

11 - 12 June 2016

Ottawa Open June

#	Nme	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	Total	Wilks Pts	Pl-Div- WtCls-Evt
1	Leandra Parker		F-O-U	51.7	52	Jr	95.0	100.0	-102.5	100.0	57.5	60.0	-62.5	60.0	160.0	130.0	137.5	-142.5	137.5	297.5	372.530	1-F-O-U-52-PL
2	Cynthia Vo		F-O-U	52.7	57	O	110.0	117.5	122.5	122.5	60.0	65.0	-70.0	65.0	187.5	142.5	152.5	160.0	160.0	347.5	428.746	1-F-O-U-57-PL
3	Jen Wirag		F-O-U	55.5	57	O	102.5	110.0	115.0	115.0	57.5	62.5	65.0	65.0	180.0	135.0	145.0	-155.0	145.0	325.0	385.093	2-F-O-U-57-PL
4	Ana Alvarez Ordonez		F-O-U	56.2	57	O	110.0	117.5	-125.0	117.5	55.0	60.0	62.5	62.5	180.0	120.0	122.5	130.0	130.0	310.0	363.723	3-F-O-U-57-PL
5	Angie Burgess	U F	F-O-U	62.2	63	O	125.0	135.0	142.5	142.5	60.0	-65.0	-65.0	60.0	202.5	132.5	145.0	155.0	155.0	357.5	387.673	1-F-O-U-63-PL
6	Amy Ng		F-O-U	62.4	63	O	-120.0	120.0	-127.5	120.0	-65.0	67.5	-72.5	67.5	187.5	152.5	157.5	162.5	162.5	350.0	378.630	2-F-O-U-63-PL
7	Jessica Chard	V B	F-O-U	61.2	63	O	102.5	110.0	117.5	117.5	42.5	47.5	52.5	52.5	170.0	110.0	115.0	125.0	125.0	295.0	323.910	3-F-O-U-63-PL
8	Shawna Clark	U F	F-O-U	61.4	63	O	92.5	97.5	102.5	102.5	47.5	50.0	-52.5	50.0	152.5	110.0	122.5	130.0	130.0	282.5	309.394	4-F-O-U-63-PL
9	Kinsey Maxwell		F-O-U	58.9	63	Jr	97.5	102.5	107.5	107.5	45.0	47.5	-50.0	47.5	155.0	107.5	115.0	122.5	122.5	277.5	313.853	5-F-O-U-63-PL
10	Dakota Kellett		F-O-U	61.8	63	Sub-Jr	80.0	85.0	87.5	87.5	37.5	42.5	-45.0	42.5	130.0	120.0	130.0	135.0	135.0	265.0	288.797	6-F-O-U-63-PL
11	Vaneza Parisien		F-O-U	60.2	63	Sub-Jr	77.5	87.5	97.5	97.5	42.5	47.5	-52.5	47.5	145.0	92.5	105.0	117.5	117.5	262.5	291.900	7-F-O-U-63-PL
12	Karen Maxwell	V B	F-O-U	62.4	63	M 2	87.5	95.0	-96.0	95.0	45.0	50.0	-55.0	50.0	145.0	110.0	117.5	-120.0	117.5	262.5	283.972	8-F-O-U-63-PL
13	Kelly Winter	U F	F-O-U	61.6	63	O	-115.0	-125.0	-125.0	0.0				0.0	0.0				0.0	0.0	0.000	
14	Kaitlin Dick		F-O-U	62.6	63	O	-115.0	-115.0	-115.0	0.0				0.0	0.0				0.0	0.0	0.000	
15	Jennifer Carter	U F	F-O-U	68.3	72	O	132.5	142.5	-150.0	142.5	70.0	75.0	-80.0	75.0	217.5	145.0	157.5	165.0	165.0	382.5	387.128	1-F-O-U-72-PL
16	Catherine Chu	PRorER	F-O-U	67.9	72	Jr	137.5	142.5	150.0	150.0	65.0	-70.0	-70.0	65.0	215.0	147.5	155.0	160.0	160.0	375.0	381.112	2-F-O-U-72-PL
17	Leslie Sullivan	U F	F-O-U	70.8	72	O	125.0	135.0	142.5	142.5	62.5	67.5	-70.0	67.5	210.0	142.5	155.0	160.0	160.0	370.0	365.227	3-F-O-U-72-PL
18	Steph Assad		F-O-U	68.5	72	Jr	115.0	-120.0	120.0	120.0	65.0	67.5	-75.0	67.5	187.5	152.5	165.0	175.0	175.0	362.5	366.125	4-F-O-U-72-PL
