

**Alberta Weightlifting Association**  
**June 2022- May 2023 MALE Provincial Rankings (by BW sinclair)**

Updated April 5, 2023

Overall Rankings										
	Last Name	First Name	Weight Class	BW	Club	YOB	Date	Total	BW sinclair	Class
1	PRETTY	Andrew	96	95.92	MET	1992	2/4/2023	315	354.790	Int. II
2	CATHCART-MCKINNON	Aaron	102	100.93	FRP	1997	3/26/2023	312	344.800	Int. III
3	MEIDL	Ryan	109	108.90	UNA	1987	2/4/2023	320	344.71	Int. II
4	von Muehldorfer	Max	>109	131.50	GGW	2003	3/18/2023	328	337.05	Int. III
5	CHUI	Jonathan	73	72.80	AB	1998	11/19/2022	261	336.10	Int. III
6	WHITE	Josh	81	80.04	UNA	1995	10/1/2022	272	332.660	Int. III
7	MELNYK	Kalin	96	93.09	UNA	2000	2/4/2023	290	330.69	Int. IV
8	NAVARRO	Deion	73	72.45	OPF	1993	3/28/2023	256	330.570	Int. IV
9	LO	Derek	96	95.91	UNA	1995	2/4/2023	292	328.98	Int. IV
10	SEVERO	Jaxon	96	95.95	FSA	2005	3/30/2023	292	328.930	Int. IV
11	POSYLUZNY	Joshua	109	107.71	GGW	1993	11/19/2022	292	325.28	Int. IV
12	URQUHART	Colin	89	89.00	CAN	1994	9/17/2022	276	320.85	Int. IV
13	MELEMENIS	Chris	81	79.72	VAL	1989	3/31/2023	259	317.410	Int. IV
14	CACHIA	Damien	73	71.53	LB	1994	4/2/2023	242	314.830	Int. IV
15	GERCHIKOV	Maxim	81	80.74	AB	1988	11/19/2022	255	310.49	Int. IV
16	SEVERO	Jaxon	89	88.01	AB	2005	11/19/2022	265	309.61	Int. IV
17	HUTCHINSON	Glen	89	85.45	AB	1976	7/9/2022	260	307.93	Int. IV
18	LORENZO	Dave	81	74.2	OPF	1998	3/11/2023	230	306.987	Prov. I
19	CHHAY	Danny	55	53.64	TOP	2002	12/3/2022	194	306.96	Int. IV
20	SUTHERLAND	Chris	89	81.33	FSA	2001	4/3/2023	253	306.930	Prov. I
21	VUONG	Steven	89	83.45	TOP	2001	4/4/2023	254	304.240	Prov. I
22	LORENZO	Dave	73	70.93	OPF	1998	4/5/2023	231	302.010	Prov. I
23	KORTE	Michael	>109	136.00	PPL	1990	8/20/2022	293	299.29	Prov. I
24	KENT	Miles	81	80.03	GGW	1997	4/6/2023	242	295.990	Prov. I
25	FLORES	Russell	73	71.36	VAL	1985	2/4/2023	223	290.52	Prov. I
26	HAGUE	Alex	81	78.90	GGW	1996	1/29/2023	235	289.55	Prov. I
27	MARSHALL	Cole	81	76.61	MET	1992	2/4/2023	231	289.11	Prov. I
28	CHAU	Tony	67	65.96	TOP	2001	12/3/2022	211	288.48	Prov. I
29	DINH	Paul	73	71.51	MET	1991	10/1/2022	220	286.25	Prov. I
30	MCDONALD	Robert	96	95.60	FPR	1994	2/4/2023	252	284.28	Prov. I
31	SZMIHELKY	Marko	96	93.47	GGW	1996	2/4/2023	248	282.33	Prov. I
32	BLAKELY	Zachary	81	79.80	OPF	1999	8/20/2022	229	280.50	Prov. I
