

**Men's Classic AB Records, Effective July 8, 2023**

<b>Mens Open</b>				
<b>Squat</b>				
59 Kg	195.5	Jason Luo	24-Feb-18	Calgary AB
66 Kg	222.5	John Ballesteros	11-Jun-23	Calgary, AB
74 Kg	255.0	Hongming Tong	15-Nov-21	Richmond, BC
83 Kg	275.0	Logan Heffron	11-Jun-23	Calgary, AB
93 Kg	277.5	Victor Akpawan	25-Sep-22	Calgary, AB
105 Kg	315.0	Bryce Krawczyk	17-Feb-16	Regina, SK
120 Kg	307.5	Curtis Dublanko	22-Jun-19	Edmonton, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
<b>Bench Press</b>				
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	142.5	Clifton Pho	13-Mar-17	Saguenay, QC
74 Kg	185.0	Connor Lutz	07-Mar-20	Winnipeg MB
83 Kg	185.0	Connor Lutz	04-May-19	Calgary, AB
93 Kg	200.0	Kwaku Antwi	18-Feb-23	Richmond, BC
105 Kg	211.0	Shane Martin	12-Jun-16	Cold Lake ,AB
120 Kg	232.5	John Giffen	07-Feb-15	Cold Lake ,AB
120+ Kg	212.5	Nathan Sparks	25-Sep-22	Calgary, AB
<b>Deadlift</b>				
59 Kg	241.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	287.0	Clifton Pho	11-Jun-23	Calgary, AB
74 Kg	315.0	Nick Manders	07-Mar-20	Winnipeg MB
83 Kg	370.5	Nick Manders	18-Jun-23	St. Julians, MT
93 Kg	342.5	Kwaku Antwi	18-Jun-23	St. Julians, MT
105 Kg	375.0	Bryce Krawczyk	24-Feb-18	Calgary AB
120 Kg	385.0	Bryce Krawczyk	21-Aug-21	Orlando, FL
120+ Kg	335.0	Nathan Sparks	25-Sep-22	Calgary, AB
<b>Total</b>				
59 Kg	556.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	647.0	Clifton Pho	11-Jun-23	Calgary, AB
74 Kg	710.0	Connor Lutz	07-Mar-20	Winnipeg MB
83 Kg	797.5	Nick Manders	18-Jun-23	St. Julians, MT
93 Kg	815.0	Kwaku Antwi	18-Jun-23	St. Julians, MT
105 Kg	850.0	Bryce Krawczyk	24-Feb-18	Calgary AB
120 Kg	877.5	Bryce Krawczyk	21-Aug-21	Orlando, FL
120+ Kg	882.5	Nathan Sparks	25-Sep-22	Calgary, AB
<b>Bench Only</b>				
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	142.5	Clifton Pho	13-Mar-17	Saguenay, QC
74 Kg	185.0	Connor Lutz	07-Mar-20	Winnipeg MB
83 Kg	185.0	Kevin Wais	29-Jan-17	Edmonton, AB
93 Kg	200.0	Kwaku Antwi	18-Feb-23	Richmond, BC
105 Kg	211.0	Shane Martin	12-Jun-16	Cold Lake ,AB
120 Kg	243.0	Shane Martin	07-Mar-20	Winnipeg MB
120+ Kg	250.0	Shane Martin	27-May-23	Sun City, ZA
<b>Para Powerlifting</b>				
59 Kg	105.0	Andrew Livingston	25-Sep-22	Calgary, AB
83 Kg	105.0	Jake Beaton	13-Nov-22	Edmonton, AB

