

100%RAW Powerlifting Federation Canada
2018 Alberta Provincials
Calgary, AB May 5, 2018

Sanction 3 Event - Referees in attendance - Herb Veckenstedt (3), Mike Proskow (3), Erin Matheson (3), Lori McWatters (3), Adam Price (3), Renae Witzaney (3), Kevin Weiss (3), Andrew Smith (2), Danica Smith (2), Megan Bain (2), Andrew Noury (2), Nora Kish (1)

Classic Male Full Power

Name	Age	Div	Sleeves	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
Calvin Quach	27	M-O	Sleeves	66	67.5	0.7852	135	147.5	160		160	97.5	102.5	110		110	170	185	200		200	470	369.044
Tristan Gillespie	22	M-J	Sleeves	73.2	75	0.7249	150	160	167.5		167.5	95	102.5	107.5		107.5	170	180	185		185	460	333.454
Adrian Ezra	24	M-J	Sleeves	81.8	82.5	0.6734	160	175	-180		175	125	135	-140		135	210	225	235		235	545	367.003
Andre Skinner	25	M-O	Sleeves	77.8	82.5	0.6951	152.5	-170	185		185	105	-120	-120		105	195	210	220		220	510	354.501
Max Kahler	16	M-17	Sleeves	88.7	90	0.6432	137.5	-150	155		155	85	92.5	100		100	172.5	190	197.5	208	197.5	452.5	291.048
Craig Damen	30	M-O	Sleeves	88.7	90	0.6432	175	182.5	190		190	117.5	125	-127.5		125	205	-217.5	-227.5		205	520	334.464
Jim Haskayne	54	M-50	Sleeves	88.3	90	0.6447	155	167.5	-180		167.5	110	115	-120.5		115	207.5	217.5	-227.5		217.5	500	322.35
William Kevin Stirling	62	M-60	Sleeves	89.9	90	0.6388	125	135	145		145	125	130	132.5		132.5	190	200			200	477.5	305.027
Sam Kaminski	21	M-J	Sleeves	98.3	100	0.6129	220	227.5	-237.5		227.5	107.5	110			110	265	272.5	277.5	-291	277.5	615	376.9335
Long Jin	23	M-J	Sleeves	97.5	100	0.615	185	192.5	200		200	-125	135	-142.5		135	192.5	200	207.5		207.5	542.5	333.6375
Alex Malouin	28	M-O	Sleeves	99.6	100	0.6096	130	-142.5	142.5		142.5	105	112.5	-115		112.5	182.5	187.5	202.5		202.5	457.5	278.892
Kody Gallipeau	28	M-O	Sleeves	98.9	100	0.6113	-200	200	-207.5		200	-140	-140	140		140	215	227.5	-240		227.5	567.5	346.91275
Greg Stevens	31	M-O	Sleeves	99.9	100	0.6088	210	220	-227.5		220	120	127.5	135		135	-225	240	-247.5		240	595	362.236
Paul Butts	48	M-45	Sleeves	93.9	100	0.6254	122.5	130	140		140	82.5	87.5	90		90	142.5	150	155		155	385	240.779
Raymond Ly	23	M-J	Sleeves	104.7	110	0.5982	182.5	200	210		210	102.5	112.5	120		120	202.5	217.5	227.5		227.5	557.5	333.4965
Kevin Lutz	25	M-O	Sleeves	107.2	110	0.5933	232.5	247.5	255		255	165	175	-182.5		175	237.5	250	-260		250	680	403.444
Glenn Mathieson	32	M-O	Sleeves	114.5	125	0.5817	165	175	182.5		182.5	125	-135	-135		125	205	217.5	-227.5		217.5	525	305.3925
Gary Tremblay	48	M-45	Sleeves	122.3	125	0.5725	-157.5	157.5	-162.5		157.5	125	-132.5	132.5	-142.5	132.5	182.5	195	-215		195	485	277.6625
Wade Edwards	48	M-45	Sleeves	112.9	125	0.584	130	140	-150		140	-130	130	-135		130	-180	-180	182.5		182.5	452.5	264.26
Randy Sparks	60	M-60	Sleeves	120.4	125	0.5745	170	185	196	200	196	85	90	95		95	200	210	215.5	225.5	215.5	506.5	290.98425
David Addie	62	M-60	Sleeves	126	140	0.5689	150	-160	-160		150	110	120	-125		120	180	200	-210		200	470	267.383
Moila Aokoso	27	M-O	Sleeves	145.1 SHW		0.5559	230	250	262.5		262.5	145	160	172.5		172.5	255	280	295	300	295	730	405.807
Jason Thompson	32	M-O	Sleeves	141.3 SHW		0.558	257.5	-272.5	272.5		272.5	177.5	185	190.5		190.5	265	277.5	-300		277.5	740.5	413.199

