

# 100%RAW Powerlifting Federation Canada

## Alberta Provincial Records

### Single Lift - Bench Press and Deadlift

Updated Mar 09 2024

<u>Female 44 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>15.0</b>	<b>Magdalen Hanson - AB '14</b>	<b>56.0</b>	<b>Magdalen Hanson - AB '14</b>
11 and under	15.0	Magdalen Hanson - AB '14	56.0	Magdalen Hanson - AB '14

<u>Female 48 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>62.5</b>	<b>Jill Keilty - AB '14</b>	<b>95.0</b>	<b>Jill Keilty - AB '14</b>
11 and under			75.0	Dawson Miron - AB '15
16-17	51.0	Mckenna Kozina - AB '16	80.0	Mckenna Kozina - AB '16
40-44	62.5	Jill Keilty - AB '14	95.0	Jill Keilty - AB '14

<u>Female 52 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>65.0</b>	<b>Lisa Scheffellaier - AB '14</b>	<b>105.0</b>	<b>Lisa Scheffellaier - AB '14</b>
11 and under			62.5	Mattea Ahijah - AB '16
16-17	60.0	Mckenna Kozina - AB '17		
35-39	60.0	Jill Keilty - AB '13	95.0	Jill Keilty - AB '13
45-49	45.0	Marcella Fortini Cameron - AB '13		
50-54	65.0	Lisa Scheffellaier - AB '14	105.0	Lisa Scheffellaier - AB '14
60-64	45.0	Karina Harris - AB '23	80.0	Karina Harris - AB '23
80-84	27.5	Doreen Kimura - AB '14	52.5	Doreen Kimura - AB '14

<u>Female 56 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>65.0</b>	<b>Lisa Scheffellaier - AB '15</b>	82.5	Karina Harris - AB '22
40-44	45.0	Tamara Dundas - AB '15		
45-49	42.5	Agi Veckenstedt - AB '14		
50-54	65.0	Lisa Scheffellaier - AB '15		
60-64	45.0	Karina Harris - AB '22	82.5	Karina Harris - AB '22

<u>Female 60 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>71.5</b>	<b>Azlin Ferguson - AB'23</b>	<b>137.5</b>	<b>Selena Gavins - AB '14</b>
20-24	71.5	Azlin Ferguson - AB'23	130.0	Azlin Ferguson - AB'23
35-39	60.0	Jenn Lee - AB '22	120.0	Jenn Lee - AB '22
40-44	65.0	Cory Fisher - AB '16		
45-49	71.0	Cory Fisher - AB '17		
60-64	47.5	Karina Harris - 2023	85.0	Karina Harris - 2023

<u>Female 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>73.0</b>	<b>Skylar Yanke - AB '22</b>	<b>128.0</b>	<b>Skylar Yanke - AB '22</b>
14-15			72.5	Mackenzie Pernsky-Keenan-2022
20-24	45.0	Kate Sonogo - 2015	110.0	Kate Sonogo - 2015

40-44	62.5	Cory Fisher - 2015		
50-54	57.5	Sue Kish - 2024		
55-59	65.0	Deb Ellard - 2015		
60-64	43.0	Karina Harris - 2024	90.0	Karina Harris - 2024

<u>Female 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>77.0</b>	<b>Lisa Szabon-Smith - AB '19</b>	<b>163.0</b>	<b>Lisa Szabon-Smith - AB '19</b>
20-24			125.0	Michaela Annable - AB '17
35-39	77.0	Lisa Szabon-Smith - AB '19	163.0	Lisa Szabon-Smith - AB '19
40-44	75.0	Stacy Burak - 2024		
45-49	63.0	Claire Cooney - AB '21	105.0	Teresa Oldenburger - AB '19
50-54	65.0	Claire Cooney - AB '22		
70-74	37.5	Monica Johnston - AB'22	65.0	Monica Johnston - AB'22

<u>Female 82.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>97.5</b>	<b>Danielle Philibert - AB '17</b>	<b>172.5</b>	<b>Courtney Johnston - 2024</b>
20-24	97.5	Danielle Philibert - AB '17	87.5	Amanda Forsyth - AB '18
35-39	81.0	Dana Sandler - AB '15		
40-44	80.0	Courtney Johnston - 2024	172.5	Courtney Johnston - 2024
45-49	72.5	Adele Frizzell - AB '15		
50-54	22.5	Laura Bateman - AB '10		
55-59	50.0	Vicky Cornish - AB '14	120.0	Vicky Cornish - AB '14

<u>Female 90 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>65.0</b>	<b>Lori McWatters - AB '17</b>	<b>122.5</b>	<b>Vicky Cornish - AB '14</b>
45-49	65.0	Lori McWatters - AB '17		
50-54	60.5	Lori McWatters-Nicolaidis - AB '22		
55-59	53.5	Vicky Cornish - AB '14	122.5	Vicky Cornish - AB '14
60-64	42.0	Mary Donnachie - AB '19	80.0	Mary Donnachie - AB '19

