

2016 IPA CANADA NATIONALS
October 29, 2016
E.B. Chandler Junior High School
Amherst, Nova Scotia, Canada
Results Shown in Pounds
IPA World Record Results Reflect Current IPA Members Only

DIVISION	SUBDIVISION	WT. CLASS	NAME	SQUAT	BENCH	DEADLIFT	TOTAL	BWT (LB)	AGE
WOMEN'S DIVISIONS - FULL POWER									
AMATEUR RAW									
AM Raw	Open	114	Sarah Hicks	187.4	115.7	220.5	523.6	110.45	28
AM Raw	Open	123	Rebekah Wetmore	181.9	99.2	209.4	490.5	116.62	30
AM Raw	Open	123	Melissa MacIntosh	121.3	88.2	220.5	429.9	122.58	27
AM Raw	Open	148	Sophie Audet	214.9	148.8	330.7	694.4	141.98	31
AM Raw	Open	165	Katie Corrigan	330.7	181.9	352.7	865.3	164.69	24
AM Raw	Open	165	Kate Gaplin	270.1	170.9	330.7	771.6	159.84	32
AM Raw	Open	165	Missy Lavoie	226.0	148.8	303.1	677.9	163.36	27
AM Raw	Open	165	Jenny Farbstein	148.8	93.7	192.9	435.4	162.26	28
AM Raw	Open	181	Cheryl Ozon	259.0	132.3	314.2	705.5	169.98	29
AM Raw	Open	SHW	Megan White	281.1	143.3	303.1	727.5	230.82	30
AM Raw	Open	SHW	Jessica Brown	248.0	137.8	297.6	683.4	208.56	26
AM Raw	Submaster	165	Gillian Mainguy	165.3	110.2	220.5	496.0	160.94	37
AM Raw	Master 40-44	SHW	Dawn Van Den Heuvel	292.1	181.9	352.7	826.7	248.46	41
AM Raw	Master 40-44	SHW	Birgit Ellsner	209.4	132.3	330.7	672.4	328.27	40
AM Raw	Master 55-59	181	Patti Sheehy	181.9	104.7	237.0	523.6	169.98	61
PRO RAW									
PRO Raw	Open	181	Haley Randall	308.6	181.9	440.9	931.4	180.34	24
PRO Raw	Submaster	148	Allyson Smith	253.5	170.9	352.7	777.1	147.27	35
MEN'S DIVISIONS - FULL POWER									
AMATEUR RAW									
AM Raw	Teen 16-17	165	Nathan Gates	303.1	203.9	358.2	865.3	155.87	16
AM Raw	Teen 16-17	275	Brent Weir-Dean	501.5	292.1	562.2	1355.8	270.51	16
AM Raw	Teen 18-19	198	Grant Wilson	314.2	242.5	396.8	953.5	184.31	19
AM Raw	Teen 18-19	308	Youssef el Megharbel	275.6	231.5	391.3	898.4	287.70	17

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AM RAW MEN'S DIVISIONS - FULL POWER CONTINUED									
AM Raw	Junior	132	Conor McNeil	220.5	126.8	330.7	677.9	129.63	21
AM Raw	Junior	165	Jean-Michel David	385.8	314.2	424.4	1124.3	162.04	22
AM Raw	Junior	165	Bill Xia	303.1	226.0	358.2	887.4	161.38	22
AM Raw	Junior	198	Alec Gregg	380.3	220.5	391.3	992.1	184.31	20
AM Raw	Junior	275	Miguel Larocque	556.7	325.2	551.2	1433.0	261.25	23
AM Raw	Open	148	Nathan Brown	402.3	214.9	501.5	1118.8	146.39	23
AM Raw	Open	165	Andrew Casertano	457.5	308.6	479.5	1245.6	164.69	30
AM Raw	Open	181	Patrick Stadler	418.9	330.7	424.4	1173.9	173.50	24
AM Raw	Open	198	Jordan Guilford	490.5	297.6	573.2	1361.3	194.01	26
AM Raw	Open	198	Danny Ouellette	440.9	352.7	507.1	1300.7	197.09	31
AM Raw	Open	242	Zachary Morrow	551.2	402.3	600.8	1554.2	231.26	25
AM Raw	Open	308	Shane Gallant	578.7	402.3	628.3	1609.4	282.19	25
AM Raw	Submaster	165	Jeffrey Cormier	424.4	253.5	501.5	1179.5	163.14	35
AM Raw	Submaster	220	Adam Pizio	540.1	292.1	578.7	1410.9	216.71	33
AM Raw	Master 40-44	220	David Follett	529.1	286.6	556.7	1372.4	209.22	45
AMATEUR EQUIPPED									
AM Equip	Open	242	Kevin Cudmore	672.4	308.6	0.0	981.0	228.18	24
PRO RAW									
PRO Raw	Junior	198	Joe Carroll	463.0	347.2	529.1	1339.3	196.21	23
PRO Raw	Junior	220	Derek Lyons	534.6	369.3	573.2	1477.1	219.36	20
PRO Raw	Junior	242	Jean-Christophe Dube	584.2	380.3	672.4	1636.9	233.03	23
PRO Raw	Open	198	Vincent MacPhee	374.8	264.6	440.9	1080.3	194.67	28
PRO Raw	Open	242	Alex Charchuk	639.3	396.8	733.0	1769.2	236.34	31
PRO Raw	Open	242	Kaelan Brennan	606.3	451.9	677.9	1736.1	237.00	28

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PRO RAW MEN'S DIVISIONS - FULL POWER CONTINUED									
PRO Raw	Open	275	Adam Boucher	716.5	496.0	716.5	1929.0	252.87	28
PRO Raw	Open	275	Colin O'Brien	562.2	380.3	639.3	1581.8	268.08	25
PRO Raw	Open	308	Mark Butler	672.4	363.8	716.5	1752.7	308.65	27
PRO Raw	Submaster	220	Rene Leger	606.3	463.0	661.4	1730.6	217.38	39
PRO Raw	Master 40-44	242	Ian Kennedy	0.0	369.3	518.1	887.4	232.81	41

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