



2023/2024 CC #1

August 25th - 27th, 2023

TEAM	Points
Landmark x JustLift	280
CanAm Barbell Club	253
Garage Gym WeightLifting	193
1855 Barbell Club	173
Mapusksasing Weightlifting Club	123
Optimal Performance	78
Godspeed Weightlifting	76
Number of Clubs	7
Number of Athletes	61
Number of Juniors	12
Number of Seniors	31
Number of Masters	18
Number of Males	31
Number of Females	30

RESULTS BY ATHLETE

MALE/FEMALE	Surname	FIRSTNAME	CAT	BWT	TEAM	Y o B	1	2	3	Best	1	2	3	Best	TOTAL	Level	Place	Points
Female	Robinson	Mikaylie	f45	29.3	GGW	2010	24	25	26x	25	32	34x	34	34	59	3	1	28
Female	Robinson	Marlowe	f55	55	GGW	2005	56	58	60x	58	65	68	x80	68	126	3	1	28
Female	Bonneville	Gabrielle	f59	57.90	CanAm Barbell Club	2003	40	43	x45	34	x47	47	49	49	83	3	1	28
Female	Lebel	Lili	f87	84.00	Landmark x JustLift	2003	50	53	56	56	56	61	65	65	121	3	1	28
Female	Rogan	Shoshanna	f87	85.6	GGW	2007	45	48	50	50	58	61	65x	61	111	3	2	25
Male	Fisher	Rowdy	m>109	114.6	GGW	2004	83	87	91x	87	107	111	115x	111	198	3	1	28
Male	Lee	Hayden	m55	51.6	GGW	2008	37	40	42x	40	46	48x	48	48	88	3	1	28
Male	Boekhorst	Alex	m67	65.3	GGW	2004	50	54	58x	54	64	68	71	71	125	3	1	28
Male	MacLachlan	Joshua	m73	72	GGW	2007	54	58	61x	58	64	68	71x	68	126	3	1	28
Male	Lange	Cayden	m55	47.60	Landmark x JustLift	2011	25	28	30	30	33	36	38	38	68	3	1	28
Male	Buker	Jared	m81	78.20	Godspeed Weightlifting	2003	x62	62	67	67	93	99	104	104	171	3	1	28
Male	Lacrouceire	Tristan	m96	92.70	Landmark x JustLift	2006	67	70	73	73	85	88	x91	88	161	3	1	28
Female	Clarke	Stephanie	f>87	92.90	Landmark x JustLift	1990	x41	41	43	43	53	56	59	59	102	4	1	28
Female	Bruce	Ashley	f55	52.80	Landmark x JustLift	2000	51	55	58	58	60	64	68	68	126	4	1	28
Female	Longval	Frederike	f55	51.70	Kapuskasing Weightlifting Club	2000	39	x42	x43	39	49	52	x55	52	91	4	2	25
Female	Wedge	Kaylee	f59	58.90	Kapuskasing Weightlifting Club	1994	65	x68	68	68	80	83	x86	83	151	4	1	28
Female	Verwey	Jess	f64	64.00	Landmark x JustLift	1990	x58	x58	58	58	72	x75	x75	72	130	4	1	28
Female	Featherstone	Emily	f64	62.70	1855 Barbell Club	1994	48	51	54	54	63	66	70	70	124	4	2	25
Female	Richard	Laurence	f64	61.60	Kapuskasing Weightlifting Club	1996	x49	49	52	52	58	61	x64	61	113	4	3	23
Female	de Grandpre	Marie	f71	69.60	Landmark x JustLift	2002	59	x62	62	62	74	78	82	82	144	4	1	28
Female	Stuart	Sophie	f71	70.30	CanAm Barbell Club	2000	57	60	x63	60	73	78	83	83	143	4	2	25
Female	Ogasawara	Hana	f71	65.00	CanAm Barbell Club	1997	50	53	x56	53	80	83	x86	83	136	4	3	23
Female	Abusow	Danielle	f76	72.80	Landmark x JustLift	1994	78	x81	81	78	100	104	x108	104	182	4	1	28
Female	Berube	Mel	f76	75.30	Kapuskasing Weightlifting Club	1999	67	x70	70	70	x86	86	90	90	160	4	2	25
Female	Quinn	Jasmine	f76	71.60	CanAm Barbell Club	1997	50	53	x56	53	80	83	x86	83	136	4	3	23
