

100%RAW Powerlifting Federation Canada

Canadian National Records

Full Power

Updated at December 18, 2022

Female 44 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	82.5	Catherine Beninger- AB'18	50.0	Catherine Beninger- AB'18	97.5	Catherine Beninger- AB'17	220.0	Catherine Beninger- AB'17
11 and under	47.5	Makala Moorhead - AB '20	25.0	Mira Pascuzzi- BC	62.5	Makala Moorhead - AB '20	128.5	Makala Moorhead - AB '20
12-13	55.0	Mira Pascuzzi -BC -2017	30.0	Mira Pascuzzi -BC -2017	70.0	Mira Pascuzzi -BC -2017	155.0	Mira Pascuzzi -BC -2017
14-15	70.0	Mckenna Kozina- AB'16	37.5	Mckenna Kozina- AB'16	82.5	Mckenna Kozina- AB'16	187.5	Mckenna Kozina- AB'16
20-24	82.5	Catherine Beninger- AB'18	50.0	Catherine Beninger- AB'18	97.5	Catherine Beninger- AB'17	220.0	Catherine Beninger- AB'17

Female 48 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	105.0	Mckenna Kozina – AB'17	64.0	McKenna Kozina – AB '17	128.0	Christina Lam—AB '16	274.0	Mckenna Kozina- AB'17
11 and under	40.0	Micah Vandenburg - ON '19	30.0	Micah Vandenburg - ON '19	57.5	Micah Vandenburg - ON '19	125.0	Micah Vandenburg - ON '19
12-13	62.5	Mira Pascuzzi - 2018	32.5	Mira Pascuzzi - 2018	67.5	Tatum Secretan- BC'16	162.5	Mira Pascuzzi - 2018
16-17	105.0	Mckenna Kozina – AB'17	64.0	Mckenna Kozina – AB'17	110.0	Mckenna Kozina – AB'17	274.0	Mckenna Kozina – AB'17
18-19	104.0	Mckenna Kozina – AB'19	60.5	Mckenna Kozina – AB'19	112.5	Mckenna Kozina – AB'18	272.5	Mckenna Kozina – AB'18
20-24	67.5	Rylea Yanke – AB '16	57.5	Rylea Yanke – AB '16	107.5	Marina Le – BC '15	217.5	Rylea Yanke – AB '16
40-44	70.0	Tracey Mancuso—ON '14	62.5	Jill Keilty - AB-2014	100.0	Jill Keilty - AB-2014	225.0	Jill Keilty - AB-2014
45-49	57.5	Jill Keilty - AB '19	55.0	Jill Keilty - AB '19	90.0	Jill Keilty - AB '19	202.5	Jill Keilty - AB '19

Female 52 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	120.0	Marie Joaquin - May 2018	70.0	Amanda Johner - BC '19	132.5	Leah Gitterman—ON '13	307.0	Amanda Johner - BC '19
11 and under	45.0	Micah Vandenburg - ON '19	35.5	Micah Vandenburg - ON '19	50.0	Micah Vandenburg - ON '19	130.5	Micah Vandenburg - ON '19
14-15	60.0	Gwendolyn Sheridan—ON '12	50.0	Gwendolyn Sheridan—ON '12	92.5	Gwendolyn Sheridan—ON '12	202.5	Gwendolyn Sheridan—ON '12
18-19	62.5	Rylea Yanke- AB'15	57.5	Rylea Yanke- AB'15	77.5	Rylea Yanke- AB'15	197.5	Rylea Yanke- AB'15
20-24	120.0	Marie Joaquin – AB' 18	65.0	Rylea Yanke - 2018	130.0	Nicole Paul-McEvoy—ON '12	306.0	Marie Joaquin – AB' 18
35-39	113.0	Amanda Johner - BC '19	70.0	Amanda Johner - BC '19	124.0	Amanda Johner - BC '19	307.0	Amanda Johner - BC '19
40-44	77.5	Rachel Mirvish - 2018	62.5	Jill Keilty – AB '14	102.5	Rachael Mirvish -BC '20	225.0	Rachel Mirvish - 20 'BC
45-49	87.5	Nikki Chapman—ON '12	60.0	Nikki Chapman—ON '12	117.5	Nikki Chapman - ON-2012	262.5	Nikki Chapman—ON '12
50-54	85.0	Marcella Fortini Cameron - AB'19	65.5	Lisa Scheffellaier—AB '14	112.5	Lisa Scheffellaier—AB '14	245.5	Marcella Fortini Cameron - AB'19
55-59	85.0	Susan White -BC '17	50.0	Susan White -BC '17	100.0	Susan White -BC '17	230.0	Susan White -BC '17
60-64	45.0	Karina Harris -AB '21	40.0	Karina Harris -AB '21	70.0	Karina Harris -AB '21	155.0	Karina Harris -AB '21