33	VAN DAM	Austin	109	103.72	VAL	1993	4/10/2023	255	279.110	Prov. I
34	WUTZKE	Sean	96	93.48	IX	1990	4/9/2023	244	277.760	Prov. I
35	MORRIS	Brayden	89	85.85	PAN	1996	4/11/2023	234	276.530	Prov. I
36	SANDEE	Adrian	81	80.12	OPF	1989	4/12/2023	225	275.040	Prov. I
37	GHENT	Jeremy	89	87.68	OPF	1985	2/4/2023	235	275.03	Prov. I

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38	COATES	Brandyn	102	102.00	CAN	1986	9/17/2022	247	271.94	Prov. I
39	FREEL	Zachary	89	87.13	OPF	2001	4/13/2023	231	271.120	Prov. I
40	FITZOWICH	Alex	89	86.66	KF	1993	4/14/2023	230	270.620	Prov. I
41	RUSSELL	Brandon	81	80.38	AI	1982	2/4/2023	221	269.70	Prov. I
42	MIGNEAULT	Richard	96	95.87	GGW	1994	4/15/2023	239	269.310	Prov. I
43	PRAJEA	Mihai	89	83.76	VAL	1991	10/1/2022	225	269.02	Prov. I
44	CHU	Jordan	81	77.15	UNA	1993	10/1/2022	215	268.07	Prov. II
45	SUAREZ	Gino	89	87.15	FPR	1987	2/4/2023	228	267.57	Prov. I
46	OWEN	Grayson	81	79.27	VAL	1993	4/16/2023	217	266.720	Prov. I
47	HO	Kevin	81	79.56	MSW	1987	2/4/2023	213	261.31	Prov. II
48	RAI	Ayden	89	88.51	PPL	2001	4/18/2023	224	261.040	Prov. I
49	HIEBERT	Taylor	89	86.94	VDP	1990	2/4/2023	222	260.82	Prov. I
50	DESHAYE	Matt	89	86.80	VAL	1982	10/1/2022	221	259.84	Prov. II
51	BURAK	Brett	81	80.48	GGW	1998	2/4/2023	213	259.77	Prov. II
52	LAI	Carter	67	63.75	TOP	2003	12/3/2022	185	258.60	Prov. II
53	ALMARIO	Miguel	109	106.35	VAL	1998	4/22/2023	238	258.530	Prov. II
54	LIEU	Evan	67	65.12	MSC	1997	4/21/2023	185	255.030	Prov. II
55	FEARN	Brenden	73	72.25	IF	1991	2/4/2023	197	254.79	Prov. II
56	HO	Kevin	89	81.49	MSW	1987	10/1/2022	210	254.51	Prov. II
57	LAI	Carter	61	60.57	AB	2003	6/1/2022	175	253.26	Prov. II
58	HUYNH	Albert	81	79.87	VDP	1991	4/23/2023	206	252.220	Prov. II
59	KAN	Daniel	67	63.56	MSW	1998	10/1/2022	180	252.11	Prov. II
60	TAYLOR	Lincoln	61	61.00	CAN	2006	9/17/2022	175	252.02	Prov. II
61	BEITEL	Travis	109	107.35	FRP	1983	4/27/2023	230	248.890	Prov. III
62	CHAN	Angus	67	66.53	UNA	1983	4/24/2023	183	248.830	Prov. II
63	LANDRY	Chris	89	86.70	UNA	1990	1/29/2023	211	248.21	Prov. II
64	ALMARIO	Miguel	102	101.80	VAL	1998	8/20/2022	225	247.89	Prov. II
65	OUANO	Kenneth	67	65.97	VAL	2001	4/25/2023	181	247.440	Prov. II
66	TORRES	Franchesco	61	59.50	VDP	1998	10/1/2022	168	246.18	Prov. II
67	SACCOMANI	Marco	73	72.40	OPF	1996	6/12/2022	190	245.45	Prov. II
