

100%RAW Powerlifting Federation Canada

Alberta Provincial Records

Full Power

Updated December 18, 2022

<u>Female 44 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	82.5	Catherine Beninger - 2018	50.0	Catherine Beninger - 2018	97.5	Catherine Beninger - 2017	220.0	Catherine Beninger - 2017
11 and under	47.5	Makala Moorhead - 2020	22.5	Makala Moorhead - 2020	62.5	Makala Moorhead - 2020	128.5	Makala Moorhead - 2020
14-15	70.0	Mckenna Kozina - 2016	37.5	Mckenna Kozina - 2016	82.5	Mckenna Kozina - 2016	187.5	Mckenna Kozina - 2016
20-24	82.5	Catherine Beninger - 2018	50.0	Catherine Beninger - 2018	97.5	Catherine Beninger - 2017	220.0	Catherine Beninger - 2017

<u>Female 48 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	105.0	Mckenna Kozina - 2017	64.0	Mckenna Kozina - 2017	128.0	Christina Lam - 2016	274.0	Mckenna Kozina - 2017
16-17	105.0	Mckenna Kozina - 2017	64.0	Mckenna Kozina - 2017	110.0	Mckenna Kozina - 2017	274.0	Mckenna Kozina - 2017
18-19	104.0	Mckenna Kozina - 2019	60.5	Mckenna Kozina - 2019	112.5	Mckenna Kozina - 2018	272.5	Mckenna Kozina - 2018
20-24	67.5	Rylea Yanke - 2016	57.5	Rylea Yanke - 2016	92.5	Rylea Yanke - 2016	217.5	Rylea Yanke - 2016
40-44	62.5	Jill Keilty - 2014	62.5	Jill Keilty - 2014	100.0	Jill Keilty - 2014	225.0	Jill Keilty - 2014
45-49	57.5	Jill Keilty - 2019	55.0	Jill Keilty - 2019	90.0	Jill Keilty - 2019	202.5	Jill Keilty - 2019

Female 52 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	120.0	Marie Joaquin - 2018	65.5	Lisa Scheffelmaier - 2014	127.5	Marie Joaquin - 2018	306.0	Marie Joaquin - 2018
18-19	62.5	Rylea Yanke - 2015	57.5	Rylea Yanke - 2015	77.5	Rylea Yanke - 2015	197.5	Rylea Yanke - 2015
20-24	120.0	Marie Joaquin - 2018	65.0	Rylea Yanke - 2018	127.5	Marie Joaquin - 2018	306.0	Marie Joaquin - 2018
40-44	60.0	Jill Keilty - 2018	62.5	Jill Keilty - 2018	97.5	Jill Keilty - 2018	220.0	Jill Keilty - 2018
50-54	85.0	Marcella Fortini Cameron - 2019	65.5	Lisa Scheffelmaier - 2014	112.5	Lisa Scheffelmaier - 2014	245.5	Marcella Fortini Cameron - 2019
60-64	45.0	Karina Harris - 2021	40.0	Karina Harris - 2021	70.0	Karina Harris - 2021	155.0	Karina Harris - 2021

Female 56 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	140.0	Breann Thiessen - 2015	78.0	Skylar Yanke - 2019	163.0	Sherine Thoummarath - 2017	352.5	Breann Thiessen - 2015
11 and under	50.0	Mattea Ahlijah - 2017	25.0	Mattea Ahlijah - 2017	67.5	Mattea Ahlijah - 2017	142.5	Mattea Ahlijah - 2017
12-13	52.5	Peyton Swagar - 2016	37.5	Peyton Swagar - 2016	70.0	Peyton Swagar - 2016	160.0	Peyton Swagar - 2016
14-15	77.5	Lauren Doyle - 2022	40.0	Lauren Doyle - 2022	90.0	Lauren Doyle - 2022	207.5	Lauren Doyle - 2022
16-17	75.0	Taylor Mann - 2016	52.5	Taylor Mann - 2016	97.5	Taylor Mann - 2016	225.0	Taylor Mann - 2016
18-19	90.0	Terese Mazurkewich - 2015	65.0	Christine Trac - 2016	132.5	Christine Trac - 2016	282.5	Christine Trac - 2016
20-24	140.0	Breann Thiessen - 2015	77.5	Breann Thiessen - 2015	163.0	Sherine Thoummarath - 2017	352.5	Breann Thiessen - 2015
35-39	107.5	Darine Alame - 2017	50.0	Darine Alame - 2017	127.5	Darine Alame - 2017	285.0	Darine Alame - 2017
40-44	97.5	Stephanie Fraser - 2021	67.5	Carolyn Gersh - 2021	132.5	Carolyn Gersh - 2021	272.5	Carolyn Gersh - 2021
45-49	72.5	Danette Lecuyer - 2018	62.5	Danette Lecuyer - 2018	107.5	Danette Lecuyer - 2018	238.5	Danette Lecuyer - 2018
50-54	75.0	Shawna Kaminski - 2018	66.0	Shawna Kaminski - 2018	122.5	Shawna Kaminski - 2018	261.0	Shawna Kaminski - 2018
55-59	45.0	Karina Harris - 2020	40.0	Karina Harris - 2020	65.0	Karina Harris - 2020	150.0	Karina Harris - 2020
60-64	50.0	Karina Harris - 2022	45.0	Karina Harris - 2022	82.5	Karina Harris - 2022	175.0	Karina Harris - 2022

