

**BC Summer Open
Kelowna bc
August 11, 2007**

PL NAME	Age	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks
1 Darshan Gill	SJ	57.3	60	40.0	50.0	60.0	30.0	32.5	Pass	70.0	80.0	Pass	172.5	153.59
1 Inderpreet Arora	SJ	74.95	75	-100.0	100.0	-160.0	70.0	Pass	Pass	100.0	170.0	Pass	340.0	242.38
1 Angus Morrison	Jr	72.55	75	115.0	127.5	-147.5	-102.5	107.5	-117.5	142.5	155.0	167.5	402.5	293.67
D Karun Samra	SJ	82.05	82.5	-30.0	32.5	40.0	32.5	Pass	-40.0	-60.0	-60.0	-60.0	Disq.	disq
1 Johnny Phung	Jr	97.85	100	-250.0	250.0	265.0	170.0	-177.5	-177.5	235.0	250.0	-255.0	685.0	420.62
1 Brinder Sandhu	SJ	115.55	125	125.0	135.0	150.0	135.0	-140.0	Pass	190.0	205.0	-220.0	490.0	284.36

BENCH PRESS

1 Darshan Gill	SJ	57.45	60				30.0	-35.0	-40.0				30.0	26.6445
1 Interpret Arora	SJ	74.9	75				80.0	-85.0	-85.0				80.0	57.0578
1 Karun Samra	SJ	80.9	82.5				30.0	Pass	Pass				30.0	20.3383
1 Marc Vezina	M1	83.65	90				130.0	140.0	-145.0				140.0	93.0218
1 Phil Hickling	SJ	93.6	100				-142.5	-142.5	152.5				152.5	95.5093
2 Geoffrey Yee	SJ	99.4	100				-125.0	125.0	135.0				135.0	82.3588
1 Rod Lawson	M1	99.35	100				142.5	150.0	-157.5				150.0	91.5285
D Johnny Phung	Jr	97.95	100				-185.0	-185.0	-185.0				-185.0	-113.5495
1 Jay Arnold	M1	102.6	110				235.0	242.5	-247.5				242.5	146.1256
1 Brinder Sandhu	SJ	113.85	125				135.0	-140.0	-145.0				135.0	78.6558

**BC Provincial Powerlifting Championships
June 2, 2007 - Jericho Hill Centre, Vancouver, BC**

M/F	PL NAME	Age	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks
F	1 Jane Smith	M2	75	97.5	107.5	112.5	62.5	67.5	-72.5	115.0	-122.5	122.5	302.5	292.71
F	1 Katherine Rhodes	OP	52	-90.0	-90.0	90.0	-40.0	40.0	-45.0	90.0	97.5	-102.5	227.5	289.40
M	1 Tyler Hamilton	Jr	100	-147.5	147.5	165.0	97.5	110.0	115.0	160.0	180.0	190.0	470.0	287.56
M	1 Bryan Brothers	M1	67.5	195.0	205.0	-212.5	95.0	102.5	-107.5	200.0	210.0	220.0	527.5	407.19
M	1 Andrew Bryant	M1	82.5	180.0	195.0	210.0	150.0	165.0	-172.5	180.0	200.0	212.5	587.5	395.31
M	1 Mike Cowen	M1	90	172.5	190.0	-200.0	-120.0	120.0	-127.5	210.0	227.5	235.0	545.0	351.91
M	2 Walt Dengler	M1	90	172.5	187.5	192.5	97.5	107.5	-115.0	192.5	212.5	-217.5	512.5	332.34
M	1 Wade Quayle	M1	110	275.0	-287.5	--	-192.5	-192.5	192.5	235.0	245.0	256.0	723.5	428.05
M	1 Warren Orr	M1	125+	185.0	207.5	-225.0	-190.0	-190.0	190.0	185.0	215.0	-227.5	612.5	343.33
M	1 Bob Hindley	M2	75	225.0	235.0	242.5	120.0	125.0	130.0	235.0	245.0	250.0	622.5	445.65
M	1 Ryan Branch	OP	90	-142.5	155.0	167.5	110.0	120.0	-130.0	182.5	200.0	-217.5	487.5	312.56
M	2 Gary Geerts	OP	90	165.0	-175.0	175.0	110.0	-120.0	-120.0	190.0	200.0	-207.5	485.0	311.95
M	1 Joe Oliveira	OP	100	280.0	-292.5	297.5	175.0	185.0	190.0	245.0	257.5	265.0	752.5	463.59
M	2 Glen Simpson	OP	100	195.0	-210.0	-210.0	140.0	-147.5	-155.0	192.5	207.5	-215.0	542.5	331.64
M	3 Chris Joustra	OP	100	155.0	172.5	-182.5	102.5	110.0	-117.5	165.0	182.5	200.0	482.5	305.08
M	1 Preetpal Atwal	OP	110	270.0	290.0	-295.0	155.0	165.0	--	270.0	290.0	-300.0	745.0	439.93

M	1	Darshan Gill	SJ	56	30.0	40.0	47.5	25.0	--	--	60.0	70.0	80.0	152.5	139.19
M	1	Kennedy Hindley	SJ	60	-105.0	105.0	-115.0	40.0	45.0	-50.0	120.0	130.0	137.5	287.5	258.15
M	1	Parvej Dhillon	SJ	67.5	60.0	70.0	80.0	35.0	--	--	80.0	90.0	100.0	215.0	174.50
M	2	Herman Hehar	SJ	67.5	60.0	-70.0	70.0	30.0	--	--	75.0	--	--	175.0	137.15
M	1	Inderpreet Arora	SJ	75	130.0	140.0	150.0	62.5	67.5	--	155.0	167.5	172.5	390.0	277.90
M	2	Frank Burgess	SJ	75	-85.0	85.0	-92.5	92.5	97.5	102.5	125.0	140.0	-157.5	327.5	233.36
M	d	Karunvir Samra	SJ	82.5	-40.0	-40.0	-40.0	--	--	--	--	--	--	Disq	---
M	1	Gaganpreet Randhawa	SJ	90	80.0	90.0	100.0	50.0	--	--	100.0	115.0	130.0	280.0	180.04
M	3	Gurpreet Thandi	SJ	90	-50.0	60.0	75.0	30.0	--	--	85.0	-95.0	95.0	200.0	128.60
M	2	Manbir Binning	SJ	90	50.0	60.0	-75.0	55.0	--	--	-85.0	-85.0	85.0	200.0	129.61
M	1	Harpreet Brar	SJ	100	60.0	-67.5	75.0	30.0	--	--	75.0	-85.0	85.0	190.0	118.16
M	1	Brinder Sandhu	SJ	125	-110.0	110.0	-130.0	110.0	130.0	137.5	165.0	180.0	200.0	447.5	259.81

Special Olympians

F	2	Janice Ried	SO	90+	--			42.5	-47.5	-47.5	65.0	70.0	77.5	120.0	96.26
F	1	Justin Forseth	SO	67.5	--			-52.5	57.5	-60.0	70.0	75.0	80.0	137.5	141.01
F	1	Lisa Newell	SO	75	--			-35.0	-35.0	35.0	67.5	72.5	-82.5	107.5	108.13
F	1	Angela Klein	SO	90+	--			40.0	42.5	-45.0	97.5	100.0	105.0	147.5	125.91
M	1	Matt McKay	SO	67.5	--			67.5	70.0	-75.0	92.5	97.5	107.5	177.5	147.00
M	2	Cameron Stoddart	SO	67.5	--			42.5	45.0	-50.0	82.5	-87.5	87.5	132.5	112.16
M	1	Alfred Wiltsie	SO	110	--			90.0	100.0	105.0	165.0	170.0	-172.5	275.0	164.22
M	2	Jason Smith	SO	110	--			87.5	92.5	-100.0	145.0	150.0	162.5	255.0	151.30
M	1	Matt Casey	SO	125+	--			77.5	80.0	-90.0	102.5	107.5	110.0	190.0	107.42

Bench Press Championships

M	1	Ricky Lucas	Jr	82.5				125.0	135.0	146.0				146.0	98.87
M	1	Mark Vezina	M1	90				130.0	140.0	150.0				150.0	99.67
M	1	Warren Orr	M1	125+				-182.5	192.5	-200.0				192.5	107.93
M	1	Keith Boschma	OP	75				112.5	125.0	130.0				130.0	95.68
M	1	Kevin Weiss	OP	82.5				167.5	-172.5	172.5				172.5	116.07
M	1	Darshan Gill	SJ	56				-25.0	25.0	-32.5				25.0	22.82
M	1	Parvej Dhillon	SJ	67.5				35.0	40.0	45.0				45.0	36.52
M	2	Herman Mehar	SJ	67.5				30.0	35.0	40.0				40.0	31.35
M	1	Interpreet Arora	SJ	75				62.5	67.5	70.0				70.0	49.88
M	1	Karunvir Samra	SJ	82.5				25.0	30.0	-35.0				30.0	20.61
M	1	Gaganpreet Randhawa	SJ	90				50.0	57.5	62.5				62.5	40.36
M	2	Manbir Binning	SJ	90				-50.0	50.0	60.0				60.0	38.88
M	3	Gurpreet Thandi	SJ	90				30.0	35.0	-45.0				35.0	22.51
M	1	Geoffrey Yee	SJ	100				110.0	125.0	132.5				132.5	81.85
M	2	Harpreet Brar	SJ	100				30.0	35.0	40.0				40.0	24.88
M	1	Brinder Sandhu	SJ	125				110.0	122.5	-140.0				122.5	71.12

2007 BCPA Winter Open - Special Olympics January 28, Vancouver

M/PL	NAME	Age	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Pts	
M	1	Matt McKay	SO	59.8	60			70.0	-72.5	-75.0	97.5	102.5	107.5	177.5	151.9645	
M	2	Cameron Stoddart	SO	62.1	67.5			40.0	-42.5	42.5	72.5	75.0	80.0	122.5	101.3042	
M	1	Justin Forseth	SO	66.2	67.5			57.5	-62.5	-62.5	75.0	-77.5	-77.5	132.5	103.7806	
F		Joanne Bunnin	SO	71.5	75			-55.0	-55.0	-55.0	100.0	107.5	112.5	57.5	56.3842	
F	1	Lisa Newell	SO	69.3	75			-37.5	37.5	-45.0	65.0	70.0	-75.0	107.5	107.7477	
M		David Swann	SO	71.1	75	55.0	60.0	65.0	-40.0	-60.0	-60.0	130.0	137.5	150.0	175.0	129.6043
M	3	Marty Graham	SO	98.2	100			35.0	45.0	-55.0	60.0	70.0	80.0	125.0	76.6570	
M	2	Tim Lord	SO	100.0	100	110.0	120.0	135.0	80.0	-87.5	95.0	145.0	155.0	-162.5	385.0	234.3537
M	1	Dave Devison	SO	91.4	100	102.5	-112.5	112.5	85.0	102.5	112.5	180.0	192.5	-205.0	417.5	264.4786
M	1	Jason Smith	SO	103.3	110				85.0	-90.0	-90.0	132.5	135.0	140.0	225.0	135.2635

M 1	Alfred Wiltse	SO	111.3	125					92.5	100.0	-102.5	165.0	170.0	-177.5	270.0	158.3322
M 1	Matt Casey	SO	129.1	125+					77.5	80.0	-85.0	92.5	97.5	105.0	185.0	104.7743
F 1	Janice Reid	SO	176.7	90+					40.0	-45.0	47.5	55.0	-60.0	65.0	112.5	93.7375

2007 BCPA Winter Open - Bench Press

M/PL	NAME	Age	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Pts
M 1	Terry Courville	SJ	52.0	52				42.5	50.0	55.0				55.0	53.9703
M 2	Damanjit Kochar	SJ	49.1	52				35.0	40.0	-42.5				40.0	41.7941
M 1	Parvej Dhillon	SJ	64.1	67.5				30.0	-40.0	-47.5				30.0	24.1381
M 1	Simardeep Virk	SJ	68.3	75				85.0	pass	pass				85.0	64.9634
M 2	Interpreet Arora	SJ	74.6	75				40.0	45.0	50.0				50.0	35.7782
M 1	Vince Courville	M1	88.7	90				187.5	-195.0	pass				187.5	120.6010
M 1	Manbir Binning	SJ	84.4	90				40.0	50.0	-60.0				50.0	33.0618
M 1	Prabraj Hunjan	SJ	141.5	125+				55.0	65.0	-70.0				65.0	36.2651

2007 BCPA Winter Open - Powerlifting

M/PL	NAME	Age	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Pts
F 1	Jackie Sandhu	M2	52.0	52	127.5	135.0	141.0	67.5	-72.5	-72.5	150.0	155.0	pass	363.5	453.1525
M 1	Damanjit Kochar	SJ	49.2	52	85.0	95.0	105.0	35.0	40.0	pass	100.0	110.0	120.0	265.0	275.9567
M 2	Terry Courville	SJ	52.0	52	85.0	97.5	-110.0	47.5	52.5	-57.5	102.5	112.5	-120.0	262.5	257.5856
M 1	Parvej Dhillon	SJ	63.5	67.5	50.0	60.0	70.0	30.0	40.0	45.0	85.0	95.0	100.0	215.0	174.3856
M 1	Simardeep Virk	SJ	68.8	75	170.0	190.0	-205.0	85.0	95.0	-100.0	170.0	185.0	190.0	475.0	360.9543
M 2	Graham Aarsen	SJ	74.8	75	120.0	-127.5	127.5	122.5	-131.0	-131.0	165.0	-185.0	-185.0	415.0	296.4022
M 3	Interpreet Arora	SJ	74.9	75	100.0	-110.0	-120.0	40.0	50.0	-60.0	95.0	120.0	130.0	280.0	199.7025
M 4	Herman Paul	SJ	69.7	75	-50.0	50.0	60.0	35.0	-50.0	-50.0	75.0	85.0	-100.0	180.0	135.4094
M 1	Jim Brault	M1	81.3	82.5	157.5	170.0	177.5	112.5	120.0	-127.5	165.0	182.5	192.5	490.0	331.1838
M 1	Mark Vezina	M1	85.6	90	182.5	-205.0	205.0	132.5	137.5	-142.5	192.5	210.0	-227.5	552.5	362.2918
M 2	Gary Geerts	M1	88.1	90	-160.0	160.0	170.0	110.0	-117.5	117.5	177.5	190.0	205.0	492.5	318.0101
M 3	Chris Joustra	O	89.1	90	152.5	165.0	-175.0	-102.5	-102.5	102.5	160.0	182.5	195.0	462.5	296.8721
M 1	Manbir Binning	SJ	83.7	90	40.0	50.0	-55.0	40.0	50.0	-52.5	50.0	pass	pass	150.0	99.6662
M 1	Preetpal Atwal	O	109.8	110	275.0	301.0	pass	160.0	170.0	175.0	-280.0	280.0	295.0	771.0	453.9821
M 2	Don Froese	M1	103.7	110	190.0	202.5	210.0	-177.5	-177.5	177.5	220.0	232.5	245.0	632.5	379.7037
M 3	Paul Wells	M1	107.6	110	180.0	-190.0	-190.0	125.0	132.5	-140.0	-190.0	190.0	210.0	522.5	309.6438
M 1	Anton Dirkin	M1	121.1	125	227.5	240.0	245.0	150.0	160.0	-167.5	240.0	253.5	-260.0	658.5	377.7964
M 1	Prabraj Hunjan	SJ	141.2	125+	100.0	110.0	120.0	57.5	65.0	-67.5	125.0	-140.0	-140.0	310.0	173.0106