<b>Mens Junior</b>				
<b>Squat</b>				
53 Kg	115.0	Yash Sharma	09-Sep-18	Edmonton, AB
59 Kg	195.5	Jason Luo	24-Feb-18	Calgary AB
66 Kg	222.5	John Ballesteros	11-Jun-23	Calgary, AB
74 Kg	255.5	Logan Heffron	10-Jul-22	Slave Lake, AB
83 Kg	275.0	Logan Heffron	11-Jun-23	Calgary, AB
93 Kg	270.0	John Walls	18-Feb-23	Richmond, BC
105 Kg	300.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	295.0	Zack Chwok	09-Mar-19	Ottawa, ON
120+ Kg	295.0	Seth Albersworth	03-May-14	Calgary, AB
<b>Bench Press</b>				
53 Kg	82.5	Yash Sharma	09-Sep-18	Edmonton, AB
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	142.5	Clifton Pho	13-Mar-17	Saguenay, QC
74 Kg	164.0	Hongming Tong	05-Dec-21	Edmonton, AB
83 Kg	167.5	Nick Manders	04-Sep-22	Istanbul, TR
93 Kg	193.0	John Walls	18-Feb-23	Calgary, AB
105 Kg	195.0	De'lano-J Woodbine	30-Apr-23	Slave Lake, AB
120 Kg	197.5	Johnnel Naron	07-Mar-20	Winnipeg MB
120+ Kg	188.0	Anton Zmushka	04-Nov-18	Edmonton, AB
<b>Deadlift</b>				
53 Kg	170.0	Yash Sharma	09-Sep-18	Edmonton, AB
59 Kg	241.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	285.5	Clifton Pho	17-Jun-18	Calgary AB
74 Kg	315.0	Nick Manders	07-Mar-20	Winnipeg MB
83 Kg	350.0	Nick Manders	04-Sep-22	Istanbul, TR
93 Kg	341.5	Nick Manders	25-Sep-22	Calgary, AB
105 Kg	333.0	Ezeiel Amponsah	11-Jun-23	Calgary, AB
120 Kg	315.5	Ezeiel Amponsah	10-Jul-22	Slave Lake, AB
120+ Kg	318.0	Zaid Ibrahim	18-Sep-21	Calgary, AB
<b>Total</b>				
53 Kg	367.5	Yash Sharma	09-Sep-18	Edmonton, AB
59 Kg	556.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	640.5	Clifton Pho	13-Mar-17	Saguenay, QC
74 Kg	707.5	Hongming Tong	15-Nov-21	Richmond, BC
83 Kg	780.0	Nick Manders	04-Sep-22	Istanbul, TR
93 Kg	741.5	Nick Manders	25-Sep-22	Calgary, AB
105 Kg	807.5	De'lano-J Woodbine	11-Jun-23	Calgary, AB
120 Kg	775.0	Johnnel Naron	07-Mar-20	Winnipeg MB
120+ Kg	775.5	Zaid Ibrahim	18-Sep-21	Calgary, AB
<b>Bench Only</b>				
53 Kg	85.0	Andrew Livingston	12-Feb-22	Edmonton, AB
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	142.5	Clifton Pho	13-Mar-17	Saguenay, QC
74 Kg	164.0	Hongming Tong	05-Dec-21	Edmonton, AB
83 Kg	167.5	Nick Manders	04-Sep-22	Istanbul, TR
93 Kg	193.0	John Walls	11-Jun-23	Calgary, AB
105 Kg	195.0	De'lano-J Woodbine	30-Apr-23	Slave Lake, AB
120 Kg	197.5	Johnnel Naron	07-Mar-20	Winnipeg MB
120+ Kg	188.0	Anton Zmushka	04-Nov-18	Edmonton, AB
<b>Para Powerlifting</b>				
53 Kg	110.0	Andrew Livingston	13-Nov-22	Edmonton, AB

