

Capital Barbell

Jul, 21 2007

Results: Glyn Moore

| Age | Class | Name | Club | M/F | Squat | Bench | D/L | TOTAL | WILKS | Place |
|--------|-------|----------------------|-------------------|-----|-------|--------|-------|-------|-------|-------|
| S/J | 75 | Kristina Hopp-Schaus | Defining Strength | F | 127.5 | 57.5 | 120 | 305 | 293.4 | 1 |
| M1 | 48 | Odette Michaud | | F | 97.5 | 35 | 130 | 262.5 | 389.3 | 1 |
| M1 | 48 | Sue Thomson | Capital Barbell | F | 50 | 45 | 77.5 | 172.5 | 233.8 | 2 |
| M1 | 52 | Paula Wright | Defining Strength | F | 77.5 | 50 | 107.5 | 235 | 306 | 1 |
| M1 | 75 | Jackie Pritchard | | F | 125 | 62.5 | 130 | 317.5 | 322.3 | 1 |
| M1 | 75 | Karen Allison | Steel City | F | 117.5 | 60 | 127.5 | 305 | 296.1 | 2 |
| M2 | 56 | Janet Warne | Capital Barbell | F | 122.5 | -65 | | | | |
| Open | 67.5 | Jennifer Porter | Iron Foundation | F | 160 | 77.5 | 145 | 382.5 | 391.6 | 1 |
| Open | 67.5 | Anita Santos | Defining Strength | F | 100 | 57.5 | 125 | 282.5 | 291.4 | 2 |
| Open | 82.5 | Susan Abbott | Defining Strength | F | 117.5 | 70 | 120 | 307.5 | 285.2 | 1 |
| S/J | 67.5 | Blaine LeBlond | | M | 135 | 85 | 152.5 | 372.5 | 298.1 | 1 |
| S/J | 90 | Kyle Robertson | | M | -190 | | | | | |
| S/J | 90 | Erick Armstrong | | M | 130 | 110 | 165 | 405 | 260.8 | 1 |
| Junior | 60 | Dave Heisel | Capital Barbell | M | 185 | 110 | 206 | 501 | 429.3 | 1 |
| Junior | 82.5 | Connor Sheehan | Capital Barbell | M | 185 | 150 | 237.5 | 572.5 | 387.5 | 1 |
| Junior | 90 | Ralph Younes | Ottawa Strong | M | 212.5 | -162.5 | | | | |
| Junior | 90 | Ron Hall | Capital Barbell | M | 182.5 | 107.5 | 207.5 | 497.5 | 327.5 | 1 |
| Junior | 110 | Stephen Mackie | Capital Barbell | M | 230 | 160 | 250 | 640 | 382.3 | 1 |
| M1 | 82.5 | Claude Dalaire | | M | 245 | 150 | 310 | 705 | 473.7 | 1 |
| M2 | 90 | Herb Greenidge | Ottawa Strong | M | 220 | 175 | 225 | 620 | 409.5 | 1 |
| M2 | 100 | Laurie Greenidge | | M | 225 | 150 | 215 | 590 | 374.8 | 1 |
| M2 | 110 | Patrick Hartwick | PoweReacH | M | 272.5 | 150 | 235 | 657.5 | 399.5 | 1 |
| M3 | 100 | Anatole Demidenko | Ottawa Strong | M | 180 | -150 | | | | |
| Open | 67.5 | Art Chan | | M | 210 | 165 | 237.5 | 612.5 | 475.1 | 1 |
| Open | 75 | Willie Albert | Capital Barbell | M | 255 | 170 | 262.5 | 687.5 | 491.3 | 1 |
| Open | 82.5 | Andrew Demidenko | Ottawa Strong | M | 260 | 170 | 255 | 685 | 463.7 | 1 |
| Open | 82.5 | Eytan Rip | | M | 165 | 130 | 192.5 | 487.5 | 327.3 | 2 |
| Open | 90 | John McMillan | St. Thomas | M | 160 | 135 | 210 | 505 | 331.6 | 1 |
| Open | 100 | Blair Lyon | | M | 235 | 152.5 | 255 | 642.5 | 391.5 | 1 |
| Open | 110 | Jamie Emberley | Iron Foundation | M | 365 | 230 | 300 | 895 | 527.1 | 1 |
| Open | 125 | Kerry Leblond | Ottawa Strong | M | 265 | 187.5 | 272.5 | 725 | 416.7 | 1 |
| Open | 125 | Anton Migounov | Capital Barbell | M | 100 | 220 | 100 | 420 | 245.6 | 2 |
| Open | 125+ | Mark MacDiarmid | | M | 155 | 170 | 155 | 480 | 255.2 | 1 |
| Bench | 110 | Daniel Royer | | M | | 185 | | 185 | 109 | |
| Bench | 125 | Russel Stocker | | M | | 165 | | 165 | 94.3 | |
| Bench | 110 | Fred English | | M | | 155 | | 155 | 91.9 | |
| Bench | 82.5 | Aaron Wilson | London | M | | 107.5 | | 107.5 | 74 | |