

Women's Classic AB Records, Effective November 15, 2023

WOMENS OPEN				
Squat				
47 Kg	125.0	Rhonda Wong	17-Jun-18	Calgary AB
52 Kg	142.5	Bindi Mehta	18-Feb-23	Richmond, BC
57 Kg	162.5	Sherry Berdigan	05-Dec-21	Edmonton, AB
63 Kg	162.5	Teresa Parsons	07-Mar-20	Winnipeg, MB
69 kg	162.5	Teresa Parsons	05-Dec-21	Edmonton, AB
76 kg	185.0	Janelle Martens	18-Feb-23	Richmond, BC
84 Kg	200.0	Danielle Philibert	09-Mar-19	Ottawa, ON
84+ Kg	210.0	Sousanh Chanthalangsy	18-Feb-23	Richmond, BC
Bench Press				
47 Kg	70.5	Christilyn Arjona	05-Nov-23	Edmonton, AB
52 Kg	91.5	Tori Laperriere	07-Mar-20	Winnipeg, MB
57 Kg	107.5	Tori Laperriere	01-Sep-22	Istanbul, TR
63 Kg	102.5	Teresa Parsons	18-Nov-21	Richmond, BC
69 kg	105.0	Teresa Parsons	05-Dec-21	Edmonton, AB
76 kg	97.5	Danielle Reid-Clavelle	13-Aug-23	Brandon, MB
84 Kg	107.5	Danielle Philibert	09-Mar-19	Ottawa, ON
84+ Kg	130.0	Anne Andres	11-Jun-23	Calgary, AB
Deadlift				
47 Kg	152.5	Rhonda Wong	17-Jun-18	Calgary AB
52 Kg	172.5	Bindi Mehta	25-Sep-22	Calgary, AB
57 Kg	183.0	Sherry Berdigan	05-Dec-21	Edmonton AB
63 Kg	198.5	Teresa Parsons	18-Nov-21	Richmond, BC
69 kg	200.5	Teresa Parsons	05-Dec-21	Edmonton, AB
76 kg	195.0	Isabella Bregliano	28-Oct-23	Calgary, AB
84 Kg	210.0	Courtney Knibbs	05-Dec-21	Edmonton AB
84+ Kg	260.0	Anne Andres	11-Jun-23	Calgary, AB
Total				
47 Kg	347.5	Rhonda Wong	17-Jun-18	Calgary AB
52 Kg	400.0	Bindi Mehta	25-Sep-22	Calgary, AB
57 Kg	433.0	Sherry Berdigan	05-Dec-21	Edmonton AB
63 Kg	461.0	Teresa Parsons	18-Nov-21	Richmond, BC
69 kg	468.0	Teresa Parsons	05-Dec-21	Edmonton, AB
76 kg	467.5	Danielle Reid-Clavelle	03-Dec-22	Auckland, NZ
84 Kg	487.5	Danielle Philibert	09-Mar-19	Ottawa, ON
84+ Kg	600.0	Anne Andres	11-Jun-23	Calgary AB
Bench Only				
47 Kg	70.5	Christilyn Arjona	05-Nov-23	Edmonton, AB
52 Kg	95.0	Maria Frank	31-Oct-21	Vilnius, LT
57 Kg	107.5	Tori Laperriere	01-Sep-22	Istanbul, TR
63 Kg	106.5	Tori Laperriere	11-Jun-23	Calgary AB
69 kg	105.0	Teresa Parsons	05-Dec-21	Edmonton, AB
76 kg	97.5	Danielle Reid-Clavelle	13-Aug-23	Brandon, MB
84 Kg	108.0	Dani Martin	18-Oct-21	Edmonton, AB
84+ Kg	167.5	Avi Silverberg	25-Mar-23	Lethbridge, AB
Para Powerlifting				
84+ Kg	60.0	Mackenzie Doll	11-Jun-23	Calgary, AB