<b>Mens Sub-Junior</b>				
<b>Squat</b>				
53 Kg		MARK NOT SET	---	---
59 Kg	157.5	Jason Luo	16-Nov-13	Edmonton, AB
66 Kg	200.0	Tyler Chalifoux	09-Jul-17	Edmonton, AB
74 Kg	215.0	Yoon-Saw Yang	05-Dec-21	Edmonton, AB
83 Kg	230.0	Nick Manders	09-Jul-17	Edmonton, AB
93 Kg	240.5	Caiden Thompson	13-Nov-22	Edmonton, AB
105 Kg	300.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	220.0	Buhler William	12-Nov-16	Edmonton, AB
120+ Kg	240.0	Rohan Bhatt	10-Jul-22	Slave Lake, AB
<b>Bench Press</b>				
53 Kg		MARK NOT SET	---	---
59 Kg	72.5	Arvin Castillo	11-Jun-23	Calgary, AB
66 Kg	115.0	Norvyn Bagalay	16-Nov-13	Edmonton, AB
74 Kg	135.0	Luc Dahlman	18-Feb-23	Richmond, BC
83 Kg	150.0	Josh Amponsah	25-Sep-22	Calgary, AB
93 Kg	150.0	Carson Schamahorn	09-Sep-18	Edmonton, AB
105 Kg	182.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	152.5	Nathan Erno	09-Nov-19	Edmonton, AB
120+ Kg	140.0	Jake Little	07-Feb-15	Cold Lake ,AB
<b>Deadlift</b>				
53 Kg		MARK NOT SET	---	---
59 Kg	210.0	Arvin Castillo	11-Jun-23	Calgary, AB
66 Kg	215.0	Clifton Pho	16-Nov-13	Edmonton, AB
74 Kg	240.0	Luc Dahlman	18-Feb-23	Richmond, BC
83 Kg	273.5	Josh Amponsah	25-Sep-22	Calgary, AB
93 Kg	272.5	Carson Schamahorn	22-Jun-19	Edmonton, AB
105 Kg	300.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	237.5	Buhler William	12-Nov-16	Edmonton, AB
120+ Kg	257.5	Jake Little	05-Jul-15	Calgary, AB
<b>Total</b>				
53 Kg		MARK NOT SET	---	---
59 Kg	430.0	Arvin Castillo	11-Jun-23	Calgary, AB
66 Kg	490.0	Clifton Pho	16-Nov-13	Edmonton, AB
74 Kg	575.0	Luc Dahlman	18-Feb-23	Richmond, BC
83 Kg	646.0	Josh Amponsah	25-Sep-22	Calgary, AB
93 Kg	640.0	Carson Schamahorn	09-Sep-18	Edmonton, AB
105 Kg	783.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	590.0	Connor Christensen	15-Apr-12	Calgary, AB
120+ Kg	635.0	Jake Little	05-Jul-15	Calgary, AB
<b>Bench Only</b>				
53 Kg	52.5	Dylan Sparks	05-Oct-13	Calgary, AB
59 Kg	72.5	Arvin Castillo	11-Jun-23	Calgary, AB
66 Kg	115.0	Norvyn Bagalay	16-Nov-13	Edmonton, AB
74 Kg	135.0	Luc Dahlman	18-Feb-23	Richmond, BC
83 Kg	150.0	Tyler Zazula	17-Oct-15	Edmonton, AB
93 Kg	150.0	Carson Schamahorn	09-Sep-18	Edmonton, AB
105 Kg	182.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	152.5	Nathan Erno	09-Nov-19	Edmonton, AB
120+ Kg	157.5	Nathan Erno	13-Apr-19	Slave Lake, AB

<b>Mens Youth 1</b>				
<b>Squat</b>				
30 Kg	27.0	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Press</b>				
30 Kg	17.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Deadlift</b>				
30 Kg	45.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

<b>Total</b>				
30 Kg	90.0	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Only</b>				
30 Kg	17.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

<b>Mens Youth 2</b>				
<b>Squat</b>				
30 Kg	27.0	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Press</b>				
30 Kg	17.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Deadlift</b>				
30 Kg	45.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

<b>Total</b>				
30 Kg	90.0	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Only</b>				
30 Kg	17.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

<b>Mens Youth 3</b>				
<b>Squat</b>				
30 Kg	30.0	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Press</b>				
30 Kg	17.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Deadlift</b>				
30 Kg	45.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---



<b>Total</b>				
30 Kg	90.0	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Only</b>				
30 Kg	17.5	Zaan Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg		MARK NOT SET	---	---
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

