

100%RAW Powerlifting Federation Canada

Ontario Provincial Records

Full Power

Updated at October 11th, 2019

<u>Female 44 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
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<u>Female 48 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	70.0	Tracey Mancuso - 2014	40.0	Tracey Mancuso - 2014	97.5	Tracey Mancuso - 2014	205.0	Tracey Mancuso - 2014
11 and under	40.0	Micah Vandenburg - 2019	30.0	Micah Vandenburg - 2019	57.5	Micah Vandenburg - 2019	125.0	Micah Vandenburg - 2019
40-44	70.0	Tracey Mancuso - 2014	40.0	Tracey Mancuso - 2014	97.5	Tracey Mancuso - 2014	205.0	Tracey Mancuso - 2014

<u>Female 52 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	100.0	Leah Gitterman - 2012	60.0	Nikki Chapman - 2012	132.5	Leah Gitterman - 2013	277.5	Leah Gitterman - 2012
11 and under	45.0	Micah Vandenburg - 2019	35.5	Micah Vandenburg - 2019	50.0	Micah Vandenburg - 2019	130.5	Micah Vandenburg - 2019
14-15	60.0	Gwendolyn Sheridan 2012	50.0	Gwendolyn Sheridan 2012	92.5	Gwendolyn Sheridan 2012	202.5	Gwendolyn Sheridan 2012
20-24	85.0	Nicole Mcevoy - 2012	35.0	Nicole Mcevoy - 2012	130.0	Nicole Mcevoy - 2012	248.5	Nicole Mcevoy - 2012
45-49	87.5	Nikki Chapman - 2012	60.0	Nikki Chapman - 2012	117.5	Nikki Chapman - 2012	262.5	Nikki Chapman - 2012

<u>Female 56 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	85.0	Nikki Chapman - 2012	62.5	Nikki Chapman - 2012	112.5	Nikki Chapman - 2012	257.5	Nikki Chapman - 2012
16-17	57.5	Gwendolyn Sheridan - 2012	50.0	Gwendolyn Sheridan - 2012	110.0	Gwendolyn Sheridan - 2012	217.5	Gwendolyn Sheridan - 2012
18-19	75.0	Sharon Tsai - 2013	35.0	Sharon Tsai - 2013	95.0	Sharon Tsai - 2013	205.0	Sharon Tsai - 2013
40-44	85.0	Nikki Chapman - 2012	62.5	Nikki Chapman - 2012	112.5	Nikki Chapman - 2012	257.5	Nikki Chapman - 2012
45-49	55.0	Angel Yau-Vandenburg - 2019	47.5	Angel Yau-Vandenburg - 2019	70.0	Angel Yau-Vandenburg - 2019	172.5	Angel Yau-Vandenburg - 2019

<u>Female 60 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	112.5	Shana Betz - 2016	62.5	Shana Betz - 2016	143.0	Shana Betz - 2016	318.0	Shana Betz - 2016
20-24	107.5	Jamie Snow - 2012	52.5	Jamie Snow - 2012	125.0	Jamie Snow - 2012	280.0	Jamie Snow - 2012
35-39	75.0	Genevieve Anderson - 2013	60.0	Genevieve Anderson - 2013	135.0	Genevieve Anderson - 2013	270.0	Genevieve Anderson - 2013
40-44	112.5	Shana Betz - 2016	62.5	Shana Betz - 2016	143.0	Shana Betz - 2016	318.0	Shana Betz - 2016
65-69	45.0	Elli Armstrong - 2017	30.0	Elli Armstrong - 2017	65.0	Elli Armstrong - 2017	140.0	Elli Armstrong - 2017

<u>Female 67.5 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	126.0	Stacey Jensen - 2012	72.5	Stacey Jensen - 2012	152.5	Stacey Jensen - 2012	347.5	Stacey Jensen - 2012
12-13	82.5	Carly Dixon Craddock - 2013	40.0	Carly Dixon Craddock - 2013	100.0	Carly Dixon Craddock - 2013	222.5	Carly Dixon Craddock - 2013
16-17	100.0	Christine Beauchamp - 2011	45.0	Christine Beauchamp - 2011	120.0	Christine Beauchamp - 2011	265.0	Christine Beauchamp - 2011
18-19	125.0	Christine Beauchamp - 2012	55.0	Christine Beauchamp - 2012	130.0	Christine Beauchamp - 2012	305.0	Christine Beauchamp - 2012
20-24	126.0	Stacey Jensen - 2012	72.5	Stacey Jensen - 2012	152.5	Stacey Jensen - 2012	347.5	Stacey Jensen - 2012

