

## CPU National Team Qualifying Championship Results

**Purpose:**

The purpose of these spreadsheets is to help coaches and athletes determine at a quick look where they stand for the application of CPU National Team spots based on the qualifying championships only.

**Age Division:**

The Age Division category has been updated to reflect actual Age Division for each athlete in 2024 if we are aware of it (ie: a Sub-Junior in 2023 recorded a total at Sub-Junior Worlds, but in 2024 moved to Junior, they are now listed as Junior as the total is no longer valid for the Sub-Junior Age Division). As we are unaware of birth years for all athletes, we cannot guarantee that the age categories are accurate.

**National Team:**

The CPU National Team Qualification process can be found in Section 19 at [https://www.canadianpowerliftingunion.com/files/ugd/5767ca\\_d42ceacdbec14ac5be178e9074213b1c.pdf](https://www.canadianpowerliftingunion.com/files/ugd/5767ca_d42ceacdbec14ac5be178e9074213b1c.pdf)

**Errors:**

Should you notice any errors or would like to submit your birth year for inclusion in the data, please email ryan.fowler@sbdapparel.ca

**Data Sources:**

<https://www.openipf.org/rankings/cpu>  
<https://www.powerlifting.sport/championships/results>  
<https://www.canadianpowerliftingunion.com/national-results>  
<https://www.canadianpowerliftingunion.com/regional-results>

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Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Rayan Armon Kia	M	B	Raw		Sub-Juniors	51.24	53	95.0	62.05	2023 Nationals	2023-02-13
Zachary Vandenburg	M	B	Raw	2007	Sub-Juniors	50.89	53	72.5	47.54	2023 Nationals	2023-02-13
Zachary Vandenburg	M	B	Raw	2007	Sub-Juniors	50.7	53	72.5	47.64	2023 Bench Worlds	2023-05-20
Ethan McDonald	M	B	Raw		Youth 3	50.15	53	50.0	33.06	2024 Easterns	2024-03-21

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Rikizo	M	B	Raw		Juniors	58.66	59	115.0	69.62	2024 Central	2024-02-18
Connoi	M	B	Raw		Sub-Juniors	58.96	59			2024 Wester	2024-03-10

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Anson Chew	M	B	Raw		Sub-Juniors	65.13	66	165.0	94.27	2023 Nationals	2023-02-13
Jalen Nelson	M	B	Raw		Open	65.05	66	150.0	85.76	2024 Westerns	2024-03-10
Benjamin Yu	M	B	Raw	1989	Open	61.33	66	137.5	81.2	2023 Easterns	2023-09-07
Pete Williams	M	B	Raw		Open	64.88	66	127.5	73	2023 Nationals	2023-02-13
Benjamin Wangsawidjaja	M	B	Raw		Open	65.43	66	127.5	72.66	2023 Nationals	2023-02-13
Andrew Lang	M	B	Raw		Open	64.26	66	120.0	69.07	2023 Nationals	2023-02-13
Réjean Talon	M	B	Raw		Masters 3	64.95	66	117.5	67.23	2023 Centrals	2023-07-20
Sean Vandenburg	M	B	Raw	1977	Masters 1	62.55	66	105.0	61.34	2023 Bench Worlds	2023-05-20
Kieran Hamel	M	B	Raw		Sub-Juniors	65	66	102.5	58.63	2024 Westerns	2024-03-10
Kieran Hamel	M	B	Raw	2006	Sub-Juniors	63.9	66	92.5	53.4	2023 Westerns	2023-08-10
David Hrynkow	M	B	Raw	1964	Masters 3	65.75	66	82.5	46.89	2023 Nationals	2023-02-13
Ward Plunet	M	B	Raw		Masters 3	64.84	66	65.0	37.23	2023 Nationals	2023-02-13
Clark Stevenson	M	B	Raw		Youth 2	63.41	66	15.0	8.7	2023 Easterns	2023-09-07

