

2007 Western Canadians

17 Wing Base Theater

Winnipeg, Manitoba

November 24, 2007

Name of Lifter	Age	CLASS	B/Wgt.	Prov.	SQUAT			BENCH PRESS			DEAD LIFT			TOTAL	WILKs	Place	W-Place
					1	2	3	1	2	3	1	2	3				
WOMEN																	
Tamara Cunningham	OP.	67.5	66.40	MB	117.5	-125.0	-125.0	67.5	-70.0	-70.0	145.0	152.5	-157.5	337.5	348.57	1	2
Zena Van Rooyan	OP.	67.5	62.80	MB	105.0	112.5	-125.0	67.5	72.5	-75.0	117.5	125.0	-135.0	310.0	333.72	2	3
Kristen Scott	JR.	67.5	67.30	SK	80.0	90.0	-100.0	52.5	60.0	-62.5	87.5	100.0	-112.5	250.0	255.70	3	5
Traci Wright	M1	67.5	62.70	MB	70.0	82.5	-95.0	-55.0	55.0	60.0	80.0	90.0	100.0	242.5	261.39	4	4
Rhaea Fowler	JR.	75.0	74.80	SK	180.0	190.0	197.5	-120.0	120.0	125.0	150.0	162.5	167.5	490.0	466.58	1	1
MEN																	
Tyler Poscik	JR.	67.5	66.90	AB	-155.0	-155.0	-155.0	90.0	-97.5	-97.5	170.0	185.0	-187.5	120.0	93.19	1	19
Gary Lacoursiere	M1/MIL	75.0	72.90	MB	90.0	-102.5	102.5	90.0	-102.5	-102.5	175.0	182.5	200.0	392.5	285.39	1	16
Boyd Lyon	OP.	82.5	81.80	AB	260.0	270.0	-280.0	160.0	-170.0	PASS	250.0	-262.5	262.5	692.5	466.33	1	3
Jayson Gramchuk	OP.	82.5	77.50	MB	155.0	172.5	182.5	-110.0	115.0	125.0	155.0	172.5	187.5	495.0	344.97	2	13
Vladimir Sedach	OP.	82.5	80.30	AB	160.0	172.5	182.5	97.5	-102.5	-105.0	175.0	190.0	200.0	480.0	326.93	3	15
Mikhail Van Rooyan	OP.	82.5	80.90	MB	-165.0	-175.0	-175.0	PASS	PASS	PASS	PASS	PASS	PASS	-165.0	-111.85		
Bruce Markham	M1	82.5	80.80	MB	-250.0	PASS	PASS	PASS	PASS	PASS	PASS	PASS	PASS	-250.0	-169.63		
Nathan Christensen	JR.	90.0	89.50	AB	200.0	-205.0	205.0	145.0	155.0	-162.5	205.0	-215.0	-215.0	565.0	361.71	1	11
Al Bugden	M1/MIL	90.0	85.80	MB	175.0	185.0	200.0	-125.0	125.0	-137.5	155.0	175.0	190.0	515.0	337.27	2	14
Dave Bolton	OP.	DNS		AB	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch			Scratch	Scratch
Steve Powell	OP.	100.0	94.20	MB	-280.0	295.0	300.0	190.0	200.0	-205.0	295.0	310.0	315.0	815.0	508.89	1	1
Byron Monster	M2	100.0	94.00	NF	230.0	242.5	250.0	127.5	132.5	137.5	232.5	242.5	252.5	640.0	400.00	2	7
Harvey Hanec	M3	100.0	98.20	MB	-120.0	120.0	145.0	142.5	-158.5	-158.5	120.0	140.0	145.0	432.5	265.17	3	17
Matthew Ambrose	OP.	100.0	91.00	MB	130.0	-145.0	145.0	60.0	75.0	82.5	155.0	175.0	185.0	412.5	261.90	4	18
Travis Krushelnicki	OP.	110.0	103.10	SK	-192.5	202.5	-225.0	147.5	-167.5	-167.5	242.5	255.0	-272.5	605.0	363.91	1	10
Avi Silverberg	JR.	110.0	100.40	AB	-180.0	180.0	195.0	-175.0	-175.0	-175.0	-190.0	PASS	PASS	-170.0	-103.29		
Hector Aguilar	OP.	DNS		AB	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch	Scratch			Scratch	Scratch
Ryan Fowler	OP.	125.0	124.10	SK	275.0	290.0	295.0	210.0	220.0	225.0	270.0	280.0	287.5	807.5	460.84	1	4
Nathan Rolston	OP.	125.0	121.50	SK	-195.0	205.0	-232.5	120.0	130.0	-140.0	250.0	272.5	-290.0	607.5	348.28	2	12
Ryan Stinn	OP.	SHW	137.50	SK	335.0	-352.5	352.5	215.0	227.5	232.5	285.0	310.0	-320.0	895.0	501.47	1	2
Alan Block	OP.	SHW	144.30	SK	275.0	287.5	300.0	190.0	200.0	-205.0	285.0	300.0	305.0	805.0	447.82	2	5
Guy Page	JR.	SHW	128.30	MB	280.0	-300.0	300.0	-185.0	190.0	-200.0	275.0	-312.5	-312.5	765.0	433.76	3	6
Tyler Hildebrand	OP.	SHW	145.70	MB	-265.0	265.0	280.0	165.0	-175.0	-175.0	255.0	270.0	-287.5	715.0	397.25	4	8
Robert Snow	OP./MIL	SHW	133.40	MB	225.0	240.0	250.0	175.0	182.5	-187.5	245.0	-267.5	267.5	700.0	394.17	5	9
Justin Yakiwchuk	JR.	SHW	126.40	MB	-295.0	-305.0	-305.0	155.0	-167.5	-185.0	250.0	-275.0	-275.0	110.0	62.55		
MEN'S BENCH ONLY																	
Gary Lacoursiere	M1/MIL	75.0	72.90	MB				102.5	107.5	-115.0				107.5	78.16	1	7
Mikhail Van Rooyan	OP.	82.5	80.90	MB				-125.0	-135.0	135.0				135.0	91.52	1	5
Lucas Tetreault	JR.	90.0	89.80	SK				145.0	155.0	162.5				162.5	103.85	1	4
Al Bugden	M1/MIL	90.0	85.80	MB				Scratch	Scratch	Scratch							
Byron Monster	M2	100.0	94.00	NF				130.0	135.0	-140.0				135.0	84.38	1	6
Avi Silverberg	JR.	110.0	100.40	AB				Scratch	Scratch	Scratch							
Trevor Winfield	M1	110.0	109.00	MB				235.0	243.5	-245.0				243.5	143.71	1	1
John Giffen	OP.	110.0	109.60	AB				230.0	240.0	-250.0				240.0	141.41	2	2
Wallace Schoffer	M1	125.0	123.30	SK				175.0	182.5	-187.5				182.5	104.30	1	3