19	Hannah Sinclair		F-O-U	72	72	Jr	102.5	110.0	112.5	112.5	62.5	65.0	-67.5	65.0	177.5	120.0	127.5	137.5	137.5	315.0	307.440	5-F-O-U-72-PL
20	Evelyn Le Blanc		F-O-U	69.9	72	Jr	80.0	97.5	-102.5	97.5	52.5	60.0	62.5	62.5	160.0	117.5	125.0	130.0	130.0	290.0	288.782	6-F-O-U-72-PL
21	Danielle Vervuurt	Ravens	F-O-U	71.8	72	Jr	100.0	107.5	-115.0	107.5	47.5	52.5	-57.5	52.5	160.0	102.5	112.5	-117.5	112.5	272.5	266.478	7-F-O-U-72-PL
22	Emily Eckford		F-O-U	81.2	84	Jr	110.0	117.5	125.0	125.0	47.5	52.5	-55.0	52.5	177.5	125.0	135.0	142.5	142.5	320.0	290.432	1-F-O-U-84-PL
23	Kimberley Quig	V B	F-O-U	83.2	84	M 1	102.5	-110.0	-110.0	102.5	72.5	-77.5	77.5	77.5	180.0	120.0	127.5	140.0	140.0	320.0	286.752	2-F-O-U-84-PL
24	Claudine Smith		F-O-U	80.5	84	O	105.0	120.0	-125.0	120.0	57.5	65.0	-70.0	65.0	185.0	110.0	120.0	130.0	130.0	315.0	287.248	3-F-O-U-84-PL
25	Allison White	U F	F-O-U	81.6	84	O	87.5	95.0	102.5	102.5	50.0	55.0	-57.5	55.0	157.5	120.0	130.0	135.0	135.0	292.5	264.771	4-F-O-U-84-PL
26	Lyndsey Nadon		F-O-U	75.1	84	O	80.0	95.0	-100.0	95.0	-50.0	52.5	60.0	60.0	155.0	105.0	117.5	125.0	125.0	280.0	265.944	5-F-O-U-84-PL
27	Leah Shuparski-Miller		F-O-U	77.3	84	O	80.0	87.5	92.5	92.5	47.5	52.5	-55.0	52.5	145.0	110.0	120.0	127.5	127.5	272.5	254.324	6-F-O-U-84-PL
28	Michele Gagnon	U F	F-O-U	84.8	84+	O	135.0	145.0	-150.0	145.0	70.0	75.0	80.0	80.0	225.0	165.0	172.5	182.5	182.5	407.5	361.697	1-F-O-U-84+-PL
29	Wendy Norton	U F	F-O-U	98.2	84+	M 2	120.0	130.0	137.5	137.5	62.5	67.5	-70.0	67.5	205.0	147.5	160.0	165.0	165.0	370.0	309.764	2-F-O-U-84+-PL
30	Jackie Rousseau		F-O-U	116.6	84+	O	112.5	120.0	125.0	125.0	60.0	65.0	67.5	67.5	192.5	142.5	155.0	165.0	165.0	357.5	287.358	3-F-O-U-84+-PL
31	Lesley Hammill	Ottawa S	F-O-U	101.1	84+	M 1	105.0	112.5	120.0	120.0	70.0	75.0	-77.5	75.0	195.0	127.5	137.5	142.5	142.5	337.5	280.125	4-F-O-U-84+-PL
32	Karen Wyatt		F-O-U	99.8	84+	M 2	32.5	-37.5	37.5	37.5	37.5	42.5	-47.5	42.5	80.0	52.5	62.5	72.5	72.5	152.5	127.048	5-F-O-U-84+-PL
33	Alexandre Beaudry	Ravens	M-O-U	65.5	66	Jr	150.0	170.0	-185.0	170.0	105.0	110.0	112.5	112.5	282.5	100.0	140.0	170.0	170.0	452.5	357.520	1-M-O-U-66-PL
34	Alex Wiseman	Ravens	M-O-U	65.7	66	Jr	-140.0	140.0		140.0	110.0	-120.0		110.0	250.0	155.0	165.0	175.0	175.0	425.0	334.943	2-M-O-U-66-PL
35	Jordy Armiento		M-O-U	64.6	66	O	150.0	155.0	160.0	160.0	-72.5	75.0	-82.5	75.0	235.0	160.0	170.0	-182.5	170.0	405.0	323.717	3-M-O-U-66-PL
36	Jeremy Sevillano	Ravens	M-O-U	73.6	74	Jr	180.0	190.0	200.0	200.0	120.0	127.5	132.5	132.5	332.5	197.5	207.5	222.5	222.5	555.0	400.766	1-M-O-U-74-PL
