

Classic

Act Age	Class	Wt. Class	Name	Club	Bwt.	M/F	1stSq	2ndSq	3rdSq	Squat	1stBen	2ndBen	3rdBen	Bench	Sub Total	1stD/L	2ndD/L	3rdD/L	D/L.	Total	Wilks	
F-IV-U	52	Janice Shulman	Valhalla North Bay	51.2	Female	45.0	52.5	55.0	55.0	35.0	37.5	40.0	40.0	95.0	70.0	75.0	80.0	80.0	175.0	220.8	1	
F-III-U	72	Jo-Anne Larabie	Victory Barbell	70.1	Female	70	75	80	80	42.5	45	-50	45	125	85	90	95	95	220	218.658	1	
F-III-U	84	Linda Rousseau		81.2	Female	95	105	-110.5	105	55	57.5	-70	57.5	162.5	85	-100	-100	85	247.5	224.631	1	
F-II-U	57	Anne Kayler		56.1	Female	72.5	77.5	80	80	47.5	50	52.5	52.5	132.5	100	105	-110	105	237.5	279.0625	1	
F-II-U	63	Brenda Banning	Brenda'S Fitness	58.7	Female	90	-95	95	95	50	52.5	55	55	150	107.5	115	122.5	122.5	272.5	309.015	1	
F-II-U	84	Felicia Greenidge	Power Plant	83.4	Female	130	137.5	142.5	142.5	67.5	72.5	-77.5	72.5	215	162.5	-172.5	172.5	172.5	387.5	346.8125	1	
F-II-U	84	Shari Khawaja		80.2	Female	117.5	125	127.5	127.5	-85	85	90	90	217.5	155	160	162.5	162.5	380	347.206	2	
F-II-U	84	Janine Wheeler		82.6	Female	85	95	-105	95	55	57.5	60	60	155	90	100	110	110	265	238.341	3	
F-II-U	84+	Wendy Norton	Ultimate Fitness	98.5	Female	105	112.5	120	120	55	60	65	65	185	142.5	157.5	-160	157.5	342.5	286.467	1	
F-I-U	52	Heather Amundrud		51.6	Female	100	105	-110	105	55	60	62.5	62.5	167.5	115	122.5	-127.5	122.5	290	363.689	1	
F-I-U	52	Shelley Sandiford		50	Female	77.5	87.5	95	95	55	57.5	-60	57.5	152.5	125	135	-145	135	287.5	369.3225	2	
F-I-U	57	Juanita Koo	Maximum Barbell	55.1	Female	85	92.5	95	95	52.5	55	-57.5	55	150	112.5	122.5	-130	122.5	272.5	324.711	1	
F-I-U	63	Shana Betz		63	Female	97.5	105	-112.5	105	52.5	57.5	60	60	165	110	117.5	127.5	127.5	292.5	314.145	1	
F-I-U	72	Anita Santos	Niagara Powerlifting	69.6	Female	110	120	130	130	55	57.5	62.5	62.5	192.5	132.5	140	145.5	145.5	338	337.5944	1	
F-I-U	72	Kim Milani	Dundas Valley Power	71	Female	100	105	112.5	112.5	55	60	-62.5	60	172.5	130	137.5	145	145	317.5	312.801	2	
F-I-U	84	Dari Vecchio		81.8	Female	-105	110	-132.5	110	65	72.5	77.5	77.5	187.5	125	145	147.5	147.5	335	302.84	1	
F-I-U	84+	Louisa Vukovic		101.1	Female	102.5	120	-130	120	70	80	85	85	205	137.5	157.5	165	165	370	307.1	1	
F-I-U	84+	Marlene Miranda		102.4	Female	102.5	112.5	120	120	70	72.5	75	75	195	142.5	155	-172.5	155	350	289.485	2	
F-I-U	84+	Lesley Hammil	Ottawa Strong	115.8	Female	100	-110	-120	100	72.5	80	-85	80	180	140	150	-160	150	330	265.617	3	
F-O-U	47	Simone Lai		45.6	Female	85	95	100	100	40	45	-50	45	145	92.5	105	112.5	112.5	257.5	353.8307	1	
F-O-U	52	Cynthia Vo	Ultimate Fitness	49.4	Female	102.5	110	120	120	52.5	55	60	60	180	142.5	-150	150	150	330	427.812	1	
F-O-U	52	Maria Chung		48.9	Female	85	92.5	97.5	97.5	45	50	52.5	52.5	150	112.5	122.5	127.5	127.5	277.5	362.4983	2	
F-O-U	57	Elisabeth Fournier		56.9	Female	102.5	107.5	110	110	57.5	60	-62.5	60	170	150	155	165	165	335	389.27	1	
