

100% RAW Powerlifting Federation

Western Canadian Nationals

Calgary, Alberta July 31, 2010

| NAME | Division | Weight | Class | SQUAT | | | | BENCH | | | | DEADLIFT | | | | Kilo | LBS | Place |
|-------------------------|------------------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------|-------|-------|--------|-------|--------|-------|
| | | | | 1st | 2nd | 3rd | 4th | 1st | 2nd | 3rd | Sub | 1st | 2nd | 3rd | 4th | | | |
| Adrienne Nickerson - AB | F-Open, F-(40-44) | 47.2 | 48 | 35 | 42.5 | 50 | 57.5 | 32.5 | -40 | -40 | 82.5 | 40 | 50 | 62.5 | 70 | 145 | 319.67 | 1,1 |
| A.J. Facendi - AB | F-Open, F-(25-29) | 51 | 52 | 70 | 80 | 90 | -98 | 45 | 52.5 | -55 | 142.5 | 105 | 115 | 122.5 | | 265 | 584.22 | 1,1 |
| Preshani Maistry - AB | F-Open, F-(25-29) | 50.2 | 52 | 82.5 | 92.5 | 97.5 | -100 | 42.5 | -52.5 | -52.5 | 140 | 105 | 110 | 115 | | 255 | 562.17 | 2,2 |
| Elaine Huba - AB | F-Open, F-(25-29) | 51.5 | 52 | 60 | -70 | -70 | | 30 | -40 | -40 | 90 | 70 | 75 | 82.5 | | 172.5 | 380.29 | 3,3 |
| Nick Kennedy - AB | Open, (16-17), Sp Oly. | 51.2 | 52 | 20 | 25 | 30 | | 20 | 25 | 27.5 | 57.5 | 50 | -65 | 65 | | 122.5 | 270.06 | 1,1,1 |
| Mathew Duckett - AB | Open, (25-29), Sp Oly. | 56 | 56 | 70 | 72.5 | 77.5 | | 62.5 | -67.5 | -67.5 | 140 | 72.5 | 77.5 | 82.5 | | 222.5 | 490.52 | 1,1,1 |
| Tri Tran - AB | Open, (35-39) | 61.2 | 67.5 | 117.5 | 120 | 125 | | 97.5 | 102.5 | 107.5 | 232.5 | 152.5 | 157.5 | 160 | | 392.5 | 865.31 | 1,1 |
| Odell Pui - AB | Open, (20-24) | 67 | 67.5 | 115 | 127.5 | 142.5 | | 80 | 90 | -100 | 232.5 | 110 | 125 | 142.5 | | 375 | 826.73 | 2,1 |
| Jennifer Jubb - AB | F-Open, F-(20-24) | 72.7 | 75 | -80 | 82.5 | 90 | -97.5 | 47.5 | 52.5 | -57.5 | 142.5 | 125 | 130 | 132.5 | 135 | 275 | 606.27 | 1,1 |
| Sean Paes - AB | Open, (35-39) | 71.1 | 75 | 137.5 | 145 | 150 | | 127.5 | 132.5 | 137.5 | 287.5 | 182.5 | 192.5 | 200 | | 487.5 | 1074.7 | 1,1 |
| Shinjan Chatterjee - AB | Open, (18-19) | 74.6 | 75 | 125 | 135 | -143 | | 80 | 92.5 | -100 | 227.5 | 147.5 | 165 | 175 | | 402.5 | 887.35 | 2,1 |
| Devon Ouellette - AB | Open, (25-29) | 68.1 | 75 | 85 | -90 | 100 | | -82.5 | 85 | -87.5 | 185 | 135 | 145 | 150 | | 335 | 738.54 | 3,1 |
