

**100%RAW Powerlifting Federation Canada
2017 Settle For Nothing
Squamish, BC Dec 30, 2017**

Sanction 3 Event - Referees in attendance - Herb Veckenstedt (3), Mike Proskow (3), Danica Smith (1), Andrew Smith (1), Kristen Stewart (1), Andrew Noury (1)

Full Power/Push Pull/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
Mira Pascuzzi	12	F-13	43.5	44	1.4188	47.5	52.5	55		55	25	30	-35		30	57.5	65	70		70	155	219.914
Rachael Mirvish	40	F-40	51.4	52	1.2578	70	72.5	-75		72.5	45	-50	-50		45	92.5	100	-105		100	217.5	273.5715
Francine Ratray	44	F-40	54.9	56	1.195	57.5	65	70		70	40	42.5	45		45	72.5	77.5	85		85	200	239
Sara Kinnon	42	F-40	58.2	60	1.1416	92.5	97.5	-102.5		97.5	37.5	-42.5	45		45	105	112.5	117.5		117.5	260	296.816
Linda Doan	26	F-O	65.5	67.5	1.0432	-105	-105	105		105	55	57.5	-60		57.5	120	130	140		140	302.5	315.568
Amanda Penwill	27	F-O	66.8	67.5	1.0283	75	85	90		90	35	42.5	52.5		52.5	90	102.5	112.5		112.5	255	262.2165
Andrea Kilroy	38	F-SM	65.9	67.5	1.0385	75	82.5	87.5		87.5	45	47.5	-50		47.5	95	100	105		105	240	249.24
Christine Gavin-Bartlett	44	F-40	67.3	67.5	1.0228	65	70	75		75	35	40	45		45	85	90	100		100	220	225.016
Phyllis Dellaney	50	F-50	60.7	67.5	1.1049	77.5	80	-82.5		80	-47.5	-47.5	47.5		47.5	92.5	-100	100		100	227.5	251.36475
Robyn Schenk	14	F-15	69.7	75	0.9978	-70	70	72.5		72.5	40	-42.5	42.5		42.5	92.5	97.5	-105		97.5	212.5	212.0325
Tia Pascuzzi	14	F-15	68.8	75	1.0069	102.5	110	-115		110	52.5	55	-57.5		55	102.5	110	-115		110	275	276.8975
Alexandra Hughes-Goyette	16	F-17	73	75	0.9672	105	107.5	110		110	45	-50	50		50	110	120	-127.5		120	280	270.816
Casey Perry	26	F-O	70.8	75	0.9871	-77.5	80	87.5		87.5	40	50	-52.5		50	100	107.5	112.5		112.5	250	246.775
Maria McElman	40	F-40	70.9	75	0.9862	60	65	70		70	40	45	50		50	90	100	105		105	225	221.895
Kathy Brennan	62	F-60	73.5	75	0.9629	80	85	90		90	40	45	47.5		47.5	105	112.5	120		120	257.5	247.94675
Anna Bruder	22	F-J	79.6	82.5	0.9176	97.5	102.5	107.5		107.5	47.5	50	52.5		52.5	120	125	130		130	290	266.104
Nora Illiakis	39	F-SM	76.7	82.5	0.9376	100	105	110		110	60	65	67.5		67.5	100	110	117.5		117.5	295	276.592
Susanne Thomas	41	F-40	78.4	82.5	0.9256	65	70	75		75	37.5	42.5	45		45	82.5	92.5	100		100	220	203.632
Negeen Shojaei	26	F-O	84.3	90	0.8902	107.5	112.5	120		120	60	65	67.5	70	67.5	127.5	137.5	142.5	145	142.5	330	293.766
Samantha Cox	33	F-O	88.8	90	0.869	102.5	107.5	110		110	57.5	60	-65		60	115	122.5	127.5		127.5	297.5	258.5275
David Doan	27	M-O	66.6	67.5	0.7794	140	-150	160		160	100	110	-120		110	180	187.5	195		195	465	362.421
Rory Baldwin	23	M-J	73.3	75	0.7242	102.5	112.5	117.5		117.5	70	75	-80		75	142.5	155	165		165	357.5	258.9015
Dan Wales	36	M-SM	82.2	82.5	0.6714	-170	180	185		185	120	127.5	132.5		132.5	205	217.5	227.5		227.5	545	365.913
Kevin Habert	58	M-55	81.9	82.5	0.6729	165	177.5	190		190	97.5	105	-107.5		105	160	172.5	185		185	480	322.992
Kailen Smith	19	M-19	88.2	90	0.6451	200	217.5	225	233	225	125	132.5	140		140	250	272.5	285		285	650	419.315
Jordan McKenzie	23	M-J	87.2	90	0.6491	172.5	185	192.5		192.5	102.5	110	-115		110	220	-230	232.5		232.5	535	347.2685
Jim Jessup	40	M-40	86.6	90	0.6515	155	165	175		175	110	117.5	-125		117.5	182.5	192.5	202.5		202.5	495	322.4925
Trever Havixbeck	45	M-45	87.8	90	0.6467	102.5	125	132.5		132.5	92.5	97.5	102.5		102.5	147.5	155	165		165	400	258.68
Lucas Paczek	27	M-O	99.3	100	0.6103	130	140	145		145	102.5	107.5	115		115	145	160	185		185	445	271.5835
Peter Williams	44	M-40	94.9	100	0.6223	147.5	155	160		160	-97.5	97.5	100		100	190	195	-200		195	455	283.1465
Daryn Collier	45	M-45	95.6	100	0.6203	127.5	137.5	-145		137.5	80	87.5	-95		87.5	170	185	192.5		192.5	417.5	258.97525
Chad Nex	42	M-40	102.3	110	0.6032	130	137.5	140		140	105	110	115		115	205	215	227.5		227.5	482.5	291.044
Andrew Noury	44	M-40	103.4	110	0.6009	160	165	172.5		172.5	125	132.5	-137.5		132.5	185	-200	-200		185	490	294.441
Dave Newcombe	45	M-45	109.9	110	0.5887	125	132.5	137.5		137.5	97.5	-102.5	107.5		107.5	145	167.5	-177.5		167.5	412.5	242.83875
Cliff Miller	56	M-55	106.1	110	0.5954	140	145	155		155	97.5	102.5	107.5		107.5	160	175	-185		175	437.5	260.4875
Jason Pleym	43	M-40	117	125	0.5785	197.5	210	217.5		217.5	140	150	155		155	192.5	210	225		225	597.5	345.65375
Cory Constantlin	25	M-O	128.3	140	0.567	220	232.5	237.5		237.5	135	147.5	162.5		162.5	235	247.5	260		260	660	374.22
Shawn Wilson	30	M-O	138.9	140	0.5595	230	240	-257.5		240	165	-175	-175		165	250	277.5			277.5	682.5	381.85875
Nick Morneau	33	M-O	128.7	140	0.5666	235	255	267.5		267.5	180	195	200		200	280	300	317.5		317.5	785	444.781
Michael Bennett	44	M-40	211.6	SHW	0.5318					0	120	130	135	-142.5	135					0	135	71.793