

21/08/2010		Niagara Open																			
Name	Div	BWt	WtCls	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	S/T	D/L 1	D/L 2	D/L 3	Best D/L	Total	Wilks	Placing	Tm Pts	Team
Julie Watkin	F-MI	59.4	60	-127.5	-140.0	-140.0															
Lynn Wardle	F-O	59.9	60	97.5	107.5	-112.5	107.5	67.5	72.5	77.5	77.5	185.0	115.0	125.0	-130.0	125.0	310.0	346.1	1	12	Iron Foundation
Janet Warne	F-MII	60.0	60	-105.0	105.0	110.0	110.0	67.5	70.0	72.5	72.5	182.5	112.5	117.5	122.5	122.5	305.0	340.0	2		
Maria Commisso	F-MI	59.6	60	-80.0	90.0	-100.0	90.0	-37.5	42.5	-47.5	42.5	132.5	92.5	105.0	-115.0	105.0	237.5	266.2	3		
Mary Ann Kaczor	F-O	65.7	67.5	137.5	145.0	-150.0	145.0	80.0	90.0	92.5	92.5	237.5	160.0	-175.0	-175.0	160.0	397.5	413.7	1		
Carol Brady	F-MIII	63.7	67.5	90.0	-95.0	100.0	100.0	45.0	47.5	-50.0	47.5	147.5	85.0	90.0	95.0	95.0	242.5	258.3	2	9	Defining Edge
Natasha Farrell	F-O	73.2	75	115.0	125.0	-135.0	125.0	55.0	-57.5	-57.5	55.0	180.0	125.0	137.5	142.5	142.5	322.5	311.4	1	12	Defining Strength
Sonja Bedic	F-O	75.3	82.5	135.0	-137.5	-145.0	135.0	60.0	-62.5	-62.5	60.0	195.0	120.0	135.0	-140.0	135.0	330.0	312.9	1	12	Defining Edge
Mary Lupton	F-MII	89.6	90	-90.0	-90.0	90.0	90.0	45.0	47.5	-50.0	47.5	137.5	100.0	110.0	120.0	120.0	257.5	222.9	1	12	Defining Edge
Dalton Major	M-SJr	63.6	67.5	202.5	-211.0	-211.0	202.5	112.5	117.5	120.0	120.0	322.5	185.0	200.0	-205.0	200.0	522.5	423.2	1	12	Power Pit
Mark MacWilliams	M-O	74.2	75	-200.0	-200.0	-207.5															
Matthew Giesa	M-Jr	80.0	82.5	-230.0	-230.0	-230.0															Toronto Rex
Steve Spilak	M-O	79.9	82.5	195.0	205.0	-210.0	205.0	-165.0	-165.0	165.0	165.0	370.0	190.0	192.5	195.0	195.0	565.0	386.0	1		
Mark Boyle	M-O	79.6	82.5	187.5	195.0	197.5	197.5	130.0	135.0	140.0	140.0	337.5	190.0	202.5	207.5	207.5	545.0	373.3	2	9	Toronto Rex
Louis Levesque	M-MII	82.4	82.5	185.0	192.5	197.5	197.5	112.5	117.5	-125.0	117.5	315.0	185.0	190.0		190.0	505.0	338.5	3		
John Cahill	M-MII	81.2	82.5	-185.0	185.0	192.5	192.5	-85.0	85.0	-90.0	85.0	277.5	220.0	225.0	-230.0	225.0	502.5	339.9	4		
Dave Walters	M-O	89.4	90	-280.0	280.0	-295.0	280.0	235.0	-245.0	-245.0	235.0	515.0	-252.5	252.5	270.0	270.0	785.0	502.9	1	12	Phoenix
Mike Dickinson	M-O	89.3	90	267.5	277.5	285.0	285.0	175.0	-182.5	-182.5	175.0	460.0	262.5	267.5	-272.5	267.5	727.5	466.3	2	9	Iron Foundation
Jamie Lavoie	M-O	87.5	90	215.0	225.0	-232.5	225.0	170.0	-180.0	-180.0	170.0	395.0	215.0	225.0	-232.5	225.0	620.0	401.7	3		
Kristin Fischer	M-Jr	89.8	90	220.0	230.0	247.5	247.5	120.0	135.0	145.0	145.0	392.5	220.0	-230.0	-240.0	220.0	612.5	391.5	4		
Travis Graham	M-O	88.3	90	192.5	207.5	212.5	212.5	125.0	132.5	137.5	137.5	350.0	230.0	250.0	257.5	257.5	607.5	391.7	5		
Brian Whitworth	M-Jr	82.9	90	185.0	195.0	202.5	202.5	135.0	142.5	-147.5	142.5	345.0	182.5	192.5	200.0	200.0	545.0	364.0	6	5	Steel City
Craig Hirota	M-MI	98.8	100	227.5	235.0	-240.0	235.0	-182.5	-182.5	182.5	182.5	417.5	260.0	275.0	282.5	282.5	700.0	428.1	1	12	Toronto Rex
Roberto Celio	M-MI	98.6	100	250.0	-272.5	-272.5	250.0	150.0	160.0	165.0	165.0	415.0	250.0	270.0	277.5	277.5	692.5	423.9	2		
Steve Janik	M-MI	98.7	100	237.5	-252.5	252.5	252.5	167.5	-170.0	-170.0	167.5	420.0	245.0	265.0	-272.5	265.0	685.0	419.1	3	8	London
Stephen McKenzie	M-MI	99.8	100	230.0	250.0	-272.5	250.0	150.0	165.0	-177.5	165.0	415.0	250.0	-270.0	-270.0	250.0	665.0	405.0	4	7	Iron Foundation
Eric Bell	M-O	99.2	100	100.0	-115.0	120.0	120.0	90.0	110.0	-117.5	110.0	230.0	142.5	165.0	-185.0	165.0	395.0	241.2	5		
Jamie Emberley	M-O	106.3	110	250.0	265.0	272.5	272.5	170.0	177.5	182.5	182.5	455.0	265.0	285.0	-300.0	285.0	740.0	440.3	1		
Dan Pinkney	M-Jr	106.3	110	265.0	275.0	285.0	285.0	152.5	-160.0	-160.0	152.5	437.5	265.0	275.0	280.0	280.0	717.5	426.9	2	9	Iron Foundation
Patrick Hartwick	M-MIII	102.8	110	250.0	272.5	290.0	290.0	150.0	-160.0	-160.0	150.0	440.0	205.0	227.5	235.0	235.0	675.0	406.4	3	8	PoweReaCH
Adam McInroy	M-O	117.3	125	200.0	215.0	227.5	227.5	147.5	160.0	-162.5	160.0	387.5	230.0	247.5	255.0	255.0	642.5	371.4	1		
Doug Bloch-Hansen	M-MI	113.8	125	205.0	212.5	-217.5	212.5	125.0	-132.5	132.5	132.5	345.0	205.0	212.5	235.0	235.0	580.0	338.0	2	9	London