

**100%RAW Powerlifting Federation Canada  
2019 Cast A Shadow  
Squamish, BC Feb 2, 2019**

*Sanction 3 Event - Referees in attendance - Andrew Noury (3), Danica Smith (3) Andrew Smith (3), Kristen Stewart (2) Colin DeWolfe (1)*

**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 |
|----------------------|-----|------|----------|------------|--------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|-------------|
| Alana Parrett        | 37  | F-SM | 54.3     | 56         | 1.2054 | 82.5    | 85.0    | -87.5   |         | 85.0       | 47.5    | 52.5    | 60.0    |         | 60.0       | 120.0      | 125.0      | -130.0     |            | 125.0         | 270.0    | 325.458     |
| Chelsea Ruzik        | 26  | F-O  | 59.4     | 60         | 1.1236 | 70.0    | 75.0    | 80.0    |         | 80.0       | 50.0    | 52.5    | 55.0    |         | 55.0       | 95.0       | 100.0      | 105.0      |            | 105.0         | 240.0    | 269.664     |
| Isabelle Hourigan    | 29  | F-O  | 58.9     | 60         | 1.131  | 95.0    | 97.5    | 100.0   |         | 100.0      | 52.5    | 55.0    | -57.5   |         | 55.0       | 112.5      | 117.5      | 120.0      |            | 120.0         | 275.0    | 311.025     |
| Jenny Austin         | 34  | F-O  | 59.2     | 60         | 1.1266 | 75.0    | 80.0    | 82.5    |         | 82.5       | 47.5    | 50.0    | -52.5   |         | 50.0       | 120.0      | -122.5     | -125.0     |            | 120.0         | 252.5    | 284.4665    |
| Karen Ogilvie        | 43  | F-40 | 58.3     | 60         | 1.1401 | -80.0   | 85.0    | 90.0    |         | 90.0       | 60.0    | 62.5    | 65.5    |         | 65.5       | 130.0      | 135.0      | -140.0     |            | 135.0         | 290.5    | 331.19905   |
| Tonya Motyka         | 48  | F-45 | 59.6     | 60         | 1.1207 | 110.0   | 120.0   | -127.5  |         | 120.0      | 70.0    | 75.0    | -77.5   |         | 75.0       | 147.5      | -157.5     | 157.5      |            | 157.5         | 352.5    | 395.04675   |
| Lisa Lethbridge      | 26  | F-O  | 66.9     | 67.5       | 1.0272 | 140.0   | 147.5   | 155.0   |         | 155.0      | 70.0    | 75.0    | -80.0   |         | 75.0       | 160.0      | 175.0      | 183.5      |            | 183.5         | 413.5    | 424.7472    |
| Amanda Penwill       | 28  | F-O  | 66.8     | 67.5       | 1.0283 | 95.0    | 105.0   | 110.0   |         | 110.0      | 52.5    | 57.5    | -60.0   |         | 57.5       | -110.0     | 122.5      | 132.5      |            | 132.5         | 300.0    | 308.49      |
| Breanne Manson       | 34  | F-O  | 62.4     | 67.5       | 1.0818 | 85.0    | -87.5   | 90.0    |         | 90.0       | 52.5    | 55.0    | 60.0    |         | 60.0       | 120.0      | 122.5      | 125.0      |            | 125.0         | 275.0    | 297.495     |
| Angela Whalen        | 37  | F-SM | 66.4     | 67.5       | 1.0328 | 80.0    | -87.5   | 92.5    |         | 92.5       | 42.5    | 47.5    | -50.0   |         | 47.5       | 100.0      | 112.5      | 120.0      |            | 120.0         | 260.0    | 268.528     |
| Andrea Kilroy        | 39  | F-SM | 66       | 67.5       | 1.0374 |         |         |         |         |            |         |         |         |         |            | 115.0      | 122.5      | 127.5      |            | 127.5         | 127.5    | 132.2685    |
| Maria McElman        | 41  | F-40 | 67.1     | 67.5       | 1.025  | 80.0    | 87.5    | -95.0   |         | 87.5       | 45.0    | -55.0   | -57.5   |         | 45.0       | 100.0      | 110.0      | -120.0     |            | 110.0         | 242.5    | 248.5625    |
