

# 2016 Ontario Masters and Open Powerlifting Championships Classic.

Division	Wt. Class	Name	Club	Bwt.	M/F	1stSq	2ndSq	3rdSq	1stBen	2ndBen	3rdBen	1stD/L	2ndD/L	3rdD/L	D/L.	Total	Wilks
M4	52	Janice Shulman	Valhalla	50.8	Female	-55	55	57.5	40	42.5	-43	82.5	90	94	94	194	246.22
M3	52	Kim Crumpton		51.5	Female	50	-55	-55	47.5	-52.5	-52.5	95	105	110	110	207.5	260.62
M3	63	Jo-Anne Larabie	Victory Barbell	62.5	Female	75	80	85.5	37.5	40	-42.5	87.5	98	-107.5	98	223.5	241.49
M3	72	Judy Gravel	Ultimate Fitness	67.6	Female	47.5	52.5	57.5	30	35	-37.5	75	80	87.5	87.5	180	183.51
M3	84	Linda Rousseau		82.4	Female	110	120	122.5	60	-65	-68	110	-120	120	120	302.5	272.40
M3	84+	Mary Lupton		92.2	Female	67.5	72.5	-77.5	45	-47.5	47.5	70	75	80	80	200	171.16
M2	52	Jayne Egan	Ultimate Fitness	51	Female	90	100	-108	55	60	63	120	125	130	130	293	370.76
M2	52	Heidi Schraft		49.3	Female	57.7	62.5	65	47.5	52.5	-55	85	92.5	95	95	212.5	275.91
M2	57	Anne Kayler		56.8	Female	80	-85	85	47.5	50	-52.5	105	110	115	115	250	290.90
M2	63	Julie Watkin		58.8	Female	102.5	107.5	110.5	50	52.5	-55	135	142.5	147.5	147.5	310.5	351.64
M2	84	Linda McFeeters	DVP	78.6	Female	92.5	97.5	-100	60	65	-67.5	135	140	145	145	307.5	284.19
M2	84+	Wendy Norton	Ultimate Fitness	98.2	Female	105	112.5	122.5	60	65	-75	132.5	142.5	155	155	342.5	286.74
M2	84+	Shelley Colter	Ultimate Fitness	117	Female	-110	-110	110	70	75	-77.5	137.5	150	-157.5	150	335	269.11
M2	84+	Janine Wheeler		84.8	Female	102.5	-107.5		57.5	62.5	67.5	120	130	137.5	137.5	307.5	272.94
M1	52	Shelley Sandiford		51.5	Female	85	95	102.5	55	57.5	-60	140	150	160	160	320	401.92
M1	57	Juanita Koo		55.7	Female	92.5	100	105	55	57.5	60	115	127.5	135	135	300	354.48
M1	57	Fatema Mullan		55.9	Female	87.5	95	-100	42.5	45	-47.5	-112.5	112.5	-120	112.5	252.5	297.52
M1	63	Holly Lasante	Soo Barbell	62.3	Female	-112.5	112.5	120	-62.5	67.5	70	145	155	157.5	157.5	347.5	376.38
M1	63	Frances Manias	DVP	62.9	Female	110	117.5	-122.5	65	72.5	-78	130	140	145	145	335	360.23
M1	63	Taran Dhanju		62.7	Female	80	85	90	55	57.5	60	125	130	132.5	132.5	282.5	304.51
M1	72	Natasha Dunn Kvedaras	125 Stone	65.7	Female	122.5	-130	-130	75	-80	80	130	140	-147.5	140	342.5	356.47
M1	84	Mary Ann Kaczor		72.9	Female	132.5	140	147.5	83.5	87.5	90	150	160	167.5	167.5	405	392.08
M1	84	Lisa Nigh	NiagaraPowerlifting	83.3	Female	117.5	125	132.5	65	-70	75	145	157.5	165	165	372.5	333.57
M1	84	Kim Milani	DVP	76.7	Female	107.5	115	120	-60	60	65	135	145	-155	145	330	309.41
M1	84	Kimberley Quig		78.9	Female	95	102.5	-110	-70	-70	70	115	130	-135	130	302.5	278.97
M1	84+	Anjeannette Wynands		117	Female	150	160	173	85.5	90	95	195	212.5	227.5	227.5	495.5	398.04
M1	84+	Lesley Hammil	Ottawa Strong	110.1	Female	105	115	125	70	75	77.5	130	140	145	145	347.5	282.48
M1	84+	Melanie Christou	Maimum Barbell	109.7	Female	115	122.5	130	52.5	60	65	137.5	150	-167.5	150	345	280.66
M4	74	Robert Caron		73.5	Male	70	-75	75	70	75	-80	80	-90	-92.5	80	230	166.24