Original Raw Male Full Power, Push Pull and Single Lift

Name	Age	Div	Sleeves	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
Justin Horn	12	M-13		43.9	48	1.1878	0	-40	40		40	25	-32.5	-32.5		25	62.5	70	75	80	75	140	166.292
Cam Willis	18	M-19		67.2	67.5	0.7738	-102.5	110	-120		110	72.5	-77.5	77.5		77.5	150	-152.5	-152.5		150	337.5	261.1575
Noah Wright	19	M-19		66.7	67.5	0.7785	127.5	137.5	150		150	117.5	-127.5	-127.5		117.5	172.5	190	-200		190	457.5	356.16375
Stephane Heroux	35	M-SM		67	67.5	0.7756	176	-186.5	186.5		186.5	120	-125	-125		120	210	-221	-221		210	516.5	400.5974
Tyler Davis	19	M-19		71.3	75	0.739	-107.5	110	-115		110	65	-67.5	-67.5		65	135	140	147.5		147.5	322.5	238.3275
Tony Nguyen	31	M-O		70	75	0.7494	115	120	127.5		127.5	75	82.5	-90		82.5	150	157.5	175		175	385	288.519
Jeremy Kander	34	M-O		74.3	75	0.7173	135	145	160		160	97.5	-105	-105		97.5	190	200	-210		200	457.5	328.16475
Ian Bennett	35	M-SM		72.9	75	0.7271	145	150	-155		150	105	107.5	112.5		112.5	210	220	228	-230	228	490.5	356.64255
Gord Squire	50	M-50		74.9	75	0.7132	0	110	120		120	115	-120	120		120	110	120	135		135	375	267.45
Aidan Turner	14	M-15		81.5	82.5	0.6749	102.5	110	-120		110	75	80	-87.5		80	-140	-142.5	142.5		142.5	332.5	224.40425
Dylan Burke	15	M-15		78.2	82.5	0.6927	92.5	-95	95		95	65	-70	-70		65	140	142.5	-147.5		142.5	302.5	209.54175
Kieran Claypool	22	M-J		81.6	82.5	0.6744	147.5	157.5	165		165	97.5	105	112.5		112.5	157.5	167.5	180		180	457.5	308.538
Trygve Tysseiland	33	M-O		82.3	82.5	0.6709	167.5	-175	175		175	125	132.5	137.5		137.5	170	192.5	210		210	522.5	350.54525
Gordon Macinnes	45	M-45		77.2	82.5	0.6987	115	120	125		125	115	120	-127.5		120	180	187.5	192.5		192.5	437.5	305.68125
Russ Friesen	46	M-45		82.2	82.5	0.6714	140	150	160		160	112.5	117.5	122.5		122.5	170	180	190		190	472.5	317.2365
Mike Habina	52	M-50		80.1	82.5	0.6822	0				0	130	135	-140		135	0				0	135	92.097
Bob Alexander	60	M-60		79.4	82.5	0.686	87.5	92.5	102.5		102.5	57.5	60	65	67.5	65	110	117.5	125	130	125	292.5	200.655
Vishal Mittu	20	M-J		88.7	90	0.6432	-162.5	162.5	-177.5		162.5	97.5	102.5	110		110	187.5	205	212.5		212.5	485	311.952
Supreet Padda	22	M-J		89.6	90	0.6398	152.5	162.5	-165		162.5	95	100	-107.5		100	187.5	-202.5	-202.5		187.5	450	287.91
Harlan Kovac	47	M-45		88.2	90	0.6451	152.5	160	172.5		172.5	95	102.5	110		110	170	185	-192.5		185	467.5	301.58425
Daniel Lee	33	M-O		91.8	100	0.6321	162.5	175	182.5		182.5	107.5	115	120		120	180	200	210		210	512.5	323.95125
Michael Croft	22	M-J		105.5	110	0.5966	162.5	177.5	182.5		182.5	125	135	137.5		137.5	195	217.5	227.5		227.5	547.5	326.6385
Dorrell Petties-Dahmer	28	M-O		109.9	110	0.5887	190	205	215		215	145	155	-160		155	285	300	-310.5		300	670	394.429
Spence Howson	18	M-19		124.1	125	0.5707	180	195	-205.5		195	-125	125	-132.5		125	230	240	-250		240	560	319.592
Anton Zmushka	22	M-J		124.3	125	0.5705	0				0	175	182.5	187.5		187.5	260	280	302.5	310	302.5	490	279.545
Greg Cheveldofoff	45	M-45		121.2	125	0.5736	0				0	102.5	-107.5	-107.5		102.5	0				0	102.5	58.794
Chapel Iron Shirt	13	M-13		131.7	140	0.5643	-102.5	110	-122.5		110	70	-75	-75		70	142.5	147.5	157.5		157.5	337.5	190.45125
Nathan Sparks	34	M-O		129.3	140	0.5661	0				0	-180	185	-192.5		185	265	280	292.5		292.5	477.5	270.31275
Garry Coates	47	M-45		136.6	140	0.5609	195	205	-215		205	150	160	-170		1							

