

**100%RAW Powerlifting Federation Canada  
2019 Grind/Canadian Nationals  
Medicine Hat, AB June 22, 2019**

*Sanction 3 Event - Referees in attendance - Adam Price (3), Erin Matheson (3), Megan Bain (3), Jeremy Kander (2), Kari Pearson (2), Ally DeWolfe (1), Nora Kish (1), Ted Finkleman (1)*

**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
Ryan Burns	25	M-O	66.1	67.5	0.784	102.5	105.0	110.0		110.0	-65.0	-70.0	70.0		70.0	132.5	135.0	140.0		140.0	320.0	250.94
Dillon Childs	25	M-O	70.7	75.0	0.744	180.0	188.0	195.0	203.0	195.0	100.0	-105.0	-105.0		100.0	195.0	205.0	-212.5		205.0	500.0	371.85
Alex Saretsky	29	M-O	69	75.0	0.758	182.5	192.5	202.5	-216.5	202.5	130.0	137.5	140.0		140.0	205.0	217.5	-227.5		217.5	560.0	424.37
Reilly Steere	30	M-O	72	75.0	0.734	137.5	147.5	155.0		155.0	90.0	95.0	-100.0		95.0	177.5	190.0	-202.5		190.0	440.0	322.83
Andrew Hanson	46	M-45	74.4	75.0	0.717	150.0	160.0	165.0		165.0	120.0	-125.0	-125.0		120.0	125.0	0.0			125.0	410.0	293.81
Nazayh Zanidean	35	M-SM	79.8	82.5	0.684	112.5	122.5	130.0		130.0	67.5	70.0	72.5		72.5	145.0	150.0	155.0		155.0	357.5	244.46
Roy Mitchell	90	M-90	77.8	82.5	0.695						-57.5	60.0	-65.0		60.0	100.0	107.5	112.5		112.5	172.5	119.90
Aidan Turner	15	M-15	86.2	90.0	0.653	-130.0	130.0	-140.0		130.0	85.0	90.0	-92.5		90.0	-150.0	-150.0	150.0		150.0	370.0	241.68
Joseph Roe	24	M-J	86.6	90.0	0.652	175.0	190.0	197.5		197.5	87.5	97.5	-100.0		97.5	210.0	225.0	235.0		235.0	530.0	345.30
Devon Sankey	35	M-SM	87	90.0	0.650	160.0	-170.0	172.5		172.5	90.0	97.5	105.0		105.0	165.0	175.0	190.0		190.0	467.5	303.83
Eldridge Abat	39	M-SM	89.8	90.0	0.639	167.5	177.5	185.0		185.0	117.5	122.5	-127.5		122.5	217.5	230.0	240.0		240.0	547.5	349.91
Justin Weitz	27	M-O	96.1	100.0	0.619	195.0	205.0	-210.0		205.0	120.0	-125.0	-125.0		120.0	200.0	212.5	-217.5		212.5	537.5	332.61
James Phillips	29	M-O	99.4	100.0	0.610	185.0	-190.0	190.0		190.0	130.0	135.0	-140.0		135.0	200.0	210.0	-220.0		210.0	535.0	326.40
Stephen Philpott	33	M-O	95.8	100.0	0.620	127.5	135.0	140.0		140.0	82.5	90.0	-95.0		90.0	155.0	165.0	167.5		167.5	397.5	246.33
Ronald Hagen	45	M-45	99	100.0	0.611	210.0	222.5	227.5	232.5	227.5	-137.5	137.5	145.5	147.5	145.5	227.5	242.5	252.5	-260.5	252.5	625.5	382.24
Jason Haggard	48	M-45	93.9	100.0	0.625	-137.5	145.0	-160.0		145.0	117.5	-135.0	-135.0		117.5	212.5	225.5	235.0	237.5	235.0	497.5	311.14
Shayne Parker	50	M-50	96.9	100.0	0.617	125.0	137.5	-150.0		137.5	102.5	110.0	-120.0		110.0	205.0	215.0	227.5		227.5	475.0	292.89