2006 BC Fall Classic
November 05 2006
Strathcona Elementary,
Chilliwack, BC

PLNAME	Age	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks Pts
WOMEN													
1 HARRIS, Zoya	Op	60	50.0	57.5	60.0	35.0	37.5	-40.0	65.0	75.0	82.5	180.0	202.25
1 SMITH, Jane	M2	75	102.5	112.5	122.5	67.5	-75.0	75.0	105.0	117.5	122.5	320.0	317.42
1 BEESLEY, Donna	Op	82.5	75.0	87.5	95.0	47.5	-52.5	-52.5	75.0	85.0	97.5	240.0	216.68

1	KLEIN, Angela	SO	90+					-42.5	42.5	-45.0	90.0	95.0	100.0	142.5	120.26
MEN															
1	KOCHAR, Damanjit	SJ	52	80.0	-	-	35.0	-	-	105.0	-	-	-	220.0	227.57
1	COURVILLE, Terry	SJ	56	-80.0	82.5	-95.0	37.5	-45.0	47.5	100.0	115.0	-130.0	245.0	234.34	
1	VIRK, Simardeep	SJ	75	180.0	-	-	80.0	-	-	170.0	-	-	430.0	329.59	
1	FALTAS, George	Op	82.5	-195.0	195.0	200.0	155.0	160.0	-165.0	220.0	227.5	-230.0	587.5	417.86	
1	BROWN, Glen	M1	90	-227.0	227.5	-242.5	-117.5	130.0	-137.5	200.0	215.0	222.5	580.0	370.27	
2	VEZINA, Marc	M1	90	165.0	187.5	200.0	-137.5	137.5	-145.0	192.5	210.0	-	547.5	356.48	
3	GEERTS, Gary	Op	90	142.5	162.5	165.0	102.5	-107.5	110.0	-165.0	177.5	190.0	465.0	300.89	
1	OLIVEIRA, Joe	Op	100	270.0	282.5	290.0	177.5	187.5	-192.5	245.0	255.0	-260.0	732.5	452.07	
2	KOPRNICKY, Miroslav	M2	100	172.5	180.0	182.5	-162.5	162.5	168.0	180.0	192.5	-	542.5	332.76	
3	HENN, James	Op	100	175.0	185.0	192.5	-100.0	100.0	105.0	175.0	185.0	192.5	490.0	303.37	
1	ATWAL, Preetpal	Op	110	270.0	-301.0	-301.0	155.0	165.0	172.5	-280.0	280.0	-300.0	722.5	425.42	
2	QUAYLE, Wade	Op	110	262.5	-275.0	-275.0	180.0	-190.0	-190.0	225.0	237.5	-250.0	680.0	404.87	
3	FROESE, Don	M2	110	182.5	190.0	195.0	172.5	-190.0	-	210.0	230.0	-	597.5	360.84	
4	WELLS, Paul	Op	110	175.0	-185.0	-	120.0	-125.0	125.0	185.0	205.0	-222.5	505.0	301.56	
1	SMITH, Jason	SO	110				80.0	-82.5	-82.5	125.0	127.5	132.5	212.5	127.77	
1	WILTSE, Alfred	SO	125				90.0	-95.0	95.0	155.0	162.5	170.0	265.0	155.91	
1	ORR, Warren	Op	125+	180.0	195.0	205.0	-175.0	-175.0	182.5	185.0	205.0	-225.0	592.5	332.12	
2	HUNJAN, Prabhraj	SJ	125+	-95.0	95.0	-105.0	55.0	57.5	70.0	125.0	-140.0	-140.0	290.0	161.53	
1	CASEY, Matt	SO	125+				70.0	72.5	-77.5	90.0	97.5	102.5	175.0	99.52	
D	BROWN, Tom	M1	125+	-230.0	-230.0	-230.0	-	-	-	230.0	-	-	---	---	

BENCH PRESS

WOMEN

1	BROWN, Lydia	M1	67.5				45.0	47.5	-52.5				47.5	50.59
1	BEESLEY, Donna	Open	82.5				47.5	-52.5	-57.5				47.5	42.94

MEN

1	KOCHAR, Damanjit	SJ	52				35.0	37.5	42.5				42.5	43.77
1	AARSEN, Graham	SJ	75				117.5	-128.0	128.0				128.0	92.25
2	VIRK, Simardeep	SJ	75				80.0	90.0	92.5				92.5	70.82
1	BINNING, Manbir	SJ	82.5				40.0	42.5	47.5				47.5	32.20
1	COURVILLE, Vince	M1	90				-190.0	190.0	-202.5				190.0	123.10
2	VEZINA, Marc	M1	90				140.0	-157.5	-157.5				140.0	91.04
1	ORR, Warren	Open	125+				170.0	185.0	195.0				195.0	109.25
2	HUNJAN, Prabhraj	SJ	125+				50.0	60.0	70.0				70.0	38.97

**2006 BC Powerlifting Championships
June 25, Vancouver**

PL NAME	Real	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks	Pts
Women's Powerlifting															

1	Zoya Harris	Open	58.5	60	40.0	45.0	47.5	35.0	37.5	-40.0	52.5	57.5	60.0	145.0	164.8733
Men's Powerlifting															
1	Damanjit Singh Kochar	SJ	48.3	52	92.5	-105.0	105.5	-37.5	40.0	-42.5	105.0	-117.5	-122.5	250.0	265.7192
2	Kennedy Hindley	SJ	47.5	52	80.0	87.5	-92.5	30.0	35.0	37.5	87.5	97.5	106.0	230.0	249.0998
1	Simardeep Virk	SJ	67.5	67.5	180.0	pass	pass	80.0	pass	pass	180.0	pass	pass	440.0	339.2469
1	Andrew Bryant	Open	81.9	82.5	180.0	200.0	-215.0	140.0	-155.0	155.0	180.0	-205.0	-215.0	535.0	359.9800
1	Rupinder Aujla	Jr	81.2	82.5	80.0	pass	pass	90.0	-100.0	100.0	100.0	140.0	165.0	345.0	233.3569
1	Chris Robb	M1	86.6	90	187.5	-210.0	-210.0	95.0	100.0	-102.5	170.0	-185.0	pass	457.5	298.0709
1	Sumeet Randhawa	SJ	90.7	100	115.0	-130.0	pass	70.0	-95.0	-95.0	130.0	pass	pass	315.0	200.3097
1	Gibby Chasse	Open	109.4	110	262.5	275.0	280.0	-230.0	-230.0	230.0	227.5	237.5	-242.5	747.5	440.6427
1	Tommy Buchmann	Jr	106.9	110	285.0	295.0	-305.0	-162.5	162.5	-170.0	282.5	-292.5	-295.0	740.0	439.4850
1	Prabhraj Hunjan	SJ	137.5	125+	-90.0	90.0	100.0	50.0	65.0	70.0	120.0	130.0	-140.0	300.0	168.1024
Women's Bench Press															
-	Nancy Carpenter	M3	70.4	75				-70.0	-70.0	-70.0					
1	Shauna Fortune	M1	89.9	90				60.0	65.0	70.0				70.0	60.5124
Men's Bench Press															
1	Damanjit Singh Kochar	SJ	47.8	52				-37.5	37.5	pass				37.5	40.3261
1	Simardeep Virk	SJ	66.7	67.5				80.0	pass	pass				80.0	62.2768
1	Rupinder Aujla	Jr	81.4	82.5				90.0	100.0	105.0				105.0	70.9145
1	Andrew Bryant	Open	82.4	82.5				140.0	150.0	155.0				155.0	103.9489
1	Mark Vezina	M1	87.2	90				145.0	157.5	-162.5				157.5	102.2292
1	Sumeet Randhawa	SJ	89.5	90				70.0	90.0	100.0				100.0	64.0215
-	Robert O. Smith	M3	136.5	125+				-217.5	-217.5	-217.5					
1	Prabhraj Hunjan	SJ	136.5	125+				50.0	60.0	65.0				65.0	36.4659
Women's Special Olympians															
1	Lisa Newell	SO	67.5	67.5				30.0	-32.5	35.0	47.5	52.5	57.5	92.5	94.4075
1	Tanya McIntosh	SO	71.1	75				32.5	-40.0	-40.0	85.0	87.5	92.5	125.0	123.0386
1	Penny Boxwell	SO	81.6	82.5				57.5	62.5	-65.0	90.0	95.0	100.0	162.5	147.0929
Men's Special Olympians															
1	Matt McKay	SO	56.7	60				62.5	-67.5	67.5	90.0	97.5	105.0	172.5	155.1507
1	Justin Forseth	SO	64.3	67.5				52.5	-55.0	55.0	77.5	80.0	-85.0	135.0	108.3349
1	Calen MacLellan	SO	75.8	82.5				67.5	70.0	-80.0	100.0	105.0	110.0	180.0	127.3244
1	Peter Boxwell	SO	99.5	100				100.0	102.5	110.0	180.0	210.0	217.5	327.5	199.7151
2	Jason Smith	SO	97.7	100				-80.0	-80.0	80.0	130.0	135.0	137.5	217.5	133.6414
3	David Baxter	SO	90.6	100				82.5	-90.0	-100.0	97.5	122.5	130.0	212.5	135.2417

BCPA Winter Open

12-Feb-06

Powerlifting

NAME	WC	Age	BDW.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilk's
Women														
Ebony Rutko	60kg	Jr	59.8	130.0	137.5	142.5	-75.0	-78.0	78.0	130.0	-135.0	135.0	355.0	396.819
Kim Dennis	67.5kg	O	67.1	150.0	157.5	-162.5	90.0	95.0	-97.5	130.0	135.0	140.0	392.5	402.313
Lidia Brown	67.5kg	M1	63.8	-100.0	110.0	-117.5	-45.0	47.5	-50.0	105.0	115.0	120.0	277.5	295.205
Rosalind Hanna	67.5kg	M1	66.2	65.0	75.0	80.0	57.5	62.5	-67.5	75.0	85.0	95.0	237.5	245.836
Emily Vannieuwenhuizen	90kg	SJ	84.7	92.5	100.0	-107.5	45.0	50.0	55.0	92.5	107.5	115.0	272.5	242.007
Men														
Arshdeep Dhaliwal	52kg	SJ	42.9	30.0	35.0	-40.0	-25.0	-25.0	-25.0					

Darmanjit Kochar	56kg	SJ	46.4	35.0	40.0	50.0	25.0	-35.0	35.0	-70.0	70.0	85.0	170.0	189.125
Harvey Sahota	67.5kg	SJ	66.5	-130.0	-130.0	-130.0								
Onkar Sandhu	75kg	SJ	74.9	130.0	140.0	145.0	75.0	-80.0	-80.0	150.0	167.5	-172.5	387.5	276.365
Andrew Bryant	82.5kg	O	82.5	190.0	207.5	212.5	140.0	152.5	155.0	180.0	-200.0	200.0	567.5	380.168
Rupinder Aujla	82.5kg	J	80.8	60.0	80.0		70.0	82.5	87.5	110.0	120.0	130.0	297.5	201.854
Tarn Rai	82.5kg	SJ	90.6	40.0	-50.0	50.0	-37.5	40.0	45.0	80.0	90.0	95.0	190.0	120.897
Sumeet Randhawa	90kg	SJ	87.4	105.0	115.0	125.0	65.0	80.0	95.0	120.0	140.0	150.0	370.0	239.871
Justin Donaldson	100kg	O	92.3	160.0	170.0	185.0	137.5	155.0	162.5	180.0	210.0	217.5	565.0	356.233
Jason Rai	110kg	SJ	111	60.0	-75.0		65.0	72.5	-75.0	105.0	120.0	130.0	262.5	154.061
Wade Quayle	110kg	O	107	-277.5	-277.5	-282.5								
Bill Nickoli	125kg	M1	123.9	210.0	225.0	235.0	-225.0	-225.0	225.0	200.0	220.0	230.0	690.0	393.921
Tom Brown	125kg	M1	124.3	-235.0	-240.0	240.0	175.0	-185.0	-190.0	235.0	245.0	-255.0	660.0	376.530
Nigel Price	125kg	SJ	124.7	-150.0	-150.0	160.0	110.0	125.0	-135.0	150.0	160.0	170.0	455.0	259.396
Herman Bains	125kg	SJ	112.1	80.0	100.0	115.0	60.0	80.0	-90.0	115.0	135.0	155.0	350.0	204.820
Prabraj Hunjan	125kg	SJ	134.4	-25.0	40.0	-60.0	50.0	60.0	62.5	90.0	105.0	112.5	215.0	120.916
Special Olympians														
NAME	WC	Age	BDW.				B1	B2	B3	D1	D2	D3	TOTAL	Wilk's
David Swann	75kg	SO	71.9				40.0	42.5	-50.0	142.5	152.5	-155.0	195.0	143.228
Sam Langthorne	75kg	SO	72.9				62.5	70.0	75.0	-145.0	-145.0	0.0		
Dave Devison	90kg	SO	86.5				-100.0	100.0	-112.5	172.5	195.0	-205.0	295.0	192.311
Jason Smith	100kg	SO	95.8				60.0	65.0	-70.0	120.0	125.0	127.5	192.5	119.292
Tim Lord	100kg	SO	94.7				87.5	-100.0	-100.0	150.0	160.0	-170.0	247.5	154.168
Brad Grills	110kg	SO	105.1				102.5	110.0	112.5	145.0	155.0	170.0	282.5	168.766
Alfred Wiltse	110kg	SO	106.5				85.0	87.5	-95.0	145.0	155.0	170.0	257.5	153.110
Ken Windsor	110kg	SO	102.6				80.0	-85.0	-90.0	150.0	-167.5	-167.5	230.0	138.598
Bench Press														
Women														
Nancy Carpenter	75kg	M2	70.1				-72.5	72.5	75.0				75.0	74.540
Men														
Arshdeep Dhaliwal	52kg	SJ	43.1				25.0	-27.5	-27.5				25.0	30.370
Darmanjit Kochar	56kg	SJ	46.2				-25.0	25.0	30.0				30.0	33.543
Slav Bienko	67.5kg	J	65.5				105.0	-115.0	-120.0				105.0	82.961
Harvey Sahota	67.5kg	SJ	66				45.0	-50.0	-50.0				45.0	35.334
Dustin Schiessler	75kg	SJ	71.6				105.0	120.0	127.5				127.5	93.929
Onkar Sandhu	75kg	SJ	74.4				70.0	77.5	-82.5				77.5	55.537
Vince Courville	82.5kg	M1	81.5				147.5	157.5	-167.5				157.5	106.297
Andrew Bryant	82.5kg	O	82.5				140.0	145.0	152.5				152.5	102.160
Rupinder Aujla	82.5kg	J	81.3				70.0	80.0	90.0				90.0	60.831
Brad Crimeni	82.5kg	J	79				62.5	-65.0	67.5				67.5	46.454
Tarn Rai	82.5kg	SJ	89.5				35.0	-40.0	42.5				42.5	27.209

Marc Vezina	90kg	M1	85	-142.5	152.5	160.0								160.0	105.328
Jamie Garbutt	90kg	J	89.7	127.5	-132.5	137.5								137.5	87.931
Grant Lamothe	90kg	M3	88.1	-115.0	115.0	-130.0								115.0	74.233
Sumeet Randhawa	90kg	SJ	86.7	60.0	-80.0	85.0								85.0	55.344
Emily Vanniewenhuizen	90kg	O	84.4	45.0	50.0	52.5								52.5	34.703
Justin Donaldson	100kg	O	92.4	137.5	142.5	160.0								160.0	100.800
Don Froese	100kg	M2	98.7	-200.0	-200.0									-200.0	-122.360
Jason Rai	110kg	SJ	111.3	62.5	70.0	-75.0								70.0	41.048
Herman Bains	125kg	SJ	111.4	-60.0	65.0	72.5								72.5	42.507
Prabhraj Hunjan	125kg	SJ	133.4	45.0	55.0	60.0								60.0	33.786
Nigel Price	125kg	SJ	124.5	-132.5	-132.5	-132.5									
Ross Daigle	125kg	M1	125.5	-220.0	-220.0	-227.0									
Robert O. Smith	SHW	M3	135.5	217.5	227.5	-230.0								227.5	127.700

