

June 9, 10, 11th 2023

2023 BCPA PROVINCIALS

Langley, BC

Full Powerlifting

Name	Category	BW	Class	Sq1	Sq2	Sq3	Bp1	Bp2	Bp3	DI1	DI2	DI3	Total	IPF points
Unequipped Women														
Theresa Li	F-SJR-U	58.76	63	75	-85	90	65	72.5	-77.5	125	135	142.5	305	69.965
Zoey Shufflebotham	F-JR-U	48.74	52	25	0	0	37.5	45	-50	65	0	0	135	36.131
Sharon He	F-JR-U	53.51	57	97.5	-108	107.5	-60	60	65	140	150	157.5	330	81.347
Giovana Palacios Toledo	F-JR-U	54.92	57	110	117.5	122.5	50	55	-62.5	132.5	145	155	332.5	80.26
Thu Trang Nguyen	F-JR-U	56.17	57	100	110	-115	55	60	-65	135	142.5	145	315	74.714
Rachel Chan	F-JR-U	53.67	57	-95	-103	-102.5	0	0	0	0	0	0	0	0
Madison Shiyuk	F-JR-U	62.51	63	120	127.5	132.5	72.5	77.5	-80	132.5	142.5	152.5	362.5	79.711
Arianna Leong	F-JR-U	61.19	63	112.5	120	-125	55	60	62.5	135	145	155	337.5	75.271
Merissa Li	F-JR-U	62.41	63	120	127.5	-132.5	55	57.5	60	142.5	152.5	-160	340	74.842
Macy Zarrabi	F-JR-U	62.06	63	-115	115	-125	60	65	67.5	127.5	137.5	145	327.5	72.357
Francesca Manson	F-JR-U	67.6	69	110	120	130	67.5	75	-80	130	140	147.5	352.5	73.88
Amelia Smith	F-JR-U	64.24	69	100	105	110	57.5	60	-62.5	135	145	155	325	70.231
Melanie Ni-Lan	F-JR-U	67.09	69	105	-115	120	45	52.5	57.5	120	130	137.5	315	66.311
Kiana Delsouz	F-JR-U	75.46	76	140	147.5	152.5	85	90	92.5	150	160	167.5	412.5	81.602
Kayshia MacIsaac	F-JR-U	77.5	84	-125	125	132.5	72.5	77.5	82.5	145	150	157.5	372.5	72.78
Sophia Paridaen Van Veen	F-JR-U	82.18	84	-105	107.5	115	75	80	85	135	145	-152.5	345	65.725
Chiara Anfuso	F-JR-U	112.17	84+	-132.5	132.5	140	67.5	72.5	-77.5	135	140	147.5	360	62.49
Vicki Desaulnier	F-M1-U	54.81	57	97.5	102.5	107.5	57.5	-62.5	62.5	115	122.5	130	300	72.531
Rebecca Saundry	F-M1-U	74.27	76	-82.5	82.5	-90	55	60	-62.5	110	115	125	267.5	53.326

