M-O	72.3	75	0.7315	157.5	175.0	-180.0		175.0	92.5	-100.0	-100.0		92.5	175.0	187.5	-202.5		187.5	455.0	332.83
Cody Anderson	22	M-J	80.8	82.5	0.6785	210.0	222.5	232.5		232.5	127.5	132.5	-135.0		132.5	230.0	245.0	-252.5		245.0	610.0	413.89
Jerry Bjornald	40	M-40	81.4	82.5	0.6754	155.0	165.0	-182.5		165.0	112.5	120.0	-130.0	-130.0	120.0	170.0	182.5	190.0		190.0	475.0	320.82
Michael Cody	49	M-45	81.3	82.5	0.6759	140.0	155.0	160.0		160.0	75.0	82.5	87.5		87.5	170.0	-182.5	190.0		190.0	437.5	295.71
Ryan Hall	52	M-50	78.7	82.5	0.6899	132.5	-137.5	-140.0		132.5	97.5	-100.0	-100.0		97.5	175.0	185.0	-187.5		185.0	415.0	286.31
Tyler Oakenfold	19	M-19	85.9	90	0.6545	142.5	-147.5			142.5	85.0	90.0	95.0		95.0	197.5	205.0	-212.5		205.0	442.5	289.62
Justin Smale	36	M-SM	83.9	90	0.6633	145.0	155.0	162.5		162.5	85.0	90.0	97.5		97.5	172.5	180.0	187.5		187.5	447.5	296.83
Eric Procknow	18	M-19	91.9	100	0.6318	170.0	-190.0	-190.0		170.0	-100.0	110.0	117.5		117.5	180.0	195.0	207.5		207.5	495.0	312.74
Zeb Gore	25	M-O	96.4	100	0.618	182.5	190.0	-200.0		190.0	-127.5	127.5	-135.0		127.5	222.5	-225.0	225.0		225.0	542.5	335.27
Tyler Locke	31	M-O	94.9	100	0.6223	-160.0	170.0	182.5		182.5	112.5	120.0	-130.0		120.0	182.5	195.0	210.0		210.0	512.5	318.93
Greg Stevens	32	M-O	99.8	100	0.6091	-212.5	-212.5	212.5		212.5	125.0	135.0	-140.0		135.0	225.0	232.5	-235.0		232.5	580.0	353.28
Dustin Brooks	22	M-J	108.7	110	0.5907	-230.0	-230.0	-230.0		0.0	140.0	-145.0			140.0	220.0	230.0	-240.0		230.0	0.0	0.00
Dorrell Petties-Dahmer	29	M-O	109.7	110	0.589	220.0	230.0	235.0		235.0	165.0	172.5	-177.5		172.5	320.0	330.5	-340.0		330.5	738.0	434.68
Jeff Lastuka	33	M-O	100.3	110	0.6079	265.0	277.5	282.5		282.5	165.0	170.0	172.5		172.5	270.0	280.0	292.5		292.5	747.5	454.41
Lucas MacElwain	35	M-SM	109	110	0.5902	170.0	-185.0	190.0		190.0	115.0	-120.0	-120.0		115.0	185.0	200.0	212.5		212.5	517.5	305.43
Reza Fazeli	35	M-SM	108	110	0.5919	147.5	150.0	157.5		157.5	97.5	102.5	107.5		107.5	185.0	192.5	200.0		200.0	465.0	275.23
Wade Edwards	49	M-45	108.5	110	0.591	150.0	155.0	162.5		162.5	130.0	-135.0	-137.5		130.0	170.0	187.5	-200.0		187.5	480.0	283.68
Brad Swidzinski	50	M-50	103.3	110	0.6011	167.5	175.0	182.5		182.5	-75.0	75.0	95.0		95.0	150.0	180.0	-200.0		180.0	457.5	275.00
Brent Woolnough	61	M-60	108.7	110	0.5907	150.0	160.0	165.0		165.0	100.0	120.0	137.5		137.5	150.0	0.0			150.0	452.5	267.29
Joel Thiessen	43	M-40	117.5	125	0.5778						150.0	157.5	-165.0		157.5	260.0	282.5	296.0	-305.0	296.0	453.5	262.03
Adam Price	44	M-40	118.8	125	0.5763	270.0	282.5	292.5		292.5	202.5	207.5	212.5		212.5	270.0	282.5	295.0		295.0	800.0	461.04
Brian Matchett	49	M-45	114.4	125	0.5819	185.0	192.5	205.0		205.0	130.0	137.5	142.5		142.5	215.0	225.0	232.5		232.5	580.0	337.50
Spence Howson	19	M-19	137.2	140	0.5605	210.0	220.0	-230.0		220.0	140.0	-145.0	-145.0		140.0	250.0	260.0	-270.0		260.0	620.0	347.51
Warren Neilson	26	M-O	162.1	SHW	0.5471	175.0	190.0	205.0		205.0	105.0	115.0	120.0		120.0	190.0	210.0	230.0		230.0	555.0	303.64
Garry Coates	48	M-45	142.3	SHW	0.5575	220.0	230.0	235.0		235.0	170.0	-175.0	-175.0		170.0	225.0	232.5	235.0		235.0	640.0	356.80