<u>Female 75 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	137.5	Shannon St. Michael - 2013	82.5	Shannon St. Michael - 2013	152.5	Shannon St. Michael - 2013	372.5	Shannon St. Michael - 2013
12-13	85.0	Carly Dixon Craddock - 2013	40.0	Carly Dixon Craddock - 2013	102.5	Carly Dixon Craddock - 2013	227.5	Carly Dixon Craddock - 2013
20-24	87.5	Christine Jannou - 2011	45.0	Christine Jannou - 2011	117.5	Christine Jannou - 2011	250.0	Christine Jannou - 2011
45-49	95.0	Gail Kitamura - 2013	65.0	Gail Kitamura - 2013	125.0	Gail Kitamura - 2013	285.0	Gail Kitamura - 2013

<u>Female 82.5 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	130.0	Jodi Spivak - 2012	67.5	Jodi Spivak - 2013	152.5	Jodi Spivak - 2013	345.0	Jodi Spivak - 2012

<u>Female 90 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	102.5	Janine Wheeler - 2010	67.5	Janine Wheeler - 2010	130.0	Janine Wheeler - 2010	287.5	Janine Wheeler - 2010
45-49	102.5	Janine Wheeler - 2010	67.5	Janine Wheeler - 2010	130.0	Janine Wheeler - 2010	287.5	Janine Wheeler - 2010

<u>Female 90+ kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	132.5	Janine Wheeler - 2012	70.0	Sheila Paulin - 2012	145.0	Janine Wheeler - 2012	342.5	Janine Wheeler - 2012
18-19	120.0	Sheila Paulin - 2012	70.0	Sheila Paulin - 2012	135.0	Sheila Paulin - 2012	305.0	Sheila Paulin - 2012
20-24	125.0	Sheila Paulin - 2013	65.0	Sheila Paulin - 2013	145.0	Sheila Paulin - 2013	330.0	Sheila Paulin - 2013
40-44	84.0	Randi Jakobsen - 2011	48.0	Randi Jakobsen - 2011	115.5	Randi Jakobsen - 2011	247.5	Randi Jakobsen - 2011
50-54	132.5	Janine Wheeler - 2012	70.0	Janine Wheeler - 2012	145.0	Janine Wheeler - 2012	342.5	Janine Wheeler - 2012

<u>Male 48 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	55.0	Keegan Sheridan - 2011	35.0	Keegan Sheridan - 2011	70.0	Keegan Sheridan - 2011	155.0	Keegan Sheridan - 2011
11 and under	45.0	Zachary Vandenburg - 2019	30.0	Zachary Vandenburg - 2019	65.0	Zachary Vandenburg - 2019	135.0	Zachary Vandenburg - 2019
12-13	55.0	Keegan Sheridan - 2011	35.0	Keegan Sheridan - 2011	70.0	Keegan Sheridan - 2011	155.0	Keegan Sheridan - 2011

<u>Male 52 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
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<u>Male 56 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	128.0	Spencer Mccann - 2013	80.0	Spencer Mccann - 2013	140.0	Spencer Mccann - 2013	340.0	Spencer Mccann - 2013
12-13	55.0	Arsham Sanjari - 2013	36.0	Arsham Sanjari - 2013	85.0	Arsham Sanjari - 2013	175.0	Arsham Sanjari - 2013
16-17	128.0	Spencer Mccann - 2013	80.0	Spencer Mccann - 2013	140.0	Spencer Mccann - 2013	340.0	Spencer Mccann - 2013
20-24	92.5	Daman Singh - 2012	70.0	Daman Singh - 2012	117.5	Daman Singh - 2012	277.5	Daman Singh - 2012

<u>Male 60 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	175.0	Daniel Remulla - 2012	125.0	Daniel Remulla - 2012	207.5	Daniel Remulla - 2012	505.0	Daniel Remulla - 2012
12-13	85.0	Keegan Sheridan - 2012	40.0	Keegan Sheridan - 2012	80.0	Keegan Sheridan - 2012	195.0	Keegan Sheridan - 2012
20-24	175.0	Daniel Remulla - 2012	125.0	Daniel Remulla - 2012	207.5	Daniel Remulla - 2012	505.0	Daniel Remulla - 2012

