

**Men's Equipped AB Records, Pre 2011**

<b>Mens Open</b>				
<b>Squat</b>				
56 Kg	95.0	C. Hsu	22-Feb-07	Edmonton, AB
60Kg	192.5	J. Majko	27-Jun-87	
67.5 Kg	251.0	L. Noppers	10-Apr-08	St. Catherines, ON
75 Kg	287.5	K. Fougere	08-Jun-91	
82.5 Kg	290.0	K. Fougere	21-May-94	
90 Kg	298.0	K. Fougere	07-Oct-95	
100 Kg	337.5	H. Aguilar	12-Jul-08	Edmonton, AB
110 Kg	320.0	J. Hall	27-Nov-04	Edmonton, AB
125 Kg	365.5	A. Mardell	04-Apr-09	Moose Jaw, SK
125+ Kg	385.0	A. Mardell	13-Nov-10	Potchefstroom, ZFA
<b>Bench Press</b>				
56 Kg	57.5	C. Hsu	22-Feb-07	Edmonton, AB
60Kg	120.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	160.0	L. Noppers	27-Sep-10	Pilsen, CZE
75 Kg	170.0	E. Dickau	02-Aug-86	
82.5 Kg	197.5	D. Boire	10-Apr-08	
90 Kg	202.5	B. Lyon	24-Jan-09	Medicine Hat, AB
100 Kg	232.5	H. Aguilar	03-Oct-09	St. John's, NL
110 Kg	237.5	H. Aguilar	27-Nov-04	Edmonton, AB
125 Kg	290.5	A. Mardell	04-Apr-09	Moose Jaw, SK
125+ Kg	305.0	A. Mardell	28-Nov-09	Charlottetown, PE
<b>Deadlift</b>				
56 Kg	95.0	C. Hsu	22-Feb-07	Edmonton, AB
60Kg	200.0	D. Eto	12-Mar-88	
67.5 Kg	281.0	L. Noppers	10-Apr-08	St. Catherines, ON
75 Kg	290.0	R. Flood	04-Apr-98	
82.5 Kg	292.5	K Fougere	21-May-94	
90 Kg	292.5	D. Bolton	22-Feb-08	Edmonton, AB
100 Kg	305.0	H. Aguilar	12-Jul-08	Edmonton, AB
110 Kg	312.5	J. Hall	27-Nov-04	Edmonton, AB
125 Kg	320.0	K. Banner	09-Apr-05	Calgary, AB
125+ Kg	327.5	A. Mardell	10-Apr-10	Quebec City, QC
<b>Total</b>				
56 Kg	247.5	C. Hsu	22-Feb-07	Edmonton, AB
60Kg	505.0	J. Majko	27-Jun-87	
67.5 Kg	689.5	L. Noppers	10-Apr-08	St. Catherines, ON
75 Kg	705.0	I. Shestakov	07-Jun-03	
82.5 Kg	750.0	K Fougere	21-May-94	
90 Kg	742.5	B. Lyon	24-Jan-09	Medicine Hat, AB
100 Kg	867.5	H. Aguilar	12-Jul-08	Edmonton, AB
110 Kg	847.5	J. Hall	27-Nov-04	Edmonton, AB
125 Kg	956.0	A. Mardell	04-Apr-09	Moose Jaw, SK
125+ Kg	1002.5	A. Mardell	10-Apr-10	Quebec City, QC
<b>Bench Only</b>				
60Kg	150.0	T. Yeung	03-Jun-06	Edmonton, AB
67.5 Kg	180.0	D. Yeung	27-Nov-04	Edmonton, AB
75 Kg	175.0	R. Miller	05-Apr-09	Moose Jaw, SK
82.5 Kg	202.5	S. Lucyk	27-Aug-05	Edmonton, AB
90 Kg	215.0	S. Lucyk	22-Feb-08	Edmonton, AB
100 Kg	242.5	C. Virtue	11-Jul-09	Medicine Hat, AB
110 Kg	272.5	J. Giffen	29-May-09	Hamm, LUX
125 Kg	287.5	A. Mardell	12-Apr-08	St. Catherines, ON
125+ Kg	305.0	A. Mardell	21-Nov-09	Edmonton, AB