Female 60 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	147.5	Sherine Thoummarath - 2017	79.0	Skylar Yanke - 2019	172.5	Sherine Thoummarath - 2017	380.0	Sherine Thoummarath - 2017
11 and under	55.0	Mattea Ahlijah - 2018	30.0	Mattea Ahlijah - 2018	80.0	Mattea Ahlijah - 2018	160.0	Mattea Ahlijah - 2018
12-13	60.0	Mattea Ahlijah - 2018	32.5	Mattea Ahlijah - 2018	92.5	Mattea Ahlijah - 2018	177.5	Mattea Ahlijah - 2018
14-15	70.0	Genevieve Horn - 2018	40.0	Genevieve Horn - 2018	100.0	Genevieve Horn - 2018	207.5	Genevieve Horn - 2018
16-17	85.0	Anaëlle Ravelojaona - 2022	40.0	Kylie Bryan - 2020	130.0	Anaëlle Ravelojaona - 2022	255.0	Anaëlle Ravelojaona - 2022
18-19	120.0	Azlin Ferguson - 2022	60.5	Azlin Ferguson - 2022	122.5	Azlin Ferguson - 2022	303.0	Azlin Ferguson - 2022
20-24	147.5	Sherine Thoummarath - 2017	77.0	Christine Trac - 2019	172.5	Sherine Thoummarath - 2017	380.0	Sherine Thoummarath - 2017
35-39	130.0	Jenn Lee - 2019	69.5	Jenn Lee - 2019	145.0	Carolyn Gersh - 2019	323.0	Jenn Lee - 2019
40-44	105.0	Theresa Larson - 2019	55.0	Theresa Larson - 2019	115.0	Katie Barath - 2016	270.0	Theresa Larson - 2019
45-49	95.0	Sandra Cappon - 2016	60.0	Danette Lecuyer - 2017	132.5	Sandra Cappon - 2016	280.0	Sandra Cappon - 2016
50-54	37.5	Suzanne Jubb - 2014	37.5	Suzanne Jubb - 2014	70.0	Suzanne Jubb - 2014	145.0	Suzanne Jubb - 2014
55-59	85.0	Patsy Stehr - 2015	51.0	Patsy Stehr - 2015	130.0	Patsy Stehr - 2015	258.0	Patsy Stehr - 2015
60-64	50.0	Karina Harris - 2022	45.0	Karina Harris - 2022	75.0	Karina Harris - 2022	162.5	Karina Harris - 2022

Female 67.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	147.5	Andrea Melito - 2019	90.0	Abby Hall - 2019	183.0	Dallas Smith - 2015	390.5	Abby Hall - 2019
11 and under	30.0	Kennedy Macinnes - 2019	27.5	Kennedy Macinnes - 2019	65.0	Kennedy Macinnes - 2019	122.5	Kennedy Macinnes - 2019
12-13	70.0	Mattea Ahlijah - 2019	40.5	Mattea Ahlijah - 2019	100.5	Mattea Ahlijah - 2019	208.0	Mattea Ahlijah - 2019
14-15	72.5	Genevieve Horn - 2018	40.0	Genevieve Horn - 2018	101.5	Genevieve Horn - 2018	212.5	Genevieve Horn - 2018
16-17	103.0	Perri Mazurkewich - 2015	57.5	Liv Price - 2016	130.0	Perri Mazurkewich - 2015	277.5	Perri Mazurkewich - 2015
18-19	105.0	Elise Jackson - 2014	67.5	Julisa Aminzada - 2018	135.0	Julisa Aminzada - 2018	300.0	Julisa Aminzada - 2018
20-24	141.0	Abby Hall - 2019	87.5	Abby Hall - 2019	164.0	Rachelle Forget - 2019	390.5	Abby Hall - 2019
35-39	120.0	Gillian Mccann - 2016	77.5	Gillian Mccann - 2016	145.0	Gillian Mccann - 2016	337.5	Gillian Mccann - 2016
40-44	95.0	Maria McElman - 2019	55.0	Maria McElman - 2019	117.5	Maria McElman - 2019	267.5	Maria McElman - 2019
45-49	80.0	Dawn Luscombe - 2018	45.0	Lisa Lord-Edmiston - 2018	112.5	Lisa Lord-Edmiston - 2018	235.0	Dawn Luscombe - 2018
55-59	102.5	Deb Ellard - 2015	60.0	Deb Ellard - 2015	115.0	Deb Ellard - 2015	277.5	Deb Ellard - 2015
60-64	100.0	Deb Ellard - 2021	75.0	Deb Ellard - 2021	125.0	Deb Ellard - 2021	300.0	Deb Ellard - 2021
65-69	50.0	Susan Beck - 2015	37.5	Susan Beck - 2015	85.0	Susan Beck - 2015	167.5	Susan Beck - 2015
Law/Fire/Mil	77.5	Tracy Normandeau - 2017	57.5	Tracy Normandeau - 2017	120.0	Tracy Normandeau - 2017	255.0	Tracy Normandeau - 2017