<b>MENS MASTER 40-49</b>				
<b>Squat</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	205.0	Lewis Noppers	03-Dec-15	Richmond BC
74 Kg	243.0	Kojo Gyennin	09-Mar-19	Ottawa, ON
83 Kg	222.5	Kevin Weiss	06-Jun-19	Helsingborg, SE
93 Kg	252.5	Keto Allen	25-Sep-21	Halmstad, SE
105 Kg	260.0	Adam Price	13-Mar-16	Calgary, AB
120 Kg	275.0	Adam Price	29-Jan-17	Edmonton, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
<b>Bench Press</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	137.5	Lewis Noppers	03-Dec-15	Richmond BC
74 Kg	142.5	Kojo Gyennin	06-Jun-19	Helsingborg, SE
83 Kg	153.0	Mike Brennan	05-Dec-21	Edmonton, AB
93 Kg	182.5	Keto Allen	07-Mar-20	Winnipeg MB
105 Kg	185.0	Lloyd Welch	05-Dec-21	Edmonton, AB
120 Kg	232.5	John Giffen	07-Feb-15	Cold Lake ,AB
120+ Kg	210.0	Adam Price	12-Jan-19	Edmonton, AB
<b>Deadlift</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	270.0	Lewis Noppers	20-Jun-16	Killeen TX
74 Kg	290.0	Kojo Gyennin	09-Mar-19	Ottawa, ON
83 Kg	275.0	Lewis Noppers	15-Jul-12	Red Cliffe , AB
93 Kg	287.5	Keto Allen	07-Mar-20	Winnipeg MB
105 Kg	290.0	Michael Crowe	25-Sep-22	Calgary, AB
120 Kg	270.5	Tim Nadeau	04-Nov-18	Edmonton, AB
120+ Kg	300.0	Keith Banner	26-Nov-11	Edmonton, AB
<b>Total</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	608.0	Lewis Noppers	03-Dec-15	Richmond BC
74 Kg	673.0	Kojo Gyennin	09-Mar-19	Ottawa, ON
83 Kg	622.5	Kevin Weiss	06-Jun-19	Helsingborg, SE
93 Kg	720.0	Keto Allen	07-Mar-20	Winnipeg MB
105 Kg	700.0	Michael Crowe	25-Sep-22	Calgary, AB
120 Kg	740.0	Adam Price	26-Aug-17	Bozeman, MT
120+ Kg	820.0	Keith Banner	26-Nov-11	Edmonton, AB

<b>Bench Only</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	137.5	Lewis Noppers	03-Dec-15	Richmond BC
74 Kg	142.5	Kojo Gyennin	06-Jun-19	Helsingborg, SE
83 Kg	155.0	Bill You	13-Mar-17	Saguenay, QC
93 Kg	182.5	Keto Allen	07-Mar-20	Winnipeg MB
105 Kg	185.0	Lloyd Welch	05-Dec-21	Edmonton, AB
120 Kg	240.0	John Giffen	02-Mar-14	Columbus, OH
120+ Kg	210.0	Adam Price	12-Jan-19	Edmonton, AB
<b>MENS MASTER 50-59</b>				
<b>Squat</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	190.0	Lewis Noppers	25-Sep-21	Halmstad, SE
74 Kg	198.0	Brian Jones	09-Sep-18	Edmonton, AB
83 Kg	247.5	Morley Flood	09-Jul-11	Calgary, AB
93 Kg	200.0	Todd Fano	11-Jun-23	Calgary, AB
105 Kg	235.0	Lloyd Welch	11-Jun-23	Calgary, AB
120 Kg	245.0	Darcy Morin	11-Jun-23	Calgary, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
<b>Bench Press</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	120.0	Lewis Noppers	25-Sep-21	Halmstad, SE
74 Kg	125.0	Lewis Noppers	07-Mar-20	Winnipeg MB
83 Kg	137.5	Morley Flood	09-Jul-11	Calgary, AB
93 Kg	135.0	Jason Hill	30-Apr-23	Slave Lake, AB
105 Kg	170.0	Lloyd Welch	11-Jun-23	Calgary, AB
120 Kg	170.5	Darcy Morin	11-Jun-23	Calgary, AB
120+ Kg	185.0	Mo Peak	26-Nov-11	Calgary, AB
<b>Deadlift</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	259.0	Lewis Noppers	25-Sep-21	Halmstad, SE
74 Kg	260.5	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	260.0	Morley Flood	09-Jul-11	Calgary, AB
93 Kg	232.5	Todd Fano	11-Jun-23	Calgary, AB
105 Kg	250.0	Lloyd Welch	11-Jun-23	Calgary, AB
120 Kg	260.0	Mike Armstrong	26-Nov-11	Edmonton, AB
120+ Kg	300.0	Keith Banner	26-Nov-11	Edmonton, AB
<b>Total</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	569.0	Lewis Noppers	25-Sep-21	Halmstad, SE
74 Kg	565.5	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	602.5	Morley Flood	09-Jul-11	Calgary, AB
93 Kg	537.5	Todd Fano	11-Jun-23	Calgary, AB
105 Kg	655.0	Lloyd Welch	11-Jun-23	Calgary, AB
120 Kg	653.0	Darcy Morin	11-Jun-23	Calgary, AB
120+ Kg	820.0	Keith Banner	26-Nov-11	Edmonton, AB
<b>Bench Only</b>				
59 Kg		MARK NOT SET	---	---
66 Kg	120.0	Lewis Noppers	25-Sep-21	Halmstad, SE
74 Kg	125.0	Lewis Noppers	07-Mar-20	Winnipeg MB
83 Kg	137.5	Morley Flood	09-Jul-11	Calgary, AB
93 Kg	140.0	Michael Wade	09-Sep-18	Edmonton, AB
105 Kg	180.0	Lloyd Welch	11-Jun-23	Calgary, AB

