

**MANITOBA WEIGHTLIFTING ASSOCIATION RANKINGS - UPDATED April 25, 2024**

Rank	Last Name	First Name	Cat.	B.W.	Team	Total	Sinclair	Date	Competition
1	Kirkup	Jack	M 89	88.90	SWS	266	321.710	25-Nov-2023	Westerns 2023 - Wpg
2	Mazur	Eric	M 81	81.00	Hercules	245	310.940	17-Feb-2024	La Coupe 2024
3	Rodriguez	Nigel	M 102	98.70	Dakota	268	309.040	17-Feb-2024	La Coupe 2024
4	Louttit	Zackary	M 81	74.45	SWS	232	309.030	25-Nov-2023	Westerns 2023 - Wpg
5	Amuro	Aleck	M 73	72.20	UNA	225	305.370	17-Feb-2024	La Coupe 2024
6	Robinson	Ian	M 89	85.65	UNA	246	303.117	13-Jan-2024	2024 Masters Provs - Sask
7	Paterson	Karl	M 89	88.70	Hercules	242	293.010	17-Feb-2024	La Coupe 2024
8	Elsom	Sam	M 81	79.65	Dakota	228	292.060	25-Nov-2023	Westerns 2023 - Wpg
9	Bottomley	Justin	M 96	91.30	Dakota	238	284.190	25-Nov-2023	Westerns 2023 - Wpg
10	Gilbert	Craig	M >109	118.80	Norak	256	275.900	17-Feb-2024	La Coupe 2024
11	Leiva	Braulio	M 89	88.50	Athlitis	223	270.300	25-Nov-2023	Westerns 2023 - Wpg
12	Howell	Tommy	M 102	100.00	UNA	226	259.190	25-Nov-2023	Westerns 2023 - Wpg
13	Garand	Dan	M >109	119.80	Dakota	263	259.076	21-Apr-2024	Dakota/Norak Open 2024
14	Salo	Jordan	M 81	78.90	Hercules	195	251.120	17-Feb-2024	La Coupe 2024
15	Kornelson	Jayms	M 67	66.50	UNA	171	244.722	25-Nov-2023	Westerns 2023 - Wpg
16	Beer	Parker	M 89	88.20	Hercules	201	244.042	21-Apr-2024	Dakota/Norak Open 2024
17	Alabi	Eniola	M >109	118.80	Hercules	226	243.570	17-Feb-2024	La Coupe 2024
18	Rohne	Peter	M 73	72.30	Hercules	179	242.730	17-Feb-2024	La Coupe 2024
19	Wickham	Derek	M 96	95.90	UNA	205	239.351	21-Apr-2024	Dakota/Norak Open 2024
20	Cadag	Philip	M 81	78.70	Hercules	184	237.290	17-Feb-2024	La Coupe 2024
21	Sampson	Brennan	M 73	71.50	UNA	172	234.855	21-Apr-2024	Dakota/Norak Open 2024
22	De Rocquigny	Jesse	M 102	100.70	UNA	201	229.850	17-Feb-2024	La Coupe 2024
23	Boyd	David	M 102	104.10	UNA	197	222.310	17-Feb-2024	La Coupe 2024
24	Lam	Winson	M 89	85.45	Hercules	177	218.358	15-Oct-2023	Chalk n' Awe 2023 - SK
25	Pachal	Tom	M 89	88.40	UNA	175	212.238	21-Apr-2024	Dakota/Norak Open 2024
26	Boroditsky	Michael	M 73	70.20	Norak	153	211.345	21-Apr-2024	Dakota/Norak Open 2024
27	Bohonis	Christopher	M 89	88.80	Dakota	170	205.717	21-Apr-2024	Dakota/Norak Open 2024
28	Deley	Anthony	M >109	128.10	Hercules	192	202.560	17-Feb-2024	La Coupe 2024
29	Gordon	Keith	M 89	86.10	Norak	140	172.040	21-Apr-2024	Dakota/Norak Open 2024
30	Goods	Brian	M >109	113.80	Dakota	125	136.586	21-Apr-2024	Dakota/Norak Open 2024
31	Chartrand	Emmett	M 67	63.10	SWS	63	93.473	21-Apr-2024	Dakota/Norak Open 2024

Rank	Last Name	First Name	Cat.	B.W.	Team	Total	Sinclair	Date	Competition
1	Skelton	Rienna	W 64	64.00	SWS	175	227.550	25-Nov-2023	Westerns 2023 - Wpg
2	Parker	Kelly	W 55	54.90	Banditos	152	218.413	21-Apr-2024	Dakota/Norak Open 2024