Female 75 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	165.0	Melissa Buhler - 2019	102.5	Angela Lewis - 2019	182.5	Dallas Smith - 2015	429.0	Melissa Buhler - 2019
14-15	115.0	Jacqueline Schmidt - 2015	55.0	Jacqueline Schmidt - 2015	138.0	Jacqueline Schmidt - 2015	305.0	Jacqueline Schmidt - 2015
16-17	123.0	Jacqueline Schmidt - 2015	62.5	Namroz Gill - 2022	155.0	Namroz Gill - 2022	327.5	Namroz Gill - 2022
18-19	100.0	Elizabeth Fraser - 2016	65.0	Elizabeth Fraser - 2016	117.5	Elizabeth Fraser - 2016	282.5	Elizabeth Fraser - 2016
20-24	123.5	Teresa Lei - 2016	85.0	Angela Lewis - 2018	147.5	Teresa Lei - 2016	330.0	Elise Jackson - 2015
35-39	150.0	Lisa Szabon-Smith - 2018	83.0	Lisa Szabon-Smith - 2018	162.5	Lisa Szabon-Smith - 2019	390.0	Lisa Szabon-Smith - 2018
40-44	125.0	Melanie Wonitoy - 2017	72.5	Melanie Wonitoy - 2017	180.0	Melanie Wonitoy - 2017	377.5	Melanie Wonitoy - 2017
45-49	120.0	Teresa Oldenburger - 2021	62.5	Lori Mcwatters - 2015	145.5	Teresa Oldenburger - 2021	320.5	Teresa Oldenburger - 2021
50-54	102.5	Selena Clauson - 2019	62.5	Selena Clauson - 2019	127.5	Selena Clauson - 2019	292.5	Selena Clauson - 2019
55-59	110.0	Lynne Courtnage-Coolen - 2018	43.0	Lynne Courtnage-Coolen - 2018	128.0	Lynne Courtnage-Coolen - 2018	268.0	Lynne Courtnage-Coolen - 2018
60-64	115.0	Lynne Courtnage-Coolen - 2019	47.5	Lynne Courtnage-Coolen - 2019	140	Lynne Courtnage-Coolen - 2019	293	Lynne Courtnage-Coolen - 2019

Female 82.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	185.5	Lisa Gervais - 2019	107.5	Lisa Gervais - 2019	195.0	Danielle Philibert - 2017	482.5	Danielle Philibert - 2018
18-19	100.0	Zahra Woods - 2016	62.5	Elizabeth Fraser - 2016	122.5	Elizabeth Fraser - 2016	282.5	Elizabeth Fraser - 2016
20-24	125.0	Joan Buccat - 2016	75.0	Kimberlee Vroom - 2022	140.5	Kimberlee Vroom - 2022	327.5	Simone Rodger - 2017
35-39	130.5	Vanessa Reed - 2019	73.0	Sylvia Roche - 2021	165.0	Dana Sandler - 2015	345.0	Dana Sandler - 2015
40-44	150.0	Kathleen MacDonald - 2019	92.5	Sara Burwash - 2015	166.0	Sara Burwash - 2015	390.0	Sara Burwash - 2015
45-49	147.0	Sara Burwash - 2019	91.0	Sara Burwash - 2019	160.0	Sara Burwash - 2019	398.0	Sara Burwash - 2019
50-54	100.0	Tracey Ridgway - 2018	52.5	Tracey Ridgway - 2018	127.5	Kathy Reid-Soucy - 2018	272.5	Kathy Reid-Soucy - 2018
55-59	92.5	Sheryl Stockley - 2014	45.0	Sheryl Stockley - 2014	125.0	Sheryl Stockley - 2014	262.5	Sheryl Stockley - 2014
65-69	60.0	Margaret Estabrooks - 2016	42.5	Margaret Estabrooks - 2014	105.0	Margaret Estabrooks - 2016	202.5	Margaret Estabrooks - 2016
Law/Fire/Mil	180.0	Lisa Gervais - 2018	105.0	Lisa Gervais - 2018	180.0	Lisa Gervais - 2018	465.0	Lisa Gervais - 2018

