

# 6-May-23 GPC Nationals Calgary AB

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Reshel	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Bench 4	Deadlif t 1	Deadlif t 2	Deadlif t 3	Deadlif t 4	PL Total	Coeff Score	Age & Coeff	Place code	Pl-Div-WtCl	Team Pts	Team	Events
Margaret Ann Estabrooks	75	F8-R	65.05	67.5	1.6792					27.5	-30	-30		-65	-72.5	72.5					1.00				BP, DL
Jessalyn Spooner	24	FO-R	71.2	75	1.5896	90	95	-100		45	47.5	50		100	107.5	115		260.0	413.30	413.30	1.00	2-FO-R-75	7.00		PL
Emily Terry	24	FO-R	64.9	67.5	1.6828	-100	100	-105		42.5	47.5	50		130	140	145		295.0	496.43	496.43	1.00	2-FO-R-67.5	7.00		PL
Sydney Tolley	30	FO-R	66.35	67.5	1.6568	95	105	-115		47.5	50	55		112.5	125	-137.5		285.0	472.19	472.19	1.00	3-FO-R-67.5	7.00		PL
Jodie Sieben	38	FO-R	88.5	90	1.4290					45	-50	-55									1.00				BP
Kirsten Corner	48	F2-R	59.9	60	1.7854	100	107.5	118		45	-62.5	-62.5		100	110	117.5		280.5	500.80	549.38	1.00	1-F2-R-60	7.00		PL
Hannah Rugg	18	FT3-R	55.8	56	1.9122	-107.5	-107.5	-107.5		57.5	-62.5	-62.5		85	92.5	100					1.00				PL
Marissa Wutke	25	FO-R	42.6	44	2.7752	-130	130	132.5		57.5	-62.5	62.5		132.5	140	147.5	-152.5	342.5	950.51	950.51	1.00	1-FO-R-44	7.00		PL
Melissa Fradette	42	F1	65.05	67.5	1.6792	125	135	-145		-60	60	65		110	120	125					1.00				SQ, BP, DL
Kathryn Jeworski	18	FT3-R	59	60	1.8080	-130	130	137.5		57.5	62.5	-65		130	137.5	145		345.0	623.76	661.19	1.00	1-FT3-R-60	7.00		PL
Bill Hurley	42	M1-R	57.6	60	1.5132	72.5	85	97.5		62.5	70	72.5		82.5	95	-115		265.0	401.00	409.02	1.00	1-M1-R-60	7.00		PL
David Mihalache	16	MT2-R	67.8	75	1.2320	95	-112.5	-112.5		-67.5	-72.5	72.5		130	140	145		312.5	385.00	435.05	1.00	1-MT2-R-75	7.00		PL
Karley Francis	29	FO-R	62.4	67.5	1.7270					60	67.5	-72.5		147.5	155	-160					1.00				BP DL
Laura Jenkins	43	F1-R	89.7	90	1.4224	125	135	140		70	77.5	77.5		135	142.5	-147.5		360.0	512.06	527.94	1.00	1-F1-R-90	7.00		PL
Rolando Jr Gonzales	20	MJ-R	52.3	56	1.8060	112.5	122.5	-130		75	-80	80		135	140	-145		342.5	618.56	637.11	1.00	1-MJ-R-56	7.00		PL
Shannon McLean	32	FO-R	74.6	75	1.5478	125	130	140		80	85	92.5		145	155	165		397.5	615.25	615.25	1.00	1-FO-R-75	7.00		PL
Aaron Rubin	49	M2-R	92.8	100	0.9496					130	140	-150									1.00				BP
Judy Bye	53	F3-R	60	60	1.7830	-35	-35	35						50	-55	57.5					1.00				SQ, DL
Birchmans Pereira	76	M8-R	82.3	82.5	1.0306	102.5	112.5	142.5	155	67.5	72.5	75	-80	170	190	-215	215	407.5	419.97	787.86	1.00	1-M8-R-82.5	7.00		PL
