



**2017 GNC ALLMAX Ottawa  
OPA-APQ Championships  
Saturday, November 4, 2017  
Algonquin Commons Theatre,  
Ottawa, Ontario**



**Junior Fitness**

Placing	Competitor #	Name	Total Score
1	111	Mia Spadaccini	5

**Junior Mens Bodybuilding**

Placing	Competitor #	Name	Total Score
1	162	Charles Fleury	5
2	117	Gabriel Gariepy	10
3	164	Christophe Caron	15

**Grandmaster Men's Bodybuilding**

Placing	Competitor #	Name	Total Score
1	143	Phil Bergeron	5

**Master Men's Bodybuilding Over 165lbs**

Placing	Competitor #	Name	Total Score
1	168	JF Bouchard	5
2	167	Frederic Parent	10

**Men's Open Bodybuilding Welterweight**

Placing	Competitor #	Name	Total Score
1	162	Charles Fleury	5
2	164	Christophe Caron	10

**Men's Open Bodybuilding Middleweight**

Placing	Competitor #	Name	Total Score
1	121	Alex Anderson	5

**Overall**

**Men's Open Bodybuilding Light Heavyweight**

Placing	Competitor #	Name	Total Score
1	97	Laurent Lafontaine	5
2	145	Ronni Shino	10
3	108	Andrew Egan	15

**Men's Open Bodybuilding Super Heavyweight**

Placing	Competitor #	Name	Total Score
1	168	JF Bouchard	5
2	167	Frederic Parent	10
3	84	Andrew Monsour	15

**Masters Men's Classic Physique**

Placing	Competitor #	Name	Total Score
1	150	Ian Casiple	5
2	144	John Watson	10

#### Open Men's Classic Physique Short

Placing	Competitor #	Name	Total Score
1	99	Colin Domenico	5

#### Open Men's Classic Physique Tall

Placing	Competitor #	Name	Total Score
1	159	Nicholas Chan	9
2	149	Josh Smith	12
3	166	Josh Tavares	13
4	148	David Stuart	22
5	114	Luke Rawling	26
6	157	Frederick Robichaud	27
7	156	Anthony Goulet	36
8	116	Carson Dean	39
9	134	Joseph Defina	47
10	164	Christophe Caron	48
11	165	Nikolas Caimi	55

Overall

#### Junior Men's Physique

Placing	Competitor #	Name	Total Score
1	157	Frederick Robichaud	5
2	156	Anthony Goulet	10

#### Grandmaster Mens Physique

Placing	Competitor #	Name	Total Score
1	139	Daniel St-Jean	5

#### Masters Men's Physique Tall

Placing	Competitor #	Name	Total Score
1	139	Daniel St-Jean	5

#### Men's Physique Medium

Placing	Competitor #	Name	Total Score
1	155	Marc-Andre Couture	5
2	128	Mathew Charbonneau	15
3	139	Daniel St-Jean	16
4	160	Sean Asgarali	17
5	163	Ryan Seguin	25
6	105	Dakin Drake	28

Men's Physique Tall			
Placing	Competitor #	Name	Total Score
1	142	Sebastien Veilleux	6
2	157	Frederick Robichaud	9
3	147	Denis Soldo	14
4	156	Anthony Goulet	19
5	132	Jeremy Berardini	25

Overall

Grandmasters Women's Physique			
Placing	Competitor #	Name	Total Score
1	103	Rhonda Carson	5

Masters Women's Physique			
Placing	Competitor #	Name	Total Score
1	161	Heather Manoll	5
2	103	Rhonda Carson	10
3	101	Lisa Labelle	15
4	133	Tanya Claessen	20
5	123	Kristy Robertson	25

Overall

Women's Physique Short			
Placing	Competitor #	Name	Total Score
1	101	Lisa Labelle	5
2	133	Tanya Claessen	10

Women's Physique Tall			
Placing	Competitor #	Name	Total Score
1	161	Heather Manoll	5
2	123	Kristy Robertson	10

Grandmasters Figure			
Placing	Competitor #	Name	Total Score
1	103	Rhonda Carson	5
2	112	Heather Anderson	10

Masters Figure Short			
Placing	Competitor #	Name	Total Score
1	103	Rhonda Carson	5
2	112	Heather Anderson	10
3	133	Tanya Claessen	15
4	158	Tanya Hagen	20

Masters Figure Tall			
Placing	Competitor #	Name	Total Score
1	120	Erika Jordan	5
2	161	Heather Manoll	10
3	119	Andrea Smith	15

Overall

Open Figure Short			
Placing	Competitor #	Name	Total Score
1	133	Tanya Claessen	5

Open Figure Medium			
Placing	Competitor #	Name	Total Score
1	112	Heather Anderson	5

Open Figure Medium Tall			
Placing	Competitor #	Name	Total Score
1	146	Sheena Smiley	5
2	119	Andrea Smith	10

Overall

Open Figure Tall			
Placing	Competitor #	Name	Total Score
1	120	Erika Jordan	5
2	161	Heather Manoll	10

Grandmasters Bikini			
Placing	Competitor #	Name	Total Score
1	118	Tammy Archer	5
2	141	Carol Anawati	11
3	154	Tracey Dean	14

Masters Bikini Short			
Placing	Competitor #	Name	Total Score
1	115	Myriam Jecki	5
2	158	Tanya Hagen	10
3	141	Carol Anawati	15

Masters Bikini Tall			
Placing	Competitor #	Name	Total Score
1	106	Meredith Paci	6
2	118	Tammy Archer	9
3	130	Nilgun Gumus	15

Overall

Open Bikini Short			
Placing	Competitor #	Name	Total Score
1	104	Maria Martinez	7
2	136	Yasmine Nassar	8
3	125	Monica Bolger	14
4	110	Michaela Comba	20

Open Bikini Medium			
Placing	Competitor #	Name	Total Score
1	153	Laurence Dansereau	5
2	107	Amanda Froats	12
3	126	Dawn Dussault	13
4	122	Nancy Lourenco	20
5	137	Dayna Arsenault	25

Overall

Open Bikini Medium Tall			
Placing	Competitor #	Name	Total Score
1	102	Amanda Davis	7
2	109	Ashley Macdonald	12
3	138	Aly Lepkey	13
4	127	Marie-Eve Dahms	23
5	152	Alejandra Pulgar	24
6	113	Emma Wilkinson	32
7	124	Maude Lorrain	34
8	135	Jennifer Laws	35

Open Bikini Tall			
Placing	Competitor #	Name	Total Score
1	106	Meredith Paci	6
2	151	Kelsey Campbell	9
3	140	Laurence Giguere	15
4	129	Alexandra Hutchison	20
5	131	Brittany McBride	24

MP & RM