

100%RAW Powerlifting Federation Canada

Alberta Provincial Records

Single Lift - Bench Press and Deadlift

Updated December 18, 2022

<u>Female 44 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	15.0	Magdalen Hanson - AB '14	56.0	Magdalen Hanson - AB '14
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>	
OPEN	62.5	Jill Keilty - AB '14	95.0	Jill Keilty - AB '14
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>	
OPEN	65.0	Lisa Scheffellaier - AB '14	105.0	Lisa Scheffellaier - AB '14
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	42.5	Karina Harris - AB '22	75.0	Karina Harris - AB '22
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>	
OPEN	65.0	Lisa Scheffellaier - AB '15	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>	
OPEN	71.0	Cory Fisher - AB '17	137.5	Selena Gavins - AB '14
20-24	71.0	Katelyn Mah - AB '18		
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		

<u>Female 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	73.0	Skylar Yanke - AB '22	128.0	Skylar Yanke - AB '22
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		

55-59	65.0	Deb Ellard - 2015		
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<u>Female 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	77.0	Lisa Szabon-Smith - AB '19	163.0	Lisa Szabon-Smith - AB '19
20-24			125.0	Michaela Annable - AB '17
35-39	77.0	Lisa Szabon-Smith - AB '19	163.0	Lisa Szabon-Smith - AB '19
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>	
OPEN	97.5	Danielle Philibert - AB '17	152.5	Courtney Johnston - AB'22
20-24	97.5	Danielle Philibert - AB '17	87.5	Amanda Forsyth - AB '18
35-39	81.0	Dana Sandler - AB '15		
40-44	75.0	Courtney Johnston - AB'22	152.5	Courtney Johnston - AB'22
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>	
OPEN	65.0	Lori McWatters - AB '17	122.5	Vicky Cornish - AB '14
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>	
OPEN	67.5	Cinnamon Meldrum - AB '19	145.0	Suzy Kavanagh - AB '17
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		
55-59	55.0	Kathleen Delainey - 2022	135.5	Johann Dewolfe - AB '16
60-64	50.0	Wanda Sommerfeld - AB '22	135.0	Wanda Sommerfeld - AB '22

<u>Male 48 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			57.5	Gino Caleffi - AB '17
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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<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	95.0	Corey Drake - AB '14	150.0	Corey Drake - AB '14
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

<u>Male 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	140.5	Alex Saretsky - AB '22	215.0	Alex Saretsky - AB '22
18-19			157.5	Dan Lacoste - AB '14
20-24	122.5	Alex Saretsky - AB '13	185.0	Alex Saretsky - AB '13

<u>Male 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	180.0	Kevin Wais - AB '17	205.0	Niko Leis - AB '15
16-17			205.0	Niko Leis - AB '15
18-19	110.0	Brodie Dryden - 2014		
20-24	125.0	Armando Zavaleta - 2016	150.0	Jared Nemeth - 2016
50-54	97.5	Oleg Tyan - AB '22		
55-59	125.0	Mike Habina - AB '21		

<u>Male 82.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	191.0	Kevin Wais - 2016	235.0	Eldridge Abat - 2014
14-15	82.5	Owen Elwell - 2022	190.0	Owen Elwell - 2022
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
50-54	135.0	Mike Habina - 2018		
55-59			210.0	Raymond Gillett 2022
90+	60.0	Roy Mitchell - AB '19	112.5	Roy Mitchell - AB '19

<u>Male 90 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	195.0	Kevin Wais - AB '17	230.0	Eldridge Abat - 2013
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 Antoniow - AB '15		
45-49	142.5	Garner Blieske - 2016	227.5	Byron Nolan - 2018
50-54	122.5	Byron Riemann - 2017	185.0	Byron Riemann - AB '17
60-64			215.0	Doug Delainey - AB '22
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>	
OPEN	190.0	Cory Virtue - AB '12	277.5	Alex Miles - AB '14
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	125.0	Herb Veckenstedt - 2014	160.0	Mike Proskow - AB '13
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

<u>Male 110 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	222.5	John Giffen - AB '12	247.5	David Tchir - AB '15
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	247.5	David Tchir - AB '15
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>	
OPEN	237.5	John Giffen - AB '15	310.0	Anton Zmushka - AB '18
16-17			182.5	Chase Thrasher - AB '15
20-24	187.5	Anton Zmushka - AB '18	310.0	Anton Zmushka - AB '18
40-44	237.5	John Giffen - AB '15	296.0	Joel Thiessen - AB '19
45-49	182.5	Sean Savage - AB '21		
55-59	150.0	Tom Hoekstra - AB '16		

<u>Male 140 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	195.0	Scott Campbell - AB '13	292.5	Nathan Sparks - AB '18
40-44	195.0	Scott Campbell - AB '13		
45-49	190.0	Sean Savage - 2022	235.0	Sean Savage - 2022
50-54	130.0	Blair Fisher - 2013	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>	
OPEN	185.0	Chris Morrison - 2017	325.0	Jeff Martens - AB '18
35-39	185.0	Chris Morrison - 2017		
60-64	142.5	Michael Hogan - AB '20	170.0	Michael Hogan - AB '20
Law/Fire/Mil	137.5	Angelo Addante - AB '17		