Colton Friesen	14	MT1-R	90	90	0.9690	132.5	-140	147.5	152.5	72.5	77.5	85	90	140	-147.5			372.5	360.95	443.97	1.00	1-MT1-R-90	7.00		PL
Courtney Johnston	41	F1-R	80.65	82.5	1.4904	120	125	130		80	-87.5	-87.5		155	160	170		380.0	566.35	572.02	1.00	1-F1-R-82.5	7.00		PL, BP, DL
Aidan Boyle-Gough	17	MT2-R	79.9	82.5	1.0552	170	177.5	185	192.5	90	95	-103		180	188	-195		468.0	493.83	533.34	1.00	2-MT2-R-82.5	7.00		PL
Thomas Lukose	22	MJ-R	73.9	75	1.1336	167.5	-175	175		92.5	100	-105		-207.5	-210	210		485.0	549.80	555.29	1.00	1-MJ-R-75	7.00		PL
Jaiden Kneller	17	MT2-R	108	110	0.8900	175	180	182.5		92.5	102.5	107.5		205	215	220		510.0	453.90	490.21	1.00	1-MT2-R-110	7.00		PL
Levi Nemeth	16	MT2-R	80.7	82.5	1.0464	170	177.5	-185		102.5	107.5	-112.5		175	182.5	187.5		472.5	494.42	558.70	1.00	1-MT2-R-82.5	7.00		PL
Jadien Pellerin	15	MT1-R	76.5	82.5	1.0960	-147.5	-147.5	152.5	-170	105	110	-115		162.5	170	180	190	442.5	484.98	572.28	1.00	1-MT1-R-82.5	7.00		PL, SQ
Meana Albersworth	31	FO-R	63.7	67.5	1.7034	175	187.5	195		102.5	110	115		157.5	172.5	-182.5		482.5	821.89	821.89	1.00	1-FO-R-67.5	7.00		PL
Curtis Richmond	28	MO-R	96.45	100	0.9290	-160	160	170		105	115	-125		200	215	227.5		512.5	476.11	476.11	1.00	2-MO-R-100	7.00		PL
Dorin Bogdan Mihalache	47	M2-R	86.1	90	0.9972	160	175	-182.5		-125	-125	-125		150	185	-190					1.00				PL
Yuri Yuel	29	MO-R	109.9	110	0.8850	170	192.5	205		115	-130	130		215	240			575.0	508.88	508.88	1.00	1-MO-R-110	7.00		PL
Nick Sanders	30	MO-R	83.8	90	1.0166	175	180	185		125	-132.5	-132.5		205	215	-225		525.0	533.72	533.72	1.00	2-MO-R-90	7.00		PL
Michael Martin	60	M5-R	119.45	125	0.8650	245	257.5	265		147.5	157.5	-165		272.5	280	285		707.5	611.99	820.06	1.00	1-M5-R-125	7.00		PL
Aaron Rubin	49	M2	92.8	100	0.9496					160	-175	-175									1.00				BP
Randy Malinowski	48	M2-R	92.15	100	0.9524					90	95										1.00				BP
Allan Bayda	62	M5-R	97.5	100	0.9250									115	120	125					1.00				DL
Robyn Koolen	38	FO-R	89.9	90	1.4208	180	195	202.5		-77.5	77.5	85		180	200	212.5	-220	500.0	710.40	710.40	1.00	1-FO-R-90	7.00		PL
Manav Karwal	23	MJ-R	89.4	90	0.9728	182.5	190	195		97.5	-102.5	102.5		185	192.5	200		497.5	483.97	483.97	1.00	1-MJ-R-90	7.00		PL
Ty Penner	28	MO-R	104.8	110	0.8988	185	192.5	197.5		105	110	-112.5		230	245	-260		552.5	496.59	496.59	1.00	2-MO-R-110	7.00		PL

