Contest: **2009 Portage Strength Classic**
BENCHPRESS CHAMPIONSHIPS

Location: **Portage Fitness Co-op**
2401 Saskatchewan Avenue West
Portage la Prairie, Manitoba

Date: June 13, 2009

Flight: **BenchPress Only**

MANITOBA POWERLIFTING ASSOCIATION
572 LINDEN AVE. WINNIPEG, MB.
R2K-0N8
PHONE: (204) 668-9641

Referee Pos.	Name	Category	Signiture
Head Referee:	**Annette Powell**	National	
Side Referee:	**Susan Haywood**	Provincial	
Side Referee:	**Brock Haywood**	Int. Cat. 1	

Supplemental (for National Records)

Head Referee:			
Side Referee:			
Score Keeper:	**Brock Haywood**	Int. Cat. 1	

Wgt. Class	Name of Lifter	Lot No.	Age Cat.	C.P.U. No.	Body Wgt.	Club/ Prov.	SQUAT			BENCH PRESS			SUB TOTAL	DEAD LIFT			TOTAL (Kilo's)	Coef. Factor	Coef. Total	Coef. Place	Cls. Place
							1	2	3	1	2	3		1	2	3					
Women																					
56.0	Dawne Braden	10	M1	394	52.50	MB				40.0	45.0	**47.5**	**47.5**				**47.5**	1.2374	58.777	1	1
60.0	Paricia Ashworth	13	Jr.	573	58.40	SK				45.0	**50.0**	-52.5	**50.0**				**50.0**	1.1386	56.930	2	1
Men																					
67.5	Landon Garroich	17	S.Jr.	393	62.90	MB				65.0	**70.0**	-75.0	**70.0**				**70.0**	0.8178	57.246	4	1
100.0	Troy Caruk	12	Op.	390	100.00	MB				125.0	137.5	**147.5**	**147.5**				**147.5**	0.6086	89.769	3	1
110.0	Ed Dufour	15	Op.	381	103.10	MB				**210.0**	-217.5	-227.5	**210.0**				**210.0**	0.6015	126.315	2	1
125.0+	Shaun Caruk	14	Op.	382		MB				SCRATCH	SCRATCH	SCRATCH									
	Ryan Espey	16	Op.	392	157.70	MB				**250.0**	-272.5	-272.5	**250.0**				**250.0**	0.5494	137.350	1	1