

RAW Powerlifting Canada

Alberta Provincial Records

Single Lift - Bench Press and Deadlift and Squat

Updated 2025Aug17

<u>Female 44 kg CLASS</u>		<u>SQUAT (kg)</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>SQUAT (kg)</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>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>
OPEN			65.0	Lisa Scheffelmanier - AB '14	105.0	Lisa Scheffelmanier - 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 Scheffelmanier - AB '14	105.0	Lisa Scheffelmanier - AB '14
60-64			45.0	Karina Harris - AB '23	80.0	Karina Harris - AB '23
80-84			27.5	Doreen Kimura - AB '14	52.5	Doreen Kimura - AB '14

<u>Female 56 kg CLASS</u>		<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>
OPEN			65.0	Lisa Scheffelmanier - 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 Scheffelmanier - AB '15		
60-64			45.0	Karina Harris - AB '22	82.5	Karina Harris - AB '22

<u>Female 60 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			71.5	Azlin Ferguson - AB'23	137.5	Selena Gavins - AB '14
20-24			71.5	Azlin Ferguson - AB'23	130.0	Azlin Ferguson - AB'23
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		
60-64			47.5	Karina Harris - 2023	90.0	Karina Harris - 2025

<u>Female 67.5 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	47.5	Alicia Loveday - AB'24	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	47.5	Alicia Loveday - AB'24	62.5	Cory Fisher - 2015		
50-54			57.5	Sue Kish - 2024		
55-59			65.0	Deb Ellard - 2015		
60-64			43.0	Karina Harris - 2024	90.0	Karina Harris - 2024
75-79					45.0	Lucette Simpson - AB'25

<u>Female 75 kg CLASS</u>		<u>SQUAT (kg)</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
40-44			75.0	Stacy Burak - 2024		
45-49			63.0	Claire Cooney - AB '21	105.0	Teresa Oldenburger - AB '19
50-54			65.0	Claire Cooney - AB '22		
60-64					70.0	Tracey Katsabanis - AB'25
70-74			37.5	Monica Johnston - AB'22	65.0	Monica Johnston - AB'22

<u>Female 82.5 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			97.5	Danielle Philibert - AB '17	172.5	Courtney Johnston - 2024
20-24			97.5	Danielle Philibert - AB '17	87.5	Amanda Forsyth - AB '18
35-39			81.0	Dana Sandler - AB '15		
40-44			80.0	Courtney Johnston - 2024	172.5	Courtney Johnston - 2024
45-49			72.5	Adele Frizzell - AB '15	95.0	Maeghan Cotterill - AB'25
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>SQUAT (kg)</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>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			80.0	Tamra Dickau - AB-25	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	142.5	Sarita Tams - 2023
55-59			57.5	Kathleen Delainey - 2023	135.5	Johann Dewolfe - AB '16
60-64			50.0	Wanda Sommerfeld - AB '22	135.0	Wanda Sommerfeld - AB '22
Spec. Olym.			50.0	Rachel Ryan - 2024	105.0	Rachel Ryan - 2024

<u>Male 48 kg CLASS</u>		<u>SQUAT (kg)</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>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Male 56 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN					111.5	Jordan Hansen - 2025
35-39					111.5	Jordan Hansen - 2025

<u>Male 60 kg CLASS</u>		<u>SQUAT (kg)</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>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			140.5	Alex Saretsky - AB '22	215.0	Alex Saretsky - AB '22
12-13			102.5	Arash Mobarrezi - 2024		
14-15					112.5	Dominic Pereira - 2023
16-17			125.0	Armano Trenkwalder - 2024	147.5	Matthew Pereira - 2023
18-19					157.5	Dan Lacoste - AB '14
20-24			122.5	Alex Saretsky - AB '13	185.0	Alex Saretsky - AB '13
35-39			132.5	Alex Saretsky - AB'24	200.0	Alex Saretsky - AB'24