BC Fall Classic Powerlifting Championships

November 13 2005

Strathcona Elementary School, Chilliwack, BC

Special Olympians	Real Age	Age Cat	B/W	CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks	Pts	4th Sq	4th BP	4th DL
Women																			
Tammy Hart	SO	SO	60.9	67.5	-30.0	35.0	-40.0	27.5	30.0	32.5	55.0	-65.0	-65.0	122.5	135.0	117			
Chrystal Bradley	SO	SO	64.9	67.5	-	-	-	-37.5	42.5	-47.5	97.5	105.0	112.5	155.0	162.7	967			
Joanne Bunnin	SO	SO	72.3	75	-	-	-	47.5	52.5	-55.0	90.0	97.5	107.5	160.0	155.7	364			
Men																			
Chad Falk	SO	SO	78.3	82.5	135.0	145.0	-157.5	80.0	85.0	90.0	185.0	-205.0	205.0	440.0	304.5	548			
Matt McKay	SO	SO	58.9	60	-	-	-	55.0	-57.5	60.0	77.5	82.5	90.0	150.0	130.1	312			
Raphael Greenaway	SO	SO	67.5	67.5	-	-	-	42.5	47.5	-52.5	70.0	77.5	85.0	132.5	102.1	596			
Justin Forseth	SO	SO	64.9	67.5	-	-	-	42.5	47.5	50.0	62.5	67.5	75.0	125.0	99.5	282			
Jan Mareers	SO	SO	80.7	82.5	-	-	-	77.5	-87.5	90.0	125.0	135.0	142.5	232.5	157.8	641			
Derek Lith	SO	SO	82.4	82.5	-	-	-	62.5	67.5	-72.5	92.5	100.0	107.5	175.0	117.3	189			
Powerlifting Women																			
Melody Ludski	OP	OP	47.1	48	82.5	92.5	-97.5	35.0	37.5	40.0	97.5	107.5	115.0	247.5	332.3	511			
Jacqui Sandu	M1	M1	51.3	52	125.0	-135.0	135.0	65.0	70.0	-72.5	150.0	158.0	-	362.5	456.9	913			
Julie Joyal	OP	OP	51.2	52	87.5	97.5	-102.5	42.5	50.0	-55.0	97.5	105.0	-110.0	252.5	318.5	566			
Katherine Rhodes	OP	OP	50.9	52	82.5	92.5	97.5	40.0	42.5	45.0	87.5	97.5	-102.5	240.0	304.1	531			
Virginia Ise	M1	OP	54.7	56	77.5	87.5	92.5	37.5	40.0	42.5	90.0	97.5	102.5	237.5	284.6	345			
Jane Smith	M1	M1	65.6	67.5	-112.5	-112.5	112.5	65.0	-70.0	70.0	95.0	105.0	-110.0	287.5	299.5	781	115.00	77.50	
Lydia Brown	M1	M1	62.8	67.5	75.0	87.5	100.0	40.0	45.0	47.5	95.0	105.0	115.0	262.5	282.5	938			
Men																			
Ryan Laniec	Jr	Jr	65.8	67.5	205.0	218.0	225.0	142.5	150.0	156.0	207.5	217.5	227.5	607.5	478.2	001	-231.00	160.00	
Simardeep Virk	SJ	SJ	66.3	67.5	200.0	207.5	212.5	80.0	90.0	92.5	195.0	205.0	-210.0	510.0	398.9	643			
Harvey Sahota	SJ	SJ	64.5	67.5	115.0	-120.0	-120.0	47.5	-52.5	-	130.0	-140.0	-	292.5	234.1	1101			

Vince Courville	M1	M1	74.2	75	185.0	200.0	-205.0	-135.0	135.0	145.0	200.0	215.0	-230.0	560.0	402.0465	
George Faltus		OP	74.1	75	182.5	190.0	-200.0	-142.5	142.5	147.5	187.5	200.0	-235.0	537.5	386.2612	
Abdullah Ghasempour	Jr	Jr	73.0	75	150.0	160.0	170.0	92.5	97.5	100.0	197.5	207.5	-212.5	477.5	347.0077	
Ryan Dewolde	SJ	SJ	71.5	75	125.0	142.5	150.0	-92.5	92.5	95.0	152.5	165.0	175.0	420.0	309.7506	
Dalbir Roopa	Jr	Jr	80.1	82.5	210.0	220.0	225.0	125.0	130.0	135.0	205.0	210.0	-215.0	570.0	388.8321	
Andrew Bryant		OP	81.2	82.5	180.0	182.5	205.0	140.0	147.5	-155.0	180.0	190.0	200.0	552.5	373.7092	
Kevin Weiss	OP	OP	88.5	90	212.5	227.5	237.5	167.5	175.0	182.5	212.5	227.5	240.0	660.0	418.5792	
Sammy Toora	M1	M1	89.0	90	230.0	240.0	-245.0	-170.0	170.0	177.5	225.0	227.5	-	645.0	414.1372	
Adam Grant		OP	89.9	90	185.0	195.0	-202.5	142.5	147.5	150.0	185.0	200.0	210.0	555.0	354.5093	
Jamie Garbutt	Jr	Jr	90.0	90	182.5	192.5	200.0	117.5	125.0	-127.5	200.0	202.5	220.0	545.0	347.9248	
Chris Robb	M1	M1	88.4	90	192.5	210.0	-217.5	100.0	105.0	-107.5	185.0	-190.0	-	500.0	322.1758	
Christopher Joustra	OP	OP	87.6	90	137.5	142.5	152.5	-102.5	102.5	-107.5	142.5	165.0	182.5	437.5	283.2703	
Tony Tomra	M1	M1	98.4	100	252.5	265.0	275.0	-225.0	-225.0	225.0	235.0	245.0	255.0	755.0	462.5169	
Dilbag Cheema		OP	96.8	100	220.0	235.0	250.0	140.0	150.0	157.5	230.0	-245.0	255.0	662.5	408.7762	
Nathan Higginson	Jr	Jr	96.8	100	215.0	225.0	-232.5	175.0	-181.0	-181.0	237.5	260.0	-280.0	660.0	407.2336	
Clay Theissen		OP	100.0	100	210.0	217.5	-227.5	132.5	140.0	-145.0	-210.0	-210.0	210.0	567.5	345.3743	
John Phung	Jr	Jr	97.6	100	185.0	195.0	205.0	130.0	135.0	-142.5	225.0	240.0	-242.5	580.0	347.3869	
Wade Quayle		OP	106.6	110	272.5	-285.0	-287.5	175.0	-185.0	-185.0	227.5	-257.5	-257.5	675.0	401.2590	
Grant Armour	M1	M1	108.8	110	205.0	227.5	-	157.5	-162.5	-162.5	227.5	250.0	-	635.0	374.9724	
Mike Webber		OP	108.9	110	-265.0	-272.5	272.5	-192.5	-207.5	-207.5	-	-	-	Disq	---	
Anton Dirkin		OP	122.6	125	230.0	240.0	250.0	135.0	140.0	-145.0	230.0	240.0	250.0	640.0	366.1858	
Bill Nickoli	M1	M1	123.7	125	-200.0	200.0	-215.0	-225.0	-225.0	-225.0	-	-	-	Disq	---	
Richard Nowazek	M2	M2	130.0	125+	-227.5	227.5	245.0	142.5	152.5	155.0	182.5	187.5	205.0	605.0	342.1843	
Bench Press																
Women																
Lana Bonneville	M1	M1	51.2	52				57.5	-60.0	-62.5				57.5	72.5426	
Pat Ling	M2	M2	59.3	60				65.0	70.0	-72.5				70.0	78.7562	
Jane Smith	M1	M1	65.5	67.5				-70.0	70.0	75.0				77.5	80.8466	77.50
Kim Dennis	OP	OP	71.4	75				90.0	95.0	100.0				105.0	103.0594	105.00
Men																
Simardeep Virk	SJ	SJ	66.3	67.5				80.0	90.0	-				90.0	70.4055	
Harvey Sahota	SJ	SJ	64.2	67.5				45.0	-52.5	-52.5				45.0	36.1593	
George Faltus	OP	OP	74.2	75				-142.5	147.5	-150.0				147.5	105.8962	
Makhan Mann	OP	OP	74.9	75				-115.0	-115.0	115.0				115.0	82.0207	
Slav Bienko	Jr	Jr	69.7	75				105.0	107.5	-115.0				107.5	80.8249	
Jamie Lee	Jr	Jr	74.3	75				-155.0	-160.0	-160.0				Disq	---	
Andrew Bryant	OP	OP	82.5	82.5				140.0	145.0	150.0				150.0	100.4860	
Craig Wilks	OP	OP	80.3	82.5				-117.5	125.0	-132.5				125.0	85.1368	
Brad Crimeni	Jr	Jr	78.5	82.5				55.0	-60.0	60.0				60.0	41.4613	
Mangal Singh	OP	OP	89.7	90				-175.0	175.0	185.0				185.0	118.3043	
Mark Vezina	M1	M1	86.4	90				140.0	150.0	-160.0				150.0	97.8525	
Jay Arnold	OP	OP	99.5	100				245.0	-255.0	255.0				255.0	155.5033	-272.50
Don Froese	M2	M2	98.7	100				190.0	191.0	-195.0				190.0	116.2482	

Nathan Higginson	Jr	Jr	96.9	100	175.0	182.5	-190.0				182.5	112.5308
Dilbag Cheema	OP	OP	98.7	100	140.0	150.0	160.0				160.0	97.8932
Gibby Chasse	OP	OP	109.1	110	230.0	240.0	-250.0				240.0	141.5988
Justin Hancock	Jr	Jr	110.0	110	-165.0	172.5	-182.5				172.5	101.5151
Bill Nickoli	M1	M1	123.7	125	-235.0	-235.0	-235.0				Disq	---
Ross Daigle	M1	M1	125.5	125+	205.0	215.0	-220.0				215.0	122.4180

BC Provincial Championships
June 26 2005
Jericho Community Centre, Vancouver, BC

Place	Name	Real Age	Age Entered	Class	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Total	W-Pts	
POWERLIFTING																
WOMEN																
1	Joyal, Julie	OP	OP	52	85.0	92.5	-100.0	42.5	47.5	52.5	87.5	97.5	105.0	250.0	313.76	
2	Rhodes, Katherine	OP	OP	52	80.0	87.5	92.5	35.0	37.5	40.0	82.5	90.0	97.5	230.0	291.04	
1	Ise, Virginia	OP	OP	56	-65.0	-65.0	65.0	35.0	37.5	40.0	77.5	87.5	-95.0	192.5	233.89	
1	Hanna, Rosalin	M1	OP	67.5	65.0	-72.5	77.5	-52.5	52.5	-57.5	70.0	77.5	90.0	220.0	231.73	
1	Smith, Jane	M1	OP	75	-97.5	-97.5	97.5	67.5	70.0	72.5	85.0	90.0	97.5	267.5	271.44	
MEN																
1	Sekhon, TJ	SJ	SJ	56	45.0	47.5	50.0	27.5	30.0	32.5	60.0	62.5	70.0	152.5	147.87	
2	Sahota, Harvey	SJ	SJ	67.5	97.5	102.5	107.5	45.0	-50.0	-50.0	110.0	115.0	130.0	282.5	226.11	
1	Virk, Simardeep	SJ	SJ	67.5	150.0	162.5	167.5	62.5	67.5	-70.0	155.0	165.0	172.5	407.5	321.58	
1	Sandhu, Onkar	SJ	SJ	75	100.0	105.0	112.5	65.0	72.5	-77.5	130.0	150.0	160.0	345.0	259.39	
1	Randhawa, Sumeet	SJ	SJ	82.5	-80.0	80.0	90.0	50.0	62.5	-70.0	60.0	62.5	120.0	272.5	182.55	
1	Talhan, Gurveer	JU	JU	75	130.0	145.0	150.0	-100.0	105.0	110.0	-190.0	190.0	205.0	465.0	351.17	
1	Kwan, Adam	JU	JU	82.5	140.0	-160.0	-170.0	80.0	87.5	-92.5	140.0	160.0	-170.0	387.5	259.59	
1	Nijjar, Harveer	JU	JU	90	160.0	180.0	192.5	110.0	-115.0	117.5	190.0	210.0	220.0	530.0	350.22	
1	Buchman, Tommy	JU	JU	110	247.5	262.5	273.0	142.5	150.0	-157.5	245.0	-260.0	260.0	682.5	410.30	
1	Gray, Justin	OP	OP	75	180.0	195.0	202.5	130.0	137.5	142.5	222.5	237.5	-245.0	582.5	415.84	
2	Brothers, Bryan	M1	OP	75	-182.5	190.0	200.0	90.0	95.0	100.0	210.0	-220.0	-225.0	510.0	386.89	
3	Yeo, Justin	OP	OP	75	150.0	160.0	165.0	95.0	100.0	-102.5	185.0	205.0	-210.0	470.0	341.73	
1	Bryant, Andrew	OP	OP	82.5	180.0	190.0	197.5	140.0	-145.0	145.0	165.0	175.0	187.5	530.0	359.17	
2	Theissen, Clay	OP	OP	100	197.5	-217.5	-217.5	117.5	127.5	137.5	205.0	-217.5	-220.0	540.0	329.17	
1	Oliveira, Joe	OP	OP	100	250.0	262.5	267.5	177.5	-185.0	185.0	240.0	252.5	260.0	712.5	441.13	
1	Chasse, Gibby	OP	OP	110	250.0	262.5	272.5	-227.5	-227.5	227.5	195.0	210.0	232.5	732.5	432.93	4th BP
2	Quayle, Wade	OP	OP	110	265.0	-287.5	-290.0	175.0	-190.0	-200.0	222.5	252.5	-265.0	692.5	412.25	

1	Dirkin, Anton	OP	OP	125	230.0	240.0	-247.5	142.5	-147.5	150.0	235.0	245.0	-255.0	635.0	362.82
D	Nickoli, Bill	M1	OP	125	-200.0	-200.0	-200.0	-	-	-	-	-	-	Disq	---
D	Nowazek, Richard	M2	OP	125+	-227.5	-227.5	-227.5	-	-	-	-	-	-	Disq	---
1	Orr, Warren	OP	OP	125+	177.5	205.0	-225.0	-162.5	162.5	187.5	185.0	210.0	PASS	602.5	338.37
1	McKay, Matt	SO	SO	67.5	-	-	-	52.5	57.5	62.5	87.5	95.0	100.0	162.5	135.64
BENCH PRESS															
WOMEN															
1	Ludski, Melody	OP	OP	48				35.0	37.5	-40.0				37.5	49.93
1	Carpenter, Nancy	M1	OP	75				-70.0	72.5	75.0				75.0	74.54
2	Smith, Jane	M1	OP	75				67.5	70.0	-72.5				70.0	70.88
MEN															
1	Virk, Simardeep	SJ	SJ	67.5				62.5	67.5	-70.0				67.5	53.47
2	Sahota, Harvey	SJ	SJ	67.5				-40.0	40.0	45.0				45.0	36.02
1	Sandhu, Onkar	SJ	SJ	75				60.0	-70.0	72.5				72.5	54.45
2	Sahota, Ajay	SJ	SJ	75				55.0	65.0	72.5				72.5	54.21
1	Randhawa, Sumeet	SJ	SJ	90				50.0	55.0	60.0				60.0	40.02
1	Rai, Jason	SJ	SJ	110				62.5	-70.0	70.0				70.0	42.26
1	Bains, Herman	SJ	SJ	125				65.0	75.0	80.0				80.0	46.82
1	Talhan, Rajveer	JU	JU	67.5				102.5	107.5	-115.0				107.5	82.88
1	Crimeni, Brad	JU	JU	75				-60.0	62.5	-65.0				62.5	44.74
1	Nijjar, Harveer	JU	JU	90				100.0	110.0	115.0				115.0	76.23
1	Hancock, Justin	JU	JU	110				-162.5	162.5	170.0				170.0	100.39
1	Fujioka, Victor	M1	OP	67.5				125.0	-137.5	-137.5				125.0	98.03
1	Vezina, Mark	M1	OP	82.5				137.5	150.0	155.0				155.0	103.84
1	Singh, Mangal	OP	OP	90				-165.0	170.0	185.0				185.0	119.13
2	Longhurst, John	M1	OP	90				130.0	-142.5	147.5				147.5	95.50
1	Arnold, Jay	OP	OP	100				242.5	250.0	-260.0				250.0	152.64
2	Froese, Don	M2	OP	100				182.5	185.0	187.5				187.5	114.82
1	Kirkbride, John	M1	OP	125				200.0	-207.5	-207.5				200.0	116.10
D	Daigle, Ross	M1	OP	125				-205.0	-212.5	-212.5				Disq	---
1	Smith, Robert O	M3	OP	125+				220.0	227.5	-232.5				227.5	126.93
2	Orr, Warren	OP	OP	125+				155.0	175.0	185.0				185.0	103.90

Provincial Records in **BLUE**, National Records in **RED**, all records drug tested.