<u>Female 90 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	190.0	Lisa Gervais - 2019	110.0	Lisa Gervais - 2019	175.5	Alyssia DeWolfe - 2019	475.0	Lisa Gervais - 2019
18-19	102.5	Mehza Memon - 2015	47.5	Mehza Memon - 2015	115.0	Mehza Memon - 2015	260.0	Mehza Memon - 2015
20-24	175.5	Paulina Deng - 2019	80.5	Paulina Deng - 2019	175.0	Paulina Deng - 2019	430.5	Paulina Deng - 2019
35-39	130.0	Dawn Krpan - 2016	60.5	Wendy Desjarlais - 2020	155.0	Dawn Krpan - 2016	340.0	Dawn Krpan - 2016
40-44	152.5	Sara Burwash - 2019	102.5	Sara Burwash - 2018	170.0	Sara Burwash - 2018	417.5	Sara Burwash - 2018
45-49	95.0	Lori McWatters - 2019	62.5	Lori McWatters - 2019	125.0	Lori McWatters - 2019	275.5	Lori McWatters - 2019
50-54	103.5	Lori McWaters-Nicolaidis - 2021	65.0	Lori McWaters-Nicolaidis - 2021	125.5	Lori McWaters-Nicolaidis - 2021	294.0	Lori McWaters-Nicolaidis - 2021
60-64	60.0	Mary Donnachie - 2019	37.5	Mary Donnachie - 2019	86.0	Mary Donnachie - 2019	180.0	Mary Donnachie - 2019
65-69	50.0	Margaret Estabrooks - 2015	40.0	Margaret Estabrooks - 2015	95.0	Margaret Estabrooks - 2015	185.0	Margaret Estabrooks - 2015
Law/Fire/Mil	190.0	Lisa Gervais - 2019	110.0	Lisa Gervais - 2019	175.0	Lisa Gervais - 2019	475.0	Lisa Gervais - 2019

<u>Female 90+ kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	182.5	Sharalee Earle - 2018	87.5	Alyssia DeWolfe - 2019	177.5	Jose Potter - 2015	420.0	Sharalee Earle - 2018
14-15	40.0	Felicity Chapdelaine - 2013	40.0	Felicity Chapdelaine - 2013	80.0	Felicity Chapdelaine - 2013	155.0	Felicity Chapdelaine - 2013
18-19	95.0	Ashley Roczkowsky - 2022	50.0	Ashley Roczkowsky - 2022	130.0	Ashley Roczkowsky - 2022	275.0	Ashley Roczkowsky - 2022
20-24	120.0	Erin Cooke - 2015	70.0	Erin Cooke - 2015	140.0	Erin Cooke - 2015	330.0	Erin Cooke - 2015
35-39	152.5	Cherisse Martineau - 2019	75.5	Cherisse Martineau - 2019	170.0	Cherisse Martineau - 2018	398.0	Cherisse Martineau - 2019
40-44	152.5	Melanie Perron - 2019	77.5	Melanie Perron - 2019	157.5	Melanie Perron - 2020	377.5	Melanie Perron - 2019
50-54	135.5	Jose Potter - 2016	78.0	Jose Potter - 2016	177.5	Jose Potter - 2015	388.0	Jose Potter - 2015
55-59	103.0	Wanda Sommerfeld - 2019	55.0	Wanda Sommerfeld - 2019	137.5	Wanda Sommerfeld - 2019	292.5	Wanda Sommerfeld - 2019
60-64	108.0	Wanda Sommerfeld - 2022	55.0	Wanda Sommerfeld - 2022	140.0	Wanda Sommerfeld - 2022	295.5	Wanda Sommerfeld - 2022
Spec. Olym.	72.5	Rachel Ryan - 2017	50.0	Rachel Ryan - 2017	120.0	Rachel Ryan - 2017	242.5	Rachel Ryan - 2017

<u>Male 48 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	40.0	Justin Horn - 2018	25.0	Justin Horn - 2018	80.0	Justin Horn - 2018	140.0	Justin Horn - 2018
12-13	40.0	Justin Horn - 2018	25.0	Justin Horn - 2018	80.0	Justin Horn - 2018	140.0	Justin Horn - 2018

Male 52 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	30.0	Nick Kennedy - 2010	27.5	Nick Kennedy - 2010	65.0	Nick Kennedy - 2010	122.5	Nick Kennedy - 2010
16-17	30.0	Nick Kennedy - 2010	27.5	Nick Kennedy - 2010	65.0	Nick Kennedy - 2010	122.5	Nick Kennedy - 2010
Spec. Olym.	30.0	Nick Kennedy - 2010	27.5	Nick Kennedy - 2010	65.0	Nick Kennedy - 2010	122.5	Nick Kennedy - 2010