| Andrea Yeung-Meadows | 42  | F-40 | 67.5     | 67.5       | 1.0206 | 60.0    | 65.0    | -67.5   |         | 65.0       | -42.5   | 45.0    | -47.5   |         | 45.0       | 87.5       | 92.5       | 100.0      |            | 100.0         | 210.0    | 214.326     |
| Carlee Grant         | 42  | F-40 | 60.9     | 67.5       | 1.1021 | 90.0    | -95.0   | 100.0   |         | 100.0      | 57.5    | 60.0    | -62.5   |         | 60.0       | 130.0      |            |            |            | 130.0         | 290.0    | 319.609     |
| Sarah Clark          | 51  | F-50 | 67       | 67.5       | 1.0261 | 87.5    | -95.0   | 97.5    |         | 97.5       | 52.5    | 55.0    | -57.5   |         | 55.0       | 120.0      | 125.0      | 130.0      |            | 130.0         | 282.5    | 289.87325   |
| Robyn Schenk         | 15  | F-15 | 69.2     | 75         | 1.0028 | 90.0    | 95.0    | 100.0   |         | 100.0      | 52.5    | 55.0    | -57.5   |         | 55.0       | 112.5      | 120.0      | 127.5      |            | 127.5         | 282.5    | 283.291     |
| Gillian Chitty       | 31  | F-O  | 73       | 75         | 0.9672 | 92.5    | 102.5   | -105.0  |         | 102.5      | 60.0    | 65.0    | -70.0   |         | 65.0       | 115.0      | 122.5      | 127.5      |            | 127.5         | 295.0    | 285.324     |
| Sue O'Connell        | 34  | F-O  | 73       | 75         | 0.9672 | 85.0    | 90.0    | 95.0    |         | 95.0       | 50.0    | 52.5    | -55.0   |         | 52.5       | 130.0      | 137.5      | 142.5      |            | 142.5         | 290.0    | 280.488     |
| Rachele Hicks        | 40  | F-40 | 70.8     | 75         | 0.9871 | 107.5   | 112.5   | 117.5   |         | 117.5      | 52.5    | 57.5    | 60.0    |         | 60.0       | -137.5     | 137.5      | 142.5      |            | 142.5         | 320.0    | 315.872     |
| Kathy Brennan        | 63  | F-60 | 74.7     | 75         | 0.953  | -95.0   | 100.0   | 105.0   |         | 105.0      | 47.5    | 50.0    | 52.5    |         | 52.5       | 117.5      | 122.5      | -127.5     |            | 122.5         | 280.0    | 266.84      |
| Tia Pascuzzi         | 15  | F-15 | 75.6     | 82.5       | 0.9459 | 90.0    | 95.0    | 100.0   |         | 100.0      | 52.5    | -57.5   | -57.5   |         | 52.5       | 102.5      | 110.0      | 115.0      |            | 115.0         | 267.5    | 253.02825   |
| Tania Perizzolo      | 28  | F-O  | 77.3     | 82.5       | 0.9333 | 80.0    | 85.0    | 87.5    |         | 87.5       | 47.5    | 50.0    | -52.5   |         | 50.0       | 110.0      | 115.0      | -120.0     |            | 115.0         | 252.5    | 235.65825   |
| Suzanne Thomas       | 42  | F-40 | 79       | 82.5       | 0.9215 | 85.0    | 90.0    | 95.0    |         | 95.0       | 45.0    | 47.5    | -50.0   |         | 47.5       | 97.5       | 110.0      | 120.0      |            | 120.0         | 262.5    | 241.89375   |
| Kaitlyn Wittow       | 15  | F-15 | 85.1     | 90         | 0.8861 | 60.0    | 65.0    | 70.0    |         | 70.0       | 42.5    | 45.0    | -47.5   |         | 45.0       | 75.0       | 80.0       | 85.0       |            | 85.0          | 200.0    | 177.22      |
| Samantha Cox         | 34  | F-O  | 89.5     | 90         | 0.8661 | 97.5    | 102.5   | 107.5   |         | 107.5      | 57.5    | 60.0    | 62.5    |         | 62.5       | 125.0      | 130.0      | -137.5     |            | 130.0         | 300.0    | 259.83      |
| Alyssia DeWolfe      | 29  | F-O  | 92       | 90+        | 0.8565 | 102.5   |         |         |         | 102.5      | 80.0    | 85.5    | 87.5    | -90.0   | 87.5       | 125.0      | 150.0      | 160.0      |            | 160.0         | 350.0    | 299.775     |
