



**2013 GNC Ottawa Championships
Promoters: Free Form Fitness**



FINAL RESULTS

* individual judges scores are released upon request to the competitor.

Date: Nov. 2 2013

Location: Ottawa

Level: Open Regional

Junior Men's BB

Placing	Athlete #	Athlete	Score
1	77	Taylor Paquette	5
2	85	Didier Reyes Ho	10
3	149	Chad Carroll	15

Masters Men's BB

Placing	Athlete #	Athlete	Score
1	84	David Berthiaume	5
2	65	Yves Drouin	10

GrandMaster Men's BB

Placing	Athlete #	Athlete	Score
1	14	Denis Dalrymple	5
2	26	Michael Mannella	10

Welterweight Men's BB

Placing	Athlete #	Athlete	Score
1	10	Demetrios Anderadis	5
2	43	Eric harding	10

LightMiddleweight Men's BB

Placing	Athlete #	Athlete	Score
1	36	Evan Cameron	5
2	78	Scott Sinfield	11
3	7	Lazaura Cardenas	14
4	44	Jason Persaud	20
5	31	Anthony Fonzo	28
6	59	Amir Ravek	31
7	14	Denis Dalrymple	32



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Middleweight Men's BB

Placing	Athlete #	Athlete	Score
1	52	Garrett Yull	7
2	107	Ryan Fratesi	8
3	77	Taylor Paquette	17
4	61	Chris Horan	18
5	60	Mike Horan	25
6	91	Efe Ozerdinc	32
7	133	Levi Watson	33
N/A	128	Alex Chemya	N/A

Light Heavyweight Men's BB

Placing	Athlete #	Athlete	Score
1	141	Joe Alves	5
2	4	Mike Hunter	11
3	67	Richard Devedolt	14
4	3	Paul Clement	21
5	65	Yves Drouin	24
6	32	John Robinson	30

Heavyweight Men's BB

Placing	Athlete #	Athlete	Score
1	132	Iain Valliere	5
2	92	Brent Welsh	10
3	25	Pierre Luc Laroux	17
4	90	Mathier Saumure	18

***OVERALL**

WP Short

Placing	Athlete #	Athlete	Score
1	81	Jessica Martin	5
2	63	Yasmine Nassar	10
3	19	Melanie Lacroix	15

***OVERALL**



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WP Tall

Placing	Athlete #	Athlete	Score
1	137	Simone Guthrie	6
2	121	Shanna Kearsey	9
3	98	Allison Fardella	15
4	70	Christine Champagne	20
5	124	Evelyne Paquette	25

Men's Physique Short

Placing	Athlete #	Athlete	Score
1	11	Jeffery Dupuis	5
2	13	Nicolas Antal	10
3	28	Andre Ladovceur	15

Men's Physique Medium

Placing	Athlete #	Athlete	Score
1	24	Saad Balamane	8
2	1	Chris deVogel	10
3	16	Dilan Hayden-Lemieux	14
4	41	Gene Vasylyshyn	18
5	59	Amir Ravek	25
6	6	Mattew Kutschke	33
7	94	Richard Luczac	35
8	103	Isaac Bass	36

Men's Physique Tall

Placing	Athlete #	Athlete	Score
1	106	Gabrielle Franchi	5
2	30	Jamie Murchison	13
3	109	Farouk Timbilla	15
4	114	Joshua Sarazin	19
5	134	Patrick Girard	24
6	35	Scott Swain	29
7	87	Andrew Cleary	36
8	123	Abdulaziz Aburawi	39
9	130	Amir Majid	45
10	82	Paul Joanis	50
11	148	Joel Michaud	55

***OVERALL**



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Fitness- Open

Placing	Athlete #	Athlete	Physique	Routine	Score
1	54	Luba Chabursky	5	10	15

Junior Fitness- 10 and Under

Placing	Athlete #	Athlete	Routine	Score
1	100	Mia Spadaccini	5	5

Junior Fitness- 11-14yrs

Placing	Athlete #	Athlete	Routine	Score
1	150	Szilvia Spadaccini	5	5
2	45	Kaitlynn Kennedy	10	10
3	48	Liliana Salem	16	16
4	101	Zelia Mouana	22	22
5	118	Brennah Lynch	26	26
6	113	Annika Marshall	30	30
7	34	Catrina Lanthier	32	32

Figure Short

Placing	Athlete #	Athlete	Score
1	12	Tracy Blakely	7
2	81	Jessica Martin	8
3	69	Nathalie McDonnell	15
4	119	Susan Anderson	21
5	5	Sharlaina Phinney	23
6	50	Ann McKechnie	30

***OVERALL**

Figure Medium

Placing	Athlete #	Athlete	Score
1	80	Carissa Beck	5
2	125	Desirae Heine	10
3	93	Michelle Laczak	15
4	99	Lynn Lebrun	21
5	110	Tammy Warick	24
6	54	Luba Chabursky	29
7	55	Christina Darrach	35



