

**100%RAW Powerlifting Canada**  
**2016 Alberta Provincial Championships**  
**Calgary, Alberta November 12, 2016**

**Full Power Female**

| 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 |
|--------------------|-----|------|----------|------------|-------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|-------------|
| Catherine Beninger | 22  | F-J  | 43.4     | 44         | 1.421 | 70      | -72     | -75     |         | 70         | 37.5    | 40      | -45     |         | 40         | 75         | 85         | 92.5       | -97.5      | 92.5          | 202.5    | 287.73225   |
| Rylea Yanke        | 20  | F-J  | 47.2     | 48         | 1.341 | 65.5    | -67.5   | 67.5    | -70     | 67.5       | 57.5    | -60.5   | -60.5   |         | 57.5       | 92.5       | -97.5      | -97.5      |            | 92.5          | 217.5    | 291.624     |
| Winnie Fong        | 32  | F-O  | 55.1     | 56         | 1.192 | 55      | 65      | 70      |         | 70         | 35      | 37.5    | -40     |         | 37.5       | -80        | 80         | 90         |            | 90            | 197.5    | 235.341     |
| Nicola McDivitt    | 24  | F-J  | 57.2     | 60         | 1.157 | 47.5    | 55      | 60      |         | 60         | 40      | -45     | 45      |         | 45         | 70         | 75         | 82.5       |            | 82.5          | 187.5    | 216.975     |
| Felicia Leask      | 24  | F-J  | 58.3     | 60         | 1.14  | -105    | 110     | 112.5   |         | 112.5      | -57.5   | -57.5   | -57.5   |         | 0          | 110        | -115       | 0          |            | 110           | 0        | 0           |
| Sarah Gough        | 39  | F-SM | 59.8     | 60         | 1.118 | 105     | -110    | -110    |         | 105        | 42.5    | -47.5   | -52.5   |         | 42.5       | 117.5      | 120        | 122.5      |            | 122.5         | 270      | 301.806     |
| Katie Barath       | 42  | F-40 | 58.5     | 60         | 1.137 | 82.5    | 87.5    | 92.5    |         | 92.5       | 47.5    | 50      | 52.5    |         | 52.5       | 110        | -115       | 115        |            | 115           | 260      | 295.646     |
| Alexa Drummond     | 25  | F-O  | 63.5     | 67.5       | 1.068 | 115     | 120     | 125     |         | 125        | -67.5   | 67.5    | 70      |         | 70         | 132.5      | -135       | -135       |            | 132.5         | 327.5    | 349.639     |
| Tracy Normandeau   | 30  | F-O  | 61.4     | 67.5       | 1.095 | 70      | 75      | 80      |         | 80         | 57.5    | -60     | -60     |         | 57.5       | 102.5      | 110        | 115        |            | 115           | 252.5    | 276.538     |
| Laurenne Patterson | 37  | F-SM | 66.1     | 67.5       | 1.036 | 110     | 112.5   | 115     |         | 115        | 60      | 62.5    | -65     |         | 62.5       | 132.5      | 135        | 137.5      |            | 137.5         | 315      | 326.403     |
| Yasmen Muhssin     | 25  | F-O  | 72.5     | 75         | 0.972 | 42.5    | -60     | 60      |         | 60         | 30      | 35      | -40     |         | 35         | 62.5       | 80         | 90         |            | 90            | 185      | 179.746     |
| Robyn Koolen       | 32  | F-O  | 72.5     | 75         | 0.972 | 110     | -120    | 125     |         | 125        | 57.5    | 62.5    | 67.5    |         | 67.5       | 137.5      | 150        | 162.5      |            | 162.5         | 355      | 344.918     |
| Elizabeth Hamilton | 37  | F-SM | 74.4     | 75         | 0.956 | -92.5   | -97.5   | 97.5    |         | 97.5       | 57.5    | -62.5   | 65      |         | 65         | 107.5      | 115        | 125        |            | 125           | 287.5    | 274.70625   |
| Kathleen MacDonald | 38  | F-SM | 74       | 75         | 0.959 | 95      | 100     | 105     |         | 105        | 47.5    | 52.5    | -60     |         | 52.5       | 107.5      | 115        | 122.5      |            | 122.5         | 280      | 268.436     |
| Marisa Brolo       | 41  | F-40 | 74.3     | 75         | 0.956 | 87.5    | 97.5    | 110     |         | 110        | 55      | 60      | -65     |         | 60         | 135        | 140        | 145        |            | 145           | 315      | 301.2345    |
| Andrea Maksymowich | 41  | F-40 | 71.3     | 75         | 0.982 | 60      | 65      | -70     |         | 65         | 35      | -40     | 40      |         | 40         | 72.5       | -82.5      | 85         |            | 85            | 190      | 186.656     |
| Joan Buccat        | 24  | F-J  | 79.6     | 82.5       | 0.918 | 110     | 125     | -130    |         | 125        | 55      | 60      | 65      |         | 65         | 100        | 115        | 125        |            | 125           | 315      | 289.044     |
| Laura Manzanares   | 30  | F-O  | 81.2     | 82.5       | 0.908 | 85      | 92.5    | 95      |         | 95         | 47.5    | -55     | 55      |         | 55         | 112.5      | 127.5      | -132.5     |            | 127.5         | 277.5    | 251.859     |
| Tracey Ridgway     | 49  | F-45 | 83.9     | 90         | 0.892 | -62.5   | 62.5    | 77.5    |         | 77.5       | 35      | 47.5    | 52.5    |         | 52.5       | 100        | 112.5      | -120       |            | 112.5         | 242.5    | 216.38275   |
| Jose Potter        | 53  | F-50 | 100.5    | 90+        | 0.831 | 117.5   | 125     | 133     | 135.5   | 133        | 73      | 78      | -80     |         | 78         | 162.5      | -175.5     | -175.5     |            | 162.5         | 373.5    | 310.5279    |

