

April 15th & 16th, 2023		2023 BCPA Winter Open											Port Coquitlam, BC	
Full Powerlifting														
Name	Category	BW	Class	Sq1	Sq2	Sq3	Bp1	Bp2	Bp3	DI1	DI2	DI3	Total	IPF Points
Unequipped Women														
Zoey Shufflebotham	F-JR-U	46.6	47	-95	95	-103	40	-42.5	-42.5	90	95	-102.5	230	64.302
Macy Zarrabi	F-JR-U	61.64	63	112.5	120	127.5	60	65	-70	125	135	140	332.5	73.793
Kelly Weng	F-JR-U	61.73	63	82.5	90	-95	42.5	45	47.5	-97.5	107.5	117.5	255	56.538
Amelia Smith	F-JR-U	66.06	69	-100	100	107.5	57.5	60	-62.5	130	140	147.5	315	66.919
Drue Nooyen	F-JR-U	77.28	84	122.5	130	137.5	67.5	72.5	-77.5	140	-150	150	350	68.472
Sophia Paridaen Van Veen	F-JR-U	83.56	84	95	105	110	70	75	80	130	140	145	335	63.395
Amelie Storness-bliss	F-SJR-U	69.15	76	87.5	102.5	-110	37.5	-45	45	102.5	110	122.5	270	55.869
Rebecca Saundry	F-M1-U	75.4	76	-82.5	87.5	90	55	57.5	-60	110	115	-122.5	262.5	51.948
Morgan Haupt	F-M1-U	86.54	84+	110	112.5	115	65	67.5	70	120	130	140	325	60.686
Theresa Kwan	F-M2-U	56.32	57	87.5	92.5	95	55	57.5	58	127.5	135	140	293	69.355
Maria Preovolos	F-M2-U	82.43	84	-55	-55	57.5	37.5	-42.5	-42.5	92.5	100	107.5	202.5	38.53
Rea Maureen Louise Marie	F-M3-U	61.1	63	82.5	90	-92.5	42.5	-47.5	47.5	97.5	105	-110	242.5	54.137
Mika Chow	F-O-U	51.84	52	100	107.5	112.5	45	47.5	-50	140	145	150	310	78.485
Audrey Radstake	F-O-U	51.37	52	60	65	70	30	35	40	90	100	105	215	54.865
Niloufar Karamatpanah	F-O-U	56.25	57	107.5	110	-112.5	57.5	60	-62.5	142.5	150	155	325	77.002
Samar AL-Majmaie	F-O-U	56.92	57	95	-105	107.5	42.5	45	47.5	105	115	125	280	65.748
Jenna Sabino	F-O-U	62.57	63	117.5	127.5	132.5	62.5	67.5	70	135	142.5	-150	345	75.816
Kimberly Vernon-jarvis	F-O-U	61.17	63	102.5	110	-115	57.5	62.5	-65	120	130	137.5	310	69.153
Victoria Driedger	F-O-U	59.45	63	-80	85	-92.5	40	42.5	-45	92.5	97.5	-102.5	225	51.188
Nihleen Sharma	F-O-U	60.9	63	50	62.5	75	30	40	-47.5	85	95	110	225	50.342
Laura Wynne	F-O-U	66.33	69	115	122.5	-127.5	57.5	60	62.5	137.5	142.5	147.5	332.5	70.465
Julia Montgomery	F-O-U	66.98	69	-105	105	112.5	62.5	65	67.5	130	135	150	330	69.535
Pauline Grace De La Cruz	F-O-U	68.98	69	117.5	125	130	57.5	62.5	65	120	127.5	135	330	68.378
Brooke Middleton	F-O-U	67.22	69	-110	-115	115	52.5	57.5	-65	112.5	120	127.5	300	63.082
Carrie Turri	F-O-U	68.73	69	70	75	77.5	45	50	-55	102.5	107.5	110	237.5	49.311
Yasemin Dogar	F-O-U	74.61	76	115	122.5	127.5	55	60	62.5	157.5	165	172.5	362.5	72.104
Gar Bou Ho	F-O-U	74.11	76	117.5	127.5	132.5	50	55	57.5	135	145	-155	335	66.853
Melanie Sekkat	F-O-U	83.25	84	120	127.5	132.5	67.5	72.5	-75	145	-155	155	360	68.226
Alexandra Capistrano	F-O-U	79.38	84	115	122.5	130	60	65	-70	145	160	-165	355	68.625
Kate-Lynn Bartlett	F-O-U	76.44	84	115	125	132.5	57.5	65	70	125	135	142.5	345	67.835