| Kristopher Kryger - AB | Open, (30-34) | 79.5 | 82.5 | 105 | 112.5 | 125 | | 105 | 112.5 | -118 | 237.5 | 137.5 | 150 | 162.5 | | 400 | 881.84 | 1,1 |
| Adam Price - AB | Open, (35-39) | 89.9 | 90 | 190 | 205 | 217.5 | -230 | 135 | 145 | -150 | 362.5 | 205 | 225 | 235 | | 597.5 | 1317.2 | 1,1 |
| Keith Fuller - AB | Open, (45-49) | 86 | 90 | -145 | 145 | -148 | | 95 | 100 | 105 | 250 | 155 | 162.5 | 170 | | 420 | 925.93 | 2,1 |
| Shane Dixon - AB | Open, (18-19) | 99.7 | 100 | 175 | 192.5 | -200 | | 130 | 147.5 | -158 | 340 | 230 | 260 | 272.5 | -277.5 | 612.5 | 1350.3 | 1,1 |
| John Sarginson - AB | Open, (25-29) | 99.7 | 100 | 170 | -185 | -190 | | 140 | 150 | 157.5 | 327.5 | 207.5 | 220 | 232.5 | | 560 | 1234.6 | 2,1 |
| Rodney Monroe - AB | Open, (25-29) | 94.7 | 100 | 120 | 135 | -145 | | 125 | 137.5 | 142.5 | 277.5 | 140 | 157.5 | 182.5 | | 460 | 1014.1 | 3,2 |
| Andrew Harding - AB | Open, (25-29), Sp Oly. | 99.3 | 100 | 130 | 142.5 | -153 | | 90 | 100 | -105 | 242.5 | 175 | 187.5 | 192.5 | | 435 | 959 | 4,3,1 |
| Shyllo Kofoed - AB | Open, (35-39) | 91.6 | 100 | -125 | 130 | -140 | | 125 | -135 | -135 | 255 | 135 | 150 | 165 | | 420 | 925.93 | 5,1 |
| James Bartlett - AB | Open, (25-29) | 107.7 | 110 | 237.5 | 250 | 257.5 | | 140 | 145 | 150 | 407.5 | 260 | 275 | 290 | | 697.5 | 1537.7 | 1,1 |
| James Loach - AB | Open, (20-24) | 109.1 | 110 | 210 | 227.5 | 237.5 | | -160 | 170 | Pass | 407.5 | 260 | 275 | -280 | | 682.5 | 1504.6 | 2,1 |
| Logan Kwiatkowski - AB | Open, (30-34) | 105.6 | 110 | 182.5 | 197.5 | -208 | | -138 | -138 | 137.5 | 335 | 192.5 | 210 | 232.5 | | 567.5 | 1251.1 | 3,1 |
| Aaron Forsithe - AB | Open, (25-29) | 103.6 | 110 | -133 | -135 | 135 | | 137.5 | 142.5 | 145 | 280 | 215 | 220 | 225 | | 505 | 1113.3 | 4,2 |
| Brandon Periera - AB | Open, Teen (14-15) | 106.7 | 110 | 97.5 | 102.5 | -115 | | 80 | 87.5 | 90 | 192.5 | 142.5 | 147.5 | 155 | | 347.5 | 766.1 | 5,1 |
| Glenn Stiller - AB | Open, (45-49) | 122 | 125 | 155 | 162.5 | 165 | | -108 | 110 | -120 | 275 | 165 | 177.5 | 192.5 | | 467.5 | 1030.7 | 1,1 |

