

RAW Powerlifting Canada

Canadian National Records

Single Lift - **MILITARY PRESS** and **STRICT CURL**

Updated Sep 28 2025 and revised Oct 05 2025

<u>Female 44 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	14.5	Mia Saretsky - AB'25	20.0	McKenna Kozina - AB'15
11 and under	14.5	Mia Saretsky - AB'25	12.5	Mia Saretsky - AB'25
14-15			20.0	McKenna Kozina - AB'15

<u>Female 48 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	45.0	McKenna Kozina - AB'17	30.2	Jill Keilty - AB'14
14-15	32.5	McKenna Kozina - AB'16	27.5	McKenna Kozina - AB'16
16-17	45.0	McKenna Kozina - AB'17	30.0	McKenna Kozina - AB'17
18-19			30.0	McKenna Kozina - AB'18
40-44	37.5	Jill Keilty - AB'15	30.2	Jill Keilty - AB'14

<u>Female 52 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	42.5	McKenna Kozina - AB'17	37.5	McKenna Kozina - AB'17
16-17	42.5	McKenna Kozina - AB'17	37.5	McKenna Kozina - AB'17
20-24			19.5	Duneesha Goontilleke - AB'25
35-39	32.5	Jill Keilty - AB'14	30.2	Jill Keilty - AB'13
45-49			29.3	Marcella Cameron - AB'13
60-64	27.5	Karina Harris - AB'23	28.0	Karina Harris - AB'23

<u>Female 56 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	30.0	Karina Harris - AB'23	29.0	Karina Harris - AB'23
45-49	27.5	Agi Veckenstedt - AB'14	27.5	Agi Veckenstedt - AB'14
60-64	30.0	Karina Harris - AB'23	29.0	Karina Harris - AB'23

<u>Female 60 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	50.0	Erin Matheson - AB'17	35.5	Sherine Thummarath - AB'17
20-24			35.5	Sherine Thummarath - AB'17
35-39			23.5	Jenn Lee - AB'22
40-44	27.5	Alicia Loveday - AB'24	30.0	Alicia Loveday - AB'24
55-59	37.5	Patsy Stehr - AB'15	30.0	Patsy Stehr - AB'15
60-64	32.5	Karina Harris - AB'24	29.5	Karina Harris - AB'24

<u>Female 67.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	55.0	Erin Matheson - AB'18	33.5	Kala Hawryluk - AB'17
18-19			30.0	Elise Jackson - AB'14
20-24	45.0	Kiarra Watson - BC'14	33.0	Hayley Helland - AB'17
35-39	37.5	Carla Morris - AB'16	30.0	Carla Morris - AB'16
40-44	30.0	Angela Thompson - BC'15	28.5	Alicia Loveday - AB'24
50-54			28.5	Sue Kish - AB'24
60-64	30.0	Karina Harris AB'24	31.0	Karina Harris AB'24
75-79			18.5	Lucette Simpson - AB'25

<u>Female 75 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	50.0	Bonni Rogers - AB'16	47.5	Stacy Burak - AB'24
20-24			32.0	Elise Jackson - AB'15
35-39	48.0	Renae Witzaney - AB'15	37.5	Nora Kish - AB'15
40-44	43.0	Stacy Burak - AB'24	47.5	Stacy Burak - AB'24
45-49	42.5	Geri Reimer - BC'14		
50-54	40.0	Sue Kish - AB'24	32.5	Sue Kish - AB'24
60-64			25.0	Tracey Katsabanis - AB'25

<u>Female 82.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	67.5	Lisa Gervais - AB'17	43.0	Lisa Gervais - AB'17
20-24	55.0	Danielle Philibert - AB'17		
35-39	35.0	Vanessa Reed - AB'18	35.5	Vanessa Reed - AB'18
40-44	52.5	Sara Burwash - AB'15		
45-49	40.0	Lori McWatters - AB'18	33.5	Lori McWatters - AB'18
50-54			30.0	Lori McWatters - AB'23

<u>Female 90 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	52.5	Sara Burwash - AB'15	35.0	Amber Hamilton - AB'15
40-44	52.5	Sara Burwash - AB'15		
45-49			33.5	Lori McWatters - AB'17
50-54			30.0	Lori McWatters-Nicolaidis - AB'22
65-69			22.0	Margaret Estabrooks - AB'15