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Daniel Remulla	M	B	Raw	1991	Open	73.95	74	177.5	94.69	2023 Nationals	2023-02-13
Loc Nguyen	M	B	Raw		Open	72.8	74	165.5	89.03	2023 NAPF Bench	2023-10-20
Loc Nguyen	M	B	Raw		Open	73.06	74	160.0	85.91	2023 Nationals	2023-02-13
Adrian Cheung	M	B	Raw		Juniors	72.12	74	152.5	82.45	2024 Centrals	2024-02-18
Anthony-Kram Jasmin	M	B	Raw		Juniors	71.75	74	147.5	79.97	2023 Nationals	2023-02-13
Ramis Be	M	B	Raw	1971	Masters 2	73.45	74	137.5	73.62	2023 Nationals	2023-02-13
Daniel Marion	M	B	Raw		Open	72.16	74	137.5	74.32	2024 Centrals	2024-02-18
Ethan Vischoff	M	B	Raw		Juniors	73.59	74	137.5	73.55	2024 Westerns	2024-03-10
Kyle Salvanera	M	B	Raw		Juniors	73.65	74	135.0	72.18	2023 Centrals	2023-07-20
Gary Lacoursiere	M	B	Raw	1967	Masters 2	73.5	74	135.0	72.26	2023 Bench Worlds	2023-05-20
Euwe Makinano	M	B	Raw	2002	Juniors	72.64	74	132.5	71.36	2023 Nationals	2023-02-13
Gary Lacoursiere	M	B	Raw	1967	Masters 2	73.5	74	130.5	69.85	2023 NAPF Bench	2023-10-20
Réjean Gauvreau	M	B	Raw	1962	Masters 3	72.04	74	129.0	69.79	2023 Nationals	2023-02-13
Robert Lim	M	B	Raw		Open	72.51	74	127.5	68.74	2023 Nationals	2023-02-13
Lars Veldhuis	M	B	Raw		Juniors	72.8	74	127.5	68.59	2024 Westerns	2024-03-10
Gary Lacoursiere	M	B	Raw	1967	Masters 2	73.5	74	125.0	66.9	2023 Nationals	2023-02-13
Réjean Gauvreau	M	B	Raw	1962	Masters 3	71.95	74	125.0	67.67	2023 Bench Worlds	2023-05-20
Curtis Howden	M	B	Raw		Masters 1	73.44	74	122.5	65.59	2024 Westerns	2024-03-10
Michael Wood	M	B	Raw		Masters 2	72.29	74	115.0	62.1	2024 Centrals	2024-02-18
Sean Vandenburg	M	B	Raw	1977	Masters 1	67.57	74	110.0	61.6	2023 Nationals	2023-02-13
Jack Pawelek	M	B	Raw		Sub-Juniors	71.54	74	90.0	48.87	2024 Centrals	2024-02-18

