

**B.C. Weightlifting**  
 www.bcweightlifting.ca  
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COMPÉTITION : **2020 B.C. Masters Provincials**

SITE : Crossfit BC  
 DATE : 2020-03-07

CITY : North Vancouver  
 ORGANIZER : Capilano Weightlifting

#	TAS	NAME	GIVEN NAME	CAT.	B.W.	Team	Birth Date	SNATCH			Best snatch	CLEAN&JERK			Best C&J	Total	Rank	Sinclair	
								1	2	3		1	2	3				Sinclair	SMF
6	343	JUPP	Erin	F30 64	60.40	LAX	1986	53	55	58	58	65	68	71	71	129	1	173.551	183.790
5	194	NGUYEN	Linda	F30 64	63.00	DYN	1987	52	55	(57)	55	67	(70)	70	70	125	2	163.824	171.360
4	171	BOUDRAA	Zina	F30 64	63.70	LAX	1988	(50)	50	(53)	50	(64)	(64)	(64)	-	-	-	-	
7	349	NASH	Katrina	F30 76	74.80	SWC	1987	(47)	47	49	49	60	63	(66)	63	112	1	133.599	139.744
7	780	KUBOTA	Yuka	F35 55	55.00	LAX	1982	54	57	(60)	57	64	68	72	72	129	1	184.743	204.880
6	304	CARRIGAN	Brette	F35 59	56.80	HWC	1983	53	55	57	57	70	72	74	74	131	1	183.495	201.111
7	572	DUMAS	Hilary	F35 59	58.30	DYN	1985	42	44	(47)	44	56	58	60	60	104	2	143.160	153.467
8	807	D'AVERSA	Emilia	F35 59	58.50	LAX	1985	35	(40)	40	40	50	(55)	55	55	95	3	130.476	139.871
9	597	DIEHL	Amy	F35 64	62.90	LAX	1983	57	61	(64)	61	72	76	(79)	76	137	1	179.725	196.978
10	993	SHAD	Mitra	F35 64	63.60	DYN	1982	(46)	(46)	47	47	59	62	(64)	62	109	2	142.040	157.522
1	236	RIEWE	Kirsten	F35 71	68.10	SWC	1982	70	73	76	76	85	88	91	91	167	1	209.203	232.006
2	676	WHITING	Amanda	F35 71	66.20	UXX	1984	64	68	71	71	91	94	95	97	168	2	213.838	229.234
3	325	NESTOR	Andrea	F35 81	78.90	DYN	1984	55	57	(59)	57	75	78	80	80	137	1	159.357	172.584
7	639	NG	Carmen	F40 49	49.00	EBW	1980	38	41	(43)	41	(52)	53	(55)	53	94	1	146.607	166.398
8	803	TAN	Tanya	F40 55	52.30	SWC	1978	41	43	45	45	52	54	(56)	54	99	1	146.985	170.797
1	437	MUNDELL	Caroline	F40 59	58.60	HWC	1980	62	(64)	64	64	76	78	80	80	144	1	197.553	224.223
2	973	ISOPO	Yette Marie	F40 59	59.00	DYN	1979	55	(57)	(57)	55	65	67	(69)	67	122	2	166.629	191.456
3	641	HUEL	Elizabeth	F40 71	67.60	DYN	1976	46	48	50	50	63	66	(69)	66	116	1	145.912	173.489
4	213	GILLIAM	Melissa	F40 76	74.90	DYN	1978	42	44	46	46	57	60	63	63	109	1	129.935	150.985
5	127	HAMBLY	Cathy	F40 81	81.00	LAX	1978	68	71	73	73	(88)	88	92	92	165	1	189.698	220.429
1	548	DAVID	Janella	F45 49	49.00	LAX	1973	50	53	(55)	53	(64)	64	(69)	64	117	1	182.478	224.996
2	151	LEUNG	Fay	F45 59	58.20	CAO	1974	55	(58)	(58)	55	73	(77)	(77)	73	128	1	176.396	214.851
4	761	AKASAKA	Carol	F45 64	60.90	CLD	1971	(50)	50	53	53	70	73	(75)	73	126	1	168.633	212.983
3	197	ROIK	Anna	F45 64	62.00	UXX	1973	40	43	46	46	50	53	56	56	102	2	134.997	166.451
5	196	CHAO	Linda	F45 71	64.80	DYN	1974	46	48	50	50	52	55	58	58	108	1	139.183	169.525
6	673	LODERMEIER	Jo-Anne	F45 81	79.10	UXX	1972	37	(40)	(40)	37	43	45	47	47	84	1	97.596	121.800
5	626	PURAC	Stella	F50 55	54.30	LAX	1969	35	(38)	38	38	45	49	(52)	49	87	1	125.722	163.062
6	784	LEE	Kandas	F50 59	57.00	SWC	1968	31	33	35	35	39	41	(43)	41	76	1	106.203	139.763
4	594	CAMERON	Heather	F55 64	62.00	HWC	1965	(42)	(43)	43	43	56	58	(60)	58	101	1	133.673	185.137