M4	93	Jack Taylor	NiagaraPowerlifting	91.4	Male	130	140	145	80	-85	87.5	125			125	357.5	226.48
M3	105	Herbert Greenidge	Ottawa Strong	95.2	Male	190	202.5	210	25			140			140	375	233.02
M3	105	Miroslav Koprnicky		99	Male	75			25			75			75	175	106.94

M3	120	Adrian Ninaber	Power Pit	113.3	Male	205	215	227.5	152.5	160	-165	245	255	265	265	652.5	380.67
M3	120	Bill Stevens	Spirit Lifter	111.2	Male	125	-185	185	117.5	125	127.5	180	190	202.5	202.5	515	302.10
M2	74	Joe Mccullough	Team Invictus	72.9	Male	170	-175	175	110	-115	-115	190	205	210	210	495	359.91
M2	74	Frank Nadeau		73.6	Male	162.5	-172.5	172.5	110	120	130	182.5	-200	-200	182.5	485	350.22
M2	83	Jeff Becker	Iron Foundation	82	Male	210	220	227.5	137.5	-142.5	142.5	247.5	260	-272.5	260	630	423.61
M2	83	Sandro D'Angelo	Ottawa Strong	82.4	Male	180	-190	195	117.5	122.5	125	235	242.5	247.5	247.5	567.5	380.45
M2	93	James Abraham	APS	84.8	Male	175	185	190	117.5	125		205	225	-232.5	225	540	355.97
M2	93	Ron Kilpatrick	Functional Strenght	91.1	Male	160	175	-187.5	82.5	92.5	100	170	185	197.5	197.5	472.5	299.80
M2	105	Craig Hirota	Toronto Rex	102.6	Male	195	205	215	135	140	145	240	260	-275	260	620	373.61
M2	105	Leonid Khankine		102	Male	175	-187.5	187.5	120	125	-127.5	235	255	265	265	577.5	348.75
M2	105	Jim Norton	Ultimate Fitness	100.3	Male	135	147.5	155	102.5	110	-115	170	185	-195	185	450	273.56
M2	120	Mike Forster	Ultimate Fitness	116	Male	-192.5	192.5		107.5	115	122.5	210	225	237.5	237.5	552.5	320.28
M2	120	David Holmes		108.1	Male	-195	-200	-200							0	0	0.00
M2	120+	Tony Bunce		142.3	Male	170	185	197.5	125	-140	-140	205	217.5	-232.5	217.5	540	301.05
M1	83	Kevin Ferris	Valhalla	81.9	Male	162.5	172.5	-177.5	122.5	125	127.5	185	-195	-200	185	485	326.36
M1	83	Dave McRae	NiagaraPowerlifting	79.8	Male	125	142.5	155	115	125	-130	175	185	190	190	470	321.39
M1	93	Barry Antoniow	Team Invictus	91.1	Male	162.5	177.5	182.5	150	162.5	-170	190	205	-207.5	205	550	348.98
M1	93	Scott Shulman	Valhalla	91.1	Male	160	170	182.5	117.5	-125	-125	210	-220	227.5	227.5	527.5	334.70
M1	105	David Pigozzo	125 Stone	99.9	Male	180	190	200	120	122.5	127.5	210	-230	230	230	557.5	339.41
M1	120	Andy Childs		107.3	Male	245	255	-262.5	155	160	-162.5	255	265		265	680	403.38
M1	120+	Steve Magistrale	NiagaraPowerlifting	126.6	Male	230	250	265	165	175	185	250	275	290	290	740	420.62
M1	120+	Tim Wilson		147.2	Male	235	245	255	182.5	187.5	192.5	240	250	255	255	702.5	389.75
M1	120+	Chris Clark		127.2	Male	197.5	210	227.5	142.5	155	162.5	187.5	205	220	220	610	346.42
M-II	120+	Ron Strong	Power Pit	122.3	Male	200	227.5	-235	130	142.5	150	260	275	285	285	662.5	379.28
Open	47	Simone Lai	Band of Barbells	46.1	Female	107.5	-112.5		47.5	50	52.5	112.5	-117.5		112.5	272.5	371.58
Open	52	Joanna Rieber	DVP	51.2	Female	125	132.5	137.5	80	86	90	142.5	150	155	155	382.5	482.56
Open	52	Cynthia Vo		51.3	Female	112.5	-122.5	122.5	65	70	72.5	147.5	-157.5	157.5	157.5	352.5	444.04
Open	52	Jennifer Caron	Team Invictus	50.8	Female	100	107.5	-115	62.5	-67.5	-67.5	135	145	165	165	335	425.18