Tania Perizzolo	F-O-U	82.49	84	112.5	-120	-125	60	65	67.5	140	150	155	335	63.722
Stephanie Penner	F-O-U	82.63	84	92.5	102.5	-115	70	-75	-75	105	120	125	297.5	56.55
Aleena Deandra	F-O-U	79.05	84	85	92.5	97.5	55	57.5	60	110	120	127.5	285	55.193
Danielle Rayman	F-O-U	78.29	84	-70	70	72.5	45	-47.5	-47.5	102.5	107.5	112.5	230	44.733

Unequipped Men														
Lochlan Harwood	Y-2	39.5	40	15	16	17	-15	15	-15.5	25	30	35	67	13.752
Christian Brey	M-JR-U	52.7	53	117.5	130.5	-131	72.5	80.5	85	162.5	170.5	182.5	398	69.977
Kyle Kirchaier	M-JR-U	65.52	66	87.5	100	110	47.5	57.5	-62.5	95	110	-120	277.5	43.425
Sachpreet Singh	M-JR-U	72.77	74	180	195	-205	97.5	105	-107.5	210	-225	-225	510	75.528
Tyler Yeh	M-JR-U	72.61	74	155	165	175	82.5	90	-95	195	210	222.5	487.5	72.279
Axel Figueroa Sanchez	M-JR-U	72.86	74	152.5	162.5	170	100	105	110	165	185	200	480	71.04
William Tse	M-JR-U	82.18	83	220	230	-235	125	-132.5	-132.5	-290	300	-318	655	91.126
Aidan De Villiers	M-JR-U	82.97	83	190	200	205	120	127.5	130	247.5	260	272.5	607.5	84.11
Liam Lemery	M-JR-U	82.49	83	215	225	-235	125	132.5	-137.5	-220	230	-242.5	587.5	81.579
Aidan Huynh	M-JR-U	81.7	83	-200	-200	200	117.5	125	-130	240	252.5	-262.5	577.5	80.583
Justin Chow	M-JR-U	81.61	83	185	197.5	205	117.5	127.5	-130	207.5	220	-227.5	552.5	77.137
Lucas Petersen	M-JR-U	80.93	83	-155	160	170	100	112.5	-117.5	195	210	225	507.5	71.156
Zi Chen	M-JR-U	91.17	93	235	245	250	137.5	145	-152.5	240	252.5	265	660	87.186
Mark Harris	M-JR-U	90.22	93	192.5	205	215	130	137.5	142.5	200	212.5	232.5	590	78.342
Marek Gunn	M-JR-U	92.22	93	202.5	215	220	122.5	130	135	220	235	-237.5	590	77.503
Glax Yang	M-JR-U	89.78	93	-185	185	200	132.5	140	147.5	210	225	240	587.5	78.198
Andrew Durie	M-JR-U	88.49	93	195	205	212.5	105	112.5	117.5	225	237.5	250	580	77.754
Colby Fuchs	M-JR-U	91.24	93	185	195	205	105	112.5	117.5	225	237.5	252.5	575	75.929
Muhammed Kholmatov	M-JR-U	91.91	93	175	185	-190	125	130	135	222.5	230	240	560	73.683
Riley Rondario	M-JR-U	90.04	93	170	182.5	195	-120	120	-140	200	215	232.5	547.5	72.77
Evan Grimm	M-JR-U	90.64	93	185	192.5	200	105	112.5	117.5	202.5	217.5	230	547.5	72.532
Fraser Neal	M-JR-U	92.57	93	185	192.5	200	105	112.5	115	195	210	215	530	69.492
Robert Sullivan	M-JR-U	90.37	93	180	-187.5	187.5	100	107.5	-110	210	227.5	-240	522.5	69.322
Lucas Pangbornelahue	M-JR-U	90.88	93	160	170	177.5	100	105	107.5	190	205	212.5	497.5	65.823
Josh Quon	M-JR-U	89.42	93	150	165	170	112.5	120	125	170	187.5	-200	482.5	64.35
Nicholas Lund	M-JR-U	91.47	93	212.5	222.5	-227.5	-135	-142.5	-142.5	207.5	215	220	0	0
John Audrie Lao	M-JR-U	91.99	93	185	192.5	197.5	-135	-135	-135	230	-240	240	0	0
Brycen Sinkovits	M-JR-U	102.47	105	-205	215	230	135	147.5	-155	230	245	255	632.5	78.987
Braeden Markiewicz	M-JR-U	98.96	105	200	-235	235	137.5	-147.5	-147.5	200	235	-260	607.5	77.128
