

Nov 27

## 2016 Pronick Invitational Powerlifting Championships, Abbotsford, BC

Name	Cat.	BW	Cls.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	Wilks
<b>Unequipped Women</b>														
Pamela Anderson	F-O-U	51.6	52	105	112.5	120	70	75	77.5	135	145	155	352.5	442.07
Christina Gee	F-O-U	50.7	52	105	112.5	-115	55	60	-62.5	122.5	135	140	312.5	397.22
Jesse Kelly	F-O-U	56.8	57	117.5	125	-130	75	80	-82.5	127.5	132.5	140	345	401.72
Cynthia Leighton	F-O-U	55.2	57	110	120	125	67.5	75	80	120	135	-145	340	404.60
Becky Lauridsen	F-O-U	61.1	63	117.5	125	130	70	75	-77.5	155	165	170	375	412.28
Elizabeth Hu	F-O-U	63.0	63	127.5	135	140	62.5	67.5	-70	130	140	-145	347.5	373.22
Jenna Sabino	F-O-U	61.1	63	117.5	125	130	60	65	67.5	130	137.5	-145	335	368.30
Dawn Barroso	F-O-U	58.9	63	112.5	-117.5	117.5	57.5	60	-62.5	127.5	132.5	137.5	315	356.52
Mihaela Maclean	F-O-U	66.1	72	125	130	137.5	90	-93	93	152.5	162.5	-167.5	393	407.46
Olivia Lim	F-O-U	83.5	84	135	142.5	145	70	72.5	-77.5	180	185	-190	402.5	360.12
Lynne Desautels	F-O-U	79.4	84	132.5	140	-142.5	80	-87.5	-87.5	135	142.5	147.5	367.5	337.70
Letitia Marien	F-O-U	76.9	84	115	125	132.5	62.5	67.5	72.5	125	135	142.5	347.5	325.43
Brittany Bomben	F-O-U	72.3	84	125	130	137.5	60	67.5	-70	127.5	135	142.5	347.5	338.40
<b>Unequipped Men</b>														
Stephen Cascioli	M-O-U	65.5	66	222.5	235	242.5	142.5	150	152.5	235	245	255	650	513.89
Bryce Thomson	M-O-U	74.0	74	222.5	235	240	107.5	115	120	247.5	260	270	630	453.16
Randy Yee	M-O-U	78.9	83	237.5	245	-250	137.5	142.5	-	255	265	272.5	660	454.74
Adam Ramzy	M-O-U	84.4	93	235	247.5	255	175	180	182.5	265	282.5	300	737.5	487.64
Jeremy Klaus	M-O-U	87.0	93	225	232.5	237.5	147.5	155	-160	240	250	255	647.5	420.94
Jason Bell	M-O-U	103.3	105	265	280	290	-140	150	-155	280	295	306	746	448.50
George Shami	M-O-U	99.0	105	235	250	260	145	155	162.5	265	280	-287.5	702.5	429.37
Ryan Gallo	M-O-U	104.7	105	225	240	242.5	137.5	152.5	160	225	252.5	265	667.5	399.37
Gabe Gomez	M-O-U	101.3	105	230	240	-245	147.5	155	-160	245	-257.5	-257.5	640	387.52
Craig Bearss	M-O-U	109.1	120	237.5	252.5	260	150	157.5	162.5	265	277.5	287.5	710	418.97
Josh Simpson	M-O-U	139.1	120+	275	285	-305	210	220	-230	275	285	-300	790	441.93

**Women's Overall****Wilks**

Pamela Anderson	442.07
Becky Lauridsen	412.28
Mihaela Maclean	407.46
Cynthia Leighton	404.60
Jesse Kelly	401.72

**Men's Overall****Wilks**

Stephen Cascioli	513.89
Adam Ramzy	487.64
Randy Yee	454.74
Bryce Thomson	453.16
Jason Bell	448.50

**Equipped Bench Press Only**

<b>Name</b>	<b>Cat.</b>	<b>BW</b>	<b>Cls.</b>	<b>BP1</b>	<b>BP2</b>	<b>BP3</b>	<b>Total</b>	<b>Wilks</b>	<b>PL</b>
Olesia Oliinyk	F-O	56.25	57	-60	60	-70	60	70.35	1
Sylvia Stockall	F-O	63.34	72	52.5	-55	55	55	58.82	2
Josh Simpson	M-O	139.5	120+	270	285	300	285	159.34	1
Cole Thevenot	M-O	104.65	105	185	192.5	200	200	119.66	2
Zack Currie	M-O	115.3	120	190	-195	-195	190	110.31	3
Sumeet Sharma	M-O	96.5	105	115	142.5	150	150	92.66	4