

**Women's Equipped AB Records, Effective December 31, 2020**

<b>WOMEN'S OPEN</b>				
<b>Squat</b>				
72 Kg	210.0	Danielle Reid-Clavelle	07-Mar-20	Winnipeg, MB
<b>Bench Press</b>				
72 Kg	120.0	Dani Savoie	04-Oct-13	Calgary AB
<b>Deadlift</b>				
72 Kg	185.0	Christine Castro	11-Jun-16	Cold Lake AB
<b>Total</b>				
72 Kg	500.0	Danielle Reid-Clavelle	07-Mar-20	Winnipeg, MB
<b>Bench Only</b>				
72 Kg	120.0	Dani Savoie	04-Oct-13	Calgary AB
<b>WOMENS JUNIOR</b>				
<b>Squat</b>				
72 Kg	150.0	Jennifer Goldring	15-Apr-12	Calgary AB
<b>Bench Press</b>				
72 Kg	90.5	Jennifer Goldring	15-Apr-12	Calgary AB
<b>Deadlift</b>				
72 Kg	175.0	Kyra Thomson	20-Sep-16	Kamloops BC
<b>Total</b>				
72 Kg	385.0	Kyra Thomson	20-Sep-16	Kamloops BC
<b>Bench Only</b>				
72 Kg	105.0	Kamille Lim	09-Mar-19	Ottawa, ON
<b>WOMENS SUB-JUNIOR</b>				
<b>Squat</b>				
72 Kg	130.0	Jacqueline Schmidt	07-Jun-15	Calgary. AB
<b>Bench Press</b>				
72 Kg	62.5	Jacqueline Schmidt	07-Jun-15	Calgary. AB
<b>Deadlift</b>				
72 Kg	133.0	Ly Nguyen	13-Mar-16	Calgary. AB
<b>Total</b>				
72 Kg	327.5	Jacqueline Schmidt	07-Jun-15	Calgary. AB
<b>Bench Only</b>				
		Sub-Junior		
72 Kg	62.5	Jacqueline Schmidt	07-Jun-15	Calgary. AB
<b>WOMENS MASTER 40-49</b>				
<b>Squat</b>				
72 Kg	120.0	Renae Witzaney	09-Jul-17	CalgaryAB
<b>Bench Press</b>				
72 Kg	70.0	Angela Dupuis	10-May-14	Edmonton AB
<b>Deadlift</b>				
72 Kg	150.0	Sandra Drake	04-Oct-14	CalgaryAB
<b>Total</b>				
72 Kg	315.0	Renae Witzaney	09-Jul-17	CalgaryAB
<b>Bench Only</b>				
72 Kg	70.0	Angela Dupuis	10-May-14	Edmonton AB

<b>WOMENS MASTER 50-59</b>				
<b>Squat</b>				
72 Kg	87.5	Sandy Bellan-Miron	09-Jul-17	Edmonton AB
<b>Bench Press</b>				
72 Kg	50.0	Madonna McCarthy	18-Aug-13	Edmonton AB
<b>Deadlift</b>				
72 Kg	117.5	Sandy Bellan-Miron	09-Jul-17	Edmonton AB
<b>Total</b>				
72 Kg	245.0	Sandy Bellan-Miron	09-Jul-17	Edmonton AB
<b>Bench Only</b>				
72 Kg	68.0	Rose Campbell	02-May-15	Calgary AB
<b>WOMENS MASTER 60+</b>				
<b>Squat</b>				
72 Kg	55.0	Christine Silverberg	19-Apr-13	Calgary AB
<b>Bench Press</b>				
72 Kg	32.4	Elise Lavigne	19-Apr-13	Calgary AB
<b>Deadlift</b>				
72 Kg	80.0	Christine Silverberg	19-Apr-13	Calgary AB
<b>Total</b>				
72 Kg	165.0	Christine Silverberg	19-Apr-13	Calgary AB
<b>Bench Only</b>				
72 Kg	75.0	Deb Ellard	07-Mar-20	Winnipeg, MB