

Drug Tested CPL Alberta Provincial Championships March 14, 2020 Red Deer, Alberta, Canada

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	67.5kg Jr 20-23																
1	Haley Petersen	AB	67.5kg	67.5	21	62.5	75	100	47.5	55	57.5	102.5	110	127.5	240	294.72	
	67.5kg Open																
1	Phoebe Bushnell	AB	67.5kg	65.4	32	72.5	82.5	95	50	55	55	95	105	115	247.5	309.449	
	75kg Open																
1	Kelsey Park	AB	75kg	73.1	28	120	127.5	135	60	65	67.5	142.5	157.5	165	360	424.116	
													4th: 167.5				
	60kg Master 65-69																
1	Tricia Waddell	AB	60kg	58	65	55	62.5	67.5	40	45	45	80	90	100	207.5	280.021	414.431
													4th: 105				
	67.5kg Master 40-44																
1	Liz Robichaud	AB	67.5kg	65.9	41	95	105	115	57.5	65	70	122.5	137.5	147.5	307.5	382.745	386.573
Men Raw Powerlifting																	
	56kg Jr 13-15																
1	Owen Bray	AB	56kg	55.6	15	92.5	107.5	107.5	47.5	52.5	52.5	137.5	147.5	155	295	311.815	
													4th: 157.5				
	75kg Jr 20-23																
1	Duncan Smith	AB	75kg	73.4	23	162.5	172.5	182.5	92.5	97.5	102.5	182.5	192.5	192.5	467.5	404.154	
	82.5kg Jr 20-23																
1	Aric Alexander	AB	82.5kg	81.5	21	222.5	237.5	237.5	132.5	140	145	272.5	280	280	655	530.681	
	90kg Jr 18-19																
1	Brandon McLean	BC	90kg	88.1	19	185	197.5	205	130	140	145	227.5	250	260	610	473.116	
													4th: 265				
	75kg Open																
1	Duncan Smith	AB	75kg	73.4	23	162.5	172.5	182.5	92.5	97.5	102.5	182.5	192.5	192.5	467.5	404.154	
	82.5kg Open																
1	Aric Alexander	AB	82.5kg	81.5	21	222.5	237.5	237.5	132.5	140	145	272.5	280	280	655	530.681	
2	Ryan Thiessen	AB	82.5kg	82.5	47	195	205	215	130	137.5	145	235	245	255	615	494.706	535.272
										4th: 150							

