

22/01/2011

2011 Ontario Provincial 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
Stacey Jensen	F-J	62.2	63.0	150.0	-160.0	160.0	160.0	82.5	-95.0	-95.0	82.5	242.5	145.0	150.0	167.5	167.5	410.0	444.604	1-F-J-63-PL		
Kristen Sweeney	F-J	61.6	63.0	110.0	117.5	-125.0	117.5	60.0	-67.5	-67.5	60.0	177.5	125.0	132.5	-145.0	132.5	310.0	338.675	2-F-J-63-PL		
Jayne Major	F-M1	50.6	52.0	100.0	107.5	-112.5	107.5	57.5	60.0	65.0	65.0	172.5	110.0	122.5	130.0	130.0	302.5	385.083	1-F-M1-52-PL	12	Ultimate Fitness
Julie Watkin	F-M1	59.0	63.0	127.5	-140.0	140.0	140.0	70.0	75.0	-82.5	75.0	215.0	152.5	165.0	-175.0	165.0	380.0	429.210	1-F-M1-63-PL	12	Niagara Powerlifting
Lisa Nigh	F-M1	70.8	72.0	125.0	132.5	-142.5	132.5	80.0	85.0	-92.5	85.0	217.5	137.5	155.0	-157.5	155.0	372.5	367.695	1-F-M1-72-PL		
Susan Thomson	F-M2	50.5	52.0	-97.5	97.5	102.5	102.5	62.5	65.0	-67.5	65.0	167.5	110.0	115.0	117.5	117.5	285.0	363.375	1-F-M2-52-PL	12	
Jane Lessard	F-M2	60.5	63.0	100.0	102.5	107.5	107.5	60.0	62.5	65.0	65.0	172.5	105.0	107.5	110.0	110.0	282.5	312.954	1-F-M2-63-PL		
Ulrike Kruger	F-M2	76.7	84.0	-155.0	155.0	-162.5	155.0	77.5	80.0	-82.5	80.0	235.0	155.0	165.0	170.0	170.0	405.0	379.728	1-F-M2-84-PL	12	Toronto Rex
Carol Brady	F-M3	62.3	63.0	70.0	80.0	92.5	92.5	45.0	50.0	-52.5	50.0	142.5	80.0	90.0	97.5	97.5	240.0	259.944	1-F-M3-63-PL	12	Niagara Powerlifting
Mary Lupton	F-M3	91.3	84+	-82.5	-82.5	82.5	82.5	42.5	45.0	-47.5	45.0	127.5	97.5	102.5	112.5	112.5	240.0	206.160	1-F-M3-84+-PL	12	Niagara Powerlifting
Trisha Boyle	F-O	51.0	52.0	135.0	142.5	-147.5	142.5	75.0	77.5	-80.0	77.5	220.0	127.5	135.0	140.5	140.5	360.5	456.177	1-F-O-52-PL	12	Toronto Rex
Maggie Rafferty	F-O	57.0	57.0	130.0	-140.0	-140.0	130.0	75.0	80.0	-85.0	80.0	210.0	137.5	150.5	155.0	155.0	365.0	423.546	1-F-O-57-PL	12	Iron Works
Jazz Bansal	F-O	52.6	57.0	80.0	-85.0	-85.0	80.0	50.0	52.5	55.0	55.0	135.0	102.5	105.0	107.5	107.5	242.5	299.633	2-F-O-57-PL	9	Titans of Mississauga
Lynn Wardle	F-O	60.3	63.0	-132.5	-132.5	-132.5	0.0				0.0	0.0				0.0	0.0	0.000			Iron Foundation
Rebecca McKeen	F-O	61.2	63.0	-130.0	-130.0	-140.0	0.0				0.0	0.0				0.0	0.0	0.000			Iron Works
Mary Ann Kaczor	F-O	61.9	63.0	-152.5	-152.5	-152.5	0.0				0.0	0.0				0.0	0.0	0.000			
