

24/07/2015		Ottawa Strong Benchpress 2015												
Name	Team	Div	Bwt	WtCls	Age	BP-1	BP-2	BP-3	Best BP	Best BP	Wilks Pts	Team Pts	Pl-Div- WtCls-Evt	Best Lifter
Michelle Sauve		F-O-U	61.7	63	M1	42.5	45.0	-47.5	45.0	45.0	49.099		1-F-O-U-63-BP	
Sarah Killoran		F-O-U	136.8	84+	O	67.5	72.5	-75.0	72.5	72.5	56.615		1-F-O-U-84+-BP	
Ellyne Dickson	U F	F-O-U	112.6	84+	M3	57.5	-60.0	-60.0	57.5	57.5	46.529	9	2-F-O-U-84+-BP	
Jenna Blakley		F-O-U	92.4	84+	O	47.5	52.5	-55.0	52.5	52.5	44.888		3-F-O-U-84+-BP	
John Noguera	G T	M-O	82.5	83	M2	110.0	115.0	117.5	117.5	117.5	78.713	12	1-M-O-83-BP	
Robert Monti		M-O-U	81.5	83	M2	110.0	122.5	-132.5	122.5	122.5	82.675		1-M-O-U-83-BP	
Kenny Burton		M-O-U	102.1	105	O	180.0	190.0	205.0	205.0	205.0	123.758		1-M-O-U-105-BP	Bench
Kerry Dennison		M-O-U	101.4	105	Jr	165.0	175.0	-180.0	175.0	175.0	105.928		2-M-O-U-105-BP	
Jean-Philippe Thivierge	O S	M-O-U	96.5	105	O	-140.0	-142.5	145.0	145.0	145.0	89.566	8	3-M-O-U-105-BP	
Kacper Bugaj		M-O-U	97.8	105	Jr	-142.5	142.5	145.0	145.0	145.0	89.059		4-M-O-U-105-BP	
Dan Grefford		M-O-U	96.2	105	O	-117.5	127.5	-135.0	127.5	127.5	78.872		5-M-O-U-105-BP	

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Ottawa Strong Open 2015

Name	Team	Div	Bwt	WtCls	Age	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Wilks Pts	Team Pts	PL-Div- WtCls-Evt	Best Lifter	Team	Team Pts
Heather Amundrud		F-O-U	51.5	52	M1	100.0	-105.0	-105.0	100.0	55.0	57.5	-60.0	57.5	157.5	110.0	115.0	120.0	120.0	277.5	348.540		1-F-O-U-52-PL		Victory Barbell	12
Shelley Sandiford		F-O-U	50.1	52	M1	70.0	80.0	90.0	90.0	52.5	55.0	-57.5	55.0	145.0	125.0	-135.0	-145.0	125.0	270.0	346.329		2-F-O-U-52-PL		Victory Barbell	12
Kathleen McLeod		F-O-U	56.6	57	O	107.5	115.0	-120.0	115.0	-60.0	60.0	62.5	62.5	177.5	142.5	150.0	-160.0	150.0	327.5	382.127		1-F-O-U-57-PL		Victory Barbell	9
Jen Wirag		F-O-U	55.2	57	O	90.0	100.0	-107.5	100.0	55.0	60.0	-65.0	60.0	160.0	120.0	130.0	137.5	137.5	297.5	354.025		2-F-O-U-57-PL		Victory Barbell	7
Kim Power	U F	F-O-U	55.6	57	M2	95.0	100.0	-102.5	100.0	55.0	57.5	60.0	60.0	160.0	105.0	-110.0	-110.0	105.0	265.0	313.548	8	3-F-O-U-57-PL		Victory Barbell	40
Jen Carter	U F	F-O-U	62.4	63	O	120.0	130.0	135.0	135.0	62.5	70.0	72.5	72.5	207.5	127.5	140.0	147.5	147.5	355.0	384.039	12	1-F-O-U-63-PL	Female	Ravens Powerlifting	12
