

100%RAW Powerlifting Federation Canada

2017 World Health Games

Calgary, AB Oct 21, 2017

Sanction 3 Event - Referees in attendance - Adam Price (3), Herb Veckenstedt (3), Mike Proskow(3), Erin Matheson (2), Lori McWatters (2) Megan Bain-Kretschmer (1)

Referee Trainees - Colin Dewolfe (1), Ted Finkelman (1), John Sarginson (1)

Full Power/Push Pull/Single Lift

Name	Age	Div	BWt (Kg)	WtCls (Kg)	WLKS	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
Marie Joaquin	21	F-J	49.1	52	1.3023	95	102.5	107.5	113	107.5	50	55	-60		55	115	125	-133		125	287.5	374.41125
Gloria Cheung	28	F-O	48.3	52	1.3183	-90	-95	95		95	42.5	47.5	-50		47.5	87.5	95	-100		95	237.5	313.09625
Sherry Ma	21	F-J	54.2	56	1.2071	-92.5	97.5	100		100	47.5	55	57.5		57.5	107.5	115	125		125	282.5	341.00575
Jenn Lee	33	F-O	55.8	56	1.1799	107.5	-115	-115		107.5	52.5	57.5	-60		57.5	110	117.5	-125		117.5	282.5	333.32175
Winnie Fong	33	F-O	55.6	56	1.1832	70	75	-80		75	40	42.5	-45		42.5	-105	105	107.5		107.5	225	266.22
Darine Alame	35	F-SM	55.3	56	1.1883	107.5	-112.5	-112.5		107.5	50	-57.5	-57.5		50	115	125	127.5		127.5	285	338.6655
Emili Schertzberg	25	F-O	58.8	60	1.1325	92.5	97.5	-102.5		97.5	-62.5	67.5	-72.5		67.5	115	125	127.5		127.5	292.5	331.25625
Pamela Young	29	F-O	59.8	60	1.1178	-95	102.5	-107.5		102.5	42.5	-50	-50		42.5	120	127.5	130		130	275	307.395
Erica Navickas	21	F-J	62.4	67.5	1.0818	67.5	75	82.5		82.5	42.5	-47.5	-47.5		42.5	80	90	102.5		102.5	227.5	246.1095
Andrea Melito	26	F-O	65.1	67.5	1.0479	120	127.5	132.5		132.5	65	67.5	-70		67.5	127.5	132.5	137.5		137.5	337.5	353.66625
Kayla Hawryluk	30	F-O	66.1	67.5	1.0362					0	67.5	-72.5	72.5	-78	72.5						72.5	75.1245
Marisa Brolo	42	F-40	66.7	67.5	1.0294	100	105	-107.5		105	57.5	-60	0		57.5	-135	-135	-135		0	162.5	167.2775
Lovedeep Sangha	23	F-J	74.6	75	0.9538	82.5	87.5	92.5		92.5	37.5	-40	40		40	90	97.5	102.5		102.5	235	224.143
Jessica Hierons	25	F-O	72.6	75	0.9707	-110	-112.5	112.5		112.5	60	-62.5	62.5		62.5	125	132.5	-137.5		132.5	307.5	298.49025
Cayla Caufield	29	F-O	72.9	75	0.9681	77.5	85	90		90	47.5	50	55		55	90	97.5	105		105	250	242.025
Cathy Kerr	46	F-45	68.7	75	1.0079	65	-70	75		75	37.5	45	50		50	82.5	92.5	102.5		102.5	227.5	229.29725
Selena Clauson	48	F-45	74.5	75	0.9547	77.5	82.5	87.5		87.5	-45	47.5	52.5		52.5	85	95	105		105	245	233.9015
Courtney Van Beers	26	F-O	78.3	82.5	0.9263	102.5	105	107.5		107.5	55	57.5	-60		57.5	130	137.5	145		145	310	287.153
Yasmen Muhssin	26	F-O	81	82.5	0.9088	62.5	67.5	72.5		72.5	35	40	-45		40	95	102.5	107.5		107.5	220	199.936
Sara Burwash	43	F-40	89	90	0.8681	125	137.5	142.5		142.5	87.5	97.5	100		100	145	157.5	167.5		167.5	410	355.921
