



**2016 GNC ALLMAX Ottawa
OPA-APQ Championships
Saturday, November 6, 2016
Algonquin Commons Theatre,
Ottawa, Ontario**



Junior Fitness 10 and Under

Placing	Competitor #	Name	Total Score
1	2	Mia Spadaccini	5

ON

Junior Fitness 11 -14

Placing	Competitor #	Name	Total Score
1	30	Alea St. Jacques	5

ON

Womens Fitness

Placing	Competitor #	Name	Total Score
1	53	Emily MacDougall	5

ON

Junior Mens Bodybuilding

Placing	Competitor #	Name	Total Score
1	26	Mark Plummer	5
2	102	Andrew Hoy	10
3	64	Morgan Marshall	15

ON

ON

ON

Mens Bodybuilding Grandmasters

Placing	Competitor #	Name	Total Score
1	80	Alain Bergeron	5
2	77	Jacques Michaud	10

ON

ON

Masters Men's Bodybuilding

Placing	Competitor #	Name	Total Score
1	20	Rod Maadarani	5
2	90	Ian Casiple	10
3	74	Allan Christopher Beckingham	15

ON

ON

ON

Mens Bodybuilding Light Weight

Placing	Competitor #	Name	Total Score
1	99	Holly Dorman	5

ON

Mens Bodybuilding Light Middle Weight

Placing	Competitor #	Name	Total Score
1	83	Angelo Portillo	5
2	26	Mark Plummer	10
3	90	Ian Casiple	15

ON

ON

ON

Mens Bodybuilding Middle Weight			
Placing	Competitor #	Name	Total Score
1	20	Rod Maadarani	5
2	102	Andrew Hoy	12
3	18	Justin Jansen	15
4	11	Mark Brown	19

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Mens Bodybuilding Light Heavy Weight			
Placing	Competitor #	Name	Total Score
1	43	Dustin MacPhail	6
2	78	Curtis Delong	9

ON
ON

Mens Bodybuilding Heavy Weight			
Placing	Competitor #	Name	Total Score
1	23	Wasfi Haroun	5
2	54	Jerome Lecourt	10

ON
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Mens Bodybuilding Super Heavy Weight			
Placing	Competitor #	Name	Total Score
1	84	Rob Snider	5
2	85	Andrew Monsour	11
3	76	Clint David	14
4	74	Allan Christopher Beckingham	20

Overall ON
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ON

Classic Men's Physique Short			
Placing	Competitor #	Name	Total Score
1	7	Pascal Morin	6
2	86	Ian Vaillancourt	10
3	61	Colin Domenico	14

APQ
APQ
ON

Masters Classic Physique			
Placing	Competitor #	Name	Total Score
1	100	Trevor de Silgy	5

ON

Junior Men's Physique			
Placing	Competitor #	Name	Total Score
1	92	Kurtis Scouten	5
2	86	Ian Vaillancourt	10

APQ

Classic Men's Physique Tall			
Placing	Competitor #	Name	Total Score
1	78	Curtis Delong	8
2	94	Alex Cecire-Peltier	11
3	43	Dustin MacPhail	17
4	34	Scott Doucette	19
5	63	Justin Riebertz	23

Overall ON
APQ
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6	19	Nickolas MacLeod	29	ON
7	93	Jeremie Tarte	40	ON
8	11	Mark Brown	41	ON
9	54	Jerome Lecourt	44	ON
10	91	Gurjit Dhani	45	ON
11	12	Carl Bertrand	55	APQ
12	45	Cameson Smith	60	ON

Mens Physique Short				
Placing	Competitor #	Name	Total Score	
1	92	Kurtis Scouten	7	ON
2	61	Colin Domenico	10	ON
3	86	Ian Vaillancourt	14	APQ

Mens Physique Medium				
Placing	Competitor #	Name	Total Score	
1	81	Daniel Violante	5	ON
2	69	Alexander Fosty	10	APQ
3	41	Cameron Rueda	15	APQ
4	24	Jordan Rogers	20	ON
5	95	Ryan Seguin	25	ON
6	89	Andre Haughton	30	ON

Mens Physique Tall				
Placing	Competitor #	Name	Total Score	
1	98	Samuel Carpentier	6	Overall APQ
2	44	Alex Ross	10	ON
3	35	Dorian Johnson	15	APQ
4	13	Alex Jarvie	19	ON
5	91	Gurjit Dhani	27	ON
6	79	Roberto Simone	28	APQ
7	82	Patrick Theriault	35	ON