BCPA Winter Open
Sun, Feb 13, 2005
Surrey BC

SQUAT

BENCHPRESS

DEADLIFT

NAME	Wt/Age Class1.	2.	3.	1.	2.	3.	1.	2.	3.	TOT.	
Women											
Dianne Wolfe	52/Open	85.0	92.5	-105.0	57.5	-62.5	62.5	77.5	87.5	102.5	257.5
Jane Smith	67.5/M1	82.5	90.0	92.5	57.5	62.5	65.0	92.5	-97.5	105.0	262.5
Anita Purewal	67.5/JR	75.0	85.0	90.0	50.0	55.0	57.5	85.0	95.0	105.0	252.5
Kim Dennis	75/Open	150.0	155.0	162.5	90.0PR	95.0	-100.0	142.5	150.0	-155.0	407.5
Men											
Ebony Rutko	60/JR	117.5	125.0	130.5	70.0	75.0	-78.0	115.0	127.5	-135.0	332.5
Simardeep Virk	67.5/SJ	125.0	132.5	140.0	-55.0	55.0	-62.5	140.0	150.0	-157.5	345.0
Harvey Sahota	67.5/SJ	80.0	87.5	95.0	40.0	45.0	-50.0	95.0	105.0	115.0	255.0
Rick Marshall	75/Open	220.0	240.0	PASS	155.0	165.0	175.0	220.0	240.0	252.5	667.5
Onkar Sandhu	75/SJ	75.0	80.0	85.0	65.0	70.0	72.5	120.0	135.0	145.0	302.5
Ajay Sahota	75/SJ	-90.0	-90.0	90.0	57.5	-62.5	-62.5	100.0	110.0	120.0	267.5
Harveer Nijjar	82.5/JR	150.0	160.0	170.0	90.0	100.0	105.0	185.0	200.0	210.0	485.0
Andrew Bryant	82.5/Open	175.0	185.0	-195.0	125.0	-140.0	-150.0	175.0	PASS	PASS	485.0
Dilbag Cheema	90/M1	170.0	180.0	-187.5	130.0	137.5	-140.0	170.0	190.0	215.0	532.5
Jamie Garbutt	90/JR	-182.5	192.5	-200.0	110.0	115.0	-122.5	200.0	212.5	-220.0	520.0
Darshan Gill	90/M3	-160.0	160.0	-185.0	115.0	115.0	125.0	165.0	175.0	185.0	470.0
Sikander Singh	90/JR	140.0	150.0	160.0	85.0	92.5	97.5	160.0	180.0	195.0	452.5
Dave Devison	90/SO	-115.0	-115.0	115.0	85.0			190.0			390.0
Clay Thiessen	100/Open	185.0	205.0	215.0	115.0	-127.5	-127.5	195.0	215.0	-227.5	545.0
Jason Rai	100/SJ	70.0	80.0	95.0	55.0	-60.0	60.0	95.0	110.0	120.0	275.0
Wade Quayle	110/Open	247.5	-267.5	-282.5	-167.5	182.5	-190.0	210.0	237.5	-252.5	667.5
Tom Brown	125/M1	230.0	-240.0	PASS	160.0	172.5	-180.0	230.0	240.0	252.5	655.0
Bill Nickoli	125/M1	-200.0	200.0	-210.0	175.0	180.0	-182.5	190.0	200.0	210.0	590.0
Jordan Linteris	125/JR	-290.0	290.0	-300.0	-202.5	-202.5	PASS	PASS	PASS	PASS	
Tom Horlitz	125+/JR	242.5	-262.5	-262.5	167.5	-182.5	-185.0	230.0	247.5	PASS	657.5
Bench Press Championships											
Women											
Jane Smith	67.5/M1				57.5	-62.5	62.5				62.5
Anita Purewal	67.5/JR				45.0	50.0	52.5				52.5
Nancy Carpenter	75/M1				70.0	-72.5	72.5				72.5
Men											
Simardeep Virk	67.5/SJ				55.0	60.0	-62.5				60.0
Harvey Sahota	67.5/SJ				37.5	42.5	47.5				47.5
Ajay Sahota	75/SJ				55.0	60.0	65.0				65.0
Onkar Sandhu	75/SJ				-57.5	57.5	62.5				62.5
Ian Putz	75/M1				-107.5	107.5	-115.0				107.5
Harveer Nijjar	82.5/JR				80.0	90.0	100.0				100.0 0.0

Mark Vezina	90/M1	125.0	135.0	-145.0				135.0
Dilbag Cheema	90/M1	-130.0	130.0	-140.0				130.0
Darshan Gill	90/M3	-122.5	122.5	127.5				127.5
Sikander Singh	90/JR	75.0	85.0	92.5				92.5
Don Froese	100/M1	-177.5	180.0	182.5				182.5
Dennis Cox	100/O	-147.5	147.5	150.0				150.0
Rod Lawson	100/M1	-142.5	142.5	147.5				147.5
Bill Nickoli	125/M1	180.0	-185.0	-185.0				180.0
Jason Rai	100/SJ	-50.0	55.0	60.0				60.0
Paul Wells	110/O	137.5	-145.0	-145.0				137.5
Warren Orr	SHW/O	147.5	165.0	177.5				177.5
Robert O. Smith	SHW/M3	-227.5	-227.5	-227.5				-227.5
Special Olympians								
Women								
Crystal Bradley	60/SO	-37.5	42.5	45.0	85.0	95.0	107.5	152.5
Joanne Bunnin	75/SO	42.5	-47.5	47.5	75.0	80.0	87.5	135.0
Jan Mareels	82.5/SO	80.0	90.0	-95.0	120.0	125.0	137.5	227.5
Nicole Devault	82.5/SO	30.0	-35.0	35.0	65.0	72.5	80.0	115.0
Kathleen Mitchell	90+/SO	35.0	42.5	-47.5	62.5			105.0
Men								
Matt McKay	60/SO	-47.5	47.5	52.5	72.5	77.5	85.0	137.5
Rafael Greenaway	67.5/SO	45.0	50.0	52.5	75.0	77.5	85.0	137.5
Justin Forseth	67.5/SO	40.0	45.0	-50.0	60.0	65.0	70.0	115.0
David Swann	75/SO	35.0	-37.5	40.0	130.0	135.0	137.5	177.5
Devon Miller	75/SO	65.0	-70.0	-70.0	102.5			167.5
Larry Cavenaile	75/SO	-50.0	50.0	-60.0	85.0	-95.0	95.0	145.0
Sam Langthorne	82.5/SO	55.0	-57.5	60.0	100.0	-105.0	110.0	170.0
Dylan Saar	82.5/SO	57.5	62.5	65.0	85.0			150.0
Dave Devison	90/SO	92.5	105.0	-110.0	165.0	175.0	182.5	287.5
Tim Lord	100/SO	85.0	-90.0	92.5	130.0	140.0	147.5	240.0
Richard Neisman	100/SO	-60.0	-70.0	70.0	110.0	125.0	130.0	200.0
Wade Szanik	100/SO	75.0	80.0	85.0	80.0			165.0
Jason Price	100/SO	-55.0	-60.0	0.0	82.5	-90.0	90.0	90.0
Ken Windsor	110/SO	80.0	85.0	-90.0	102.5	110.0	115.0	200.0
Jason Smith	110/SO	70.0	-80.0	-80.0	110.0	125.0	130.0	200.0
Alfred Wiltse	110/SO	-90.0	-100.0	0.0	147.5	-175.0	175.0	175.0
Louis Abedrabo	125/SO	50.0	-60.0	-60.0	65.0	80.0	-100.0	130.0
Matt Casey	125/SO	-75.0	-75.0	0.0	110.0	120.0	-125.0	120.0

2004 BC Fall Classic
14 November 2004

Bench Press Championships**WOMEN**

Lana Bonneville	56	Open	54.35	60	65	-67.5	65	78.29222
Lina Augaitis	60	Open	59.1	57.5	62.5	-67.5	62.5	70.50314
Kim Dennis	67.5	Open	67.5	90	97.5	-100	97.5	99.51059

MEN

Sam Hudson	75	Open	73.1	-165	-165	-165	Disq	---
Blake Harper	75	Open	70.7	-132.5	142.5	-147.5	142.5	105.9836
Ian Putz	75	Open	72.5	102.5	-105	105	105	76.64928
Nancy Carpenter	75	Open	71.1	65	67.5	70	70	68.9016
Brad Crimeni	82.5	Open	76.2	-57.5	57.5	-60	57.5	40.52721
Tony Tomra	90	Open	87.1	192.5	-202.5	-	192.5	125.0245
Mangal Singh	90	Open	87.3	172.5	177.5	-182.5	177.5	115.1393
Tracey Scott	90	Open	87.15	147.5	160	-165	160	103.8841
Graeme Belyea	100	Open	96.95	165	172.5	180	180	110.9646
Don Froese	100	Open	97.5	-171	171	176	175	107.6212
Dennis Cox	100	Open	96.95	-140	-140	140	140	86.30581
Matthew Daigle	100	Open	98.6	125	127.5	135	135	82.63205
Mike Webber	110	Open	109.7	-200	-200	-200	Disq	---
Ross Daigle	125	Open	124.4	205	210	-215	210	119.7853
John Kirkbride	125	Open	113.35	-205	205	-207.5	205	119.5862
Robert O Smith	125+	Open	140.35	220	-227.5	227.5	227.5	127.0811
Shawn Doak	125+	Open	172.3	180	185	-187.5	185	100.2657
Warren Orr	125+	Open	136.7	147.5	157.5	-167.5	157.5	88.33417

2004 BCPA Provincial Championships**Vancouver BC****18-Apr-04****Special Olympians**

Name	Sex	Cat	Class	Sq.1	Sq.2	Sq.3	Bp.1	Bp.2	Bp.3	DL.1	DL.2	DL.3	Total	Place
Women														
Boxwell, Penny	F	SO	75				50.0	55.0	-60.0	80.0	90.0	95.0	150.0	1
Devault, Nicole	F	SO	75				-32.5	-32.5	32.5	55.0	70.0	85.0	117.5	2
Bramble, Diane	F	SO	75				25.0	27.5	30.0	60.0	65.0	70.0	100.0	3
Bunnin, Joanne	F	SO	75				20.0	25.0	27.5	60.0	65.0	70.0	97.5	4
McKee, Anitra	F	SO	82.5				20.0	25.0	27.5	60.0	65.0	70.0	97.5	1
Mitchell, Kathleen	F	SO	90+				30.0	35.0	37.5	60.0	65.0	75.0	112.5	1
Men														
Miller, Devon	M	SO	67.5				60.0	65.0	70.0	90.0	102.5	115.0	185.0	1
Dyck, Trevor	M	SO	67.5				42.5	47.5	50.0	67.5	95.0	100.0	150.0	2
Greenaway, Rafael	M	SO	67.5				-45.0	45.0	-47.5	65.0	70.0	75.0	120.0	3
Swann, David	M	SO	75				42.5	45.0	47.5	122.5	130.0	135.0	182.5	1
Massinimo, Sean	M	SO	75				30.0	40.0	55.0	40.0	75.0	100.0	155.0	2

Saar, Dylan	M	SO	75				42.5	52.5	57.5	67.5	77.5	-90.0	135.0	3
Cavenaile, Larry	M	SO	75				35.0	-37.5	37.5	50.0	70.0	90.0	127.5	4
Forseth, Justin	M	SO	75				20.0	30.0	37.5	60.0	67.5	75.0	112.5	5
Zumiga, Esli	M	SO	75				-25.0	25.0	27.5	-25.0	-25.0	25.0	52.5	1
Zumiga, Esli	M	SO	75				-25.0	25.0	27.5	-25.0	-25.0	25.0	52.5	6
Mareels, Jan	M	SO	82.5				75.0	77.5	80.0	80.0	100.0	110.0	190.0	1
Lith, Derek	M	SO	82.5				-62.5	65.0	67.5	87.5	95.0	97.5	165.0	2
Langthorne, Sam	M	SO	82.5				25.0	40.0	50.0	40.0	62.5	85.0	135.0	3
Devison, Dave	M	SO	90	-82.5	82.5	102.5	70.0	85.0	102.5	137.5	160.0	182.5	387.5	1
Gilmore, Bryan	M	SO	90				45.0	47.5	50.0	55.0	70.0	90.0	140.0	2
Lord, Tim	M	SO	100				90.0	95.0	-102.5	127.5	135.0	140.0	235.0	1
Baxter, David	M	SO	100				87.5	92.5	95.0	67.5	115.0	127.5	222.5	2
Becker, Eric	M	SO	100	25.0	30.0	40.0	65.0	67.5	70.0	120.0	-140.0	140.0	210.0	3
Wiesman, Richard	M	SO	100				-60.0	60.0	-70.0	85.0	130.0	150.0	210.0	4
Cutler, Paul	M	SO	100				62.5	-65.0	-65.0	67.5	115.0	127.5	190.0	5
Scott, Chris	M	SO	100				57.5	-60.0	-60.0	130.0	-135.0	-135.0	187.5	6
Szanik, Wade	M	SO	100				67.5	75.0	80.0	-80.0	80.0	100.0	180.0	7
Price, Jason	M	SO	100				25.0	30.0	40.0	30.0	45.0	55.0	95.0	8
Grills, Brad	M	SO	110				90.0	92.5	100.0	140.0	150.0	160.0	260.0	1
Wiltse, Alfred	M	SO	110				60.0	70.0	-100.0	75.0	150.0	170.0	240.0	2
Anderson, Garry	M	SO	110				60.0	65.0	70.0	137.5	147.5	157.5	227.5	3
Casey, Matthew	M	SO	125				45.0	47.5	60.0	50.0	80.0	110.0	170.0	1
Windsor, Ken	M	SO	125				30.0	55.0	65.0	55.0	90.0	102.5	167.5	2
Smith, Jason	M	SO	125				-45.0	45.0	-55.0	50.0	80.0	110.0	155.0	3