Kristine Bayntun	F-M1-U	100.16	84+	142.5	150	157.5	97.5	102.5	-105	185	-195	-195	445	79.329
Theresa Kwan	F-M2-U	56.74	57	90	-95	95	55	57.5	60	130	137.5	141	296	69.671
Wendy Yamazaki	F-M2-U	60.38	63	77.5	82.5	85	50	52.5	55	112.5	120	127.5	267.5	60.203
Leanne McLean	F-M2-U	68.69	69	-65	65	80	47.5	52.5	57.5	77.5	87.5	-90	225	46.731
Lana Lea Rud	F-M2-U	70.81	76	65	70	-72.5	37.5	40	42.5	95	102.5	107.5	220	44.94
Kelly Wharton	F-M3-U	61.89	63	92.5	100	105	47.5	52.5	55	107.5	115	-126.5	275	60.868
Maureen Rea	F-M3-U	60.79	63	75	0	0	40	45	-50	-80	80	-	200	44.803
Sylvia Stockall-Douglas	F-M3-U	68.82	69	70	-75	75	57.5	62.5	67.5	102.5	110	120	262.5	54.462
Erminia Garzitto	F-M3-U	66.25	69	82.5	87.5	90.5	50	52.5	55	100	107.5	-120	253	53.655
Madeline Payne	F-M3-U	66.06	69	77.5	82.5	85	37.5	-40	40	92.5	97.5	102.5	227.5	48.33
Stephanie Needham	F-M3-U	78.4	84	75	82.5	-90	50	55	-57.5	120	125	130	267.5	51.994
Margot Croft	F-M3-U	99.4	84+	97.5	102.5	107.5	57.5	60	-62.5	125	132.5	-137.5	300	53.591
Sharlene Brunjes	F-M4-U	60.04	63	-80	82.5	-85	37.5	-40	40	112.5	120	-125	242.5	54.789
Mika Chow	F-O-U	51.59	52	90	95	102.5	40	45	47.5	137.5	142.5	147.5	297.5	75.636
Hannah Serote	F-O-U	51.83	52	107.5	112.5	-117.5	57.5	60	62.5	115	120	-125	295	74.7
Fiona Chen	F-O-U	55.15	57	135	140	-145	75	-77.5	-80	170	175	-180.5	390	93.83
Lucy Si Rui Xie	F-O-U	55.9	57	120	127.5	-132.5	67.5	-72.5	-72.5	140	145	147.5	342.5	81.539
Samar Al-majmaie Al-majmaie	F-O-U	56.87	57	90	97.5	105	42.5	45	47.5	105	115	125	277.5	65.204
Shannon Huff	F-O-U	62.69	63	145	155	160	87.5	92.5	-97.5	145	155	-165	407.5	89.439
Xiyao Liu	F-O-U	59.84	63	125	-135	135	60	65	-70	140	150	-162.5	350	79.261
Jenna Sabino	F-O-U	62.05	63	122.5	130	-135	65	70	72.5	135	142.5	147.5	350	77.336
Kimberly Vernon-jarvis	F-O-U	62.17	63	105	112.5	115	57.5	62.5	65	125	135	140	320	70.617

Shantel Bingley	F-O-U	68.37	69	125	135	142.5	85	-92.5	-92.5	155	-162.5	-162.5	382.5	79.652
Laura Wynne	F-O-U	67.09	69	-117.5	122.5	-127.5	57.5	62.5	65	140	150	155	342.5	72.1
Tess Despres	F-O-U	67.71	69	115	-123	-122.5	62.5	65	-70	117.5	127.5	-137.5	307.5	64.389
Elysee Wong	F-O-U	72.02	76	130	142.5	150	92.5	97.5	-102.5	137.5	150	155	402.5	81.492
Jasmine Bartlett	F-O-U	73.42	76	125	132.5	-137.5	67.5	72.5	75	162.5	172.5	175	382.5	76.688
Melanie Ong	F-O-U	75.07	76	137.5	142.5	147.5	75	80	82.5	137.5	145	152.5	382.5	75.856
Sienna Barth	F-O-U	75.17	76	135	142.5	-145	70	75	77.5	135	142.5	-150	362.5	71.843
Liza Roik	F-O-U	80.76	84	160	-173	172.5	82.5	-90	-90	175	187.5	195	450	86.35
Brooklyn Higgs	F-O-U	80.47	84	137.5	145	150	70	75	-80	167.5	180	-190	405	77.833
Jordan Utendale	F-O-U	82.75	84	120	127.5	135	75	80	-85	155	165	-172.5	380	72.19
Ramanjot Ghuman	F-O-U	97.55	84+	-175	180	187.5	95	102.5	-107.5	190	205	210	500	89.789
Unequipped Men														
Bazil Godden	M-Y3-U	67.63	74	100	110	-120	60	67.5	-72.5	-120	-120	-120	0	0
Manohar Panesar	M-SJR-U	64.61	66	165	177.5	185.5	110	120	122.5	218	222.5	230	538	84.817
Roger Kong	M-SJR-U	72.81	74	170	180	190	125	135	-142.5	190	202.5	210	535	79.208
Taylor Harry	M-SJR-U	72.24	74	165	175	182.5	110	117.5	120	215	-227.5	227.5	530	78.789
Lyle Babin	M-SJR-U	69.75	74	150	-163	-162.5	97.5	105	110	180	190	202.5	462.5	70.028
Ryan Semkiw	M-SJR-U	72.78	74	147.5	-158	157.5	85	90	-95	195	205	217.5	465	68.859
Markus Skjeie	M-SJR-U	73.01	74	140	142.5	-145	100	105	-107.5	190	-200	-200	437.5	64.68
Richard Nguyen	M-SJR-U	73.07	74	105	107.5	120	80	87.5	-92.5	125	140	155	362.5	53.569
Benjamin Willoughby	M-SJR-U	73.48	74	60	-62.5	-62.5	60	-62.5	-62.5	75	-77.5	-77.5	195	28.733
Pasha Farajollahi	M-SJR-U	81.48	83	-197.5	-198	197.5	137.5	-145	-145	200	207.5	210	545	76.152
Artyom Kovalyov	M-SJR-U	81.64	83	140	152.5	157.5	87.5	95	-100	195	207.5	215	467.5	65.258
Milo Muego	M-SJR-U	74.76	83	142.5	-155	160	85	-92.5	-95	180	192.5	200	445	64.985
Felix Guy	M-SJR-U	86.37	93	202.5	210	215	120	127.5	-132.5	217.5	235	250	592.5	80.394

