

## Manitoba Weightlifting Ranking - Updated Feb-2010

No	Men	Class	Total	Marker %	Sinclair	Date	Club
1	Darryl Conrad	85	285	78.44	341.22	May-09	Hercules
2	Jordan Ducheminsky	85	250	68.81	298.77	Feb-10	Hercules
3	Terry Hadlow	85	250	68.81	297.81	Feb-10	Dakota
4	Enrique Wiebe	56	163	61.39	253.47	May-09	Morden
5	Eric Mazur	69	193	60.66	258.3	Jan-10	Hercules
6	Derek Wickham	77	188	54.23	236.02	Feb-10	Brick
7	Sean Mazur	77	184	53.08	230.75	Jan-10	Hercules
8	Brett Burdz	69	168	52.80	225.69	Feb-10	Brick
9	Al Bugden	94	195	51.25	229.79	Feb-10	17 Wing
10	Robert Espisito	77	169	48.75	221.24	Jan-10	Hercules
11	Greg Richardson	77	163	47.02	206.42	Feb-10	Brick
12	Doug Sinclair	77	150	43.27	189.92	Feb-10	Dakota
13	Amr Elazhary	77	150	43.27	189.29	Feb-10	Dakota
14	Kevin Coates	105	169	42.62	186.02	Feb-10	Paragon
15	Karl Paterson	69	135	42.43	186.54	Feb-10	Hercules
16	Christopher Caron	94	149	39.16	175.33	Feb-10	Dakota
No	Women	Class	Total	Marker %	Sinclair	Date	Club
1	Rosemary Densmore	53	147	74.50	207.15	May-09	Brick
2	Christa Derochers	69	155	66.78	184.56	May-09	Hercules
3	Monnette Calixto	69	149	64.19	176.4	May-09	Paragon
4	Alena Jackson	75+	136	51.73	141.66	Mar-09	Paragon
5	Anne-Marie Young	53	82	41.56	116.09	Feb-10	Paragon

### Provincial Ranking List Policy

Separate female and male overall ranking lists are updated after the following events: Twin City Open, Manitoba Open, Junior and Senior Provincials, Junior Nationals, Festival Du Vagueur, Western Canadian Championship, Senior Nationals, and Saskatchewan Open.

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.

Athletes will be ranked from highest to lowest percentage. Percentages are calculated using the current markers.

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.