37	Salim Wasay		M-O-U	73.6	74	Jr	160.0	167.5	175.0	175.0	112.5	120.0	-122.5	120.0	295.0	207.5	227.5	237.5	237.5	532.5	384.518	2-M-O-U-74-PL
38	Phirak Vong		M-O-U	73	74	O	152.5	160.0	165.0	165.0	105.0	-110.0	-110.0	105.0	270.0	-220.0	222.5	235.0	235.0	505.0	366.832	3-M-O-U-74-PL
39	John Arano		M-O-U	71.6	74	Jr	152.5	157.5	162.5	162.5	85.0	90.0	92.5	92.5	255.0	185.0	190.0	-195.0	190.0	445.0	327.831	4-M-O-U-74-PL
40	Robert Caron		M-O-U	72.4	74	M 4	77.5	80.0	85.0	85.0	-77.5	-77.5	77.5	77.5	162.5	92.5	97.5	107.5	107.5	270.0	197.289	5-M-O-U-74-PL
41	Marcus Pearson		M-O-U	81.3	83	O	190.0	197.5	205.0	205.0	145.0	155.0		155.0	360.0	227.5	242.5	252.5	252.5	612.5	413.989	1-M-O-U-83-PL
42	Jakob Graham		M-O-U	78.2	83	Jr	210.0	220.0	230.0	230.0	117.5	125.0	130.0	130.0	360.0	215.0	227.5	237.5	237.5	597.5	413.888	2-M-O-U-83-PL
43	Geoffrey Ailing		M-O-U	79.2	83	O	170.0	187.5	195.0	195.0	120.0	127.5	132.5	132.5	327.5	220.0	235.0	245.0	245.0	572.5	393.365	3-M-O-U-83-PL
44	AJ Campbell		M-O-U	80	83	Jr	182.5	192.5	202.5	202.5	105.0	107.5	-112.5	107.5	310.0	232.5	247.5	257.5	257.5	567.5	387.432	4-M-O-U-83-PL
45	Draike Provost		M-O-U	82.5	83	O	185.0	192.5	-197.5	192.5	97.5	105.0	-107.5	105.0	297.5	245.0	260.0	-262.5	260.0	557.5	373.469	5-M-O-U-83-PL
46	Ben Sheahan		M-O-U	82.8	83	Sub-Jr	-192.5	202.5	-217.5	202.5	100.0	107.5	-112.5	107.5	310.0	195.0	205.0	212.5	212.5	522.5	349.291	6-M-O-U-83-PL
47	Marino Bortolussi	Brampton	M-O-U	81	83	Jr	180.0	-190.0	-190.0	180.0	107.5	-112.5	-112.5	107.5	287.5	215.0			215.0	502.5	340.393	4-M-O-U-83-PL
48	Jensen MacDonald		M-O-U	77.8	83	Jr	165.0	175.0	182.5	182.5	105.0	110.0	-115.0	110.0	292.5	-192.5	192.5	-210.0	192.5	485.0	337.124	7-M-O-U-83-PL
49	Noah Kosowski	Brampton	M-O-U	79.9	83	O	167.5	177.5	-187.5	177.5	95.0	105.0	-112.5	105.0	282.5	175.0	185.0	-195.0	185.0	467.5	319.396	8-M-O-U-83-PL
50	Khalid Omar		M-O-U	80.5	83	Jr	142.5	155.0	160.0	160.0	105.0	-110.0	112.5	112.5	272.5	177.5	-190.0	-190.0	177.5	450.0	306.000	9-M-O-U-83-PL
51	Brent Eritou	V B	M-O-U	80.7	83	O	137.5	147.5	155.0	155.0	85.0	92.5	97.5	97.5	252.5	142.5	152.5	165.0	165.0	417.5	283.483	10-M-O-U-83-PL
52	Kyle Templeton		M-O-U	79.7	83	M 1	110.0	117.5	-125.0	117.5	70.0	75.0	-80.0	75.0	192.5	105.0	115.0	-120.0	115.0	307.5	210.422	11-M-O-U-83-PL

Best Lifters			
Catherine Chu	F-O-U	381.112	F Jr
Wendy Norton	F-O-U	309.764	F Master
Cynthia Vo	F-O-U	428.746	F Open
Graeme Laprade	M-O-U	434.769	M Jr
Chris Clark	M-O-U	333.582	M Master
Marcus Pearson	M-O-U	413.989	M Open

Teams	Points	Place
Ultimate Fitness	53	1st