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Figure Med-Tall

Placing	Athlete #	Athlete	Score
1	145	Laura Bryce	7
2	102	Catherine Bissonnette	10
3	111	Cindy Van Empel-Popowich	14
4	51	Renee Kozachanko	20
5	135	Kim Mar	26
6	146	Marie-Eve Lord	29
7	29	Andrea Smart	35
8	127	Samantha Jauve	42
9	57	Dana Etheridge	43

FigureTall

Placing	Athlete #	Athlete	Score
1	66	Crystal Kenny	5
2	48	Leona Raths	11
3	75	Maribeth Ryan	13
4	49	Krystal Lauzon	23
5	79	Jennifer Gourgon	26
6	56	Natasha Aughey	26
7	117	Anika Smith	35

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* Tied score: Higher placing goes to athlete with greater number of better placed votes

Figure Masters-Short

Placing	Athlete #	Athlete	Score
1	93	Michelle Luczak	10
2	99	Lynn Lebrun	11
3	110	Tammy Warick	14
4	50	Ann Mckechnie	23
5	119	Susan Anderson	23
6	126	Georgina Armand	23

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* Tied score: Higher placing goes to athlete with greater number of better placed votes



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Figure Masters-Tall

Placing	Athlete #	Athlete	Score
1	102	Catherine Bissonnette	5
2	51	Renee Kozachanko	12
3	112	Kimberly Sabourin	15
4	135	Kim Mar	21
5	75	Maribeth Ryan	28
6	27	Maureen O'Neil	30
7	146	Marie-Eve Lord	34
8	22	Sylvie D'Aoust	43
9	79	Jennifer Gourgon	43
10	76	Sylvie Sequin	50
11	129	Martha Phillips	51

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* Tied score: Higher placing goes to athlete with greater number of better placed votes

Figure Grandmasters

Placing	Athlete #	Athlete	Score
1	102	Catherine Bissonnette	7
2	111	Cindy Van Empel-Popowich	8
3	27	Maureen O'Neil	15
4	129	Matha Phillips	20
5	53	Lona Beck	25

Bikini Short

Placing	Athlete #	Athlete	Score
1	86	Lorena Santacruz	6
2	125	Desirae Heine	9
3	64	Jessica Ghantous	15
4	33	Liane Girouard	21
5	88	Jenna Smith	23
6	69	Nathalie McDonell	31
7	39	Celina Flores	38
8	42	Jessica Tratch	41
9	58	Sue Champagne	42



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Bikini Medium

Placing	Athlete #	Athlete	Score
1	108	Krystin Stitt	5
2	17	Breigha Birkhof	11
3	74	Kim Hoang	14
4	115	Crystal Tyo	20
5	138	Beata Spal	26
6	99	Lynn Lebrun	31
7	136	Jennifer Jones-Sugar	33
8	89	Natalie Cousineau	40

Bikini Med-Tall

Placing	Athlete #	Athlete	Score
1	73	Erica Lesie	5
2	62	Jessica Sterns	15
3	83	Aly LepKey	17
4	105	Faye Corbett	23
5	21	Janet Badel	24
6	15	Angela Zakos	25
7	95	Toorel Lonsdale	35
8	40	Christine Goudie	42
9	97	Angie Bartosik	46
10	116	Erinn Belmore	52
11	72	Theresa Thibert	53
12	20	Savannah Peck	60
13	139	Hollie Anderson	64

***OVERALL**

Bikini Tall

Placing	Athlete #	Athlete	Score
1	47	Victoria Galambos	6
2	96	Lindsay Taillefer	10
3	18	Kariane Perrault	16
4	8	Samantha Tilley	22
5	140	Natasha Clark	24
6	23	Sara Jefferson	31
7	120	Sarah Downs	31
8	38	Chrystal Olmstead	38
9	104	Alyssa Moore	47

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10	122	Shelly Riley	48
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Bikini Masters Short

Placing	Athlete #	Athlete	Score
1	99	Lynn Lebrun	5
2	58	Sue Champagne	11
3	37	Rosanne Neddo	14

Bikini Masters Tall

Placing	Athlete #	Athlete	Score
1	120	Sarah Downs	7
2	22	Sylvie D'Aoust	11
3	38	Chrystal Olmstead	14
4	140	Natasha Clark	20
5	71	Susan Telfer	27
6	9	Tina Walsh	28
7	2	Tammy Ritza	36
8	147	Tanya Lemcke	39
9	131	Jo-Anne Green	45

Bikini Grandmasters

Placing	Athlete #	Athlete	Score
1	71	Susan Telfer	6
2	58	Sue Champagne	10
3	37	Rosanne Neddo	14