Melissa Beals		F-O-U	62.4	63	O	107.5	117.5	-127.5	117.5	60.0	-62.5	-62.5	60.0	177.5	130.0	142.5	-147.5	142.5	320.0	346.176		2-F-O-U-63-PL		Ravens Powerlifting	12
Kristin Flemons		F-O-U	62.4	63	O	-107.5	107.5	-115.0	107.5	50.0	52.5	55.0	55.0	162.5	112.5	120.0	-122.5	120.0	282.5	305.608		3-F-O-U-63-PL		Ravens Powerlifting	9
Amanda Gilbert		F-O-U	57.4	63	O	-97.5	102.5	-107.5	102.5	50.0	52.5	-57.5	52.5	155.0	-117.5	117.5	-130.0	117.5	272.5	314.492		4-F-O-U-63-PL		Ultimate Fitness	33
Lauren Chesher		F-O-U	58.1	63	Jr	-100.0	100.0	110.0	110.0	65.0	-70.0	-70.0	65.0	175.0	90.0		0.0	90.0	265.0	302.948		5-F-O-U-63-PL		Ultimate Fitness	12
Karen Maxwell	U F	F-O-U	61.5	63	M2	85.0	90.0	92.5	92.5	45.0	47.5	50.0	50.0	142.5	107.5	112.5	115.0	115.0	257.5	281.679	5	6-F-O-U-63-PL		Ultimate Fitness	8
Dakota Kellett	O S	F-O-U	60.5	63	SJr	70.0	80.0	85.0	85.0	32.5	40.0	42.5	42.5	127.5	110.0	120.0	125.0	125.0	252.5	279.720		7-F-O-U-63-PL		Ultimate Fitness	5
Catherine Chu		F-O-U	68.5	72	Jr	117.5	125.0	132.5	132.5	-50.0	50.0	-57.5	50.0	182.5	130.0	-142.5	142.5	142.5	325.0	328.250		1-F-O-U-72-PL	Female Jr	Ultimate Fitness	25
Kimberly Dorion		F-O-U	67.5	72	O	82.5	90.0	95.0	95.0	47.5	-55.0	-55.0	47.5	142.5	110.0	117.5	-122.5	117.5	260.0	265.356		2-F-O-U-72-PL		Ottawa Strong	9
Michele Gagnon		F-O-U	80.7	84	O	120.0	-130.0	-140.0	120.0	65.0	67.5	-72.5	67.5	187.5	140.0	147.5	160.0	160.0	347.5	316.434		1-F-O-U-84-PL		Ottawa Strong	4
Mallory Rowan	R P	F-O-U	74.3	84	Jr	115.0	120.0	127.5	127.5	57.5	62.5	-67.5	62.5	190.0	122.5	130.0	135.0	135.0	325.0	310.798	9	2-F-O-U-84-PL		Ottawa Strong	13
Sara Robert	V B	F-O-U	124.5	84+	SJr	-75.0	75.0	82.5	82.5	47.5	52.5	57.5	57.5	140.0	85.0	95.0	105.0	105.0	245.0	194.652	12	1-F-O-U-84+-PL		Ottawa Strong	
Joshua Reyes	R P	M-O-U	72.8	74	Jr	195.0	202.5	210.0	210.0	107.5	112.5	-117.5	112.5	322.5	230.0	240.0	-250.0	240.0	562.5	409.388	12	1-M-O-U-74-PL		Ottawa Strong	
Robert Carron		M-O-U	72.3	74	M4	70.0	75.0	-90.0	75.0	70.0	-80.0	-80.0	70.0	145.0	70.0	92.5	95.0	95.0	240.0	175.560		2-M-O-U-74-PL		Ottawa Strong	
Frederic Marcotte		M-O-U	82.4	83	O	210.0	220.0	227.5	227.5	145.0	155.0	170.0	170.0	397.5	205.0	230.0	250.0	250.0	647.5	434.084		1-M-O-U-83-PL		Ottawa Strong	
Brent Eritou	V B	M-O-U	80.5	83	O	135.0	145.0	152.5	152.5	82.5	90.0	95.0	95.0	247.5	130.0	142.5	155.0	155.0	402.5	273.700	9	2-M-O-U-83-PL		Ottawa Strong	
