



2016 **GNC ALLMAX** Northern Rock Natural
Championships
September 24, 2016
Alphonse Raymond, Laurentian University
Sudbury, Ontario



Junior Mens Bodybuilding			
Placing	Competitor #	Name	Total Score
1	83	Alex Berthiaume	5

Classic Bodybuilding			
Placing	Competitor #	Name	Total Score
1	83	Alex Berthiaume	5

Men's Open Bodybuilding Middleweight			
Placing	Competitor #	Name	Total Score
1	57	Justan Rouleau	5
2	83	Alex Berthiaume	10

Teenage Men's Physique			
Placing	Competitor #	Name	Total Score
1	91	David Hammond	5
2	78	Nevan Green	10

Junior Men's Physique			
Placing	Competitor #	Name	Total Score
1	83	Alex Berthiaume	5

Men's Physique Short			
Placing	Competitor #	Name	Total Score
1	53	Chris Sweeting	7
2	80	Mathieu Huneault	8
3	81	Sylvain Prevost	16
4	77	Keegan Read	19

Overall

Men's Physique Medium			
Placing	Competitor #	Name	Total Score
1	84	Robert Piette	5
2	71	Jamie Theriault	10

Men's Physique Tall			
Placing	Competitor #	Name	Total Score
1	93	Joseph Tubbs	5

Grandmasters Women's Physique			
Placing	Competitor #	Name	Total Score
1	75	Shirley Elizabeth Roy	5

Women's Physique Medium			
Placing	Competitor #	Name	Total Score
1	76	Carly Bird-Thompson	5

Grandmasters Figure			
Placing	Competitor #	Name	Total Score
1	74	Kim Hepworth	6
2	87	Monique Bizier	9

Masters Figure Tall			
Placing	Competitor #	Name	Total Score
1	66	Meghan Howe	5
2	59	Stacey Trottier	10
3	87	Monique Bizier	15

Open Figure 2			
Placing	Competitor #	Name	Total Score
1	74	Kim Hepworth	5

Open Figure 3			
Placing	Competitor #	Name	Total Score
1	58	Melanie Lavallie	9
2	73	Ashley Kindrat	10
3	90	Shannon Lean	12

Overall

Grandmasters Bikini			
Placing	Competitor #	Name	Total Score
1	88	Lise Thomas	5

Masters Bikini Short			
Placing	Competitor #	Name	Total Score
1	79	Michelle Ralph-Larose	6
2	65	Chantal Laverdiere	9
3	85	Kristie Kilbride	15
4	86	Michelle Taylor	20
5	88	Lise Thomas	25

Overall

Masters Bikini Tall			
Placing	Competitor #	Name	Total Score
1	59	Stacey Trottier	5
2	55	Roxanne Bastien	11
3	69	Cindy Gagnon	14

Open Bikini 1			
Placing	Competitor #	Name	Total Score
1	65	Chantal Laverdiere	7
2	67	Angie Aldridge	8
3	85	Kristie Kilbride	15
4	86	Michelle Taylor	20

Open Bikini 2			
Placing	Competitor #	Name	Total Score
1	79	Michelle Ralph-Larose	8
2	82	Savanah Gatién-Dubois	10
3	72	Karli Baker	13
4	94	Hayley Collins	20
5	56	Marina Coccimiglio	25

Overall

Open Bikini 3			
Placing	Competitor #	Name	Total Score
1	70	Kayla Bumbaco	5
2	89	Keri-Ann Nobbs	10

Open Bikini 4			
Placing	Competitor #	Name	Total Score
1	54	Destiny Stephens	5
2	69	Cindy Gagnon	10

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