Powerlifting Championships

Name	Sex	Cat	Class	Sq.1	Sq.2	Sq.3	Bp.1	Bp.2	Bp.3	DL.1	DL.2	DL.3	Total	Place
Women														
Ludski, Melody	F		48	60.0	-67.5	70.0	32.5	-35.0	-35.0	70.0	80.0	87.5	190.0	1
Joyal, Julie	F		52	85.0	97.5	-102.5	37.5	-42.5	47.5	87.5	97.5	-107.5	242.5	1
Rhodes, Kathryn	F		56	52.5	-57.5	60.0	35.0	-40.0	-40.0	57.5	65.0	72.5	167.5	1
Purewal, Anita	F	Jr	67.5	70.0	80.0	85.0	45.0	-55.0	pass	90.0	100.0	110.0	240.0	1
Men														
Lindonfield, Eylon	M		52	57.5	60.0	62.5	37.5	-40.0	-40.0	57.5	62.5	75.0	175.0	1
Gray, Justin	M		67.5	150.0	160.0	167.5	110.0	115.0	115.0	205.0	210.0	-215.0	492.5	1
Virk, Simardeep	M	Jr	67.5	100.0	110.0	120.0	-42.5	42.5	-55.0	115.0	125.0	135.0	297.5	1
Hindley, Bob	M		75	-235.0	-235.0	235.0	120.0	-127.5	130.0	240.0	255.0	265.0	630.0	1
Ghasempour, Abdula	M	Jr	75	137.5	150.0	160.0	82.5	-87.5	87.5	180.0	190.0	200.0	447.5	1
Yeo, Justin	M		75	25.0	pass	pass	-75.0	75.0	77.5	165.0	-182.5	182.5	285.0	2
Bryant, Andrew	M		82.5	-155.0	155.0	-185.0	-140.0	-140.0	-140.0	-	-	-	-	1
Ball, Bruce	M		82.5	145.0	152.5	-155.0	100.0	-105.0	-105.0	157.5	-167.5	-167.5	410.0	2
Schwenk, Harold	M		90	190.0	205.0	-217.5	100.0	107.5	-110.0	-185.0	190.0	212.5	525.0	1
Sangera, Harnek	M		90	195.0	210.0	-217.5	90.0	-100.0	pass	210.0	220.0	-230.0	520.0	2

Robb, Chris	M		90	190.0	-220.0	-220.0	100.0	-105.0	-105.0	187.5	-207.5	-207.5	477.5	3
Winstanley, Bryce	M	Jr	90	115.0	127.5	142.5	72.5	77.5	-87.5	160.0	170.0	175.0	395.0	1
Rai, Jason	M	Jr	90	75.0	85.0	-90.0	-40.0	40.0	-55.0	95.0	105.0	115.0	240.0	2
St. George, Greg	M		100	260.0	-280.0	-280.0	-185.0	185.0	-190.0	-255.0	255.0	-295.0	700.0	1
Ellis-White, Martin	M		100	230.0	242.5	247.5	-120.0	130.0	132.5	235.0	250.0	-255.0	630.0	2
Sahota, Raghbir	M		100	190.0	-192.5	205.0	140.0	-150.0	-150.0	-190.0	200.0	-215.0	545.0	3
Thiessen, Clay	M		100	180.0	197.5	202.5	115.0	-125.0	-130.0	190.0	202.5	205.0	522.5	4
Chasse, Gibby	M		110	225.0	235.0	242.5	-220.0	-220.0	222.5	245.0	260.0	-267.5	725.0	1
Buchmann, Tommy	M	Jr	110	237.5	240.0	-260.0	142.5	150.0	155.0	237.5	252.5	-257.5	647.5	2
Virk, Surinder	M		125	240.0	255.0	265.0	-160.0	160.0	165.0	240.0	255.0	pass	685.0	1
Armour, Grant	M		125	220.0	-240.0	-240.0	165.0	-175.0	-175.0	235.0	257.5	-267.5	642.5	2
Dirkin, Anton	M		125	-205.0	210.0	220.0	-132.5	140.0	-150.0	235.0	250.0	-260.0	610.0	3
Toms, Jeff	M		125+	-255.0	-265.0	272.5	182.5	187.5	190.0	245.0	pass	pass	707.5	1
Vandergrift, Tim	M		125+	227.5	245.0	-260.0	130.0	140.0	-150.0	235.0	257.5	-275.0	642.5	2
Horlitz, Tom	M	Jr	125+	212.5	227.5	-237.5	157.5	-167.5	-172.5	180.0	200.0	-220.0	585.0	3
Orr, Warren	M		125+	175.0	-187.5	-195.0	147.5	-155.0	-157.5	175.0	185.0	-200.0	507.5	4

Bench Press Championships

Name	Sex	Cat	Class	Bp. 1	Bp. 2	Bp. 3	Total	Place
Women								
Carpenter, Nancy	F		75	65.0	67.5	-70.0	67.5	1
Men								
Talhan, Rajveer	M		67.5	-102.5	102.5	107.5	107.5	1
Bitz, Rod	M		67.5	70.0	72.5	75.0	75.0	2
Virk, Simardeep	M	Jr	67.5	42.5	52.5	55.0	55.0	3
Rutko, Ebony	M	Jr	67.5	55.0	-65.0	-65.0	55.0	4
Crimeni, Brad	M		75	50.0	52.5	55.0	55.0	1
Tadolei, Stephen	M		82.5	125.0	-130.0	-135.0	125.0	1
Saul, Ranj	M		82.5	-105.0	105.0	-112.5	105.0	2
Singh, Mangal	M		90	127.5	140.0	160.0	160.0	1
Froese, Don	M		90	142.5	-150.0	150.0	150.0	2
Wilson, Tyler	M	Jr	90	125.0	-135.0	-135.0	125.0	3
Winstanley, Bryce	M	Jr	90	77.5	82.5	pass	82.5	4
Sangara, Harnek	M		90	80.0	pass	pass	80.0	5
Rai, Jason	M	Jr	90	45.0	55.0	-60.0	55.0	6
Sahota, Raghbir	M		100	130.0	140.0	145.0	145.0	1
Tomra, Tony	M		110	-225.0	-225.0	225.0	225.0	1
Wells, Paul	M		110	135.0	-145.0	-145.0	135.0	2
Sandhu, Arminder	M	Jr	110	55.0	65.0	-70.0	65.0	3
Kirkbride, John	M		125	-202.5	-202.5	202.5	202.5	1
Virk, Surinder	M		125	150.0	160.0	pass	160.0	2
Smith, Robert O.	M		125+	205.0	215.0	-227.5	227.5	1
Orr, Warren	M		125+	147.5	-152.5	152.5	152.5	2

2004 B.C. Winter Open

Nanaimo, B.C. February 1, 2004

Class	Name	Squat	Bench	Deadlift	Total	Place	Wilks
Women: All Ages							
56	J Warren	82.5	42.5	105	230	1	274.58
67.5	A Purewal	77.5	55	132.5	100	1	254.63
75	C Huth	85	40	122.5	247.5	1	249.97
75	E MacCorquondale	82.5	37.5	115	235	2	231.31

Men: All Ages

67.5	G Compton	97.5	80	132.5	310	1	255.23
75	A Ghasempour	155	77.5	195	427.5	1	312.37
90	H Sangara	200	100	217.5	517.5	1	340.25
90	JD Rose	165	85	195	445	2	288.30
100	S Ritzand	227.5	182.5	250	660	1	401.70
100	H Chohan	230	135	220	585	2	362.34
100	J Garbutt	192.5	120	207.5	525	3	324.37
100	C Thiessen	197.5	125	200	522.5	4	318.35
110	N Sangara	212.5	142.5	230	585	1	348.30
110	R Sahota	185	140	210	535	2	324.31
125	S Virk	210	150	210	570	1	330.42

Bench Only:

Men: All Ages

Class	Name	Total	Place	Wilks
82.5	R Saul	112.5	1	75.36
110	S Ritzand	185	1	111.92
110	R Sahota	142.5	2	83.86
125	S Virk	165	1	94.01

Best Male Lifter: Scott Ritzand
Best Female Lifter: Jennifer Warren

2003 B.C. Fall Classic

Chilliwack, B.C. November 9, 2003

Class	Name	Squat	Bench	Deadlift	Total	Place	Wilks
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Special Olympics - Men:

67.5	Rafael Greenaway	----	47.5	80	127.5	1	97.96
75	Derek Lith	----	62.5	95	150	3	100.38
82.5	Jan Mareels	----	82.5	130	212.5	1	145.77

Sub - Junior Division - Men:

67.5	Rajveer Talhan	107.5	100	165	372.5	1	303.36
75	Abdul Ghasempour	142.5	75	187.5	405	1	301.20

Open Division - Women:

48	Melody Ludski	52.5	35	77.5	165	1	225.13
52	Julie Joyal	85	42.5	100	227.5	1	286.47
67.5	Kim Dennis	162.5!	92.5!	145	400!	1	410.00
90	Mandy Clarke	135	87.5	142.5	365	1	299.08

Open Division - Men:

67.5	Justin Gray	162.5	112.5	195	470	1	364.43
75	Brent Davis	210#	125 #	240#*	575#	1	411.64
	Dalbir Roopra	175	115	195	485	2	351.23
82.5	Jamie Dougall	237.5	157.5	267.5	662.5&	1	444.14
	Cory Warner	160	107.5	200	467.5	2	317.67
90	Harold Schwenk	207.5	107.5	207.5	522.5	1	336.07
	Chris Robb	216+	100	205	520	2	340.32
	Harnek Sangara	----	----	----	----	-	-----
100	Gibby Chasse	232.5	222.5&	255	710	1	432.11
	Joe Oliveira	240	152.5	235	627.5	2	391.99
	Ragbhir Sahota	185	140	210	535	3	327.05
	Clay Thiessen	185	115	190	490	1	298.95
	Don Bassett	170	----	----	----	-	-----
	H. Chawan	----	----	----	----	-	-----
110	Jatinder Sandhu	180	145	235	560	1	329.67
	Paul Wells	----	----	----	----	-	-----
125	Surinder Virk	240	160	260	660	1	384.98
	Antone Dirkin	210	135	245	590	2	338.13
SHW	Jeff Toms	255	175	225	655	1	370.08
	Warren Orr	167.5	142.5	167.5	477.5	2	271.60

! - Denotes B.C. Women's Open Record

- Denotes B.C. Men's Master II Record

* - Denotes Canadian Men's Master II Record

+- Denotes B.C. Men's Master I Record

& - Denotes B.C. Men's Open Record

Best Lifters: Open Female - Kim Dennis**Open Male - Jamie Dougall**

Bench Press Contest

Class	Name	1st	2nd	3rd	Best	Place	Wilks
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Bench Press Division - Women:

56	Lana Bonneville	60x	62.5	65^	65^	1	81.28
75	Kim Dennis	87.5	92.5x	92.5x	87.5	1	88.19
90+	Mandy Clarke	75	85	90x	85	1	69.83

Bench Press Division - Sub - Junior Men:

75	Sam Hudson	145	150x	155x	145	1	106.28
82.5	Tylur Robinson	110	112.5	115x	112.5	1	78.60
	Nathan Higginson	97.5x	100x	100	100	2	67.39
90	Tyler Wilson	107.5x	107.5	115	115	1	74.78

Bench Press Division - Men:

67.5	Rajveer Talhan	92.5	97.5	102.5	97.5	1	78.15
75	Dalbir Roopra	102.5	105	110x	105	1	75.67
82.5	Don Reid	115	125>	135x	125>	1	84.30
90	Grant Lamothe	102.5x	105	112.5	112.5	1	72.49
100	Graeme Belyea	177.5x	177.5x	177.5	177.5	1	109.80
110	Gibby Chasse	212.5x	220x	-----	212.5	1	128.92
	John Kirkbride	200	211x	211x	200	2	117.86
125	Greg Fortnum	160	170	185	170	1	99.43
SHW	Warren Orr	145	152.5x	152.5x	145	1	82.43

Best Bench Press - Gibby Chasse

x Denotes - No Lift

^ Denotes - B.C. Women's Master I Bench Press Record

> Denotes - B.C. Men's Master II Bench Press Record

Note - All records unofficial pending drug test results

**2003 B.C. Provincial Championships
Vancouver, B.C. May 25, 2003**

Class(kg)	Name	Squat	Bench	Dead	Total	Place	Wilks
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Women - Junior:

75	Juliana Janssens	80	45	120	245	1	245.69
----	------------------	----	----	-----	-----	---	--------

Women - Open:

52	Julie Joyal	70	45	85	200	1	252.70
90+	Mandy Clarke	132.5	70	140	342.5	1	279.24

Men - Sub - Junior:

60	Rajveer Talhan	95	80	147.5	322.5	1	275.48
67.5	Gurverr Talhan	90	90	190	340		1 288.66
75	Abdullah Ghasempour	-	----	-----	-----		-----
82.5	Vick Binning	155	115	190	460		1 322.23
90	Randy Scott	162.5	107.5	197.5	467.5	1	297.47

Men - Junior:

90	Jamie Garbutt	190	117.5	197.5	505		1 327.80
110	Jatinder Sandhu	150	135	232.5	517.5	1	304.80

Men - Open:

75	Mikey Mahil	165	132.5	190	487.5	1	348.37
82.5	Bruce Ball	145	100	162.5	407.5	1	273.80
90	Chris Robb	207.5	110	200	517.5	1	336.94
100	Harold Schwenk	190	110	205	505		1 309.90
	Clay Thiessen	190	112.5	200	502.5	2	306.70
110	Jamie Templeman	230	112.5	202.5	545		1 323.80
125	Surinder Virk	230	160	245	635		1 368.00
	Pat Winstanley	217.5	150	217.5	585		1 336.10
SHW	Selby MacFarlane	242.5	197.5	242.5	682.5	1	387.40
	Tim Vandergrift	250	130	262.5	642.5	2	363.10

Men - Master:

90 M3	Robert Brown	110	87.5	115	312.5	1	200.19
100 M1	Raghibir Sahota	185	140	205	530		1 326.10
SHW M3	Robert O. Smith	200	192.5	242.5	635		1 357.90

Best Lifters:

Female - Mandy Clarke
Male - Selby MacFarlane

2003 B.C. Bench Press Championships
Vancouver, B.C. May 25, 2003

Weight Class Name	1st	2nd	3rd	Total	Place	Wilks
Women - Master I:						
52 Lana Bonneville	60x	60	65!	65*	1	64.00
Men - Sub -Junior:						
60 Rajveer Talhan	75	85	90x	85	1	72.50
67.5 Gurveer Talhan	75	85	90x	85	1	71.80
75 Sam Hudson	155x	155x	155x	----		-----
90 Nivdeep Binning	90	110	120x	110	1	72.40
Men - Junior:						
90 Nate Higginson	135	155	160x	155	1	100.70
Men - Open:						
100 Gibby Chasse	200	207.5#	212.5x	207.5	1	127.00
110 Tony Tomra	190	195	200!	200*	1	120.30
Paul Wells	130x	130	142.5	142.5	2	85.00
Mike Webber	200x	200x	207.5x	-----		-----
125 Ross Daigle	195!	200x	200x	195	1	111.70
Surinder Virk	150	160	170x	160	2	92.80

Men - Master:

90 M1	Bob Bradshaw	162.5	165	173.5!	173.5*	1	109.80
100 M1	Raghibir Sahota	130	140x	140x	130	1	79.50
125 M1	John Kirkbride	177.5	182.5x	185	185	1	108.40
SHW M3	Robert O. Smith	182.5	190x	190x	182.5	1	102.70

BC Open Record:

Gibby Chasse	207.5 kg	Good
Lana Bonneville	66 kg	Good
Bob Bradshaw	177 kg	No Good

* 4th Attempts:

! BC Master I Records:

Tony Tomra	205 kg	No Good
Lana Bonneville	66 kg.	Good
Bob Bradshaw	173.5 kg	Good
Ross Daigle	195 kg.	Good
Tony Tomra	200 kg.	Good

Best Lifter - Gibby Chasse

**2003 Winter Open
Powerlifting Championships
Nanaimo, B.C. January 19, 2003**

Weight Class	Name	Squat	Bench Press	Deadlift	Total	Place	Wilks
Sub - Junior - Women:							
48 kg.	Jennifer Boos	70	35	80	185	1	246.90
67.5 kg.	Rochelle McLoed	82.5	45	107.5	235	1	248.82
	Laura May Swanson	42.5	27.5	82.5	157.5	2	167.15
75 kg.	Sandi Manhas	65	32.5	100	197.5	1	194.30
	Stephanie Hug	55	35	65	155	1	157.87
Sub - Junior - Men:							
56 kg.	Adrian Chatelaine	100	62.5	120	282.5	1	263.68
67.5 kg.	Nathan Phillip	125	70	140	335	1	273.56
75 kg.	Abdullah Ghasempour	132.5	70	182.5	385	1	282.47
82.5 kg.	JD Rose	145	82.5	192.5	420	1	282.62
Junior - Men:							
75 kg.	Derrick Hovind	125	90	180	395	1	286.61
90 kg.	Jamie Garbutt	177.5	115	185	477.5	1	309.75
110 kg.	Tommy Buchmann	245	145	245	635	1	375.54
Open - Men:							
67.5 kg.	Justin Grey	142.5	105	192.5	440	1	345.49
100 kg.	Harold Schwenk	210	100	190	500	1	308.95
	Clay Thiessen	175	110	200	485	2	295.17
125 kg.	Selby MacFarlane	200	155	215	570	1	329.75

Bench Press:

52 kg.	Lana Bonneville	50	60	65	65	1	64.43
82.5	Sean Graham	75	82.5	87.5X	82.5	1	55.84

Best Lifter Female - Rochelle McLoed

Best Lifter Male - Tommy Buchmann

2002 B.C. Fall Classic

Vancouver, B.C.

