

Saskatchewan Powerlifting

Top 20 Equipped 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	<i>Rhaea Stinn</i>	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	84	83.7	245	228.5	212.5	686	107.99
2	<i>Aaron Ziffle</i>	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	93	92.9	335	235	280	850	92.19
3	<i>Ryan Stinn</i>	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	120+	146.9	395	302.5	310		1007.5	91.02
4	<i>Carolyn Tran</i>	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	63	60.6	172.5	107.5	180	460	84.91
5	<i>Dustin Fraser</i>	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	93	92.6	290	185	280	755	82.05
6	<i>Kaylee Maruska</i>	2021-Aug-17	USA-FL	Pan-American Championships	Juniors	Equipped	76	74.1	185	122.5	185	492.5	81.74
7	<i>Charlene Cossar</i>	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	69	68.5	175	110	187.5	472.5	81.5
8	<i>Dre Grasdal</i>	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Open	Equipped	120+	128.2	300	210	240	750	70.74
9	<i>Marnel Spencer</i>	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Masters 2	Equipped	47	46.1	117.5	69	126	312.5	69.42
10	<i>Heidi Fowler</i>	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	84+	88.6	167.5	127.5	150	445	68.57
11	<i>Franki Nault</i>	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	63	61.9	150	77.5	140	367.5	66.98
12	<i>Nathan Dorward</i>	2021-Dec-11	Canada-SK	Last Chance	Open	Equipped	105	99.2	220	185	225	630	66.13
13	<i>Mava Brydges</i>	2022-May-09	Canada-NL	Canadian National Championships	Masters 3	Equipped	76	74.8	137.5	87.5	145	370	61.13
14	<i>Bree Hagen</i>	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Sub-Juniors	Equipped	76	73.2	140	75	140	355	59.24
15	<i>Randy Schiller</i>	2022-Feb-19	Canada-SK	Olympia In Depth Open	Masters 3	Equipped	105	102.7	206	135	230	571	58.95
16	<i>Calla Hrynewich</i>	2021-Dec-11	Canada-SK	Last Chance	Sub-Juniors	Equipped	63	61.7	100	60	115	275	50.22
17	<i>Natalie Butz</i>	2022-May-21	Canada-SK	Foundation Open	Sub-Juniors	Equipped	84	79.6	92.5	75	115	282.5	45.41

*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.