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Classic Raw Female Full Power

Name	Age	Div	Sleeves	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
Jessica Sklar	25	F-O	Sleeves	58.4	60	1.1386	-95	100	-105		100	60	65	-67.5		65	105	110	117.5		117.5	282.5	321.6545
Francesca Tocco	25	F-O	Sleeves	60	60	1.1149	92.5	97.5	102.5		102.5	50	52.5	-55		52.5	120	130	137.5		137.5	292.5	326.10825
Ashley Enns	24	F-J	Sleeves	60.9	67.5	1.1021	110	120	122.5		122.5	55	-62.5	-62.5		55	142.5	152.5	160	162.5	160	337.5	371.95875
Melissa Buhler	29	F-O	Sleeves	70.7	75	0.9881	127.5	-138.5	-138.5		127.5	65	72.5	77.5		77.5	140	155	-160		155	360	355.716
Michelle Turner	46	F-45	Sleeves	74.3	75	0.9563	-65	65	70		70	40	42.5	-45		42.5	85	90	95		95	207.5	198.43225
Julia Basset	25	F-O	Sleeves	79.1	82.5	0.9209	92.5	-102.5	-107.5		92.5	50	52.5	55		55	105	117.5	125		125	272.5	250.94525
Sharon Howland	36	F-SM	Sleeves	86.7	90	0.8783	92.5	-100	102.5		102.5	52.5	57.5	-62.5		57.5	132.5	137.5	145		145	305	267.8815