F-O-U	57	Kathleen McLeod		57	Female	110	115	-120	115	57.5	60	-62.5	60	175	152.5	157.5	-160	157.5	332.5	385.833	2	
F-O-U	57	Jen Wirag		55.5	Female	92.5	102.5	107.5	107.5	57.5	62.5	-65	62.5	170	130	140	150	150	320	379.168	3	
F-O-U	57	Julie Ditzend	Dundas Valley Power	53.9	Female	115	-120	-120	115	65	72.5	-75	72.5	187.5	125	-135	-135	125	312.5	378.8437		
F-O-U	57	Jennifer McConnell	Valhalla North Bay	56.2	Female	95	100	105	105	65	-70	70	70	175	115	120	125	125	300	351.99	5	
F-O-U	57	Joanna Marriott		55.2	Female	95	-102.5	-102.5	95	55	57.5	-60	57.5	152.5	125	140	145	145	297.5	354.025	6	
F-O-U	63	Jen Carter	Ultimate Fitness	62.1	Female	125	137.5	142.5	142.5	67.5	75	77.5	77.5	220	140	150	162.5	162.5	382.5	415.3185	1	
F-O-U	63	Maria Taccone		63	Female	145	-152.5	-152.5	145	65	72.5	75	75	220	157.5	162.5	-170	162.5	382.5	410.805	2	
F-O-U	63	Meana Franco		61.6	Female	130	140	-145	140	91	94	-96	94	234	142.5	-152.5	-152.5	142.5	376.5	411.3262	3	
F-O-U	63	Sarah Kolbuc	Niagara Powerlifting	60.6	Female	122.5	132.5	137.5	137.5	72.5	77.5	-82.5	77.5	215	130	140	145	145	360	398.268	4	
F-O-U	63	Angie Burgess	Ultimate Fitness	61.3	Female	130	135	142.5	142.5	60	65	-67.5	65	207.5	140	145	152.5	152.5	360	394.776	5	
F-O-U	63	Miriam Schwabe		61.3	Female	115	125	135	135	65	70	-75	70	205	142.5	-150	150	150	355	389.293	6	
F-O-U	63	Amy Ng		61.5	Female	107.5	112.5	120	120	60	65	67.5	67.5	187.5	145	152.5	160	160	347.5	380.1302	7	
F-O-U	63	Melika Hope		62.5	Female	97.5	105	-110	105	52.5	-55	-55	52.5	157.5	150	162.5	170	170	327.5	353.8638	8	
F-O-U	63	Rebecca Sinclair		62.4	Female	107.5	112.5	117.5	117.5	62.5	-70	70	70	187.5	120	130	135	135	322.5	348.8805	9	
F-O-U	63	Xochil Rodriguez		62	Female	-105	107.5	-110	107.5	67.5	70	-75	70	177.5	127.5	135	140	140	317.5	345.1543	10	

Act Age Class	Wt. Class	Name	Club	Bwt.	M/F	1stSq	2ndSq	3rdSq	Squat	1stBen	2ndBen	3rdBen	Bench	Sub Total	1stD/L	2ndD/L	3rdD/L	D/L	Total	Wilks	
F-O-U	72	Sarah Clark		71.3	Female	132.5	140	147.5	147.5	57.5	62.5	67.5	67.5	215	-142.5	147.5	157.5	157.5	372.5	365.944	1
F-O-U	72	Rae Price	U Of T Ironsports	69.2	Female	105	115	117.5	117.5	62.5	67.5	70	70	187.5	145	165	170	170	357.5	358.501	2
F-O-U	72	Angelina McOuat	Canadian Strength	71.9	Female	120	130	-137.5	130	62.5	70	75	75	205	130	140	152.5	152.5	357.5	349.2417	3
F-O-U	72	Alysha Shepherd		69.7	Female	120	125	127.5	127.5	80	-85	-85	80	207.5	137.5	142.5	147.5	147.5	355	354.219	4
F-O-U	72	Tracey Shillum	Iron Foundation	69.9	Female	120	127.5	-132.5	127.5	60	-65	-65	60	187.5	145	155	-162.5	155	342.5	341.0615	5
F-O-U	72	Leslie Sullivan	Ultimate Fitness	70.8	Female	110	120	-125	120	57.5	62.5	65	65	185	135	147.5	152.5	152.5	337.5	333.1463	6
F-O-U	72	Christine Douglas	Power Plant	70.2	Female	102.5	115	-122.5	115	67.5	72.5	-77.5	72.5	187.5	137.5	-145	145	145	332.5	330.1393	7