Eric Tran	M-JR-U	101.69	105	160	170	-185	102.5	110	125	165	180	-190	475	59.532
Matthew Yeh	M-SJR-U	63.78	66	130	-135	140	75	80	-87.5	125	130	-137.5	350	55.558
Aiden Knudsen	M-SJR-U	72.87	74	185	192.5	200	102.5	107.5	112.5	207.5	217.5	-220	530	78.434
Ryan Semkiw	M-SJR-U	71.92	74	125	-135	135	75	80	82.5	175	187.5	200	417.5	62.209
Richard Nguyen	M-SJR-U	72.2	74	115	125	140	80	-85	-85	142.5	150	165	385	57.25
Colten Rolheiser	M-SJR-U	82.49	83	160	172.5	-180	110	117.5	120	205	-217.5	217.5	510	70.818
Ryan Ward	M-SJR-U	81.23	83	155	170	187.5	87.5	100	102.5	190	202.5	0	492.5	68.924
Felix Guy	M-SJR-U	85.41	93	180	197.5	207.5	115	122.5	-127.5	205	220	227.5	557.5	76.069
Waylon Fenton	M-SJR-U	87.79	93	-175	175	182.5	117.5	127.5	132.5	142.5	-170	170	485	65.276
Ravraj Deol	M-SJR-U	105	105	160	170	177.5	97.5	105	112.5	180	195	205	495	61.115

Manuel Gomez	M-M2-U	88.39	93	160	170	182.5	-97.5	97.5	-110	170	182.5	195	475	63.714
Brian Tufeld	M-M3-U	81.44	83	115	122.5	-130	80	87.5	-92.5	160	170	180	390	54.508
Gable Wang	M-M3-U	77.01	83	90	95	0	85	90	95	140	150	0	340	41.08
Ward Teulon	M-M3-U	95.1	105	130	137.5	-145	75	77.5	80	140	160	175	392.5	50.793
Joseph Madayag	M-O-U	63.93	66	155	160	-162.5	100	102.5	-105	-210	-210	210	472.5	74.91
Kelvin Lok	M-O-U	64.5	66	140	150	157.5	97.5	105	110	187.5	205	-215	472.5	74.558
Joshua Romero	M-O-U	73.35	74	190	200	-207.5	115	120	125	260	275	-285	600	88.49
Dilip Rathinakumar	M-O-U	71.63	74	175	190	195	105	115	-130	187.5	197.5	205	515	76.899
Hitoshi Shibata	M-O-U	72.53	74	165	177.5	182.5	125	135	-137.5	185	197.5	-207.5	515	76.4
Tommy Goana	M-O-U	73.43	74	150	160	170	112.5	120	125	185	197.5	205	500	73.7
Martini Rosales	M-O-U	72.85	74	145	157.5	-165	95	102.5	107.5	170	-185	195	460	68.084
Bryant Lowe	M-O-U	72.13	74	155	-167.5	-167.5	77.5	80	87.5	162.5	175	-185	417.5	62.115
Shan Naziripour	M-O-U	70.71	74	112.5	117.5	125	85	90	95	155	165	172.5	392.5	59.005
Bryce Thomson	M-O-U	82.47	83	250	265	270	132.5	137.5	-140	270	285	292.5	700	97.213
Kalvin Chuo	M-O-U	82.3	83	210	220	230	140	147.5	152.5	242.5	257.5	-272.5	640	88.973
Darren Chan	M-O-U	81.13	83	195	207.5	-210	130	142.5	-150	215	230	-240	580	81.22
Chris Hatcher	M-O-U	80.45	83	180	190	192.5	-130	132.5	-135	225	232.5	237.5	562.5	79.107
Laurentiu Berceanu	M-O-U	80.71	83	175	185	195	112.5	122.5	-130	220	232.5	-245	550	77.222
Adam Sekkat	M-O-U	82.08	83	160	167.5	172.5	107.5	112.5	117.5	220	230	-235	520	72.389
Brian Hwang	M-O-U	82.27	83	-177.5	177.5	-187.5	97.5	102.5	107.5	195	210	225	510	70.914
Theodore Antonio Tee Jr	M-O-U	79.97	83	172.5	180	190	95	-100	100	170	185	200	490	69.121
Jeremy Dankwa	M-O-U	82.22	83	160	172.5	182.5	80	87.5	92.5	197.5	-212.5	-227.5	472.5	65.72
Andy Park	M-O-U	82.31	83	142.5	152.5	157.5	85	90	92.5	185	197.5	207.5	457.5	63.598
