

Power Pit Bench, Deadlift, Ironman, 3 Lift

Jun 09, 2007

Results: Mike Knott

Bench Press

Name	M/F	Wt Class	Bench 1	Bench 2	3	Best Bench	Wilks Total
Krista Schaus	F	67.5	85	-87.5	-87.5	85	91.07
Greg Plasko	M	90	110	120	130	130	83.13
William Stirling	M	90	142.5	150	157.5	157.5	101.42
Steve Garrett	M	100	145	155	-160	155	96.74
Tim Jones	M	100	155	165	-172.5	165	102.78
Ben Worsell	M	100	190	202.5	206	206	126.41
Pat Battaglia	M	110	142.5	150	160	160	94.73
Mike Knott	M	125+	-185	-185	185	185	102.81

Ben Worsell MI 100 Kg National/Provincial Record

DeadLift

Name	M/F	Wt Class	DL 1	DL 2	DL 3	Best DL	Wilks Total
Nil Gaudette	M	75	190	195	200	200	143.32
William Stirling	M	90	185	200	220	220	141.67
Steve Garrett	M	100	230	242.5	-250	242.5	151.35

Push Pull

Name	M/F	Wt Class	Bench	DL	Total	Wilks Total
Sarah Frankel	F	75	100	160	260	250.81
William Stirling	M	90	157.5	220	377.5	243.1

3 Lift

Name	M/F	Wt Class	Squat	Bench	DL	Total	Wilks Total
Sara Kiertscher	F	67.5	60	40	85	185	199.4
Jenny Porter	F	67.5	122.5	60	145	327.5	334.97
Ryan Watchorn	M	67.5	150	82.5	165	397.5	317.32
Harnek Singh Rai	M	75	160	142.5	145	447.5	318.87
Glyn Moore	M	75	225	147.5	220	592.5	422.98
Darek Tellier	M	75	185	135	215	535	384.1
Mike Dickinson	M	82.5	235	152.5	235	622.5	417.02
Vince Byrne	M	90	215	177.5	252.5	645	415.36
Sheldon Duncan	M	100	192.5	142.5	252.5	587.5	359.45
Steve Chomitz	M	100	257.5	175	272.5	705	432.25
Luke Skarup	M	110	265	200	300	765	452.27
Scott Anderson	M	125	245	170	225	640	367.32
Shawn O'Halloran	M	125	315	200	265	780	444.62
Ron Strong	M	125	75	75	301	451	263.85
Brandon Ward	M	125	270	240	240	750	428.09
Jamie Emberly	M	125	295	195	310	800	469.76
Mike Knott	M	125+	227.5	185	217.5	630	350.11

National/Provincial Records

Glyn Moore MII 75 Kg Benchpress

Steve Chomitz MII 100 Kg Squat, Benchpress, and Total

Ron Strong MII 125 Kg Deadlift