Sarah Leighton	F-O	68.5	72.0	177.5	184.0	-193.0	184.0	-115.0	-115.0	115.0	115.0	299.0	170.0	180.0	-183.0	180.0	479.0	483.790	1-F-O-72-PL	12	Ultimate Fitness
Justin Van Schyndel	M-J	71.4	74.0	197.5	205.0	-210.0	205.0	135.0	142.5	147.5	147.5	352.5	182.5	192.5	195.0	195.0	547.5	404.219	1-M-J-74-PL	12	Iron Foundation
Brian Whitworth	M-J	82.0	83.0	210.0	-227.5	227.5	227.5	142.5	147.5	-155.0	147.5	375.0	185.0	200.0	210.0	210.0	585.0	393.354	1-M-J-83-PL	12	Steel City Powerlifting
Jake Wood	M-J	81.1	83.0	160.0	172.5	182.5	182.5	125.0	135.0	-137.5	135.0	317.5	250.0	-265.0		250.0	567.5	384.141	2-M-J-83-PL	9	Niagara Powerlifting
John McKittrick	M-M1	73.2	74.0	172.5	182.5	192.5	192.5	112.5	122.5	130.0	130.0	322.5	185.0	200.0	210.0	210.0	532.5	386.009	1-M-M1-74-PL	12	Golden Triangle
Donald Francis	M-M1	70.4	74.0	172.5	182.5	-185.0	182.5	132.5	142.5	-147.5	142.5	325.0	180.0	192.5	-195.0	192.5	517.5	386.107	2-M-M1-74-PL		
Jeff Becker	M-M1	82.4	83.0	282.5	292.5	-297.5	292.5	180.0	185.0	190.0	190.0	482.5	275.0	285.0	292.5	292.5	775.0	519.560	1-M-M1-83-PL	12	Iron Foundation
Sandro D'Angelo	M-M1	82.2	83.0	-230.0	230.0	-242.5	230.0	145.0	150.0	-160.0	150.0	380.0	250.0	257.5	262.5	262.5	642.5	431.375	2-M-M1-83-PL	9	Iron Works
Walter Urban	M-M2	73.9	74.0	-200.0	-200.0	205.0	205.0	117.5	122.5	-125.0	122.5	327.5	205.0	212.5	220.0	220.0	547.5	394.200	1-M-M2-74-PL	12	Iron Foundation
Frank Nadeau	M-M2	74.0	74.0	-210.0	-220.0	-220.0	0.0				0.0	0.0				0.0	0.0	0.000			Niagara Powerlifting
Barry Simms	M-M2	75.6	83.0	160.0		0.0	160.0	100.0	115.0	125.0	125.0	285.0	180.0	200.0		200.0	485.0	343.671	1-M-M2-83-PL	12	London Powerlifting
Laurie Greenidge	M-M3	82.4	83.0	185.0	195.0	-205.0	195.0	120.0	130.0	135.0	135.0	330.0	185.0	195.0	200.0	200.0	530.0	355.312	1-M-M3-83-PL		
John Bourgoin	M-M3	75.1	83.0	175.0	185.0	195.0	195.0	95.0	102.5	107.5	107.5	302.5	175.0	-182.5	182.5	182.5	485.0	345.271	2-M-M3-83-PL	9	Golden Triangle
Lynton Lam	M-M4	81.5	83.0	135.0	145.0	150.0	150.0	75.0	82.5	90.0	90.0	240.0	172.5	182.5	-190.0	182.5	422.5	285.145	1-M-M4-83-PL		
Steve Earl	M-O	58.8	59.0	-165.0	165.0	-175.0	165.0	97.5	-102.5	102.5	102.5	267.5	-190.0	190.0	-210.0	190.0	457.5	397.522	1-M-O-59-PL	12	Ottawa Strong
Jamie Stephen	M-O	73.4	74.0	-210.0	215.0	230.0	230.0	130.0	135.0	140.0	140.0	370.0	225.0	240.0	250.0	250.0	620.0	448.570	1-M-O-74-PL		