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Andi Boka	M	B	Raw		Open	81.6	83	202.5	102.61	2024 Centrals	2024-02-18
Ryan MacLellan	M	B	Raw		Open	82.96	83	187.5	94.2	2024 Westerns	2024-03-10
Patrick Stadler	M	B	Raw		Open	81.79	83	170.0	86.04	2023 Easterns	2023-09-07
Kurt Kornelsen	M	B	Raw	1992	Open	81.78	83	162.5	82.25	2023 Westerns	2023-08-10
Brenek Spademan	M	B	Raw		Juniors	81.96	83	157.5	79.62	2024 Westerns	2024-03-10
Kris Tiller	M	B	Raw		Open	82.96	83	155.0	77.87	2023 Easterns	2023-09-07
Nicholas Lee	M	B	Raw		Juniors	82.65	83	150.0	75.51	2024 Westerns	2024-03-10
Shiek Ali	M	B	Raw		Masters 2	81.47	83	140.0	71	2023 Easterns	2023-09-07
Mark Anderson	M	B	Raw		Masters 1	81.51	83	140.0	70.98	2024 Centrals	2024-02-18
Brian Colbourne	M	B	Raw	1971	Masters 2	80.7	83	137.5	70.07	2023 NAPF Bench	2023-10-20
Chhitij Thakuri	M	B	Raw		Juniors	82.45	83	137.5	69.3	2024 Westerns	2024-03-10
Brian Colbourne	M	B	Raw	1971	Masters 2	80	83	135.0	69.11	2023 Bench Worlds	2023-05-20
Alejandro Dos Santos	M	B	Raw		Sub-Juniors	82.6	83	135.0	67.98	2023 Centrals	2023-07-20
Brian Colbourne	M	B	Raw	1971	Masters 2	80.83	83	132.5	67.47	2023 Nationals	2023-02-13
Luca Rivera	M	B	Raw		Juniors	80	83	130.0	66.55	2023 NAPF Bench	2023-10-20
Luca Rivera	M	B	Raw		Juniors	81.35	83	125.0	63.44	2023 Nationals	2023-02-13
Andrew Bryant	M	B	Raw		Masters 2	82.77	83	125.0	62.88	2023 Nationals	2023-02-13
Thomas Canning	M	B	Raw		Juniors	76.76	83	120.0	62.77	2023 Easterns	2023-09-07
Pyoter Radishevsky	M	B	Raw	1978	Masters 1	75.02	83	120.0	63.53	2023 Nationals	2023-02-13
Cameron Gordon	M	B	Raw		Juniors	81.21	83	117.5	59.68	2023 Nationals	2023-02-13
Edward Boraas	M	B	Raw	1979	Masters 1	80.92	83	115.0	58.52	2023 Westerns	2023-08-10
Tilman Gallant	M	B	Raw		Masters 4	82.27	83	110.0	55.5	2023 Easterns	2023-09-07
Jake Beaton	M	B	Raw	1988	Open	77.5	83	110.0	57.25	2023 Westerns	2023-08-10
Gordon Chong	M	B	Raw		Masters 2	77.7	83	110.0	57.17	2024 Centrals	2024-02-18
Marc Vézina	M	B	Raw		Masters 3	80.31	83	107.5	54.92	2023 Nationals	2023-02-13
Jake Beaton	M	B	Raw		Open	78.48	83	95.0	49.12	2024 Centrals	2024-02-18
Kyler Derksen	M	B	Raw		Sub-Juniors	80.1	83	85.0	43.48	2024 Westerns	2024-03-10
Chet Dougan	M	B	Raw		Youth 2	75.36	83	40.0	21.13	2023 Easterns	2023-09-07

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Jérémie Caron	M	B	Raw		Juniors	89.1	93	215.5	104.43	2023 Centrals	2023-07-20
Khashayar Farzam	M	B	Raw		Open	90.5	93	210.0	100.98	2024 Centrals	2024-02-18
Liam Wharton	M	B	Raw		Open	91.94	93	205.0	97.81	2023 Easterns	2023-09-07
Liam Wharton	M	B	Raw		Open	91.37	93	200.0	95.72	2024 Westerns	2024-03-10
Ryan MacLellan	M	B	Raw		Open	92.17	93	185.0	88.16	2023 Nationals	2023-02-13
Anthony Wong	M	B	Raw		Open	91.91	93	167.5	79.93	2024 Centrals	2024-02-18
Robert Perry	M	B	Raw		Open	92.45	93	165.0	78.51	2023 Easterns	2023-09-07
Jeremy Klaus	M	B	Raw		Open	87.6	93	165.0	80.64	2023 Nationals	2023-02-13
Charlie Caron	M	B	Raw		Open	92.82	93	165.0	78.36	2023 Nationals	2023-02-13
Kenneth Mann	M	B	Raw	1985	Open	91.19	93	155.0	74.25	2023 Nationals	2023-02-13
Ethan Joyce	M	B	Raw		Juniors	90.57	93	152.5	73.3	2024 Westerns	2024-03-10
Dean Schwartz	M	B	Raw		Masters 2	92	93	147.5	70.35	2024 Westerns	2024-03-10
Dean Schwartz	M	B	Raw	1970	Masters 2	91.12	93	145.0	69.49	2023 Westerns	2023-08-10
R. Tyler McPhail	M	B	Raw		Masters 2	91.67	93	142.5	68.09	2023 Nationals	2023-02-13
Richard Tamaki	M	B	Raw		Masters 2	91.82	93	140.0	66.84	2024 Centrals	2024-02-18
Yves Dubois	M	B	Raw		Masters 4	89.15	93	135.0	65.4	2023 Centrals	2023-07-20
John Lefuel	M	B	Raw		Masters 1	89.93	93	132.5	63.91	2023 Centrals	2023-07-20
Mark Anderson	M	B	Raw		Masters 1	86.05	93	127.5	62.88	2023 Centrals	2023-07-20
Rodney McIsaac	M	B	Raw		Masters 2	86.96	93	120.0	58.86	2023 Easterns	2023-09-07
Stephen Flemming	M	B	Raw	1957	Masters 3	91.98	93	120.0	57.24	2023 Nationals	2023-02-13
John Noguera	M	B	Raw		Masters 3	90.46	93	120.0	57.72	2024 Centrals	2024-02-18
Stephen Flemming	M	B	Raw	1957	Masters 3	92.45	93	117.5	55.91	2023 Bench Worlds	2023-05-20
Robert Truchon	M	B	Raw	1968	Masters 2	90.55	93	112.5	54.08	2023 Bench Worlds	2023-05-20
Gordon Sjodin	M	B	Raw		Masters 2	91.4	93	107.5	51.44	2023 Nationals	2023-02-13
Claude Dallaire	M	B	Raw		Masters 3	92.6	93	107.5	51.11	2023 Nationals	2023-02-13
Don Cormier	M	B	Raw		Masters 4	87.67	93	105.0	51.3	2024 Easterns	2024-03-21
Cameron Gordon	M	B	Raw		Open	83.39	93	102.5	51.36	2023 Easterns	2023-09-07



Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
John Walls	M	B	Raw		Juniors	98.61	105	205.5	94.77	2024 Westerns	2024-03-10
Jonathan Cognac	M	B	Raw		Open	103.9	105	205.0	92.24	2023 NAPF Bench	2023-10-20
Graham Aarsen	M	B	Raw		Open	103.32	105	205.0	92.48	2023 Nationals	2023-02-13
TJ Gear	M	B	Raw	1990	Open	94.63	105	202.5	95.26	2023 Nationals	2023-02-13
Leon Brown	M	B	Raw		Open	101.85	105	195.0	88.56	2023 Nationals	2023-02-13
Jonathan Cognac	M	B	Raw		Open	103.9	105	190.0	85.49	2023 Centrals	2023-07-20
Sam Byrne	M	B	Raw		Open	104.6	105	185.0	82.98	2024 Easterns	2024-03-21
Sébastien Turcotte	M	B	Raw		Open	103.75	105	180.0	81.05	2023 Centrals	2023-07-20
Rhoderick Printemps	M	B	Raw		Open	98.45	105	180.0	83.08	2024 Centrals	2024-02-18
Lloyd Welch	M	B	Raw		Masters 2	103.27	105	175.0	78.97	2024 Westerns	2024-03-10
John Ralf	M	B	Raw		Masters 3	103.4	105	170.5	76.89	2024 Westerns	2024-03-10
John Allan Ralf	M	B	Raw	1962	Masters 3	103.15	105	165.0	74.49	2023 Bench Worlds	2023-05-20
Kurtis Tucker	M	B	Raw		Open	102.44	105	165.0	74.74	2024 Easterns	2024-03-21
John Ralf	M	B	Raw	1962	Masters 3	102.51	105	162.5	73.58	2023 Nationals	2023-02-13
Michael Wade	M	B	Raw	1967	Masters 2	105	105	157.5	70.52	2023 Nationals	2023-02-13
John Ralf	M	B	Raw	1962	Masters 3	101.7	105	157.5	71.58	2023 NAPF Bench	2023-10-20
Cosmin Olteanu	M	B	Raw		Masters 1	93.79	105	155.0	73.23	2023 Nationals	2023-02-13
David Noma	M	B	Raw	1982	Masters 1	96.97	105	152.5	70.9	2023 Nationals	2023-02-13
Michael Wade	M	B	Raw	1967	Masters 2	99.6	105	152.5	70	2023 Bench Worlds	2023-05-20
Michael Wade	M	B	Raw		Masters 2	101.44	105	150.0	68.26	2024 Westerns	2024-03-10
Stephen Little	M	B	Raw		Masters 2	101.68	105	150.0	68.18	2024 Easterns	2024-03-21
Sumeet Sharma	M	B	Raw		Open	94.09	105	135.0	63.69	2023 Nationals	2023-02-13
Joshua Reid	M	B	Raw		Sub-Juniors	94.66	105	135.0	63.5	2023 Easterns	2023-09-07
Stephen Seney	M	B	Raw		Masters 1	102.64	105	122.5	55.43	2023 Easterns	2023-09-07
Miroslav Koprnicky	M	B	Raw	1951	Masters 4	101.25	105	122.5	55.79	2023 Centrals	2023-07-20
Mark Magnuson	M	B	Raw	1964	Masters 3	103.38	105	120.0	54.12	2023 Westerns	2023-08-10
Allen Profitt	M	B	Raw		Masters 3	104.5	105	112.5	50.49	2023 Easterns	2023-09-07
Scott Glass	M	B	Raw	1971	Masters 2	97	105	110.0	51.13	2023 Westerns	2023-08-10
Donald Peters	M	B	Raw		Masters 4	101.1	105	110.0	50.13	2024 Easterns	2024-03-21
Donald Peters	M	B	Raw		Masters 3	100.91	105	105.0	47.9	2023 Nationals	2023-02-13
Donald Peters	M	B	Raw		Masters 3	96.13	105	105.0	49.02	2023 Easterns	2023-09-07
Daniel Royer	M	B	Raw	1957	Masters 3	100.26	105	102.5	46.9	2023 Nationals	2023-02-13
Daniel Royer	M	B	Raw	1957	Masters 3	98.85	105	100.0	46.06	2023 Centrals	2023-07-20
Daniel Royer	M	B	Raw	1957	Masters 3	97.05	105	92.5	42.99	2023 Bench Worlds	2023-05-20

