

100%RAW Powerlifting Federation Canada

2019 Bar Wars - West

Calgary, AB May 4th, 2019

Sanction 3 Event - Referees in attendance - Adam Price (3), Mike Proskow (3), Jeremy Kander (2), Kari Pearson (2), Garner Blieske (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
Gloria Cheung	30	F-O	51.0	52.0	1.265	90.0	100.0	-107.5		100.0	47.5	52.5	-55.0		52.5	95	107.5	112.5		112.5	265	335.331
Marthe Henry	21	F-J	55.4	56.0	1.187	-112.5	112.5	-115.0		112.5	65.0	-70.0	-70.0		65.0	142.5	152.5	-160		152.5	330	391.578
Jamie Groenenboom	23	F-J	55.3	56.0	1.188	77.5	85.0	92.5		92.5	40.0	45.0	-47.5		45.0	92.5	100	-110		100	237.5	282.22125
Taryn Haggerstone	28	F-O	55.2	56.0	1.190	92.5	100.0	105.0		105.0	70.0	75.0	77.5	-80.0	77.5	130	140	-145		140	322.5	383.775
Amanda Johner	39	F-SM	53.8	56.0	1.214	102.5	110.0	115.0		115.0	62.5	67.5	70.0		70.0	102.5	112.5	122.5		122.5	307.5	373.33575
Francine Rattray	46	F-45	54.7	56.0	1.199	77.5	82.5	85.0		85.0	-47.5	50.0	-52.5		50.0	95	102.5	108		108	243	291.2355
Claudia Lai	21	F-J	57.6	60.0	1.151	75.0	82.5	-87.5		82.5	40.0	-45.0	-45.0		40.0	95	102.5	-107.5		102.5	225	258.9525
Tiffany Hui	22	F-J	57.8	60.0	1.148	105.0	117.5	127.5		127.5	50.0	55.0	57.5		57.5	140	152.5	157.5		157.5	342.5	393.1215
Camila Nuque	23	F-J	58.0	60.0	1.145	95.0	105.0	-110.0		105.0	32.5	37.5	45.0		45.0	107.5	117.5	125		125	275	314.7925
Ashley Enns	25	F-O	59.1	60.0	1.128	112.5	117.5	122.5		122.5	57.5	-62.5	-62.5		57.5	142.5	150	-155		150	330	372.273
Erin Martin	23	F-J	66.6	67.5	1.031	100.0	112.5	115.0		115.0	65.0	67.5	-70.0		67.5	130	140	145		145	327.5	337.5215
Lisa Lethbridge	26	F-O	67.0	67.5	1.026	140.0	150.0	-155.5		150.0	70.0	75.0	-77.5		75.0	160	170	-175		170	395	405.3095
Andrea Kilroy	39	F-SM	65.6	67.5	1.042	-92.5	95.0	-100.0		95.0	52.5	55.0	-57.5		55.0	112.5	120	130		130	280	291.76
Maria McElman	41	F-40	66.3	67.5	1.034	82.5	87.5	95.0		95.0	47.5	55.0	-60.0		55.0	100	110	117.5		117.5	267.5	276.56825
Sarah Clark	51	F-50	67.3	67.5	1.023	92.5	97.5	100.0		100.0	52.5	55.0	-57.5		55.0	125	130	135		135	290	296.612
Darlene Warren	60	F-60	64.9	67.5	1.050	75.0	80.0	85.0	90.0	85.0	47.5	-55.0	-55.0		47.5	100	105	110	115	110	242.5	254.69775
Marisa Brolo	44	F-40	74.1	75.0	0.958	95.0	100.0	110.0		110.0	50.0	55.0	-60.0		55.0	115	120	130		130	295	282.5805
Anna Bruder	23	F-J	82.2	82.5	0.902	110.0	120.0	125.0		125.0	47.5	-52.5	-55.0		47.5	127.5	137.5	142.5		142.5	315	284.0355
Suzanne Thomas	42	F-40	80.3	82.5	0.913	92.5	97.5	102.5		102.5	45.0	47.5	-50.0		47.5	110	120	-130		120	270	246.537
Paulina Deng	24	F-J	88.9	90.0	0.869	160.0	168.0	170.0	175.0	170.0	72.5	75.0	-82.5		75.0	142.5	150	157.5	167.5	157.5	402.5	349.6115
Sara Burwash	44	F-40	87.1	90.0	0.877	125.0	140.0	152.5		152.5	90.0	97.5	-105.0		97.5	150	162.5	-172.5		162.5	412.5	361.55625
Lori McWatters	49	F-45	83.2	90.0	0.896	85.0	90.0	95.0	-103.0	95.0	57.5	60.5	62.5		62.5	110	115	118	-120	118	275.5	246.87555
Becky Emerton	27	F-O	92.1	90+	0.856	80.0	82.5	85.0		85.0	42.5	47.5	-50.0		47.5	85	90	100		100	232.5	199.04325
Joanna Borecki	28	F-O	110.9	90+	0.812	135.0	140.0	155.0		155.0	55.0	-60.0	-60.0		55.0	142.5	147.5	160		160	370	300.329
Alyssa Nelson	30	F-O	99.0	90+	0.835	130.0	135.0	-145.0		135.0	62.5	65.0	70.0		70.0	125	127.5	-132.5		127.5	332.5	277.67075
Melanie Perron	43	F-40	128.4	90+	0.790	125.0	130.0	135.0	-140.0	135.0	70.0	75.0	-77.5		75.0	150	155	-157.5		155	365	288.3865