68	Proulx	Ryan	109	105.4	UNA	1986	3/11/2023	213	239.213	Prov. III
69	WARD	Giovanni	102	98.77	FPR	1996	2/4/2023	214	238.39	Prov. III
70	CASHION	Heath	96	95.77	GGW	2002	4/30/2023	210	236.730	Prov. III
71	LI	James	89	85.87	MSW	1993	2/4/2023	198	233.96	Prov. III
72	AMBEAULT	Nick	81	78.99	FSA	2003	5/1/2023	189	232.730	Prov. III
73	MAH	James	73	72.35	TOP	2003	12/3/2022	179	231.33	Prov. III
74	CASTRO DUARTE	Juan Alejandro	96	92.03	VAL	1997	6/12/2022	200	229.16	Prov. III

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75	AMBEAULT	Nicholas	81	77.92	AB	2003	6/1/2022	183	226.97	Prov. III
76	ANGIHAN	Jared	89	88.90	VDP	1994	10/1/2022	195	226.80	Prov. III
77	BAYNE	Jaydaan	102	99.85	GGW	2001	2/4/2023	201	223.00	Prov. III
78	PICKERING	Shawn	109	107.73	OPF	1987	6/12/2022	205	221.58	Prov. III
79	CHUNG	Dale	109	108.98	UNA	1982	6/12/2022	205	220.78	Prov. III
80	LINNYK	Maksym	81	75.30	UNA	2008	10/1/2022	173	218.58	Prov. IV
81	TCHESNOKOV	Nikolai	89	87.55	OPF	2005	12/3/2022	186	217.83	Prov. III
82	BURNS	Kalen	89	82.75	OPF	1998	6/12/2022	180	216.49	Prov. IV
83	PARK	Nathaniel	67	64.83	TOP	2004	12/3/2022	156	215.67	Prov. IV
84	HARPER	Shelby	96	89.18	VDP	1995	10/1/2022	183	212.55	Prov. IV
85	PHAM	Larry	89	87.07	VAL	1989	10/1/2022	181	212.50	Prov. IV
86	LAFORTE	Nolan	96	89.84	MET	1994	6/12/2022	183	211.86	Prov. IV
87	VASANJI	Adil	73	70.71	ESP	1983	6/12/2022	160	209.57	Prov. IV
88	TRUONG	David	81	80.80	PPL	1988	8/20/2022	169	205.70	Prov. IV
89	MONTGOMERY	Tyler	102	100.11	GGW	1999	10/1/2022	185	205.06	Prov. IV
90	ADHIKARI	Kiran	73	68.85	TOP	2003	12/3/2022	153	203.65	Novice
91	PRETTY	Elijah	89	85.34	OPF	2000	2/4/2023	170	201.46	Prov. IV
92	DELA CRUZ	Chris	55	50.86	PPL	2001	12/3/2022	122	201.35	Prov. IV
93	LAFORTE	Nolan	89	86.87	MET	1994	10/1/2022	171	200.97	Prov. IV
94	ANDERSON	Dylan	109	106.63	VDP	1996	2/4/2023	185	200.63	Prov. IV
95	YOUNG	Aaron	81	79.80	PAN	1983	2/4/2023	163	199.66	Prov. IV
96	IRELAND	timothy	89	85.74	FPR	1995	2/4/2023	168	198.65	Prov. IV
97	PEREZ	Patrick	67	64.84	UNA	2003	10/1/2022	143	197.68	Novice
98	MWIZERWA	Eli	89	85.90	PAN	1987	2/4/2023	165	194.93	Novice
99	ESHRAGHIAN	Kia	102	101.04	PAN	1991	6/12/2022	175	193.32	Novice
100	BROOKS	Dustin	89	88.31	OPF	1996	10/1/2022	165	192.48	Novice
101	JOHNSON	Aaron	102	100.59	PAN	1979	2/4/2023	171	189.21	Novice
102	CHUNG	Josh	>109	128.60	OPF	1996	10/1/2022	183	188.87	Novice