Open	52	Julie Ditzend	125 Stone	51.4	Female	115	120	-122.5	70	75	-77.5	125	135	140	140	335	421.36
Open	52	Maria Chung	Lab Barbell Club	50.1	Female	100	105	107.5	50	55	-57.5	120	125	130	130	292.5	375.19
Open	52	Jessica Page	Power Pit	49.7	Female	90	100	-107.5	47.5	50	52.5	120	132.5	-142.5	132.5	285	367.79
Open	52	Mae Lehmann	Band of Barbells	51.9	Female	90	-97.5	-97.5	50	-55	-55	117.5	125	-130	125	265	330.85
Open	57	Sarah Kolbuc	NiagaraPowerlifting	57	Female	130	135.5	-140	72.5	75	-77.5	130	-135	-135	130	340.5	395.12
Open	57	Jennifer McConnell	Valhalla	56.1	Female	112.5	120	-125	70	75	-77.5	125	135	-137.5	135	330	387.75
Open	57	Kalie Shanahan	APS	56.5	Female	105	-112.5	115	60	67.5	-72.5	115	125	-130	125	307.5	359.28
Open	57	Trish Barbero	Victory Barbell	56.7	Female	87.5	95	102.5	52.5	55	60	115	122.5	127	127	289.5	337.33
Open	63	Maria Taccone	Markham Powerlifting	62.7	Female	-150	-157.5	157.5	80	82.5	-87.5	165	175	180	180	420	452.72
Open	63	Megan Daza		61.8	Female	130	137.5	-145	82.5	87.5	90	160	175	180	180	407.5	444.09

Open	63	Teresa Yeung	Afterburn Barbell Club	59.7	Female	132.5	137.5	140	72.5	77.5	-80	152.5	162.5	165	165	382.5	428.09
Open	63	Miriam Schwabe		61.5	Female	122.5	132.5	140	70	77.5	82.5	142.5	155	160	160	382.5	418.42
Open	63	Amy Ng	Band of Barbells	62.9	Female	117.5	122.5	130	65	70	72.5	152.5	160	-167.5	160	362.5	389.80
Open	63	Melika Hope		63	Female	115	-122.5	-122.5	55	60	-62.5	171	180	-190	180	355	381.27
Open	63	Phoebe Mannell	Ravens Powerlifting	60.2	Female	122.5	127.5	-135	80	-87.5	87.5	125	130	135	135	350	389.20
Open	63	Meghie Smids		61.7	Female	110	117.5	120	57.5	62.5	67.5	125	132.5	142.5	142.5	330	360.06
Open	63	Kelly Winter	Ultimate Fitness	61.7	Female	117.5	-127.5	-127.5	65	-70	70	130	142.5	-147.5	142.5	330	360.06
Open	63	Wendy Gomes	#N/A	60.1	Female	110	115	120	55	57.5	-60	130	132.5	137.5	137.5	315	350.72
Open	63	Jessica Chard	Victory Barbell	62.7	Female	105	112.5	120	47.5	50	52.5	115	120	125	125	297.5	320.68
Open	63	Rachel Klein	Victory Barbell	60.7	Female	95	102.5	107.5	60	65	-70	107.5	115	117.5	117.5	290	320.42
Open	59	Jerimiah West		59	Male	177.5	-182.5	-182.5	-112.5	115	-117.5	190	197.5	-205	197.5	490	424.44
Open	66	Daniel Remulla	Band of Barbells	65.7	Male	205	215	-222.5	147.5	152.5	155	220	230	240	240	610	480.74
Open	66	Mark Tobias		65.1	Male	200	212.5	-220	92.5	97.5	-102.5	222.5	-237.5	-237.5	222.5	532.5	422.91
Open	66	Mujeeb Salim		65.6	Male	172.5	-185	187.5	117.5	125	-130	-210	210	-240	210	522.5	412.30
Open	74	Nikkolas Trillo		73.8	Male	190	205	215	135	142.5	-145	245	262.5	275	275	632.5	455.84
Open	74	Riam Shammaa	Lab Barbell Club	72.8	Male	185	207.5	-215	135	-152.5	-152.5	247.5	255	-267.5	255	597.5	434.86
Open	74	Lep Wilcocks		74	Male	195	202.5	207.5	120	125	127.5	227.5	237.5	245	245	580	417.19
Open	74	Dale Stewart		73.4	Male	180	190	200	125	132.5	-140	202.5	212.5	-225	212.5	545	394.31