<b>Mens Junior</b>				
<b>Squat</b>				
60Kg	160.0	D. Eto	12-Mar-88	
67.5 Kg	182.5	R. Evans	01-Sep-01	
75 Kg	246.0	J. alvey	15-Mar-03	
82.5 Kg	262.5	K. Lyon	09-Jan-10	Quebec City, QC
90 Kg	262.5	A. Burden	12-Jun-10	Medicine Hat, AB
100 Kg	290.0	J. Stewert	03-Apr-09	Moose Jaw, SK
110 Kg	320.0	H. Aguilar	27-Nov-04	Edmonton, AB
125 Kg	325.0	E. Brost	05-Oct-91	
<b>Bench Press</b>				
60Kg	112.5	R. Evans	21-Oct-00	
67.5 Kg	133.0	K. Leach	27-Nov-04	Edmonton, AB
75 Kg	160.0	D. Boire	30-Jun-07	Pincher Creek, AB
82.5 Kg	197.5	D. Boire	10-Apr-08	St. Catherines, ON
90 Kg	180.0	D. Headge	12-Jul-08	Edmonton, AB
100 Kg	167.5	J. Stewert	03-Apr-09	Moose Jaw, SK
110 Kg	237.5	H. Aguilar	27-Nov-04	Edmonton, AB
125 Kg	230.0	A. Mardell	15-Sep-02	
<b>Deadlift</b>				
60Kg	200.0	D. Eto	12-Mar-88	
67.5 Kg	223.0	K. Leach	27-Nov-04	Edmonton, AB
75 Kg	240.0	M. Haykowsky	15-May-86	
82.5 Kg	283.0	K. Lyon	09-Apr-10	Quebec City, QC
90 Kg	280.0	M. Benoit	31-Mar-07	Dartmouth, NS
100 Kg	290.0	J. Stewert	03-Apr-09	Moose Jaw, SK
110 Kg	290.0	T. Bo-Lassen	11-Jul-09	Medicine Hat, AB
125 Kg	302.5	A. Mardell	15-Mar-03	Winnipeg, MB
<b>Total</b>				
60Kg	450.0	D. Eto	12-Mar-88	
67.5 Kg	517.5	R. Evans	01-Sep-01	Calgary, AB
75 Kg	582.5	M. Haykowsky	15-May-86	
82.5 Kg	708.0	K. Lyon	09-Apr-10	Quebec City, QC
90 Kg	700.0	M. Benoit	31-Mar-07	Dartmouth, NS
100 Kg	747.5	J. Stewert	03-Apr-09	Moose Jaw, SK
110 Kg	817.5	H. Aguilar	27-Nov-04	Edmonton, AB
125 Kg	840.0	E. Brost	05-Oct-91	
<b>Bench Only</b>				
67.5 Kg	180.0	D. Yeung	27-Nov-04	Edmonton, AB
75 Kg	117.5	T. Pocsik	09-Apr-10	Quebec City, QC
82.5 Kg	197.5	D. Boire	10-Apr-08	St. Catherines, ON
90 Kg	175.0	M. Benoit	31-Mar-07	Dartmouth, NS
100 Kg	167.5	J. Stewert	03-Apr-09	Moose Jaw, SK
110 Kg	232.5	A. Silverberg	12-Jun-10	Medicine Hat, AB
125 Kg	180.0	D. Bennet	25-Nov-06	Winnipeg, MB

<b>Mens Sub-Junior</b>				
<b>Squat</b>				
67.5 Kg	175.0	N. Cassar	02-Apr-09	Moose Jaw, SK
75 Kg	157.5	E. Bellefeuille	02-Apr-09	Moose Jaw, SK
82.5 Kg	252.5	K. Lyon	19-Aug-06	Edmonton, AB
90 Kg	220.0	F. Marion	08-Apr-10	Quebec City, QC
100 Kg	152.5	N. Heffelfinger	30-Oct-10	Edmonton, AB
<b>Bench Press</b>				
67.5 Kg	102.5	N. Cassar	02-Apr-09	Moose Jaw, SK
75 Kg	120.0	J. Sirois	12-Jun-10	Medicine Hat, AB
82.5 Kg	140.0	K. Lyon	19-Aug-06	Edmonton, AB
90 Kg	120.0	E. Bellefeuille	11-Jun-09	Medicine Hat, AB
100 Kg	180.0	B. Boyes	30-Oct-10	Edmonton, AB
<b>Deadlift</b>				
67.5 Kg	195.0	T. Pocsik	31-Dec-06	Regina, SK
75 Kg	185.0	T. Pocsik	14-Oct-06	Regina, SK
82.5 Kg	272.5	K. Lyon	19-Aug-06	Edmonton, AB
90 Kg	225.0	F. Marion	08-Apr-10	Quebec City, QC
100 Kg	200.0	N. Heffelfinger	30-Oct-10	Edmonton, AB
<b>Total</b>				
67.5 Kg	447.5	N. Cassar	02-Apr-09	Moose Jaw, SK
75 Kg	437.5	J. Sirois	12-Jun-10	Medicine Hat, AB
82.5 Kg	665.0	K. Lyon	19-Aug-06	Edmonton, AB
90 Kg	550.0	F. Marion	08-Apr-10	Quebec City, QC
100 Kg	442.5	N. Heffelfinger	30-Oct-10	Edmonton, AB
<b>Bench Only</b>				
67.5 Kg	102.5	N. Cassar	02-Apr-09	Moose Jaw, SK
75 Kg	110.0	E. Bellefeuille	02-Apr-09	Moose Jaw, SK
82.5 Kg	142.5	D. Boire	12-Jun-04	Leduc, AB
90 Kg	120.0	E. Bellefeuille	11-Jul-09	Medicine Hat, AB
100 Kg	115.0	T. Rempel	22-Feb-08	Edmonton, AB

