

4/9/2012**Hamilton Regional High School 2012**

Powerlifting Results Name	Team	Bwt	WtCls	Best SQ	Best BP	Best DL	PL Total	Wilks Pts
Megan Foster	Cayuga	49.2	52	57.5	35.0	80.0	172.5	224.319
Shelby Ricker	Dunnville	56.3	57	47.5	30.0	80.0	157.5	184.543
Ariela Frager-Wellis	Westdale	55.2	57	52.5	25.0	67.5	145.0	172.550
Kudzai Chimhugwe	Westdale	59.0	63	45.0	30.0	87.5	162.5	183.544
Careena Browne	Westdale	71.3	72	90.0	55.0	150.0	295.0	289.808
Sarah Rashid	Westdale	71.6	72	65.0	50.0	97.5	212.5	208.186
Brenda Reid	Dunnville	71.0	72	62.5	35.0	85.0	182.5	179.799
Samantha Croft	Dunnville	70.5	72	57.5	32.5	80.0	170.0	168.300
Nicole Morrison	Westdale	72.3	84	112.5	55.0	137.5	305.0	296.887
Courtney McIntee	Dunnville	77.9	84	65.0	42.5	90.0	197.5	183.478
Amanda Cowie	Hill Park	79.1	84	57.5	0.0	0.0	0.0	0.000
Olivia Cook	Westdale	88.4	84+	72.5	47.5	95.0	215.0	187.201
Stephanie Lukosius	Hill Park	97.4	84+	50.0	40.0	70.0	160.0	134.288
Benjamin Dickhout	Dunnville	56.5	59	80.0	55.0	112.5	247.5	223.369
William Forbes	Westdale	65.8	66	115.0	90.0	142.5	347.5	273.552
Owen Angus-Yamada	Westdale	64.4	66	122.5	67.5	137.5	327.5	262.459
Ryan Bowden	Dunnville	60.5	66	92.5	70.0	125.0	287.5	243.369
Andrew Marcus	Hill Park	66.0	66	85.0	55.0	100.0	240.0	188.448
Sam Malavolta	Westdale	71.6	74	132.5	85.0	155.0	372.5	274.421
Tanner Kennedy	Westdale	71.4	74	120.0	95.0	155.0	370.0	273.171
Will Alley	Westdale	73.2	74	130.0	87.5	140.0	357.5	259.152
Lucas Oattaway	Cayuga	67.8	74	100.0	100.0	150.0	350.0	268.905
Derek Matthews	Sir JA M	73.6	74	122.5	92.5	127.5	342.5	247.319
Mark Farkas	Delta	71.8	74	102.5	72.5	130.0	305.0	224.236
Riley O'Neill	Dunnville	71.0	74	87.5	75.0	137.5	300.0	222.420
Ingmar Flores	Delta	71.6	74	100.0	77.5	120.0	297.5	219.168
J.T. Crumb	Dunnville	73.0	74	77.5	72.5	142.5	292.5	212.472
Connor Paterson	Hill Park	69.0	74	82.5	80.0	115.0	277.5	210.289
Grant Dickhout	Dunnville	68.0	74	82.5	62.5	120.0	265.0	203.122
Krys DeAdder	Sir JA M	72.0	74	97.5	0.0	0.0	0.0	0.000
Tyler Walker	Westdale	81.4	83	160.0	127.5	210.0	497.5	336.012
Pablo Vallve	Westdale	82.2	83	142.5	85.0	182.5	410.0	275.274
Cody Riley	Cayuga	81.4	83	122.5	102.5	180.0	405.0	273.537
Alex Bevan	Sir JA M	79.6	83	110.0	90.0	160.0	360.0	246.564
Kobi Andrews	Hill Park	77.2	83	117.5	67.5	147.5	332.5	232.318
Kwesi Andrews	Hill Park	80.2	83	70.0	45.0	95.0	210.0	143.136
Jesse LaHaise	Dunnville	89.8	93	142.5	115.0	207.5	465.0	297.182
Dylan Matias	Cayuga	86.6	93	135.0	97.5	192.5	425.0	276.887
Charlie Taggart	Westdale	90.6	93	145.0	87.5	182.5	415.0	264.065
Johnathan Joseph	Hill Park	84.8	93	120.0	75.0	145.0	340.0	224.128
Khaleed Najak	Westdale	105.0	105	152.5	90.0	187.5	430.0	256.968
Dave Hilton	Westdale	108.7	120	152.5	102.5	182.5	437.5	258.431
Kyle Marr	Dunnville	108.4	120	185.0	112.5	227.5	525.0	310.380
Jeff Francis	Westdale	85.6	93	180.0	127.5	200.0	507.5	332.768
Jake Malavolta	Westdale	88.6	93	185.0	130.0	202.5	517.5	333.063