November 10, 2002

Weight Class(kg)	Name	Squat	Bench	Dead	Total	Place	Wilks
Special Olympics - Women:							
75	Elizabeth Etmanski	----	32.5	75	107.5	1	105.91
82.5	JoJo Lentz	----	37.5	107.5	145	1	131.17

Special Olympics - Men:							
56	Jason Chang	----	60	107.5	167.5	1	157.52
67.5	Rafael Greenaway	----	47.5	85	132.5	1	102.16
	Patrick McLaughlin	----	40	80	120	2	102.04
75	Trevor Dyck	----	60	107.5	167.5	1	122.89
	Brian Bills	----	57.5	107.5	165	2	123.92
	Derek Lith	----	65	85	150	3	106.89
82.5	Paul Cutler	----	55	140	195	1	134.74
	Jan Mareels	----	85	105	190	2	128.23
	Sky Hensbee	----	62.5	95	157.5	3	106.69
	Salaudin Manji	----	40	95	135	4	93.68
90	Chris Scott	----	40	92.5	132.5	1	84.77
100	David Baxter	----	92.5	115	207.5	1	132.09
110	Jason Schilling	----	55	107.5	162.5	1	97.81

Weight Class(kg)	Name	Squat	Bench	Dead	Total	Place	Wilks	
Sub - Junior Division - Women:								
48	Jennifer Boos		70	37.5	75	182.5	1	244.31
67.5	Rochelle McLoed		85	42.5	115	242.5	1	253.82
	Laura Swanson		42.5	30	85	157.5	2	174.48

Sub - Junior Division - Men:								
52	Simardeep Virk		95	42.5	112.5	250	1	251.97
	Amarveer Sahota		60	40	82.5	182.5	2	193.09
67.5	Sam Hudson		150	120	175	445	1	343.94
	Tam Rai		35	30	80	145	2	120.77
75	Abdul Ghasempour		120	65	170	355	1	266.04
82.5	Jason Rai	----	----	----	----	-	-	
90	Garret Toma		237.5	142.5	215	595	1	383.18
110	Jatinder Sandhu		160	105	215	480	1	289.01

Junior Division - Women:								
44	Andrea Desrosiers		40	27.5	52.5	120	1	169.22
52	Theresa Evenson		30	25	72.5	127.5	1	165.55
67.5	Anita Purewal		77.5	52.5	110	240	1	259.63
75	Julianna Jansens	----	----	----	----	-	-	
	Sandy Manhas	----	----	----	----	-	-	

Junior Division - Men:

56	Adrian Chatelaine	97.5	60	115	272.5	1	262.66
60	Ryun Laniec	177.5	127.5	180	485	1	416.81
75	Dalbir Roopra	175	115	195	485	1	351.58

Open Division - Women:

56	Jenny Collins	100	65	122.5	287.5	1	338.27
67.5	Kim Dennis	155	80	145	380	1	395.09
90	Mandy Clarke	107.5	70	125	302.5	1	247.08

Open Division - Men:

75	Bob Hindley	230	122.5	257.5	610	1	437.13
82.5	Jamie Dougall	202.5	132.5	245	580	1	408.78
	Bruce Ball	135	100	147.5	382.5	2	257.58
100	Clay Thiessen	180	110	195	485	1	297.11
110	Greg St. George	272.5	175	277.5	725	1	427.98
	Tony Tomra	262.5	187.5	232.5	682.5	2	411.20
	Paul Wells	185	140	220	545	3	321.17
125	Rick Richards	190	155	242.5	587.5	1	335.05

Best Lifters:

Open Female - Kim Dennis

Open Male - Bob Hindley

Weight Class	Name	1st	2nd	3rd	Total	Place	Wilks
Bench Press Division - Women:							
56	Lana Bonneville	57.5	60x	62.5	62.5	1	74.90
75	Kim Dennis	75	80	82.5x	80	1	81.39

Bench Press Division - Men:

67.5	Sam Hudson	115	125	130x	125	1	96.37
75	Brad Crimeni	47.5x	47.5	50	50	1	37.27
82.5	Scott Moir	172.5x	172.5	182.5x	172.5	1	115.56
	Nathan Higginson	100	125	140x	125	2	84.11
90	Bob Bradshaw	155	160x	160	160	1	103.28
100	Paul Richardson	115	125	132.5x	125	1	76.08
110	Gibby Chasse	200x	200	210	210	1	126.27
	John Kirkbride	177.5x	177.5	182.5x	177.5	2	104.49
125	Ross Daigle	182.5	190x	190	190	1	108.59

2002 B.C. Sub- Junior / Junior

Powerlifting Championships

Coquitlam, B.C. June 16, 2002

Sub-Junior Division - Women:

Class	Name	Squat	Bench	Dead	Total	Place	Wilks
48 kg.	Jennifer Boos	67.5	32.5	82.5	177.5	1	237.62
56 kg.	Elizabeth Chow	87.5	42.5	130	260	1	308.09
60 kg.	Grace Wong	87.5	52.5	125	265	1	304.99
67.5 kg	Lindsey Aikenclose	82.5	47.5	112.5	242.5	1	252.69
	Anita Purewal	72.5	55	110	237.5	2	250.10
	Rochelle McLoed	77.5	37.5	90	205	3	222.04
	Jennifer Mellesmoen	62.5	37.5	100	200	4	210.54
75 kg.	Juliana Janssens	90	45	117.5	252.5	1	247.60
	Stephanie Hug	60	35	80	175	2	177.29

Sub-Junior Division - Men:

Class	Name	Squat	Bench	Dead	Total	Place	Wilks
52 kg.	Adrian Chatelain	85	50	105	240	1	310.80
67.5 kg.	Nathan Phillip	112.5	72.5	132.5	312.5	1	251.11
	Abdullah Ghasempour	105	65	142.5	312.5	2	231.94
	Ryan Tuckwell	52.5	47.5	92.5	192.5	3	168.61
75 kg.	Eric Wong	132.5	87.5	160	380	1	277.97
	Chris Bertrand	132.5	75	150	357.5	2	268.48
82.5 kg	Loren Schubert	152.5	100	190	442.5	1	309.18
	JD Rose	137.5	75	185	397.5	2	270.74
	Bryce Winstanley	142.5	67.5	142.5	352.5	3	241.42
	Sean Graham	92.5	92.5	167.5	352.5	4	239.70
90 kg.	Garrett Toma	170	122.5	210	502.5	1	324.16
	Luke Brotherson	157.5	95	155	405	2	265.40
	Randy Scott	137.5	95	172.5	390	3	255.57
100 kg.	Shaun Kahn	170	152.5	227.5	502.5	1	342.43

Junior Division - Men:

Class	Name	Squat	Bench	Dead	Total	Place	Wilks
75 kg.	Dalbir Roopra	162.5	112.5	182.5	457.5	1	332.33
	Derrick Hovind	142.5	105	185	432.5	2	313.82
100kg.	Tommy Buchmann	217.5	145	227.5	590	1	359.07
	Brandon Winstanley	167.5	105	190	462.5	2	289.39

Open Division - Women:

Class	Name	Squat	Bench	Dead	Total	Place	Wilks
Lightweight:							
51.80 kg.	Jackie Sandu	135	70	150	355	1	443.89
66.85 kg.	Kim Dennis	156*	82.5*	142.5	380*	2	390.75
58.75 kg.	Jenny Collins	112.5	65	122.5	300	3	339.75

Open Division - Men:

Class	Name	Squat	Bench	Dead	Total	Place	Wilks
Middleweight:							
81.15 kg.	Sammy Toora	235	160	235	630	1	426.13
66.50 kg.	Victor Fujioka	192.5	130	182.5	505	2	394.12
74.45 kg.	Mikey Mahil	180	130	205	515	3	368.69

Heavyweight:

109.50	Greg St. George	260	185	260	705	1	416.09
108.60	Grant Armour	232.5**	175**	255**	662.5**	2	388.52
108.20	Mike Webber	227.5	170	240	637.5	3	377.15

Bench Only:

Class	Name	BP1	BP2	BP3	Best	Place	Wilks
67.25 kg.	Narinder Sidhu	110x	110	115	115	1	88.88
72.35 kg.	Glen Luckham	107.5	110x	110	110	2	80.47
70.00 kg.	Brad Crimeni	42.5	45x	47.5	47.5	3	35.60
108.90	John Kirkbride	172.5	182.5	185x	182.5	1	107.73
109.35	Mike Webber	160	192.5x	---	160	2	94.35

106.90 Paul Wells 130 135 137.5x 135 3 80.18

Note- All weight classes determined by Wilks formula

2002 B.C. Provincial Championships

Vancouver, B.C.

6-Apr-02

Weight Class(kg)	Name	Squat	Bench Press	Deadlift	Total	Place	Wilks
Sub - Junior:							
100	Shaun Kahn	167.5	150	217.5	535	1	334.21
75	Derrick Hovind	120	102.5	185	407.5	2	297.48
Women:							
82.5	Emma Mayne	110	42.5	135	287.5	1	264.36
Men:							
67.5	Narinder Sidhu	145	105	175	425	1	333.82
	Bryan Pryor	137.5*	110*	175*!	422.5*	2	330.44
75	Jamie Dougall	200	132.5	247.5	580	1	420.84
	Len Krekic	190	107.5	215	512.5	2	369
	Mikey Mahil	175	120	190	485	3	348.87
82.5	Chris Nguyen	225	142.5	253.5**	620	1	416.88
90	Mark Vezina	205	145	252.5	602.5	1	393.55
100	Joe Oliveira	262.5	162.5	257.5	682.5	1	415.84
	Tony Tomra	255	182.5	245	682.5	2	415.37
	Gibby Chase	220	200***	232.5	652.5	3	398.74
	Martin Ellis-White	225	135	260	620	4	389.67
110	Sunny Binning	290	165	245	700	1	412.31
125	Grant Armour	227.5	170	250	647.5	1	378.53
	Warren Orr	150	140	165	455	2	260.04
SHW	Richard Nowazek	240	185	205	630	1	353.93

! - 4th Attempt 177.5 successful

* - Denotes BC Master Records

** - Denotes BC Junior Record

*** - Denotes BC Open Record

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Best Lifter Open Female - Emma Mayne
Open Male - Jamie Dougall

2002 B.C. Bench Press Championships

Vancouver, B.C.

6-Apr-02

Weight Class	Name	1st	2nd	3rd	Best	Place	Wilks
Women:							
52	Shelley Star	62.5	65x	65	65	1	83.88

Men:								
67.5	Mangal Binning	110	115	117.5	117.5	1		91.36
	Brad Crimeni	40	45	47.5	45	2		33.02
75	Dalbir Roopra	102.5	107.5	112.5	112.5	1		83.06
	Narinder Sidhu	100	107.5	110	110	2		83.72
	Glen Luckham	102.5	107.5	110	110	3		81.9
100	Gibby Chase	190	203.5x	203.5x	190	1		115.77
110	John Kirkbride	162.5	172.5	180	180	1		107.21
	Tony Tomra	160	170	175x	170	2		103.75
	Nathan Sangara	147.5	155	160	160	3		94.37
125	Ross Daigle	182.5	190x	190	190	1		108.74
	Warren Orr	130	142.5x	147.5	147.5	2		84.27

Best Lifter - Gibby Chasse

2002 B.C. Winter Games Powerlifting Championships
Williams Lake, B.C. February 20 - 23, 2002

Special Olympics - Female:

Class	Name	BW (kg.)	Squat	Bench	Deadlift	Total	Place	Wilks
LW	Eliz.Etmanski	62.1	-	32.5	77.5	110	1	119.44
LW	JoJo Lentz	80	-	32.5	92.5	125	2	114.38

Special Olympics - Male:

MW	Mike Thompson	80.2	-	97.5	180	277.5	1	189.14
MW	Devon Miller	58.7	-	62.5	125	187.5	2	163.18
MW	Tim Lord	85.8	-	85	140	225	3	147.35
MW	Dwayne Nichols	67.8	-	62.5	95	157.5	4	121.04
HW	Peter Boxwell	88.8	-	97.5	215	312.5	1	200.88
HW	Vic Peppar	122.7	-	100	185	285	2	163.05
HW	Brad Grills	108.9	-	97.5	165	262.5	3	154.95
HW	David Baxter	91.3	-	90	95	185	4	117.25

High School - Female:

LW	Elizabeth Chow	54.3	80	37.5	122.5	240	1	289.30
LW	Jennifer Yu	42.9	62.5	32.5	90	185	2	264.85
LW	Svea Poulsen	60.6	57.5	30	90	177.5	3	196.37
MW	Grace Wong	58.5	85	50	120	255	1	289.90
MW	Malorie MacDonnell	54.8	62.5	37.5	95	195	2	233.36
MW	Anita Purewal	63.5	67.5	47.5	100	217.5	3	232.20
MW	Jennifer Mellesmoen	62.4	57.5	37.5	100	195	4	210.95
HW	Juliana Jansens	74.9	70	37.5	105	212.5	1	202.17
HW	Miriam Pourilee	92.8	65	45	115	225	2	192.06
HW	Katherine Payne	81.8	-	-	-	-	-	-

High School - Male:

LW	Mike Vo	58	127.5	70	147.5	345	1	303.67
LW	Huy Lee	55.45	127.5	50	127.5	305	2	302.56
LW	Jimmy Nguyen	59.85	115	72.5	140	327.5	3	280.18
LW	Kellen Tiveron	61.65	105	55	130	290	4	241.54
MW	Derrick Hovind	72.65	135	100	187.5	422.5	1	308.13
MW	Yuri Askenov	76.9	140	90	185	415	2	290.96
MW	Chrsi Bertrand	68.1	132.5	72.5	140	345	3	264.13
MW	Bryce Winstanley	76.95	132.5	67.5	145	345	4	241.88
LHW	Mike Elliot	79.2	130	102.5	210	442.5	1	304.04
LHW	Jamie Garbutt	82.35	157.5	102.5	185	445	2	298.55
LHW	Luke Brotherson	86.9	135	92.5	155	382.5	3	248.89
LHW	Insang Yao	89.75	107.5	77.5	110	295	4	188.65
HW	Chris Arnold	90.45	182.5	120	227.5	530	1	339.61
HW	Garrett Toma	88.25	157.5	117.5	192.5	467.5	2	301.58
HW	Pat Carss	88.2	127.5	102.5	137.5	367.5	2	237.08
SHW	Tommy Buchmann	101.05	200	142.5	210	552.5	1	334.93
SHW	Beau Chapman	97.4	175	130	197.5	502.5	2	309.14
SHW	Brandon Winstanley	92	160	95	180	435	3	274.70
SHW	Douglas Campbell	126.7	127.5	112.5	205	445	4	252.89

Note - All weight classes by Wilks formula; All weights in Kilos.