| Anita Wempe          | 40  | F-40 | 129      | 90+        | 0.7894 | 65.0    | 70.0    | 72.5    |         | 72.5       | 40.0    | 45.0    | -47.5   |         | 45.0       | 100.0      | 107.5      | 117.5      |            | 117.5         | 235.0    | 185.509     |
| Suzenna Matty        | 40  | F-40 | 96.8     | 90+        | 0.841  | 65.0    | 70.0    | 72.5    |         | 72.5       | 40.0    | 45.0    | 50.0    |         | 50.0       | 100.0      | 107.5      | 117.5      |            | 117.5         | 240.0    | 201.84      |

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**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 |
|-------------------|-----|------|----------|------------|--------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|-------------|
| Ayden Collier     | 13  | M-13 | 62.4     | 67.5       | 0.8235 | 52.5    | 57.5    | -62.5   |         | 57.5       | 30.0    | 35.0    | -37.5   |         | 35.0       | 75.0       | 80.0       | 85.0       |            | 85.0          | 177.5    | 146.17125   |
| Ethan Skiffington | 15  | M-15 | 67.5     | 67.5       | 0.771  | 102.5   | 107.5   | 110.0   |         | 110.0      | 62.5    | 65.0    | 67.5    |         | 67.5       | 130.0      | 135.0      | 140.0      |            | 140.0         | 317.5    | 244.7925    |
| Ryan Bell         | 20  | M-J  | 69.7     | 75         | 0.7519 | 165.0   | 175.0   | -185.0  |         | 175.0      | 97.5    | -107.5  | -112.5  |         | 97.5       | 175.0      | 187.5      | -197.5     |            | 187.5         | 460.0    | 345.874     |
| Sean Sikorski     | 46  | M-45 | 72.8     | 75         | 0.7278 | 162.5   | 170.0   | -172.5  |         | 170.0      | 130.0   | 137.5   | 142.5   |         | 142.5      | 175.0      | 185.0      | 192.5      |            | 192.5         | 505.0    | 367.539     |
| Jordan Haddad     | 25  | M-O  | 77.3     | 82.5       | 0.6981 | -160.0  | 167.5   | 180.0   |         | 180.0      | 100.0   | -105.0  | -105.0  |         | 100.0      | 215.0      | 227.5      | -240.0     |            | 227.5         | 507.5    | 354.28575   |
| Cosmin Olteanu    | 43  | M-40 | 82.5     | 82.5       | 0.6699 | 215.0   | 228.0   | 235.0   |         | 235.0      | 115.0   | 120.0   | 125.0   |         | 125.0      | 225.0      | -235.0     | -235.0     |            | 225.0         | 585.0    | 391.8915    |
| Kevin Haberl      | 59  | M-55 | 81.6     | 82.5       | 0.6744 | 165.0   | 182.5   | 192.5   |         | 192.5      | 95.0    | 100.0   | -102.5  |         | 100.0      | 165.0      | 177.5      | 187.5      |            | 187.5         | 480.0    | 323.712     |
| Damien Rattee     | 25  | M-O  | 87.1     | 90         | 0.6495 | 190.0   | 205.0   | -215.0  |         | 205.0      | 132.5   | 140.0   | -145.0  |         | 140.0      | 217.5      | 235.0      | 245.0      |            | 245.0         | 590.0    | 383.205     |
| Lucas Paczek      | 28  | M-O  | 88.7     | 90         | 0.6432 | 155.0   | 160.0   | -162.5  |         | 160.0      | -105.0  | 110.0   | 115.0   |         | 115.0      | 180.0      | 190.0      | 200.0      |            | 200.0         | 475.0    | 305.52      |
| Zac McHugh        | 36  | M-SM | 86.3     | 90         | 0.6528 | 155.0   | 160.0   | 165.0   |         | 165.0      | 90.0    | 95.0    | -100.0  |         | 95.0       | 180.0      | 185.0      | 195.0      |            | 195.0         | 455.0    | 297.024     |
| Dan Wales         | 37  | M-SM | 84.9     | 90         | 0.6588 | -180.0  | 190.0   | -200.0  |         | 190.0      | 115.0   | -125.0  | 125.0   |         | 125.0      | 215.0      | 235.0      | -250.0     |            | 235.0         | 550.0    | 362.34      |