Mark Plummer		M-O-U	90.6	93	SJr	232.5	245.0	250.0	250.0	150.0	157.5	-170.0	157.5	407.5	242.5	255.0	262.5	262.5	670.0	426.321		1-M-O-U-93-PL	Male Jr	Ottawa Strong	
Erik Mills		M-O-U	91.2	93	O	200.0	210.0	-220.0	210.0	127.5	130.0	132.5	132.5	342.5	242.5	257.5	265.0	265.0	607.5	385.276		2-M-O-U-93-PL		Ottawa Strong	
Andrew Workman		M-O-U	88.3	93	O	182.5	190.0	195.0	195.0	105.0	115.0	117.5	117.5	312.5	225.0	242.5	250.0	250.0	562.5	362.644		3-M-O-U-93-PL		Ottawa Strong	
Herbert Greenidge		M-O-U	90.9	93	M3	170.0	192.5	195.0	195.0	100.0	125.0		125.0	320.0	170.0	190.0	212.5	212.5	532.5	338.244		4-M-O-U-93-PL		Ottawa Strong	
Alan Chan		M-O-U	86.7	93	Jr	167.5	177.5	182.5	182.5	130.0	137.5	-142.5	137.5	320.0	167.5	182.5	192.5	192.5	512.5	333.689		5-M-O-U-93-PL		Ottawa Strong	
Eric Seguin		M-O-U	86.8	93	Jr	-160.0	160.0	170.0	170.0	105.0	-112.5	112.5	112.5	282.5	180.0	-185.0	-185.0	180.0	462.5	300.949		6-M-O-U-93-PL		Ottawa Strong	
Nick Henry	V B	M-O-U	103	105	O	225.0	235.0	-240.0	235.0	145.0	-155.0	-155.0	145.0	380.0	235.0	245.0	-250.0	245.0	625.0	376.063		1-M-O-U-105-PL		Ottawa Strong	
Christopher Roseman		M-O-U	103.5	105	O	172.5	187.5	-197.5	187.5	-145.0	-145.0	145.0	145.0	332.5	210.0	230.0	-247.5	230.0	562.5	337.838		2-M-O-U-105-PL		Ottawa Strong	
Alexander Liepins		M-O-U	104.8	105	O	152.5	170.0	185.0	185.0	115.0	125.0	137.5	137.5	322.5	167.5	185.0	197.5	197.5	520.0	310.960		3-M-O-U-105-PL	Male	Ottawa Strong	
Erik Willis	R P	M-O-U	119.2	120	O	200.0	230.0	265.0	265.0	195.0	205.0	-207.5	205.0	470.0	302.5	320.0	330.0	330.0	800.0	460.640	12	1-M-O-U-120-PL		Ottawa Strong	
Shane Kelly	O S	M-O-U	112.8	120	Jr	197.5	205.0	-215.0	205.0	147.5	152.5	-165.0	152.5	357.5	230.0	-237.5		230.0	587.5	343.159	9	2-M-O-U-120-PL		Ottawa Strong	
William Ewanick		M-O-U	108.8	120	O	170.0	187.5	200.0	200.0	90.0	-105.0	-105.0	90.0	290.0	185.0	210.0	-230.0	210.0	500.0	295.250		3-M-O-U-120-PL		Ottawa Strong	
Sebastien Robert	V B	M-O-U	119.3	120	Jr	142.5	152.5	160.0	160.0	85.0	90.0	-95.0	90.0	250.0	162.5	172.5	185.0	185.0	435.0	250.429		4-M-O-U-120-PL		Ottawa Strong	
Olivier Marcotte		M-O-U	138.5	120+	O	225.0	235.0	245.0	245.0	165.0	175.0	-185.0	175.0	420.0	285.0	300.0	317.5	317.5	737.5	412.779		1-M-O-U-120+-PL		Ottawa Strong	