<u>Male 67.5 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	210.0	Benjamin Butty - 2012	145.0	Daniel Remulla - 2012	250.0	Benjamin Butty - 2012	577.5	Benjamin Butty - 2012
14-15	105.0	Aidan Mcevoy - 2012	55.0	Aidan Mcevoy - 2012	124.0	Aidan Mcevoy - 2012	282.5	Aidan Mcevoy - 2012
16-17	107.5	Matthew Taylor - 2012	70.0	Matthew Taylor - 2012	75.0	Matthew Taylor - 2012	252.5	Matthew Taylor - 2012
20-24	210.0	Benjamin Butty - 2012	145.0	Daniel Remulla - 2012	250.0	Benjamin Butty - 2012	577.5	Benjamin Butty - 2012

<u>Male 75 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	216.0	Tony Felix - 2016	145.0	Tony Felix - 2014	260.0	Tony Felix - 2016	612.5	Tony Felix - 2016
14-15	145.0	Eric Gonet - 2011	97.5	Eric Gonet - 2011	180.0	Eric Gonet - 2011	422.5	Eric Gonet - 2011
16-17	152.5	Luke Roach - 2012	107.5	Luke Roach - 2012	213.0	Luke Roach - 2012	465.0	Luke Roach - 2012
18-19	115.0	William Frost - 2011	80.0	William Frost - 2011	155.0	William Frost - 2011	350.0	William Frost - 2011
20-24	210.0	Adrien Stotesbury - 2012	117.5	Adrian Nichol - 2012	227.5	Adrian Nichol - 2012	530.0	Adrian Nichol - 2013
45-49	135.0	Joseph Lamonica - 2012	90.0	Joseph Lamonica - 2012	177.5	Joseph Lamonica - 2012	402.5	Joseph Lamonica - 2012

<u>Male 82.5 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	233.0	Chris Sousa - 2013	152.5	Chris Sousa - 2013	268.0	Chris Sousa - 2013	642.0	Frank Butty - 2011
16-17	115.0	Jack Shier - 2012	77.5	Jack Shier - 2012	147.5	Jack Shier - 2012	340.0	Jack Shier - 2012
20-24	232.0	Frank Butty - 2011	145.0	Frank Butty - 2011	265.0	Frank Butty - 2011	642.0	Frank Butty - 2011
45-49	190.0	Sean Kelly - 2011	130.0	Tim Hughes - 2013	215.0	Sean Kelly - 2011	525.0	Sean Kelly - 2011
55-59	145.0	Michael Milton - 2010	130.0	Michael Milton - 2010	170.0	Michael Milton - 2010	445.0	Michael Milton - 2010
60-64	132.5	William Kevin Stirling - 2019	125.0	William Kevin Stirling - 2019	195.0	William Kevin Stirling - 2019	452.5	William Kevin Stirling - 2019

<u>Male 90 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	255.0	Frank Butty - 2012	160.0	Chris Sousa - 2012	292.5	Frank Butty - 2012	700.0	Frank Butty - 2012
18-19	227.5	Sidney Abou Sawan - 2012	125.0	Sidney Abou Sawan - 2012	257.5	Sidney Abou Sawan - 2012	610.0	Sidney Abou Sawan - 2012
20-24	255.0	Frank Butty - 2012	152.5	Frank Butty - 2012	292.5	Frank Butty - 2012	700.0	Frank Butty - 2012
35-39	165.0	Bill Dunn - 2012	125.0	Bill Dunn - 2012	220.0	Bill Dunn - 2012	510.0	Bill Dunn - 2012
45-49	195.0	Barry Mcevoy - 2011	137.5	Barry Mcevoy - 2011	206.0	Ron Dillig - 2012	537.5	Barry Mcevoy - 2011
50-54	75.0	Kevin Sanjari - 2013	95.0	Kevin Sanjari - 2013	150.0	Kevin Sanjari - 2013	320.0	Kevin Sanjari - 2013
55-59	175.0	Kevin Stirling - 2012	127.5	Kevin Stirling - 2012	210.0	Kevin Stirling - 2012	512.5	Kevin Stirling - 2012
60-64	150.0	Kevin Stirling - 2018	132.5	Kevin Stirling - 2018	200.0	Kevin Stirling - 2018	477.5	Kevin Stirling - 2018