Female	Pilon	Chanelle	f76	71.90	Kapuskasing Weightlifting Club	2000	x58	59	x62	59	64	68	x71	68	127	4	4	22
Female	Harperisad	Samantha	f81	79.40	Optimal Performance	1905	38	x	40	40	39	42	45	45	85	4	1	28
Male	Lemaire	Sebastien	m102	99.30	CanAm Barbell Club	2000	x87	92	97	97	105	110	x115	110	207	4	1	28
Male	Kyle	Jerrad	m102	98.90	Godspeed Weightlifting	1997	62	67	x70	67	93	99	102	102	169	4	2	25
Male	Leakey	Justin	m73	71.80	Landmark x JustLift	1998	80	84	x86	84	96	100	x105	100	184	4	1	28
Male	Truong	Long	m81	79.60	1855 Barbell Club	1994	100	105	110	110	120	125	130	130	240	4	1	28
Male	Shaw	Donald	m81	78.50	CanAm Barbell Club	1996	87	92	x97	92	115	122	130	130	222	4	2	25
Male	Chen	Leonard	m81	77.10	CanAm Barbell Club	1998	70	74	x78	74	88	93	100	100	174	4	3	23
Male	Evanshyn	Ian	m81	79.30	Optimal Performance	1905	68	71	x	71	83	87	x	87	158	4	4	22
Male	Kehoe	Shaun	m81	80.50	CanAm Barbell Club	1982	x65	65	68	68	80	85	90	90	158	4	5	21
Male	Collins	Kurtis	m89	87.70	Landmark x JustLift	1997	100	104	110	110	134	138	143	143	253	4	1	28
Male	Williams	Randy	m89	87.70	CanAm Barbell Club	1991	103	108	x112	108	133	138	x143	138	246	4	2	25
Male	Klain	Andrew	m89	87.40	1855 Barbell Club	1994	86	91	95	95	125	130	137	137	232	4	3	23
Male	Ho	Phil	m89	82.20	CanAm Barbell Club	1992	x95	96	100	100	115	120	125	125	225	4	4	22
Male	Ingram	Tyler	m89	88.30	Landmark x JustLift	1993	85	89	93	93	106	112	117	117	210	4	5	21
Male	Parsons	Jessie	m89	88.80	CanAm Barbell Club	1997	83	87	x92	87	105	110	x115	110	197	4	6	20
Male	Marion	Scott	m89	87.80	Landmark x JustLift	1991	76	x80	80	80	103	109	115	115	195	4	8	18
Male	Tran	Jessy	m89	86.50	CanAm Barbell Club	1993	75	80	85	85	100	105	110	110	195	4	7	19
Male	Schlarb	James	m89	85.70	CanAm Barbell Club	1989	x79	79	82	82	95	100	105	105	187	4	9	17
Male	Newman	Maxwell	m89	87.10	1855 Barbell Club	1999	61	64	69	69	x84	84	89	89	158	4	10	16
Male	Rivera	Tristan	m89	89.00	Landmark x JustLift	1992	61	x64	x64	61	x85	85	x89	85	146	4	11	15
Male	Izumi	Marcello	m96	94.40	CanAm Barbell Club	1996	87	92	x97	92	105	110	115	115	207	4	1	28
Female	Amundrud	Heather	f55	50.80	Landmark x JustLift	1974	x40	43	x45	43	60	62	64	64	107	5	1	28
Female	Conteduca	Melissa	f71	65.90	Landmark x JustLift	1986	64	x67	67	67	85	87	90	90	157	5	1	28
Female	Nemeth	Amanda	f71	69.50	CanAm Barbell Club	1984	x58	68	71	71	81	84	x87	84	155	5	2	25
Female	Wasyliv	Lynne	f71	70.50	CanAm Barbell Club	1970	32	35	38	38	45	48	51	51	89	5	3	23
Female	Lander	Karen	f71	64.30	Landmark x JustLift	1954	23	24	25	25	34	36	x38	36	61	5	4	22
Female	Ptolemy	Jayne	f71	64.60	Landmark x JustLift	1975	18	19	20	20	23	24	25	25	45	5	5	21
Female	Jones	Sue	f76	74.80	Landmark x JustLift	1972	55	x58	x60	55	77	x80	x80	77	132	5	1	28
Female	Maisoneuve	Keila	f76	73.60	Landmark x JustLift	1982	45	46	48	48	53	x55	x55	53	101	5	2	25