Female Full Power, Push Pull, Single Lift

Name	Age	Div	Sleeves	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
Catherine Beninger	23	F-J		43.6	44	1.4166	70	77.5	82.5	-85	82.5	42.5	47.5	50	-52.5	50	82.5	-97.5	-97.5		82.5	215	304.569
Rylea Yanke	21	F-J		49.5	52	1.2944	70	72.5	75		75	60	62.5	65		65	92.5	95	100		100	240	310.656
Gloria Cheung	29	F-O		50.7	52	1.2711	90	97.5	-102.5		97.5	-42.5	50	-52.5		50	85	97.5	102.5		102.5	250	317.775
Kennedy Macinnes	11	F-11		52.2	56	1.2429	27.5	30	32.5		32.5	20	-22.5	-22.5		20	35	40	52.5		52.5	105	130.5045
Skyllar Yanke	24	F-J		54.4	56	1.2036	100	102.5	105		105	70	72.5	-75		72.5	125	127.5	135		135	312.5	376.125
Winnie Fong	33	F-O		55.7	56	1.1816	75	80	82.5		82.5	40	42.5	-45		42.5	102.5	110	115		115	240	283.584
Mattea Ahlajah	11	F-11		57.5	60	1.1525	45	50	55		55	25	28	30		30	65	70.5	75	80	75	160	184.4
Genevieve Horn	15	F-15		58.6	60	1.1355	-70	-70	70		70	37.5	40	-45		40	85	92.5	97.5	100	97.5	207.5	235.61625
Claudia Lai	20	F-J		59.2	60	1.1266	-77.5	77.5	80		80	-42.5	42.5	-45		42.5	90	95	97.5		97.5	220	247.852
Christine Trac	21	F-J		56.6	60	1.1668	97.5	110	125		125	65	75.5	-80		75.5	137.5	150	-162.5		150	350.5	408.9634
Katelyn Mah	24	F-J		59.8	60	1.1178	0				0	-62.5	71	-72.5		71	0				0	71	79.3638
Nicola McDivitt	26	F-O		56.6	60	1.1668	75	80	85		85	55	-57.5	57.5		57.5	105	115	127.5		127.5	270	315.036
Susanne McElroy	48	F-45		59.5	60	1.1221	-62.5	72.5	80		80	55	-60.5	-60.5		55	97.5	110	122.5	-133	122.5	257.5	288.94075
Kaitlyn McKenna	17	F-17		62.5	67.5	1.0805	-70	70	-72.5		70	32.5	-35	-35		32.5	75	80	92.5		92.5	195	210.6975
Erica Navickas	21	F-J		66.7	67.5	1.0294	80	95	100		100	50	60	67.5		67.5	87.5	102.5	110		110	277.5	285.6585
Teresa Lei	21	F-J		66.6	67.5	1.0306	112.5	120	130		130	47.5	50	-52.5		50	145	155	162.5		162.5	342.5	352.9805
Anna Quijada	29	F-O		67.2	67.5	1.0239	92.5	105	117.5		117.5	50	57.5	-65		57.5	112.5	130	137.5		137.5	312.5	319.96875
Lisa Lord-Edmiston	46	F-45		67	67.5	1.0261	72.5	-75	-75		72.5	-45	45	-47.5		45	105	110	112.5		112.5	230	236.003
Dawn Luscombe	47	F-45		61	67.5	1.10068	77.5	80	-82.5		80	42.5	45	-47.5		45	105	107.5	110		110	235	258.66
Lovedeep Sangha	23	F-J		70.1	75	0.9939	87.5	92.5	-100		92.5	40	42.5	-45		42.5	95	102.5	105		105	240	238.536
Rachel Ponte	24	F-J		69.7	75	0.9978	57.5	67.5	75		75	37.5	-45	-45		37.5	80	92.5	100		100	212.5	212.0325
Angela Lewis	24	F-J		71.4	75	0.9815	92.5	97.5	105		105	80	85	-90		85	117.5	122.5	130		130	320	314.08
Cayla Caufield	29	F-O		73.8	75	0.9604	87.5	92.5	95		95	52.5	55	-62.5		55	102.5	107.5	112.5		112.5	262.5	252.105
Yasmine Halat	32	F-O		73.5	75	0.9629	110	-112.5	112.5		112.5	60	-62.5	-62.5		60	130	140	145		145	317.5	305.72075
Jacelynn Olandesca	36	F-SM		71.8	75	0.9779	92.5	97.5	105		105	60	65	67.5		67.5	105	115	122.5		122.5	295	288.4805
Lisa Szabon-Smith	36	F-SM		71.1	75	0.9843	138.5	140	145	-150	145	77.5	80.5	83		83	142.5	150	156		156	384	377.9712
Cathy Kerr	46	F-45		70.8	75	0.9871	70	82.5	87.5		87.5	42.5	50	55		55	87.5	100	107.5		107.5	250	246.775
Lynne Courtnage-Coolen	59	F-55		71.7	75	0.9788	80	96	105	110	105	35	40	43		43	110	120	-130		120	268	262.3184
Kassidy Howells	20	F-J		75.4	82.5	0.9475	-90	95	105		105	52.5	55	-57.5		55	135	137.5	140		140	300	284.25
Erin Kronstedt	31	F-O		80.1	82.5	0.9144	110	120	130		130	65	70	-72.5		70	127.5	137.5	142.5		142.5	342.5	313.182
Vanessa Reed	35	F-SM		79.7	82.5	0.9169	-115	115	120.5	122.5	120.5	60	65	-70.5		65	122.5	132.5	137.5		137.5	323	296.1587
Jordan Colberg	39	F-SM		79.2	82.5	0.9202	-70	-70	70		70	40	-42.5	-42.5		40	85	95	100		100	210	193.242
Tracey Ridgway	51	F-50		81.8	82.5	0.904	65	72.5	82.5		82.5	45	-55	-55		45	92.5	102.5	110		110	237.5	214.7
Kathy Reid-Soucy	52	F-50		80.3	82.5	0.9131	85	87.5	95	97.5	95	-45	50	-52.5		50	120	122.5	127.5		127.5	272.5	248.81975
Sara King	36	F-SM		88.7	90	0.8694	65	77.5	85		85	45	52.5	55		55	90	102.5	112.5		112.5	252.5	219.5235
Christina Ryan	43	F-40		84.1	90	0.8912	65	80	90		90	40	-47.5	-47.5		40	90	102.5	110		110	240	213.888
Sarah Skinner	30	F-O		140.7 90+		0.7769	92.5	102.5	112.5		112.5	50	55	62.5		62.5	85	105	115		115	290	225.301
Sharalee Bustamante	30	F-O		109.7 90+		0.8135	140	147.5	157.5		157.5	65	70	-72.5		70	132.5	140	145		145	372.5	303.02875
Melanie Perron	42	F-40		117.4 90+		0.8028	112.5	122.5	127.5		127.5	57.5	-67.5	-67.5		57.5	130	147.5	-152.5		147.5	332.5	266.931
Sheryl Malinowski	43	F-40		93.3 90+		0.8519	-95	95	100		100	60	-65	-65		60	110	115	125		125	285	242.7915