103	ESHRAGHIAN	Kia	>109	119.66	PAN	1991	2/4/2023	184	187.96	Novice
104	WATMOUGH	Noah	67	66.75	FSA	2003	12/3/2022	138	187.25	Novice
105	LAXAMANA	Andrew	73	69.13	TOP	2005	12/3/2022	141	187.21	Novice
106	STRATE	Joshua	81	79.77	UNA	1993	10/1/2022	150	183.77	Novice
107	ANUIK	Jonathan	81	76.50	ESP	1980	10/1/2022	146	182.87	Novice
108	ENTZ	Jesse	73	71.29	PPL	1977	6/12/2022	135	175.97	Novice
109	WILSON	Kier	89	89.00	CAN	1971	9/17/2022	150	174.38	Novice
110	HEINEMANN	Christopher	89	83.39	GGW	2001	10/1/2022	145	173.74	Novice
111	BAKUNDA	Isaac	96	93.95	VAL	1997	6/12/2022	152	172.68	Novice

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112	ANDERSON	Jack	61	59.95	IX	2005	10/1/2022	117	170.54	Novice
113	ORTIZ	Marlon	89	87.63	PAN	2002	12/3/2022	144	168.57	Novice
114	JACKSON	Myles	102	99.39	PAN	2006	6/12/2022	146	162.26	Novice
115	AMBEAULT	Christopher	55	54.00	PPL	2007	12/3/2022	103	162.14	Novice
116	TIBBETTS	Matthew	>109	113.17	PPL	1975	2/4/2023	152	161.86	Novice
117	SCHIFF	Daniel	89	88.59	OPF	1975	2/4/2023	133	154.93	Novice
118	LEE	Silas	67	66.34	OPF	1993	6/12/2022	108	147.12	Novice
119	SCHIFF	Daniel	96	93.48	OPF	1975	10/1/2022	129	146.85	Novice
120	POMEROY	Sheldon	67	62.97	HAN	1962	2/4/2023	103	145.16	Novice
121	MAHONEY	David	73	69.82	IF	1954	2/4/2023	109	143.86	Novice
122	WHITAKER	Blaine	109	106.79	IF	1963	2/4/2023	131	142.00	Novice
123	GABIS	Frank Lloyd	73	71.53	FRP	1996	10/1/2022	108	140.50	Novice
124	WILSON	Breaux	55	50.70	UNA	2008	12/3/2022	82	135.68	Novice
125	LEFEVRE	Eugene	61	58.85	FSA	2009	12/3/2022	84	124.06	Novice
126	GREEN	Tristan	102	97.96	FSA	2006	12/3/2022	100	111.74	Novice
127	WILLIAMS	Spencer	45	44.17	PAN	2005	12/3/2022	61	103.51	Novice
128	DE GROOT	Chelsey	71	68.12	IX	1987	10/1/2022	82	102.71	Novice
129	MAYEN	Yar	71	68.04	PAN	2002	12/3/2022	81	101.52	Novice
130	ALEXANDER	Scarlett	55	52.44	IX	2007	10/1/2022	67	99.28	Novice
131	CENDER	Shelby	76	72.44	PAN	1992	6/12/2022	78	94.55	Novice
132	HUTTON	Alyssa	76	71.45	PPL	2002	6/12/2022	76	92.78	Novice
133	LESKIW	Logan	49	47.50	VAL	2009	12/3/2022	52	90.84	Novice
134	NEDEV	Maya	49	48.00	UNA	2004	12/17/2022	54	85.59	Novice
135	DEWAR	Sandy	76	74.29	MET	1953	2/4/2023	70	83.78	Novice
136	LESKIW	Logan	55	49.10	VAL	2009	8/20/2022	47	79.84	Novice
137	HANSLER	Christine	81	76.62	PPL	1971	10/1/2022	58	68.39	Novice