

**100%RAW Powerlifting Federation Canada
2018 Vernon Classic
Vernon, BC**

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

Female Full Power

Female Single Lift and Push Pull

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 Ben	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadl	PL Total	Coeff Score
Jorgia Watson	10	F-11	31.9	44												30	35	40		40	0	0
Andrea Todosychuk	28	F-O	54.9	56	1.195	65	75	80		80	32.5	37.5	-42.5		37.5	85	95	100		100	217.5	259.9125
Katelyn Barry	14	F-15	57.3	60	1.1556	80	87.5	90	97.5	90	50	57.5	60	62.5	60	85	95	102.5		102.5	252.5	291.789
Victoria Barry	14	F-15	59.3	60	1.1251	80	90	95	100	95	50	57.5	60	-65	60	90	102.5	107.5		107.5	262.5	295.33875
Karen Ogilvie	43	F-40	58.6	60	1.1355	82.5	85	87.5		87.5	60	62.5	65		65	130	135	-140		135	287.5	326.45625
Katie McGeachy	28	F-O	67	67.5	1.0261	110	117.5	120		120	60	67.5	70		70	137.5	142.5	147.5		147.5	337.5	346.30875
Amanda Watson	33	F-O	66.4	67.5	1.0328	97.5	107.5	117.5		117.5	60	65	67.5		67.5	120	135	-145		135	320	330.496
Leyla Guliyeva	37	F-SM	64.6	67.5	1.0539	82.5	87.5	90		90	50	55	-57.5		55	125	135	-147.5		135	280	295.092
Rebecca Stoddart	37	F-SM	64.7	67.5	1.0527	115	122.5	130		130	70	72.5	-75		72.5	145	160	175	182.5	175	377.5	397.39425
Rachele Hicks	40	F-40	67.3	67.5	1.0228	102.5	112.5	115		115	-50	55	-57.5		57.5	130	135	-140		135	307.5	314.511
Carlee Grant	41	F-40	65.1	67.5	1.0479	87.5	92.5	97.5		97.5	55	57.5	60		60	135	140	145		145	302.5	316.98975
Cat Hill	42	F-40	65.9	67.5	1.0385	75	85	92.5		92.5	47.5	52.5	55		55	97.5	107.5	115		115	262.5	272.60625
Mira Szudek	16	F-17	74.8	75	0.9522	60	67.5	72.5		72.5	30	-42.5	-47.5		30	80	95	110		110	212.5	202.3425
April Mahovic	24	F-J	70	75	0.9948	102.5	107.5	-115		107.5	57.5	62.5	-65		62.5	110	120	-125		120	290	288.492
Candice Riemersma	40	F-40	69.1	75	1.0038	55	60	65		65	32.5	37.5	-40		37.5	75	82.5	90		90	192.5	193.2315
Kathy Brennan	63	F-O	74.4	75	0.9555	90	95	100		100	45	47.5	50		50	115	120	125		125	275	262.7625
Jordan Keehn	27	F-O	79.2	82.5	0.9202	125	137.5	-145		137.5	70	80	87.5		87.5	140	160	170		170	395	363.479
Sue O'Connell	34	F-SM	75.4	82.5	0.9475	80	85	90		90	-42.5	45	47.5		47.5	125	132.5	137.5		137.5	275	260.5625
Lianne Marquis	48	F-45	80.6	82.5	0.9112	105	112.5	117.5	120	117.5	-50	50	52.5		52.5	120	-130	140		140	310	282.472
Ashley Proulx	23	F-J	87.6	90	0.8742	85	92.5	95		95	57.5	62.5	65	67.5	65	125	135	140		140	300	262.26
Sheryl Malinowski	43	F-40	90	90	0.8641	-120	-120	-120		0	-70	-70	-70		0	120	130	140		140	0	0
Kimberly Hempell	27	F-O	105.1	90+	0.8215	97.5	105	110		110	65	67.5	70		70	120	135	145		145	325	266.9875
Karmen Doucette	40	F-40	106.8	90+	0.8184	110	115	122.5		122.5	47.5	50	55		55	117.5	125	135		135	312.5	255.75