Douglas Delainey	59	M-55	93.1	100.0	0.628											177.5	187.5	200.0		200.0	200.0	125.58
Arshia Arshadi	26	M-O	105.8	110.0	0.596	160.0	170.0	180.0		180.0	140.0	147.5	-150.0		147.5	212.5	227.5	240.0		240.0	567.5	338.23
Wayne Cormier	56	M-55	110	110.0	0.589						140.0	147.5	-150.5		147.5						147.5	86.80
Anton Zmushka	23	M-J	120.1	125.0	0.575	245.0	260.0	272.5		272.5	172.5	180.0	-185.0		180.0	300.0	-317.5	-322.5		300.0	752.5	432.54
Dorrell Petties-Dahmer	29	M-O	111.4	125.0	0.586	230.0	240.0	250.0		250.0	165.0	170.0	175.0		175.0	325.0	332.5	340.0	345.0	340.0	765.0	448.52
Illya Ivanov	29	M-O	121.4	125.0	0.573						117.5	-127.5	127.5		127.5	182.5	192.5	205.0		205.0	332.5	190.66
Randy Sparks	62	M-60	119.6	125.0	0.575	185.0	197.5	210.0	215.0	210.0	85.0	90.0	-95.0		90.0	192.5	202.5	215.0	-228.0	215.0	515.0	296.33
Wally Schoffer	55	M-55	132.7	140.0	0.564						140.0	-150.0	-152.5		140.0						140.0	78.90
Spence Howson	19	M-19	143.9	SHW	0.557	210.0	220.0	-230.0		220.0	135.0	140.0	-145.0		140.0	240.0	250.0	260.0		260.0	620.0	345.09
Warren Neilson	26	M-O	153	SHW	0.552	207.5	-215.0	-215.0		207.5	-110.0	115.0	-130.0		115.0	210.0	220.0	235.0		235.0	557.5	307.63
Alex McLeod	29	M-O	145.7	SHW	0.556	170.0	195.0	-200.0		195.0	105.0	122.5	-125.0		122.5	190.0	215.0	-217.5		215.0	532.5	295.86
Russell Peel	39	M-SM	155.4	SHW	0.551	255.0	267.5	272.5		272.5	185.0	195.0	-201.0		195.0	275.0	285.0	290.0		290.0	757.5	417.00

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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
McKenna Kozina	19	F-19	46.7	48.0	1.351	92.5	97.5	103.0		103.0	52.5	57.5	60.5	-64.5	60.5	95.0	-105.0	-105.0		95.0	258.5	349.26
Jill Keilty	45	F-45	47.5	48.0	1.335	50.0	55.0	57.5		57.5	50.0	-55.0	55.0	-58.5	55.0	72.5	82.5	90.0		90.0	202.5	270.26
Rylea Yanke	22	F-J	48.8	52.0	1.308	72.5	77.5	-80.0		77.5	60.0	62.5	-65.0		62.5	87.5	95.0	-100.0		95.0	235.0	307.45
Marcella Fortini Cameron	52	F-50	49.7	52.0	1.291	80.0	85.0	-87.5		85.0	55.0	-57.5	-57.5		55.0	97.5	105.5	-107.5		105.5	245.5	316.82
Skylyr Yanke	25	F-O	55	56.0	1.193	112.5	117.5	120.0		120.0	72.5	78.0	-80.0		78.0	135.0	140.0	142.5		142.5	340.5	406.32
Rayelle Smith	18	F-19	56.3	60.0	1.172	72.5	80.0	87.5	92.5	87.5	52.5	-55.5	55.5	-60.5	55.5	105.0	112.5	-117.5		112.5	255.5	299.37
Terra MacKeigan	31	F-O	58	60.0	1.145	110.0	115.0	-125.0		115.0	55.0	57.5	-60.0		57.5	117.5	122.5	-130.0		122.5	295.0	337.69
Mattea Ahlijah	13	F-13	67.5	67.5	1.021	60.0	65.0	70.0		70.0	32.5	35.0	37.5	40.5	37.5	87.5	95.0	100.5		100.5	208.0	212.28