3	879	COOK	Debra	F60 59	56.60	UXX	1958	39	41	43	43	49	51	(54)	51	94	1	131.984	206.951
1	295	STEWART	Ruth	F65 64	64.00	HWC	1954	23	24	(25)	24	33	34	35	35	59	1	76.596	130.137
2	432	MURPHY	Sally	F65 81	78.70	SWC	1955	28	29	30	30	39	(41)	(41)	39	69	1	80.353	133.627
3	320	WONG	Ivan	M30 67	66.40	DYN	1989	55	59	62	62	75	(82)	(82)	75	137	1	186.514	189.498
4	133	CHENG	Paul	M30 73	71.00	DYN	1988	78	84	(88)	84	103	110	(112)	110	194	1	253.490	261.349
5	403	BOUCHER	Sebastian	M30 81	79.00	DYN	1987	90	(93)	93	93	107	(111)	(112)	107	200	1	246.263	257.591
12	640	CARTIER	Charles	M30 81	77.30	EBW	1987	55	58	(60)	58	62	65	68	68	126	2	156.939	164.159
6	457	KARAKUZU	Eray	M30 89	84.30	UXX	1986	91	96	102	102	120	125	130	130	232	1	276.536	292.852
7	468	TAYLOR	Stuart	M30 96	92.00	UXX	1990	(80)	80	(90)	80	105	110	115	115	195	1	223.461	223.461
8	353	CHEN	Rybo	M30 >109	112.50	UXX	1990	75	80	85	85	105	110	(115)	110	195	1	208.011	208.011
1	595	CHIANG	Michael	M35 73	70.50	UXX	1983	105	(110)	(110)	105	140	(143)	(143)	140	245	1	321.475	352.337
11	156	KRINSKY	Warren	M35 89	88.60	DYN	1981	(100)	(100)	100	100	125	128	(133)	128	228	1	265.584	297.985
2	249	JUPP	Benjamin	M35 >109	119.20	LAX	1982	65	75	(85)	75	101	(111)	(111)	101	176	1	184.817	204.962
9	408	YAN CHAK LO	Kenneth	M40 81	80.00	CAO	1976	(102)	102	105	105	125	130	(132)	130	235	1	287.482	341.816
8	262	CHAN	Clarence	M40 81	76.90	CAO	1980	52	55	57	57	(63)	63	(66)	63	120	2	149.883	170.118
10	767	KORKOWSKI	Raf	M40 >109	116.00	HWC	1980	128	133	135	135	147	152	155	155	290	1	306.703	348.107
3	352	HOULE	Glenn	M45 81	80.70	HWC	1973	64	66	68	68	85	88	(90)	88	156	1	189.993	234.261
2	223	POPE	Ron	M45 81	79.90	LAX	1975	45	(50)	50	50	60	70	(75)	70	120	2	146.894	176.713
4	516	CRUZ	Pierre	M45 81	74.60	CLD	1974	48	50	(53)	50	60	63	66	66	116	3	147.322	179.438
6	592	NARDI	Greg	M45 89	87.50	UXX	1972	70	72	75	75	98	102	105	105	180	1	210.855	263.147
5	310	BALL	Matthew	M45 89	88.80	SWC	1971	52	55	(60)	55	72	75	79	79	134	2	155.932	196.942
7	312	BRAUN	Nicolas	M45 96	94.50	FER	1975	57	(59)	59	59	73	(75)	77	77	136	1	154.133	185.422
9	953	SUDA	Chris	M50 73	72.30	UXX	1966	(75)	(75)	(75)	-	90	96	97	97	-	-	-	
10	405	LEE	Kingsley	M50 81	76.70	SWC	1967	64	(66)	66	66	83	86	89	89	155	1	193.872	259.400
1	240	KHALILZADEH	Kayvan	M50 >109	120.10	CAO	1969	60	65	70	70	85	(90)	92	92	162	1	169.795	220.225
8	285	PLUNET	Ward	M55 67	66.00	UXX	1961	30	35	38	38	43	47	(51)	47	85	1	116.167	172.856
7	729	CARTWRIGHT	Mike	M60 89	81.40	CAO	1959	62	66	70	70	85	90	95	95	165	1	200.080	308.323
5	969	COOPER	Terry	M65 67	62.00	CAO	1955	46	48	50	50	65	68	(70)	68	118	1	168.052	279.470
6	254	KASTEN	Ray	M65 89	86.10	FER	1955	55	(60)	60	60	70	73	(75)	73	133	1	156.958	261.022
4	922	W. HUFFMAN	Kenneth	M70 81	79.50	UXX	1948	36	39	41	41	47	51	53	53	94	1	115.365	225.308
2	531	VAUGHAN	Don	M80 73	70.60	XBC	1937	20	22	24	24	22	24	26	26	50	1	65.552	185.577
3	799	JACKSON	Mike	M80 81	76.00	DYN	1938	(28)	28	(31)	28	38	41	43	43	71	1	89.249	241.152
1	297	FERGUSON	Edward	M85+ 89	84.00	FER	1935	29	31	33	33	37	39	41	41	74	1	88.357	278.589