<u>Female 90+ kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	52.5	Brie Remes - BC'15	40.0	Tamra Dickau - AB'25
35-39	42.5	Cherisse Martineau - AB'17		
50-54	38.0	Meghan Swedish - AB'25	29.0	Meghan Swedish - AB'25
55-59	27.5	Kathleen Delainey - AB'24	35.0	Kathleen Delainey - AB'24
60-64			27.5	Wanda Sommerfeld - AB'22
65-69	37.5	Wanda Sommerfeld - AB'25	30.5	Wanda Sommerfeld - AB'25

<u>Male 48 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN			10.7	Angelo Anastasio Jr. - ON'25
11 and under			10.7	Angelo Anastasio Jr. - ON'25

<u>Male 52 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
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<u>Male 56 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN			32.5	Jordan Hansen - AB'25
35-39			32.5	Jordan Hansen - AB'25

<u>Male 60 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	60.0	Gary Lee Peterson Jr '17	61.0	Alex Saretsky - AB'16
14-15	42.5	Luca Anastasio - BC'25	37.5	Luca Anastasio - BC'25
40-44	60.0	Gary Lee Peterson Jr '17		

<u>Male 67.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	87.5	Alex Saretsky - AB'23	69.5	Alex Saretsky - AB'25
16-17	60.0	Armano Trenkwalder - AB'24	47.5	Armano Trenkwalder - AB'24
18-19			50.0	Dylan Aronson - AB'23
20-24	75.0	Brenden Eberle - BC'15		
35-39	82.5	Alex Saretsky - AB'25	69.5	Alex Saretsky - AB'25
55-59	28.0	Ernesto Sanchez - AB'25	32.0	Ernesto Sanchez - AB'25
Law/Fire/Mil	75.0	Brenden Eberle - BC'15		

<u>Male 75 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	90.5	Alex Saretsky - AB'18	71.0	Alex Saretsky - AB'17
16-17			57.5	Blake Bull - AB'24
20-24	90.0	Brenden Eberle - BC'16	58.0	Deelaka Nanayakkara - AB'25
35-39	70.5	Alex Saretsky - AB'24	63.5	Alex Saretsky - AB'24
40-44			62.5	Shane Frey -AB'23
55-59	62.5	Russ Pickford - AB'25	48.0	Russ Pickford - AB'25
60-64	65.0	Russ Pickford - AB'25	52.5	Steve Lawrence - AB'25
Law/Fire/Mil	90.0	Brenden Eberle - BC'16		

<u>Male 82.5 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	98.0	Aaron Bao Chi Chung - AB'17	69.5	Ryan Grabarczyk - SK'25
14-15	60.0	Danen Dodd - AB'24	50.0	Danen Dodd - AB'24
20-24	98.0	Aaron Bao Chi Chung - AB'17	69.0	Colin Weibe - AB'15
35-39	65.0	Kory Kozina - AB'16	62.5	Kory Kozina - AB'17
40-44	97.5	Kevin Weiss - BC'15	65.5	Kevin Weiss - BC'12
45-49	40.0	Brent Miglierina - AB'25	42.5	Brent Miglierina - AB'25
50-54	82.5	Mike Habina - AB'16		
55-59	77.5	Colin Mullaney - AB'15	63.0	Colin Mullaney - AB'16
60-64	52.5	Angelo Anastasio Sr. - BC'25	52.5	Angelo Anastasio Sr. - BC'25
70-74	35.0	David Pobran - AB'25	45.0	David Pobran - AB'25
Law/Fire/Mil	52.5	Angelo Anastasio Sr. - BC'25	52.5	Angelo Anastasio Sr. - BC'25

