



Saskatchewan Powerlifting

Top 10 Equipped Female Powerlifters

As of May 31st, 2022

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	Athlete	Date	Location	Competition	Age	Division	Class	Weight	SQ	BP	DL	Total	GL Points*
1	Rhaea Stinn	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	84	83.7	245	228.5	212.5	686	107.99
2	Carolyn Tran	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	63	60.6	172.5	107.5	180	460	84.91
3	Kaylee Maruska	2021-Aug-17	USA-FL	Pan-American Championships	Juniors	Equipped	76	74.1	185	122.5	185	492.5	81.74
4	Charlene Cossar	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	69	68.5	175	110	187.5	472.5	81.5
5	Marnel Spencer	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Masters 2	Equipped	47	46.1	117.5	69	126	312.5	69.42
6	Heidi Fowler	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	84+	88.6	167.5	127.5	150	445	68.57
7	Franki Nault	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	63	61.9	150	77.5	140	367.5	66.98
8	Mava Brydges	2022-May-09	Canada-NL	Canadian National Championships	Masters 3	Equipped	76	74.8	137.5	87.5	145	370	61.13
9	Bree Hagen	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Sub-Juniors	Equipped	76	73.2	140	75	140	355	59.24
10	Calla Hrynewich	2021-Dec-11	Canada-SK	Last Chance	Sub-Juniors	Equipped	63	61.7	100	60	115	275	50.22

*These Lists are based on each lifter's Good Lift Points Score. These points are accounted for at the end of a successful competition. All recorded lifts are in KILOGRAMS.