2001 B.C. Fall Classic / Women's BC's
Williams Lake, B.C. November 11, 2001

High School Division - Women:

Class(kg)	Name	Squat	Bench	Deadlift	Total	Place
60	Grace Wong	65	42.5	102.5	210	1
67.5	Anita Purewal	55	40	92.5	187.5	1
	Jennifer Mellesmoen	55	40	90	185	2
90	Susan Douglas	52.5	47.5	87.5	187.5	1
90+	Mariam Pourilee	65	47.5	115	227.5	1

High School Division - Men:

67.5	Kellen Tiveron	77.5	55	117.5	250	1
75	Juri Aksenov	115	100	160	375	1
82.5	John Erikson	92.5	110	175	377.5	1
90	Garret Toma	135	107.5	175	417.5	1
	Kevin Griffin	115	100	160	375	2
	Pat Carsss	90	92.5	115	297.5	3
	Insang Yeo	65	57.5	100	222.5	4

Special Olympics - Men:

67.5	Dwayne Nichols	----	52.5	110	152.5	1
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Open Division - Women:

Class(kg)	Name	Squat	Bench	Dead	Total	Place
82.5	Emma Mayne	107.5	42.5	132.5	282.5	1

Open Division - Men:

67.5	Ryun Laniec	172.5	117.5	155	445	1
	Bryan Pryor	136*	109*	172.5*	415*	2
90	Tarshem Shaker	240	122.5	265	627.5	1
100	Tony Tomra	250	172.5	240	662.5	1
	Joe Oliveira	252.5	155	252.5	660	2
	Gibby Chase	220	182.5	232.5	635	3
	Regan Kerr	175	132.5	212.5	520	4
110	Sunny Binning	285	170	245	775	1
	Mike Webber	205	137.5	230	572.5	2

* - Denotes BC Master Records

Best Lifters: High School Female - Grace Wong High School Male - Garret Toma
 Open Female - Emma Mayne Open Male - Sunny Binning

2001 B.C. Fall Classic**Williams Lake, B.C. November 11, 2001****Bench Press Division - Men:**

Class	Name	1st	2nd	3rd	Total	Place
67.5	Mangal Singh	105x	107.5x	107.5	107.5	1
	Michael Young	67.5x	67.5	72.5*	72.5*	2
75	Gary Kirstiuk	105	112.5*	122.5x	112.5*	1
	Charnjeet Pooni	105x	105	110x	105	2
100	Gibby Chase	170	180	185x	185	1
	Tony Tomra	150	160	170	170	2
110	Mike Webber	137.5	147.5x	-----	137.5	1

* - Denotes BC Master Records

2001 B.C. High School**Powerlifting Championships****New Westminster, B.C.****June 9, 2001**

High School Division Women:

Class	Name	Squat	Bench	Deadlift	Total	Place
56 kg.	Malorie MacDonnell	75	40	112.5	227.5	1
	Sarah White	80	35	102.5	222.5	2
67.5 kg.	Jennifer Mellesmoen	47.5	40	90	177.5	1
82.5 kg.	Katherine Payne	90	47.5	105	242.5	1
90 kg.	Laura Reynhoudt	30	30	35	95	1

High School Division Men:

Class	Name	Squat	Bench	Deadlift	Total	Place
52 kg.	Dat Le	82.5	60	87.5	230	1

60 kg.	Kellem Tiveron	85	47.5	115	247.5	1
	Duc Bui	55	50	95	200	2
67.5 kg	Konrad Wasiela	117.5	67.5	132.5	317.5	1
	Jamal Rahimi	85	80	135	300	2
	Naissan Fahandezh	90	90	115	295	3
	Alex Vandermeer	77.5	72.5	92.5	242.5	4
75 kg.	Adam Watson	120	95	165	380	1
	Greg Metzak	110	80	172.5	362.5	2
	Ted White	105	97.5	160	362.5	3
	Jamie Garbutt	110	92.5	157.5	360	3
	Derrick Hovind	107.5	87.5	150	345	5
	Bryce Winstanley	127.5	65	125	317.5	6
	J.D. Rose	97.5	55	147.5	300	7
	Matt Isenor	82.5	52.5	125	260	8
	Max Sullivan	75	42.5	112.5	230	9
82.5 kg.	Cameron Holiday	130	105	212.5	447.5	1
	Shaun Kahn	122.5	125	200	447.5	2
	Adam Kwan	100	87.5	112.5	300	3
	Yasmin Baric	92.5	75	100	267.5	4
	Steven Sykorsky	80	60	100	240	5
90 kg.	Tommy Buchmann	170	122.5	202.5	495	1
	Chris Arnold	152.5	102.5	202.5	457.5	2
	Andrew Blount	112.5	80	150	365	3
100 kg.	Beau Chapman	182.5	130	202.5	520	1
	Cory Mitton	120	102.5	160	382.5	2
	Patrick Milford	125	82.5	162.5	370	3
125 kg.	Greg Lund	147.5	130	227.5	505	1

Bench Only:

Weight Class	Name	1st	2nd	3rd	Best	Place
75 kg.	Dan Lambert	80	90	100	100	1

2001 B.C. Summer Open

New Westminster, B.C.

June 9, 2001

Open Division Men

Class	Name	Squat	Bench	Deadlift	Total	Place
75 kg	Len Krekic	195	120	217.5	532.5	1
	Mikey Mahil	170	117.5	180	467.5	2
82.5	Mark Vezina	205	135	230	570	1
	Chris Robb	195	105	190	490	2
90 kg	Tarshem Shaker	250	120	290*	665	1
	Ryan Fergusson	225	152.5	220	597.5	2
	Steve Bishop	160	132.5	192.5	485	3
100 kg	Joe Oliviera	232.5	150	227.5	610	1

	Tony Tomra	-----	-----	-----	-----	--
125 kg	Grant Armour	227.5	170	265	662.5	1
	Pat Winstanley	207.5	147.5	210	555	2

*note- 4th attempt deadlift 298.5 kg - not successful

Bench Only:

Class	Name	1st	2nd	3rd	Best	Place
67.5 kg.	Rita English	60	65	72.5	65	1

2001 B.C. Men's Provincials

Coquitlam, B.C.

April 22nd, 2001

Special Olympics Division: - Women

Weight	Name	Squat	Bench	Dead	Total	Place
67.5 kg.	JoJo Lentz	+	45	90	125	1
	Elisabeth Etmanski	+	20	70	90	2

Special Olympics Division: - Men

Weight	Name	Squat	Bench	Dead	Total	Place
56 kg.	Jason Chang	+	50	105	155	1
67.5 kg.	Trevor Dyck	+	45	87.5	132.5	2
82.5 kg	Michael Thompson	+	95	172.5	267.5	1
	Emmanuel Skyrianos	+	70	105	175	2
	Bryan Bils	+	40	97.5	137.5	3
100 kg.	Tim Lord	+	75	135	210	1
	David Baxter	+	85	122.5	207.5	2
	Paul Cutler	+	62.5	140	202.5	3
SHW	Kirk Smith	+	100	140	240	1
	Darren Muir	+	80	135	215	2

Open Division - Men:

Weight	Name	Squat	Bench	Dead	Total	Place
67.5 kg	Ryun Laniec	150	105	140	395	1
75 kg.	Jamie Dougall	200	132.5	237.5	570	1
82.5	Sammy Toora	220	150	220	590	1
	Mark Vezina	212.5	137.5	240	590	2
	Chris Nguyen	215	125	230	570	3
90 kg	Mike Allard	255	150	285	690	1
	Ryan Doern	252.5	152.5	265	670	2
100 kg	Don Bassett	205	170	250	625	1
	Martin Ellis-White	232.5	137.5	242.5	612.5	2
	Gibby Chasse	207.5	185.5	215	600	3
	Tarshem Shaker	260	-----	-----	-----	-----

Note - Gibby Chasse 4th Attempt 185.5 kg. Bench Press - Good Lift

110 kg	Darren MacLellan	285	167.5	315	767.5	1
	Preetpal Atwal	280	155	*320	765	2
SHW	Tim Vandergrift	272.5	150	272.5	695	1
	Robert O. Smith	200	185	230	615	2

* - denotes B.C. Provincial record (pending drug test results)

Best Lifter - Darren MacLellan (based on Wilks formula)

Bench Press Division - Men:

Weight	Name	1st	2nd	3rd	Total	Place
82.5 kg	Raj Dhaliwal	145	150	-160	150	1
100 kg.	Gibby Chasse	170	177.5	-182.5	177.5	1
	Ian Gregson	150	160	-162.5	160	2
110 kg.	John Kirkbride	155	165	167.5	167.5	1
125 kg.	Ross Daigle	182.5	187.5	-190	187.5	1
	Nathan Sangara	-155	155	165	165	2
	Warren Orr	112.5	-135	-137.5	112.5	3
SHW	Robert O. Smith	-182.5	-187.5	-187.5	-----	-

2001 Winter Open

Vancouver, B.C.

February 18, 2001

High School Division - Women:

Weight	Name	Squat	Bench	Dead	Total	Place
60 kg	Jennifer Mellesmoen	37.5	35	85	157.5	1
75 kg.	Juliana Jansens	52.5	35	87.5	175.0	1

High School Division - Men:

Weight	Name	Squat	Bench	Dead	Total	Place
Light	Kevin Sandhu	85	85	135	305	1
(-72.1kg)	Radoslav Andreev	100	85	140	325	2
	J.D. Ross	105	+	+	+	+
Middle	Sonny Haer	117.5	110	135	362.5	1
(-75kg)	Chris Campos	90	62.5	135	287.5	2
	Greg Hegger	67.5	60	115	242.5	3
Lgt Hvy	Beau Chapman	162.5	127.5	190	480	1
(-97kg)	Andrew Blount	95	75	135	305	2
Heavy	James Barre	120	90	170	380	1
(-148kg)	Jeff Wallace	185	+	+	+	+

2001 B.C. Winter Open

Vancouver, B.C.

February 18, 2001

Open Division - Men:

Weight	Name	Squat	Bench	Dead	Total	Place
82.5kg	Mark Vezina	205	117.5	205	527.5	1
90kg	Mike Allard	255	145	275	675	1
	Tarshem Shaker	230	137.5	282.5	650	2
100kg	Martin Ellis-White	230	137.5	250	617.5	1
110kg	Preetpal Atwal	301	165	310	775	1

*note- 4th attempt deadlift 320 kg - not successful

Bench Press Division - Men:

Weight	Name	1st	2nd	3rd	Total	Place
67.5kg	Glen Luckham	100	105	-110	105	1
	Tej Sanghera	80	-95	-95	80	2
100kg	Rod Lawson	145	150	-155	150	1
	Ian Gregson	-140	-150	-155		+ +
110kg	John Kirkbride	150	160	-162.5	160	1
125kg	Ross Daigle	182.5	-190	-190	182.5	1
SHW	Robert O. Smith	182.5	187.5	-190	187.5	1

2000 B.C. Summer Open

Burnaby, B.C.

June 24, 2000

Class	Name	Squat	Bench	Dead	Total
75 SO	Penny Marchant	-----	50.0	100.0	150.0
75 SO	Rob Turko	-----	97.5	205	302.5
75 SO	Ben Volk	-----	57.5	100	157.5
90 SO	Peter Boxwell	-----	97.5	205	302.5
100 SO	Syd Freeman	-----	75	192.5	267.5
125 SO	John Neufeld	-----	65	137.5	202.5
56	Jackie Sandhu	132.5	65	140	337.5
	Pat Ling	117.5	70	130	317.5
75	Emma Mayne	80	45	102.5	227.5
75	Chris Nguyen	205	117.5	222.5	545
82.5	Mukhtair Mahil	175	115	175	465
90	Tej Paul	210	105	195	510
110	Sonny Binning	280	165	230	675
125	Pat Winstanley	170	125	200	495
125+	Randy Rousseau	307.5	145	300	752.5

2000 B.C. Powerlifting Championships

Vancouver, B.C.

May 21, 2000

67.5	Bryan Brothers	202.5	117.5	222.5	542.5	1	2
	Jamie Dougall	167.5	110	215	492.5	2	6

75	Brian Bacon	202.5	122.5	215	540	1	4
90	Sammy Toora	235	175	240	650	1	3
	Tej Paul	200	100	185	485	2	7
	Keith Schmidt	170	---	---	---	-	-
100	Don Bassett	235	172.5	275	682.5	1	1
	Dan Legrandeur	225	117.5	272.5	615	2	5
SHW	Randy Rousseau	285	---	---	---	-	-

Best Lifter Overall: Don Bassett

1999 Fall Classic

October 30, 1999

Meet Directors: Gabriel and Bette Festing

Special Olympics

Class	Name	Bench	Dead	Total	Place
Women					
60	T. Paris	50	95	145	1
75	P. Marchant	52.5	87.5	140	1
Men					
67.5	R. Greenaway	--	--	--	--
67.5	M. Thompson	90	160	250	1
75	R. Bussey	77.5	150	227.5	1
75	D. Lith	--	--	--	--
75	G. Johnstone	25	40	65	3
75	E. Skyrianos	70	107.5	180	2
90	S. Dew	75	160	235	1
90	R. Pryzynk	75	150	225	2
100	S. Freeman	75	175	250	1
110	J. Neufeld	62.5	112.5	175	1
125+	D. Muir	82.5	147.5	230	1

BEST LIFTER Michael Thompson

3-Lift

Class	Name	Squat	Bench	Dead	Total	Place
Women						
52	J. Sandu	132.5	62.5	137.5	332.5	1
67.5	K. Dennis	130	75	140	345	1
Men						
67.5	D. Charles	115	95	147.5	357.5	2
67.5	J. Dougall	182.5	115	212.5	517.5	1
75	L. Krekic	185	112.5	197.5	495	1
82.5	C. Nguyen	187.5	120	225	532.5	3
82.5	B. Hindley	257.5	125	257.5	640	2
82.5	B. Harrison	235	135	275	645	1

90	K. Schmidt	170	105	195	470	4
90	D. Miller	200	142.5	247.5	590	2
90	D. Legrandeur	225	117.5	260	602.5	1
90	M. Ellis-White	215	135	235	585	3
100	S. Jacobi	185	127.5	240	552.5	3
100	D. Bassett	237.5	167.5	275	690	1
100	D. Seaman	235	142.5	265	642.5	2
110	P. Wells	190	127.5	215	532.5	3
110	R. Popp	227.5	172.5	265	665	2
110	D. MacLelland	280	190	310	780	1
125	R. Rousseau	300	--	--	--	--