F-O-U	72	Jennifer Dorr		70.8	Female	142.5	150	-155	150	67.5	70	-72.5	70	220	-172.5	-172.5	-172.5	0	0	0	
F-O-U	72	Jessica Tuazon		71.9	Female	-112.5	-112.5	-112.5	0					0	0			0	0	0	
F-O-U	84+	Anjeannette Wynar	Niagara Powerlifting	105.2	Female	140	150	155	155	75	82.5	-90	82.5	237.5	185	-192.5	-192.5	185	422.5	347.0415	1
F-O-U	84+	Tracey Millar		119.1	Female	140	-150	-150	140	-75	-80	80	80	220	150	157.5	162.5	162.5	382.5	306.2678	2
M-IV-U	74	Robert Carron		73	Male	-72.5	75	-85	75	72.5	75	-82.5	75	150	82.5	92.5	107.5	107.5	257.5	187.048	1
M-III-U	83	Stan Goss	London Powerlifting	82.5	Male	135	145	-155	145	90	95	-100	95	240	162.5	182.5	-192.5	182.5	422.5	283.0328	1
M-III-U	93	Kevin Stirling		88.5	Male	75	-85		75	117.5	127.5	-132.5	127.5	202.5	125			125	327.5	210.91	1
M-III-U	105	Miroslav Koprnicky		96	Male	160	170	180	180	140	147.5	-152.5	147.5	327.5	195	210	-225	210	537.5	332.7662	1
M-II-U	83	Jeff Becker	Iron Foundation	82.6	Male	210	220	-227.5	220	140	147.5	-150.5	147.5	367.5	237.5	250	-260	250	617.5	413.3545	1
M-II-U	93	James Abraham		83.9	Male	180	190	200	200	120	127.5	-132.5	127.5	327.5	215	235	242.5	242.5	570	378.081	1
M-II-U	93	Jerry Marentette	Power Pit	84.3	Male	170	192.5	200	200	115	122.5	-127.5	122.5	322.5	222.5	242.5	-250	242.5	565	373.7475	2
M-II-U	105	Jim Norton	Ultimate Fitness	100.9	Male	155	165	170	170	102.5	112.5	115	115	285	192.5	207.5	-217.5	207.5	492.5	298.652	1
M-II-U	120+	Ron Strong	Power Pit	120.6	Male	220	230	240	240	140	150	-157.5	150	390	265	280	-300.5	280	670	384.781	1
M-I-U	66	Chris Aviado		63.1	Male	162.5	170	-177.5	170	155	160	162.5	162.5	332.5	197.5	205	210	210	542.5	442.4088	1
M-I-U	93	Scott Shulman	Valhalla North Bay	88.4	Male	152.5	160	-170	160	102.5	110	-120	110	270	195	227.5	-240	227.5	497.5	320.589	1
M-I-U	105	Roberto Celio		99.3	Male	230	-245	245	245	125	132.5	-137.5	132.5	377.5	237.5	252.5	-255	252.5	630	384.489	1
M-I-U	105	Craig Hirota	Toronto Rex	104.6	Male	205	220	-227.5	220	140	150	155	155	375	255	-270		255	630	376.992	2
M-I-U	120	Steve Magistrale	Niagara Powerlifting	119.8	Male	230	250	255	255	175	-182.5	-182.5	175	430	250	270	280	280	710	408.321	1
M-O-U	59	Jeremiah West		58.4	Male	160	165	-170	165	105	-110	-110	105	270	-180	187.5	-192.5	187.5	457.5	400.0837	1
M-O-U	66	Daniel Remulla		65.8	Male	195	207.5	-212.5	207.5	145	150	-155	150	357.5	215	227.5	230	230	587.5	462.48	1
M-O-U	66	Mujeeb Salim		65.8	Male	157.5	-165	167.5	167.5	112.5	120	122.5	122.5	290	202.5	210	-215	210	500	393.6	2
M-O-U	74	Art Chan	Ottawa Strong	73.3	Male	190	202.5	-216	202.5	147.5	-155	-155	147.5	350	215	-225	-225	215	565	409.173	1
M-O-U	74	Joshua Caoleng		73	Male	185	190	195	195	107.5	112.5	115	115	310	225	235	245	245	555	403.152	2
M-O-U	74	Alexander Franchu	Iron Athletics	73.9	Male	195	200	-207.5	200	115	120	125	125	325	195	205	-210	205	530	381.6	3
M-O-U	74	Damien Wilmot	Victory Barbell	73.3	Male	165	175	-180	175	115	-125	125	125	300	210	227.5	-230	227.5	527.5	382.0155	4