Bruce Wu	M-SJR-U	90.81	93	180	195	210	115	125	132.5	210	240	255	597.5	79.083
Benjamin Steele	M-SJR-U	86.08	93	-195	200	207.5	132.5	-140	-143.5	195	210	220	560	76.112
Waylon Fenton	M-SJR-U	87.51	93	165	175	182.5	127.5	-137.5	137.5	175	195	210	530	71.445
Colten Rolheiser	M-SJR-U	85.92	93	155	165	175	117.5	125	130	175	195	207.5	512.5	69.721
Ran Mo	M-SJR-U	88.94	93	170	-180	-180	127.5	135	-142.5	-192.5	192.5	-205	497.5	66.527
Ravraj Deol	M-SJR-U	92.72	93	160	170	-177.5	102.5	110	112.5	187.5	202.5	210	492.5	64.524
Thor Nybo	M-SJR-U	86.36	93	75	-77.5	-77.5	112.5	120	130	180	192.5	200	405	54.956
William Zheng	M-SJR-U	148.66	120+	-205	205	-260.5	145	160	-170.5	185	207.5	235	600	63.898
Rigel Dela Cruz	M-JR-U	65.06	66	165	175	-185	97.5	105	110	185	200	212.5	497.5	78.144
Ralph Jusyin Uy	M-JR-U	65.33	66	175	187.5	192.5	90	97.5	-100	190	205	-210	495	77.581
Ryan Thaulad	M-JR-U	64.17	66	145	155	165	135	-140	-140	160	172.5	185	485	76.739
Eric Jung	M-JR-U	72.39	74	217.5	230	-235	122.5	130	132.5	-280	280	-288	642.5	95.41
Nicholas Skabeikis	M-JR-U	73	74	182.5	192.5	-202.5	-132.5	140	-142.5	235	245	252.5	585	86.493
Brandon Quon	M-JR-U	73.55	74	205	215	-220	130	140	-142.5	220	-232.5	-232.5	575	84.683
Ankish Chawla	M-JR-U	73.28	74	167.5	180	190	132.5	140	145	202.5	215	225	560	82.632
Tyler Ollech	M-JR-U	72.17	74	177.5	192.5	200	127.5	137.5	140	190	202.5	210	550	81.804
Sachpreet Singh	M-JR-U	72.77	74	187.5	197.5	-202.5	102.5	107.5	-110	215	225	-230	530	78.49
Jovan Sabling	M-JR-U	73.83	74	185	195	202.5	87.5	-95	95	215	230	-245	527.5	77.535
Cameron Leong	M-JR-U	72.4	74	150	157.5	-170	105	110	-117.5	205	215	225	492.5	73.13
Axel Abdiel Figueroa Sanchez	M-JR-U	73.51	74	-155	155	162.5	105	112.5	-117.5	175	190	202.5	477.5	70.344
Lucas Steele	M-JR-U	81.55	83	237.5	252.5	-257.5	140	145	150	262.5	272.5	282.5	685	95.672
Alexander Levy	M-JR-U	81.79	83	195	205	-215	120	125	-132.5	255	270	-282.5	600	83.676
Brandon Mercer	M-JR-U	89.38	93	222.5	235	245	137.5	145	150	265	280	290	685	91.377
Josiah Punzalan	M-JR-U	91.21	93	-237.5	-238	237.5	145	152.5	-160	252.5	267.5	-287.5	657.5	86.837
Zi Chen	M-JR-U	91.78	93	240	250	255	145	150	-155	250	-262.5	-262.5	655	86.243
Glav Yang	M-JR-U	89.27	93	190	205	220	140	147.5	152.5	215	232.5	247.5	620	82.756
Mark Harris	M-JR-U	90.98	93	217.5	230	237.5	135	140	142.5	222.5	237.5	245	625	82.647
Aidan De Villiers	M-JR-U	86.96	93	185	200	207.5	120	130	-135	240	260	-267.5	597.5	80.798
Riley Rondario	M-JR-U	88.27	93	182.5	195	202.5	125	135	142.5	220	235	245	590	79.193