<u>Female 90+ kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>67.5</b>	<b>Cinnamon Meldrum - AB '19</b>	<b>145.0</b>	<b>Suzy Kavanagh - AB '17</b>
20-24	65.0	Josie Naumczyk - AB '19	137.5	Josie Naumczyk - AB '19
35-39	67.5	Cinnamon Meldrum - AB '19	125.0	Latisha Grove - AB '19
40-44	47.5	Heather Stiller - AB '10	142.5	Sarita Tams - 2023
55-59	57.5	Kathleen Delainey - 2023	135.5	Johann Dewolfe - AB '16
60-64	50.0	Wanda Sommerfeld - AB '22	135.0	Wanda Sommerfeld - AB '22
Spec. Olym.	50.0	Rachel Ryan - 2024	105.0	Rachel Ryan - 2024

<u>Male 48 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>			<b>57.5</b>	<b>Gino Caleffi - AB '17</b>
11 and under			57.5	Gino Caleffi - AB '17

<u>Male 52 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<b><u>Male 56 kg CLASS</u></b>	<b><u>BENCH PRESS (kg)</u></b>		<b><u>DEADLIFT (kg)</u></b>	
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<b><u>Male 60 kg CLASS</u></b>	<b><u>BENCH PRESS (kg)</u></b>		<b><u>DEADLIFT (kg)</u></b>	
<b>OPEN</b>	<b>95.0</b>	<b>Corey Drake - AB '14</b>	<b>150.0</b>	<b>Corey Drake - AB '14</b>
18-19	95.0	Austin Kloster - AB '19	150.0	Austin Kloster - AB '19
20-24	95.0	Corey Drake - AB '14	150.0	Corey Drake - AB '14
Spec. Olym.	67.5	Matthew Duckett - AB '09	102.5	Matthew Duckett - AB '09

<b><u>Male 67.5 kg CLASS</u></b>	<b><u>BENCH PRESS (kg)</u></b>		<b><u>DEADLIFT (kg)</u></b>	
<b>OPEN</b>	<b>140.5</b>	<b>Alex Saretsky - AB '22</b>	<b>215.0</b>	<b>Alex Saretsky - AB '22</b>
14-15			112.5	Dominic Pereira - 2023
16-17			147.5	Matthew Pereira - 2023
18-19			157.5	Dan Lacoste - AB '14
20-24	122.5	Alex Saretsky - AB '13	185.0	Alex Saretsky - AB '13

<b><u>Male 75 kg CLASS</u></b>	<b><u>BENCH PRESS (kg)</u></b>		<b><u>DEADLIFT (kg)</u></b>	
<b>OPEN</b>	<b>180.0</b>	<b>Kevin Wais - AB '17</b>	<b>230.0</b>	<b>Chase Weigel - 2023</b>
16-17	95.0	Blake Bull - 2024	205.0	Niko Leis - AB '15
18-19	110.0	Brodie Dryden - 2014		
20-24	125.0	Armando Zavaleta - 2016	190.0	Keane Kristoffer Tamayo - 2023
35-39			230.0	Chase Weigel - 2023
50-54	107.5	Oley Tyan - 2024	140.0	Jordie MacInnes - 2024
55-59	125.0	Mike Habina - AB '21		
60-64			115.0	Lawrence Glover - 2023
65-69	115.0	Tom Petersen - 2023		
70-74	122.5	Tom Petersen - AB'23		

<b><u>Male 82.5 kg CLASS</u></b>	<b><u>BENCH PRESS (kg)</u></b>		<b><u>DEADLIFT (kg)</u></b>	
<b>OPEN</b>	<b>191.0</b>	<b>Kevin Wais - 2016</b>	<b>235.0</b>	<b>Eldridge Abat - 2014</b>
12-13	102.5	Derrick Wygle - 2023	162.5	Derrick Wygle - 2023
14-15	82.5	Owen Elwell - 2022	190.0	Owen Elwell - 2022
16-17	65.0	Trey Lindgren - 2023	165.0	Trey Lindgren - 2023
20-24	115.0	Andre Skinner - 2017	225.0	Andre Skinner - 2017
35-39	120.0	Shane Miller - 2019	200.0	Shane Miller - 2019
40-44			182.5	Robert Zschuppe - 2018
45-49			185.0	Clint Pereira - 2023
50-54	135.0	Mike Habina - 2018	157.5	Travis Pereira - 2023
55-59			210.0	Raymond Gillett 2022
75-79			215.0	Birchmans Periera - 2023
90+	60.0	Roy Mitchell - AB '19	112.5	Roy Mitchell - AB '19

