

**100%RAW Powerlifting Federation Canada  
2017 Fist Full of Steel  
Squamish, BC April 29, 2017**

**Female Full Power/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	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
Mira Pascuzzi	11	F-11	37.6	44	1.5429	32.5	37.5	42.5		42.5	20	22.5	25	25	40	47.5	-55	47.5	115	177.44
Rachael Mirvish	40	F-40	54.5	56	1.2019	50	60	-67.5		60	35	-40	40	40	70	80	90	90	190	228.361
Taryn Haggerstone	26	F-O	58.6	60	1.1355	105	110	115		115	72.5	75	-77.5	75	137.5	145	-150	145	335	380.3925
Erin Matheson	26	F-O	59.7	60	1.1192	90	95	100		100	52.5	57.5	60	60	135	142.5	145	145	305	341.356
Allysha Pomeroy	26	F-O	59.2	60	1.1266	87.5	92.5	97.5		97.5	47.5	50	-55	50	115	120	125	125	272.5	306.9985
Karen Ogilvie	41	F-40	59.3	60	1.1251						60	62.5	-65	62.5	122.5	130	137.5	137.5	200	225.02
Tonya Motyka	46	F-45	65.6	67.5	1.042	107.5	115	122.5		122.5	70	75	77.5	77.5	135	-147.5	150	150	350	364.7
Tia Pascuzzi	14	F-15	68.8	75	1.0069	90	95	-100		95	50	-52.5	-52.5	50	92.5	100	110	110	255	256.7595
Darlene Miller	57	F-55	70.9	75	0.9862	-80	80	82.5		82.5	-45	-47.5	47.5	47.5	97.5	100	102.5	102.5	232.5	229.2915
Kathy Brennan	61	F-60	70	75	0.9948	82.5	87.5	-92.5		87.5	40	42.5	-47.5	42.5	102.5	107.5	-115	107.5	237.5	236.265
Samantha Cox	33	F-O	88	90	0.8724	102.5	110	-117.5		110	57.5	-62.5	-62.5	57.5	112.5	120	127.5	127.5	295	257.358
Kristan Stewart	39	F-SM	97.6	90+	0.8388						57.5	62.5	65	65	105	110	115	115	180	150.984

**Male Full Power/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	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total	Coeff Score
Rory Baldwin	23	M-J	70.5	75	0.7453	107.5	115	125		125	77.5	-82.5	-82.5	77.5	155	170	-185	170	372.5	277.62425
Riley Smith	16	M-17	78.6	82.5	0.6905	115	122.5	-132.5		122.5	75	80	-85	80	165	180	190	190	392.5	271.02125
Dylan Smith	16	M-17	79.2	82.5	0.6871	115	122.5	132.5		132.5	75	80	85	85	165	-180	-180	165	382.5	262.81575
Mark Nolette	31	M-O	82.5	82.5	0.6699	185	-190	-190		185	105	110	-115	110	235	245	-260	245	540	361.746
Pat Foster	32	M-O	81.6	82.5	0.6744	150	162.5	-175		162.5	105	-110	-110	105	150	160		160	427.5	288.306
Jason Noel	36	M-SM	81.8	82.5	0.6734	140	150	160		160	125	-135	-135	125	195	210		210	495	333.333
Kevin Haberl	57	M-55	82.2	82.5	0.6714	160	172.5	182.5		182.5	92.5	100	-105	100	155	165	175	175	457.5	307.1655
Brandon Cheal	17	M-17	87.3	90	0.6487	80	92.5	102.5		102.5	60	65	72.5	72.5	120	135	150	150	325	210.8275
Kailen Smith	18	M-19	89.4	90	0.6406	200	212.5	222.5	230	222.5	125	132.5	137.5	137.5	250	265	277.5	277.5	637.5	408.3825
Tim Frazer	32	M-O	89.9	90	0.6388	185	-190	-190		185	-115	-120	-120	0	0			0	0	0
Brian Lim	33	M-O	89.3	90	0.641	160	170	-177.5		170	102.5	105	110	110	237.5	245	257.5	257.5	537.5	344.5375
Wyatt Pedersen	21	M-J	92.8	100	0.6288	112.5	120	127.5		127.5	62.5	67.5	75	75	150	170	185	185	387.5	243.66
Iain Gregg	23	M-J	96.8	100	0.6169	175	185	-197.5		185	130	135	-142.5	135	222.5	240	250	250	570	351.633
Giles Weeden	45	M-45	94.9	100	0.6223	132.5	142.5	147.5		147.5	92.5	97.5	100	100	182.5	192.5	200	200	447.5	278.47925
Tony Xu	28	M-O	101.1	110	0.606	222.5	235	250		250	130	140	-145	140	227.5	240	255	255	645	390.87
Geoff Park	40	M-SM	103.8	110	0.6						132.5	137.5	-142.5	137.5					137.5	82.5
Andrew Noury	44	M-40	103.6	110	0.6004	162.5	177.5	-182.5		177.5	122.5	130	-132.5	130	182.5	190	-197.5	190	497.5	298.699
Cory Constantin	24	M-J	124.8	125	0.57	212.5	225	237.5	-255	237.5	145	152.5	160	160	225	242.5	-260	242.5	640	364.8
Nicholas Cowan	35	M-SM	119.4	125	0.5756	155	162.5	170		170	100	107.5	-112.5	107.5	175	185	195	195	472.5	271.971
J.M. (Marty) Walker	43	M-40	120.3	125	0.5746	180	192.5	200		200	105	110	115	115	182.5	192.5	200	200	515	295.919
Adam Cheal	44	M-40	124.1	125	0.5707	195	205	215		215	117.5	125	132.5	132.5	195	210	222.5	222.5	570	325.299
Cliff Miller	55	M-55	110.6	125	0.5875	160	172.5	185		185	100	110	117.5	117.5	190	202.5	215	215	517.5	304.03125
Nick Morneau	32	M-O	130.6	140	0.5651	220	237.5	245		245	162.5	175	180	180	260	270	285	285	710	401.221
Bob MacPherson	52	M-50	130.8	140	0.565	155	-165	165		165	100	-105	-107.5	100	170	182.5	185	185	450	254.25

**Military Press**

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Press 1	Press 2	Press 3	Press 4	Best Press	Coeff Score
Erin Matheson	26	F-O	59.7	60	1.1192	43	45	47.5	50	47.5	53.162
Kailen Smith	18	M-19	89.4	90	0.6406	65	70	-71		70	44.842
Giles Weeden	45	M-45	94.9	100	0.6223	60	62.5	65		65	40.4495
Cory Constantin	24	M-J	124.8	125	0.57	80	90	100		100	57
Marty Walker	43	M-40	120.3	125	0.5746	70	75	80	83.5	80	45.968
Adam Cheal	44	M-40	124.1	125	0.5707	70	75	80	-84	80	45.656