

100%RAW Powerlifting Federation Canada

Atlantic Provincial Records

Full Power

Mar 09 2024

<u>Female 44 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
---------------------------	-------------------	--	-------------------------	--	----------------------	--	-------------------	--

<u>Female 48 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
---------------------------	-------------------	--	-------------------------	--	----------------------	--	-------------------	--

<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	Christina Lahey - 2023	62.5	Christina Lahey - 2023	115.0	Christina Lahey - 2023	277.5	Christina Lahey - 2023
60-64	100.0	Christina Lahey - 2023	62.5	Christina Lahey - 2023	115.0	Christina Lahey - 2023	277.5	Christina Lahey - 2023

<u>Female 56 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	70.0	Maureen MacEwen - PE '19	32.5	Maureen MacEwen - PE '19	92.5	Maureen MacEwen - PE '19	195.0	Maureen MacEwen - PE '19
55-59	70.0	Maureen MacEwen - PE '19	32.5	Maureen MacEwen - PE '19	92.5	Maureen MacEwen - PE '19	195.0	Maureen MacEwen - PE '19

<u>Female 60 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	100.0	Karley Affleck - PE '19	52.5	Karley Affleck - PE '19	115.0	Karley Affleck - PE '19	267.5	Karley Affleck - PE '19
20-24	100.0	Karley Affleck - PE '19	52.5	Karley Affleck - PE '19	115.0	Karley Affleck - PE '19	267.5	Karley Affleck - PE '19
55-59	50.0	Wanda MacInnis - PE '19	35.0	Wanda MacInnis - PE '20	90.0	Wanda MacInnis - PE '19	175.0	Wanda MacInnis - PE '20

<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	127.5	Tracy Curran - PE '19	62.5	Tracy Curran - PE '19	145.0	Sarah Landry - NS '23	327.5	Tracy Curran - PE '19
20-24	110.0	Olivia Stevenson - NS '22	57.5	Mackenzie Cox - NS '23	140.0	Mackenzie Cox - NS '23	307.5	Mackenzie Cox - NS '23
35-39	105.0	Charlene Barkhouse - NS '23	62.5	Charlene Barkhouse - NS '23	142.5	Charlene Barkhouse - NS '23	310.0	Charlene Barkhouse - NS '23
40-44	127.5	Tracy Curran - PE '19	62.5	Tracy Curran - PE '19	137.5	Tracy Curran - PE '19	327.5	Tracy Curran - PE '19
55-59	42.5	Janet Hodder - PE '18	30.0	Janet Hodder - PE '18	77.5	Janet Hodder - PE '18	150.0	Janet Hodder - PE '18

<u>Female 75 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	125.0	Courtney Steele - PE '19	72.5	Courtney Steele - PE '19	175.0	Carline Lacroix - NS '23	360.0	Carline Lacroix - NS '23
14-15	87.5	Mary Power - PE '20	40.0	Mary Power - PE '20	117.5	Mary Power - PE '20	245.0	Mary Power - PE '20
45-49	117.5	Glenda MacDonald - PE '18	60.0	Glenda MacDonald - PE '18	152.5	Glenda MacDonald - PE '18	330.0	Glenda MacDonald - PE '18

50-54	65.0	Sherry Winters - PE '18	45.0	Sherry Winters - PE '18	82.5	Sherry Winters - PE '18	192.5	Sherry Winters - PE '18
-------	------	-------------------------	------	-------------------------	------	-------------------------	-------	-------------------------

<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	140.0	Courtney Dill - NS '18	70.0	Michelle Deruelle - NS '23	150.0	Cara MacKenzie - NB '18	347.5	Michelle Deruelle - NS '23
20-24	140.0	Courtney Dill - NS '18	67.5	Lauren Ottewell - NS '23	150.0	Cara MacKenzie - NB '18	345.0	Courtney Dill - NS '18

<u>Female 90 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	150.0	Makayla Rozsa-Grover - NS'23	65.0	Makayla Rozsa-Grover - NS'23	142.5	Makayla Rozsa-Grover - NS'23	347.5	Makayla Rozsa-Grover - NS'23
20-24	145.0	Makayla Rozsa-Grover - NS'22	55.0	Makayla Rozsa-Grover - NS'22	130.0	Makayla Rozsa-Grover - NS'22	325.0	Makayla Rozsa-Grover - NS'22