Open	74	Damien Wilmot	Lab Barbell Club	73.4	Male	162.5	170	175	120	127.5	130	220	230	237.5	237.5	542.5	392.50
Open	74	Loc Nguyen	Lab Barbell Club	71.2	Male	160	170	175	137.5	145	-152.5	197.5	207.5	212.5	212.5	532.5	393.94
Open	74	Josh Brock		72.6	Male	172.5	180	-187.5	112.5	117.5	-122.5	212.5	-222.5	-225	212.5	510	371.94
Open	74	Jeremiah Villanueva	Afterburn Barbell Club	68.9	Male	125	145	155	75	95	102.5	185	210	-225	210	467.5	354.65
Open	74	Alexander Franchuk	Iron Athletics	73.2	Male	-195	-200	-200							0	0	0.00
Open	83	Michael Previdsa		82.8	Male	227.5	-240	247.5	150	155	-157.5	280	302.5	307.5	307.5	710	474.64
Open	83	Fernando Serraino		82.4	Male	235	250	257.5	-165	165	175.5	255	275	-285	275	708	474.64
Open	83	Jacob Hall	London Powerlifting	79.7	Male	227.5	240	245	132.5	137.5	-142.5	272.5	285	-290	285	667.5	456.77
Open	83	Mark Webster		81.8	Male	230	242.5	247.5	140	147.5	150	242.5	257.5	-272.5	257.5	655	441.08
Open	83	Shaun Lue	Band of Barbells	80.9	Male	210	222.5	230	145	155	-160	220	235	-240	235	620	420.30
Open	83	Joshua Caoleng	Band of Barbells	81	Male	205	215	222.5	120	125	127.5	235	250	255	255	605	409.83
Open	83	Mohammad Ibrahim		82.8	Male	205	215	-227.5	142.5	152.5	-155	230			230	597.5	399.43
Open	83	Ryan Lapadat		82.2	Male	207.5			120			265			265	592.5	397.80
Open	83	Art Chan	Ottawa Strong	78	Male	185			145	150	160	185			185	530	367.77
Open	93	Walter Cariazo	Afterburn Barbell Club	91	Male	245	255	262.5	165	170	-172.5	290	312.5	330	330	762.5	484.11
Open	93	Jamie Emberley		92.6	Male	260	-270	272.5	170	175	-177.5	265	290	-312.5	290	737.5	464.26
Open	93	Brandon Summers	125 Stone	92.5	Male	242.5	255	265	165	175	185	250	262.5	272.5	272.5	722.5	455.03
Open	93	Mike Dickinson	Iron Foundation	91.5	Male	250	-265	265	150	157.5	162.5	265	282.5	-297.5	282.5	710	449.50
Open	93	Justin Reeson		92.3	Male	230	240	245	140	-145	145	225	250	267.5	267.5	657.5	414.55
Open	93	Chantry Cargill		90.7	Male	225	235	-237.5	120	130	135	265	280	285	285	655	416.51
Open	93	Michael Egan		91.7	Male	-207.5	217.5	-227.5	142.5	150	152.5	257.5	272.5	282.5	282.5	652.5	412.71
Open	93	Joseph Moretto		91.3	Male	222.5	232.5	-237.5	140	145	-152.5	235	250	267.5	267.5	645	408.80

Open	93	Kristofer Lam		83.5	Male	-210	210	-215	120	130	-135	272.5	282.5	-290	282.5	622.5	414.02
Open	93	Perry Fan		88.9	Male	195	215	222.5	125	135	140	220	242.5	257.5	257.5	620	398.29
Open	93	Lucas Franchuk	Iron Athletics	91.1	Male	205	215	220	137.5	142.5	147.5	235	252.5	-260	252.5	620	393.39
Open	93	Ajaypaul Sahota	Sheriden	87.2	Male	60			60			75		0	75	195	126.57
Open	72	Sarah Leighton	Ultimate Fitness	70.9	Female	135	145	152.5	92.5	97.5	102.5	160	172.5	182.5	182.5	437.5	431.46
Open	72	Jennifer Carter	Ultimate Fitness	68	Female	130	140	145	67.5	-72.5	72.5	140	152.5	160	160	377.5	383.28
Open	72	Jessica Tuazon	Grunt Performance	71.9	Female	122.5	-127.5	127.5	62.5	65	-67.5	167.5	175	182.5	182.5	375	366.34
Open	72	Leslie Sullivan	Ultimate Fitness	71.3	Female	130	-140	145	65	72.5	-75	142.5	155	-162.5	155	372.5	365.94