Male 56 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	140.0	Nigel Whitford - 2016	102.5	Nigel Whitford - 2016	185.0	Nigel Whitford - 2016	425.0	Nigel Whitford - 2016
16-17	110.0	Kaeden Ottenbreit - 2017	95.0	Kaeden Ottenbreit - 2017	147.5	Kaeden Ottenbreit - 2017	347.5	Kaeden Ottenbreit - 2017
20-24	140.0	Nigel Whitford - 2016	102.5	Nigel Whitford - 2016	185.0	Nigel Whitford - 2016	425.0	Nigel Whitford - 2016
Spec. Olym.	77.5	Matthew Duckett - 2010	62.5	Matthew Duckett - 2010	82.5	Matthew Duckett - 2010	222.5	Matthew Duckett - 2010

Male 60 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	192.5	Jason Yuen - 2019	135.0	Jason Yuen - 2019	212.5	Alex Saretsky - 2016	498.0	Alex Saretsky - 2016
16-17	140.5	Brandon Hall - 2019	82.5	Brandon Hall - 2019	145.0	Brandon Hall - 2019	365.5	Brandon Hall - 2019
18-19	107.5	Tyler Hay - 2016	67.5	Tyler Hay - 2016	160.0	Tyler Hay - 2016	327.5	Tyler Hay - 2016
20-24	165.0	Luke Cohen - 2017	100.0	Nigel Whitford - 2015	182.5	Nigel Whitford - 2015	435.0	Luke Cohen - 2017
40-44	110.5	Gary Lee Peterson Jr - 2017	94.0	Gary Lee Peterson Jr - 2017	160.5	Gary Lee Peterson Jr - 2017	363.5	Gary Lee Peterson Jr - 2017

Male 67.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	205.5	Alex Saretsky - 2018	152.5	Alex Saretsky - 2018	237.5	Alex Saretsky - 2016	590.5	Alex Saretsky - 2018
14-15	152.5	Luc Dahlman - 2021	92.5	Luc Dahlman - 2021	195.0	Luc Dahlman - 2021	435.0	Luc Dahlman - 2021
16-17	160.0	Luc Dahlman - 2022	102.5	Luc Dahlman - 2022	215.0	Luc Dahlman - 2022	477.5	Luc Dahlman - 2022
18-19	160.0	Brandon Hall - 2020	117.5	Noah Wright - 2018	190.0	Noah Wright - 2018	457.5	Noah Wright - 2018
20-24	187.5	Max Hall - 2019	120.0	Alex Saretsky - 2014	232.5	Max Hall - 2019	512.5	Max Hall - 2019
35-39	201.0	Stephane Heroux - 2019	122.5	Stephane Heroux - 2018	225.0	Stephane Heroux - 2019	541.0	Stephane Heroux - 2019
80-84	120.0	Joe Stockinger - 2014	90.0	Joe Stockinger - 2014	195.0	Joe Stockinger - 2014	400.0	Joe Stockinger - 2014
85-89	125.0	Joe Stockinger - 2019	82.5	Joe Stockinger - 2014	202.0	Joe Stockinger - 2014	398.5	Joe Stockinger - 2014

Male 75 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	215.5	Cole Melanson - 2016	165.0	J Daniel Gonzalez - 2015	274.0	Brenden Eberle - 2016	606.0	Cole Melanson - 2016
16-17	160.0	Tate Beazley - 2015	92.5	Tate Beazley - 2015	213.5	Tate Beazley - 2015	452.5	Tate Beazley - 2015
18-19	170.0	Tate Beazley - 2016	100.0	Austin Kirk - 2016	210.5	Dylan Aronson - 2022	477.5	Tate Beazley - 2016
20-24	215.5	Cole Melanson - 2016	165.0	J Daniel Gonzalez - 2015	274.0	Brenden Eberle - 2016	606.0	Cole Melanson - 2016
35-39	175.0	Colin DeWolfe - 2022	137.5	Sean Paes - 2010	228.5	Ian Bennett - 2018	501.0	Ian Bennett - 2018
40-44	150.0	Todd Matthews - 2015	95.0	Todd Matthews - 2015	165.0	Todd Matthews - 2015	410.0	Todd Matthews - 2015
45-49	165.0	Andrew Hanson - 2019	120.0	Andrew Hanson - 2018	190.0	Andrew Hanson - 2018	457.5	Andrew Hanson - 2018
50-54	120.0	Gord Squire - 2018	120.0	Gord Squire - 2018	135.0	Gord Squire - 2018	375.0	Gord Squire - 2018
55-59	122.5	Russ Pickford - 2021	107.5	Russ Pickford - 2021	135.0	Russ Pickford - 2021	362.5	Russ Pickford - 2021
60-64	120.0	Bob Alexander - 2019	65.0	Bob Alexander - 2019	158.0	Bob Alexander - 2019	338.5	Bob Alexander - 2019
65-69	163.0	Birchmans Pereira - 2014	67.5	Birchmans Pereira - 2014	222.5	Birchmans Pereira - 2014	452.5	Birchmans Pereira - 2014
85-89	122.5	Joe Stockinger - 2015	85.0	Joe Stockinger - 2015	200.0	Joe Stockinger - 2015	405.0	Joe Stockinger - 2015
Law/Fire/Mil	205.0	Dillon Childs - 2022	150.0	Brenden Eberle - 2016	274.0	Brenden Eberle - 2016	595.0	Brenden Eberle - 2016
Spec. Olym.	180.0	David Nicholson - 2021	100.0	David Nicholson - 2021	202.5	David Nicholson - 2021	482.5	David Nicholson - 2021

