

30/10/2010	Phoenix 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
Trisha Boyle	F-O	51.7	52.0	100.0	105.0	-110.0	105.0	55.0	57.5	-60.0	57.5	162.5	120.0	-127.5	130.0	130.0	292.5	366.3	1	12	Toronto Rex
Stephanie Reischl	F-SJr	50.7	52.0	62.5	70.0	-77.5	70.0	-37.5	40.0	-42.5	40.0	110.0	70.0	75.0	-82.5	75.0	185.0	235.2	2	9	Steel City
Glorianne Papolis	F-MI	64.2	67.5	140.0	147.5	152.5	152.5	70.0	72.5	75.0	75.0	227.5	130.0	142.5	150.0	150.0	377.5	399.7	1		
Frances Manias	F-O	65.1	67.5	100.0	105.0	112.5	112.5	60.0	65.0	-70.0	65.0	177.5	115.0	125.0	135.0	135.0	312.5	327.5	2	9	Defining Edge
Jennifer Mulhall	F-Jr	64.7	67.5	85.0	92.5	102.5	102.5	47.5	52.5	-57.5	52.5	155.0	105.0	115.0	125.0	125.0	280.0	294.8	3	8	Defining Edge
Maria Commisso	F-MI	60.3	67.5	-90.0	-90.0	97.5	97.5	40.0	45.0	-50.0	45.0	142.5	102.5	110.0	115.0	115.0	257.5	286.0	4		
Renee Willis	F-O	66.5	67.5	60.0	67.5	72.5	72.5	55.0	57.5	-62.5	57.5	130.0	105.0	110.0	115.0	115.0	245.0	252.8	5	6	Defining Edge
Lynn Lister	F-MII	64.6	67.5	-55.0	-55.0	55.0	55.0	50.0	55.0	-60.0	55.0	110.0	70.0	80.0	90.0	90.0	200.0	210.8	6	5	Titans of Mississauga
Sonja Bedic	F-O	74.8	75.0	-145.0	-145.0	-145.0															Defining Edge
Anita Santos	F-O	70.0	75.0	135.0	145.0	152.5	152.5	80.0	-82.5	-82.5	80.0	232.5	135.0	147.5	-160.0	147.5	380.0	378.0	1	12	Defining Strength
Sarah Frankel	F-O	74.0	75.0	115.0	120.0	125.0	125.0	72.5	75.0	-77.5	75.0	200.0	142.5	152.5	-157.5	152.5	352.5	338.0	2	9	Toronto Rex
Mary Lupton	F-MII	89.5	90.0	90.0	95.0	97.5	97.5	45.0	47.5	-50.0	47.5	145.0	110.0	117.5	122.5	122.5	267.5	231.7	1	12	Defining Edge
Chris Fudge	M-O	67.2	67.5	-155.0	155.0	-170.0	155.0	115.0	120.0	-127.5	120.0	275.0	175.0	185.0	-192.5	185.0	460.0	355.9	1	12	Iron Works
Frank Nadeau	M-MII	75.0	75.0	210.0	220.0	-230.0	220.0	160.0	162.5	167.5	167.5	387.5	182.5	212.5	-217.5	212.5	600.0	427.5	1	12	Niagara
Mark MacWilliams	M-O	74.9	75.0	185.0	200.0	-207.5	200.0	130.0	-137.5	137.5	137.5	337.5	185.0	-212.5	-212.5	185.0	522.5	372.7	2		
Shane Nicholls	M-Jr	73.5	75.0	152.5	162.5	170.0	170.0	97.5	102.5	105.0	105.0	275.0	160.0	170.0	180.0	180.0	455.0	328.9	3	8	Capital Barbell
Gary Lacoursiere	M-MII	73.7	75.0	70.0	-90.0	100.0	100.0	125.0	-135.0	-140.0	125.0	225.0	100.0	125.0	150.0	150.0	375.0	270.5	4		
James Newton	M-O	78.8	82.5	192.5	-207.5	-210.0		-117.5	-117.5	-117.5											
Jamie Desjardins	M-O	80.9	82.5	-215.0	-225.0	-225.0															Western Gym Team
Jake Wood	M-Jr	79.7	82.5	215.0	-232.5	232.5	232.5	142.5	-152.5	152.5	152.5	385.0	265.0	-277.5	277.5	277.5	662.5	453.4	1	12	Niagara
Nello Miele	M-O	81.0	82.5	205.0	-215.0	220.0	220.0	145.0	152.5	155.0	155.0	375.0	210.0	225.0	-237.5	225.0	600.0	406.5	2	9	Niagara
Michael Whiting	M-O	78.3	82.5	175.0	185.0	195.0	195.0	127.5	-132.5	-132.5	127.5	322.5	185.0	197.5	207.5	207.5	530.0	366.9	3	8	Western Gym Team
David Blanchard	M-O	80.9	82.5	165.0	-175.0	175.0	175.0	110.0	115.0	-120.0	115.0	290.0	175.0	185.0	200.0	200.0	490.0	332.2	4		
