

20/11/2010	Provincial Bench Press Championships										
Name	Div	BWt	WtCls	Bench 1	Bench 2	Bench 3	Best Bench	Wilks	Placing	Tm Pts	Team
Maggie Rafferty	F-O	58.9	60.0	70.0	-75.0	75.0	75.0	84.8	1-F-O-60	12	Iron Works
Susan Abbott	F-O	80.5	82.5	-110.0	-110.0	-110.0					Defining Strength
Ellynn Dickson	F-MII	108.3	90+	87.5	-90.0	-90.0	87.5	71.4	1-F-O-90+	12	Ultimate Fitness
Laurie Yade	F-MII	94.5	90+	85.5	-90.0	-90.0	85.5	72.5	2-F-O-90+	9	London Powerlifting
Justin Van Schyndel	M-Jr	72.2	75.0	135.0	-147.5	-147.5	135.0	98.8	1-M-O-75	12	Iron Foundation
Chris Fudge	M-O	70.1	75.0	115.0	120.0	125.0	125.0	93.6	2-M-O-75	9	Iron Works
Jon Stewart	M-O	74.2	75.0	115.0	117.5	-120.0	117.5	84.4	3-M-O-75	8	
Art Chan	M-O	76.6	82.5	142.5	150.0	-155.0	150.0	105.3	1-M-O-82.5	12	Iron Works
Laurie Greenidge	M-MIII	82.4	82.5	-125.0	125.0	-137.5	125.0	83.8	2-M-O-82.5	9	
Greg Page	M-O	89.1	90.0	185.0	195.0	-202.5	195.0	125.1	1-M-O-90	12	Iron Works
Rosario Lattanzio	M-MII	89.8	90.0	185.0	187.5	-210.0	187.5	119.8	2-M-O-90	9	Iron Works
Robert Truchon	M-MI	86.1	90.0	75.0	85.0	90.0	90.0	58.8	3-M-O-90	8	
Herbert Greenidge	M-MII	89.7	90.0								Ottawa Strong
Jerry Marentette	M-MII	90.2	100.0	185.0	194.0	197.5	197.5	125.9	1-M-O-100	12	Power Pit
Frank Mayer	M-O	97.5	100.0	190.0	-200.0	-200.0	190.0	116.8	2-M-O-100	9	
Miroslav Kprnicky	M-MII	99.0	100.0	172.5	-177.5	0.0	172.5	105.4	3-M-O-100	8	
Barry McEvoy	M-MI	93.5	100.0	142.5	147.5	-150.0	147.5	92.4	4-M-O-100	7	Lakeside Powerlifting
Serge Leduc	M-O	106.0	110.0	75.0	-77.5	0.0	75.0	44.7	1-M-O-110	12	Iron Works
George Flikas	M-MIII	122.5	125.0	170.0	182.5	187.5	187.5	107.3	1-M-O-125	12	
Fred English	M-MII	116.1	125.0	-180.0	180.0	185.0	185.0	107.2	2-M-O-125	9	
Stephen Jesso	M-O	162.5	125+	255.0	-257.5	265.0	265.0	144.9	1-M-O-125+	12	Lakeside Powerlifting
Dave Hoffman	M-MIII	162.0	125+	152.5	162.5	165.0	165.0	90.3	2-M-O-125+	9	Golden Triangle
Ryan Silverson	M-O	128.1	125+	-237.5	-240.0	-242.5					