<u>Female 90+ kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	137.5	Colleen MacCabe - PE '20	77.5	Colleen MacCabe - PE '20	150.0	Isabel Barteaux - NS '23	362.5	Colleen MacCabe - PE '20
18-19	110.0	Isabel Barteaux - NS '22	50.0	Isabel Barteaux - NS '22	132.5	Isabel Barteaux - NS '22	292.5	Isabel Barteaux - NS '22
20-24	137.5	Isabel Barteaux - NS '23	55.5	Isabel Barteaux - NS '23	150.0	Isabel Barteaux - NS '23	342.5	Isabel Barteaux - NS '23
35-39	130.0	Laura-Lee MacDonald - NS '23	75.0	Colleen McCabe - PE '18	145.0	Krista Bryson - PE '20	342.5	Colleen McCabe - PE '18
40-44	137.5	Colleen MacCabe - PE '20	77.5	Colleen MacCabe - PE '20	147.5	Colleen MacCabe - PE '20	362.5	Colleen MacCabe - PE '20

<u>Male 48 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	25.0	Brendon MacQuarrie - PE '20	22.5	Brendon MacQuarrie - PE '20	55.0	Brendon MacQuarrie - PE '20	102.5	Brendon MacQuarrie - PE '20
11 and under	25.0	Brendon MacQuarrie - PE '20	22.5	Brendon MacQuarrie - PE '20	55.0	Brendon MacQuarrie - PE '20	102.5	Brendon MacQuarrie - PE '20

<u>Male 52 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
-------------------------	-------------------	--	-------------------------	--	----------------------	--	-------------------	--

<u>Male 56 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
-------------------------	-------------------	--	-------------------------	--	----------------------	--	-------------------	--

<u>Male 60 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	135.0	Kurtis MacCormack - PE '19	90.0	Kurtis MacCormack - PE '19	175.0	Kurtis MacCormack - PE '19	400.0	Kurtis MacCormack - PE '19
20-24	135.0	Kurtis MacCormack - PE '19	90.0	Kurtis MacCormack - PE '19	175.0	Kurtis MacCormack - PE '19	400.0	Kurtis MacCormack - PE '19

<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	87.5	Cole Mallaley - PE '18	55.0	Cole Mallaley - PE '18	125.0	Cole Mallaley - PE '18	267.5	Cole Mallaley - PE '18
12-13	87.5	Cole Mallaley - PE '18	55.0	Cole Mallaley - PE '18	125.0	Cole Mallaley - PE '18	267.5	Cole Mallaley - PE '18

<u>Male 75 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	152.5	Andrew Pineo - NS'22	102.5	Andrew Pineo - NS'22	200.0	Andrew Pineo - NS'22	445.0	Andrew Pineo - NS'22
14-15	92.5	Connor Ching - PE '19	52.5	Connor Ching - PE '19	112.5	Connor Ching - PE '19	257.5	Connor Ching - PE '19
18-19	152.5	Andrew Pineo - NS'22	102.5	Andrew Pineo - NS'22	200.0	Andrew Pineo - NS'22	445.0	Andrew Pineo - NS'22

<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	228.0	Noah Manning - PE '19	150.0	Travis Donovan - NS '23	275.0	Noah Manning - PE '19	616.0	Noah Manning - PE '19
16-17	110.0	Carson MacKinnon - PE '18	65.0	Carson MacKinnon - PE '18	165.0	Carson MacKinnon - PE '18	340.0	Carson MacKinnon - PE '18
18-19	228.0	Noah Manning - PE '19	123.0	Noah Manning - PE '19	275.0	Noah Manning - PE '19	616.0	Noah Manning - PE '19
20-24	172.5	Thomas Moore - NS'22	107.5	Geoff Gaudet - PE '18	230.0	Thomas Moore - NS'22	510.0	Thomas Moore - NS'22
35-39	205.0	David Szasz - NS '23	125.0	David Szasz - NS '23	250.0	David Szasz - NS '23	580.0	David Szasz - NS '23
45-49	147.5	Jean Plamondon - NS '23	82.5	Jean Plamondon - NS '23	160.0	Jean Plamondon - NS '23	380.0	Jean Plamondon - NS '23
Law/Fire/Mil	147.5	Jean Plamondon - NS '23	82.5	Jean Plamondon - NS '23	160.0	Jean Plamondon - NS '23	380.0	Jean Plamondon - NS '23