Lynton Lam	M3	81.1	82.5	135.0	145.0	150.0	150.0	72.5	77.5	80.0	80.0	230.0	165.0	180.0	190.0	190.0	420.0	284.3	5		

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Brandon Ward	M-O	89.4	90.0	250.0	255.0	-260.0	255.0	-180.0	180.0	-190.0	180.0	435.0	272.5	290.0	297.5	297.5	732.5	469.2	1	12	Golden Triangle
Matt Shelvock	M-Jr	87.5	90.0	230.0	250.0	262.5	262.5	125.0	142.5	-147.5	142.5	405.0	205.0	225.0	232.5	232.5	637.5	413.0	2	9	Western Gym Team
Chris Sousa	M-O	87.8	90.0	207.5	210.0	220.0	220.0	137.5	142.5	-150.0	142.5	362.5	237.5	242.5	250.0	250.0	612.5	396.1	3		
Paul Benincasa	M-O	87.1	90.0	212.5	227.5	230.0	230.0	132.5	135.0	140.0	140.0	370.0	230.0	235.0	240.0	240.0	610.0	396.2	4		
Travis Graham	M-O	87.0	90.0	202.5	-210.0	215.0	215.0	-130.0	130.0	137.5	137.5	352.5	245.0	-260.0	-260.0	245.0	597.5	388.3	5		
Kevin Stirling	M-MII	89.0	90.0	185.0	200.0	215.0	215.0	150.0	157.5	-162.5	157.5	372.5	190.0	200.0	205.0	205.0	577.5	370.8	6	5	Power Pit
Matthew Giesa	M-Jr	82.7	90.0	215.0	-230.0	-230.0	215.0	140.0	-150.0	-150.0	140.0	355.0	190.0	-200.0	-200.0	190.0	545.0	364.6	7		
David Oliver	M-O	90.0	90.0	175.0	185.0	195.0	195.0	125.0	132.5	-137.5	132.5	327.5	175.0	185.0	-200.0	185.0	512.5	327.2	8	3	Team Barbarian
Andrew Wilson	M-Jr	89.0	90.0	140.0	152.5	-160.0	152.5	112.5	120.0	-127.5	120.0	272.5	195.0	205.0	210.0	210.0	482.5	309.8	9		
Stan Goss	M-MII	84.0	90.0	130.0	145.0	162.5	162.5	95.0	-102.5	102.5	102.5	265.0	182.5	-192.5	-202.5	182.5	447.5	296.6	10	1	London
Thomas McCann	M-Jr	98.6	100.0	-205.0	-205.0	-205.0															
Jamie Emberley	M-O	100.0	100.0	272.5	-290.0	-290.0		-205.0	-205.0	-230.0											
Dave Pigozzo	M-MI	94.9	100.0	235.0	247.5	255.0	255.0	170.0	175.0	180.0	180.0	435.0	257.5	267.5	277.5	277.5	712.5	443.4	1	12	Iron Foundation
Dave Jastrubecki	M-Jr	92.5	100.0	215.0	-230.0	230.0	230.0	137.5	142.5	-150.0	142.5	372.5	255.0	-265.0	-265.0	255.0	627.5	395.2	2	9	Niagara
Jonathan Bailey	M-Jr	90.2	100.0	185.0	200.0	-207.5	200.0	100.0	110.0	-115.0	110.0	310.0	205.0	-225.0	225.0	225.0	535.0	341.2	3	8	Western Gym Team
Matthew Jacobs	M-Jr	95.5	100.0	170.0	185.0	195.0	195.0	100.0	110.0	117.5	117.5	312.5	170.0	182.5	192.5	192.5	505.0	313.4	4	7	Western Gym Team
Ron Strong	M-MII	118.3	125.0	-280.0	-280.0	290.0	290.0	180.0	190.0	200.0	200.0	490.0	290.0	315.0	-322.5	315.0	805.0	464.4	1	12	Power Pit
Steve Magistrale	M-O	124.4	125.0	245.0	260.0	265.0	265.0	185.0	190.0	-195.0	190.0	455.0	250.0	275.0	280.0	280.0	735.0	419.2	2	9	Niagara
Tony Bunce	M-MI	118.9	125.0	175.0	-182.5	190.0	190.0	135.0	-145.0	-145.0	135.0	325.0	177.5	190.0	200.0	200.0	525.0	302.5	3	8	Golden Triangle
Harry Macdonald	M-MI	145.9	125+	240.0	260.0	272.5		-205.0	-220.0	-220.0											London
Matt Cuthbert	M-O	128.2	125+	230.0	250.0	-255.0	250.0	-215.0	-215.0	215.0	215.0	465.0	185.0	200.0	-235.0	200.0	665.0	377.1	1	12	Niagara