



2023/2024 CC#4
JULY 5th - 7th. 2024

TEAM	Points
CanAm Barbell Club	274
Landmark x JustLift	271
Garage Gym WeightLifting	240
Nepean Weightlifting Club	149
Optimal Performance	122
United Counties Weightlifting Club	56
1855 Barbell Club	53
Number of Clubs	9
Number of Athletes	55
Number of Juniors	12
Number of Seniors	34
Number of Masters	9
Number of Males	25
Number of Females	30

MALE/FEMALE	Surname	FIRSTNAME	CAT	BWT	TEAM	Y o B	1	2	3	Best	1	2	3	Best	TOTAL	Level	Place	Points	
RESULTS BY ATHLETE																			
Female	Robinson	Mikaylie	F 45	35.3	GGW	2010	31	33	35x	33	40	42	44	44	77	3	1	28	
Female	Robinson	Marlowe	F 59	59	GGW	2005	60	63x	63	63	70	73x	73	73	136	3	1	28	
Female	Murty	Kate	F 59	57.6	Landmark x JustLift	2008	35	38	41	41	45	48	-51	48	89	3	2	25	
Female	Lee	Madison	F 64	59.1	GGW	2006	38	41x	41	41	50	54	56	56	97	3	1	28	
Female	Rogan	Shoshanna	F 81	77.9	GGW	2007	50	53	55x	53	65	68x	70	70	123	3	1	28	
Female	Pech	Kiana	F >87	97.7	OP	2006	50	53x	53x	50	55	59x	60	60	110	3	1	28	
Male	Lange	Cayden	M 55	53.7	Landmark x JustLift	2011	35	38	-41	38	45	48	51	51	89	3	1	28	
Male	Scott	Layne	M 55	29.3	GGW	2016	7	8	9	9	10	11	12	12	21	3	2	25	
Male	MacLachlan	William	M 61	59.8	GGW	2015	8	9	11	11	13	15	17	17	28	3	1	28	
Male	MacLachlan	Joshua	M73	72.6	GGW	2007	65x	65	70x	65	83	87	91	91	156	3	1	28	
Male	Kiloran	Brady	M 96	92.5	United Counties Weightlifting Club	2006	87	90	-93	90	107	-112	112	112	202	3	1	28	
Male	Haydon-Dumouchel	Jackson	M 96	95.3	Landmark x JustLift	2010	-35	35	37	37	40	42	45	45	82	3	1	25	
Female	Sergenesse	Abigail	F 59	58	United Counties Weightlifting Club	1994	63	-66	68	68	83	86	89	89	157	4	1	28	
Female	Ogasawara	Hana	F 59	59	CanAm Barbell Club	1997	57	60	-63	60	80	84	-88	84	144	4	2	25	
Female	Bonneville	Gabrielle	F 59	57.00	CanAm Barbell Club	2003	45	47	50	50	54	57	60	60	110	4	3	23	
Female	Featherstone	Emily	F 64	64	CanAm Barbell Club	1994	57	60	63	63	80	-83	83	83	146	4	1	28	
Female	Bruce	Ashley	F 64	60.3	Landmark x JustLift	1990	58	-62	62	62	69	72	75	75	137	4	2	25	
Female	Stuart	Sophie	F 71	70	CanAm Barbell Club	2000	69	72	76	76	92	97	102	102	178	4	1	28	
Female	Verwey	Jess	F 71	69.3	Landmark x JustLift	2000	-60	-60	61	61	71	73	-76	73	134	4	2	25	
Female	De Grandpere	Eloise	F 71	68.4	Landmark x JustLift	2000	53	56	-59	56	72	75	78	78	134	4	3	23	
Female	Quinn	Jasmine	F 71	68	CanAm Barbell Club	1997	-51	51	52	52	60	63	-67	63	115	4	4	22	
Female	De Grandpere	Marie	F 76	73.5	Landmark x JustLift	2002	55	58	-61	58	74	77	80	80	138	4	1	28	
Female	Maurice	Alison	F 76	73	Nepean Weightlifting Club	2003	51	53	55	55	71	74	-77	74	129	4	2	25	
Female	Hewson	Abby	F 76	72	Nepean Weightlifting Club	2001	45	-47	47	47	59	62	-65	62	109	4	3	23	