Art Chan	M-O	73.5	74.0	182.5	195.0	-200.0	195.0	142.5	-150.0	-150.0	142.5	337.5	200.0	220.0	230.0	230.0	567.5	410.189	2-M-O-74-PL	9	Iron Works
Mike Wood	M-O	78.7	83.0	130.0	155.0	167.5	167.5	130.0	-137.5	-137.5	130.0	297.5	215.0	235.0	-250.0	235.0	532.5	367.372	1-M-O-83-PL	12	Niagara Powerlifting

23/01/2011**2011 Ontario Provincial 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
Kristin Fischer	M-J	91.2	93.0	237.5	-260.0	260.0	260.0	142.5	155.0	-162.5	155.0	415.0	237.5	247.5	-255.0	247.5	662.5	420.157	1-M-J-93-PL		
David Droeske	M-J	102.8	105.0	215.0	227.5	-235.0	227.5	-165.0	-165.0	165.0	165.0	392.5	287.5	297.5	-312.5	297.5	690.0	415.449	1-M-J-105-PL	12	Ultimate Fitness
Andrew Cameron	M-J	108.6	120.0	280.0	-300.0	300.0	300.0	205.0	217.5	227.5	227.5	527.5	245.0	260.0	-272.5	260.0	787.5	465.334	1-M-J-120-PL	12	Steel City Powerlifting
Chad Farquhar	M-J	131.7	120+	-237.5	237.5	245.0	245.0	165.0	-175.0	175.0	175.0	420.0	230.0	245.0	-252.5	245.0	665.0	375.260	1-M-J-120+-PL	12	Steel City Powerlifting
Dave Walters	M-M1	92.2	93.0	282.5	-292.5	-292.5	282.5	235.0	242.5	250.0	250.0	532.5	255.0	265.0	-267.5	265.0	797.5	503.063	1-M-M1-93-PL	12	Phonix Fitness
Hoi Leung	M-M1	91.0	93.0	225.0	-252.5	252.5	252.5	175.0	180.0	-182.5	180.0	432.5	260.0	272.5	-277.5	272.5	705.0	447.604	2-M-M1-93-PL	9	Niagara Powerlifting
Greg Platsko	M-M1	91.4	93.0	190.0	-200.0	-200.0	190.0	165.0	-172.5	172.5	172.5	362.5	225.0	-240.0	-240.0	225.0	587.5	372.181	3-M-M1-93-PL	8	Power Pit
Stephen McKenzie	M-M1	104.9	105.0	290.0	302.5	315.0	315.0	200.0	210.0	-220.0	210.0	525.0	285.0	300.0	-310.0	300.0	825.0	493.185	1-M-M1-105-PL	12	Iron Foundation
Mark Giffin	M-M1	109.1	120.0	-240.0	250.0	260.0	260.0	170.0	182.5	195.0	195.0	455.0	270.0	-285.0		270.0	725.0	427.750	1-M-M1-120-PL	12	Iron Foundation
Craig Hirota	M-M1	113.6	120.0	190.0	200.0	205.0	205.0	-132.5	132.5	140.0	140.0	345.0	250.0	272.5	-285.0	272.5	617.5	360.003	2-M-M1-120-PL	9	Toronto Rex
Jerry Marentette	M-M2	88.2	93.0	195.0			195.0	115.0	185.0	195.0	195.0	390.0	245.0	272.5	282.5	282.5	672.5	433.830	1-M-M2-93-PL	12	Power Pit
Steve Chomitz	M-M2	103.3	105.0	180.0	195.0		195.0	180.0	195.0	-200.0	195.0	390.0	205.0	227.5	240.0	240.0	630.0	378.693	1-M-M2-105-PL	12	Golden Triangle
