

February 17th & 18th 2024			BCPA 2024 Winter Open Powerlifting and Benchpress Championships										Langley, BC	
Full Powerlifting														
Name	Category	BW	Class	Sq1	Sq2	Sq3	Bp1	Bp2	Bp3	DI1	DI2	DI3	Total	IPF Points
Unequipped Women														
Coline Giraud	F-JR-U	61.42	63	120	127.5	132.5	70	75	80	155	165	-175	377.5	83.98
Amreen Aulakh	F-JR-U	62.04	63	-87.5	-87.5	97.5	47.5	52.5	-55	120	132.5	137.5	287.5	63.533
Sofia Sutherland	F-JR-U	62.75	63	85	87.5	-95	50	52.5	55	105	112.5	117.5	260	57.03
Marcella Willing	F-M3-U	98.65	84+	85	90	-92.5	47.5	50	52.5	97.5	107.5	112.5	255	45.648
Audrey Radstake	F-O-U	49.51	52	67.5	72.5	75	35	40	-45	107.5	112.5	117.5	232.5	61.325
Caitlin Lim	F-O-U	56.14	57	110	120	127.5	55	-62.5	62.5	152.5	160	170	360	85.423
Morgan Rozon	F-O-U	56.26	57	87.5	95	97.5	50	52.5	55	120	127.5	132.5	285	67.516
Glynis Valguna	F-O-U	62.41	63	115	120	125	70	72.5	-75	130	140	-147.5	337.5	74.291
Indigo Chow	F-O-U	61.14	63	100	112.5	120	50	55	57.5	110	122.5	132.5	310	69.176
Christina Hoang	F-O-U	60.81	63	87.5	97.5	105	45	50	52.5	115	127.5	135	292.5	65.51
Hanjun Jiang	F-O-U	62.06	63	75	82.5	87.5	37.5	42.5	-47.5	95	102.5	-110	232.5	51.368
Veronica Lee	F-O-U	65.28	69	80	85	90	52.5	57.5	60	100	107.5	115	265	56.701
Laticia Castillo	F-O-U	75.35	76	120	125	130	90	92.5	-95	160	170	-175	392.5	77.7
Melanie Sekkat	F-O-U	75.81	76	115	120	122.5	67.5	70	72.5	140	150	-152.5	345	68.099
Gar Bou Ho	F-O-U	81.35	84	110	120	130	45	50	52.5	120	135	140	322.5	61.696
Stephanie Penner	F-O-U	76.31	84	-95	95	-102.5	70	-75	-75	107.5	-115	-115	272.5	53.623
Audrey Yun	F-O-U	98.54	84+	170	177.5	-187.5	85	92.5	-97.5	145	160	167.5	437.5	78.341
Amy Dewar	F-O-U	92.51	84+	125	-130	130	57.5	62.5	65	140	147.5	-152.5	342.5	62.502
Jeannie Claire Manguiat	F-O-U	92.36	84+	90	97.5	107.5	-52.5	52.5	55	120	130	140	302.5	55.231
Kristy Griffin	F-O-U	86.82	84+	55	60	62.5	35	37.5	-40	70	80	-87.5	180	33.571
Unequipped Men														
Matthew Nering	M-SJR-U	63.93	66	130	140	145	80	85	92.5	135	145	157.5	395	62.623
Lukas Dranchuk	M-SJR-U	73.47	74	182.5	195	-205	100	-110	-110	-200	200	-227.5	495	72.943
Alexander Koepfgen	M-SJR-U	70.92	74	115	120	127.5	85	-90	-90	132.5	142.5	147.5	360	54.035
Liam Choi	M-SJR-U	89.87	93	205	222.5	234	135	145	152.5	200	220	235	621.5	82.683
Connor Prysclak	M-SJR-U	92.07	93	165	175	182.5	165	175	-182.5	215	-227.5	-227.5	572.5	75.264
Finn Parr	M-SJR-U	89.58	93	130	142.5	-160	100	110	-117.5	182.5	195	210	462.5	61.628
Cameron White	M-SJR-U	113.26	120	175	185	200	107.5	112.5	120	210	220	-232.5	540	64.4
Jacob Vyskupaitis	M-JR-U	63.85	66	-125	132.5	-140	67.5	75	80	182.5	192.5	-200	405	64.251
Edward Feng	M-JR-U	72.79	74	165	177.5	190	100	110	117.5	210	227.5	-245	535	79.219
Nihaal Yashwanth	M-JR-U	72.86	74	162.5	172.5	-182.5	97.5	105	112.5	185	195	200	485	71.78
Daniel Kikuchi	M-JR-U	73.17	74	155	167.5	180	92.5	100	-105	160	175	187.5	467.5	69.037
Rhys Marshall	M-JR-U	76.47	83	185	192.5	200	100	107.5	115	230	-247.5	250	565	81.551
Simon Baek	M-JR-U	80.95	83	155	160	-165	110	-120	-120	220	235	-242.5	505	70.797
Rohit Ram	M-JR-U	81.39	83	185	-195	-200	110	-125	-125	185	200	-215	495	69.204

Jona Fleming	M-SJR-U	92.24	93	-	-	-	132.5	140	-146.5	-	-	-	140	66.69
Tyler Ollech	M-JR-U	73.46	74	-	-	-	95	105	115	-	-	-	115	61.569
Joshua Longinos	M-O-U	73.18	74	-	-	-	127.5	135	140	-	-	-	140	75.106
Alexander Roberts	M-O-U	81.87	83	-	-	-	112.5	120	-127.5	-	-	-	120	60.701
Yen Ta Feng	M-O-U	102.82	105	-	-	-	125	132.5	-137.5	-	-	-	132.5	59.911
Arman Roshan	M-O-U	101.78	105	-	-	-	130	-135	-135	-	-	-	130	59.062
Steve Mahon	M-M3-U	121.1	120+	-	-	-	165	167.5	170	-	-	-	170	71.441
Equipped Men														
John Quinton	M-M3	144.4	120+	-	-	-	125	-135	-135	-	-	-	125	34.895