Female	Locke	Liz	f76	72.50	Godspeed Weightlifting	1986	30	x32	32	32	40	43	46	46	78	5	3	23
Female	Quaile	Christina	f81	78.00	Landmark x JustLift	1980	55	x58	58	58	65	69	72	72	130	5	1	28
Male	Lyu	Li	m67	65.10	Optimal Performance	1905	35	X	40	40	40	44	47	47	87	5	1	28
Male	Garcia	Enrique	m102	101.20	1855 Barbell Club	1988	91	95	98	98	112	117	122	122	220	5	1	28
Male	Parkin	Derek	m81	75.90	1855 Barbell Club	1977	70	75	79	79	92	95	100	100	179	5	1	28
Male	Holtzman	Aaron	m81	80.50	1855 Barbell Club	1975	75	78	81	81	84	90	96	96	177	5	2	25

RESULTS BY ATHLETE

MALE/FEMALE	Surname	FIRSTNAME	CAT	BWT	TEAM	Y o B	1	2	3	Best	1	2	3	Best	TOTAL	Level	Place	Points	
Male	Truong	Long	m81	79.6	1855 Barbell Club	1994	100	105	110	110	120	125	130	130	240	4	1	28	
Male	Garcia	Enrique	m102	101.2	1855 Barbell Club	1988	91	95	98	98	112	117	122	122	220	5	1	28	
Male	Parkin	Derek	m81	75.90	1855 Barbell Club	1977	70	75	79	79	92	95	100	100	179	5	1	28	
Male	Holtzman	Aaron	m81	80.50	1855 Barbell Club	1975	75	78	81	81	84	90	96	96	177	5	2	25	
Female	Featherstone	Emily	f64	62.70	1855 Barbell Club	1994	48	51	54	54	63	66	70	70	124	4	2	25	
Male	Klain	Andrew	m89	87.4	1855 Barbell Club	1994	86	91	95	95	125	130	137	137	232	4	3	23	
Male	Newman	Maxwell	m89	87.1	1855 Barbell Club	1999	61	64	69	69	x84	84	89	89	158	4	10	16	
1855 Barbell Club Total																			173
Male	Lemaire	Sebastien	m102	99.3	CanAm Barbell Club	2000	x87	92	97	97	105	110	x115	110	207	4	1	28	
Male	Izumi	Marcello	m96	94.4	CanAm Barbell Club	1996	87	92	x97	92	105	110	115	115	207	4	1	28	
Female	Bonneville	Gabrielle	f59	57.90	CanAm Barbell Club	2003	40	43	x45	34	x47	47	49	49	83	3	1	28	
Male	Shaw	Donald	m81	78.5	CanAm Barbell Club	1996	87	92	x97	92	115	122	130	130	222	4	2	25	
Male	Williams	Randy	m89	87.7	CanAm Barbell Club	1991	87	103	108	x112	108	133	138	x143	138	246	4	2	25
Female	Stuart	Sophie	f71	70.3	CanAm Barbell Club	2000	57	60	x63	60	73	78	83	83	143	4	2	25	
Female	Nemeth	Amanda	f71	69.50	CanAm Barbell Club	1984	x68	68	71	71	81	84	x87	84	155	5	2	25	
Male	Chen	Leonard	m81	77.10	CanAm Barbell Club	1998	70	74	x78	74	88	93	100	100	174	4	3	23	
Female	Ogasawara	Hana	f71	65.00	CanAm Barbell Club	1997	50	53	x56	53	80	83	x86	83	136	4	3	23	
Female	Quinn	Jasmine	f76	71.60	CanAm Barbell Club	1997	50	53	x56	53	80	83	x86	83	136	4	3	23	
Female	Wasyliw	Lynne	f71	70.50	CanAm Barbell Club	1970	32	35	38	38	45	48	51	51	89	5	3	4	
Male	Ho	Phil	m89	82.2	CanAm Barbell Club	1992	x95	96	100	100	115	120	125	125	225	4	4	4	
Male	Kehoe	Shaun	m81	80.50	CanAm Barbell Club	1982	x65	65	68	68	80	85	90	90	158	4	5	4	
Male	Parsons	Jessie	m89	88.8	CanAm Barbell Club	1997	83	87	x92	87	105	110	x115	110	197	4	6	6	
Male	Tran	Jessy	m89	86.5	CanAm Barbell Club	1993	75	80	85	85	100	105	110	110	195	4	7	7	
Male	Schlarb	James	m89	85.7	CanAm Barbell Club	1989	x79	79	82	82	95	100	105	105	187	4	9	9	
CanAm Barbell Club Total																			253
Male	Fisher	Rowdy	m>109	114.6	Garage Gym Weightlifting	2004	83	87	91x	87	107	111	115x	111	198	3	1	28	