20/11/2010	Ontario Intermediate Championships																				
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
Steve Earl	M-Jr	60.0	60.0	150.0	157.5	162.5	162.5	-102.5	102.5	-107.5	102.5	265.0	200.0	-207.5	-207.5	200.0	465.0	396.6	1-M-O-60	12	Ottawa Strong
Chris Fudge	M-O	71.4	75.0	155.0	170.0	-175.0	170.0	115.0	120.0	127.5	127.5	297.5	175.0	190.0	-195.0	190.0	487.5	359.9	1-M-O-75	12	Iron Works
Kevin Cancian	M-Jr	78.6	82.5	200.0	210.0	215.0	215.0	112.5	117.5	-122.5	117.5	332.5	225.0	235.0	-245.0	235.0	567.5	391.8	1-M-O-82.5	12	Capital Barbell
Brian Whitworth	M-Jr	82.0	82.5	200.0	207.5	215.0	215.0	142.5	-150.0	-150.0	142.5	357.5	185.0	195.0	205.0	205.0	562.5	378.2	2-M-O-82.5	9	Steel City Powerlifting
Laurie Greenidge	M-MIII	82.5	82.5	185.0	195.0	202.5	202.5	-125.0	125.0	-136.0	125.0	327.5	185.0	195.0	200.0	200.0	527.5	353.4	3-M-O-82.5	8	
Stan Goss	M-MII	81.9	82.5	155.0	172.5	185.0	185.0	105.0	115.0	122.5	122.5	307.5	187.5	-197.5	-220.0	187.5	495.0	333.1	4-M-O-82.5	7	London Powerlifting
Eytan Rip	M-O	82.5	82.5	-210.0	-210.0	-210.0															Ottawa Strong
Kristin Fischer	M-Jr	89.5	90.0	220.0	245.0	-257.5	245.0	125.0	142.5	-150.0	142.5	387.5	225.0	242.5	-250.0	242.5	630.0	403.3	1-M-O-90	12	
Alex Harris	M-Jr	89.4	90.0	197.5	207.5	215.0	215.0	110.0	-120.0	-120.0	110.0	325.0	197.5	210.0	-215.0	210.0	535.0	342.7	2-M-O-90	9	Steel City Powerlifting
Dane Blinkie	M-O	97.8	100.0	207.5	217.5	222.5	222.5	120.0	127.5	-137.5	127.5	350.0	225.0	245.0	260.0	260.0	610.0	374.6	1-M-O-100	12	Ultimate Fitness
Miroslav Koprnicky	M-MII	100.0	100.0	175.0	185.0	195.0	195.0	167.5	172.5	-175.0	172.5	367.5	185.0	195.0	205.0	205.0	572.5	348.4	2-M-O-100	9	
Peter McGill	M-O	123.4	125.0	237.5	250.0	-255.0	250.0	195.0	-200.0	-200.0	195.0	445.0	182.5	-195.0	-195.0	182.5	627.5	358.5	1-M-O-125	12	Steel City Powerlifting
Doug Bloch-Hansen	M-MII	117.3	125.0	-207.5	207.5	217.5	217.5	127.5	137.5	145.0	145.0	362.5	215.0	230.0	-240.0	230.0	592.5	342.5	2-M-O-125	9	London Powerlifting
Philippe Landry	M-O	121.4	125.0	-247.5	-247.5	-247.5															
Chad Farquhar	M-SJr	136.0	125+	237.5	250.0	260.0	260.0	175.0	182.5	0.0	182.5	442.5	227.5	232.5	-250.0	232.5	675.0	378.9	1-M-O-125+	12	Steel City Powerlifting

20/11/2010		Ottawa Womens 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
Jayne Major	F-MI	49.9	52	97.5	-105	110	110	55	-60	60	60	170	107.5	117.5	125	125	295.0	379.54	1-F-O-52	12	Ultimate Fitness
Stephanie Reischl	F-SJr	51.7	52	60	70	77.5	77.5	37.5	40	45	45	122.5	65	77.5	-82.5	77.5	200.0	250.44	2-F-O-52	9	Steel City Powerlifting
Maggie Rafferty	F-O	58.9	60	110	115	-122.5	115	60	65	-67.5	65	180	135	142.5	-150	142.5	322.5	364.76	1-F-O-60	12	Iron Works
Rebecca McKeen	F-Jr	60.9	67.5	130	135	-140	135	65	-70	-70	65	200	130	140	150	150	350.0	385.75	4-F-O-67.5	7	Iron Works
Stacy Jenson	F-Jr	63.6	67.5	150	160	167.5	167.5	92.5	-97.5	-97.5	92.5	260	142.5	155	-162.5	155	415.0	442.52	2-F-O-67.5	9	
Angela Burgess	F-O	65.2	67.5	112.5	120	127.5	127.5	57.5	62.5	-65	62.5	190	130	140	-142.5	140	330.0	345.42	5-F-O-67.5	6	Ultimate Fitness
Mary Ann Kaczor	F-O	65.8	67.5	147.5	157.5	-162.5	157.5	85	90	-95	90	247.5	160	167.5	-172.5	167.5	415.0	431.47	3-F-O-67.5	8	
Hilda Siegel	F-O	65.8	67.5	80	-82.5	-92.5	80	55	-60	-60	55	135	105	117.5	122.5	122.5	257.5	267.72	7-F-O-67.5	4	Ultimate Fitness
Sarah Leighton	F-O	67	67.5	175	184	187.5	187.5	-115	-115	115	115	302.5	165	175	-177.5	175	477.5	489.96	1-F-O-67.5	12	Ultimate Fitness
Gracie Vanasse	F-Jr	67.5	67.5	75	85	90	90	60	65	67.5	67.5	157.5	105	115	117.5	117.5	275.0	280.67	6-F-O-67.5	5	
Alyssa Smith	F-SJr	72.5	75	130	142.5	-150	142.5	60	65	-67.5	65	207.5	140	150	155	155	362.5	352.20	1-F-O-75	12	
Lesley Hammil	F-MI	97.3	90+	85	95	-105	95	55	65	70	70	165	85	97.5	110	110	275.0	230.90	1-F-O-90+	12	Iron Works
Shelley Colter	F-MI	112.3	90+	75	-77.5	-77.5	75	57.5	-62.5	-62.5	57.5	132.5	107.5	112.5	117.5	117.5	250.0	202.41	2-F-O-90+	9	Ultimate Fitness