

100%RAW Powerlifting Federation Canada

2019 Bar Wars - East

Souris, PEI, May 4th, 2019

Sanction 3 Event - Referees in attendance - Paul Gidney (3), Steve Flemming (3), Tom Nicholls (2)

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
Maureen MacEwen	59	F-55	53.1	56.0	1.227	62.5	67.5	70.0		70.0	32.5	-35.0	-35.0		32.5	82.5	87.5	92.5		92.5	195	239.187
Karley Affleck	20	F-J	60.0	60.0	1.115	87.5	95.0	100.0		100.0	47.5	50.0	52.5		52.5	105	110	115		115	267.5	298.23575
Cathleen MacCormack	32	F-O	59.9	60.0	1.116	35.0	40.0	-45.0		40.0	30.0	32.5	35.0		35.0	40	52.5	75		75	150	167.445
Wanda MacInnis	58	F-55	56.5	60.0	1.168	-45.0	50.0	-55.0		50.0	32.5	-35.0	-35.0		32.5	75	85	90		90	172.5	201.549
Serena Steele	27	F-O	66.6	67.5	1.031	65.0	70.0	-75.0		70.0	50.0	-52.5	-52.5		50.0	90	105	-110		105	225	231.885
Tracy Curran	43	F-40	65.7	67.5	1.041	112.5	120.0	127.5		127.5	55.0	62.5	-65.0		62.5	125	137.5	-140		137.5	327.5	340.862
Vanessa MacKinnon	44	F-40	66.0	67.5	1.037						-50.0	50.0	52.5		52.5	70	75	80		80	132.5	137.4555
Courtney Steele	31	F-O	69.2	75.0	1.003	112.5	122.5	125.0		125.0	67.5	70.0	72.5		72.5	127.5	135	142.5		142.5	340	340.952
Jeri Munro	39	F-SM	74.9	75.0	0.951	112.5	117.5	-122.5		117.5	-65.0	-65.0	-65.0		0.0	152.5	-157.5	-157.5		152.5	270	256.878
Courtney Dill	22	F-J	81.1	82.5	0.908	127.5	132.5	-137.5		132.5	50.0	52.5	55.0		55.0	135	142.5	147.5		147.5	335	304.247
Christine Trainor	30	F-O	99.7	90+	0.833	97.5	102.5	110.0		110.0	52.5	55.0	-60.0		55.0	105	120	132.5		132.5	297.5	247.90675
Cassie Anderson	32	F-O	106.5	90+	0.819	-87.5	97.5	110.0		110.0	52.5	57.5	-62.5		57.5	115	122.5	130		130	297.5	243.62275

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
Kurtis MacCormack	23	M-J	59.9	60.0	0.854	125.0	130.0	135.0		135.0	85.0	87.5	90.0		90.0	-165	165	175		175	400	341.68
Connor Ching	14	M-15	74.6	75.0	0.715	75.0	80.0	92.5		92.5	40.0	45.0	52.5		52.5	85	100	112.5		112.5	257.5	184.164
Noah Manning	19	M-19	82.2	82.5	0.671	200.0	215.5	220.0		220.0	105.0	115.0	120.0		120.0	250	262.5	275		275	615	412.911
Zak O'Regan	14	M-15	84.4	90.0	0.661	75.0	80.0	95.0		95.0	40.0	45.0	52.5		52.5	85	112.5	-137.5		112.5	260	171.86
Ryan MacCormack	33	M-O	87.2	90.0	0.649	-152.5	152.5	157.5		157.5	115.0	-120.0	122.5		122.5	192.5	215	227.5		227.5	507.5	329.41825
Kent Clark	69	M-65	90.0	90.0	0.638	92.5	-105.0	-110.0		92.5	75.0	80.0	-85.0		80.0	-165	172.5	182.5		182.5	355	226.632
James Woods	26	M-O	91.4	100.0	0.634	155.0	165.0	170.0		170.0	112.5	117.5	125.0		125.0	190	-200	200		200	495	313.5825
Blair MacKinnon	53	M-50	91.4	100.0	0.634	112.5	122.5	135.0		135.0	82.5	92.5	-100.0		92.5	130	145	157.5		157.5	385	243.8975
Larry LeBlanc	61	M-60	95.3	100.0	0.621	170.0	180.0	190.0		190.0	110.0	117.5	-125.0		117.5	-180	190	205		205	512.5	318.31375
Graham Leslie	27	M-O	116.0	125.0	0.580						-135.0	140.0	152.5		152.5						152.5	88.40425