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	90kg Open																
1	Adam Manery	AB	90kg	86.0	28	225	235	240	152.5	162.5	170	227.5	245	250	655	514.699	
2	Brandon McLean	BC	90kg	88.1	19	185	197.5	205	130	140	145	227.5	250	260	610	473.116	
														4th: 265			
3	Austin Guilfoyle	AB	90kg	82.9	27	150	170	185	95	95	102.5	200	220	230	485	389.067	
4	Avery Workun	AB	90kg	89.7	20	137.5	147.5	167.5	95	107.5	107.5	175	185	190	427.5	328.448	
	100kg Open																
1	Brad Bienvenu	AB	100kg	100	30	210	220	227.5	140	147.5	147.5	235	247.5	252.5	622.5	453.989	
2	Ty Penner	AB	100kg	98.1	25	170	182.5	190	105	110	115	230	240	250	550	404.58	
3	Braydon Gutoskie	AB	100kg	99.4	31	142.5	152.5	162.5	115	130	137.5	182.5	192.5	205	505	369.307	
	110kg Open																
1	Damien Rangen	AB	110kg	106.4	27	220	220	227.5	140	150	160	260	272.5	285	662.5	470.905	
2	Cody Miskelly	AB	110kg	108.3	37	200	215	215	140	157.5	162.5	245	250	265	637.5	450.075	
3	Gene Larizza	AB	110kg	107.8	39	185	192.5	205	130	137.5	137.5	240	250	272.5	615	434.928	
4	Adam Radomske	AB	110kg	108.7	33	207.5	217.5	217.5	125	132.5	142.5	207.5	217.5	230	580	408.9	
	82.5kg Master 45-49																
1	Ryan Thiessen	AB	82.5kg	82.5	47	195	205	215	130	137.5	145	235	245	255	615	494.706	535.272
											4th: 150						
	100kg Master 40-44																
1	Rob Powell	AB	100kg	94.5	40	155	165	170	80	82.5	90	185	192.5	202.5	455	340.568	340.568
	Women Classic Raw Powerlifting																
	60kg Open																
DQ	Lana Perron	AB	60kg	58.3	34	72.5	72.5	92.5	50	50	50	77.5	85	95	0	0	
	56kg Master 45-49																
1	Juanita Galvert	AB	56kg	55.8	45	95	107.5	120	47.5	52.5	57.5	105	117.5	130	307.5	426.472	449.928
														4th: 132.5			
	82.5kg Master 45-49																
1	Aline Wagner	AB	82.5kg	81.9	46	105	115	122.5	65	72.5	77.5	120	130	142.5	335	375.602	401.143
														4th: 150			
	Men Classic Raw Powerlifting																
	90kg Open																
1	Derek Brodersen	AB	90kg	89.6	31	205	220	220	127.5	135	137.5	235	250	257.5	592.5	455.455	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Bench Only																	
	67.5kg Open																
1	Dr Leslie Gurr	AB	67.5kg	65.1	51				67.5	75	82.5				82.5	103.422	118.625
											4th: 85						
	67.5kg Master 50-54																
1	Dr Leslie Gurr	AB	67.5kg	65.1	51				67.5	75	82.5				82.5	103.422	118.625
											4th: 85						
	75kg Master 60-64																
1	Brenda Helmer	AB	75kg	73.8	60				42.5	45	47.5				45	52.776	70.72
Men Raw Bench Only																	
	90kg Jr 18-19																
1	Brandon McLean	BC	90kg	88.1	19				130	140	145				145	112.462	
	82.5kg Open																
1	Ryan Thiessen	AB	82.5kg	82.5	47				130	137.5	145				145	116.638	126.202
											4th: 150						
	90kg Open																
1	Brandon McLean	BC	90kg	88.1	19				130	140	145				145	112.462	
	82.5kg Master 45-49																
1	Ryan Thiessen	AB	82.5kg	82.5	47				130	137.5	145				145	116.638	126.202
											4th: 150						
Women Raw Deadlift Only																	
	67.5kg Open																
1	Dr Leslie Gurr	AB	67.5kg	65.1	51							155	165	172.5	172.5	216.246	248.034
														4th: 175			
	56kg Master 45-49																
1	Juanita Calvert	AB	56kg	55.8	45							105	117.5	130	130	180.297	190.213
														4th: 132.5			
	67.5kg Master 50-54																
1	Dr Leslie Gurr	AB	67.5kg	65.1	51							155	165	172.5	172.5	216.246	248.034
														4th: 175			
	75kg Master 60-64																
1	Brenda Helmer	AB	75kg	73.8	60							95	100	105	100	117.28	157.155

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	Men Raw Deadlift Only																
	56kg Jr 13-15																
1	Owen Bray	AB	56kg	55.6	15							137.5	147.5	155	155	163.835	
														4th: 157.5			
	75kg Jr																
GL	Hayden Hampton	AB	75kg	71.7	12							75	85	95	95	83.41	
	90kg Jr 18-19																
1	Brandon McLean	BC	90kg	88.1	19							227.5	250	260	260	201.656	
														4th: 265			
	100kg Jr 16-17																
1	Orrin Ahlstrom	AB	100kg	98.8	17							142.5	165	170	170	124.644	
	82.5kg Open																
1	Ryan Thiessen	AB	82.5kg	82.5	47							235	245	255	255	205.122	221.942
	90kg Open																
1	Brandon McLean	BC	90kg	88.1	19							227.5	250	260	260	201.656	
														4th: 265			
	125kg Open																
1	Shane Ahlstrom	AB	125kg	124.8	46							210	230	250	230	154.974	165.512
	82.5kg Master 45-49																
1	Ryan Thiessen	AB	82.5kg	82.5	47							235	245	255	255	205.122	221.942
	125kg Master 45-49																
1	Shane Ahlstrom	AB	125kg	124.8	46							210	230	250	230	154.974	165.512

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total	
	Best Lifters:																	
	Aric Alexander	Raw Open Men PL														Record Color Codes: Provincial National		
	Kelsey Park	Raw Open Women PL																
	Meet Director:	Bernice Fuss																
	Thank you to our officials:																	
	International:	Eric Freeman, Tom Brooks and Randy Etsell																
	Provincial:	Jennie McMasters, Kat Colson and Laura Allen																
	Practical:	Lary McEwen																
	Support Staff:	Loreen Brooks																
	Spotter/Loaders:	Travis Butt, Giane Mancini, Clarke Anger, Jeremy Raey, Hunter Brewster, Dorian Friss, Scott Morse and Chris Haevens																