

RAW Powerlifting Canada

Canadian National Records

Single Lift - Squat, Bench Press and Deadlift

Updated Sep 28 2025 then revised Oct 05 2025

<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 Scheffelfmaier - AB '14	115.0	Nicole Mcevoy - ON '11
11 and under					62.5	Mattea Ahijah - AB '16
14-15			48.5	Gwendolyn Sheridan - ON '11	87.0	Gwendolyn Sheridan - ON '11
16-17			60.0	Mckenna Kozina - AB '17		
20-24					115.0	Nicole Mcevoy - ON '11
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 Scheffelfmaier - AB '14	105.0	Lisa Scheffelfmaier - 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
20-24			53.0	Robyn Ripley - ON '11		
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
14-15			40.5	Aspen Parker - BC '18	100.5	Aspen Parker - BC '18
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	137.5	Karen Ogilvie - BC '17
45-49			71.0	Cory Fisher - AB '17		
60-64			47.5	Karina Harris - AB '23	90.0	Karina Harris - AB '25

<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-AB'22
20-24			45.0	Kate Sonogo - AB '15	110.0	Kate Sonogo - AB '15
35-39			55.0	Patricia Taylor - NS '23	127.5	Andrea Kilroy - BC '19
40-44	47.5	Alicia Loveday - AB'24	62.5	Cory Fisher - AB'15	80.0	Vanessa MacKinnon - PE '19
50-54			57.5	Sue Kish - AB'24		
55-59			65.0	Deb Ellard - AB '15		
60-64			43.0	Karina Harris - AB'24	90.0	Karina Harris - AB'24
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
18-19			67.5	Carolyn Savage - ON '09		
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 - AB'24		
45-49			63.0	Claire Cooney - AB '21	105.0	Teresa Oldenburger - AB '19
50-54			65.0	Claire Cooney - AB '22		
55-59			62.5	Norma Kunstenaar - ON '09		
60-64			32.5	Patricia Gavins - BC '15	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 - AB'24
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 - AB'24	172.5	Courtney Johnston - AB'24
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	110.0	Becky McLean - AB'25	68.0	Becky McLean - AB'25	165.0	Becky McLean - AB'25
45-49	110.0	Becky McLean - AB'25	68.0	Becky McLean - AB'25	165.0	Becky McLean - AB'25
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	142.5	Ashley Greer - ON '12
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 - AB'23
45-49			65.0	Janine Wheeler - ON '10	132.5	Janine Wheeler - ON '10
55-59			57.5	Kathleen Delainey - AB '23	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 - AB'24	105.0	Rachel Ryan - AB'24

<u>Male 48 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN					70.5	Jack Mcevoy - ON '12
11 and under					70.5	Jack Mcevoy - ON '12

<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 - AB'25
35-39					111.5	Jordan Hansen - AB'25

<u>Male 60 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			133.0	Billy Shipley - NS '23	182.5	Sahil Mulla - ON '12
14-15			67.5	Luca Anastasio - BC'25		
16-17			80.0	Spencer Mccann - ON '09		
18-19			95.0	Austin Kloster - AB '19	150.0	Austin Kloster - AB '19
20-24			133.0	Billy Shipley - NS '23	150.0	Corey Drake - AB '14
Spec. Olym.			67.5	Matthew Duckett - AB '09	102.5	Matthew Duckett - AB '09
Handicapped			127.5	Brian Calcafuoco - ON '11		

<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 - AB'24
14-15					112.5	Dominic Pereira - AB'23
16-17			125.0	Armano Trenkwalder - AB'24	147.5	Matthew Pereira - AB'23
18-19					157.5	Dan Lacoste - AB '14
20-24			140.0	Daniel Remulla - ON '12	185.0	Alex Saretsky - AB '13
35-39			140.0	Alex Saretsky –AB '25	205.0	Alex Saretsky - AB '24
Handicapped			122.5	Brian Calcafuoco - ON '11		

<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 - AB '23
14-15			98.0	Luke Roach - ON '11		
16-17			132.5	Armano Trenkwalder - AB'25	205.0	Niko Leis - AB '15
18-19			120.0	Vadim Gutov - ON '09	182.5	Ross Parker - BC '18
20-24			160.0	Justin Van Schyndel - ON '13	222.5	Adrian Nichol - ON '12
35-39			165.0	Arthur Chan - ON '09	230.0	Chase Weigel - AB '23
40-44			125.0	Rick Roy - ON '09		
50-54			107.5	Oleg Tyan - AB'24		
55-59			125.0	Mike Habina - AB '21	135.0	Russ Pickford - AB'25
60-64					115.0	Lawrence Glover - AB'23
65-69			115.0	Tom Petersen - AB '23		
70-74			123.0	Tom Petersen - AB'24		
75-79						
90+			65.0	Alan Day - BC '16		