Tania Weinheimer	41	F-40	96.5	90+	0.8419	75	-77.5	-77.5		75	52.5	55	-57.5		55	102.5	107.5	110		110	240	202.056
Russell Flores	32	M-O	67.4	67.5	0.7719	155	162.5	-167.5		162.5	110	115	120		120	170	177.5	182.5		182.5	465	358.9335
Anthony Huynh	23	M-J	73.8	75	0.7207	172.5	-185	190		190	125	135	145		145	185	197.5	215		215	550	396.385
Ryan Doner	23	M-J	72.1	75	0.733	95	100	105		105	62.5	70	77.5		77.5	90	102.5	112.5		112.5	295	216.235
Johaana Stinson	26	M-O	72.5	75	0.73	-120	125	142.5		142.5	-70	85	-100		85	145	170	182.5		182.5	410	299.3
Andre Skinner	24	M-J	79.6	82.5	0.6849					0	105	115	-130		115	192.5	210	225		225	340	232.866
Jamin O'keeffe	28	M-O	79.3	82.5	0.6865	180	-195	-195		180	97.5	-102.5	102.5		102.5	185	190	-195		190	472.5	324.37125
Kyle Winstanley	30	M-O	80.9	82.5	0.6779	177.5	190	-197.5		190	125	132.5	140		140	235	245	252.5		252.5	582.5	394.87675
Ian Campbell	28	M-O	87.7	90	0.6471	-142.5	150	160		160	110	115	122.5		122.5	155	165	175		175	457.5	296.04825
Victor Akpawan	29	M-O	85.3	90	0.657	225	240	-247.5		240	145	152.5	157.5		157.5	262.5	277.5	285		285	682.5	448.4025
Byron Riemann	50	M-50	87.5	90	0.6479					0	112.5	122.5	-125		122.5	175	185	-192.5		185	307.5	199.22925
Michael Croft	21	M-J	99	100	0.6111	150	160	-175		160	120	125	-135		125	190	200	-210		200	485	296.3835
Scott Wildeman	40	M-40	97.3	100	0.6155					0						150	162.5	-170		162.5	162.5	100.01875
Allen Marr	62	M-60	94.9	100	0.6223	175	180	185		185	130	145	-155.5		145	190	200	210	-220.5	210	540	336.042
Alex Pronchuk	25	M-O	102.1	110	0.6037	220	227.5	-232.5		227.5	145	150	152.5		152.5	267.5	277.5	290		290	670	404.479
John Woo	23	M-J	124.9	125	0.5699	225	242.5	255		255	-204	204	-215		204	250	275	285	-300	285	744	424.0056
Matthew Godden	29	M-O	111.6	125	0.586	170	185	197.5		197.5	130	140	-150		140	225	242.5	262.5		262.5	600	351.6
Angus Donald	44	M-40	116.4	125	0.5792					0	-150	150	-170		150					0	150	86.88
Gary Tremblay	47	M-45	123.8	125	0.571					0	112.5	120	125.5	-130	125.5					0	125.5	71.6605
Colin Bonneau	70	M-70	116.4	125	0.5792	125	-165.5	-165.5		125	111	137.5	150	155	150	100	0	0		100	375	217.2
Russell Peel	38	M-SM	153.2	SHW	0.5517	232.5	247.5	255		255	185	-192.5	-192.5		185	275	287.5	292.5		292.5	732.5	404.12025

Strict Curl

Name	Age	Div	BWt (Kg)	WtCls (Kg)	WLKS	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score
Katie Barath	43	F-40	58.5	60	1.1371	20	21	22.5		22.5	25.58475
Kayla Hawryluk	30	F-O	66.1	67.5	1.0362	27.5	33.5	-36		33.5	34.7127
Courtney Van Beers	26	F-O	78.3	82.5	0.9263	27.5	32.5	-34		32.5	30.10475
Lori McWatters	47	F-45	84.4	90	0.8896	27.5	31	33.5	-34.5	33.5	29.8016
Allen Marr	62	M-60	94.9	100	0.6223	55	62.5	65	-69	65	40.4495
Mitchell Jacobsen	24	M-J	101.4	110	0.6053	62.5	67.5	-70.5		67.5	40.85775