



ALBERTA  
POWERLIFTING UNION

# 2023 Women's Rankings Masters



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	NAME	BW	CLASS	AGE	SQUAT	BENCH	DEADLIFT	TOTAL	IPF GL POINTS
1	Anne Andres	117.38	84+	Master 1	212.5	132.5	252.5	597.5	102.82
2	Sousanh Chanthalangsy	121.36	84+	Master 1	210.0	105.0	205.0	520.0	88.97
3	Carole Vachon	81.79	84	Master 1	160.0	90.0	187.5	437.5	83.51
4	Michelle Vandegriend	60.64	63	Master 1	112.5	77.5	170.0	360.0	80.78
5	Jody McPeak	56.06	57	Master 2	117.5	67.5	145.0	330.0	78.39
6	Denise Royer	56.66	57	Master 1	117.5	75.0	130.0	322.5	75.99
7	Janine Hebert	125.04	84+	Master 1	157.5	100.0	180.0	437.5	74.51
8	Janique Lafond	50.25	52	Master 2	107.5	52.5	125.0	285.0	74.16
9	Cydnee Seneviratne	62.01	63	Master 2	102.5	67.5	155.0	325.0	71.84
10	Jennifer Kwan	73.37	76	Master 1	137.5	67.5	152.5	357.5	71.70
11	Lauren Graham	62.18	63	Master 1	110.0	65.0	137.5	312.5	68.95
12	SuJan Gill	131.71	84+	Master 1	160.0	72.5	162.5	395.0	66.78
13	Marie-Anne Sylvie Roche	78.64	84	Master 1	115.0	75.0	147.5	337.5	65.51
14	Teresa Oldenburger	67.70	69	Master 1	115.0	55.0	130.0	300.0	62.82
15	Jenny Howe	101.64	84+	Master 1	127.5	65.0	145.0	337.5	59.93
16	Deanne Snell	81.82	84	Master 1	112.5	72.5	127.5	312.5	59.64
17	Dawn Noppers	75.31	76	Master 1	102.5	60.0	137.5	300.0	59.40
18	Jaylene Black	82.71	84	Master 1	117.5	52.5	135.0	305.0	57.95
19	Sylvia Gaucher	80.13	84	Master 4	106.5	52.5	136.5	295.5	56.89
20	Jamie Dodd	65.70	69	Master 1	95.0	57.5	107.5	260.0	55.42

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