

RAW Powerlifting Canada

Canadian National Records

Increment Bench & Timed Bench Rep Volume Challenge

Updated 2025Jul17

<u>Female 44 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 48 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 52 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 56 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 60 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 67.5 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
OPEN		790 kg Karina Harris - AB'24
60-64		790 kg Karina Harris - AB'24

<u>Female 75 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
OPEN		1095 kg Stacy Burak - AB'24
40-44		1095 kg Stacy Burak - AB'24
50-54		1030 kg Sue Kish - AB'24

<u>Female 82.5 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 90 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Female 90+ kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Male 48 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Male 52 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Male 56 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Male 60 kg CLASS</u>	<u>INCREMENT BENCH</u>	<u>TIMED BENCH VOLUME</u>
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<u>Male 67.5 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
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<u>Male 75 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN	185x20	Alex Saretsky - AB'24	2677.95kg	Alex Saretsky - AB'25
35-39			2677.95kg	Alex Saretsky - AB'25
55-59			2263 kg	Oleg Tyan - AB'24

<u>Male 82.5 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN	185x15	Tom Petersen AB'25		
14-15	185x7	Danen Dodd - AB'25		
70-74	185x15	Tom Petersen AB'25		

<u>Male 90 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN			2912 kg	Chris Burak - AB'24
40-44			2912 kg	Chris Burak - AB'24
45-49			1663.4 kg	Ben Doyle - AB'25
60-64			1441 kg	Doug Delainey - AB'24

<u>Male 100 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN			1520 kg	Andrew Harding - AB'24
40-44			1520 kg	Andrew Harding - AB'24
Spec. Olym.			1520 kg	Andrew Harding - AB'24

<u>Male 110 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
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<u>Male 125 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN			1634.5kg	Marcau Portelance - AB'25
16-17			1634.5kg	Marcau Portelance - AB'25

<u>Male 140 kg CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN	315x12	Russell Peel - AB'24	3043 kg	Russell Peel - AB'24
40-44	315x12	Russell Peel - AB'24	3043 kg	Russell Peel - AB'24

<u>Male SHW CLASS</u>	<u>INCREMENT BENCH</u>		<u>TIMED BENCH VOLUME</u>	
OPEN	315x4	Michael Hogan - AB'24	3,626.3	Michael Hogan - AB'25
65-69	315x4	Michael Hogan - AB'24	3,626.3	Michael Hogan - AB'25