Chief Referee

Side Referee

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Tyler Elder	22	MJ-R	99.25	100	0.9178	97.5	110	145		75	95	-120		105	122.5	150		390.0	357.94	361.52	1.00	1-MJ-R-100	7.00		PL	
Darryl Zawaduk	52	M3-R	117.5	125	0.8680	200	-240	-240		110	115	120		-165	165	170		490.0	425.32	495.50	1.00	2-M3-R-125	7.00		PL	
Tyler Dwaine Jameson	34	MO-R	95	100	0.9370	200	220	235		110	120	-130		235	257.5	265		620.0	580.94	580.94	1.00	1-MO-R-100	7.00		PL	
Timothy Agnew	35	MO-R	162.1	SHW	0.8230	127.5	160	182.5		100	125	132.5		137.5	160	170		485.0	399.16	399.16	1.00	1-MO-R-SHW	7.00		PL, BP, DL	
Gabriel Mckinney	16	MT2-R	137.9	140	0.8424	200	-215	220		-130	135	-140		205	210	-215		565.0	475.96	537.83	1.00	1-MT2-R-140	7.00		PL	
William Koetsier	30	MO-R	132.6	140	0.8480					130	-140	-145		205	217.5	222.5					1.00				BP, DL	
Roderick Onoferychuk	52	M3-R	115.3	125	0.8720	210	247.5	-247.5		135	142.5	147.5		210	230	235		630.0	549.36	640.00	1.00	1-M3-R-125	7.00		PL	
Shannon Krywulak	50	M3-R	89.2	90	0.9744					142.5	147.5	-162.5									1.00				BP	
Ty Wilson	33	MO-R	116.4	125	0.8700	210	227.5	245		135	147.5	160		250	275	-287.5		680.0	591.60	591.60	1.00	2-MO-R-125	7.00		PL	
Michael Mckinney	48	M2-R	121.7	125	0.8612	-215	215	-225		-162.5	170	182.5		262.5	272.5			670.0	577.00	632.97	1.00	1-M2-R-125	7.00		PL	
Nigel Cordes	40	M1-R	99.8	100	0.9158					197.5	207.5	-214.5									1.00				BP	
Dwaine Friesen	49	M2-R	122.4	125	0.8610	-230	-230	230		142.5	150	157.5		192.5	202.5	212.5		600.0	516.60	574.98	1.00	2-M2-R-125	7.00		PL	
Colton Rolufs	29	MO-R	89.9	90	0.9694	235	242.5	247.5		165	170	-177.5		275	292.5	302.5		720.0	697.97	697.97	1.00	1-MO-R-90	7.00		PL	
Chris Kelm	23	MJ-R	154.7	SHW	0.8270	242.5	260	282.5		172.5	-180	-180		282.5	305	-330		760.0	628.52	628.52	1.00	1-MJ-R-SHW	7.00		PL	
Michael Martin	60	M5	119.45	125	0.8650	282.5	287.5	300		167.5	175	182.5		272.5	-280			755.0	653.08	875.12	1.00	1-M5-125	7.00		PL	
Noah Carmichael	24	MO-R	122.5	125	0.8610	307.5	330	-340		167.5	182.5	-185		272.5	300	-317.5		812.5	699.56	699.56	1.00	1-MO-R-125	7.00		PL	
Eric Bryce	33	MO	115.1	125	0.8726	270	285	-300		-185	185	-195		275	-290			745.0	650.09	650.09	1.00	1-MO-125	7.00		PL, DL	
Cory Leavins	53	M3	121.5	125	0.8620	30				-210	-235.5	-235.5									1.00				PL	
Lary McEwen	32	MO-R	130.5	140	0.8510	350	380	-393		205	230	-240		100	250	300		910.0	774.41	774.41	1.00	1-MO-R-140	7.00		PL	
David Breker	41	M1	92.4	100	0.9514					295	305	-317.5									1.00				BP	
Lee Powell	39	MO	98.8	100	0.9198	275	-300			-185	185			275	301	-317.5	-317.5	761.0	699.97	699.97	1.00	1-MO-100	7.00		PL	
Brian Johnston	58	M4	108.5	110	0.8890	-310	-310	310	320													1.00				SQ
Scott Pirsak	60	M5-R	133.9	140	0.8470									-240							1.00				DL	
Dennis Ruygrok	47	M2	136.9	140	0.8440									320	338	-364					1.00				DL	
Barret Dufour	37	MO																			1.00				BP	
Cory Evans	53	M3-R																			1.00				BP	
Trina Hampton	45	F2-R																			1.00				PL	
Josh Kachaluba	29	MO-R																			1.00				SQ, BP, DL	
Sophia Schultz	17	FT2																			1.00				PL	
Ryan Smotra	44	M1-R																			1.00				PL	

Chief Referee

Side Referee

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