<u>Male 90 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	217.5	Mackenzie Beattie - NS'22	150.0	Mackenzie Beattie - NS'22	227.5	Ryan Maccormack - PE '19	577.5	Mackenzie Beattie - NS'22
14-15	105.0	Zak O'Regan - PE '20	57.5	Zak O'Regan - PE '20	140.0	Zak O'Regan - PE '20	302.5	Zak O'Regan - PE '20
20-24	217.5	Mackenzie Beattie - NS'22	150.0	Mackenzie Beattie - NS'22	210.0	Mackenzie Beattie - NS'22	577.5	Mackenzie Beattie - NS'22
65-69	92.5	Kent Clark - PE '19	80.0	Kent Clark - PE '19	182.5	Kent Clark - PE '19	355.0	Kent Clark - PE '19

<u>Male 100 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	220.0	David Follett - PE '18	160.0	JP Richard - PE '18	273.5	JP Richard - PE '18	640.0	JP Richard - PE '18
16-17	155.0	Liam Beck - PE '18	102.5	Liam Beck - PE '18	182.5	Liam Beck - PE '18	440.0	Liam Beck - PE '18
20-24	145.0	David MacWilliams - PE '18	110.0	David MacWilliams - PE '18	200.0	David MacWilliams - PE '18	455.0	David MacWilliams - PE '18
35-39	200.0	Jarret Taylor - NS '23	130.0	Jarret Taylor - NS '23	215.0	Jarret Taylor - NS '23	545.0	Jarret Taylor - NS '23
40-44	215.0	JP Richard - PE '18	160.0	JP Richard - PE '18	273.5	JP Richard - PE '18	640.0	JP Richard - PE '18
45-49	220.0	David Follett - PE '18	115.0	David Follett - PE '18	260.0	David Follett - PE '18	595.0	David Follett - PE '18
50-54	135.0	Blair MacKinnon - PE '19	92.5	Blair MacKinnon - PE '19	157.5	Blair MacKinnon - PE '19	385.0	Blair MacKinnon - PE '19
60-64	192.5	Larry LeBlanc - PE '19	122.5	Larry LeBlanc - PE '19	205.0	Larry LeBlanc - PE '19	520.0	Larry LeBlanc - PE '19

<u>Male 110 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	202.5	Matheas Elles - NS'22	145.0	Matheas Elles - NS'22	255.0	Matheas Elles - NS'22	595.0	Matheas Elles - NS'22
18-19	202.5	Matheas Elles - NS'22	145.0	Matheas Elles - NS'22	255.0	Matheas Elles - NS'22	595.0	Matheas Elles - NS'22

<u>Male 125 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
--------------------------	-------------------	--	-------------------------	--	----------------------	--	-------------------	--

OPEN	290.0	Jeffrey Baker - NS '23	170.0	Jeffrey Baker - NS '23	320.0	Jeffrey Baker - NS '23	780.0	Jeffrey Baker - NS '23
60-64	205.0	Tom Nicholls - 2024	145.0	Tom Nicholls - 2024	245.0	Tom Nicholls - 2024	595.0	Tom Nicholls - 2024

<u>Male 140 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	222.5	Cody Schrader - NS '23	137.5	Cody Schrader - NS '23	230.0	Cody Schrader - NS '23	590.0	Cody Schrader - NS '23
35-39	222.5	Cody Schrader - NS '23	137.5	Cody Schrader - NS '23	230.0	Cody Schrader - NS '23	590.0	Cody Schrader - NS '23

<u>Male SHW CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
-----------------------	-------------------	--	-------------------------	--	----------------------	--	-------------------	--