

# 100%RAW Powerlifting Federation Canada

## 2019 Last Chance For The Dance

Calgary, AB July 20, 2019

Sanction 3 Event - Referees in attendance - Adam Price (3), Mike Proskow (3), Lori McWatters (3), Kari Pearson (2), Kathleen MacDonald (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
Micah Vandenburg	9	F-11	46.3	48	1.359	35	40	-45		40	25	27.5	30		30	45	50	55	57.5	55	125	169.925
Angel Yau-Vandenburg	46	F-45	55.3	56	1.188	55	-57.5	-57.5		55	45	47.5	-50		47.5	60	65	70		70	172.5	204.98175
Megan Bain	29	F-O	59.1	60	1.128	117.5	125	130		130	70	75	77.5		77.5	132.5	142.5	152.5		152.5	360	406.116
Jenn Lee	35	F-SM	56.8	60	1.164	115	120	125		125	57.5	62.5	-67.5		62.5	120	125	-130		125	312.5	363.625
Carolyn Gersh	37	F-SM	57.9	60	1.146	65	70	75		75	57.5	60	-62.5		60	122.5	130	137.5		137.5	272.5	312.36675
Erin Martin	23	F-J	66.7	67.5	1.029	-110	110	-120		110	67.5	72.5	-75		72.5	140	147.5	-150		147.5	330	339.702
Erin Matheson	28	F-O	67.2	67.5	1.024	115	120	125		125	70	72.5	-75		72.5	157.5	167.5	-170		167.5	365	373.7235
Angela Lewis	25	F-O	71.6	75	0.98	135	142.5	147.5		147.5	95	-99	99	102.5	99	145	152.5	-160		152.5	399	390.9003
Marlee Dukart	27	F-O	70.7	75	0.988	97.5	105	-110		105	-45	45	-47.5		45	110	120	-135		120	270	266.787
Yasmine Halat	33	F-O	72.4	75	0.973	125	-130	135		135	62.5	65	-67.5		65	150	160	165		165	365	354.9625
Claire Cooney	47	F-45	72.8	75	0.969						-52.5	55	57.5		57.5						57.5	55.71175
Julia Bassett	26	F-O	77.4	82.5	0.933	110	115	120		120	60	62.5	-65		62.5	142.5	147.5	152.5		152.5	335	312.421
Vanessa Reed	36	F-SM	79.1	82.5	0.921	120	125	130		130	70	-72.5	-72.5		70	135	140	-142.5		140	340	313.106
Sylvia Roche	36	F-SM	76.6	82.5	0.938	92.5	100	105		105	50	55	60		60	107.5	120	-130		120	285	267.444
Tracey Ridgway	52	F-50	81.3	82.5	0.907	-87.5	97.5	-102.5		97.5	45	-52.5	-55		45	100	110	-120		110	252.5	229.0175
Paulina Deng	24	F-J	88.6	90	0.87	165	170	175.5		175.5	70	75.5	80		80	160	168	175		175	430.5	374.4489
Simone Rodger	25	F-O	83.9	90	0.892	125	132.5	-140		132.5	72.5	77.5	-80		77.5	122.5	130	137.5		137.5	347.5	310.07425
Courtney Van Beers	28	F-O	83.7	90	0.893	100	105	110		110	55	57.5	60		60	127.5	137.5	145		145	315	281.3895
Michelle Balsillie	48	F-45	83.2	90	0.896	87.5	-96	-96		87.5	62.5	-70	-70		62.5	85	90	95		95	245	219.5445
Joanna Borecki	28	F-O	110.9	90+	0.812	147.5	152.5	155		155	57.5	60	62.5		62.5	152.5	157.5	162.5		162.5	380	308.446
Karmen Doucette	40	F-40	93.3	90+	0.852	85	92.5	100		100	37.5	42.5	-47.5		42.5	102.5	110	120		120	262.5	223.62375

### 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
Zachary Vandenburg	11	M-11	41.6	48	1.27	35	40	-45		40	25	27.5	30		30	45	50	55	60	55	125	158.7125
Ty Wilson	16	M-17	69.5	75	0.754	125	127.5	137.5		137.5	65	70	-72.5		70	132.5	137.5	147.5		147.5	355	267.4925
Ryan Bell	20	M-J	72.3	75	0.732	170	180	190		190	110	-115	-117.5		110	185	195	205		205	505	369.4075
Bob Alexander	61	M-60	72.7	75	0.729	-110	110	115	-120	115	55	60	-65		60	140	147.5	152.5	157.5	152.5	327.5	238.58375
Jerry Bjorndal	41	M-40	79.2	82.5	0.687	160	170	-172.5		170	115	120	122.5		122.5	172.5	187.5	195		195	487.5	334.96125
Connor Dial	23	M-J	89.2	90	0.641	185	200	-205		200	120	125	-127.5		125	185	205	-212.5		205	530	339.889
Jim Haskayne	55	M-55	89.5	90	0.64	177.5	187.5	192.5		192.5	115	-122.5	-122.5		115	205	-215	-215		205	512.5	328.1025
Hayden Schick	24	M-J	98.6	100	0.612	215	225	-232		225	162.5	167.5	-175		167.5	225	235	-240		235	627.5	384.09275
Alex Pronchuk	26	M-O	100	100	0.609	230	245	255		255	152.5	160	162.5		162.5	282.5	297.5	305		305	722.5	439.7135
Cee-Jay Jackson	29	M-O	96.5	100	0.618	147.5	155	-167.5		155	-97.5	100	105		105	147.5	160	180		180	440	271.788
Michel Murphy	31	M-O	98.2	100	0.613						77.5	85	-92.5		85	130	137.5	150		150	235	144.0785
Jesse Bifano	38	M-SM	97.8	100	0.614	210	220	-230		220	130	135	140		140	250	265	275		275	635	390.017
John Stanford	53	M-50	97.7	100	0.614	-160	165	182.5		182.5	120	130	-138.5		130	187.5	200	210		210	522.5	321.024
Josiah Eckstein	21	M-J	105.2	110	0.597	150	157.5	165		165	100	110	120		120	200	212.5	215		215	500	298.6
Robin Verleun	28	M-O	107.1	110	0.594	225	235	-245		235	152.5	157.5	160		160	245	257.5	265		265	660	391.71
Trevor Butt	35	M-SM	108.6	110	0.591	205	212.5	-220		212.5	142.5	-147.5	-147.5		142.5	250	260	263	-272.5	263	618	365.1762
Reza Fazeli	35	M-SM	108.2	110	0.592	182.5	187.5	190		190	110	115	120		120	182.5	195	200		200	510	301.716
Richard Anderson	48	M-45	109.9	110	0.589	152.5	165	-175		165	102.5	-107.5	-110		102.5	185	-195	0		185	452.5	266.38675
Brad Swidzinski	50	M-50	101.4	110	0.605	165	175	184.5		184.5	90	107.5	117.5		117.5	142.5	165	185		185	487	294.7811
Alvydas Sadzius	30	M-O	124.5	125	0.57	175	182.5	-192.5		182.5	110	112.5	-120		112.5	205	212.5	220		220	515	293.7045
Brian Matchett	50	M-50	113.1	125	0.584	200	207.5	217.5		217.5	137.5	-145	145		145	220	230	240	245	240	602.5	351.67925