Female	Zhang	Lixin	F 81	80	CanAm Barbell Club	1994	62	65	68	68	60	65	-70	65	133	4	1	28	
Female	Lebel	Lili	F 87	83.9	Landmark x JustLift	2003	-57	-57	-57	-	-67	67	-70	67	-	4			
Female	Ryan	Julia	F 87	84.3	Landmark x JustLift	1990	72	76	80	80	90	95	100	100	180	4	1	28	
Female	Haripersad	Samantha	F 87	82	OP	1996	40	43x	43x	40	48	51	55	55	95	4	2	25	
Female	Angus	Mackenzie	F 87	87	Nepean Weightlifting Club	1998	47	48	51	51	-68	68	71	71	122	4	3	23	
Female	Griffiths	Vanessa	F >87	98	CanAm Barbell Club	1992	78	82	86	86	92	-97	97	97	183	4	1	28	
Female	Mercier-Loyer	Laury-Jade	F >87	95	CanAm Barbell Club	2000	63	66	69	69	70	73	79	79	148	4	2	25	
Female	Clarke	Steph	F >87	92.6	Landmark x JustLift	1990	45	47	50	50	-55	56	59	59	109	4	4	22	
Male	Kuttain	Andrew	M 61	59.3	CanAm Barbell Club	1994	74	78	-82	78	92	97	-102	97	175	4	1	28	
Male	Ho	Phil	M 81	81	CanAm Barbell Club	1992	101	-105	-105	101	125	128	132	132	233	4	1	28	
Male	Shaw	Donald	M 81	79.2	CanAm Barbell Club	1996	-92	97	-100	97	122	128	132	132	229	4	2	25	
Male	Bolton	Chris	M 81	78.5	Landmark x JustLift	1992	68	-71	-71	68	100	-105	-105	100	168	4	3	23	
Male	Linklater	Trent	M 81	76.2	Nepean Weightlifting Club	1996	66	69	72	72	85	90	-95	90	162	4	4	22	
Male	Evanyshn	Ian	M 81	79.4	OP	1995	70	75	79x	75	80	84	88	88	163	4	5	21	
Male	Munro	Nicolas	M 89	88.7	Landmark x JustLift	1998	115	120	125	125	158	164	-169	164	289	4	1	28	
Male	Tran	Jessy	M 89	87.1	CanAm Barbell Club	1993	90	95	100	100	110	115	120	120	220	4	2	25	
Male	Parsons	Jessie	M 89	88.6	CanAm Barbell Club	1997	92	-97	-97	92	-118	-118	118	118	210	4	3	23	
Male	Cooke-Hughes	Alexander	M 96	95	Nepean Weightlifting Club	1999	105	108	-111	108	135	140	145	145	253	4	1	28	
Male	Lemaire	Sebastien	M 102	101	CanAm Barbell Club	2000	-113	113	116	116	138	143	146	146	262	4	1	28	
Male	Ntienjem	Axel-Eitel	M 109	104.6	CanAm Barbell Club	2000	95	102	-107	102	115	122	128	128	230	4	1	28	
Male	Williams	Shane	M >109	128.1	Landmark x JustLift	1995	95	100	-105	100	120	-125	-	120	220	4	1	28	
Male	Anderson	Michael	M >109	133.6	OP	1998	85	90	90	90	105	110	113x	110	200	4	2	25	
Female	Pavely	Ellen	F 71	66	Nepean Weightlifting Club	1985	35	37	-39	37	-47	50	53	53	90	5	1	28	
Female	Jones	Sue	F 76	75.7	Landmark x JustLift	1972	53	56	58	58	73	76	79	79	137	5	1	28	
Female	Pilkey	Jane	F 76	74.5	GGW	1984	45	48	50	50	55	58	60	60	110	5	2	25	
Female	Quaile	Christina	F 81	80.2	Landmark x JustLift	1980	54	56	58	58	65	67	69	69	127	5	1	28	
Male	Parkin	Derek	M 81	77.7	1855 Barbell Club	1977	79	84	91	91	100	105	109	109	200	5	1	28	
Male	Holtzman	Aaron	M 81	80.4	1855 Barbell Club	1975	80	85	-90	85	100	-105	-105	100	185	5	2	25	
Male	Burn	Richard	M 81	79	OP	1989	70x	70	73x	70	85	89	95	95	165	5	3	23	
Male	Robinson	Larry	M 81	77.6	GGW	1970	30	40	46	46	60	65	70	70	116	5	4	22	