Mary Jane Gascon	21	F-J	67.1	67.5	1.025	82.5	85.0	92.5		92.5	37.5	40.0	-45.0		40.0	82.5	95.0	102.5		102.5	235.0	240.88
Rachelle Forget	24	F-J	66.6	67.5	1.031	120.0	130.0	138.5	140.5	138.5	62.5	67.5	-70.0		67.5	142.5	152.5	163.5		163.5	369.5	380.81
Abby Hall	24	F-J	62.6	67.5	1.079	130.0	138.0	140.0	141.0	140.0	82.5	85.5	87.5		87.5	152.5	163.0	-165.0		163.0	390.5	421.43
Andrea Melito	28	F-O	66.4	67.5	1.033	137.5	147.5	-155.5		147.5	67.5	70.0	-72.5		70.0	135.0	145.0	150.0		150.0	367.5	379.55
Chelsey Morck	29	F-O	64.3	67.5	1.058	100.0	-105.0	-107.5		100.0	47.5	-52.5	-52.5		47.5	-105.0	-105.0	105.0		105.0	252.5	267.04
Anna Quijada	30	F-O	67.4	67.5	1.022	115.0	122.5	127.5		127.5	60.0	62.5	-67.5		62.5	127.5	140.0	-142.5		140.0	330.0	337.16
Leah Cameron	26	F-O	71.6	75.0	0.980	145.0	152.5	163.0		163.0	82.5	-87.5	-87.5		82.5	157.5	168.0	-172.5		168.0	413.5	405.11
Jessica Hierons	27	F-O	71.6	75.0	0.980	110.0	120.0	125.0		125.0	62.5	67.5	72.5		72.5	120.0	125.0	137.5		137.5	335.0	328.20
Jelena Dyck	30	F-O	73	75.0	0.967	97.5	-102.5	-102.5		97.5	62.5	-65.0	-65.0		62.5	122.5	125.0	127.5		127.5	287.5	278.07
Danielle MacInnis-Tanner	34	F-O	72.7	75.0	0.970	-117.5	127.5	-135.0		127.5	67.5	72.5	-75.0		72.5	117.5	127.5	-135.0		127.5	327.5	317.61
Selena Clauson	50	F-50	71.5	75.0	0.981	85.0	95.0	-100.0		95.0	55.0	57.5	-62.5		57.5	107.5	117.5	-122.5		117.5	270.0	264.76
Lynne Courtnage-Coolen	60	F-60	73.5	75.0	0.963	90.0	113.5	115.0	-120.0	115.0	40.0	42.5	45.5	47.5	45.5	110.0	130.0	-140.5		130.0	290.5	279.72
Laura Berreth	32	F-O	77.3	82.5	0.933	62.5	72.5	77.5		77.5	47.5	52.5	57.5		57.5	100.0	112.5	125.0		125.0	260.0	242.66
Lisa Gervais	32	F-O	81.6	82.5	0.905	172.5	180.0	185.5		185.5	100.0	105.0	107.5	-110.0	107.5	165.0	175.0	185.0		185.0	478.0	432.69
Kathleen MacDonald	41	F-40	81	82.5	0.909	137.5	146.0	150.0		150.0	70.0	77.5	80.0		80.0	142.5	152.5	155.0		155.0	385.0	349.89
Sheryl Malinowski	44	F-40	85.8	90.0	0.883	125.0	135.0	140.0		140.0	75.0	-85.0	-85.0		75.0	155.0	-160.0	-160.0		155.0	370.0	326.56
Roberta Armitage	26	F-O	90.4	90+	0.863	85.0	90.0	92.5		92.5	55.0	57.5	60.0		60.0	92.5	97.5	102.5		102.5	255.0	219.94
Sarah Skinner	31	F-O	152.1	90+	0.769	90.0	-97.5	97.5		97.5	62.5	67.5	-72.5		67.5	90.0	97.5	105.0		105.0	270.0	207.66
Cherisse Martineau	37	F-SM	99.9	90+	0.833	137.5	145.0	152.5		152.5	65.0	70.0	75.0		75.0	160.0	170.0	-178.0		170.0	397.5	331.04
Melanie Perron	43	F-40	127.9	90+	0.791	132.5	135.0	137.5	140.0	137.5	72.5	-75.0	75.0		75.0	-152.5	152.5	-155.0		152.5	365.0	288.61