Female 56 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	140.0	Breann Thiessen – AB'15	78.0	Skylar Yanke - AB '19	163.0	Sherine Thoummarath-'17	352.5	Breann Thiessen – AB '15
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	Payton Swagar – AB '16	37.5	Payton Swagar – AB '16	70.0	Payton Swagar – AB'16	160.0	Payton Swagar – AB '16
14-15	77.5	Lauren Doyle - AB '22	40.0	Lauren Doyle - AB '22	90.0	Lauren Doyle - AB '22	207.5	Lauren Doyle - AB '22
16-17	75.0	Taylor Mann – AB '16	52.5	Taylor Mann – AB '16	110.0	Gwendolyn Sheridan—ON '12	225.0	Taylor Mann – AB '16
18-19	90.0	Terese Mazurkewich-AB'15	65.0	Christine Trac- AB'16	132.5	Christine Trac- AB'16	282.5	Christine Trac- AB'16
20-24	140.0	Breann Thiessen – AB'15	77.5	Breann Thiessen – AB'15	163.0	Sherine Thoummarath- '17	352.5	Breann Thiessen – AB '15
35-39	115.0	Amanda Johner - BC '19	70.0	Amanda Johner - BC '19	127.5	Darine Alame –AB '17	307.5	Amanda Johner - BC '19
40-44	117.5	Amanda Johner - BC '20	67.5	Carolyn Gersh -AB '21	132.5	Carolyn Gersh -AB '21	310.0	Amanda Johner - BC '20
45-49	87.5	Francine Rattray - BC '20	62.5	Danette Lecuyer-AB –'18	110.0	Francine Rattray - BC '19	247.5	Francine Rattray - BC '20
50-54	75.0	Shawna Kaminski-AB –'18	66.0	Shawna Kaminski-AB –'18	122.5	Shawna Kaminski-AB –'18	261.0	Shawna Kaminski-AB –'18
55-59	70.0	Maureen MacEwen - PE '19	40.0	Karina Harris - AB '20	92.5	Maureen MacEwen - PE '19	195.0	Maureen MacEwen - PE '19
60-64	87.5	Janet Warne – QC '16	47.5	Janet Warne – QC '16	95.5	Janet Warne – QC '16	228.0	Janet Warne – QC '16

Female 60 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	147.5	Sherine Thoummarath- AB'17	79.0	Skylar Yanke - AB '19	172.5	Sherine Thoummarath- '17	380.0	Sherine Thoummarath- '17
11 and under	55.0	Mattea Ahlijah - AB'18	30.0	Mattea Ahlijah - AB'18	80.0	Mattea Ahlijah - AB'18	160.0	Mattea Ahlijah - AB'18
12-13	60.0	Mattea Ahlijah - AB'18	32.5	Mattea Ahlijah - AB'18	92.5	Mattea Ahlijah - AB'18	177.5	Mattea Ahlijah - AB'18
14-15	100.0	Victoria Barry - BC '18	62.5	Katelyn Barry - BC '18	107.5	Victoria Barry - BC '18	262.5	Victoria Barry - BC '18
16-17	85.0	Anaëlle Ravelojaona - AB'22	40.0	Kylie Bryan - AB '20	130.0	Anaëlle Ravelojaona - AB'22	255.0	Anaëlle Ravelojaona - AB'22
18-19	120.0	Azlin Ferguson - AB'22	60.5	Azlin Ferguson - AB'22	122.5	Azlin Ferguson - AB'22	303.0	Azlin Ferguson - AB'22
20-24	147.5	Sherine Thoummarath- AB'17	77.0	Christine Trac - AB' 19	172.5	Sherine Thoummarath- AB'17	380.0	Sherine Thoummarath- AB'17
35-39	130.0	Jenn Lee - AB '19	69.5	Jenn Lee - AB '19	145.0	Carolyn Gersh - AB' 19	323.0	Jenn Lee - AB '19
40-44	112.5	Shana Betz—ON '16	66.0	Carlee Grant - BC '19	145.0	Carlee Grant - BC '19	318.0	Shana Betz—ON '16
45-49	120.0	Tonya Motyka- BC'19	75.0	Tonya Motyka- BC'19	157.5	Tonya Motyka- BC'19	352.5	Tonya Motyka- BC'19
50-54	37.5	Suzanne Jubb – AB '14	37.5	Suzanne Jubb – AB '14	70.0	Suzanne Jubb – AB '14	145.0	Suzanne Jubb – AB '14
55-59	85.0	Patsy Stehr – AB '15	51.0	Patsy Stehr – AB '15	130.0	Patsy Stehr – AB '15	258.0	Patsy Stehr – AB '15
60-64	50.0	Karina Harris - AB '22	45.0	Karina Harris - AB '22	75.0	Karina Harris - AB '22	162.5	Karina Harris - AB '22
65-69	45.0	Elli Armstrong –AB '17	30.0	Elli Armstrong –AB '17	65.0	Elli Armstrong –AB '17	140.0	Elli Armstrong –AB '17

Female 67.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	155.0	Lisa Lethbridge - BC '19	90.0	Abby Hall - AB '19	183.5	Lisa Lethbridge - BC '19	413.5	Lisa Lethbridge - BC '19
11 and under	30.0	Kennedy Macinnes - AB '19	27.5	Kennedy Macinnes - AB '19	65.0	Kennedy Macinnes - AB '19	122.5	Kennedy Macinnes - AB '19
12-13	82.5	Carly Dixon Craddock—ON '13	40.5	Mattea Ahlijah - AB '19	100.5	Mattea Ahlijah - AB '19	222.5	Carly Dixon Craddock—ON '13
14-15	112.5	Tia Pascuzzi -BC '17	55.0	Tia Pascuzzi -BC '17	112.5	Tia Pascuzzi -BC '17	280.0	Tia Pascuzzi -BC '17
16-17	103.0	Perri Mazurkewich—AB '15	57.5	Liv Price '16	130.0	Perri Mazurkewich—AB '15	277.5	Perri Mazurkewich—AB '15
18-19	125.0	Christine Beauchamp—ON '12	67.5	Julisa Aminzada- AB –'18	135.0	Julisa Aminzada- AB –'18	305.0	Christine Beauchamp—ON '12
20-24	141.0	Abby Hall - AB '19	87.5	Abby Hall - AB '19	164.0	Rachelle Forget - AB'19	390.5	Abby Hall - AB '19
35-39	130.0	Rebecca Stoddart -BC '18	77.5	Gillian McCann- AB '16	182.5	Rebecca Stoddart -BC '18	377.5	Rebecca Stoddart -BC '18
40-44	127.5	Tracy Curran - AB '19	65.0	Carlee Rafferty - BC '20	155.0	Carlee Rafferty - BC '20	327.5	Tracy Curran - AB '19
45-49	122.5	Tonya Motyka- BC'17	77.5	Tonya Motyka- BC'17	152.5	Tonya Motyka- BC'17	350.0	Tonya Motyka- BC'17
50-54	105.0	Sarah Clark - BC '20	55.0	Sarah Clark - BC '19	137.5	Sarah Clark - BC '19	292.5	Sarah Clark - BC '19
55-59	102.5	Deb Ellard – AB '15	60.0	Deb Ellard – AB '15	115.0	Deb Ellard – AB '15	277.5	Deb Ellard – AB '15
60-64	100.0	Deb Ellard – AB '21	75.0	Deb Ellard – AB '21	125.0	Deb Ellard – AB '21	300.0	Deb Ellard – AB '21
65-69	50.0	Susan Beck- AB'15	37.5	Susan Beck- AB'15	85.0	Susan Beck- AB' 15	167.5	Susan Beck- AB' 15
Law/Fire/Mil	77.5	Tracy Normandeau—AB '17	57.5	Tracy Normandeau—AB '17	120.0	Tracy Normandeau—AB '17	255.0	Tracy Normandeau—AB '17

