

RAW Powerlifting Canada

Alberta Provincial Records

Single Lift - MILITARY PRESS and STRICT CURL

UPDATED MARCH 3RD, 2026

| <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 Thoummarath - AB'17 |
| 20-24 | | | 35.5 | Sherine Thoummarath - 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 - 2018 | 33.5 | Kala Hawryluk - 2017 |
| 18-19 | | | 30.0 | Elise Jackson - 2014 |
| 20-24 | | | 33.0 | Hayley Helland - 2017 |
| 35-39 | 37.5 | Carla Morris - 2016 | 30.0 | Carla Morris - 2016 |
| 40-44 | 37.5 | Angela Kirstein - 2026 | 40.0 | Angela Kirstein - 2026 |
| 50-54 | 50 | Sue Kish - 2026 | 28.5 | Sue Kish - 2024 |
| 60-64 | 30.0 | Karina Harris 2024 | 31.0 | Karina Harris 2024 |
| 75-79 | | | 18.5 | Lucette Simpson - 2025 |

| <u>Female 75 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | <u>STRICT CURL (kg)</u> |
|---------------------------|----------------------------|-------------------------------|
| OPEN | 50.0 Bonni Rogers - 2016 | 47.5 Stacy Burak - 2024 |
| 20-24 | | 32.0 Elise Jackson - 2015 |
| 35-39 | 48.0 Renae Witzaney - 2015 | 37.5 Nora Kish - 2015 |
| 40-44 | 43.0 Stacy Burak - 2024 | 47.5 Stacy Burak - 2024 |
| 45-49 | | |
| 50-54 | 40.0 Sue Kish - 2024 | 32.5 Sue Kish - 2024 |
| 60-64 | | 25.0 Tracey Katsabanis - 2025 |

| <u>Female 82.5 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | <u>STRICT CURL (kg)</u> |
|-----------------------------|--------------------------------|----------------------------|
| OPEN | 67.5 Lisa Gervais - 2017 | 43.0 Lisa Gervais - 2017 |
| 20-24 | 55.0 Danielle Philibert - 2017 | |
| 35-39 | 35.0 Vanessa Reed - 2018 | 35.5 Vanessa Reed - 2018 |
| 40-44 | 52.5 Sara Burwash - 2015 | 44.5 Stacy burak - 2026 |
| 45-49 | 40.0 Lori McWatters - 2018 | 33.5 Lori McWatters - 2018 |
| 50-54 | | 30.0 Lori McWatters - 2023 |

| <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 | 42.5 Cherisse Martineau - AB'17 | 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 | | |

| <u>Male 52 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | <u>STRICT CURL (kg)</u> |
|-------------------------|----------------------------|-------------------------|
| OPEN | | |

| <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 - 2017 | 61.0 Alex Saretsky - 2016 |
| 18-19 | | |
| 20-24 | | 55.5 Deelaka Nanayakkara - 2026 |
| 40-44 | 60.0 Gary Lee Peterson Jr - 2017 | |

| <u>Male 67.5 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | <u>STRICT CURL (kg)</u> |
|---------------------------|---------------------------------|---------------------------------|
| OPEN | 87.5 Alex Saretsky - AB'23 | 69.0 Alex Saretsky - AB'22 |
| 16-17 | 60.0 Armano Trenkwalder - AB'24 | 47.5 Armano Trenkwalder - AB'24 |
| 18-19 | | 50.0 Dylan Aronson - AB'23 |
| 20-24 | | |
| 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 | | | |
|--------------|--|--|--|

| <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 | | | 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 | 67.5 | Steve Lawrence - AB'25 | 58.5 | Steve Lawrence - AB'25 |
| Law/Fire/Mil | | | | |

| <u>Male 82.5 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | | <u>STRICT CURL (kg)</u> | |
|---------------------------|----------------------------|-----------------------------------|-------------------------|---------------------------|
| OPEN | 98.0 | Aaron Bao Chi Chung - 2017 | 69.0 | Colin Weibe - 2015 |
| 14-15 | 60.0 | Danen Dodd - 2024 | 50.0 | Danen Dodd - 2024 |
| 20-24 | 98.0 | Aaron Bao Chi Chung - 2017 | 69.0 | Colin Weibe - 2015 |
| 35-39 | 65.0 | Kory Kozina - 2016 | 62.5 | Kory Kozina - 2017 |
| 40-44 | | | | |
| 45-49 | 40.0 | Brent Miglierina - 2025 | 42.5 | Brent Miglierina - 2025 |
| 50-54 | 82.5 | Mike Habina - 2016 | | |
| 55-59 | 77.5 | Colin Mullaney - 2015 | 63.0 | Colin Mullaney - 2016 |
| 70-74 | 35.0 | David Pobran - 2025 | 45.0 | David Pobran - 2025 |
| 75-79 | 36.0 | Bob Peel - 2026 | 37.5 | Bob Peel - 2026 |