Open	72	Rae Price		70.1	Female	110	117.5	120	70	75	-77.5	155	167.5	172.5	172.5	367.5	365.26
Open	72	Teighan McIntyre		68	Female	125	132.5	-137.5	67.5	72.5	-75	145	157.5	-167.5	157.5	362.5	368.05
Open	72	Taylor Langlais	Soo Barbell	68.7	Female	40			72.5	75	77.5	40			40	157.5	158.74
Open	84	Alyssa Smith		73.6	Female	160	170	180	85	90	92.5	192.5	205	212.5	212.5	485	466.62
Open	84	Jo Webber	APS	82.3	Female	112.5	120	127.5	65	-70	70	180	190	-195	190	387.5	349.18
Open	84	Angelina McOuat		77.7	Female	112.5	-137.5	137.5	65	72.5	77.5	147.5	160	170	170	385	358.20
Open	84	Sarah Clark		78.3	Female	27.5			57.5	62.5	-70	77.5			77.5	167.5	155.16
Open	84+	Brittany Schlater		106.1	Female	157.5	167.5	172.5	80	85	92.5	170	185	192.5	192.5	457.5	375.01
Open	84+	Amy Poplata		92	Female	137.5	145	-152.5	87.5	-92.5	92.5	145	157.5	160	160	397.5	340.46
Open	105	Taylor Shadgett	APS	104.4	Male	280	292.5	302.5	155	-162.5	-162.5	287.5	307.5	-320	307.5	765	458.08
Open	105	Justin Alfante	Grunt Performance	104.6	Male	245	260	265	160	170	172.5	280	300	-320	300	737.5	441.32
Open	105	Phillip Campbell	Lab Barbell Club	98.1	Male	257.5	-265		165	172.5	177.5	275	290	-307.5	290	725	444.71
Open	105	Adam Lessard	Voyageur powerlifting	100.9	Male	220	230	-242.5	160	170	-175	270	-287.5	287.5	287.5	687.5	416.90
Open	120	Erik Willis		119.3	Male	275	285		197.5	-212.5	-215	300	320		320	802.5	462.00
Open	120	Garrett Cartwright Bentley	APS	118.1	Male	280	292.5	-297.5	177.5	187.5	-195	272.5	285	-290	285	765	441.48
Open	120	Philip Brougham		117.6	Male	250	270	285	165	-177.5	-177.5	252.5	272.5	295	295	745	430.39
Open	120	Conrad Davies		119	Male	240	252.5	-267.5	162.5	167.5	172.5	272.5	287.5	300	300	725	417.67
Open	120	Tyler Wareham	Western Strength	119.6	Male	220	237.5	245	170	187.5	190	230	255	-272.5	255	690	397.03
Open	120+	Kelly Branton	Power Pit	162.6	Male	-375	375	410	255	265	272.5	305	320	335	335	1017.5	556.47
Open	120+	Michael Zivanovich		156.8	Male	295	307.5	317.5	215	227.5	232.5	285	300	-315	300	850	467.33
Open	120+	Jason Byrne	Power Pit	138.1	Male	205	245	285	195	210	220	305	335	-363	335	840	470.40
Open	120+	Chris McLaren-Almond		133	Male	257.5	260	262.5	165	172.5	-177.5	317.5	340	-345	340	775	436.63
Open	120+	John Carden		138.7	Male	-275	-282.5	287.5	155	165	170	282.5	292.5	-300	292.5	750	419.70
Open	120+	Omar Abdulkadir		176.7	Male	265	280	290	185	195	-205	250	260	-270	260	745	402.15

## 2016 Ontario Masters and Open Three Lift Championships Equipped

M2	63	Glorianne Papolis	Valhalla	62.1	Female	135	137.5	140	-67.5	67.5	70	140	145	150	150	360	390.89
M2	84	Erin Denton	NiagaraPowerlifting	78.8	Female	90	125	140	75	95	100	102.5	120	125	125	365	336.86
M2	120+	Ron Strong	Power Pit	122.3	Male	200	227.5	-235	130	142.5	150	260	275	285	285	662.5	379.28

Open	83	Chris Fudge	Victory Barbell	81.3	Male	237.5	247.5	-255	155	162.5	170	237.5	247.5	257.5	257.5	675	456.23
Open	105	Brandon Ward	Golden Triangle	97.7	Male	125			115	122.5	127.5	205	217.5	230	230	482.5	296.45