M-O-U	74	Chris Fudge	Victory Barbell	72.8	Male	167.5	177.5	-187.5	177.5	100			100	277.5	165	180	190	190	467.5	340.2465	5
M-O-U	83	Fernando Serraino		82.5	Male	240	255	-263	255	170	-180	-180	170	425	-265	265	-285	265	690	462.231	1
M-O-U	83	Nikkolas Trillo	Strengthwod	82.3	Male	225	235	-245	235	145	152.5	160	160	395	270	290	-295	290	685	459.5665	2
M-O-U	83	Mark Webster		82.1	Male	240	255	-260	255	137.5	142.5	-147.5	142.5	397.5	-252.5	252.5	275	275	672.5	451.8527	3
M-O-U	93	Walter Cariazo		90.8	Male	230	242.5	250	250	150	157.5	162.5	162.5	412.5	280	292.5	300	300	712.5	452.865	1
M-O-U	93	Taro Yamashita		89.1	Male	202.5	212.5	220	220	137.5	142.5	145	145	365	255	270	282.5	282.5	647.5	415.5008	2
M-O-U	93	Steven Botts	Battlefield Strength	93	Male	202.5	217.5	227.5	227.5	115	122.5	125	125	352.5	252.5	270	275	275	627.5	394.1955	3
M-O-U	93	Andrew Workman	Victory Barbell	89.7	Male	220	225	227.5	227.5	120	-122.5	122.5	122.5	350	260	267.5	-272.5	267.5	617.5	394.8913	4
M-O-U	93	Mike Dickinson	Iron Foundation	93	Male	255	-265	265	265	-155	-155	-155	0	0				0	0	0	

Act Age Class	Wt. Class	Name	Club	Bwt.	M/F	1stSq	2ndSq	3rdSq	Squat	1stBen	2ndBen	3rdBen	Bench	Sub Total	1stD/L	2ndD/L	3rdD/L	D/L.	Total	Wilks	
M-O-U	105	Taylor Shadgett		104.2	Male	272.5	287.5	300	300	155	162.5	170	170	470	287.5	305	-315	305	775	464.38	1
M-O-U	105	Justin Alfante	Strengthwod	104	Male	245	260	270	270	152.5	160	165	165	435	275	295	-315.5	295	730	437.708	2
M-O-U	105	Kristin Fischer		100.2	Male	250	-275	-277.5	250	150	167.5	172.5	172.5	422.5	250	262.5	267.5	267.5	690	419.589	3
M-O-U	105	Trung Lieu		102.5	Male	227.5	235	240	240	185	190	-195	190	430	230	250	260	260	690	415.932	4
M-O-U	120	Erik Willis	Ravens Powerlifting	116.8	Male	285	300.5	305	305	190	200	-210	200	505	320	335	-350	335	840	486.108	1
M-O-U	120	Jonathan O'Keefe	Power Pit	115	Male	245	255	260	260	140	150	-165	150	410	295	305	-317.5	305	715	415.4865	2
M-O-U	120	Conrad Davies		118.8	Male	240	-252.5	252.5	252.5	160	170	175	175	427.5	272.5	280	-285	280	707.5	407.7323	3
M-O-U	120	James Cash	U Of T Ironsports	114.7	Male	250	-265	-265	250	140	-150	150	150	400	265	280	290	290	690	401.235	4
M-O-U	120+	Jason Byrne	Power Pit	133.7	Male	305	325		325	195	210	217.5	217.5	542.5	305	325	-347.5	325	867.5	488.3158	1

Equipped

Act Age Class	Wt. Class	Name	Club	Bwt.	M/F	1stSq	2ndSq	3rdSq	Squat	1stBen	2ndBen	3rdBen	Bench	Sub Total	1stD/L	2ndD/L	3rdD/L	D/L.	Total	Wilks	
F-II	52	Jayne Egan	Ultimate Fitness	50.5	Female	-107.5	113	122.5	122.5	67.5	-70	70	70	192.5	127.5	137.5	142.5	142.5	335	427.125	1
F-II	63	Glorianne Papolis		57.4	Female	115	120	125	125	60	65	-67.5	65	190	125	135	142.5	142.5	332.5	383.7382	1
F-I	84	Lisa Nigh	Niagara Powerlifting	83	Female	90	105	115	115	62.5	72.5	-77.5	72.5	187.5	110	125	137.5	137.5	325	291.59	1