| <u>Male 90 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | | <u>STRICT CURL (kg)</u> | |
|-------------------------|----------------------------|----------------------------|-------------------------|---------------------------|
| OPEN | 107.5 | Chris Huband - 2017 | 82.5 | Chris Burak - 2024 |
| 18-19 | | | 57.5 | Corben Funnell - 2025 |
| 20-24 | 107.5 | Chris Huband - 2017 | 70.5 | Matteo Morrone - 2023 |
| 35-39 | 95.0 | Rick Biddle - 2017 | 65.0 | Kory Kozina - 2017 |
| 40-44 | 75.0 | Paul Monk - 2026 | 82.5 | Chris Burak - 2024 |
| 45-49 | 95.0 | Kevin Weiss - 2017 | 68.0 | Herb Veckenstedt - 2012 |
| 50-54 | 82.5 | Norm Garden - 2025 | 56.5 | Norm Garden - 2025 |
| 55-59 | 82.5 | Colin Mullaney - 2016 | 63.0 | Colin Mullaney - 2016 |
| 60-64 | 55.0 | Douglas Delainey - 2024 | 50.5 | Douglas Delainey - 2024 |
| 65-69 | 50.0 | Douglas Delainey - 2025 | 47.5 | Douglas Delainey - 2025 |
| 75-79 | 35.0 | Gary Shepherd - 2025 | 45.0 | Gary Shepherd - 2025 |
| Spec. Olym. Open | | | 37.5 | Adam Cairns - 2024 |
| Spec Olym. Masters | | | 40.0 | Spencer Stevens - 2024 |

| <u>Male 100 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | | <u>STRICT CURL (kg)</u> | |
|--------------------------|----------------------------|-----------------------------|-------------------------|-----------------------------|
| OPEN | 116.0 | Mike Moorhead - 2017 | 75.0 | Mike Moorhead - 2017 |
| 20-24 | 90.0 | Mitchell Jacobsen - 2017 | 70.0 | Mitchell Jacobsen - 2017 |
| 35-39 | 108.0 | Mike Moorhead - 2016 | 70.0 | Mike Moorhead - 2016 |
| 40-44 | 116.0 | Mike Moorhead - 2017 | 76.5 | Chris Burak - 2026 |
| 45-49 | 91.0 | Norm Garden - 2023 | 64.0 | Herb Veckenstedt - 2014 |
| 50-54 | 92.5 | Herb Veckenstedt - 2016 | 60.0 | Herb Veckenstedt - 2016 |
| 55-59 | | | | |
| 60-64 | 50.0 | Doug Delainey - 2024 | 65.0 | Allen Marr - 2017 |
| 65-69 | 55.0 | Douglas Delainey -2025 | 45.0 | Douglas Delainey -2025 |
| 70-74 | 37.5 | Gary Shepherd - 2025 | 47.5 | Gary Shepherd - 2024 |
| Law/Fire/Mil | | | | |
| Spec. Olym. | 52.5 | Andrew Harding - 2017 | 40.0 | Spencer Stevens - 2018 |

| <u>Male 110 kg CLASS</u> | <u>MILITARY PRESS (kg)</u> | | <u>STRICT CURL (kg)</u> | |
|---------------------------------|-----------------------------------|-----------------------------|--------------------------------|-----------------------------|
| OPEN | 110.0 | Shane Martin - AB'15 | 70.0 | Peter Clarke - AB'12 |
| 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 |
| 50-54 | 91.0 | Ronald Hagen - AB'25 | | |
| 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 | 77.5 | Matthew Godden - AB'24 |
| 20-24 | | | | |
| 35-39 | | | 77.5 | Matthew Godden - AB'24 |
| 40-44 | | | | |
| 45-49 | 100.0 | Patrick Cullum - AB'17 | | |
| 50-54 | 67.5 | Kevin Dixon - AB'25 | | |

| <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 |
| 50-54 | | | 60.0 | Sean Savage - 2026 |
| | | | | |

| <u>Male SHW CLASS</u> | <u>MILITARY PRESS (kg)</u> | | <u>STRICT CURL (kg)</u> | |
|------------------------------|-----------------------------------|----------------------------|--------------------------------|------------------------------|
| OPEN | 120.0 | Russell Peel - 2018 | 75.5 | Angelo Addante - 2024 |
| 35-39 | 120.0 | Russell Peel - 2018 | 75.0 | Russell Peel - 2018 |
| 40-44 | 105.0 | Des Peddle - 2016 | 67.5 | Des Peddle - 2016 |
| 45-49 | 116.0 | Des Peddle - 2017 | 71.0 | Des Peddle - 2017 |
| 60-64 | 95.0 | Michael Hogan - 2026 | 65.0 | Michael Hogan - 2024 |
| 65-69 | 101.0 | Michael Hogan - 2026 | 72.5 | Michael Hogan - 2024 |
| Law/Fire/Mil | 97.0 | Angelo Addante - 2024 | 75.5 | Angelo Addante - 2024 |