Female 75 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	165.0	Melissa Buhler - AB '19	102.5	Angela Lewis - AB '19	182.5	Dallas Smith—AB '15	429.0	Melissa Buhler - AB '19
12-13	85.0	Carly Dixon Craddock—ON '13	40.0	Carly Dixon Craddock—ON '13	102.5	Carly Dixon Craddock—ON '13	227.5	Carly Dixon Craddock—ON '13
14-15	117.5	Tia Pascuzzi - 2018	60.0	Tia Pascuzzi - 2018	138.0	Jacqueline Schmidt- AB'15	305.0	Jacqueline Schmidt- AB'15
16-17	123.0	Jacqueline Schmidt - AB-2015	62.5	Namroz Gill - AB'22	155.0	Namroz Gill - AB'22	327.5	Namroz Gill - AB'22
18-19	100.0	Elizabeth Fraser- '16	65.0	Elizabeth Fraser- '16	117.5	Elizabeth Fraser- '16	282.5	Elizabeth Fraser- '16
20-24	123.5	Teresa Lei – AB '16	85.0	Angela Lewis – AB '18	147.5	Teresa Lei – AB '16	330.0	Elise Jackson—AB '15
35-39	150.0	Lisa Szabon-Smith – AB'18	83.0	Lisa Szabon-Smith – AB'18	162.5	Lisa Szabon-Smith – AB'19	390.0	Lisa Szabon-Smith – AB'18
40-44	125.0	Melanie Wonitoy—AB '17	72.5	Melanie Wonitoy—AB '17	180.0	Melanie Wonitoy—AB '17	377.5	Melanie Wonitoy—AB '17
45-49	120.0	Teresa Oldenburger -AB '21	65.0	Gail Kitamura - ON-2010	152.5	Glenda MacDonald - PE '18	330.0	Glenda MacDonald - PE '18
50-54	102.5	Selena Clauson - AB '19	62.5	Selena Clauson - AB '19	127.5	Selena Clauson - AB '19	292.5	Selena Clauson - AB '19
55-59	110.0	Lynne Courtnage Coolen-AB'18	47.5	Dell Meredith – BC '15	128.0	Lynne Courtnage Coolen-AB'18	268.0	Lynne Courtnage Coolen-AB'18
60-64	115.0	Lynne Courtnage Coolen-AB'19	52.5	Kathy Brennan - BC '19	140.0	Lynne Courtnage Coolen-AB'19	293.0	Lynne Courtnage Coolen-AB'19

Female 82.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	185.5	Lisa Gervais—AB '19	107.5	Lisa Gervais—AB '19	195.0	Danielle Philibert -AB '18	482.5	Danielle Philibert -AB '18
14-15	100.0	Tia Pascuzzi - BC '19	52.5	Tia Pascuzzi - BC '19	115.0	Tia Pascuzzi - BC '19	267.5	Tia Pascuzzi - BC '19
16-17	107.5	Kaitlyn Wittow - BC '20	42.5	Kaitlyn Wittow - BC '20	107.5	Kaitlyn Wittow - BC '20	257.5	Kaitlyn Wittow - BC '20
18-19	100.0	Zahra Woods- '16	62.5	Elizabeth Fraser AB '16	122.5	Elizabeth Fraser AB '16	282.5	Elizabeth Fraser AB '16
20-24	140.0	Courtney Dill - NS '18	75.0	Kimberlee Vroom - NS'22	150.0	Cara MacKenzie - NB '18	345.0	Courtney Dill - NS '18
35-39	130.5	Vanessa Reed – AB '19	73.0	Sylvia Roche -AB '21	165.0	Dana Sandler – AB '15	345.0	Dana Sandler – AB '15
40-44	150.0	Kathleen MacDonald - AB '19	92.5	Sara Burwash – AB '15	166.0	Sara Burwash – AB '15	390.0	Sara Burwash – AB '15
45-49	147.0	Sara Burwash - AB '19	91.0	Sara Burwash - AB '19	160.0	Sara Burwash - AB '19	398.0	Sara Burwash - AB '19
50-54	100.0	Tracey Ridgway - AB'18	52.5	Tracey Ridgway - AB'18	127.5	Kathy Reid-Soucy—AB '18	272.5	Kathy Reid-Soucy—AB '18
55-59	97.5	Lori Obrien - BC '20	55.0	Lori Obrien - BC '20	125.0	Sheryl Stockley AB '14	262.5	Sheryl Stockley AB '14
65-69	60.0	Margaret Estabrooks – AB '16	42.5	Margaret Estabrooks - AB-2014	105.0	Margaret Estabrooks – AB '16	202.5	Margaret Estabrooks – AB '16
Law/Fire/Mil	180.0	Lisa Gervais—AB '18	105.0	Lisa Gervais—AB '18	180.0	Lisa Gervais—AB '18	465.0	Lisa Gervais—AB '18