Ravens powerlifting	46	2nd
Victory Barbell	24	3rd
Brampton Barbell	15	4th
MoFo	9	5th
PRorER U Ottawa Powerlifting	9	6th
Ottawa Strong	8	7th

53	Graeme Laprade		M-O-U	92.4	93	Jr	235.0	247.5	-252.5	247.5	135.0	140.0	142.5	142.5	390.0	270.0	287.5	300.0	300.0	690.0	434.769	1-M-O-U-93-PL
54	Mario Gibbs		M-O-U	90.6	93	Jr	227.5	245.0	255.0	255.0	132.5	137.5	145.0	145.0	400.0	237.5	-255.0	262.5	262.5	662.5	421.549	2-M-O-U-93-PL
55	Michael Egan		M-O-U	90.4	93	O	190.0	202.5	212.5	212.5	145.0	-157.5	-157.5	145.0	357.5	250.0	265.0	275.0	275.0	632.5	402.903	3-M-O-U-93-PL
56	Andrew Workman		M-O-U	88.7	93	O	220.0	227.5	230.0	230.0	120.0	125.0	-127.5	125.0	355.0	260.0	267.5	270.0	270.0	625.0	402.000	4-M-O-U-93-PL
57	Daniel Strange Dedier		M-O-U	91.6	93	Jr	-205.0	205.0	225.0	225.0	112.5	127.5	137.5	137.5	362.5	227.5	240.0	250.0	250.0	612.5	387.590	5-M-O-U-93-PL
58	Erik Mills		M-O-U	92.2	93	O	212.5	215.0	-230.0	215.0	135.0	-137.5	-137.5	135.0	350.0	255.0	-265.0	-265.0	255.0	605.0	381.634	6-M-O-U-93-PL
59	Andrew Dinn	Ravens	M-O-U	92.6	93	Jr	192.5	202.5	212.5	212.5	120.0	125.0	-132.5	125.0	337.5	217.5	232.5	245.0	245.0	582.5	366.684	7-M-O-U-93-PL
60	Jordan Tallis		M-O-U	90.9	93	Jr	195.0	207.5	-217.5	207.5	127.5	135.0	-140.0	135.0	342.5	225.0	235.0	237.5	237.5	580.0	368.416	8-M-O-U-93-PL
61	Jake Vachon		M-O-U	87	93	Jr	160.0	175.0	185.0	185.0	120.0	-127.5	127.5	127.5	312.5	217.5	232.5	250.0	250.0	562.5	365.569	9-M-O-U-93-PL
62	Weng Koh		M-O-U	91.6	93	Jr	195.0	200.0	207.5	207.5	102.5	107.5	112.5	112.5	320.0	212.5	222.5	-240.0	222.5	542.5	343.294	10-M-O-U-93-PL
63	Carson Stewart		M-O-U	90.8	93	O	165.0	175.0	-182.5	175.0	107.5	-115.0	-115.0	107.5	282.5	200.0	207.5	212.5	212.5	495.0	314.622	11-M-O-U-93-PL
64	Herbert Greenidge	Ottawa S	M-O-U	91.8	93	M 3	180.0	185.0	190.0	190.0	100.0	-130.0		100.0	290.0	180.0			180.0	470.0	297.087	12-M-O-U-93-PL
65	Michael Bush	V B	M-O-U	93	93	O	145.0	150.0	155.0	155.0	110.0	115.0	122.5	122.5	277.5	-170.0	170.0	192.5	192.5	470.0	295.254	13-M-O-U-93-PL
66	Laurie Greenidge		M-O-U	92.5	93	M 3	-135.0	-140.0	140.0	140.0	100.0	110.0	-115.0	110.0	250.0	165.0	180.0	-190.0	180.0	430.0	270.814	14-M-O-U-93-PL
67	Jesse Foster		M-O-U	92.8	93	Jr	227.5	-242.5		227.5	165.0	-175.0	-175.0	165.0	392.5	-295.0			0.0	0.0	0.000	
68	Phillip Campbell		M-O-U	100.5	105	O	255.0	-265.0	-265.0	255.0	165.0	167.5	-180.0	167.5	422.5	260.0	277.5	-287.5	277.5	700.0	425.180	1-M-O-U-105-PL
69	Francis Lalancette	MoFo	M-O-U	98.1	105	Jr	215.0	227.5	240.0	240.0	160.0	170.0	-175.0	170.0	410.0	252.5	265.0	275.0	275.0	685.0	420.179	2-M-O-U-105-PL
