

Contest  
Date/Location

**2009 BCPA Provincial Bench Press Championships**  
**June 07, 2009 Jericho Community Centre, Vancouver, BC**

Enter Record Attempts/Lifts in Red

M/F	PL	NAME	Real Cat	Age Cat	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Total
M	1	Simardeep Virk	Jr	Jr	82.5	82.5	--			110.0	115.0	120.0	--			120.0	80.3888
M	1	Darshan Gill, Jr	SJ	SJ	60.5	67.5	--			50.0	-55.0	55.0	--			55.0	46.5556
M	1	Harman Khangura	SJ	SJ	76.4	82.5	--			-47.5	47.5	55.0	--			55.0	38.6963
M	1	Harpreet Brar	SJ	SJ	119.5	125	--			65.0	70.0	80.0	--			80.0	46.0386
M	1	Herman Hehar	SJ	SJ	74.5	75	--			-70.0	75.0	80.0	--			80.0	57.2721
M	1	Bill You	M1	M1	72.4	75	--			115.0	130.0	140.0	--			140.0	102.3021
M	2	Dilsher Aujla	SJ	SJ	69.8	75	--			40.0	45.0	-47.5	--			45.0	33.7964
M	1	Joravar Aujla	SJ	SJ	59.7	60	--			47.5	-55.0	55.0	--			55.0	47.1600
M	1	Dave Sutch	Op	Op	111.9	125	--			110.0	-125.0	-135.0	--			110.0	64.4041
M	D	Brian Rock	M2	M2	107.9	110	--			-187.5	-187.5	--	--			Disq	---
M	1	Warren Orr	M1	M1	139.5	125+	--			192.5	200.0	-210.0	--			200.0	111.8214
M	1	Steven Brunt		Op	147.0	125+	--			195.0	-207.5	207.5	--			207.5	115.1363
M	1	Mike Smook		Op	102.8	110	--			150.0	162.5	170.0	--			170.0	102.3642
M	D	Paul Wells	M1	M1	111.1	125	--			-152.5	-	-	--			Disq	---
M	D	George Richey	M2	M2	99.9	100	--			-100.0	-110.0	-120.0	--			Disq	---

Contest  
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**2009 BCPA Provincials - Special Olympics**  
**June 07, 2009 Jericho Community Centre, Vancouver, BC**

M/F	PL	NAME	Real Cat	Age Cat	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Total
M	1	Nicholas Mezzabarba	SO	SO	82.9	90.0		-	-	65.0	-70.0	-70.0	90.0	95.0	100.0	165.0	110.22
M	1	Kyle Jarrett	SO	SO	92.3	100.0		-		65.0	70.0	75.0	90.0	95.0	100.0	175.0	110.36

Contest  
Date/Location

**2009 BCPA Provincial Powerlifting Championships**  
**June 07, 2009 Jericho Community Centre, Vancouver, BC**

Enter Record Attempts/Lifts in Red

M/F	PL	NAME	Real Cat	Age Cat	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Total
F	1	Charmaine Lovell	M2	M2	57.2	60.0	60.0	70.0	80.0	32.5	37.5	-37.5	80.0	90.0	100.0	217.5	251.69
M	1	Don Lovell	M2	M2	66.5	67.5	102.5	120.0	-137.5	55.0	65.0	67.5	140.0	175.0	185.0	372.5	290.69
M	1	Kennedy Hindley	SJ	SJ	67.2	67.5	145.0	155.0	165.0	-75.0	75.0	82.5	175.0	185.0	-492.5	432.5	334.86
M	2	Darshan Gill, Jr	SJ	SJ	60.5	67.5	120.0	-425.0	125.0	50.0	55.0	-57.5	120.0	135.0	140.0	320.0	270.87
M	1	Rick Marshall	M1	M1	74.9	75.0	235.0	250.0	-260.0	165.0	175.0	180.0	235.0	250.0	-262.5	680.0	484.99
M	1	Herman Hehar	SJ	SJ	74.5	75.0	155.0	165.0	-170.0	70.0	80.0	-82.5	160.0	175.0	-480.0	420.0	300.68
M	2	Dilsher Aujla	SJ	SJ	69.8	75.0	55.0	67.5	72.5	40.0	45.0	47.5	65.0	85.0	100.0	220.0	165.32
M	D	Simardeep Virk	Jr	Jr	82.5	82.5	-170.0	--	--	--	--	--	--	--	--	Disq	--
M	1	Andrew Bryant	M1	M1	81.8	82.5	225.0	-235.0	-235.0	160.0	-170.0	-170.0	205.0	-215.0	-215.0	590.0	397.28
M	1	Harman Khangura	SJ	SJ	76.4	82.5	115.0	120.0	-130.0	52.5	-55.0	57.5	130.0	132.5	137.5	315.0	221.62
M	1	Gord Langfield	M1	M1	89.8	90.0	242.5	255.0	267.5	192.5	205.5	207.5	227.5	-240.0	-240.0	702.5	448.98
M	1	Mark Vezina	M2	M2	84.1	90.0	185.0	205.0	-222.5	130.0	137.5	-147.5	190.0	210.0	225.0	567.5	376.03
M	2	Chris Robb	M2	M2	88.5	90.0	185.0	200.0	207.5	97.5	102.5	-105.0	180.0	190.0	-200.0	500.0	321.98
M	1	Matthew Hunter	Jr	Jr	99.2	100.0	185.0	-200.0	-210.0	110.0	-145.0	-145.0	185.0	205.0	--	500.0	305.28
M	1	Joe Oliveira	M1	OP	100.0	100.0	295.0	305.0	-312.5	192.5	197.5	200.0	255.0	265.0	272.5	777.5	473.27
M	1	Ralph Nevill	M2	M2	93.0	100.0	-425.0	125.0	-142.5	92.5	-97.5	-97.5	142.5	160.0	170.0	387.5	243.42
M	1	Dave Miller	M1	M1	101.5	110.0	235.0	245.0	252.5	160.0	167.5	172.5	247.5	260.0	265.0	690.0	417.48
M	1	Don Froese	M2	M2	104.8	110.0	210.0	220.0	227.5	135.0	140.0	-142.5	227.5	-250.0	--	577.5	345.38
M	2	Brian Rock	M2	M2	107.9	110.0	-480.0	190.0	202.5	175.0	-187.5	-195.0	180.0	192.5	-205.0	570.0	337.49
M	1	Dave Sutch	OP	OP	111.9	125.0	-400.0	100.0	-440.0	115.0	125.0	135.0	155.0	162.5	167.5	402.5	235.66
M	1	Harpreet Brar	SJ	SJ	119.5	125.0	155.0	-460.0	162.5	65.0	75.0	-85.0	155.0	162.5	-470.0	400.0	230.19
M	1	Warren Orr	M1	M1	139.5	125+	182.5	-205.0	205.0	190.0	-202.5	205.0	182.5	205.0	215.0	552.5	308.91