Female 90 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	190.0	Lisa Gervais - AB '19	110.0	Lisa Gervais - AB '19	175.5	Alyssa DeWolfe - AB '19	475.0	Lisa Gervais - AB '19
14-15	70.0	Kaitlyn Wittow - BC '19	45.0	Kaitlyn Wittow - BC '19	85.0	Kaitlyn Wittow - BC '19	200.0	Kaitlyn Wittow - BC '19
18-19	102.5	Mehza Memon – AB '15	47.5	Mehza Memon – AB '15	115.0	Mehza Memon – AB '15	260.0	Mehza Memon – AB '15
20-24	175.5	Paulina Deng - AB '19	80.5	Paulina Deng - AB '19	175.0	Paulina Deng - AB '19	430.5	Paulina Deng - AB '19
35-39	130.0	Dawn Krpan- '16	60.5	Wendy Desjarlais - AB '20	155.0	Dawn Krpan- '16	340.0	Dawn Krpan- '16
40-44	152.5	Sara Burwash – AB '19	102.5	Sara Burwash – AB '18	170.0	Sara Burwash – AB '17	417.5	Sara Burwash – AB '17
45-49	102.5	Janine Wheeler—ON '10	67.5	Janine Wheeler—ON '10	130.0	Janine Wheeler—ON '10	287.5	Janine Wheeler—ON '10
50-54	103.5	Lori McWaters-Nicolaidis - AB '21	65.0	Lori McWaters-Nicolaidis - AB '21	125.5	Lori McWaters-Nicolaidis - AB '21	294.0	Lori McWaters-Nicolaidis - AB '21
60-64	60.0	Mary Donnachie - AB '19	37.5	Mary Donnachie - AB '19	86.0	Mary Donnachie - AB '19	180.0	Mary Donnachie - AB '19
65-69	50.0	Margaret Estabrooks—AB '15	40.0	Margaret Estabrooks—AB '15	95.0	Margaret Estabrooks—AB '15	185.0	Margaret Estabrooks—AB '15
Law/Fire/Mil	190.0	Lisa Gervais - AB '19	110.0	Lisa Gervais - AB '19	175.0	Lisa Gervais - AB '19	475.0	Lisa Gervais - AB '19

Female 90+ kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	182.5	Sharalee Earle – AB '18	87.5	Alyssia DeWolfe - AB '19	177.5	Jose Potter- AB'15	420.0	Sharalee Earle – AB '18
14-15	40.0	Felicity Chapdelaine – AB '13	40.0	Felicity Chapdelaine – AB '13	80.0	Felicity Chapdelaine – AB '13	155.0	Felicity Chapdelaine – AB '13
18-19	120.0	Sheila Paulin—ON '12	70.0	Sheila Paulin—ON '12	135.0	Sheila Paulin—ON '12	305.0	Sheila Paulin—ON '12
20-24	125.0	Sheila Paulin - ON-2013	70.0	Erin Cooke—AB '15	145.0	Sheila Paulin - ON-2013	330.0	Sheila Paulin—ON '13
35-39	152.5	Cherisse Martineau –AB '19	75.5	Cherisse Martineau –AB '19	170.0	Cherisse Martineau –AB '18	398.0	Cherisse Martineau –AB '19
40-44	152.5	Melanie Perron -AB –'19	77.5	Melanie Perron -AB –'19	157.5	Melanie Perron -AB –'20	377.5	Melanie Perron -AB –'19
45-49	155.0	Susan Knight – BC' 16	77.5	Susan Knight – BC' 16	172.5	Susan Knight – BC' 16	400.0	Susan Knight – BC' 16
50-54	135.5	Jose Potter- AB' 16	78.0	Jose Potter- AB'16	177.5	Jose Potter- AB'15	388.0	Jose Potter- AB'15
55-59	103.0	Wanda Sommerfeld - AB '19	55.0	Wanda Sommerfeld - AB '19	137.5	Wanda Sommerfeld - AB '19	292.5	Wanda Sommerfeld - AB '19
60-64	108.0	Wanda Sommerfeld - AB '22	55.0	Wanda Sommerfeld - AB '22	140.0	Wanda Sommerfeld - AB '22	295.5	Wanda Sommerfeld - AB '22
Spec. Olym.	72.5	Rachel Ryan—AB '17	50.0	Rachel Ryan—AB '17	120.0	Rachel Ryan—AB '17	242.5	Rachel Ryan—AB '17

Male 48 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	55.0	Keegan Sheridan—ON '11	35.0	Keegan Sheridan—ON '11	80.0	Justin Horn - 2018	155.0	Keegan Sheridan—ON '11
11 and under	45.0	Zachary Vandenburg - ON '19	30.0	Zachary Vandenburg - ON '19	65.0	Zachary Vandenburg - ON '19	135.0	Zachary Vandenburg - ON '19
12-13	55.0	Keegan Sheridan—ON '11	35.0	Keegan Sheridan—ON '11	80.0	Justin Horn - 2018	155.0	Keegan Sheridan—ON '11

