

100%RAW Powerlifting Federation Canada
Atlantic Provincial Records
Single Lift - Bench Press and Deadlift

Updated October 21, 2022

<u>Female 44 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Female 48 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Female 52 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			95.0	Maureen MacEwen - PE '20
60-64			95.0	Maureen MacEwen - PE '20

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

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

<u>Female 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	62.5	Tracy Curran - PE '19	137.5	Tracy Curran - PE '19
20-24	50.0	Karley Affleck - PE '20	110.0	Karley Affleck - PE '20
40-44	62.5	Tracy Curran - PE '19	137.5	Tracy Curran - PE '19
55-59	30.0	Janet Hodder - PE '18	77.5	Janet Hodder - PE '18

<u>Female 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	72.5	Courtney Steele - PE '18	160.0	Dominique Smith - NS '22
14-15	40.0	Mary Power - PE '20	117.5	Mary Power - PE '20
45-49	60.0	Glenda MacDonald - PE '18	152.5	Glenda MacDonald - PE '18
50-54	45.0	Sherry Winters - PE '18	82.5	Sherry Winters - PE '18

<u>Female 82.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	55.0	Courtney Dill - NS '18	150.0	Cara MacKenzie - NB '18
20-24	55.0	Courtney Dill - NS '18	150.0	Cara MacKenzie - NB '18

<u>Female 90 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	60.0	Alyson MacCormack - PE '18		
18-19	60.0	Alyson MacCormack - PE '18		

<u>Female 90+ kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	77.5	Colleen McCabe - PE '20	147.5	Colleen McCabe - PE '20

35-39	75.0	Colleen McCabe - PE '18	145.0	Krista Bryson - PE '20
40-44	77.5	Colleen McCabe - PE '20	147.5	Colleen McCabe - PE '20

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

<u>Male 52 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Male 56 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Male 60 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	90.0	Kurtis MacCormack - PE '19	175.0	Kurtis MacCormack - PE '19
20-24	90.0	Kurtis MacCormack - PE '19	175.0	Kurtis MacCormack - PE '19

<u>Male 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	55.0	Cole Mallaley - PE '18	125.0	Cole Mallaley - PE '18
12-13	55.0	Cole Mallaley - PE '18	125.0	Cole Mallaley - PE '18

<u>Male 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	52.5	Connor Ching - PE '19	112.5	Connor Ching - PE '19
14-15	52.5	Connor Ching - PE '19	112.5	Connor Ching - PE '19

<u>Male 82.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	140.0	Andrew Casertano - PE '18	275.0	Noah Manning - PE '19
16-17	65.0	Carson MacKinnon - PE '18	165.0	Carson MacKinnon - PE '18
18-19	123.0	Noah Manning - PE '19	275.0	Noah Manning - PE '19
20-24	107.5	Geoff Gaudet - PE '18	190.0	Geoff Gaudet - PE '18

<u>Male 90 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	122.5	Ryan Maccormack - PE '19	227.5	Ryan Maccormack - PE '19
14-15	57.5	Zak O'Reagan - PE '20	140.0	Zak O'Reagan - PE '20
65-69	80.0	Kent Clark - PE '19	182.5	Kent Clark - PE '19

<u>Male 100 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	160.0	JP Richard - PE '18	273.5	JP Richard - PE '18
16-17	102.5	Liam Beck - PE '18	182.5	Liam Beck - PE '18
20-24	110.0	David MacWilliams - PE '18	200.0	David MacWilliams - PE '18
40-44	160.0	JP Richard - PE '18	273.5	JP Richard - PE '18
45-49	115.0	David Follett - PE '18	260.0	David Follett - PE '18
50-54	92.5	Blair MacKinnon - PE '19	157.5	Blair MacKinnon - PE '19
60-64	122.5	Larry LeBlanc - PE '19	205.0	Larry LeBlanc - PE '19
70-74	82.5	Kent Clark - PE '20		

<u>Male 110 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			170.0	Steve McInnis - PE '20

40-44			170.0	Steve McInnis - PE '20
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<u>Male 125 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	152.5	Graham Leslie - PE '19		

<u>Male 140 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	175.0	Nathan Conway - NS '18		

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