Male 82.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	250.0	Gino Maranon - 2021	170.0	J Daniel Gonzalez - 2015	280.5	Victor Akpawan - 2016	665.0	Gino Maranon - 2021
14-15	110.0	Aidan Turner - 2018	80.0	Aidan Turner - 2018	142.5	Aidan Turner - 2018	332.5	Aidan Turner - 2018
16-17	147.5	Duncan McCormick - 2020	100.0	Duncan McCormick - 2020	192.5	Duncan McCormick - 2020	440.0	Duncan McCormick - 2020
18-19	185.0	Carter Gall - 2015	112.5	Carter Gall - 2015	255.5	Carter Gall - 2015	537.5	Carter Gall - 2015
20-24	250.0	Gino Maranon - 2021	170.0	J Daniel Gonzalez - 2015	280.0	Alexander Kipp - 2014	665.0	Gino Maranon - 2021
35-39	237.5	Vitalie Ursu - 2018	160.0	Vitalie Ursu - 2016	272.5	Vitalie Ursu - 2016	662.5	Vitalie Ursu - 2016
40-44	205.0	Noah Saboe - 2021	147.5	Noah Saboe - 2021	227.5	Rob King - 2014	545.0	Noah Saboe - 2020
45-49	205.0	Kevin Weiss - 2017	150.0	Kevin Weiss - 2017	235.0	Kevin Weiss - 2017	590.0	Kevin Weiss - 2017
50-54	160.0	Jim Haskayne - 2018	130.0	Gord Squire - 2018	217.5	Jim Haskayne - 2018	492.5	Jim Haskayne - 2018
55-59	162.5	Colin Mullaney - 2016	132.5	Colin Mullaney - 2016	207.5	Colin Mullaney - 2016	502.5	Colin Mullaney - 2016
60-64	122.5	Bob Alexander - 2019	70.0	Bob Alexander - 2018	155.0	Bob Alexander - 2019	340.0	Bob Alexander - 2019
65-69	122.5	Birchmans Pereira - 2014	60.0	Birchmans Pereira - 2014	192.5	Birchmans Pereira - 2014	375.0	Birchmans Pereira - 2014
70-74	85.0	Fred Smith - 2019	67.5	Fred Smith - 2019	135.0	Fred Smith - 2019	285.0	Fred Smith - 2019
Law/Fire/Mil	150.0	Russ Friesen - 2017	110.0	Russ Friesen - 2017	175.0	Russ Friesen - 2017	435.0	Russ Friesen - 2017
Spec. Olym.	145.0	David Pelletier - 2017	137.5	David Pelletier - 2017	182.5	David Pelletier - 2017	465.0	David Pelletier - 2017