<u>Male 100 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	290.0	Taylor Shadgett - 2012	177.5	Kyle Leech - 2010	290.0	Alastair Macnicol - 2012	720.0	Taylor Shadgett - 2013
18-19	160.0	Alec Moffatt - 2012	97.5	Alec Moffatt - 2012	190.0	Alec Moffatt - 2012	447.5	Alec Moffatt - 2012
20-24	290.0	Taylor Shadgett - 2012	173.0	Brandon Tyler Racicot - 2012	290.0	Alastair Macnicol - 2012	720.0	Taylor Shadgett - 2013
35-39	207.5	Frank Mayer - 2012	155.5	Frank Mayer - 2012	248.0	Frank Mayer - 2012	611.0	Frank Mayer - 2012
40-44	230.0	Paul Mathews - 2013	152.5	Paul Mathews -2011	237.5	Paul Mathews - 2012	610.0	Paul Mathews - 2012
45-49	161.0	Tom Hayes - 2012	137.5	Ron Dillig - 2011	211.0	Tom Hayes - 2012	507.5	Ron Dillig - 2011
50-54	177.5	Ron Dillig - 2013	137.5	Ron Dillig - 2013	212.5	Ron Dillig - 2013	527.5	Ron Dillig - 2013
55-59	100.0	Jeff Paulin - 2013	105.0	Jeff Paulin - 2013	160.0	Jeff Paulin - 2013	365.0	Jeff Paulin - 2013
Law/Fire/Mil	210	Frank Mayer - 2012	157.5	Frank Mayer - 2012	245	Frank Mayer - 2012	612.5	Frank Mayer - 2012

<u>Male 110 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	272.5	Brandon Tyler Racicot - 2013	185.0	Brandon Tyler Racicot - 2013	290.0	Brandon Tyler Racicot - 2013	735.0	Brandon Tyler Racicot - 2013
16-17	182.5	Martin Wong - 2012	150.0	Martin Wong - 2012	222.5	Martin Wong - 2012	555.0	Martin Wong - 2012
20-24	272.5	Brandon Tyler Racicot - 2013	185.0	Brandon Tyler Racicot - 2013	290.0	Brandon Tyler Racicot - 2013	735.0	Brandon Tyler Racicot - 2013
35-39	200.0	Marcus Skypas - 2012	155.0	Marcus Skypas - 2011	250.0	Jason Hansen - 2012	590.0	Marcus Skypas - 2012
40-44	175.0	Val Ataev - 2012	155.0	Val Ataev - 2012	220.0	Val Ataev - 2012	550.0	Val Ataev - 2012
45-49	205.0	Craig Hirota - 2012	140.0	Craig Hirota - 2012	282.5	Craig Hirota - 2012	627.5	Craig Hirota - 2012
Law/Fire/Mil	200.0	Marcus Skypas - 2012	155.0	Marcus Skypas - 2011	237.5	Marcus Skypas - 2012	590.0	Marcus Skypas - 2012

<u>Male 125 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	260.0	Kent Maraj - 2011	175.0	Kent Maraj - 2011	302.0	Kent Maraj - 2011	732.0	Kent Maraj - 2011
18-19	205.0	Richard Davidson - 2012	137.5	Richard Davidson - 2012	215.0	Richard Davidson - 2012	557.5	Richard Davidson - 2012
20-24	207.5	Philippe Landry - 2011	165.0	Philippe Landry - 2011	232.5	Philippe Landry - 2011	605.0	Philippe Landry - 2011
35-39	260.0	Kent Maraj - 2011	175.0	Kent Maraj - 2011	302.0	Kent Maraj - 2011	732.0	Kent Maraj - 2011
45-49	157.5	Paul Koskinen - 2011	121.0	Paul Koskinen - 2011	205.0	Paul Koskinen - 2011	483.5	Paul Koskinen - 2011

<u>Male 140 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	250.0	Murray Anderson - 2012	162.5	Murray Anderson - 2012	280.0	Murray Anderson - 2012	687.5	Murray Anderson - 2012
20-24	227.5	Justin Burns - 2011	132.5	Justin Burns - 2011	235.0	Justin Burns - 2011	595.0	Justin Burns - 2011
35-39	250.0	Murray Anderson - 2012	162.5	Murray Anderson - 2012	280.0	Murray Anderson - 2012	687.5	Murray Anderson - 2012

<u>Male SHW CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	242.5	Justin Burns - 2013	165.0	Murray Anderson - 2011	280.0	Murray Anderson - 2011	680.0	Murray Anderson - 2011
20-24	242.5	Justin Burns - 2013	135.0	Justin Burns - 2013	250.0	Justin Burns - 2013	627.5	Justin Burns - 2013
35-39	235.0	Murray Anderson - 2011	165.0	Murray Anderson - 2011	280.0	Murray Anderson - 2011	680.0	Murray Anderson - 2011