

12-07-2014		Ottawa 3 Lift 2014																	
Name	Team	Div	Bwt	WtCls	Age	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	Sub Total	DL-1	DL-2	DL-3	Total	Wilks Pts	Pl-Div- WtCls-Evt	
Jayne Egan	Ultimate Fitness	F-O-U	50.9	52.0	M II	90.0	97.5	-102.5	-55.0	55.0	-60.0	152.5	127.5	135.0	-140.0	287.5	364.349	1-F-O-U-52-PL	
Jessyca Lalumiere	Iron Works	F-O-U	50.3	52.0	Jr	95.0	-102.5	-102.5	-55.0	-55.0	-55.0	0.0				0.0	0.000		
Elisabeth Fournier		F-O-U	56.3	57.0	Jr	77.5	85.0	92.5	47.5	-52.5	52.5	145.0	125.0	137.5	-150.0	282.5	331.005	1-F-O-U-57-PL	
Julie Tapp		F-O-U	55.8	57.0	M I	85.0	90.0	95.0	37.5	47.5	52.5	147.5	90.0	105.0	115.0	262.5	309.724	2-F-O-U-57-PL	
Joanna Marriot		F-O-U	53.7	57.0	O	75.0	82.5	87.5	47.5	-52.5	-52.5	135.0	100.0	117.5	-127.5	252.5	307.015	3-F-O-U-57-PL	
Brenda Banning		F-O-U	54.4	57.0	M II	75.0	80.0	87.5	47.5	52.5	-55.0	140.0	97.5	105.0	110.0	250.0	300.900	4-F-O-U-57-PL	
Angela Burgess	Ultimate Fitness	F-O-U	63.0	63.0	O	127.5	135.0	-142.5	60.0	65.0	-67.5	200.0	132.5	142.5	150.0	350.0	375.900	1-F-O-U-63-PL	
Kim Power	Ultimate Fitness	F-O-U	58.9	63.0	M II	-75.0	85.0	87.5	52.5	-57.5	57.5	145.0	95.0	105.0	110.0	255.0	288.405	2-F-O-U-63-PL	
Kimberly Dorion		F-O-U	63.0	63.0	O	-75.0	-82.5	82.5	42.5	47.5	-52.5	130.0	92.5	100.0	110.0	240.0	257.760	3-F-O-U-63-PL	
Karen Maxwell	Ultimate Fitness	F-O-U	61.6	63.0	M I	72.5	77.5	82.5	45.0	-50.0	-50.0	127.5	95.0	105.0	107.5	235.0	256.737	4-F-O-U-63-PL	
Carolyne Savage	Iron Works	F-O-U	70.3	72.0	Jr	107.5	117.5	127.5	70.0	75.0	-77.5	202.5	155.0	162.5	170.0	372.5	369.483	1-F-O-U-72-PL	
Melissa Beals		F-O-U	65.1	72.0	O	105.0	110.0	112.5	55.0	60.0		172.5	125.0	137.5	142.5	315.0	330.088	2-F-O-U-72-PL	
Paula Turcotte	Ultimate Fitness	F-O-U	69.5	72.0	O	90.0	97.5	-112.5	45.0	50.0	55.0	152.5	112.5	125.0	130.0	282.5	282.444	3-F-O-U-72-PL	
Stephanie Allardyce		F-O-U	70.5	72.0	O	85.0	-92.5	97.5	45.0	-50.0	50.0	147.5	102.5	112.5	122.5	270.0	267.300	4-F-O-U-72-PL	
Vanessa Giguere		F-O-U	65.1	72.0	O	-60.0	80.0	82.5	52.5	-62.5	-62.5	135.0	80.0	112.5	115.0	250.0	261.975	5-F-O-U-72-PL	
Marina Beaulieu-Chabot		F-O-U	83.8	84.0	Jr	-137.5	-137.5	-137.5				0.0				0.0	0.000		
Valerie Gauthier	PQ	F-O-U	126.7	84+	O	-112.5	112.5	-130.0	70.0	-80.0	-80.0	182.5	150.0	160.0	-170.0	342.5	271.260	1-F-O-U-84+PL	