<u>Male 90 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	256.0	Victor Akpawan - 2019	170.0	Victor Akpawan - 2019	303.0	Victor Akpawan - 2019	718.0	Victor Akpawan - 2019
14-15	150.0	Aidan Turner - 2019	95.0	Aidan Turner - 2019	165.0	Keanu Calderon - 2018	402.5	Aidan Turner - 2019
16-17	160.0	Deston Lee - 2015	130.0	Deston Lee - 2015	208.0	Max Kahler - 2018	497.5	Deston Lee - 2015
18-19	185.0	David Mcneil - 2016	137.5	Eric Procknow - 2019	245.0	David Meneil - 2017	557.5	David Meneil - 2017
20-24	232.5	Joe Harrigan - 2015	162.5	Adam Ramzy - 2012	260.0	Ahmad Eid - 2017	632.5	Adam Ramzy - 2012
35-39	229.5	Adam Price - 2011	152.5	Jason Corbell - 2010	262.5	Forrest Gavins - 2015	622.5	Forrest Gavins - 2015
45-49	210.0	Kevin Weiss - 2018	150.0	Kevin Weiss - 2018	235.0	Kevin Weiss - 2018	595.0	Kevin Weiss - 2018
50-54	190.0	Markus Van Heerden - 2015	122.5	Jim Haskayne - 2018	230.0	Jim Haskayne - 2018	540.0	Jim Haskayne - 2018
55-59	192.5	Jim Haskayne - 2019	132.5	Colin Mullaney - 2016	227.5	Jim Haskayne - 2019	527.5	Jim Haskayne - 2019
60-64	152.5	Douglas Delainey - 2022	75.0	Douglas Delainey - 2022	220.0	Douglas Delainey - 2022	440.0	Douglas Delainey - 2022
Law/Fire/Mil	187.5	Dave Nisbet - AB '17	142.5	Dave Nisbet - AB '17	227.5	Dave Nisbet - AB '17	555.0	Dave Nisbet - AB '17
Spec. Olym.	165.0	Vaughn Lang - 2018	102.5	Blair Lunau - 2017	192.5	Vaughn Lang - 2018	460.0	Vaughn Lang - 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	280.0	Zachary Reimer - 2020	185.5	Mike Moorhead - 2019	315.0	Zachary Reimer - 2020	760.0	Zachary Reimer - 2020
14-15	137.5	Keanu Calderon - 2019	95.0	Keanu Calderon - 2019	195.0	Keanu Calderon - 2019	410.0	Keanu Calderon - 2019
16-17	170.0	Cole Getzinger - 2015	130.0	Cole Getzinger - 2015	237.5	Cole Getzinger - 2015	537.5	Cole Getzinger - 2015
18-19	197.5	Shane Dixon - 2010	155.0	Shane Dixon - 2010	272.5	Shane Dixon - 2010	615.0	Shane Dixon - 2010
20-24	280.0	Zachary Reimer - 2020	182.5	Marcos Tello - 2018	315.0	Zachary Reimer - 2020	760.0	Zachary Reimer - 2020
35-39	255.0	Adam Price - 2014	178.0	Mike Moorhead - 2016	270.0	Jeff Tokariuk - 2022	642.5	Mike Moorhead - 2016
40-44	252.5	Mike Moorhead - 2018	185.5	Mike Moorhead - 2019	273.0	Mike Moorhead - 2018	697.5	Mike Moorhead - 2018
45-49	233.0	Ronald Hagen - 2019	147.5	Ronald Hagen - 2019	253.0	Ronald Hagen - 2019	626.0	Ronald Hagen - 2019
50-54	210.0	Brad Swidzinski - 2022	130.0	John Stanford - 2019	220.0	Brad Swidzinski - 2022	555.0	Brad Swidzinski - 2022
55-59	205.0	Jim Haskayne - 2021	107.5	Jim Haskayne - 2021	227.5	Jim Haskayne - 2021	540.0	Jim Haskayne - 2021
60-64	185.0	Allen Marr - 2017	150.0	Allen Marr - 2017	220.0	Allen Marr - 2017	545.0	Allen Marr - 2017
Law/Fire/Mil	205	Rory Smith - 2017	165	John Sarginson - 2010	245	John Sarginson - 2010	602.5	John Sarginson - 2010
Spec. Olym.	162.5	Spencer Stevens - 2016	110.0	Blair Lunau - 2016	242.5	Andrew Harding - 2010	485.0	Andrew Harding - 2010

Male 110 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	297.5	Jeff Lastuka - 2022	217.5	John Giffen - 2017	330.5	Dorrell Petties-Dahmer - 2019	752.5	Jeff Lastuka - 2020
11 and under	87.5	Liam Vaness - 2016	55.0	Liam Vaness - 2016	117.5	Liam Vaness - 2016	255.0	Liam Vaness - 2016
14-15	115.0	Griffin Viney - 2022	90.0	Brandon Periera - 2010	155.0	Brandon Periera - 2010	347.5	Brandon Periera - 2010
16-17	273.5	Cam St Amond - 2015	160.0	Cam St Amond - 2015	247.5	Cam St Amond - 2015	681.0	Cam St Amond - 2015
20-24	255.0	Johnnel Naron - 2017	175.0	Dane Dillon - 2014	310.0	Dane Dillon - 2014	737.5	Dane Dillon - 2014
35-39	297.5	Jeff Lastuka - 2022	190.0	Nazar Kharyk - AB'18	285.0	Jeff Lastuka - 2022	750.0	Jeff Lastuka - 2022
40-44	270.0	Adam Price - 2016	195.5	Adam Price - 2017	262.5	Adam Price - 2016	715.5	Adam Price - 2017
45-49	215.0	Patrick Cullum - 2016	217.5	John Giffen - 2017	215.0	Patrick Cullum - 2016	630.0	John Giffen - 2017
50-54	184.5	Brad Swidzinski - 2019	140.0	Mike Proskow - 2016	185.0	Brad Swidzinski - 2019	487.0	Brad Swidzinski - 2019
55-59	195.5	Dan Earle - 2019	142.5	Brent Woolnough - 2016	235.0	Randy Sparks - 2015	527.5	Randy Sparks - 2015
60-64	180.0	Dan Earle - 2020	145.0	Brent Woulough - 2017	190.0	Dan Earle - 2020	500.0	Brent Woulough - 2017
65-69	180.5	Colin Bonneau - 2017	155.0	Colin Bonneau - 2017	177.5	Colin Bonneau - 2014	503.0	Colin Bonneau - 2017
Spec. Olym.	155.5	Andrew Harding - 2014	111.5	Andrew Harding - 2019	207.5	Andrew Harding - 2014	466.5	Andrew Harding - 2014