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Leunard Gervalla	M	B	Raw		Open	116.48	120	255.5	109.19	2024 Centrals	2024-02-18
Leunard Gervalla	M	B	Raw	2000	Open	115.65	120	241.5	103.53	2023 Bench Worlds	2023-05-20
Leunard Gervalla	M	B	Raw	2000	Open	116.02	120	240.0	102.74	2023 NAPF Bench	2023-10-20
Leunard Gervalla	M	B	Raw	2000	Open	118.96	120	230.0	97.4	2023 Nationals	2023-02-13
Scott Robertson	M	B	Raw	1970	Masters 2	119.95	120	207.5	87.56	2023 Nationals	2023-02-13
Troy Atkin	M	B	Raw		Open	118.53	120	190.0	80.58	2024 Westerns	2024-03-10
Dale Willicombe	M	B	Raw		Masters 1	117.88	120	187.5	79.71	2024 Centrals	2024-02-18
Brad Fulton	M	B	Raw		Open	112.18	120	182.5	79.3	2024 Centrals	2024-02-18
Jeremie Leblanc	M	B	Raw		Masters 1	114.84	120	180.0	77.4	2023 Easterns	2023-09-07
Darcy Morin	M	B	Raw		Masters 2	117.49	120	172.5	73.44	2024 Westerns	2024-03-10
Isaiah Wolf	M	B	Raw		Open	113.87	120	167.5	72.3	2024 Centrals	2024-02-18
Dillon Schram	M	B	Raw		Sub-Juniors	115.24	120	167.5	71.92	2024 Easterns	2024-03-21
Matthew Fotty	M	B	Raw	1984	Masters 1	107.56	120	165.0	73.07	2023 Westerns	2023-08-10
Brian Rock	M	B	Raw		Masters 3	115.71	120	165.0	70.72	2024 Westerns	2024-03-10
Mohit Parmar	M	B	Raw		Juniors	118.34	120	160.0	67.91	2023 Nationals	2023-02-13
Douglas Mansell	M	B	Raw		Masters 1	112.44	120	155.0	67.28	2024 Westerns	2024-03-10
Owen Istace	M	B	Raw	2006	Sub-Juniors	108.7	120	147.5	65.01	2023 Westerns	2023-08-10
Nick Doelman	M	B	Raw		Masters 2	118.85	120	142.5	60.37	2024 Centrals	2024-02-18
Hayward Young	M	B	Raw		Masters 4	117.89	120	120.0	51.01	2024 Easterns	2024-03-21
Tommy Hoekstra	M	B	Raw		Masters 3	117.5	120	110.0	46.83	2023 Nationals	2023-02-13
Charlie Banfield	M	B	Raw		Masters 4	117.89	120	100.0	42.51	2023 Easterns	2023-09-07