F-I	84+	Erin Denton	Niagara Powerlifting	99.2	Female	75			75	122.5	130.5	135	135	210	100	-155	-155	100	310	258.726	1
M-III	83	Glyn Moore	Niagara Powerlifting	78.7	Male	-200			0				0	0				0	0	0	0
M-II	93	Jerry Marentette	Power Pit	85.6	Male	175	215	237.5	237.5	110	-175	-175	110	347.5	200	-250	250	250	597.5	391.7808	1
M-II	120+	Ron Strong	Power Pit	122	Male	175	200	225	225	145	160	-162.5	160	385	175			175	560	320.768	1
M-O	74	Chris Fudge	Victory Barbell	73	Male	185	190		190	115			115	305	200	212.5	-230	212.5	517.5	375.912	1
M-O	83	Art Chan	Ottawa Strong	75.4	Male	190	-200	200	200	100	115	150	150	350	200	215	230	230	580	411.742	1
M-O	93	Frank Duca		91.5	Male	270	285	-300	285	140	147.5	-152.5	147.5	432.5	285	302.5	-310	302.5	735	465.3285	1
M-O	120+	Jason Byrne	Power Pit	134	Male	-275			0				0	0				0	0	0	0

Bench Only

Act Age Class	Wt. Class	Name	Club	Bwt.	M/F	1stBen	2ndBen	3rdBen	Bench	Total	Wilks	
F-III-U	84+	Ellyne Dickson	Ultimate Fitness	113.6	Female	55	57.5	-60	57.5	57.5	46.4485	1
F-O-U	57	Jennifer Mcconnell	Valhalla North Bay	56.2	Female	67.5	70	72.5	72.5	72.5	85.06425	1
M-II-U	83	Robert Monti		82.3	Male	115	125	132.5	132.5	132.5	88.89425	1
M-II-U	83	John Noguera	Golden Triangle	82.6	Male	105	110	-115	110	110	73.634	2
M-II-U	93	Jerry Marentette	Power Pit	83.7	Male	110	-120		110	110	73.062	1
M-II-U	105	Ron Dillig	Valhalla North Bay	102.8	Male	130	140	-145	140	140	84.294	1
M-II-U	105	Mark Dawson		104	Male	-110	117.5	-120	117.5	117.5	70.453	2
M-I-U	120+	John Beres	Victory Barbell	137.9	Male	175	-190	-190	175	175	98.0175	1
M-O-U	74	Loc Nguyen		71.6	Male	145	152.5	-155	152.5	152.5	112.3467	1
M-O-U	74	Art Chan	Ottawa Strong	73.2	Male	145	-152.5	-155	145	145	105.1105	2
M-O-U	83	Chris Fudge	Victory Barbell	75.2	Male	100			100	100	71.12	1
M-JR-U	93	Michael Previdsa		88.1	Male	147.5	152.5	157.5	157.5	157.5	101.6663	1
M-O-U	93	Jean-Phillippe Thiv	Ottawa Strong	92.6	Male	142.5	147.5	155	155	155	97.5725	2
M-O-U	105	Leon Brown	Spiritlifter Powerlifter	100.8	Male	205	217.5	-227.5	217.5	217.5	131.9573	1
M-O-U	105	Trung Lieu		104.2	Male	185	-192.5	192.5	192.5	192.5	115.346	2
M-O-U	120+	Stephen Jesso		183.1	Male	210	220	230	230	230	123.441	1
M-O-U	120+	Tim Ekert	Power Pit	131	Male	180	190	200	200	200	112.96	2
M-III	120	Fred English		110.9	Male	-177.5	177.5	182.5	182.5	182.5	107.1275	1
M-II	83	John Noguera	Golden Triangle	82.6	Male	110	-115	-115	110	110	73.634	1
M-II	93	Jerry Marentette	Power Pit	83.7	Male	110	165	-175	165	165	109.593	1
M-II	120+	Michael Knott	London Powerlifting	142.8	Male	-175	-175	-175	0	0	0	
M-I	93	Robert Truchon		87.7	Male	120	130	-135	130	130	84.123	1
M-I	120+	John Beres	Victory Barbell	137.9	Male	190	200	-210	200	200	112.02	1
M-O	74	Art Chan	Ottawa Strong	73.2	Male	160	170	-182.5	170	170	123.233	1
M-O	83	Chris Fudge	Victory Barbell	75.2	Male	100			100	100	71.12	1
M-O	120	Erik Willis	Ravens Powerlifting	117.3	Male					200	115.62	1