Shelley Colter	Ultimate Fitness	F-O-U	117.2	84+	M II	110.0	115.0	-122.5	65.0	70.0	-75.0	185.0	130.0	140.0	150.0	335.0	269.038	3-F-O-U-84+PL	
Louisa Vukovic		F-O-U	98.4	84+	M I	-80.0	102.5	105.0	75.0	-80.0	-80.0	180.0	110.0	152.5	155.0	335.0	280.261	2-F-O-U-84+PL	
Miriam Mahfoudhi	Iron Works	F-O-U	84.7	84+	O	90.0	95.0	97.5	-45.0	45.0	-52.5	142.5	125.0	135.0	142.5	285.0	253.109	4-F-O-U-84+PL	
Juli Wheeler		F-O-U	126.9	84+	O	72.5	100.0	102.5	47.5	60.0	62.5	165.0	77.5	102.5	110.0	275.0	217.745	5-F-O-U-84+PL	
Marc Desjardins		M-O	107.3	120.0	O	292.5	-310.0	-310.0	185.0	190.0	195.0	487.5	262.5	277.5	297.5	785.0	465.662	1-M-O-120-PL	
Michel Lalande		M-O-U	57.2	59.0	Jr	110.0	-120.0	120.0	65.0	70.0	80.0	200.0	120.0	140.0	-145.0	340.0	303.246	1-M-O-U-59-PL	
Stephan Lajoie		M-O-U	73.3	74.0	Jr	-185.0	185.0	192.5	132.5	142.5	-147.5	335.0	215.0	227.5	-237.5	562.5	407.363	1-M-O-U-74-PL	
Gary Lacoursiere	Iron Works	M-O-U	73.5	74.0	M I	-150.0	-155.0	155.0	120.0	125.0	-130.0	280.0	195.0	-205.0	205.0	485.0	350.558	2-M-O-U-74-PL	
Trent Blanchard	Canadore Panthers	M-O-U	81.7	83.0	Jr	230.0	240.0	-245.0	110.0	117.5		357.5	260.0	272.5	-285.0	630.0	424.557	1-M-O-U-83-PL	
Eytan Rip		M-O-U	82.7	83.0	O	-180.0	185.0	-190.0	120.0	127.5	132.5	317.5	210.0	225.0		542.5	362.878	3-M-O-U-83-PL	
Elias Horner		M-O-U	79.9	83.0	O	175.0	190.0	192.5	110.0	117.5	-125.0	310.0	220.0	232.5	-240.0	542.5	370.636	2-M-O-U-83-PL	
Daniel Charbonneau		M-O-U	81.4	83.0	O	85.0	100.0	117.5	60.0	-82.5	82.5	200.0	115.0	145.0	172.5	372.5	251.587	4-M-O-U-83-PL	
Brent Eritou		M-O-U	79.6	83.0	O	102.5	112.5	120.0	75.0	82.5	-87.5	202.5	107.5	117.5	127.5	330.0	226.017	5-M-O-U-83-PL	
Gabriel Sater	Iron Works	M-O-U	92.1	93.0	Jr	200.0	215.0	227.5	132.5	142.5	152.5	380.0	215.0	227.5	237.5	617.5	389.704	1-M-O-U-93-PL	
Matthew Hughes		M-O-U	91.2	93.0	O	-175.0	187.5	197.5	135.0	145.0	150.0	347.5	212.5	-232.5	-232.5	560.0	355.152	2-M-O-U-93-PL	
Jimmy Tokaryk		M-O-U	90.2	93.0	S Jr	172.5	185.0	187.5	100.0	-105.0	-105.0	287.5	212.5	225.0	-240.5	512.5	326.821	3-M-O-U-93-PL	
Seamus Smith		M-O-U	90.1	93.0	S Jr	125.0	130.0	140.0	100.0	110.0	-120.0	250.0	185.0	200.0	210.0	460.0	293.480	4-M-O-U-93-PL	
Trung Lieu		M-O-U	103.9	105.0	O	205.0	215.0	-227.5	175.0	185.0	192.5	407.5	205.0	225.0	235.0	642.5	385.371	1-M-O-U-105-PL	
Mohamed El Sherif	Carleton Barbell	M-O-U	100.4	105.0	O	182.5	192.5	200.0	145.0	152.5	-160.0	352.5	240.0	257.5	-265.0	610.0	370.636	2-M-O-U-105-PL	