<b><u>Male 90 kg CLASS</u></b>	<b><u>BENCH PRESS (kg)</u></b>		<b><u>DEADLIFT (kg)</u></b>	
<b>OPEN</b>	<b>195.0</b>	<b>Kevin Wais - AB '17</b>	<b>230.0</b>	<b>Eldridge Abat - 2013</b>
16-17	117.5	Deston Lee - AB '15		
18-19	125.5	Zach Urquhart - AB '14		
20-24	145.0	Kaper Macintyre - AB '16		
35-39	152.5	Adam Price - AB '12	182.5	Kory Kozina - AB '16

40-44	177.5	Barry Antoniw - AB '15		
45-49	142.5	Garner Blieske - 2016	227.5	Byron Nolan - 2018
50-54	122.5	Byron Riemann - 2017	192.5	Norm Garden - 2023
60-64	77.5	Douglas Delainey - 2024	215.0	Douglas Delainey - 2022
75-79			213.0	Birchmans Pereira - 2022
Spec. Olym.	100.5	Blair Lunau - AB '09		

<u>Male 100 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>190.0</b>	<b>Cory Virtue - AB '12</b>	<b>277.5</b>	<b>Alex Miles - AB '14</b>
14-15	67.5	Cameron Bews - AB'22	157.5	Cameron Bews - AB'22
16-17	80.0	Jack Dawson - AB '14	155.0	Jack Dawson - AB '14
18-19			277.5	Alex Miles - AB '14
20-24	160.0	Shane Dixon - AB '12	275.0	Ahmad Eid - AB '17
35-39	190.0	Cory Virtue - AB '12	225.0	Roli Tetrault - 2022
40-44	150.0	Garner Blieske - 2013	162.5	Scott Wildeman - AB '17
45-49	132.5	John Wells - 2023	215.0	John Wells - 2023
55-59	127.5	Ed Wittevrongel - AB '20	222.5	Ed Wittevrongel - 2002
60-64			210.0	Doug Delainey - 2022
65-69			230.0	John Braun - 2009
70-74			210.0	John Braun - 2017
75-79			197.5	Birchmans Pereira - 2023

<u>Male 110 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>222.5</b>	<b>John Giffen - AB '12</b>	<b>295.0</b>	<b>Jeff Lastuka - AB'23</b>
14-15			170.0	Chase Thrasher - AB '15
16-17			187.5	Chase Thrasher - AB '15
20-24	145.0	Clay Sparks - 2017	245.0	Arshia Arshadi - AB '15
35-39	222.5	John Giffen - AB '12	295.0	Jeff Lastuka - AB'23
40-44	132.5	Andrew Hanson - 2015		
45-49	152.5	Tim Kennedy - AB '09	180.0	Wade Edwards - AB '17
50-54	140.0	Mike Proskow - AB '16		
55-59	150.0	Brent Woolnough - AB '16		
60-64	145.0	Ronny Tereshyn - AB '11		
Law/Fire/Mil	205.0	Shane Martin - AB '15		

<u>Male 125 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>237.5</b>	<b>John Giffen - AB '15</b>	<b>310.0</b>	<b>Anton Zmushka - AB '18</b>
16-17			182.5	Chase Thrasher - AB '15
20-24	187.5	Anton Zmushka - AB '18	310.0	Anton Zmushka - AB '18
35-39	160.0	Matthew Godden - 2023	300.0	Matthew Godden - 2023
40-44	237.5	John Giffen - AB '15	296.0	Joel Thiessen - AB '19
45-49	182.5	Sean Savage - AB '21		
50-54	217.5	John Giffen - 2023		
55-59	150.0	Tom Hoekstra - AB '16		

<u>Male 140 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>195.0</b>	<b>Scott Campbell - AB '13</b>	<b>292.5</b>	<b>Nathan Sparks - AB '18</b>

40-44	195.0	Scott Campbell - AB '13		
45-49	190.0	Sean Savage - 2022	235.0	Sean Savage - 2022
50-54	182.5	Sean Savage - 2023	260.0	Blair Fisher - AB '14
55-59	155.0	Wally Schoffer - 2019	205.0	Wally Schoffer - 2019
65-69	92.5	Gord Goodman - AB '15	152.5	Gord Goodman - AB '16
70-74	100.0	Gord Goodman - AB '21		

<u>Male SHW CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<b>OPEN</b>	<b>185.0</b>	<b>Chris Morrison - 2017</b>	<b>325.0</b>	<b>Jeff Martens - AB '18</b>
35-39	185.0	Chris Morrison - 2017		
45-49	127.5	Kevin Tyson - 2024		
50-54	192.5	Garry Coates - 2023		
60-64	147.5	Michael Hogan - 2023	235.0	Michael Hogan - 2024
Law/Fire/Mil	137.5	Angelo Addante - AB '17		