<u>Male 52 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	30.0	Nick Kennedy—AB '10	27.5	Nick Kennedy—AB '10	65.0	Nick Kennedy—AB '10	122.5	Nick Kennedy—AB '10
16-17	30.0	Nick Kennedy—AB '10	27.5	Nick Kennedy—AB '10	65.0	Nick Kennedy—AB '10	122.5	Nick Kennedy—AB '10
Spec. Olym.	30.0	Nick Kennedy—AB '10	27.5	Nick Kennedy—AB '10	65.0	Nick Kennedy—AB '10	122.5	Nick Kennedy—AB '10

<u>Male 56 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	140.0	Nigel Whitford- '16	102.5	Nigel Whitford- '16	185.0	Nigel Whitford- '16	425.0	Nigel Whitford- '16
12-13	55.0	Arsham Sanjari—ON '13	42.5	Ciaran Henning 2018	87.5	Ciaran Henning 2018	185.0	Ciaran Henning 2018
16-17	128.0	Spencer McCann—ON '13	95.0	Kaeden Ottenbreit—AB '17	147.5	Kaeden Ottenbreit—AB '17	347.5	Kaeden Ottenbreit—AB '17
20-24	140.0	Nigel Whitford- '16	102.5	Nigel Whitford- '16	185.0	Nigel Whitford- '16	425.0	Nigel Whitford- '16
Spec. Olym.	77.5	Mathew Duckett—AB '10	62.5	Mathew Duckett—AB '10	82.5	Mathew Duckett—AB '10	222.5	Mathew Duckett—AB '10

<u>Male 60 kg CLASS</u>	<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>		<u>TOTAL (kg)</u>	
OPEN	192.5	Jason Yuen - AB '19	135.0	Jason Yuen - AB '19	212.5	Alex Saretsky —AB '16	505.0	Daniel Remulla—ON '11
12-13	85.0	Keegan Sheridan—ON '12	40.0	Keegan Sheridan—ON '12	80.0	Keegan Sheridan—ON '12	195.0	Keegan Sheridan—ON '12
16-17	140.5	Brandon Hall - AB '19	82.5	Brandon Hall - AB '19	145.0	Brandon Hall - AB '19	365.5	Brandon Hall - AB '19
18-19	107.5	Tyler Hay-AB '16	67.5	Tyler Hay-AB '16	160.0	Tyler Hay-AB '16	327.5	Tyler Hay-AB '16
20-24	175.0	Daniel Remulla—ON '12	125.0	Daniel Remulla—ON '12	207.5	Daniel Remulla—ON '12	505.0	Daniel Remulla—ON '11
40-44	110.5	Gary Lee Peterson JR –'17	94.0	Gary Lee Peterson JR –'17	160.5	Gary Lee Peterson JR –'17	363.5	Gary Lee Peterson JR –'17
Spec. Olym.	77.5	Mathew Duckett—AB '11	67.5	Mathew Duckett—AB '11	102.5	Mathew Duckett—AB '11	247.5	Mathew Duckett—AB '11

<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—ON '12	152.5	Alex Saretsky —AB '18	257.5	Brenden Eberle—BC '15	590.5	Alex Saretsky —AB '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
14-15	152.5	Luc Dahlman -AB '21	92.5	Luc Dahlman -AB '21	195.0	Luc Dahlman -AB '21	435.0	Luc Dahlman -AB '21
16-17	160.0	Luc Dahlman -AB '22	102.5	Luc Dahlman -AB '22	215.0	Luc Dahlman -AB '22	477.5	Luc Dahlman -AB '22
18-19	160.0	Brandon Hall - AB '20	117.5	Noah Wright - 2018	190.0	Noah Wright - 2018	457.5	Noah Wright - 2018
20-24	210.0	Benjamin Butty—ON '12	145.0	Daniel Remulla—ON '12	257.5	Brenden Eberle—BC '15	580.0	Brenden Eberle—BC '14
35-39	201.0	Stephane Heroux - AB'19	122.5	Stephane Heroux - AB'18	225.0	Stephane Heroux - AB'19	541.0	Stephane Heroux - AB'19
80-84	120.0	Joe Stockinger – AB '14	90.0	Joe Stockinger – AB '14	195.0	Joe Stockinger – AB '14	400.0	Joe Stockinger – AB '14
85-89	125.0	Joe Stockinger – AB '19	82.5	Joe Stockinger – AB '16	202.0	Joe Stockinger – AB '16	398.5	Joe Stockinger – AB '16
Law/Fire/Mil	187.5	Brenden Eberle—BC '14	140.0	Brenden Eberle—BC '16	257.5	Brenden Eberle—BC '15	580.0	Brenden Eberle – BC '14