Male	Marjanovic	Ivan	M 89	84.7	CanAm Barbell Club	1982	95	-100	100	100	-105	-110	-	-	-	5			

RESULTS BY CLUB

Male	Parkin	Derek	M 81	77.7	1855 Barbell Club	1977	79	84	91	91	100	105	109	109	200	5	1	28
Male	Holtzman	Aaron	M 81	80.4	1855 Barbell Club	1975	80	85	-90	85	100	-105	-105	100	185	5	2	25
1855 Barbell Club Total																		
Female	Featherstone	Emily	F 64	64	CanAm Barbell Club	1994	57	60	63	63	80	-83	83	83	146	4	1	28
Female	Stuart	Sophie	F 71	70	CanAm Barbell Club	2000	69	72	76	76	92	97	102	102	178	4	1	28
Female	Zhang	Lixin	F 81	80	CanAm Barbell Club	1994	62	65	68	68	60	65	-70	65	133	4	1	28
Female	Griffiths	Vanessa	F >87	98	CanAm Barbell Club	1992	78	82	86	86	92	-97	97	97	183	4	1	28
Male	Kuttain	Andrew	M 61	59.3	CanAm Barbell Club	1994	74	78	-82	78	92	97	-102	97	175	4	1	28
Male	Ho	Phil	M 81	81	CanAm Barbell Club	1992	101	-105	-105	101	125	128	132	132	233	4	1	28
Male	Lemaire	Sebastien	M 102	101	CanAm Barbell Club	2000	-113	113	116	116	138	143	146	146	262	4	1	28
Male	Ntienjem	Axel-Eitel	M 109	104.6	CanAm Barbell Club	2000	95	102	-107	102	115	122	128	128	230	4	1	28
Female	Ogasawara	Hana	F 59	59	CanAm Barbell Club	1997	57	60	-63	60	80	84	-88	84	144	4	2	25
Female	Mercier-Loyer	Laury-Jade	F >87	95	CanAm Barbell Club	2000	63	66	69	69	70	73	79	79	148	4	2	25
Male	Tran	Jessy	M 89	87.1	CanAm Barbell Club	1993	90	95	100	100	110	115	120	120	220	4	2	25
Male	Shaw	Donald	M 81	79.2	CanAm Barbell Club	1996	-92	97	-100	97	122	128	132	132	229	4	2	25
Female	Bonneville	Gabrielle	F 59	57	CanAm Barbell Club	2003	45	47	50	50	54	57	60	60	110	4	3	23
Male	Parsons	Jessie	M 89	88.6	CanAm Barbell Club	1997	92	-97	-97	92	-118	-118	118	118	210	4	3	23
Female	Quinn	Jasmine	F 71	68	CanAm Barbell Club	1997	-51	51	52	52	60	63	-67	63	115	4	4	22
Male	Marjanovic	Ivan	M 89	84.7	CanAm Barbell Club	1982	95	-100	100	100	-105	-110	-	-	-	5		
CanAm Barbell Club Total																		
Female	Robinson	Mikaylie	F 45	35.3	GGW	2010	31	33	35x	33	40	42	44	44	77	3	1	28
Female	Robinson	Marlowe	F 59	59	GGW	2005	60	63x	63	63	70	73x	73	73	136	3	1	28
Female	Lee	Madison	F 64	59.1	GGW	2006	38	41x	41	41	50	54	56	56	97	3	1	28
Female	Rogan	Shoshanna	F 81	77.9	GGW	2007	50	53	55x	53	65	68x	70	70	123	3	1	28
Male	MacLachlan	William	M 61	59.8	GGW	2015	8	9	11	11	13	15	17	17	28	3	1	28
Male	MacLachlan	Joshua	M73	72.6	GGW	2007	65x	65	70x	65	83	87	91	91	156	3	1	28
Male	Scott	Layne	M 55	29.3	GGW	2016	7	8	9	9	10	11	12	12	21	3	2	25
Female	Pilkey	Jane	F 76	74.5	GGW	1984	45	48	50	50	55	58	60	60	110	5	2	25
Male	Robinson	Larry	M 81	77.6	GGW	1970	30	40	46	46	60	65	70	70	116	5	4	22
Garage Gym Weightlifting Total																		
Male	Lange	Cayden	M 55	53.7	Landmark x JustLift	2011	35	38	-41	38	45	48	51	51	89	3	1	28
