

11/21/2009

## Western Canadian Powerlifting and Bench Press

Edmonton, AB, UAPA Powerlifting Club

Name	Div	BWt	WtCls	SQ1	SQ2	SQ3	BB1	BP2	BP3	DL1	DL2	DL3	Total	Wilks
Chelsie Marion	F-JR	74.9	75	97.5	105	110	<del>-57.5</del>	60	65	110	120	127.5	302.5	287.81
Cheryl Giberson	F-O	66.4	67.5	105	112.5	<del>120</del>	57.5	<del>-62.5</del>	62.5	110	120	125	300.0	309.84
Tyler Pocsik	M-JR	82.4	82.5	182.5	192.5	200	112.5	120	125	215	227.5	<del>-235</del>	552.5	370.39
Keith Banner	M-M1	134.5	125+	295	312.5	322.5	170	187.5	195	250	272.5	300	817.5	459.69
Gord Chenkie	M-M2	94.7	100	200	215	220	135	<del>-142.5</del>	<del>-147.5</del>	200	215	227.5	582.5	362.85
Mike Armstrong	M-M2	106.8	110	140	170	190	110	130	135	160	217.5	227.5	552.5	328.23
Gunnar Henriksson	M-M2	119.1	125	190	202.5	<del>-207.5</del>	152.5	160	<del>-162.5</del>	<del>-195</del>	<del>-195</del>	<del>-195</del>		
Colin Bonneau	M-M3	117.4	125	150	200	<del>-230</del>	150	<del>-170</del>	170	150	190	200	570.0	329.44
Thomas Yeung	M-O	60	60	145	<del>-147.5</del>	<del>-147.5</del>	<del>-155</del>	<del>-155</del>	<del>-155</del>	<del>-167.5</del>	<del>-167.5</del>	<del>-167.5</del>		
Sam Cameron	M-O	66	67.5	125	132.5	140	85	92.5	100	162.5	177.5	<del>-197.5</del>	417.5	327.82
Kojo Gyennin	M-O	73.9	75	230	240	<del>-242.5</del>	135	142.5	<del>-150</del>	225	240	257.5	640.0	460.80
Jonathan Law	M-O	81.6	82.5	155	167.5	190	125	132.5	137.5	190	202.5	215	542.5	365.84
Pavel Sedach	M-O	80.9	82.5	165	167.5	<del>-177.5</del>	105	112.5	122.5	215	230	<del>-237.5</del>	520.0	352.53
Johnny Phung	M-O	88.7	90	<del>-240</del>	240	<del>-250</del>	185	<del>-192.5</del>	<del>-192.5</del>	265	<del>-275</del>	<del>-275</del>	690.0	443.81
Boyd Lyon	M-O	87.9	90	<del>-262.5</del>	<del>-262.5</del>	<del>-262.5</del>	<del>-185</del>	<del>-185</del>	<del>-185</del>	<del>-260</del>	<del>-260</del>	<del>-260</del>		
James Bartlett	M-O	99.1	100	235	250	<del>-257.5</del>	145	155	160	250	265	272.5	682.5	416.88
Nathan Christensen	M-O	99.7	100	215	<del>-225</del>	227.5	180	<del>-187.5</del>	<del>-187.5</del>	220	235	<del>-247.5</del>	642.5	391.49
Kelly Fillion	M-O	98.5	100	187.5	205	212.5	147.5	160	<del>-167.5</del>	212.5	227.5	<del>-232.5</del>	600.0	367.41
Lee Distad	M-O	100	100	150	165	<del>-182.5</del>	105	<del>-115</del>	<del>-115</del>	<del>-200</del>	<del>-200</del>	<del>-200</del>		
Greg Carabine	M-O	101.2	110	<del>-170</del>	<del>-180</del>	180	125	135	<del>-140</del>	170	<del>-190</del>	<del>-190</del>	485.0	293.78
David Addie	M-O	122	125	<del>-215</del>	<del>-215</del>	<del>-215</del>	160	<del>-170</del>	<del>-170</del>	220	227.5	<del>-230</del>		

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## Bench Only

Name	Div	BWt	WtCls	SQ1	SQ2	SQ3	BB1	BP2	BP3	DL1	DL2	DL3	Total	Wilks
Dominic Boire	M-JR	86.7	90				<del>-205</del>	<del>-205</del>	<del>-205</del>					
Avi Silverberg	M-JR	108.6	110				220	<del>-234</del>	231				231.0	136.49
Colin Bonneau	M-M3	117.4	125				150	175	<del>-177.5</del>				175.0	101.14
Rob Miller	M-O	73	75				150	160	170				170.0	123.48
Marc Morris	M-O	79.7	82.5				<del>-145</del>	155	<del>-162.5</del>				155.0	106.07
Dennis Bergseth	M-O	99.1	100				<del>-162.5</del>	<del>-162.5</del>	<del>-162.5</del>					
Cory Virtue	M-O	97.1	100				<del>-230</del>	<del>-230</del>	<del>-230</del>					
David Addie	M-O	122	125				<del>-160</del>	<del>-160</del>	<del>-160</del>					
Nathan Rolston	M-O	124.5	125				<del>-185</del>	<del>-185</del>	<del>-185</del>					
John Giffen	M-O	112.1	125				<del>-275</del>	<del>-275</del>	<del>-275</del>					
Alex Mardell	M-O	132.9	125+				290	305	<del>-320.5</del>				305.0	171.85