**Full Power Male**

| 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 |
|---------------------|-----|------|----------|------------|-------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|------------|------------|------------|------------|---------------|----------|-------------|
| Tyler Hay           | 18  | M-19 | 57.8     | 60         | 0.883 | 90      | 100     | 107.5   |         | 107.5      | 60      | -65     | 65      | 67.5    | 65         | 140        | 150        | 155        | 160        | 155           | 327.5    | 289.1825    |
| Corey Drake         | 26  | M-O  | 58.8     | 60         | 0.869 | 130     | -135    | 137.5   |         | 137.5      | 105     | 110     | -115    |         | 110        | 150        | 157.5      | 165        |            | 165           | 412.5    | 358.42125   |
| Shane Frey          | 37  | M-SM | 67.2     | 67.5       | 0.774 | 147.5   | 162.5   | -165    |         | 162.5      | 97.5    | -102.5  | -102.5  |         | 97.5       | 192.5      | 205        | 210        | -215       | 210           | 470      | 363.686     |
| Brenden Eberle      | 24  | M-J  | 74.2     | 75         | 0.718 | 170     | 177.5   | 182.5   |         | 182.5      | 145     | 150     | -152.5  |         | 150        | 255        | 260        | -272.5     |            | 260           | 592.5    | 425.35575   |
| Antony Trusilo      | 23  | M-J  | 82.5     | 82.5       | 0.67  | 175     | 180     | 182.5   |         | 182.5      | 132.5   | 142.5   | 147.5   |         | 147.5      | 190        | 205        | 207.5      |            | 207.5         | 537.5    | 360.07125   |
| Kyle Winstanley     | 29  | M-O  | 80.6     | 82.5       | 0.68  | -165    | -172.5  | 172.5   |         | 172.5      | -130    | -130    | -130    |         | 0          | 230        | 237.5      | -240       |            | 237.5         | 0        | 0           |
| David McNeil        | 19  | M-19 | 86.2     | 90         | 0.653 | 172.5   | 180     | 185     |         | 185        | 120     | 127.5   | -130    |         | 127.5      | 230        | 237.5      | -242.5     |            | 237.5         | 550      | 359.26      |
| Dave Nisbet         | 31  | M-O  | 89.5     | 90         | 0.64  | -160    | 167.5   | 175     |         | 175        | 125     | 132.5   | 137.5   |         | 137.5      | 205        | 215        | 220        |            | 220           | 532.5    | 340.9065    |
| Kory Kozina         | 36  | M-SM | 88.5     | 90         | 0.644 | 165     | -177.5  | -177.5  |         | 165        | 100     | 107.5   | -110    |         | 107.5      | 160        | -182.5     | 182.5      |            | 182.5         | 455      | 293.02      |
| Christopher Carrera | 24  | M-J  | 97.3     | 100        | 0.616 | 192.5   | 205     | -215    |         | 205        | 152.5   | -155    | -155    |         | 152.5      | 227.5      | 240        | -252.5     |            | 240           | 597.5    | 367.76125   |