120 Kg	180.0	Ben Worsell	11-Jun-16	Cold Lake ,AB
120+ Kg	197.5	Mike Armstrong	28-Oct-16	San Jose, Costa Rica

<b>MENS MASTER 60-69</b>				
<b>Squat</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	137.5	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg	180.0	John MacQueen	21-Sep-19	St. Johns, NL
93 Kg		MARK NOT SET	---	---
105 Kg	200.0	Gord Chenkie	15-Apr-12	Calgary, AB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Press</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	95.0	Jon Billheimer	13-Oct-12	Calgary, AB
83 Kg	120.0	John MacQueen	01-Jul-18	Calgary, AB
93 Kg		MARK NOT SET	---	---
105 Kg	160.0	Ben Worsell	07-Mar-20	Winnipeg MB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Deadlift</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	192.5	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg	187.5	John MacQueen	18-Jan-20	Edmonton, AB
93 Kg		MARK NOT SET	---	---
105 Kg	225.0	Gord Chenkie	15-Apr-12	Calgary, AB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Total</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	420.0	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg	477.5	John MacQueen	18-Jan-20	Edmonton, AB
93 Kg		MARK NOT SET	---	---
105 Kg	575.0	Ben Worsell	07-Mar-20	Winnipeg MB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Only</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	117.5	Tom Petersen	13-Nov-22	Edmonton, AB
83 Kg	137.5	Rick Belland	05-Jul-15	Calgary, AB
93 Kg		MARK NOT SET	---	---
105 Kg	167.5	John Ralf	11-Jun-23	Calgary, AB
120 Kg	177.5	Ben Worsell	09-Mar-19	Ottawa, ON
120+ Kg	197.5	Mike Armstrong	28-Oct-16	San Jose, Costa Rica

<b>MENS MASTER 70+</b>				
<b>Squat</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	137.5	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg		MARK NOT SET	---	---
93 Kg	137.5	Garvin Cole	30-Apr-23	Slave Lake, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Bench Press</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	90.0	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg		MARK NOT SET	---	---
93 Kg	80.0	Garvin Cole	30-Apr-23	Slave Lake, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Deadlift</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	192.5	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg		MARK NOT SET	---	---
93 Kg	145.0	Garvin Cole	30-Apr-23	Slave Lake, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
<b>Total</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	420.0	Joe Stockinger	31-Mar-14	St. Catharines, ON
83 Kg		MARK NOT SET	---	---
93 Kg	362.5	Garvin Cole	30-Apr-23	Slave Lake, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	-
<b>Bench Only</b>				
59 Kg		MARK NOT SET	---	---
66 Kg		MARK NOT SET	---	---
74 Kg	120.0	Robin Wass	15-Apr-23	Calgary, AB
83 Kg		MARK NOT SET	---	---
93 Kg	80.0	Garvin Cole	30-Apr-23	Slave Lake, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---