| Mike Rafferty     | 45  | M-45 | 82.6     | 90         | 0.6694 | 175.0   | 182.5   | 187.5   |         | 187.5      | 107.5   | 112.5   | 115.0   |         | 115.0      | 175.0      | 182.5      | 190.0      |            | 190.0         | 492.5    | 329.6795    |
| Kyle Huard        | 20  | M-J  | 96.7     | 100        | 0.6172 | 175.0   | 182.5   | 187.5   |         | 187.5      | 115.0   | 120.0   | -127.5  |         | 120.0      | 195.0      | 207.5      | -215.0     |            | 207.5         | 515.0    | 317.858     |
| Kailen Smith      | 20  | M-J  | 91.4     | 100        | 0.6335 | 200.0   | 212.5   | 222.5   |         | 222.5      | 135.0   | 142.5   | 145.0   |         | 145.0      | 245.0      | 257.5      | 267.5      |            | 267.5         | 635.0    | 402.2725    |
| Jon Anctil        | 33  | M-O  | 98.6     | 100        | 0.6121 | 142.5   | 155.0   | 165.0   |         | 165.0      | 102.5   | 110.0   | 115.0   |         | 115.0      | 187.5      | 197.5      | -205.0     |            | 197.5         | 477.5    | 292.27775   |
| Daryn Collier     | 46  | M-45 | 99.6     | 100        | 0.6096 | 150.0   | 157.5   | 167.5   |         | 167.5      | 92.5    | 95.0    | -97.5   |         | 95.0       | 187.5      | 197.5      | 210.0      |            | 210.0         | 472.5    | 288.036     |
| Giles Weeden      | 47  | M-45 | 95.2     | 100        | 0.6214 | 140.0   | 152.5   | -160.0  |         | 152.5      | 90.0    | 97.5    | -100.0  |         | 97.5       | 187.5      | 202.5      | -207.5     |            | 202.5         | 452.5    | 281.1835    |
| Luke Kavanagh     | 31  | M-O  | 107.8    | 110        | 0.5923 | 135.0   | 150.0   | 165.0   |         | 165.0      | 87.5    | 92.5    | 97.5    |         | 97.5       | 165.0      | 177.5      | 190.0      |            | 190.0         | 452.5    | 268.01575   |
| Rob Wilkins       | 38  | M-SM | 109.1    | 110        | 0.59   |         |         |         |         |            | 195.0   | 205.0   | 215.0   |         | 215.0      | 195.0      | 205.0      | 215.0      |            | 215.0         | 215.0    | 126.85      |
| Jamie Robertson   | 52  | M-50 | 100.4    | 110        | 0.6076 | 135.0   | 140.0   | -145.0  |         | 140.0      | 97.5    | 102.5   | 105.0   |         | 105.0      | 135.0      | 142.5      | 150.0      |            | 150.0         | 395.0    | 240.002     |
| Matthew Lucas     | 41  | M-40 | 114.9    | 125        | 0.5812 | 180.0   | 190.0   | 200.0   |         | 200.0      | 110.0   | 117.5   | 125.0   |         | 125.0      | 230.0      | 245.0      | -260.0     |            | 245.0         | 570.0    | 331.284     |
| Nick Johnson      | 21  | M-J  | 131.6    | 140        | 0.5644 | 175.0   | 185.0   | 192.5   |         | 192.5      | 115.0   | -122.5  | -122.5  |         | 115.0      | 207.5      | 220.0      | -230.0     |            | 220.0         | 527.5    | 297.721     |
| Douglas Leary     | 28  | M-O  | 130      | 140        | 0.5656 | 152.5   | 162.5   | 172.5   |         | 172.5      | -145.0  | 150.0   | 160.0   |         | 160.0      | 185.0      | 195.0      | 210.0      |            | 210.0         | 542.5    | 306.838     |
| Nick Morneau      | 34  | M-O  | 130.4    | 140        | 0.5653 | 270.0   | -295.0  |         |         | 270.0      | 190.0   | 205.0   |         |         | 205.0      | 305.0      | 330.0      | -340.0     |            | 330.0         | 805.0    | 455.0665    |
| Adam Munnings     | 38  | M-SM | 168.8    | SHW        | 0.5438 | 222.5   | 235.0   | -260.0  |         | 235.0      | 112.5   | 122.5   | -127.5  |         | 122.5      | 205.0      | 225.0      | 240.0      |            | 240.0         | 597.5    | 324.9205    |