| Alex Pronchuk       | 24  | M-J  | 98.4     | 100        | 0.613 | 215     | 222.5   | 230     |         | 230        | 145     | 147.5   | 150     |         | 150        | 265        | 275        | 285        |            | 285           | 665      | 407.379     |
| Daniel DeBrocke     | 27  | M-O  | 98       | 100        | 0.614 | 180     | 200     | -210    |         | 200        | 125     | -135    | -135    |         | 125        | 220        | 227.5      |            |            | 227.5         | 552.5    | 339.014     |
| Andrew Harding      | 35  | M-SM | 97.1     | 100        | 0.616 | 125     | 132.5   | 140     |         | 140        | 95      | -105    | -105    |         | 95         | 165        | 175        | 190        | -202.5     | 190           | 425      | 261.8425    |
| Vaughn Johnson      | 47  | M-45 | 98.2     | 100        | 0.613 | 155     | 170     | 182.5   | 190     | 182.5      | 110     | 120     | 122.5   |         | 122.5      | 200        | 215        | 235        |            | 235           | 540      | 331.074     |
| Theoren Wood        | 27  | M-O  | 100.7    | 110        | 0.607 | 175     | 182.5   | 190     |         | 190        | -120    | -125    | 125     |         | 125        | 227.5      | 235        | 237.5      |            | 237.5         | 552.5    | 335.31225   |
| Brent Woolnough     | 59  | M-55 | 108.8    | 110        | 0.591 | 160     | 170     | 180     |         | 180        | 142.5   | -147.5  |         |         | 142.5      | 160        | 170        | 180        |            | 180           | 502.5    | 296.72625   |
| Ryder Leach         | 22  | M-J  | 123.1    | 125        | 0.572 | 165     | 172.5   | 180     |         | 180        | 90      | 97.5    | -102.5  |         | 97.5       | 170        | 182.5      | 190        |            | 190           | 467.5    | 267.26975   |
| Adam Price          | 41  | M-40 | 111      | 125        | 0.587 | 245     | 260.5   | 272.5   |         | 272.5      | 165     | 175.5   | 182.5   |         | 182.5      | 245        | 255        | 260        |            | 260           | 715      | 419.6335    |
| Joseph Pors         | 23  | M-J  | 128.1    | 140        | 0.567 | -147.5  | -175    | 177.5   |         | 177.5      | 110     | 122.5   | 127.5   |         | 127.5      | 210        | 222.5      | -235       |            | 222.5         | 527.5    | 299.14525   |

**Bench Only**

| Name           | Age | Div  | BWt (Kg) | WTCLs (Kg) | Wilks | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Coeff Score |
|----------------|-----|------|----------|------------|-------|---------|---------|---------|---------|------------|-------------|
| McKenna Kozina | 16  | F-17 | 46.3     | 48         | 1.359 | 47.5    | -51     | 51      | -52.5   | 51         | 69.3294     |
| Cory Fisher    | 45  | F-45 | 58.8     | 60         | 1.133 | 65      | 67.5    | 70      | -72.5   | 70         | 79.275      |
| Angelo Addante | 25  | M-O  | 155.8    | SHW        | 0.55  | -117.5  | -130    | -130    |         | 0          | 0           |
| Kevin Wais     | 26  | M-O  | 85.7     | 90         | 0.655 | 172.5   | 182.5   | 188     |         | 188        | 123.1964    |