Male 75 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	216.0	Tony Felix—'16	165.0	Dan Gonzalez- AB '15	274.0	Brenden Eberle – BC '16	612.5	Tony Felix—ON '16
14-15	145.0	Eric Gonet – ON '11	97.5	Eric Gonet – ON '11	180.0	Eric Gonet – ON '11	422.5	Eric Gonet – ON '11
16-17	160.0	Tate Beazley—AB '15	107.5	Luke Roach—ON '12	213.5	Tate Beazley—AB '15	465.0	Luke Roach—ON '12
18-19	180.0	Ryan Bell - BC '18	110.0	Ryan Bell - BC- '18	210.5	Dylan Aronson - AB '22	480.0	Ryan Bell - BC '18
20-24	215.5	Cole Melanson—AB '16	165.0	Dan Gonzalez- AB '15	274.0	Brenden Eberle – BC '16	606.0	Cole Melanson—AB '16
35-39	175.0	Colin DeWolfe - AB '22	137.5	Sean Paes—AB '10	228.5	Ian Bennett - AB '18	517.5	Michael Danis—AB '15
40-44	182.5	Kevin Roberge -BC '18	123.0	Kevin Roberge -BC '18	205.5	Kevin Roberge -BC '18	511.0	Kevin Roberge -BC '18
45-49	165.0	Andrew Hanson - AB '19	120.0	Andrew Hanson - AB '18	190.0	Andrew Hanson - AB '18	457.5	Andrew Hanson - AB '18
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 -AB '21	107.5	Russ Pickford -AB '21	135.0	Russ Pickford -AB '21	362.5	Russ Pickford -AB '21
60-64	120.0	Bob Alexander - AB '19	65.0	Bob Alexander - AB '19	158.0	Bob Alexander - AB '19	338.5	Bob Alexander - AB '19
65-69	163.0	Birchmans Pereira – AB '14	67.5	Birchmans Pereira – AB '14	222.5	Birchmans Pereira – AB '14	452.5	Birchmans Pereira – AB '14
85-89	122.5	Joe Stockinger – AB '15	85.0	Joe Stockinger – AB '15	200.0	Joe Stockinger – AB '15	405.0	Joe Stockinger – AB '15
Law/Fire/Mil	205.0	Dillon Childs - AB'22	150.0	Brenden Eberle—BC '16	274.0	Brenden Eberle – BC '16	595.0	Brenden Eberle—BC '16
Spec. Olym.	180.0	David Nicholson—AB '21	100.0	David Nicholson—AB '21	202.5	David Nicholson—AB '21	482.5	David Nicholson—AB '21

Male 82.5 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	250.0	Gino Maranon -AB '21	172.5	Kevin Weiss—BC '12	280.5	Victor Akpawan- AB'16	665.0	Gino Maranon -AB '21
14-15	110.0	Aidan Turner – 2018	80.0	Aidan Turner – 2018	142.5	Dylan Burke – 2018	332.5	Aidan Turner - 2018
16-17	205.0	Kailen Smith – BC '16	127.5	Kailen Smith – BC '16	260.0	Kailen Smith – BC '16	592.5	Kailen Smith – BC '16
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	250.0	Gino Maranon -AB '21	170.0	Dan Gonzalez – AB '15	280.0	Alexander Kipp—AB '14	665.0	Gino Maranon -AB '21
35-39	237.5	Vitalie Ursu- AB'18	160.0	Kevin Weiss—BC '11	272.5	Vitalie Ursu- AB'16	662.5	Vitalie Ursu- AB'16
40-44	235.0	Cosmin Olteanu - BC '19	172.5	Kevin Weiss—BC '12	262.5	Kevin Weiss—BC '12	662.5	Kevin Weiss—BC '12
45-49	205.0	Kevin Weiss—AB '17	150.0	Kevin Weiss—AB '17	235.0	Kevin Weiss—AB '17	590.0	Kevin Weiss—AB '17
50-54	160.0	Jim Haskayne - AB –'18	130.0	Gord Squire - AB'18	217.5	Jim Haskayne -AB –'18	492.5	Jim Haskayne -AB –'18
55-59	192.5	Kevin Haberl - BC '19	132.5	Colin Mullany –AB '16	207.5	Colin Mullaney—AB '16	502.5	Colin Mullaney—AB '15
60-64	190.0	Kevin Haberl - BC '19	125.0	William Kevin Stirling - ON '19	195.0	William Kevin Stirling - ON '19	467.5	Kevin Haberl - BC '19
65-69	122.5	Birchmans Pereira – AB '14	60.0	Birchmans Pereira – AB '14	192.5	Birchmans Pereira – AB '14	375.0	Birchmans Pereira – AB '14
70-74	85.0	Fred Smith - AB '19	67.5	Fred Smith - AB '19	135.0	Fred Smith - AB '19	285.0	Fred Smith - AB '19
Law/Fire/Mil	150.0	Russ Friesen - AB-2017	110.0	Russ Friesen - AB-2017	175.0	Russ Friesen - AB-2017	435.0	Russ Friesen - AB-2017
Spec. Olym.	145.0	David Pelletier - AB-2017	137.5	David Pelletier - AB-2017	182.5	David Pelletier - AB-2017	465.0	David Pelletier - AB-2017

Male 90 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	274.0	Bjorn Torgerson - BC-2015	187.5	Bjorn Torgerson—BC '15	303.0	Victor Akpawan - AB '19	718.0	Victor Akpawan - AB '19
12-13	155.0	Owen Carpenter - BC '22	82.5	Owen Carpenter - BC '22	152.5	Owen Carpenter - BC '22	390.0	Owen Carpenter - BC '22
14-15	150.0	Aidan Turner - AB '18	95.0	Aidan Turner - AB '19	165.0	Keanu Calderon -AB --'18	402.5	Aidan Turner - AB '19
16-17	160.0	Landon Wilcock—ON '13	130.0	Deston Yee- AB'15	208.0	Max Kahler - AB-2018	497.5	Deston Yee- AB'15
18-19	233.0	Kailen Smith -BC -2017	140.0	Kailen Smith -BC -2017	285.0	Kailen Smith -BC -2017	650.0	Kailen Smith -BC -2017
20-24	255.0	Frank Butty—ON '12	162.5	Adam Ramzy—AB	292.5	Frank Butty—ON '12	700.0	Frank Butty—ON '12
35-39	229.5	Adam Price—AB '11	152.5	Jason Corbeil—AB '11	262.5	Forrest Gavins - AB '15	622.5	Forrest Gavins—AB '15
40-44	232.5	Kevin Weiss—BC '14	172.5	Kevin Weiss—BC '13	272.5	Kevin Weiss—BC '13	670.0	Kevin Weiss—BC '13
45-49	220.0	Brad McKim - BC '19	150.0	Kevin Weiss—AB '18	235.0	Kevin Weiss—AB '18	595.0	Kevin Weiss—AB '18
50-54	190.0	Markus van Heerden - AB '15	122.5	Jim Haskayne - AB '18	230.0	Jim Haskayne - AB '18	540.0	Jim Haskayne - AB '18
55-59	192.5	Jim Haskayne - AB '19	132.5	Colin Mullany- AB'16	227.5	Jim Haskayne - AB '19	527.5	Jim Haskayne - AB '19
60-64	152.5	Douglas Delainey - AB '22	132.5	William Kevin Stirling - ON '18	220.0	Douglas Delainey - AB '22	477.5	William Kevin Stirling - ON '18
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
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 -AB --'18	102.5	Blair Lunau—AB '17	192.5	Vaughn Lang -AB --'18	460.0	Vaughn Lang -AB --'18