Nick Doleman	Iron Works	M-O-U	104.0	105.0	M I	165.0	175.0	182.5	92.5	97.5	102.5	285.0	182.5	195.0	-207.5	480.0	287.808	3-M-O-U-105-PL	
Alexander Liepins		M-O-U	96.3	105.0	O	132.5	147.5	-162.5	107.5	117.5	122.5	270.0	160.0	175.0	182.5	452.5	279.781	4-M-O-U-105-PL	
William Ewanick		M-O-U	105.0	105.0	O	140.0	150.0	165.0	80.0	92.5	105.0	270.0	160.0	175.0	-190.0	445.0	265.932	5-M-O-U-105-PL	
Mike Sinclair		M-O-U	119.3	120.0	O	240.0	272.5		195.0	215.0	227.5	500.0	240.0	280.0	317.5	817.5	470.635	1-M-O-U-120-PL	
Erik Willis	Carleton Barbell	M-O-U	114.7	120.0	O	265.0	280.0	290.0	175.0	185.0	190.0	480.0	285.0	305.0	-320.0	785.0	456.477	2-M-O-U-120-PL	
Adam Day		M-O-U	114.2	120.0	O	215.0	237.5	245.0	142.5	152.5	157.5	402.5	232.5	240.0	245.0	647.5	376.910	3-M-O-U-120-PL	
Neil Judge		M-O-U	107.2	120.0	O	162.5	175.0	182.5	112.5	117.5	-120.0	300.0	177.5	185.0	192.5	492.5	292.200	4-M-O-U-120-PL	
Ian MacAlpine		M-O-U	128.3	120+	O	227.5	235.0	242.5	172.5	-182.5	-182.5	415.0	267.5	282.5	-290.0	697.5	395.482	1-M-O-U-120+PL	

11-07-2014**Ottawa Bench 2014**

Name	Team	Div	Bwt	WtCls	Age	BP-1	BP-2	BP-3	Best BP	Wilks Pts	Pl-Div- WtCls-Evt
Renee Howland	Hostyle Conditioning	F-O-U	57.0	57.0	O	-47.5	47.5	52.5	52.5	60.921	1-F-O-U-57-BP
Shelley Sandiford		F-O-U	54.2	57.0	M I	50.0	-52.5	-52.5	50.0	60.355	2-F-O-U-57-BP
Meana Franco		F-O-U	65.4	72.0	Jr	75.0	82.5	-90.0	82.5	86.163	1-F-O-U-72-BP
Rachel Lessard	Hostyle Conditioning	F-O-U	70.1	72.0	O	45.0	47.5	50.0	50.0	49.695	2-F-O-U-72-BP
Eric Flemming	Iron Works	M-O-U	70.9	74.0	O	105.0	115.0	-122.5	115.0	85.353	1-M-O-U-74-BP
Robert Caron		M-O-U	75.9	83.0	M IV	62.5	72.5	-82.5	72.5	51.236	1-M-O-U-83-BP
Herbert Greenidge	Limestone Powerlifting	M-O-U	90.7	93.0	M III	125.0	140.0	145.0	145.0	92.206	1-M-O-U-93-BP
Jesse Howland	Hostyle Conditioning	M-O-U	90.5	93.0	O	130.0	-135.0	-135.0	130.0	82.758	2-M-O-U-93-BP
Leon Brown		M-O-U	95.0	105.0	O	182.5	-215.0	-215.0	182.5	113.515	1-M-O-U-105-BP
Richard Moquin		M-O-U	102.1	105.0	M I	167.5	-175.5	-175.5	167.5	101.120	2-M-O-U-105-BP
Neil Judge		M-O-U	107.4	120.0	O	112.5	120.0	-122.5	120.0	71.160	1-M-O-U-120-BP
Curd Hoss	Hostyle Conditioning	M-O-U	150.2	120+	M I	182.5	-192.5	-192.5	182.5	100.959	1-M-O-U-120+-BP
Olivier Marcotte		M-O-U	139.3	120+	Jr	140.0	150.0	160.0	160.0	89.472	2-M-O-U-120+-BP