

100%RAW Powerlifting Federation Canada

2019 Bar Wars - East

Souris, PEI, May 4th, 2019

Sanction 3 Event - Referees in attendance - Paul Gidney (3), Steve Flemming (3), Tom Nicholls (2)

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 |
|---------------------|-----|------|----------|------------|-------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|-------------|
| Maureen MacEwen | 59 | F-55 | 53.1 | 56.0 | 1.227 | 62.5 | 67.5 | 70.0 | | 70.0 | 32.5 | -35.0 | -35.0 | | 32.5 | 82.5 | 87.5 | 92.5 | | 92.5 | 195 | 239.187 |
| Karley Affleck | 20 | F-J | 60.0 | 60.0 | 1.115 | 87.5 | 95.0 | 100.0 | | 100.0 | 47.5 | 50.0 | 52.5 | | 52.5 | 105 | 110 | 115 | | 115 | 267.5 | 298.23575 |
| Cathleen MacCormack | 32 | F-O | 59.9 | 60.0 | 1.116 | 35.0 | 40.0 | -45.0 | | 40.0 | 30.0 | 32.5 | 35.0 | | 35.0 | 40 | 52.5 | 75 | | 75 | 150 | 167.445 |
| Wanda MacInnis | 58 | F-55 | 56.5 | 60.0 | 1.168 | -45.0 | 50.0 | -55.0 | | 50.0 | 32.5 | -35.0 | -35.0 | | 32.5 | 75 | 85 | 90 | | 90 | 172.5 | 201.549 |
| Serena Steele | 27 | F-O | 66.6 | 67.5 | 1.031 | 65.0 | 70.0 | -75.0 | | 70.0 | 50.0 | -52.5 | -52.5 | | 50.0 | 90 | 105 | -110 | | 105 | 225 | 231.885 |
| Tracy Curran | 43 | F-40 | 65.7 | 67.5 | 1.041 | 112.5 | 120.0 | 127.5 | | 127.5 | 55.0 | 62.5 | -65.0 | | 62.5 | 125 | 137.5 | -140 | | 137.5 | 327.5 | 340.862 |
| Vanessa MacKinnon | 44 | F-40 | 66.0 | 67.5 | 1.037 | | | | | | -50.0 | 50.0 | 52.5 | | 52.5 | 70 | 75 | 80 | | 80 | 132.5 | 137.4555 |
| Courtney Steele | 31 | F-O | 69.2 | 75.0 | 1.003 | 112.5 | 122.5 | 125.0 | | 125.0 | 67.5 | 70.0 | 72.5 | | 72.5 | 127.5 | 135 | 142.5 | | 142.5 | 340 | 340.952 |
| Jeri Munro | 39 | F-SM | 74.9 | 75.0 | 0.951 | 112.5 | 117.5 | -122.5 | | 117.5 | -65.0 | -65.0 | -65.0 | | 0.0 | 152.5 | -157.5 | -157.5 | | 152.5 | 270 | 256.878 |
| Courtney Dill | 22 | F-J | 81.1 | 82.5 | 0.908 | 127.5 | 132.5 | -137.5 | | 132.5 | 50.0 | 52.5 | 55.0 | | 55.0 | 135 | 142.5 | 147.5 | | 147.5 | 335 | 304.247 |
| Christine Trainor | 30 | F-O | 99.7 | 90+ | 0.833 | 97.5 | 102.5 | 110.0 | | 110.0 | 52.5 | 55.0 | -60.0 | | 55.0 | 105 | 120 | 132.5 | | 132.5 | 297.5 | 247.90675 |
| Cassie Anderson | 32 | F-O | 106.5 | 90+ | 0.819 | -87.5 | 97.5 | 110.0 | | 110.0 | 52.5 | 57.5 | -62.5 | | 57.5 | 115 | 122.5 | 130 | | 130 | 297.5 | 243.62275 |

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 |
|-------------------|-----|------|----------|------------|-------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|-------------|
| Kurtis MacCormack | 23 | M-J | 59.9 | 60.0 | 0.854 | 125.0 | 130.0 | 135.0 | | 135.0 | 85.0 | 87.5 | 90.0 | | 90.0 | -165 | 165 | 175 | | 175 | 400 | 341.68 |
| Connor Ching | 14 | M-15 | 74.6 | 75.0 | 0.715 | 75.0 | 80.0 | 92.5 | | 92.5 | 40.0 | 45.0 | 52.5 | | 52.5 | 85 | 100 | 112.5 | | 112.5 | 257.5 | 184.164 |
| Noah Manning | 19 | M-19 | 82.2 | 82.5 | 0.671 | 200.0 | 215.5 | 220.0 | | 220.0 | 105.0 | 115.0 | 120.0 | | 120.0 | 250 | 262.5 | 275 | | 275 | 615 | 412.911 |
| Zak O'Regan | 14 | M-15 | 84.4 | 90.0 | 0.661 | 75.0 | 80.0 | 95.0 | | 95.0 | 40.0 | 45.0 | 52.5 | | 52.5 | 85 | 112.5 | -137.5 | | 112.5 | 260 | 171.86 |
| Ryan MacCormack | 33 | M-O | 87.2 | 90.0 | 0.649 | -152.5 | 152.5 | 157.5 | | 157.5 | 115.0 | -120.0 | 122.5 | | 122.5 | 192.5 | 215 | 227.5 | | 227.5 | 507.5 | 329.41825 |
| Kent Clark | 69 | M-65 | 90.0 | 90.0 | 0.638 | 92.5 | -105.0 | -110.0 | | 92.5 | 75.0 | 80.0 | -85.0 | | 80.0 | -165 | 172.5 | 182.5 | | 182.5 | 355 | 226.632 |
| James Woods | 26 | M-O | 91.4 | 100.0 | 0.634 | 155.0 | 165.0 | 170.0 | | 170.0 | 112.5 | 117.5 | 125.0 | | 125.0 | 190 | -200 | 200 | | 200 | 495 | 313.5825 |
| Blair MacKinnon | 53 | M-50 | 91.4 | 100.0 | 0.634 | 112.5 | 122.5 | 135.0 | | 135.0 | 82.5 | 92.5 | -100.0 | | 92.5 | 130 | 145 | 157.5 | | 157.5 | 385 | 243.8975 |
| Larry LeBlanc | 61 | M-60 | 95.3 | 100.0 | 0.621 | 170.0 | 180.0 | 190.0 | | 190.0 | 110.0 | 117.5 | -125.0 | | 117.5 | -180 | 190 | 205 | | 205 | 512.5 | 318.31375 |
| Graham Leslie | 27 | M-O | 116.0 | 125.0 | 0.580 | | | | | | -135.0 | 140.0 | 152.5 | | 152.5 | | | | | | 152.5 | 88.40425 |