Male 100 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	290.0	Taylor Shadgett—ON '12	185.5	Mike Moorhead - AB '19	315.0	Zachary Reimer - AB '20	760.0	Zachary Reimer - AB '20
14-15	137.5	Keanu Calderon - AB'19	95.0	Keanu Calderon - AB'19	195.0	Keanu Calderon - AB'19	410.0	Keanu Calderon - AB'19
16-17	170.0	Cole Getzinger - AB '15	130.0	Cole Getzinger - AB '15	237.5	Cole Getzinger - AB '15	537.5	Cole Getzinger - AB '15
18-19	197.5	Shane Dixon—AB '10	155.0	Shane Dixon—AB '10	272.5	Shane Dixon—AB '10	615.0	Shane Dixon—AB '10
20-24	290.0	Taylor Shadgett—ON '12	182.5	Marcos Tello—AB '18	315.0	Zachary Reimer - AB '20	760.0	Zachary Reimer - AB '20
35-39	255.0	Adam Price - AB '14	178.0	Mike Moorhead - AB '16	285.0	Jesse Bifano - BC '19	657.5	Jesse Bifano - BC '19
40-44	252.5	Mike Moorhead - AB '18	185.5	Mike Moorhead - AB '19	273.5	JP Richard - PE '18	697.5	Mike Moorhead - AB'18
45-49	233.0	Ronald Hagen - AB '19	147.5	Ronald Hagen - AB '19	260.0	David Follett - PE '18	626.0	Ronald Hagen - AB '19
50-54	210.0	Brad Swidzinski - AB '22	137.5	Ron Dillig—ON '13	237.5	Shayne Parker - BC '19	555.0	Brad Swidzinski - AB '22
55-59	205.0	Jim Haskayne - AB '21	107.5	Jim Haskayne - AB '21	227.5	Jim Haskayne - AB '21	540.0	Jim Haskayne - AB '21
60-64	192.5	Larry LeBlanc - PE '19	150.0	Allen Marr -AB '17	220.0	Allen Marr -AB '17	545.0	Allen Marr -AB '17
65-69	147.5	Terry Peters - BC '20	107.5	Terry Peters - BC '20	195.0	Terry Peters - BC '20	450.0	Terry Peters - BC '20
Law/Fire/Mil	225.5	Justin Ott—BC '14	165.0	John Sarginson—AB '10	248.5	Justin Ott—BC '14	612.5	Frankie Mayer—ON
Spec. Olym.	162.5	Spencer Stevens- '16	110.0	Blair Lunau- '16	242.5	Andrew Harding - AB-2010	485.0	Andrew Harding - AB-2010

Male 110 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	297.5	Jeff Lastuka - AB'22	217.5	John Giffen – AB'17	330.5	Dorrell Petties-Dahmer-AB '19	752.5	Jeff Lastuka - AB'20
11 and under	87.5	Liam Vaness- AB'16	55.0	Liam Vaness- AB'16	117.5	Liam Vaness- AB'16	255.0	Liam Vaness- AB'16
14-15	115.0	Griffin Viney - AB'22	90.0	Brandon Periera—AB '10	155.0	Brandon Periera—AB '10	347.5	Brandon Periera—AB '10
16-17	273.5	Cam St Amond- AB'15	160.0	Cam St Amond- AB'15	247.5	Cam St Amond-AB'15	681.0	Cam St Amond-AB'15
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
20-24	272.5	Brandon Tyler Racicot—ON '13	185.0	Brandon Tyler Racicot—ON '13	310.0	Dane Dillon – AB '14	737.5	Dane Dillon – AB '14
35-39	297.5	Jeff Lastuka - AB'22	190.0	Nazar Kharyk -AB'18	285.0	Jeff Lastuka - AB'22	750.0	Jeff Lastuka - AB'22
40-44	270.0	Adam Price – AB '16	195.5	Adam Price – AB '17	262.5	Adam Price – AB '16	715.5	Adam Price – AB '17
45-49	215.0	Patrick Cullum – AB 16	217.5	John Giffen – AB'17	282.5	Craig Hirota—ON '11	630.0	John Giffen – AB'17
50-54	184.5	Brad Swidzinski - AB '19	140.0	Mike Proskow-AB'16	252.5	Patrick Selby – BC '15	555.0	Patrick Selby – BC '15
55-59	195.5	Dan Earle - AB '19	142.5	Brent Woolnough – AB '16	235.0	Randy Sparks – AB '15	527.5	Randy Sparks – AB '15
60-64	180.0	Dan Earle - AB '20	145.0	Brent Woolnough -2017	190.0	Dan Earle - AB '20	500.0	Brent Woolnough -2017
65-69	180.5	Colin Bonneau—AB '17	155.0	Colin Bonneau—AB - '17	177.5	Colin Boneau—AB '14	503.0	Colin Bonneau—AB '17
Law/Fire/Mil	200.0	Marcus Skypas - ON-2011	155.0	Marcus Skypas—ON '11	237.5	Marcus Skypas—ON '12	590.0	Marcus Skypas—ON '12
Spec. Olym.	155.5	Andrew Harding—AB '14	111.5	Andrew Harding - AB '19	207.5	Andrew Harding—AB '14	466.5	Andrew Harding - AB-2014