BEST MALE LIFTER Darren MacLelland BEST FEMALE LIFTER Jackie Sandu

Benchpress Only

Class	Name	1	2	3	Place
75	A. Grewal	82.5	-97.5	97.5	1
82.5	R. Dhaliwal	115	147.5	160	1
100	S. Sloan	-142.5	167.5	182.5	1
110	J. Kirkbride	137.5	147.5	155	2
110	E. McGeachy	165	-185	-190	1
125	R. Berg	177.5	-187.5	187.5	1

BEST BENCHPRESS Scott Sloan

1999 Chilliwack Open - 3 Lift/Benchpress/Special Olympics

June 26, 1999

Meet Director: Pat Ling

Class	Name	Squat	Bench	Dead	Total	Place
Women						
52	J. Sandu	137.5	65	142.5	345	1
60	B. Kwan	100	67.5	117.5	282.5	1
Men						
75	M. Mahal	130	90	150	370	2
75	C. Nguyen	200	115	215	530	1
82.5	R. Smith	140	100	157.5	397.5	2
82.5	K. Schmidt	150	95	182.5	427.5	1
90	T. Paul	210	--	--	--	--
90	D. Legrandeur	212.5	117.5	250	580	3
90	D. Miller	207.5	135	242.5	585	2
90	R. Doern	275	165	267.5	707.5	1
100	S. Jacobi	--	--	--	--	--
100	P. Mrazek	215	117.5	227.5	560	1
125	J. Thiessen	275	--	--	--	--
125+	R. Rousseau	292.5	150	282.5	725	1

BEST MALE LIFTER Ryan Doern BEST FEMALE LIFTER Jackie Sandu

BEST SQUAT Men - Ryan Doern Women - Jackie Sandu
 BEST BENCH Men - Ryan Doern Women - Jackie Sandu
 BEST DEADLIFT Men - Ryan Doern Women - Jackie Sandu

Special Olympics

Class	Name	Bench	Dead	Total	Place
Women					
60	T. Paris	50	75	125	1
75	P. Marchant	45	95	140	1
82.5	T. Mohns	42.5	75	117.5	1
Men					
67.5	T. Olenick	82.5	120	202.5	1
75	D. Lith	67.5	80	147.5	5
75	B. Voth	60	90	150	4
75	R. Tarko	55	130	185	2
75	E. Skyrianos	67.5	112.5	180	3
75	P. Gilpin	37.5	55	92.5	6
75	M. Thompson	85	160	245	1
82.5	R. Bussey	75	142.5	217.5	1
90	S. Dew	75	165	240	1
100	R. Pryznyk	75	160	235	1
125	V. Peppar	95	192.5	287.5	1
125	J. Neufeld	47.5	105	152.5	2
125+	D. Muir	82.5	142.5	225	1

Benchpress Only

Class	Name	Bench	Place
Women			
60	P. Ling	75.0	1
67.5	M. Craig	60	2
67.5	K. Dennis	75	1
Men			
75	G. Luckman	--	--
100	A. Enns	142.5	2
100	S. Reinhart	140	3
100	R. Arkwright	155	1
110	J. Kirkbride	142.5	2
110	P. Wells	130	3
110	J. Ramsay	185	1
125	P. Winstanley	130	2
125	R. Berg	182.5	1
125+	R. Smith	192.5	1
125+	Z. Ziolkowski	175	2

BEST BENCHPRESS Men - Jerry Ramsay Women - Pat Ling

1999 BC Men's Championship

February 21, 1999

Meet Director: Chris Robb

Class	Name	Squat	Bench	Dead	Total	Place
67.5	J. Dougall	170	107.5	207.5	485	2
67.5	B. Bacon	200	117.5	215	532.5	1
67.5	B. Brothers	207.5	--	--	--	--
75	L. Krekic	180	115	195	490	4
75	C. Nguyen	192.5	110	200	502.5	3
75	G. Festing	240	155.5	250	645	1
75	B. Davis	210	115	237.5	562.5	2
82.5	B. Harrison	232.5	127.5	257.5	617.5	1
82.5	D. Kram	222.5	167.5	227.5	617.5	2
90	S. Toora	220	165	235	620	3
90	J. Arnold	247.5	190	295	747.5	1
90	R. Doern	277.5	170	275	722.5	2
90	D. Miller	207.5	127.5	237.5	572.5	4
90	M. Ellis-White	210	130	225	565	5
100	J. Olivera	237.5	157.5	250	645	2
100	T. Tomra	255	152.5	255	662.5	1
100	D. Brien	235	--	--	--	--
110	D. MacLelland	282.5	182.5	308.5	772.5	1
125+	T. Vandergrift	265	152.5	277.5	695	2
125+	E. Brost	300	230	325	855	1

BEST LIFTER Ed Brost

BEST SQUAT Ryan Doern BEST BENCH Ed Brost BEST DEADLIFT Jay Arnold

1998 BC Championship - Women / Open Fall Classic

October 10, 1998

Meet Director: Gabe Festing

Class	Name	Squat	Bench	Dead	Total	Place
Women						
56	B. Kwan	--	--	--	--	--
60	K. Dennis	115	67.5	127.5	310	1
Men						
67.5	J. Dougall	170	110	205	485	1
75	C. Nguyen	182.5	107.5	212.5	502.5	2
75	S. Brown	142.5	92.5	195	430	3
75	G. Festing	235	140	240	615	1
82.5	T. Paul	195	--	--	--	--
82.5	M. Ellis-White	200	115	220	535	1
90	B. Harrison	220	127.5	255	602.5	2
90	R. Lawson	207.5	112.5	227.5	547.5	3
90	G. St. George	230	150	250	630	1
100	J. Olivera	235	135	240	610	3
100	D. Bassett	237.5	172.5	272.5	682.5	2
100	G. Washbrook	265	195.5	282.5	742.5	1
110	P. Wells	175	120	220	515	3
110	D. MacLelland	252.5	177.5	285	715	1

110	P. Carr	272.5	180	245	697.5	2
125	W. Orr	135	120	160	415	2
125	N. Sangara	240	167.5	237.5	645	1
125	R. Rousseau	282.5	--	--	--	--
125+	T. Sinclair	200	135	262.5	597.5	1

BEST MALE LIFTER Glen Washbrook BEST FEMALE LIFTER Kim Dennis

1998 Lower Mainland Open and Bench Press

June 13, 1998

Meet Director: Ron Lee

Class Name	Squat	Bench	Dead	Total	Place	
Women						
52	J. Sandu	125	57.5	122.5	305	1
56	P Ling	120	67.5	140	327.5	2
60	D.Munkhamheuang	102.5	45	117.5	265	3
	D. Richards	100	47.5	92.5	240	4
67.5	P. Noble	130	82.5	165	377.5	1
	K. Dennis	127.5	75	140	342.5	2
Men						
67.5	J. Dougall	157.5	105	210	472.5	1
75	L Krekic	180	105	185	470	2
	C. Nguyen	162.5	100	197.5	460	3
82.5	J. Butt	242.5	167.5	242.5	652.5	1
	R. Churchhill	205	112.5	215	532.5	2
	D. Connoly	177.5	112.5	187.5	477.5	3
100	D. Brien	252.5	130	245	627.5	1
	T. Tomra	240	140	245	625	2
	J. Olivera	230	137.5	240	607.5	3
110	R. Churchhill	260	152.5	250	662.5	1
	P. Wells	150	115	220	485	2

BEST LIFTER Jeff Butt BEST FEMALE LIFTER P. Noble

Bench Press

Class	Name	Bench	Place
Women			
52	S. Star	67.5	1
56	P. Ling	70	3
67.5	K. Dennis	75	1
	P. Noble	80	2
75	L. Liberty	82.5	1
Men			
67.5	D. Sandu	95	1
75	S. Moir	-	
82.5	N. Radic	107.5	1
90	J. Butt	162.5	2

	G. Washbrook	177.5	1
100	R. Lawson	150	3
110	J. Ramsay	192.5	1
110	P. Carr	192.5	2
125	R. Berg	170	1
125+	R. Daigle	190	1
125+	R. Smith	190	2

Women Best Bench S. Star
Men Best Bench J. Ramsay

1998 BC Men's Provincial Championship

March 1, 1998

Meet Director: Max Allard

Class	Name	Squat	Bench	Dead	Total	Place
67.5	B. Bacon	195	112.5	210	517.5	1
	B. Brothers	-	-	-	-	-
75	B. Hindley	255	130	262.5	647.5	1
	G. Festing	220	140	240	600	2
	B. Davis	210	115	247.5	572.5	3
82.5	S. Toora	225	150	237.5	612.5	1
	D. Kram	210	165	225	600	2
	R. Lawson	200	102.5	215	532.5	3
90	M Allard	272.5	152.5	285	717.5	1
	R. Doren	265	167.5	265	697.5	2
	M. Ellis-White	227.5	135	242.5	605	3
	S. Eschyscyn	-	-	-	-	-
100	G. Washbrook	260	187.5	267.5	715	1
	D. Brain	230	125	235	590	2
	D. Miller	205	132.5	245	582.5	3
110	R. Popp	272.5	177.5	285	735	1
	P. Carr	255	182.5	250	687.5	2
	G. St. George	260	160	255	675	3
	R. Churchill	260	155	255	670	4
125	E. Brost	335	237.5	310	882.5	1
125+	T. Vandergroft	272.5	137.5	250	682.5	1

B.C.P.A.

Spartacus Winter Open

Spartacus Gym, Vancouver

November 24, 1996

Name	Wt.Cl.	Squat	Bench	DeadL	Total
WOMEN					
N. Carpenter	60	110	60	130	300
M. Power	67.5	147.5	87.5	162.5	397.5
MEN					
V. Courville	67.5	197.5	137.5	230	565
N. Lauzon	165	115	190	470	
B. Bacon	190	105	210	505	
J. D'Andrea	75	152.5	125	182.5	460
S. Toora	82.5	210	140	225	575
D. Connolly		170	87.5	177.5	435
F. Brown	130	132.5	170	432.5	
J. Arnold	90	245	167.5	272.5	685
R. Smith	125+	230	177.5	245	657.5

Best Lifter - Vince Courville

Thanks to all spotters, loaders, referees, officials,
volunteers and meet directors Bruce Courmier and Ernie Morgan.

B.C.P.A.

Men's Fall Classic & Womens Provincials

Grand Forks, BC. October 19, 1996

Name	B/W	Squat	Bench	DeadL	Total
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MEN						
60	Steve Janzen	58.7	125	80	145	350
67.5	Jody Cranston	66.1	157.5	125	227.5	510
90	Mike Allard	89.8	272.5	155	287.5	715
	Jay Arnold 86.2	240	180	265	685	
	Chad Rodgers	89.4	235	167.5	245	647.5
	Graham Greening 89.5	210	160	232.5	602.5	
100	Jason Allard	99.9	260	175	265	700
	Graham Belyea	99.0	200	197.5	225	622.5
	Shane Britton	98.9	195	110	207.5	522.5
125	Greg Dalenheer	111.0	227.5	155	272.5	655
125+	Rob Kermode	144.3	275	197.5	250	722.5
WOMEN						
60	M.J. Feniak	56.7	115	65	157.5	337.5
	Tammi Willey	58.5	75	50	100	225
67.5	Miriam Power	66.3	147.5	75	162.5	385
75	Kathy Konkin	72.1	92.5	40	110	242.5
	Tina Lima 68.8	40	40	92.5	172.5	

Records:

Jason Allard-Bench 180
 Jody Cranston-Deadlift 227.5
 Miriam Power-Bench 82.5

1996 B.C. Mens Provincial Championships

February 10, Nanaimo BC (kgs)

Class Name	Squat	Bench	Dead	Total	Place
67.5 Bryan Brothers	197.5 pr	120.0	225.0	542.5	1
Ron Lee	180.0	142.5	182.5	505.0	2
Brian Bacon	180.0	105.0	205.0	490.0	3
75 Bob Hindley	242.5	132.5	255.0	630.0 pr	1
Dallas Batke	227.5	135.0	252.5	615.0	2
Brent Davis	212.5 mpr	110.0	247.5	570.0	3
		4th 252.0 mpr			
82.5 Dan Kram	225.0	172.5 pr	240.0	637.5	1
Sammy Toora	210.0	145.0	217.5	572.5	2

90	Mike Allard	265.0	152.5	285.0	702.5	1
	4th Gord Langford	272.5 pr				
	Gord Langford	265.0	182.5 pr	255.0	702.5	2
	Ryan Doern	257.5	160.0	260.0	677.5	3
	Vince Courville	242.5	170.0	242.5	242.5	4
	Paul Craig	227.5	130.0	217.5	575.0	5
100	Rob Churchill	240.0	142.5	240.0	622.5	1
110	Martin Ellis-White	260.0	150.0	255.0	665.0	1
	John Reimer	210.0	135.0	245.0	590.0	2
125	Tim Vandergrift	255.0	127.5	272.5	655.0	1
	Ed Brost	100.0	232.5	100.0	432.5	2
125+	Rob Kermode	275.0	197.5	267.5	740.0	1

pr - Provincial Record mpr - Masters Provincial Record

Best Squat - Bob Hindley

Best Bench - Ed Brost

Best Deadlift - Dallas Battke

Best Overall - Bob Hindley

Team Trophy - Olympic Gym (Bob Hindley, Dan Kram, Brent Davis, Brian Bacon, Tammy Toora)

Special Note - **This was Bob Hindley's tenth consecutive Provincial Title.**

1995 BCPA Fall Classic:

Womens Provincial Championships, and Men's Open

November 05, Vancouver B.C.

Name	Class	Squat	Bench	Dead	Total
Women					
V.Valentyne	48.0	82.5	45.0	120.0	247.5
M.J.Feniak	56.0	105.0	60.0	145.0	310.0
T. Zbitnew		110.0	57.5	137.5	305.0

M.Power	67.5	137.5 (1)	75.0	147.5	360.0 (1)
K.Dennis		110.0	60.0	135.0	305.0
P.Barry	82.5	107.5	65.0	112.5	285.0
Men					
R.Lee	67.5	177.5	147.5 (2)	192.5	517.5
B.Bacon		165.0	107.5	185.0	452.5
W.Adell		140.0	80.0	162.5	382.5
D.Batke	75.0	220.0	140.0	242.5	602.5
B.Davis		205.0 (3)	112.5	240.0	557.5
G.O'Krane		210.0	107.5	235.0	552.5
M.Perry		182.5	142.5	195.0	520.0
J.Allard	82.5	255.0 (4)	153.5 (4)	252.5	660.0 (4)
S.Toora		200.0	125.0	220.0	545.0
D.Seniuk		182.5	120.0	192.5	495.0
G.Langfield	90.0	227.5	157.5	237.5	622.5
P.Craig		215.0	125.0	205.0	545.0
G.Holmen		135.0	80.0	177.5	392.5
D.Bassett	100.0	260.0	182.5	260.0	702.5
J.Streifel	110.0	267.5 (4)	172.5 (4)	260.0	697.5 (4)
J.Reimer		225.0	132.5	235.0	592.5
M.Ellis-White	125.0	277.5	167.5	270.0	715.0
T.Vandergrift	125+	265.0	145.0	245.0	655.0

- (1) - Provincial Record Junior
- (2) - Provincial Record Open
- (3) - Provincial Record Master
- (4) - National Record Junior

Awards	Women	Men
Squat	M.Power	J.Allard
Bench	M.Power	R.Lee
Deadlift	M.J.Feniak	D.Batke
Overall	T.Zbitnew	J.Allard.

Thanks to Bruce Richardson for the results