Male 125 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	292.5	Adam Price - 2019	227.5	John Giffen - 2018	363.0	Dorrell Petties-Dahmer - 2020	800.0	Adam Price - 2019
12-13	105.0	Liam Vaness - 2017	67.5	Liam Vaness - 2017	125.0	Liam Vaness - 2017	292.5	Liam Vaness - 2017
18-19	195.0	Spence Howson - 2018	130.0	Spence Howson - 2018	245.0	Spence Howson - 2018	570.0	Spence Howson - 2018
20-24	272.5	Anton Zmushka - 2019	204.0	John Woo - 2017	300.0	Anton Zmushka - 2019	752.5	Anton Zmushka - 2019
35-39	195.0	Jeff Williams - 2011	112.5	Liam Cummings - 2017	235.0	Jeff Williams - 2011	530.0	Jeff Williams - 2011
40-44	292.5	Adam Price - 2019	212.5	Adam Price - 2019	295.0	Adam Price - 2019	800.0	Adam Price - 2019
45-49	235.0	John Giffen - 2018	227.5	John Giffen - 2018	247.0	John Giffen - 2018	709.5	John Giffen - 2018
50-54	282.5	Kevin Dixon - 2022	160.0	Kevin Dixon - 2022	272.5	Kevin Dixon - 2022	715.0	Kevin Dixon - 2022
60-64	220.0	Randy Sparks - 2020	165.5	Colin Bonneau - 2012	228.0	Randy Sparks - 2020	566.5	Colin Bonneau - 2012
65-69	150.0	Colin Bonneau - 2013	164.0	Colin Bonneau - 2013	200.0	Colin Bonneau - 2013	514.0	Colin Bonneau - 2013
70-74	125.0	Colin Bonneau - 2017	155.0	Colin Bonneau - 2017	100.0	Colin Bonneau - 2017	375.0	Colin Bonneau - 2017

Male 140 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	257.5	Josh McNally - 2022	180.0	Jason Thompson - 2017	295.0	Jason Thompson - 2017	727.5	Jason Thompson - 2017
12-13	110.0	Chapel Iron Shirt - 2018	70.0	Chapel Iron Shirt - 2018	157.5	Chapel Iron Shirt - 2018	337.5	Chapel Iron Shirt - 2018
16-17	235.0	Jake Little - 2015	152.5	Jake Little - 2015	245.0	Jake Little - 2015	620.0	Jake Little - 2015
18-19	235.0	Jake Little - 2017	160.0	Jake Little - 2017	260.0	Spence Howson - 2019	640.0	Jake Little - 2017
20-24	257.5	Josh McNally - 2022	160.0	Aleks Barabas - 2014	275.0	Aleks Barabas - 2014	670.0	Aleks Barabas - 2014
35-39	210.0	James Lapointe - 2019	147.5	James Lapointe - 2019	250.0	James Lapointe - 2019	607.5	James Lapointe - 2019
40-44	230.5	James Lapointe - 2020	147.5	James Lapointe - 2020	280.0	James Lapointe - 2020	653.0	James Lapointe - 2020
45-49	205.0	Garry Coates - 2018	170.0	Garry Coates - 2018	235.0	Garry Coates - 2018	610.0	Garry Coates - 2018
60-64	150.0	David Addie - 2018	120.0	David Addie - 2018	200.0	David Addie - 2018	470.0	David Addie - 2018

Male SHW CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	280.0	Russell Peel - 2019	200.0	Russell Peel - 2018	300.0	Moila Aokuso - 2018	767.5	Russell Peel - 2019
18-19	220.0	Spence Howson - 2019	140.0	Spence Howson - 2019	260.0	Spence Howson - 2019	620.0	Spence Howson - 2019
20-24	245.0	Aleks Barabas - 2014	160.0	Austin Logue - 2022	255.0	Aleks Barabas - 2014	650.0	Aleks Barabas - 2014
35-39	272.5	Russell Peel - 2019	200.0	Russell Peel - 2018	295.0	Russell Peel - 2018	757.5	Russell Peel - 2019
40-44	280.0	Russell Peel - 2019	195.0	Russell Peel - 2019	292.5	Russell Peel - 2019	767.5	Russell Peel - 2019
45-49	237.5	Garry Coates - 2019	182.5	Garry Coates - 2019	245.0	Garry Coates - 2019	665.0	Garry Coates - 2019
60-64	190.0	Michael Hogan - 2022	145.0	Michael Hogan - 2022	217.5	Michael Hogan - 2022	545.0	Michael Hogan - 2022
Spec. Olym.	205.0	Scott Pagenkopf - 2019	140.0	Scott Pagenkopf - 2020	235.0	Scott Pagenkopf - 2020	570.0	Scott Pagenkopf - 2018