Male 125 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	292.5	Adam Price- AB '19	227.5	John Giffen – AB '18	363.0	Dorrell Petties-Dahmer - AB '20	800.0	Adam Price- AB '19
12-13	105.0	Liam Vaness – AB '17	67.5	Liam Vaness – AB '17	125.0	Liam Vaness – AB '17	292.5	Liam Vaness – AB '17
18-19	205.0	Richard Davidson—ON '12	137.5	Richard Davidson—ON '12	245.0	Spence Howson – AB '18	570.0	Spence Howson – AB '18
20-24	272.5	Anton Zmushka - AB '19	204.0	John Woo- AB '17	300.0	Anton Zmushka - AB '19	752.5	Anton Zmushka - AB '19
35-39	260.0	Kent Maraj—ON '11	175.0	Kent Maraj—ON '11	302.0	Kent Maraj—ON '11	732.0	Kent Maraj—ON '11
40-44	292.5	Adam Price- AB '19	212.5	Adam Price- AB '19	295.0	Adam Price- AB '19	800.0	Adam Price- AB '19
45-49	235.0	John Giffen – AB '18	227.5	John Giffen – AB '18	247.0	John Giffen – AB '18	709.5	John Giffen – AB '18
50-54	282.5	Kevin Dixon - AB'22	160.0	Kevin Dixon - AB'22	272.5	Kevin Dixon - AB'22	715.0	Kevin Dixon - AB'22
55-59	185.0	Cliff Miller-BC'17	117.5	Cliff Miller-BC'17	215.0	Cliff Miller-BC'17	517.5	Cliff Miller-BC'17
60-64	220.0	Randy Sparks - AB '20	165.5	Colin Bonneau—AB '12	228.0	Randy Sparks -AB '20	566.5	Colin Bonneau—AB '12
65-69	150.0	Colin Bonneau—AB '13	164.0	Colin Bonneau—AB '13	200.0	Colin Bonneau—AB '13	514.0	Colin Bonneau—AB '13
70-74	125.0	Colin Bonneau—AB '17	155.0	Colin Bonneau—AB '17	100.0	Colin Bonneau—AB '17	375.0	Colin Bonneau—AB '17

Male 140 kg CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	305.0	Nick Morneau - BC '19	205.0	Nick Morneau -BC -2018	332.5	Nick Morneau - BC '19	840.0	Nick Morneau - BC '19
12-13	110.0	Chapel IronShirt - 2018	70.0	Chapel IronShirt - 2018	157.5	Chapel IronShirt - 2018	337.5	Chapel IronShirt - 2018
16-17	235.0	Jake Little – AB '15	152.5	Jake Little- AB'15	245.0	Jake Little – AB '15	620.0	Jake Little – AB '15
18-19	235.0	Jake Little – AB'17	160.0	Jake Little – AB'17	260.0	Spence Howson - AB'19	640.0	Jake Little – AB'17
20-24	257.5	Josh McNally - AB '22	160.0	Aleks Barabas – AB '14	275.0	Aleks Barabas – AB '14	670.0	Aleks Barabas – AB '14
35-39	305.0	Nick Morneau - BC '19	202.5	Nick Morneau - BC '19	332.5	Nick Morneau - BC '19	840.0	Nick Morneau - BC '19
40-44	230.5	James Lapointe - AB '20	147.5	James Lapointe - AB '20	280.0	James Lapointe - AB '20	653.0	James Lapointe - AB '20
45-49	205.0	Garry Coates – AB '18	170.0	Garry Coates – AB '18	235.0	Garry Coates – AB '18	610.0	Garry Coates – AB '18
50-54	165.0	Bob MacPherson – BC'17	100.0	Bob MacPherson – BC'17	185.0	Bob MacPherson – BC'17	450.0	Bob MacPherson – BC'17
60-64	150.0	David Addie – AB '18	120.0	David Addie – AB '18	200.0	David Addie – AB '18	470.0	David Addie – AB '18

Male SHW CLASS	SQUAT (kg)		BENCH PRESS (kg)		DEADLIFT (kg)		TOTAL (kg)	
OPEN	280.0	Russell Peel – AB'19	200.0	Russell Peel – AB'18	300.0	Moila Aokuso - 2018	767.5	Russell Peel – AB'19
18-19	220.0	Spence Howson - AB '19	140.0	Spence Howson - AB '19	260.0	Spence Howson - AB '19	620.0	Spence Howson - AB '19
20-24	245.0	Aleks Barabas – AB '14	160.0	Austin Logue - AB'22	255.0	Aleks Barabas – AB '14	650.0	Aleks Barabas – AB '14
35-39	272.5	Russell Peel – AB'19	200.0	Russell Peel – AB'18	295.0	Russell Peel – AB'18	757.5	Russell Peel – AB'19
40-44	280.0	Russell Peel – AB'19	195.0	Russell Peel – AB'19	292.5	Russell Peel – AB'19	767.5	Russell Peel – AB'19
45-49	237.5	Garry Coates - AB '19	182.5	Garry Coates - AB '19	245.0	Garry Coates - AB '19	665.0	Garry Coates - AB '19
60-64	190.0	Michael Hogan - AB '22	145.0	Michael Hogan - AB '22	217.5	Michael Hogan - AB '22	545.0	Michael Hogan - AB '22
Spec. Olym.	205.0	Scott Pagenkopf -AB'19	140.0	Scott Pagenkopf -AB'20	235.0	Scott Pagenkopf -AB'20	570.0	Scott Pagenkopf -AB'18