Male	Lee	Hayden	m55	51.6	Garage Gym Weightlifting	2008	37	40	42x	40	46	48x	48	48	88	3	1	28	
Male	Boekhorst	Alex	m67	65.3	Garage Gym Weightlifting	2004	50	54	58x	54	64	68	71	71	125	3	1	28	
Male	MacLachlan	Joshua	m73	72	Garage Gym Weightlifting	2007	54	58	61x	58	64	68	71x	68	126	3	1	28	
Female	Robinson	Mikaylie	f45	29.3	Garage Gym Weightlifting	2010	24	25	26x	25	32	34x	34	34	59	3	1	28	
Female	Robinson	Marlowe	f55	55	Garage Gym Weightlifting	2005	56	58	60x	58	65	68	x0	68	126	3	1	28	
Female	Rogan	Shoshanna	f87	85.6	Garage Gym Weightlifting	2007	45	48	50	50	58	61	65x	61	111	3	2	25	
Garage Gym Weightlifting Total																			193
Male	Buker	Jared	m81	78.20	Godspeed Weightlifting	2003	x62	62	67	67	93	99	104	104	171	3	1	28	
Male	Kyle	Jerrad	m102	98.9	Godspeed Weightlifting	1997	62	67	x70	67	93	99	102	102	169	4	2	25	
Female	Locke	Liz	f76	72.50	Godspeed Weightlifting	1986	30	x32	32	32	40	43	46	46	78	5	3	23	
Godspeed Weightlifting Total																			76
Female	Wedge	Kaylee	f59	58.90	Kapuskasing Weightlifting Club	1994	65	x68	68	68	80	83	x86	83	151	4	1	28	
Female	Longval	Frederike	f55	51.70	Kapuskasing Weightlifting Club	2000	39	x42	x43	39	49	52	x55	52	91	4	2	25	
Female	Berube	Mel	f76	75.30	Kapuskasing Weightlifting Club	1999	67	x70	70	70	x86	86	90	90	160	4	2	25	
Female	Richard	Laurence	f64	61.60	Kapuskasing Weightlifting Club	1996	x49	49	52	52	58	61	x64	61	113	4	3	23	
Female	Pilon	Chanelle	f76	71.90	Kapuskasing Weightlifting Club	2000	x58	59	x62	59	64	68	x71	68	127	4	4	22	
Kapuskasing Weightlifting Club Total																			123
Male	Lange	Cayden	m55	47.60	Landmark x JustLift	2011	25	28	30	30	33	36	38	38	68	3	1	28	
Male	Lacrouceire	Tristan	m96	92.7	Landmark x JustLift	2006	67	70	73	73	85	88	x91	88	161	3	1	28	
Male	Leakey	Justin	m73	71.8	Landmark x JustLift	1998	80	84	x86	84	96	100	x105	100	184	4	1	28	
Male	Collins	Kurtis	m89	87.7	Landmark x JustLift	1997	100	104	110	110	134	138	143	143	253	4	1	28	
Female	Lebel	Lili	f87	84.00	Landmark x JustLift	2003	50	53	56	56	61	65	65	65	121	3	1	28	
Female	Clarke	Stephanie	f>87	92.90	Landmark x JustLift	1990	x41	41	43	43	53	56	59	59	102	4	1	28	
Female	Bruce	Ashley	f55	52.80	Landmark x JustLift	2000	51	55	58	58	60	64	68	68	126	4	1	28	
Female	Verwey	Jess	f64	64.00	Landmark x JustLift	1990	x58	x58	58	58	72	x75	x75	72	130	4	1	28	
Female	de Grandpre	Marie	f71	69.60	Landmark x JustLift	2002	59	x62	62	62	74	78	82	82	144	4	1	28	
Female	Abusow	Danielle	f76	72.80	Landmark x JustLift	1994	78	x81	81	78	100	104	x108	104	182	4	1	28	
Female	Amundrud	Heather	f55	50.80	Landmark x JustLift	1974	x40	43	x45	43	60	62	64	64	107	5	1	28	
Female	Conteduca	Melissa	f71	65.90	Landmark x JustLift	1986	64	x67	67	67	85	87	90	90	157	5	1	28	
Female	Jones	Sue	f76	74.80	Landmark x JustLift	1972	55	x58	x60	55	77	x80	x80	77	132	5	1	28	
Female	Quaille	Christina	f81	78.00	Landmark x JustLift	1980	55	x58	58	58	65	69	72	72	130	5	1	28	