3	Pfund	Anastasia	W 81	80.60	Norak	185	213.350	17-Feb-2024	La Coupe 2024
4	Robak	Nicole	W 64	62.20	Banditos	158	209.043	21-Apr-2024	Dakota/Norak Open 2024
5	Robinson	Andrea	W 64	63.40	UNA	158	206.610	17-Feb-2024	La Coupe 2024
6	Piel-Glade	Linsey	W 81	79.10	Norak	167	187.081	17-Feb-2024	La Coupe 2024
7	Gratton	Victoria	W 76	71.95	UNA	153	186.335	25-Nov-2023	Westerns 2023 - Wpg
8	Waller	Aurora Dawny	W 55	54.40	Dakota	128	185.120	17-Feb-2024	La Coupe 2024
9	Fisher	Kristy	W 64	63.40	EHBC	138	180.459	21-Apr-2024	Dakota/Norak Open 2024
10	Demeule	April	W 64	62.90	Athlitis	133	174.760	21-Apr-2024	Dakota/Norak Open 2024
11	Macaulay	Kristin	W 59	58.20	Dakota	123	169.824	21-Apr-2024	Dakota/Norak Open 2024
12	McIntosh	Sadie	W 76	72.90	UNA	133	160.890	17-Feb-2024	La Coupe 2024
13	Placido	Angelica	W 76	75.70	Amaranth	130	154.339	21-Apr-2024	Dakota/Norak Open 2024
14	Alexander	Claire	W >87	106.30	Norak	147	154.007	21-Apr-2024	Dakota/Norak Open 2024
15	Green	Jana	W 87	86.10	UNA	137	153.685	13-Jan-2024	2024 Masters Provs - Sask
16	Matwyczuk	Alexa	W >87	138.00	UNA	153	153.613	21-Apr-2024	Dakota/Norak Open 2024
17	Petrea	Diana	W 59	57.60	Athlitis	107	149.055	3-Jun-2023	Jr. Nationals 2023
18	Wheeler	Tynamarie	W >87	120.40	Norak	143	145.950	17-Feb-2024	La Coupe 2024
19	Alvarez	Karen	W 55	48.90	Athlitis	93	145.644	21-Apr-2024	Dakota/Norak Open 2024
20	Hong	Nhu	W 49	48.30	Norak	91	143.904	21-Apr-2024	Dakota/Norak Open 2024
21	McAlpine	Katiana	W 59	56.60	Hercules	98	137.872	21-Apr-2024	Dakota/Norak Open 2024
22	Geisbrecht	Danika	W >87	110.70	Hercules	132	136.960	17-Feb-2024	La Coupe 2024
23	George	Julie	W 76	73.00	Norak	105	126.930	17-Feb-2024	La Coupe 2024
24	Johnson-Lemire	Rebecka	W 55	54.10	UNA	87	126.320	17-Feb-2024	La Coupe 2024
25	Boudy	Deborah	W 87	86.20	UNA	112	125.580	17-Feb-2024	La Coupe 2024
26	Giddings	Kelly	W >87	89.10	Norak	112	124.000	17-Feb-2024	La Coupe 2024
27	Garand	Natasha	W 71	64.50	Dakota	88	113.894	21-Apr-2024	Dakota/Norak Open 2024
28	Falk	Megan	W 71	70.40	Norak	92	113.340	17-Feb-2024	La Coupe 2024
29	Da Silva	Priscila	W 76	73.60	Norak	92	110.750	17-Feb-2024	La Coupe 2024
30	Smandych	Kathryn	W 64	60.90	Norak	62	83.120	17-Feb-2024	La Coupe 2024
31	Czaenecki	Annalynn	W 76	72.00	Hercules	67	81.598	15-Oct-2023	Chalk n' Awe 2023 - SK
32	McDill	Jasper	W 45	25.50	Norak	24	72.340	17-Feb-2024	La Coupe 2024

### Provincial Ranking List Policy

Separate female and male overall ranking lists are updated after the following events:  
**Manitoba Open, Junior and Senior Provincials, Junior Nationals, La Coupe Du Voyageur, Western Canadian Championship, and Senior Nationals**

In the event that an athlete posts a total at a different competition than the ones listed above; it is the athlete's responsibility to inform the MWA office if they would like that total be posted on the ranking list.

Contact: [mwavpad@gmail.com](mailto:mwavpad@gmail.com)

**Athletes will be ranked from highest to lowest based on Sinclair (using actual bodyweight)**

**For the total to be posted on the ranking list an athlete must be a member in good standing and the total must have been posted while an MWA member in good standing.**

**Highest result from the past 12 months will be used.**

**To remain on the list an athlete must have posted a total within the past 12 months as of the date when the list was last updated.**

**In the event of a tie on the ranking list the athletes will be co-ranked on the list.**