<b>MENS MASTER 40-49</b>				
<b>Squat</b>				
60Kg	100.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	247.5	L. Noppers	27-Sep-10	Pilsen, CZE
75 Kg	272.5	K. Fougere	23-May-93	
82.5 Kg	290.0	K. Fougere	21-May-94	
90 Kg	298.0	K. Fougere	07-Oct-95	
100 Kg	260.0	B. Boyes	30-Oct-10	Edmonton, AB
110 Kg	215.0	D. Eckstrom	15-Mar-03	Winnipeg, MB
125 Kg	365.0	K. Banner	09-Apr-05	Calgary, AB
125+ Kg	322.5	K. Banner	21-Nov-09	Edmonton, AB
<b>Bench Press</b>				
60Kg	120.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	160.0	L. Noppers	27-Sep-10	Pilsen, CZE
75 Kg	157.5	K. Fougere	23-May-93	
82.5 Kg	170.0	T. Perry	30-Oct-10	Edmonton, AB
90 Kg	175.0	T. Perry	13-Nov-10	Vancouver, BC
100 Kg	180.0	B. Boyes	30-Oct-10	Edmonton, AB
110 Kg	180.0	D. Eckstrom	15-Mar-03	Winnipeg, MB
125 Kg	227.5	K. Banner	27-Nov-04	Edmonton, AB
125+ Kg	195.0	K. Banner	21-Nov-09	Edmonton, AB
<b>Deadlift</b>				
60Kg	160.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	272.5	L. Noppers	08-Apr-10	Quebec City, QC
75 Kg	277.5	K. Fougere	23-May-93	
82.5 Kg	292.5	K. Fougere	21-May-94	
90 Kg	262.5	K. Fougere	03-Sep-92	
100 Kg	265.0	B. Boyes	30-Oct-10	Edmonton, AB
110 Kg	215.0	A. Wood	12-Jun-10	Medicine Hat, AB
125 Kg	320.0	K. Banner	09-Apr-05	Calgary, AB
125+ Kg	300.0	M. Armstrong	01-Sep-01	Calgary, AB
<b>Total</b>				
60Kg	380.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	680.0	L. Noppers	27-Sep-10	Pilsen, CZE
75 Kg	702.5	K. Fougere	23-May-93	
82.5 Kg	750.0	K. Fougere	21-May-94	
90 Kg	702.5	K. Fougere	07-Oct-95	
100 Kg	705.0	B. Boyes	30-Oct-10	Edmonton, AB
110 Kg	607.5	D. Eckstrom	15-Mar-03	
125 Kg	870.0	K. Banner	27-Nov-04	Edmonton, AB
125+ Kg	817.5	K. Banner	21-Nov-09	Edmonton, AB
<b>Bench Only</b>				
60Kg	120.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	160.0	L. Noppers	27-Sep-10	Pilsen, CZE
100 Kg	180.0	B. Boyes	30-Oct-10	Edmonton, AB
110 Kg	170.0	D. Eckstrom	18-Oct-02	
125 Kg	112.5	G. Stiller	30-Oct-10	Edmonton, AB
125+ Kg	195.0	K. Banner	21-Nov-09	Edmonton, AB