<u>Male 75 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			180.0	Kevin Wais - AB '17	230.0	Chase Weigel - 2023
16-17			130.0	Armano Trenkwalder - AB'25	205.0	Niko Leis - AB '15
18-19			110.0	Brodie Dryden - 2014		
20-24			125.0	Armando Zavaleta - 2016	190.0	Keane Kristoffer Tamayo - 2023
35-39					230.0	Chase Weigel - 2023
50-54			107.5	Oley Tyan - 2024		
55-59			125.0	Mike Habina - AB '21	135.0	Russ Pickford - 2025
60-64					115.0	Lawrence Glover - 2023
65-69			115.0	Tom Petersen - 2023		
70-74			123.0	Tom Petersen - 2024		
75-79						

<u>Male 82.5 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			191.0	Kevin Wais - 2016	237.5	Chase Weigel - 2024
12-13			102.5	Derrick Wygle - 2023	162.5	Derrick Wygle - 2023
14-15			82.5	Owen Elwell - 2022	190.0	Owen Elwell - 2022
16-17			65.0	Trey Lindgren - 2023	165.0	Trey Lindgren - 2023
20-24			115.0	Andre Skinner - 2017	225.0	Andre Skinner - 2017
35-39			120.0	Shane Miller - 2019	237.5	Chase Weigel - 2024
40-44					182.5	Robert Zschuppe - 2018
45-49					185.0	Clint Pereira - 2023
50-54			135.0	Michael Habina - 2018	157.5	Travis Pereira - 2023
55-59			125.0	Michael Habina - 2024	210.0	Raymond Gillett 2022
70-74			120.0	Tom Petersen - AB'25		
75-79					215.0	Birchmans Periera - 2023
90+			60.0	Roy Mitchell - AB '19	112.5	Roy Mitchell - AB '19

<u>Male 90 kg CLASS</u>		<u>SQUAT (kg)</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	192.5	Norm Garden - 2023
60-64			77.5	Douglas Delainey - 2024	215.0	Douglas Delainey - 2022
65-69			70.0	Douglas Delainey - AB '25	183.0	Douglas Delainey - AB '25
70-74					132.5	David Pobran - 2024
75-79					213.0	Birchmans Pereira - 2022
Spec. Olym. Open			100.5	Blair Lunau - AB '09		

<u>Male 100 kg CLASS</u>		<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>
OPEN	140.0	Gary Shepherd - AB'24	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			132.5	John Wells - 2023	215.0	John Wells - 2023
55-59			127.5	Ed Wittevrongel - AB '20	222.5	Ed Wittevrongel - 2002
60-64			75.0	Doug Delainey - AB'24	210.0	Doug Delainey - 2022
65-69					230.0	John Braun - 2009
70-74	140.0	Gary Shepherd - AB'24	65.0	Gary Shepherd - AB'24	210.0	John Braun - 2017
75-79					197.5	Birchmans Pereira - 2023

<u>Male 110 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			222.5	John Giffen - AB '12	295.0	Jeff Lastuka - AB'23
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	295.0	Jeff Lastuka - AB'23
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>SQUAT (kg)</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
35-39			160.0	Matthew Godden - 2023	300.0	Matthew Godden - 2023
40-44			237.5	John Giffen - AB '15	296.0	Joel Thiessen - AB '19
45-49			182.5	Sean Savage - AB '21		
50-54			217.5	John Giffen - 2023		
55-59			150.0	Tom Hoekstra - AB '16		

<u>Male 140 kg CLASS</u>		<u>SQUAT (kg)</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			185.0	Sean Savage - 2024	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>SQUAT (kg)</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		
45-49			127.5	Kevin Tyson - 2024		
50-54			192.5	Garry Coates - 2023		
60-64			147.5	Michael Hogan - 2023	235.0	Michael Hogan - 2024
65-69			165.5	Michael Hogan - AB '25	250.5	Michael Hogan - AB '25
Law/Fire/Mil			137.5	Angelo Addante - AB '17		