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| | | | | 1st | 2nd | 3rd | 4th | 1st | 2nd | 3rd | Sub | 1st | 2nd | 3rd | 4th | | | |
| | | | | | | | | BENCH | | | | | | | | | | |
| Adrienne Nickerson - AB | F-Open, F-(40-44) | 47.2 | 48 | | | | | 32.5 | -40 | -40 | 32.5 | | | | | 32.5 | 71.65 | 1,1 |
| A.J. Facendi - AB | F-Open, F-(25-29) | 51 | 52 | | | | | 45 | 52.5 | -55 | 52.5 | | | | | 52.5 | 115.74 | 1,1 |
| Preshani Maistry - AB | F-Open, F-(25-29) | 50.2 | 52 | | | | | 42.5 | -52.5 | -52.5 | 42.5 | | | | | 42.5 | 93.696 | 1,1 |
| Elaine Huba - AB | F-Open, F-(25-29) | 51.5 | 52 | | | | | 30 | -40 | -40 | 30 | | | | | 30 | 66.138 | 1,1 |
| Nick Kennedy - AB | Open, (16-17), Sp Oly. | 51.2 | 52 | | | | | 20 | 25 | 27.5 | 27.5 | | | | | 27.5 | 60.627 | 1,1 |
| Mathew Duckett - AB | Open, (25-29), Sp Oly. | 56 | 56 | | | | | 62.5 | -67.5 | -67.5 | 62.5 | | | | | 62.5 | 137.79 | 1,1 |
| Tri Tran - AB | Open, (35-39) | 61.2 | 67.5 | | | | | 97.5 | 102.5 | 107.5 | 107.5 | | | | | 107.5 | 236.99 | 1,1 |
| Odell Pui - AB | Open, (20-24) | 67 | 67.5 | | | | | 80 | 90 | -100 | 90 | | | | | 90 | 198.41 | 1,1 |
| Jennifer Jubb - AB | F-Open, F-(20-24) | 72.7 | 75 | | | | | 47.5 | 52.5 | -57.5 | 52.5 | | | | | 52.5 | 115.74 | 1,1 |
| Sean Paes - AB | Open, (35-39) | 71.1 | 75 | | | | | 127.5 | 132.5 | 137.5 | 137.5 | | | | | 137.5 | 303.13 | 1,1 |
| Shinjan Chatterjee - AB | Open, (18-19) | 74.6 | 75 | | | | | 80 | 92.5 | -100 | 92.5 | | | | | 92.5 | 203.93 | 1,1 |
| Devon Ouellette - AB | Open, (25-29) | 68.1 | 75 | | | | | -82.5 | 85 | -87.5 | 85 | | | | | 85 | 187.39 | 1,1 |
| Laura Bateman - AB | F-Open, F-(50-54) | 75.5 | 82.5 | | | | | 20 | -22.5 | 22.5 | 22.5 | | | | | 22.5 | 49.604 | 1,1 |
| Kristopher Kryger - AB | Open, (30-34) | 79.5 | 82.5 | | | | | 105 | 112.5 | -118 | 112.5 | | | | | 112.5 | 248.02 | 1,1 |
| Adam Price - AB | Open, (35-39) | 89.9 | 90 | | | | | 135 | 145 | -150 | 145 | | | | | 145 | 319.67 | 1,1 |
| Blair Lunau - AB | Open, (25-29), Sp Oly. | 85.5 | 90 | | | | | 90 | 100 | -105 | 100 | | | | | 100 | 220.46 | 1,1 |
| Keith Fuller - AB | Open, (45-49) | 86 | 90 | | | | | 95 | 100 | 105 | 105 | | | | | 105 | 231.48 | 1,1 |
| Heather Stiller - AB | F-Open, F-(40-44) | 102.5 | 90+ | | | | | 47.5 | -52.5 | -52.5 | 47.5 | | | | | 47.5 | 104.72 | 1,1 |
| Shane Dixon - AB | Open, (18-19) | 99.7 | 100 | | | | | 130 | 147.5 | -158 | 147.5 | | | | | 147.5 | 325.18 | 1,1 |
| John Sarginson - AB | Open, (25-29) | 99.7 | 100 | | | | | 140 | 150 | 157.5 | 157.5 | | | | | 157.5 | 347.22 | 1,1 |
| Rodney Monroe - AB | Open, (25-29) | 94.7 | 100 | | | | | 125 | 137.5 | 142.5 | 142.5 | | | | | 142.5 | 314.16 | 1,1 |
| Andrew Harding - AB | Open, (25-29), Sp Oly. | 99.3 | 100 | | | | | 90 | 100 | -105 | 100 | | | | | 100 | 220.46 | 1,1 |
| Shyllo Kofoed - AB | Open, (35-39) | 91.6 | 100 | | | | | 125 | -135 | -135 | 125 | | | | | 125 | 275.58 | 1,1 |
| James Bartlett - AB | Open, (25-29) | 107.7 | 110 | | | | | 140 | 145 | 150 | 150 | | | | | 150 | 330.69 | 1,1 |
| James Loach - AB | Open, (20-24) | 109.1 | 110 | | | | | -160 | 170 | Pass | 170 | | | | | 170 | 374.78 | 1,1 |
| Logan Kwiatkowski - AB | Open, (30-34) | 105.6 | 110 | | | | | -138 | -138 | 137.5 | 137.5 | | | | | 137.5 | 303.13 | 1,1 |
| Aaron Forsithe - AB | Open, (25-29) | 103.6 | 110 | | | | | 137.5 | 142.5 | 145 | 145 | | | | | 145 | 319.67 | 1,1 |
| Brandon Periera - AB | Open, Teen (14-15) | 106.7 | 110 | | | | | 80 | 87.5 | 90 | 90 | | | | | 90 | 198.41 | 1,1 |
| Glenn Stiller - AB | Open, (45-49) | 122 | 125 | | | | | -108 | 110 | -120 | 110 | | | | | 110 | 242.51 | 1,1 |