<b>MENS MASTER 50-59</b>				
<b>Squat</b>				
60Kg	100.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	182.5	J. Stockinger	19-Jul-86	
82.5 Kg	217.5	A. Ulry	30-Jun-07	Pincher Creek, AB
90 Kg	200.0	G. Chenkie	19-Aug-06	Edmonton, AB
100 Kg	220.0	G. Chenkie	21-Nov-09	Edmonton, AB
110 Kg	230.0	M. Armstrong	10-Apr-10	Quebec City, QC
125 Kg	240.0	M. Armstrong	12-Jun-10	Medicine Hat, AB
125+ Kg	337.5	K. Banner	30-Oct-10	Edmonton, AB
<b>Bench Press</b>				
60Kg	120.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	105.0	J. Stockinger	19-Jul-86	
82.5 Kg	105.0	H. Franczak	09-Apr-94	
90 Kg	107.5	G. Chenkie	19-Aug-06	Edmonton, AB
100 Kg	157.5	N. Lambert	15-Mar-03	Winnipeg, MB
110 Kg	190.0	D. Eckstrom	26-Jun-04	Kelowna, BC
125 Kg	235.5	C. Bonneau	08-Apr-06	Chilliwack, BC
125+ Kg	210.0	K. Breiter	11-Jul-09	Medicine Hat, AB
<b>Deadlift</b>				
60Kg	160.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	235.0	J. Stockinger	19-Jul-86	
82.5 Kg	195.0	H. Franczak	09-Apr-94	
82.5 Kg	242.5	A. Ulry	30-Jun-07	Pincher Creek, AB
90 Kg	197.5	G. Chenkie	19-Aug-06	Edmonton, AB
100 Kg	250.0	N. Lambert	15-Mar-03	Winnipeg, MB
110 Kg	230.0	M. Armstrong	10-Apr-10	Quebec City, QC
125 Kg	240.0	M. Armstrong	12-Jun-10	Medicine Hat, AB
125+ Kg	300.0	K. Banner	30-Oct-10	Edmonton, AB
<b>Total</b>				
60Kg	380.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	522.5	J. Stockinger	19-Jul-86	
82.5 Kg	480.0	H. Franczak	09-Apr-94	
82.5 Kg	565.0	A. Ulry	30-Jun-07	Pincher Creek, AB
90 Kg	505.0	G. Chenkie	19-Aug-06	Edmonton, AB
100 Kg	602.5	N. Lambert	15-Mar-03	Winnipeg, MB
110 Kg	637.5	M. Armstrong	10-Apr-10	Quebec City, QC
125 Kg	630.0	M. Armstrong	12-Jun-10	Medicine Hat, AB
125+ Kg	802.5	K. Banner	30-Oct-10	Edmonton, AB
<b>Bench Only</b>				
60Kg	120.0	G. Bobrovitz	09-Aug-08	Moose Jaw, SK
67.5 Kg	116.0	J. Stockinger	01-Sep-01	
75 Kg	157.5	R. Deminick	07-Jun-03	Sherwood Park, AB
90 Kg	132.5	P. Whitehead	30-Oct-10	Edmonton, AB
100 Kg	175.0	D. Bergseth	30-Oct-10	Edmonton, AB
110 Kg	185.0	D. Eckstrom	30-Jun-07	Pincher Creek, AB
125 Kg	217.5	C. Bonneau	21-Oct-00	Chilliwack, BC
125+ Kg	227.5	M. Armstrong	09-Apr-06	Chilliwack, BC

<b>MENS MASTER 60-69</b>				
<b>Squat</b>				
67.5 Kg	162.5	J. Stockinger	31-Jan-92	Kitchener, ON
90 Kg	170.0	H. Franczak	27-Aug-05	Edmonton, AB
125 Kg	227.5	C. Bonneau	04-Oct-08	Palm Springs, USA
<b>Bench Press</b>				
67.5 Kg	105.0	J. Stockinger	31-Jan-92	Kitchener, ON
90 Kg	85.0	H. Franczak	27-Aug-05	Edmonton, AB
125 Kg	230.0	C. Bonneau	12-Jul-08	Edmonton, AB
<b>Deadlift</b>				
67.5 Kg	232.5	J. Stockinger	31-Jan-92	Kitchener, ON
90 Kg	170.0	H. Franczak	27-Aug-05	Edmonton, AB
125 Kg	210.0	C. Bonneau	04-Oct-08	Palm Springs, USA
<b>Total</b>				
67.5 Kg	500.0	J. Stockinger	31-Jan-92	Kitchener, ON
90 Kg	425.0	H. Franczak	27-Aug-05	Edmonton, AB
125 Kg	667.5	C. Bonneau	04-Oct-08	Palm Springs, USA
<b>Bench Only</b>				
67.5 Kg	116.0	J. Stockinger	01-Sep-01	Kitchener, ON
125 Kg	230.0	C. Bonneau	12-Jul-08	Edmonton, AB
<b>MENS MASTER 70+</b>				
<b>Squat</b>				
67.5 Kg	155.0	J. Stockinger	27-Aug-05	Edmonton, AB
<b>Bench Press</b>				
67.5 Kg	100.5	J. Stockinger	02-Apr-09	Moose Jaw, SK
<b>Deadlift</b>				
67.5 Kg	207.5	J. Stockinger	12-Jul-08	Edmonton, AB
<b>Total</b>				
67.5 Kg	460.0	J. Stockinger	27-Aug-05	Edmonton, AB
<b>Bench Only</b>				
67.5 Kg	97.5	J. Stockinger	30-Mar-07	Dartmouth, NS