<u>Male 82.5 kg CLASS</u>		<u>SQUAT (kg)</u>		<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>
OPEN	255.0	Chase Weigel - AB'25	191.0	Kevin Wais - AB '16	245.0	Chase Weigel - AB'25
12-13			102.5	Derrick Wygle - AB'23	162.5	Derrick Wygle - AB'23
14-15			82.5	Owen Elwell - AB '22	190.0	Owen Elwell - AB '22
16-17			87.5	Arsham Sanjari - ON '17	165.0	Trey Lindgren - AB '23
18-19			122.5	Clayton Norris - ON '09		
20-24			167.5	Frederic Marcotte - ON '11	225.0	Andre Skinner - AB '17
35-39	255.0	Chase Weigel - AB'25	145.0	Chase Weigel - AB'25	245.0	Chase Weigel - AB'25
40-44			140.0	Steve Johnston - ON '11	182.5	Robert Zschuppe - AB '18
45-49			125.0	Mike Habina - AB '15	185.0	Clint Pereira - AB'23
50-54			135.0	Mike Habina - AB '18		
55-59			135.0	Michael Milton - ON '09	210.0	Raymond Gillett - AB '22
60-64			108.0	Angelo Anastasio Sr. - BC'25		
70-74			120.0	Tom Petersen - AB'25		
75-79					215.0	Birchmans Periera - AB '23
90+			60.0	Roy Mitchell - AB '19	112.5	Roy Mitchell - AB '19
Law/Fire/Mil			108.0	Angelo Anastasio Sr. - BC'25		

<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	272.5	Chad Patrick - ON '13
16-17			117.5	Deston Lee - AB '15	216.0	Landon Wilcox - ON '09
18-19			125.5	Zach Urquhart - AB '14		
20-24			145.0	Kaper Macintyre - AB '16	272.5	Chad Patrick - ON '13
35-39			152.5	Adam Price - AB '12	182.5	Kory Kozina - AB '16
40-44			177.5	Barry Antoniow - AB '15		
45-49			157.5	Lee Levac - ON '13	227.5	Shayne Parker - BC '18
50-54			181.0	Ross Lattazio - ON '11	192.5	Norm Garden - AB'23
55-59			125.0	Kevin Stirling - ON '11	130.0	Kevin Sanjari - ON '17
60-64			77.5	Douglas Delainey - AB '24	215.0	Douglas Delainey - AB '22
65-69			70.0	Douglas Delainey - AB '25	197.5	Douglas Delainey - AB '25
70-74			95.0	Marek Mathias - BC'25	132.5	David Pobran - AB'24
75-79					213.0	Birchmans Pereira - AB'22
Law/Fire/Mil					227.5	Shayne Parker - BC '18

Spec. Olym.			100.5	Blair Lunau - AB '09		
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<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	192.5	Rosario Lattazio - ON '09	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 - AB '22
40-44			173.0	Shawn Roach - ON '16	162.5	Scott Wildeman - AB '17
45-49			152.5	Barry Mcevoy - ON '09	215.0	John Wells - AB '23
50-54			192.5	Rosario Lattazio - ON '09	235.0	Vaughn Johnson - SK '23
55-59			127.5	Ed Wittevrongel - AB '20	222.5	Ed Wittevrongel - AB '20
60-64			75.0	Doug Delainey - AB'24	210.0	Doug Delainey - AB '22
65-69			115.0	Marek Mathias - BC '22	230.0	John Braun - AB '09
70-74	140.0	Gary Shepherd - AB'24	115.0	Marek Mathias - BC '23	210.0	John Braun - AB '17
75-79					197.5	Birchmans Pereira - AB'23
Law/Fire/Mil			181.0	Curtis Page - ON '09		

<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	300.0	Simon Blais - ON '12
14-15					170.0	Chase Thrasher - AB '15
16-17			155.0	Martin Wong - ON '12	187.5	Chase Thrasher - AB '15
20-24			160.0	Ryan Kingma - ON '11	245.0	Arshia Arshadi - AB '15
35-39			222.5	John Giffen - AB '12	295.0	Jeff Lastuka - AB'23
40-44			180.0	Richard Moquin - QC '09	170.0	Steve McInnis - PE '19
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		
65-69			120.0	Marek Mathias - BC '19		
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			210.0	Ian Sanderson - ON '16	300.0	Matthew Godden - AB '23
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 - AB '23		
55-59			150.0	Tom Hoekstra - AB '16		
60-64					250.0	Tom Nicholls - NB'25
65-69			188.0	George Flikas - ON '12		
70-74			190.0	George Flikas - ON '13		
Law/Fire/Mil			207.5	Ian Sanderson - ON '09		

<u>Male 140 kg CLASS</u>		<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			207.5	Clint Harwood - ON '12	292.5	Nathan Sparks - AB '18
20-24			172.5	Taylor Servais - ON '11		
35-39			207.5	Clint Harwood - ON '12		
40-44			195.0	Scott Campbell - AB '13		
45-49			190.0	Sean Savage - AB '22	235.0	Sean Savage - AB '22
50-54			185.0	Sean Savage - AB'24	260.0	Blair Fisher - AB '14
55-59			162.5	Wally Schoeffler - SK '19	205.0	Wally Schoeffler - SK '18
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	240.0	Michael Hogan - AB '25	210.0	Clint Harwood - ON '11	325.0	Jeff Martens - AB '18
20-24			165.0	Jamie Sequin - ON '11		
35-39			210.0	Clint Harwood - ON '11		
40-44			187.5	Curd Hos - ON '13		
45-49			127.5	Kevin Tyson - AB'24		
50-54			192.5	Garry Coates - AB '23		
60-64			147.5	Michael Hogan - AB '23	235.0	Michael Hogan - AB '24
65-69	240.0	Michael Hogan - AB '25	168.0	Michael Hogan - AB '25	255.0	Michael Hogan - AB '25
Law/Fire/Mil			137.5	Angelo Addante - AB '17		