70	Phillip Murphy		M-O-U	104.1	105	Jr	225.0	237.5	240.0	240.0	135.0	140.0	-142.5	140.0	380.0	232.5	247.5	260.0	260.0	640.0	383.616	3-M-O-U-105-PL
71	Joey Weatherill		M-O-U	104	105	Jr	207.5	220.0	227.5	227.5	152.5	160.0	-165.0	160.0	387.5	230.0	240.0	250.0	250.0	637.5	382.245	3-M-O-U-105-PL
72	Benjamin Voskamp		M-O-U	104	105	O	207.5	-217.5	225.0	225.0	125.0	132.5	-140.0	132.5	357.5	245.0	260.0	272.5	272.5	630.0	377.748	3-M-O-U-105-PL
73	Tarik Sehovic		M-O-U	101.2	105	O	205.0	-225.0	-225.0	205.0	120.0	130.0	-145.0	130.0	335.0	260.0	-285.0	-300.0	260.0	595.0	360.392	4-M-O-U-105-PL
74	Daniel Gabcan		M-O-U	104.2	105	O	210.0	225.0	230.0	230.0	-127.5	127.5	130.0	130.0	360.0	220.0	232.5	-240.0	232.5	592.5	355.026	5-M-O-U-105-PL
75	John Faustino	Brampton	M-O-U	102.4	105	O	-205.0	205.0	215.0	215.0	122.5	132.5	-137.5	132.5	347.5	212.5	225.0	235.0	235.0	582.5	351.247	6-M-O-U-105-PL
76	Mackenzie Parent		M-O-U	97.5	105	Sub-Jr	182.5	200.0	205.0	205.0	105.0	115.0	-120.0	115.0	320.0	205.0	220.0	-222.5	220.0	540.0	332.100	7-M-O-U-105-PL
77	Nick Doelman	V B	M-O-U	104.3	105	M 1	182.5	192.5	200.0	200.0	102.5	110.0	112.5	112.5	312.5	187.5	200.0	207.5	207.5	520.0	311.480	8-M-O-U-105-PL
78	Bill Ewanick		M-O-U	102.8	105	O	-175.0	187.5	190.0	190.0	110.0	-117.5	-117.5	110.0	300.0	185.0	210.0	-215.0	210.0	510.0	307.071	9-M-O-U-105-PL
79	Jim Norton	U F	M-O-U	101.2	105	M 2	170.0	182.5	185.0	185.0	-105.0	105.0	-115.0	105.0	290.0	192.5	207.5	212.5	212.5	502.5	304.364	10-M-O-U-105-PL
80	Wayne Shimane		M-O-U	103.5	105	M 2	195.0	-205.0	-205.0	195.0	-130.0	130.0	137.5	137.5	332.5	-150.0	155.0	162.5	162.5	495.0	297.297	11-M-O-U-105-PL
81	John Smith	U F	M-O-U	104.7	105	M 2	-142.5	152.5	162.5	162.5	77.5	82.5	90.0	90.0	252.5	170.0	180.0	190.0	190.0	442.5	264.704	12-M-O-U-105-PL
82	Kris Blimkie		M-O-U	117.7	120	Jr	225.0	240.0	247.5	247.5	145.0	152.5	162.5	162.5	410.0	230.0	245.0	255.0	255.0	665.0	384.104	1-M-O-U-120-PL
83	Mitch Grassing	Ravens	M-O-U	115.8	120	Jr	205.0	215.0	-227.5	215.0	135.0	140.0	145.0	145.0	360.0	250.0	265.0	280.0	280.0	640.0	371.200	2-M-O-U-120-PL
84	Mike Forster	U F	M-O-U	116.8	120	M 2	185.0	200.0	207.5	207.5	110.0	120.0	122.5	122.5	330.0	195.0	210.0	220.0	220.0	550.0	318.285	3-M-O-U-120-PL
85	Chris McLaren-Almond		M-O-U	132	120+	O	205.0	217.5	-227.5	217.5	147.5	155.0	165.0	165.0	382.5	292.5	317.5	335.0	335.0	717.5	404.742	1-M-O-U-120+-PL
86	Chris Clark		M-O-U	127.3	120+	M 1	187.5	202.5	220.0	220.0	137.5	150.0	-160.0	150.0	370.0	182.5	195.0	217.5	217.5	587.5	333.582	2-M-O-U-120+-PL