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| | | | | 1st | 2nd | 3rd | 4th | 1st | 2nd | 3rd | | 1st | 2nd | 3rd | 4th | | | |
| Adrienne Nickerson - AB | F-Open, F-(40-44) | 47.2 | 48 | | | | | | | | | 40 | 50 | 62.5 | 70 | 62.5 | 137.79 | 1,1 |
| A.J. Facendi - AB | F-Open, F-(25-29) | 51 | 52 | | | | | | | | | 105 | 115 | 122.5 | | 122.5 | 270.06 | 1,1 |
| Preshani Maistry - AB | F-Open, F-(25-29) | 50.2 | 52 | | | | | | | | | 105 | 110 | 115 | | 115 | 253.53 | 2,2 |
| Elaine Huba - AB | F-Open, F-(25-29) | 51.5 | 52 | | | | | | | | | 70 | 75 | 82.5 | | 82.5 | 181.88 | 3,3 |
| Nick Kennedy - AB | Open, (16-17), Sp Oly. | 51.2 | 52 | | | | | | | | | 50 | -65 | 65 | | 65 | 143.3 | 1,1,1 |
| Mathew Duckett - AB | Open, (25-29), Sp Oly. | 56 | 56 | | | | | | | | | 72.5 | 77.5 | 82.5 | | 82.5 | 181.88 | 1,1,1 |
| Tri Tran - AB | Open, (35-39) | 61.2 | 67.5 | | | | | | | | | 152.5 | 157.5 | 160 | | 160 | 352.74 | 1,1 |
| Odell Pui - AB | Open, (20-24) | 67 | 67.5 | | | | | | | | | 110 | 125 | 142.5 | | 142.5 | 314.16 | 2,1 |
| Jennifer Jubb - AB | F-Open, F-(20-24) | 72.7 | 75 | | | | | | | | | 125 | 130 | 132.5 | 135 | 132.5 | 292.11 | 1,1 |
| Sean Paes - AB | Open, (35-39) | 71.1 | 75 | | | | | | | | | 182.5 | 192.5 | 200 | | 200 | 440.92 | 1,1 |
| Shinjan Chatterjee - AB | Open, (18-19) | 74.6 | 75 | | | | | | | | | 147.5 | 165 | 175 | | 175 | 385.81 | 2,1 |
| Devon Ouellette - AB | Open, (25-29) | 68.1 | 75 | | | | | | | | | 135 | 145 | 150 | | 150 | 330.69 | 3,1 |
| Kristopher Kryger - AB | Open, (30-34) | 79.5 | 82.5 | | | | | | | | | 137.5 | 150 | 162.5 | | 162.5 | 358.25 | 1,1 |
| Adam Price - AB | Open, (35-39) | 89.9 | 90 | | | | | | | | | 205 | 225 | 235 | | 235 | 518.08 | 1,1 |
| Keith Fuller - AB | Open, (45-49) | 86 | 90 | | | | | | | | | 155 | 162.5 | 170 | | 170 | 374.78 | 2,1 |
| Shane Dixon - AB | Open, (18-19) | 99.7 | 100 | | | | | | | | | 230 | 260 | 272.5 | -277.5 | 272.5 | 600.75 | 1,1 |
| John Sarginson - AB | Open, (25-29) | 99.7 | 100 | | | | | | | | | 207.5 | 220 | 232.5 | | 232.5 | 512.57 | 2,1 |
| Rodney Monroe - AB | Open, (25-29) | 94.7 | 100 | | | | | | | | | 140 | 157.5 | 182.5 | | 182.5 | 402.34 | 3,2 |
| Andrew Harding - AB | Open, (25-29), Sp Oly. | 99.3 | 100 | | | | | | | | | 175 | 187.5 | 192.5 | | 192.5 | 424.39 | 4,3,1 |
| Shyllo Kofoed - AB | Open, (35-39) | 91.6 | 100 | | | | | | | | | 135 | 150 | 165 | | 165 | 363.76 | 5,1 |
| James Bartlett - AB | Open, (25-29) | 107.7 | 110 | | | | | | | | | 260 | 275 | 290 | | 290 | 639.33 | 1,1 |
| James Loach - AB | Open, (20-24) | 109.1 | 110 | | | | | | | | | 260 | 275 | -280 | | 275 | 606.27 | 2,1 |
| Logan Kwiatkowski - AB | Open, (30-34) | 105.6 | 110 | | | | | | | | | 192.5 | 210 | 232.5 | | 232.5 | 512.57 | 3,1 |
| Aaron Forsithe - AB | Open, (25-29) | 103.6 | 110 | | | | | | | | | 215 | 220 | 225 | | 225 | 496.04 | 4,2 |
| Brandon Periera - AB | Open, Teen (14-15) | 106.7 | 110 | | | | | | | | | 142.5 | 147.5 | 155 | | 155 | 341.71 | 5,1 |
| Glenn Stiller - AB | Open, (45-49) | 122 | 125 | | | | | | | | | 165 | 177.5 | 192.5 | | 192.5 | 424.39 | 1,1 |

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