Andrew Durie	M-JR-U	88.77	93	210	222.5	-227.5	105	112.5	-120	230	245	255	590	78.971
Evan Grimm	M-JR-U	90.88	93	195	205	210	107.5	115	120	220	235	250	580	76.738
Neo Zhang	M-JR-U	92.21	93	202.5	212.5	-217.5	122.5	130	132.5	225	235	-242.5	580	76.193
Colby Fuchs	M-JR-U	87.53	93	190	-203	202.5	107.5	115	117.5	235	242.5	-250	562.5	75.818
Muhammed Salih Kholmatov	M-JR-U	91.6	93	165	175	185	115	122.5	132.5	212.5	222.5	232.5	550	72.487
Shaun Go	M-JR-U	101.99	105	235	245	-255	137.5	140	-145	250	265	272.5	657.5	82.291
Marek Gunn	M-JR-U	98.45	105	212.5	222.5	230	132.5	140	145	215	235	250	625	79.545
Franchelle Roldan	M-JR-U	104.75	105	225	235	245	137.5	145	152.5	225	242.5	-255	640	79.105
Nikolajs Vinters	M-JR-U	102.93	105	212.5	225	235	-150	150	160	-220	220	230	625	77.887
Jasper Chen	M-JR-U	114.02	120	-240	240	-252.5	150	155	-160	260	272.5	282.5	677.5	80.557
William Pilling	M-JR-U	116.55	120	220	-228	227.5	165	172.5	180	245	260	270	677.5	79.773
David Kuch	M-M1-U	82.36	83	150	160	167.5	115	120	125	190	202.5	-210	495	68.79
Andrew Metcalfe	M-M1-U	116.58	120	200	212.5	-222.5	130	142.5	155	230	242.5	255	622.5	73.289
Matthew Lucas	M-M1-U	137.02	120+	245	265	0	155	-165	165	272.5	287.5	-300	717.5	78.89
Jeremy Phelps	M-M1-U	198.31	120+	250	260	270	160	-172.5	175	230	-250	-250	675	65.237
Tyler Mcphail	M-M2-U	92.15	93	192.5	207.5	-215	130	140	145	200	215	-227.5	567.5	74.575
Joe Costa Oliveira	M-M2-U	104.53	105	282.5	297.5	310.5	205	-210	210	240	257.5	-272.5	778	79.685
Keith Evans	M-M2-U	103.26	105	190	-200	200	122.5	127.5	132.5	227.5	240	250	582.5	72.481
Stephen Hoelzley	M-M2-U	100.96	105	-157.5	157.5	162.5	-122.5	122.5	137.5	157.5	175	185	485	60.993
Brian Tufeld	M-M3-U	81.94	83	120	125	130	85	-90	90	170	182.5	192.5	412.5	57.474
Sterling Nering	M-M3-U	103.2	105	190	200	210	150	155	161	210	225	237.5	608.5	75.737
John Quinton	M-M3-U	140.9	120+	-150	-160	160	97.5	100	-102.5	145	160	-165	420	45.668
Donald Lovell	M-M4-U	64.94	66	97.5	108	112.5	57.5	63	65	155	165.5	172.5	350	55.029

