

100%RAW Powerlifting Federation Canada

2018 Atlantic Lift Off

Souris, PEI

Sanction 3 Event - Referees in attendance - Adam Price (3), Paul Gidney (2), Steve Flemming (2)

Male Full Power - Original Raw

Male Single Lift and Push Pull

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 Deadl	PL Total	Coeff Score	
Charles Mosher	5	M-11	22.5	48				4.7		4.7			4.7		4.7			19.2		19.2		28.6	
Cole Mallaley	13	M-13	63.2	67.5	0.8144	65	77.5	87.5		87.5	-45	45	55		55	105	115	125		125	267.5	217.852	
Carson MacKinnon	16	M-17	75.8	82.5	0.7074	82.5	-92.5	110		110	-65	65	-72.5		65	130	140	165		165	340	240.516	
Noah Manning	18	M-19	81.8	82.5	0.6734	195	207.5	212.5		212.5	105	110	-113		110	220	237.5	256	260	256	578.5	389.5619	
Geoff Gaudet	24	M-J	81.1	82.5	0.6769	162.5	-167.5	167.5		167.5	107.5	-110	-110		107.5	180	185	190		190	465	314.7585	
Cole Gallant	25	M-O	81.8	82.5	0.6734	170	177.5	185		185	135	140	-145		140	182.5	200	215		215	540	363.636	
Andrew Casertano	32	M-O	80.9	82.5	0.6779	185	200			200	132.5	140	-145		140	235	242.5	-250		242.5	582.5	394.87675	
Ryan Maccormack	32	M-O	85.2	90	0.6575	-145	150	-155		150	102.5	-110	110		110	185	200	215		215	475	312.3125	
Liam Beck	16	M-17	99.7	100	0.6093	135	145	155		155	82.5	92.5	102.5		102.5	152.5	170	182.5	-190	182.5	440	268.092	
David MacWilliams	24	M-J	97.5	100	0.615	-140	140	145		145	-100	105	110		110	185	190	200		200	455	279.825	
James Woods	25	M-O	90.9	100	0.6352	142.5	160	167.5		167.5	112.5	120	122.5		122.5	180	192.5	200		200	490	311.248	
JP Richard	42	M-40	97.4	100	0.6152	190	202.5	215		215	140	150	160		160	230	250	265	273.5	265	640	393.728	
David Follett	47	M-45	96.9	100	0.6166	190	205	220		220	115	-125	-125		115	240	252.5	260	-265	260	595	366.877	
Blair MacKinnon	53	M-50	92.6	100	0.6295	77.5	90	100		100	-77.5	77.5	-87.5		77.5	122.5	130	142.5		142.5	320	201.44	
Nathan Conway	27	M-O	131.7	140	0.5643						150	165	175		175						175	98.7525	

Female Full Power - Original Raw

Female Single Lift and Push Pull

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 Deadl	PL Total	Coeff Score
Wanda McInnis	58	F-55	55.9	56	1.1783	25	27.5	30		30	25	30	-32.5		30	65	70	75		75	135	159.0705
Janet Hodder	59	F-55	67	67.5	1.0261	-37.5	37.5	42.5		42.5	30	-32.5	-32.5		30	67.5	72.5	77.5		77.5	150	153.915
Courtney Steele	31	F-O	68.8	75	1.0069						67.5	70	72.5		72.5						72.5	73.00025
Glenda MacDonald	48	F-45	71.5	75	0.9806	102.5	107.5	117.5		117.5	55	60	-62.5		60	137.5	145	152.5		152.5	330	323.598
Sherry Winters	52	F-50	68	75	1.0153	57.5	-60	65		65	42.5	45	-47.5		45	72.5	77.5	82.5		82.5	192.5	195.44525
Cara MacKenzie	22	F-J	76.5	82.5	0.9391	107.5	112.5	115		115	50	52.5	55		55	142.5	147.5	150	-152.5	150	320	300.512
Courtney Dill	22	F-J	82.1	82.5	0.9023	130	135	140		140	52.5	55	-60		55	142.5	147.5	150	-152.5	150	345	311.2935
Jodhi Wood	25	F-O	81.8	82.5	0.904	75	80	85		85	37.5	-40	-42.5		37.5	87.5	95	105		105	227.5	205.66
Jamie Mosher	32	F-O	82.4	82.5	0.9005	65	70	90		90	-42.5	45	-47.5		45	87.5	92.5	100		100	235	211.6175
Alyson MacCormack	19	F-19	89.9	90	0.8645	-105	105	-110		105	57.5	60	-62.5		60	-137.5	-137.5	-137.5		0	0	0
Christine Trainor	30	F-O	94.4	90+	0.8483	87.5	92.5	100		100	47.5	52.5	55		55	105	112.5	120		120	275	233.2825
Colleen McCabe	39	F-SM	91.4	90+	0.8587	115	120	125		125	70	-75	75		75	127.5	137.5	142.5		142.5	342.5	294.10475