**Military Press**

| Name           | Age | Div  | BWt (Kg) | WTCLs (Kg) | Wilks | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Coeff Score |
|----------------|-----|------|----------|------------|-------|---------|---------|---------|---------|------------|-------------|
| Shane Frey     | 37  | M-SM | 67.2     | 67.5       | 0.774 | 55      | 65      | 67.5    | -70     | 67.5       | 52.2315     |
| Mike Moorhead  | 40  | M-40 | 100      | 100        | 0.609 | 105     | 110     | 112.5   | -120    | 112.5      | 68.4675     |
| Des Peddle     | 45  | M-45 | 161.5    | SHW        | 0.548 | -110    | 110     | 115     | -120    | 115        | 62.9625     |
| McKenna Kozina | 16  | F-17 | 46.3     | 48         | 1.359 | 35      | -39.5   | -39.5   |         | 35         | 47.579      |
| Angelo Addante | 25  | M-O  | 155.8    | SHW        | 0.55  | 75      | -90     | -110.5  |         | 75         | 41.2725     |

H 6

H 6

H 6

H 6

| status | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | RH BP | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench |   |
|--------|---------|---------|---------|---------|------------|-------|---------|---------|---------|---------|------------|---|
| 0      | 1       | -1      | -1      | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |   |
| 0      | 1       | -1      | 1       | -1      | 0          | 0     | 1       | -1      | -1      | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | -1      | 1       | 0       | 0          |   |
| 0      | -1      | 1       | 1       | 0       | 0          | 0     | -1      | -1      | -1      | 0       | 0          |   |
| 0      | 1       | -1      | -1      | 0       | 0          | 0     | 1       | -1      | -1      | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | -1      | 1       | 1       | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | -1      | -1      | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |   |
| 0      | 1       | -1      | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |   |
| 0      | 1       | -1      | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |   |
| 0      | -1      | -1      | 1       | 0       | 0          | 0     | 1       | -1      | 1       | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | -1      | 0          | 0 |
| 0      | 1       | 1       | -1      | 0       | 0          | 0     | 1       | -1      | 1       | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | -1      | -1      | 0       | 0          |   |
| 0      | -1      | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |   |
| 0      | 1       | 1       | 1       | 1       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |   |

| status | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | RH BP | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench |
|--------|---------|---------|---------|---------|------------|-------|---------|---------|---------|---------|------------|
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | -1      | 1       | 1       | 0          |
| 0      | 1       | -1      | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |
| 0      | 1       | 1       | -1      | 0       | 0          | 0     | 1       | -1      | -1      | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |
| 0      | -1      | 1       | 1       | 0       | 0          | 0     | -1      | 1       | 1       | 0       | 0          |
| 0      | -1      | -1      | 1       | 0       | 0          | 0     | -1      | -1      | -1      | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |
| 0      | -1      | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |
| 0      | 1       | -1      | -1      | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |
| 0      | 1       | 1       | -1      | 0       | 0          | 0     | 1       | -1      | -1      | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |
| 0      | 1       | 1       | 1       | 1       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | -1      | -1      | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | -1      | 0       | 0          |
| 0      | 1       | 1       | 1       | 1       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | -1      | -1      | 1       | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | -1      | 0       | 0       | 0          |
| 0      | 1       | 1       | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |
| 0      | -1      | -1      | 1       | 0       | 0          | 0     | 1       | 1       | 1       | 0       | 0          |

| status | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | RH BP | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift |
|--------|---------|---------|---------|---------|------------|-------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | -1      | 1       | -1         | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | 1       | 1       | -1         | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | -1      | -1      | -1      | 0          | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | 1       | 1       | 0          | 0         | 0          | 0          | 0          | 0          | 0             |

| status | Squat 1 | Squat 2 | Squat 3 | Squat 4 | Best Squat | RH BP | Bench 1 | Bench 2 | Bench 3 | Bench 4 | Best Bench | Sub Total | Deadlift 1 | Deadlift 2 | Deadlift 3 | Deadlift 4 | Best Deadlift |
|--------|---------|---------|---------|---------|------------|-------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | 1       | 1       | -1         | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | 1       | 1       | -1         | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | -1      | 1       | 1       | -1         | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | -1      | -1      | 0          | 0         | 0          | 0          | 0          | 0          | 0             |
| 0      | 0       | 0       | 0       | 0       | 0          | 0     | 0       | 1       | -1      | -1      | 0          | 0         | 0          | 0          | 0          | 0          | 0             |