Andrew Wong	M-O-U	64.7	66	-190	-190	190	115	120	-125	225	-240	240	550	86.644
Kelvin Lok	M-O-U	64.07	66	100	120	140	97.5	105	110	187.5	197.5	207.5	457.5	72.448
Riley Garrett	M-O-U	73.41	74	212.5	220	225	135	145	150	245	250	-260	625	92.138
Dickson Giang	M-O-U	66.1	74	-200	-210	210	135	-145	-145	235	245	-255	590	91.898
Mark Robles	M-O-U	72.7	74	170	182.5	-190	112.5	-117.5	-120	260	272.5	-282.5	567.5	84.086
Matthew Lee	M-O-U	72.62	74	175	185	-192.5	102.5	107.5	110	-227.5	227.5	245	540	80.057
Hitoshi Shibata	M-O-U	72.87	74	165	-175	180	125	132.5	-140	185	195	205	517.5	76.584
Simon Gee	M-O-U	80.92	83	227.5	237.5	245	150	157.5	162.5	242.5	257.5	265	672.5	94.297
Bryce Thomson	M-O-U	81.96	83	250	-263	-262.5	127.5	132.5	135	265	277.5	-290	662.5	92.295
Murad Abbasov	M-O-U	78.4	83	225	-245	-245	145	-150	-150	-245	245	260	630	89.776
Emmanuel Avenido	M-O-U	79.73	83	200	-215	215	130	137.5	145	250	265	272.5	632.5	89.36
Ramtin Manavi-Kherad	M-O-U	81.6	83	190	200	207.5	157.5	162.5	-165	225	237.5	-240	607.5	84.821
Kenny Chang	M-O-U	79.59	83	207.5	222.5	230	117.5	127.5	-135	215	230	-240	587.5	83.077
Chris Hatcher	M-O-U	80.16	83	177.5	187.5	197.5	130	135	-137.5	220	235	247.5	580	81.718
Ruben Henri	M-O-U	82.36	83	175	182.5	190	137.5	145	150	190	202.5	210	550	76.433
Mitchell Johnson	M-O-U	82.6	83	165	175	-185	130	135	140	195	205	-212.5	520	72.158
Liam Wharton	M-O-U	91.02	93	-262.5	265	-275	195	-206.5	206.5	-280	280	295	766.5	101.336
Sherwin Farmanbar	M-O-U	92.47	93	235	-248	250	157.5	165	170	270	-290	290	710	93.143
Dominic Salvador	M-O-U	87.18	93	215	225	235	115	122.5	132.5	270	285	300	667.5	90.15
Shawn Avantini	M-O-U	91.44	93	250	265	-272.5	105	112.5	115	265	-277.5	277.5	657.5	86.73
Sean Butler	M-O-U	91.87	93	215	225	230	142.5	150	-152.5	245	255	265	645	84.885
Philip Garabandic	M-O-U	92.73	93	215	225	235	162.5	-172.5	-172.5	235	250	-257.5	647.5	84.827
William Tse	M-O-U	86.11	93	185	192.5	-200	125	132.5	-140	265	285	-302.5	610	82.894
Gregory Goana	M-O-U	91.41	93	202.5	220	-235	132.5	142.5	150	225	245	257.5	627.5	82.786
Roland Eslava	M-O-U	92.15	93	225	-240	-240	-142.5	142.5	150	232.5	250	-265	625	82.131
Landyn Hickmott	M-O-U	91.68	93	-210	220	-230	140	145	-147.5	-240	255	-267.5	620	81.678
Yves Daniel Legaspi	M-O-U	92.02	93	207.5	220	-230	137.5	145	-152.5	220	235	-250	600	78.9
David Thomas	M-O-U	87.55	93	195	200	207.5	115	122.5	-125	240	-255	-255	570	76.82
Matthew Lewis Vena	M-O-U	104.33	105	320	337.5	345	172.5	182.5	-190	322.5	340	-345	867.5	107.425