Male	Haydon-Dumouchel	Jackson	M 96	95.3	Landmark x JustLift	2010	-35	35	37	37	40	42	45	45	82	3	1	25
Female	De Grandpere	Marie	F 76	73.5	Landmark x JustLift	2002	55	58	-61	58	74	77	80	80	138	4	1	28
Female	Ryan	Julia	F 87	84.3	Landmark x JustLift	1990	72	76	80	80	90	95	100	100	180	4	1	28
Male	Munro	Nicolas	M 89	88.7	Landmark x JustLift	1998	115	120	125	125	158	164	-169	164	289	4	1	28
Male	Williams	Shane	M >109	128.1	Landmark x JustLift	1995	95	100	-105	100	120	-125	-	120	220	4	1	28
Female	Jones	Sue	F 76	75.7	Landmark x JustLift	1972	53	56	58	58	73	76	79	79	137	5	1	28
Female	Quaile	Christina	F 81	80.2	Landmark x JustLift	1980	54	56	58	58	65	67	69	69	127	5	1	28
Female	Murty	Kate	F 59	57.6	Landmark x JustLift	2008	35	38	41	41	45	48	-51	48	89	3	2	25
Female	Bruce	Ashley	F 64	60.3	Landmark x JustLift	1990	58	-62	62	62	69	72	75	75	137	4	2	25
Female	Verwey	Jess	F 71	69.3	Landmark x JustLift	2000	-60	-60	61	61	71	73	-76	73	134	4	2	25
Male	Bolton	Chris	M 81	78.5	Landmark x JustLift	1992	68	-71	-71	68	100	-105	-105	100	168	4	3	23
Female	De Grandpere	Eloise	F 71	68.4	Landmark x JustLift	2000	53	56	-59	56	72	75	78	78	134	4	3	23
Female	Clarke	Steph	F >87	92.6	Landmark x JustLift	1990	45	47	50	50	-55	56	59	59	109	4	4	22
Female	Lebel	Lili	F 87	83.9	Landmark x JustLift	2003	-57	-57	-57	-	-67	67	-70	67	-	4		
Landmark x JustLift Total																		
Male	Cooke-Hughes	Alexander	M 96	95	Nepean Weightlifting Club	1999	105	108	-111	108	135	140	145	145	253	4	1	28
Female	Pavely	Ellen	F 71	66	Nepean Weightlifting Club	1985	35	37	-39	37	-47	50	53	53	90	5	1	28
Female	Maurice	Alison	F 76	73	Nepean Weightlifting Club	2003	51	53	55	55	71	74	-77	74	129	4	2	25
Female	Hewson	Abby	F 76	72	Nepean Weightlifting Club	2001	45	-47	47	47	59	62	-65	62	109	4	3	23
Female	Angus	Mackenzie	F >87	87	Nepean Weightlifting Club	1998	47	48	51	51	-68	68	71	71	122	4	3	23
Male	Linklater	Trent	M 81	76.2	Nepean Weightlifting Club	1996	66	69	72	72	85	90	-95	90	162	4	4	22
Nepean Weightlifting Club Total																		
Female	Fech	Kiana	F >87	97.7	OP	2006	50	53x	53x	50	55	59x	60	60	110	3	1	28
Female	Haripersad	Samantha	F 87	82	OP	1996	40	43x	43x	40	48	51	55	55	95	4	2	25
Male	Anderson	Michael	M>109	133.6	OP	1998	85	90	90	90	105	110	113x	110	200	4	2	25
Male	Burn	Richard	M 81	79	OP	1989	70x	70	73x	70	85	89	95	95	165	5	3	23
Male	Evanyshn	Ian	M 81	79.4	OP	1995	70	75	79x	75	80	84	88	88	163	4	4	21
Optimal Performance Total																		
Male	Kiloran	Brady	M 96	92.5	United Counties Weightlifting Club	2006	87	90	-93	90	107	-112	112	112	202	3	1	28
Female	Sergenev	Abigail	F 59	58	United Counties Weightlifting Club	1994	63	-68	68	68	83	86	89	89	157	4	1	28
United Counties Weightlifting Club Total																		
56																		