Paul Francis	M-M2	102.1	105.0	202.5	220.0	230.0	230.0	152.5	160.0	-167.5	160.0	390.0	202.5	225.0	235.0	235.0	625.0	377.312	2-M-M2-105-PL		
Blake Giberson	M-M2	103.9	105.0	-160.0	-160.0	160.0	160.0	140.0	-147.5		140.0	300.0	190.0	205.0	-210.0	205.0	505.0	302.899	3-M-M2-105-PL	8	Power Pit
Ron Strong	M-M2	118.0	120.0	-275.0	275.0		275.0	185.0	202.5	205.0	205.0	480.0	280.0	305.0	-315.0	305.0	785.0	453.102	1-M-M2-120-PL	12	Power Pit
Kari Suutari	M-M2	124.8	120+	-245.0	245.0	-265.0	245.0	220.0	-230.0	230.0	230.0	475.0	100.0	272.5		272.5	747.5	426.075	1-M-M2-120+-PL		
Marvin Kelso	M-M3	87.0	93.0	197.5	205.5	-212.5	205.5	130.0	-140.0	140.0	140.0	345.5	185.0	-200.0	-200.0	185.0	530.5	344.772	1-M-M3-93-PL		
Patrick Hartwick	M-M3	102.8	105.0	250.0	272.5	290.0	290.0	137.5	145.0	150.0	150.0	440.0	205.0	227.5	-242.5	227.5	667.5	401.902	1-M-M3-105-PL	12	PoweReach
Jack Taylor	M-M4	91.0	93.0	-162.5	162.5	-175.0	162.5	107.5	115.0	122.5	122.5	285.0	175.0	185.0	190.0	190.0	475.0	301.577	1-M-M4-93-PL	12	Niagara Powerlifting
Mike Dickinson	M-O	92.6	93.0	272.5	-282.5	282.5	282.5	177.5	-182.5	182.5	182.5	465.0	260.0	-270.0	270.0	270.0	735.0	462.682	1-M-O-93-PL	12	Iron Foundation
Brandon Ward	M-O	90.9	93.0	240.0	250.0	-257.5	250.0	175.0	182.5	-187.5	182.5	432.5	270.0	290.0	-302.5	290.0	722.5	458.932	2-M-O-93-PL		
Brandon Summers	M-O	87.5	93.0	230.0	240.0	245.0	245.0	140.0	-152.5	165.0	165.0	410.0	240.0	252.5	-265.0	252.5	662.5	429.234	3-M-O-93-PL	8	Iron Foundation
Vincent Byrne	M-O	89.8	93.0	225.0	232.5	-240.0	232.5	175.0	185.0	-190.0	185.0	417.5	245.0	-260.0	-260.0	245.0	662.5	423.404	4-M-O-93-PL	7	Power Pit
Philip Plato	M-O	86.7	93.0	197.5	212.5	227.5	227.5	130.0	140.0	-147.5	140.0	367.5	220.0	247.5	255.0	255.0	622.5	405.310	5-M-O-93-PL	6	Niagara Powerlifting
Dave Pigozzo	M-O	95.3	105.0	225.0	232.5	240.0	240.0	-167.5	-167.5	167.5	167.5	407.5	255.0	265.0	-280.0	265.0	672.5	417.690	1-M-O-105-PL	12	Iron Foundation
Jason Byrne	M-O	124.8	120+	260.0	272.5	-282.5	272.5	180.0	192.5	197.5	197.5	470.0	280.0	300.0	315.0	315.0	785.0	447.450	1-M-O-120+-PL	12	Power Pit
Matt Cuthbert	M-O	130.6	120+	240.0	250.0	-255.0	250.0	220.0	-230.0	-230.0	220.0	470.0	-230.0	-230.0	230.0	230.0	700.0	395.570	2-M-O-120+-PL	9	Niagara Powerlifting