Womens Physique Grand Masters				
Placing	Competitor #	Name	Total Score	
1	58	Lorinda Sherman	5	ON

Womens Physique Masters				
Placing	Competitor #	Name	Total Score	
1	58	Lorinda Sherman	5	ON

Grandmasters Figure				
Placing	Competitor #	Name	Total Score	
1	14	Natalie Roy	7	APQ
2	62	Rhonda Carson	8	ON
3	58	Lorinda Sherman	15	ON
4	8	Ethel Craft	20	ON

Master Figure Short			
Placing	Competitor #	Name	Total Score
1	15	Serena Tarbett	6
2	14	Natalie Roy	10
3	62	Rhonda Carson	13
4	9	Hilda Siegel	20

Overall

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Master Figure Tall			
Placing	Competitor #	Name	Total Score
1	33	Chantal Lalonde	5
2	8	Ethel Craft	10

ON
ON

Figure Short			
Placing	Competitor #	Name	Total Score
1	62	Rhonda Carson	5
2	59	Beth Hull	10

ON
ON

Figure Medium			
Placing	Competitor #	Name	Total Score
1	3	Marie Eve Delorme	5
2	15	Serena Tarbett	10
3	9	Hilda Siegel	17
4	21	Gen Schryer	18
5	57	Marissa Baggio	25

APQ
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Figure Medium Tall			
Placing	Competitor #	Name	Total Score
1	60	Rebecca Emslie	5
2	17	Valerie Michalopoulos	12
3	33	Chantal Lalonde	14
4	42	Meghan LeBlanc	20
5	46	Jasmin Mathieu	25

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Figure Tall			
Placing	Competitor #	Name	Total Score
1	75	Jessica Gubenschek	5
2	58	Lorinda Sherman	10
3	40	Amanda McIntosh	15

Overall

APQ

Grandmaster Bikini			
Placing	Competitor #	Name	Total Score
1	32	Renee Halleran	5
2	49	Jacqueline Garwood	11
3	66	Karinne Dessureault	13

APQ
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Master Bikini Short			
Placing	Competitor #	Name	Total Score
1	70	Jodie Bush	5
2	97	Frankie Blondin	10
3	29	Alexandra Pontbriand	15
4	38	Joanna Tuchendler	20
5	49	Jacqueline Garwood	25

Overall ON
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Master Bikini Tall			
Placing	Competitor #	Name	Total Score
1	32	Renee Halleran	5
2	67	Kim Mar	12
3	47	Karen Mabee	13
4	66	Karinne Dessureault	20

APQ
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Bikini Short			
Placing	Competitor #	Name	Total Score
1	37	Emily Dickson	7
2	28	Audrey Pilon	8
3	70	Jodie Bush	15
4	22	Josee Pelletier	20
5	101	Kalelyn Latimer	29
6	71	Jacqueline "Crystal" Hill	30
7	38	Joanna Tuchendler	32
8	5	Lisa-Bianca Acoca	40

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Bikini Medium			
Placing	Competitor #	Name	Total Score
1	27	Delphine Hudon-Brooks	6
2	31	Lea Jaffry	9
3	65	Andreane Fournier	16
4	97	Frankie Blondin	19
5	4	Jennifer Ray	24
6	56	Rebecca Garwood	30
7	29	Alexandra Pontbriand	37
8	88	Kristyna Jirasek	41
9	36	McKenzie Derlin	42

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Bikini Medium Tall			
Placing	Competitor #	Name	Total Score
1	51	Elissa Ouellette	5
2	55	Bridget Blum	10
3	87	Kelsey Ross	16
4	25	Kathryn Ross	20
5	32	Renee Halleran	28
6	16	Amanda Power	29
7	96	Genevieve St-Georges	35

Overall ON
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8	1	Vanessa Rouleau	39
9	50	Taylor Randall	44
10	72	Fran Forza	54
11	47	Karen Mabee	55
12	67	Kim Mar	60
13	48	Carole-Anne Loiselle	62
14	10	Lisa Chaplin	69
15	66	Karinne Dessureault	73

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Bikini Tall			
Placing	Competitor #	Name	Total Score
1	39	Haley Lorenz	5
2	6	Jessica Kechichian	10
3	73	Victoria Lymburner	16
4	52	Pascale Poirier	19

ON
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MP