Name	Sex	Event	Equipment	Year of Birth	Age Division	Bodyweight	Weight Class	Best Bench	Goodlift	Meet Name	Championship Date
Shane Martin	M	B	Raw	1988	Open	130.25	120+	250.0	101.93	2023 Bench Worlds	2023-05-20
Gregory Young	M	B	Raw	1982	Masters 1	161.11	120+	248.5	93.59	2023 Nationals	2023-02-13
Shane Martin	M	B	Raw		Open	134.78	120+	247.5	99.54	2024 Westerns	2024-03-10
Gregory Young	M	B	Raw	1982	Masters 1	159.75	120+	245.0	92.54	2023 Bench Worlds	2023-05-20
Shane Martin	M	B	Raw	1988	Open	127.82	120+	237.5	97.58	2023 Nationals	2023-02-13
Martin Desbiens	M	B	Raw		Masters 1	149.3	120+	235.0	90.91	2024 Centrals	2024-02-18
Garrett Cartwright-Bentley	M	B	Raw	1988	Open	136.33	120+	220.0	88.08	2023 Nationals	2023-02-13
Adam Price	M	B	Raw		Masters 1	120.29	120+	212.5	89.56	2024 Easterns	2024-03-21
Edward Petaccia	M	B	Raw		Open	132.75	120+	192.5	77.89	2023 Centrals	2023-07-20
Cody Brennan	M	B	Raw		Open	140.13	120+	190.0	75.26	2024 Easterns	2024-03-21
Muhammad Haider	M	B	Raw	2003	Juniors	135.1	120+	185.0	74.33	2023 Bench Worlds	2023-05-20
Muhammad Haider	M	B	Raw	2003	Juniors	135.51	120+	180.0	72.24	2023 Nationals	2023-02-13
Steve Snell	M	B	Raw		Masters 1	145.01	120+	180.0	70.38	2024 Easterns	2024-03-21
Jeremy Phelps	M	B	Raw		Masters 1	193.43	120+	175.0	62.29	2023 Nationals	2023-02-13
Todd Wood	M	B	Raw		Open	124.85	120+	175.0	72.6	2024 Westerns	2024-03-10
Jordan Phelps	M	B	Raw		Open	191.41	120+	172.5	61.58	2023 Nationals	2023-02-13
Gary Tremblay	M	B	Raw		Masters 2	124.6	120+	165.0	68.51	2024 Westerns	2024-03-10
Muhammad Haider	M	B	Raw		Juniors	149.5	120+	150.0	58	2024 Centrals	2024-02-18
Terry Young	M	B	Raw	1954	Masters 4	144.2	120+	142.5	55.84	2023 Bench Worlds	2023-05-20
Terence Young	M	B	Raw		Masters 4	140.99	120+	140.0	55.33	2023 Nationals	2023-02-13
John Quinton	M	B	Raw		Masters 3	140.82	120+	132.5	52.39	2023 Nationals	2023-02-13
Brenton Wheeler	M	B	Raw		Masters 1	157.4	120+	125.0	47.46	2024 Easterns	2024-03-21
John Scott Macintyre	M	B	Raw		Masters 2	132.36	120+	120.0	48.61	2023 Easterns	2023-09-07
Jordan Phelps	M	B	Raw		Open	176.5	120+	120.0	43.88	2023 NAPF Bench	2023-10-20