Noah Grubb	M-O-U	95.66	105	235	245	255	150	155	160	267.5	282.5	290	705	90.975
Devon Dunn	M-O-U	102.02	105	-250	250	265	152.5	160	167.5	270	280	290	722.5	90.414
Gabriel Gomez	M-O-U	104.01	105	240	250	262.5	160	167.5	175	260	272.5	-285	710	88.048
Patrick Chua	M-O-U	103.89	105	245	265	-272.5	150	155	-162.5	250	265	-277.5	685	84.993
Keegan Taylor	M-O-U	104.58	105	225	237.5	247.5	160	165	172.5	240	255	265	685	84.731
Carter Bogart	M-O-U	99.54	105	242.5	250	260	130	137.5	142.5	250	265	-280	667.5	84.51
Bench Only														
Unequipped Women														
Madison Warren	F-JR-U	67.61	69	-	-	-	77.5	82.5	85	-	-	-	85	68.408
Nicole Hart	F-M1-U	63	63	-	-	-	57.5	62.5	65	-	-	-	65	54.239
Kathleen Thomson	F-M2-U	67.05	69	-	-	-	52.5	55	57.5	-	-	-	57.5	46.458
Madeline Payne	F-M3-U	65.4	69	-	-	-	32.5	35	37.5	-	-	-	37.5	30.673
Sylvia Stockall-Douglas	F-M3-U	69.75	76	-	-	-	57.5	65	-73.5	-	-	-	65	51.587
Monica Wille	F-M3-U	82.65	84	-	-	-	77.5	82.5	-85.5	-	-	-	82.5	61.804
Margot Croft	F-M3-U	98.77	84+	-	-	-	52.5	55	57.5	-	-	-	57.5	41.594
Unequipped Women														
Janine Garland	F-O	74.37	76	-	-	-	75	82.5	-85.5	-	-	-	82.5	45.42
Jennifer Luther Thomas	F-O	82.87	84	-	-	-	45	95	102.5	-	-	-	102.5	53.802
Unequipped Men														
Andrew Ching Yin Lee	M-M1-U	91.72	93	-	-	-	-120	120	137.5	-	-	-	137.5	65.681
Douglas Mansell	M-M1-U	112.08	120	-	-	-	135	142.5	150	-	-	-	150	65.201
Jeremy Phelps	M-M1-U	197.52	120+	-	-	-	160	-182.5	-182.5	-	-	-	160	56.627

Steven Johnson	M-M1-U	129.98	120+	-	-	-	-125	135	145	-	-	-	145	59.167
Joseph Lu	M-M2-U	66	66	-	-	-	92.5	-100	-100	-	-	-	92.5	52.466
R. Tyler Mcphail	M-M2-U	92.4	93	-	-	-	127.5	132.5	140	-	-	-	140	66.633
Stephen Hoelzley	M-M2-U	101.62	105	-	-	-	127.5	137.5	-140	-	-	-	137.5	62.515
Scott Robertson	M-M2-U	120.12	120+	-	-	-	200	212.5	-220	-	-	-	212.5	89.611
Marc Joseph Ulric Vezina	M-M3-U	82.16	83	-	-	-	105	112.5	117.5	-	-	-	117.5	59.328
Stephen Mahon	M-M3-U	117.26	120	-	-	-	145	160	167.5	-	-	-	167.5	71.373
Daniel Park	M-O-U	65.16	66	-	-	-	110	115	120	-	-	-	120	68.543
Bruce Luu	M-O-U	73.36	74	-	-	-	130	135	-140	-	-	-	135	72.329
Johnson Nguyen	M-O-U	80.77	83	-	-	-	145	152.5	162.5	-	-	-	162.5	82.775
Isaiah Wolf	M-O-U	115.98	120	-	-	-	100	115	130	-	-	-	130	55.66
Equipped Men														
Gordon Sjodin	M-M2	92.15	93	-	-	-	120	-130	130	-	-	-	130	43.232
Para-Powerlifting														
Jenna Reed-Côté	F-O-U	90.88	84+	-	-	-	87	-91	91	-	-	-	91	66.736