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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 Trudel	22	M-J	58.2	60.0	0.877	130.0	142.5	147.5		147.5	67.5	75.0	-77.5		75.0	157.5	170	-180		170	392.5	344.34025
Max Hall	23	M-J	66.4	67.5	0.781	175.0	180.0	187.5		187.5	92.5	-100.0	-100.0		92.5	210	220	232.5	-237.5	232.5	512.5	400.41625
Stephane Heroux	36	M-SM	67.2	67.5	0.774	170.0	-180.0	190.0		190.0	110.0	120.0	-130.0		120.0	205	220	-232.5		220	530	410.114
Tristan Gillespie	23	M-J	75.0	75.0	0.713	155.0	165.0	175.0		175.0	102.5	112.5	117.5		117.5	175	185	197.5		197.5	490	349.174
David Nicholson	23	M-J	74.8	75.0	0.714	140.0	147.5	152.5	157.5	152.5	87.5	-92.5	95.0	97.5	95.0	165	175	182.5	195	182.5	430	306.977
Justin Kancsal	27	M-O	73.4	75.0	0.724	160.0	170.0	177.5		177.5	110.0	117.5	120.0		120.0	207.5	217.5	-227.5		217.5	515	372.6025
Bradley Mah	27	M-O	73.6	75.0	0.722	147.5	160.0	165.0		165.0	100.0	107.5	110.0		110.0	147.5	160	-165		160	435	314.1135
Tony Nguyen	32	M-O	72.2	75.0	0.732	132.5	142.5	147.5		147.5	85.0	87.5	92.5		92.5	170	177.5	185		185	425	311.185
Andre Skinner	26	M-O	79.9	82.5	0.683	185.0	192.5	-200.0		192.5	-112.5	115.0	122.5		122.5	-235	235	240		240	555	379.176
Bob Alexander	61	M-60	77.4	82.5	0.698	110.0	115.0	120.0	122.5	120.0	65.0	-67.5	0.0		65.0	140	147.5	155		155	340	237.15
William Kevin Stirling	63	M-60	82.1	82.5	0.672	115.0	125.0	132.5		132.5	105.0	115.0	125.0		125.0	165	175	195		195	452.5	304.03475
Fred Smith	70	M-70	81.3	82.5	0.676	70.0	80.0	85.0		85.0	62.5	-80.0	-80.0		62.5	115	125	130	132.5	130	277.5	187.56225
Kenny Dusseault	26	M-O	89.0	90.0	0.642	167.5	177.5	185.0		185.0	95.0	105.0	-110.0		105.0	185	195	205		205	495	317.8395
Victor (Akwaowo) Akpawan	31	M-O	86.4	90.0	0.652	225.0	242.5	-255.0		242.5	-155.0	165.0	170.0		170.0	275	293	303		303	715.5	466.72065
Brad McKim	44	M-40	87.9	90.0	0.646	205.0	215.0	217.5		217.5	137.5	147.5	152.5		152.5	207.5	217.5	227.5		227.5	597.5	386.16425
Jared Eygenraam	21	M-J	95.6	100.0	0.620	200.0	210.0	-220.0		210.0	125.0	132.5	135.0		135.0	232.5	247.5	255		255	600	372.18
Zachary Reimer	22	M-J	93.6	100.0	0.626	242.5	257.5	-262.5		257.5	145.0	-152.5	-152.5		145.0	285	295	-305		295	697.5	436.84425
Sam Kaminski	22	M-J	98.3	100.0	0.613	-232.5	235.0	245.0		245.0	107.5	-112.5	0.0		107.5	290.5	-300	-300		290.5	643	394.0947
Austin Phillips	24	M-J	97.9	100.0	0.614	182.5	192.5	-205.0		192.5	132.5	140.0	-145.0		140.0	220	230	242.5		242.5	575	352.9925
Long Jin	24	M-J	98.4	100.0	0.613	200.0	210.0	-220.0		210.0	142.5	145.0	-147.5		145.0	200	-210	212.5		212.5	567.5	347.6505
Kevin Lutz	26	M-O	98.8	100.0	0.612	230.0	242.5	250.0		250.0	152.5	160.0	165.0		165.0	232.5	245	252.5		252.5	667.5	408.243
Kyle Winstanley	31	M-O	93.0	100.0	0.628	-202.5	210.0	-217.5		210.0	142.5	147.5	-152.5		147.5	250	262.5	-275		262.5	620	389.484
Neil Graham	33	M-O	97.8	100.0	0.614	200.0	212.5	0.0		212.5	130.0	137.5	145.0		145.0	205	220	-240		220	577.5	354.7005
Robin Verleun	28	M-O	107.7	110.0	0.592	220.0	230.0	237.5		237.5	-170.0	-170.0	-170.0		0.0	240	255	-265		255	0	0
James moldowan	30	M-O	104.6	110.0	0.598	165.0	175.0	-185.0		175.0	-110.0	115.0	-117.5		115.0	175	-185	185		185	475	284.24
Stephen Collins	37	M-SM	100.8	110.0	0.607	192.5	197.5	205.0		205.0	110.0	117.5	-125.0		117.5	200	215	-225		215	537.5	326.10125
Michael Hartz	27	M-O	124.1	125.0	0.571	175.0	185.0	192.5		192.5	142.5	150.0	-155.0		150.0	227.5	245	250		250	592.5	338.13975
Alex McLeod	29	M-O	138.6	140.0	0.560	165.0	185.0	190.0		190.0	105.0	117.5	120.0		120.0	180	205	212.5		212.5	522.5	292.44325
James Lapointe	39	M-SM	127.8	140.0	0.567	-200.0	-210.0	210.0		210.0	-135.0	145.0	147.5		147.5	215	240	250		250	607.5	344.6955