Male Full Power

Male Single Lift and Push Pull

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 Ben	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadl	PL Total	Coeff Score
Seth Watson	7	M-11	29.9	48												40	50	-55		50	0	0
Ryan Bell	19	M-19	72.1	75	0.733	160	170	180		180	102.5	107.5	-115		107.5	182.5	192.5	-200		192.5	480	351.84
Max Corcoran	22	M-J	74.8	75	0.7139	85	102.5	112.5		112.5	85	95	102.5		102.5	180	190	200		200	415	296.2685
Derek Arsenaault	33	M-O	72.9	75	0.7271	132.5	140	147.5		147.5	-112.5	112.5	122.5		122.5	170	185	190		190	460	334.466
Kyle Larson	39	M-SM	82.1	82.5	0.6719	170	185	197.5		197.5	125	130	137.5		137.5	215	227.5	232.5		232.5	567.5	381.30325
Trevor Carpenter	46	M-45	81.9	82.5	0.6729	175	187.5	-192.5		187.5	100	110	115		115	217.5	227.5	-235		227.5	530	356.637
Kevin O'Shea	47	M-45	81.6	82.5	0.6744	115	122.5	127.5		127.5	87.5	-95	-95		87.5	155	165	-170		165	380	256.272
Damien Rattee	24	M-J	88.9	90	0.6424	187.5	-200	207.5		207.5	-135	-140	140		140	200	220	235		235	582.5	374.198
Tyler Little	35	M-SM	84.9	90	0.6588	192.5	195	202.5		202.5	110	122.5	-125		122.5	195	205	217.5		217.5	542.5	357.399
Dan Wales	37	M-SM	85.3	90	0.657	180	190	-200		190	127.5	132.5	-135		132.5	215	230	240		240	562.5	369.5625
Brad Mckim	44	M-40	87.7	90	0.6471	200	210	217.5		217.5	-137.5	137.5	150		150	200	212.5	222.5		222.5	590	381.789
Robert Wiseman	44	M-40	83.4	90	0.6656	127.5	-142.5	142.5		142.5	80	85	90		90	125	135	142.5		142.5	375	249.6
Giles Weeden	47	M-45	94.9	90	0.6223	135	147.5	152.5		152.5	90	95	-97.5		95	187.5	200	207.5		207.5	455	283.1465
Kyle Huard	20	M-J	94.6	100	0.6232	152.5	172.5	177.5		177.5	107.5	115	122.5		122.5	197.5	210	-220		210	510	317.832
Travis Siegmann	25	M-O	98.8	100	0.6116	175	-182.5	182.5		182.5	142.5	152.5	-162.5		152.5	197.5	205	215		215	550	336.38
Scott Arsenaault	29	M-O	97.3	100	0.6155	142.5	150	167.5		167.5	105	-110	112.5		112.5	205	215	227.5		227.5	507.5	312.36625
Jon Antcil	32	M-O	94.1	100	0.6247	137.5	147.5	157.5		157.5	102.5	107.5	112.5		112.5	182.5	192.5	200		200	470	293.609
Grant Hannah	45	M-45	95.1	100	0.6217	167.5	185	-195		185	85	-95	95		95	195	220	230		230	510	317.067
Luke Kavanagh	31	M-O	108.1	110	0.5917	-140	145	150		150	87.5	-92.5	-97.5		87.5	162.5	172.5	182.5		182.5	420	248.514
Matthew Lucas	41	M-40	109.2	110	0.5898	180	-192.5	195		195	107.5	115	120		120	230	242.5	250		250	565	333.237
Morgan Ward	25	M-O	124.8	125	0.57	185	190	197.5		197.5	-110	117.5	125		125	-200	210	222.5		222.5	545	310.65
Nick Johnson	20	M-J	132.2	140	0.5639	152.5	167.5	182.5		182.5	110	122.5	-130		122.5	185	202.5	220		220	525	296.0475