Davis Hogg	M-O-U	92.3	93	230	240	245	142.5	147.5	-152.5	255	272.5	-280	665	87.318
Alex Pangburn	M-O-U	91.97	93	212.5	220	-230	142.5	-147.5	-147.5	225	232.5	237.5	600	78.921
Josh Dubois	M-O-U	91.97	93	185	197.5	210	115	122.5	127.5	220	235	245	582.5	76.619
Cameron Mayor	M-O-U	88.97	93	165	177.5	-187.5	95	102.5	107.5	180	190	200	485	64.845
Michael Uy	M-O-U	97.23	105	200	210	220	150	157.5	162.5	237.5	250	260	642.5	82.263
Brooks Hu	M-O-U	98.44	105	190	200	210	110	115	120	200	210	220	550	70.003
Kunimi Kondo	M-O-U	96.17	105	160	170	180	105	110	-115	152.5	162.5	172.5	462.5	59.529
Andrew Metcalfe	M-O-U	113.39	120	200	210	215	130	140	150	230	245	-252.5	610	72.711
Daniel Roberts	M-O-U	113.68	120	142.5	150	157.5	105	112.5	115	165	175	182.5	455	54.173
Janne Rayman	M-O-U	113.57	120	150	155	-160	110	-115	-115	182.5	-190	-190	447.5	53.303
Jordan Phelps	M-O-U	191.99	120+	275	-285	285	-265	265	-275	237.5	250	-255	800	68.112
Bench Only														
Unequipped Women														
	Category	BW	Class	Sq1	Sq2	Sq3	Bp1	Bp2	Bp3	DI1	DI2	DI3	Total	IPF Points
Madison Warren	F-JR-U	68.58	69	-	-	-	77.5	82.5	85	-	-	-	85	67.963
Aislynn Mansell	F-JR-U	90.89	84+	-	-	-	30	35	37.5	-	-	-	37.5	27.5
Teryl Cardoso	F-M2-U	79.25	84	-	-	-	55	-60	-60	-	-	-	55	41.688

Erminia Garzitto	F-M3-U	65.98	69	-	-	-	45	-50	-50	-	-	-	45	36.644
				-	-	-				-	-	-		
Hailee Renkers	F-O-U	62.39	63	-	-	-	45	-50	50	-	-	-	50	41.953
				-	-	-				-	-	-		
Robertha Adair	F-O-U	112.01	84+	-	-	-	60	67.5	-80	-	-	-	67.5	48.154
				-	-	-				-	-	-		
Equipped Women				-	-	-				-	-	-		
Janine Garland	F-O	73.59	76	-	-	-	70	75	-77.5	-	-	-	75	41.504
				-	-	-				-	-	-		
Unequipped Men				-	-	-				-	-	-		
Alexander Be	M-SJR-U	75.5	83	-	-	-	80	90	92.5	-	-	-	92.5	48.809
				-	-	-				-	-	-		
Ursh Bhangoo	M-JR-U	103.95	105	-	-	-	135	142.5	-150	-	-	-	142.5	64.105
				-	-	-				-	-	-		
Andrew Lee	M-M1-U	89.01	93	-	-	-	115	125	135	-	-	-	135	65.454
				-	-	-				-	-	-		
Joseph Lu	M-M2-U	65.16	66	-	-	-	97.5	-100	-100	-	-	-	97.5	55.691
				-	-	-				-	-	-		
Ramis Be	M-M2-U	74.4	83	-	-	-	120	130	135	-	-	-	135	71.79
				-	-	-				-	-	-		
Steven Johnson	M-M2-U	128.5	120+	-	-	-	120	130	140	-	-	-	140	57.394
				-	-	-				-	-	-		
Stephen Mahon	M-M3-U	118.81	120	-	-	-	145	155	-165	-	-	-	155	65.672
				-	-	-				-	-	-		
Bruce Luu	M-O-U	72.82	74	-	-	-	125	127.5	137.5	-	-	-	137.5	73.959
Kangyi Peng	M-O-U	72.78	74	-	-	-	122.5	127.5	-132.5	-	-	-	127.5	68.6
Daniel Park	M-O-U	69.75	74	-	-	-	112.5	117.5	122.5	-	-	-	122.5	67.43
				-	-	-				-	-	-		
Jeffrey Anderson	M-O-U	86.49	93	-	-	-	140	147.5	152.5	-	-	-	152.5	75.012
Tian Duan	M-O-U	92.51	93	-	-	-	122.5	-127.5	-127.5	-	-	-	122.5	58.27
				-	-	-				-	-	-		
Jordan Phelps	M-O-U	192.1	120+	-	-	-	165	-187.5	187.5	-	-	-	187.5	66.87