<u>Male 90 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	107.5	Chris Huband - AB'17	82.5	Christopher Burak - AB'24
18-19	70.0	Kailen Smith - BC'17	52.5	Ryan Podgurney - AB'12
20-24	107.5	Chris Huband - AB'17	70.5	Matteo Morrone - AB'23
35-39	95.0	Rick Biddle - AB'17	65.0	Kory Kozina - AB'17
40-44	105.0	Kevin Weiss - BC'14	82.5	Christopher Burak - AB'24
45-49	95.0	Kevin Weiss - AB'17	68.0	Herb Veckenstedt - AB'12
50-54	82.5	Norm Garden - AB'25	56.5	Norm Garden - AB'25
55-59	82.5	Colin Mullaney - AB'16	63.0	Colin Mullaney - AB'16
60-64	55.0	Douglas Delainey - AB'24	50.5	Douglas Delainey - AB'23
65-69	47.5	Douglas Delainey - AB'25	47.5	Douglas Delainey - AB'25
Spec. Olym. Open			40.0	Spencer Stevens - AB'24

<u>Male 100 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	116.0	Mike Moorhead - AB'17	75.0	Mike Moorhead - AB'17
20-24	90.0	Mitchell Jacobsen - AB'17	70.0	Mitchell Jacobsen - AB'17
35-39	108.0	Mike Moorhead - AB'16	70.0	Mike Moorhead - AB'16
40-44	116.0	Mike Moorhead - AB'17	75.0	Mike Moorhead - AB'17
45-49	91.0	Norm Garden - AB'23	64.0	Herb Veckenstedt - AB'14
50-54	92.5	Herb Veckenstedt - AB'16	60.0	Herb Veckenstedt - AB'16
55-59			62.5	Gary Katzen - PEI'18
60-64	50.0	Doug Delainey - AB'24	65.0	Allen Marr - AB'17
70-74	35.0	Gary Shepherd - AB'24	47.5	Gary Shepherd - AB'24
Law/Fire/Mil	95.0	Justin Ott - BC'14		
Spec. Olym.	52.5	Andrew Harding - AB'17	40.0	Spencer Stevens - AB'18

<u>Male 110 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	110.0	Shane Martin - AB'15	86.0	Isaiah Wolf - BC'23
16-17			52.5	Jack Dawson - AB'15
20-24	100.0	Kevin Lutz - BC'15	67.5	Mitchell Jacobsen - AB'17
35-39	67.5	Danny Warrack - AB'24	70.0	Peter Clarke - AB'12
40-44	100.0	Chris Caleffi - AB'25		
45-49	85.0	Herb Veckenstedt - AB'15	65.0	Herb Veckenstedt - AB'15
55-59	72.5	Herb Veckenstedt - AB'23	60.0	Herb Veckenstedt - AB'22
Law/Fire/Mil	110.0	Shane Martin - AB'15	62.5	Shane Martin - AB'15
Spec. Olym.	55.0	Andrew Harding - AB'18	41.0	Andrew Harding - AB'18

<u>Male 125 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	110.0	Fraser Ehl - AB'15	80.0	Isaiah Wolf - BC'22
20-24	100.0	Cory Constantin - BC'17		
35-39			77.5	Matthew Godden - AB'24
40-44	85.0	Marty Walker - BC'17		
45-49	100.0	Patrick Cullum - AB'17		

<u>Male 140 kg CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	127.5	Russell Peel - AB'25	85.0	Russell Peel - AB'25
16-17	92.5	Jake Little - AB'15		
20-24	95.0	Aleks Barbaras - AB'14	78.5	Cameron Wharram - AB'12
35-39	127.0	Shane Martin - AB'23	72.0	Shane Martin - AB'23
40-44	110.0	Russell Peel - AB'24	82.5	Russell Peel - AB'24
45-49	127.5	Russell Peel - AB'25	85.0	Russell Peel - AB'25

<u>Male SHW CLASS</u>	<u>MILITARY PRESS (kg)</u>		<u>STRICT CURL (kg)</u>	
OPEN	120.0	Russell Peel - AB'18	75.5	Angelo Addante - AB'24
35-39	120.0	Russell Peel - AB'18	75.0	Russell Peel - AB'18
40-44	105.0	Des Peddle - AB'16	67.5	Des Peddle - AB'16
45-49	116.0	Des Peddle - AB'17	71.0	Des Peddle - AB'17
60-64	95.0	Michael Hogan - AB'23	65.0	Michael Hogan - AB'24
65-69	100.5	Michael Hogan - AB'25	72.5	Michael Hogan - AB'25
Law/Fire/Mil	97.0	Angelo Addante - AB'24	75.5	Angelo Addante - AB'24