WOMENS JUNIOR				
Squat				
43 Kg	70.0	Danielle Nim	11-Jun-17	Calgary AB
47 Kg	120.0	Rhonda Wong	02-Dec-15	Richmond BC
52 Kg	135.0	Breann Thiessen	08-Apr-15	St. John's NL
57 Kg	162.5	Sherry Berdigan	05-Dec-21	Edmonton, AB
63 Kg	155.0	Kyia Truong	13-Aug-23	Brandon, MB
69 kg	170.0	Ayn Walls	25-Sep-22	Calgary, AB
76 kg	173.0	Kyla Becher	25-Sep-22	Calgary, AB
84 Kg	182.5	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	202.4	Maura Howden	11-Jun-23	Calgary, AB
Bench Press				
43 Kg	40.0	Danielle Nim	11-Jun-17	Calgary AB
47 Kg	63.0	Christilyn Joy Arjona	05-Dec-21	Edmonton, AB
52 Kg	91.5	Tori Laperriere	07-Mar-20	Winnipeg, MB
57 Kg	107.5	Tori Laperriere	01-Sep-22	Istanbul, TR
63 Kg	87.5	Dakota Earle	13-Aug-23	Brandon, MB
69 kg	87.5	Kiley Morrissey	10-Jul-22	Slave Lake, AB
76 kg	90.0	Kyla Becher	25-Sep-22	Calgary, AB
84 Kg	95.5	Sanne Jonk	13-Nov-22	Edmonton, AB
84+ Kg	102.5	Maura Howden	11-Jun-23	Calgary, AB
Deadlift				
43 Kg	105.0	Danielle Nim	11-Jun-17	Calgary AB
47 Kg	135.0	Rhonda Wong	08-Apr-15	St. John's NL
52 Kg	162.5	Jenny Hau	15-Apr-23	Calgary, AB
57 Kg	183.0	Sherry Berdigan	05-Dec-21	Edmonton, AB
63 Kg	185.0	Christine Castro	19-Dec-15	Moose Jaw SK
69 kg	185.0	Ayn Walls	25-Sep-22	Calgary, AB
76 kg	195.0	Isabella Bregliano	28-Oct-23	Calgary, AB
84 Kg	192.5	Riva Kessel	13-Aug-23	Brandon, MB
84+ Kg	200.0	Maura Howden	11-Jun-23	Calgary, AB
Total				
43 Kg	215.0	Danielle Nim	11-Jun-17	Calgary AB
47 Kg	310.0	Rhonda Wong	02-Dec-15	Richmond BC
52 Kg	366.5	Tori Laperriere	07-Mar-20	Winnipeg, MB
57 Kg	433.0	Sherry Berdigan	05-Dec-21	Edmonton, AB
63 Kg	420.0	Dakota Earle	13-Aug-23	Brandon, MB
69 kg	432.5	Ayn Walls	25-Sep-22	Calgary, AB
76 kg	450.5	Kyla Becher	25-Sep-22	Calgary, AB
84 Kg	447.5	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	505.0	Maura Howden	11-Jun-23	Calgary, AB
Bench Only				
43 Kg	40.0	Danielle Nim	11-Jun-17	Calgary AB
47 Kg	63.0	Christilyn Joy Arjona	05-Dec-21	Edmonton, AB
52 Kg	91.5	Tori Laperriere	07-Mar-20	Winnipeg, MB
57 Kg	107.5	Tori Laperriere	01-Sep-22	Istanbul, TR
63 Kg	106.5	Tori Laperriere	11-Jun-23	Calgary, AB
69 kg	88.0	Zoe Knipe	11-Jun-23	Calgary, AB
76 kg	90.0	Kyla Becher	25-Sep-22	Calgary, AB
84 Kg	95.5	Sanne Jonk	13-Nov-22	Edmonton, AB
84+ Kg	102.5	Maura Howden	11-Jun-23	Calgary, AB

WOMENS SUB-JUNIOR				
Squat				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	123.0	Tori Laperriere	01-Jul-18	Calgary AB
63 Kg	130.0	Presley Prusak	23-Sep-23	Edmonton, AB
69 kg	140.0	Zoe Knipe	23-Sep-23	Edmonton, AB
76 kg	132.5	Namroz Gill	11-Jun-23	Calgary, AB
84 Kg	182.5	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	166.0	Emma Schempp	05-Dec-21	Edmonton, AB
Bench Press				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	72.5	Tori Laperriere	09-Sep-18	Edmonton AB
63 Kg	70.0	Isabella Frey	07-Dec-19	Calgary AB
69 kg	82.5	Zoe Knipe	23-Sep-23	Edmonton, AB
76 kg	80.0	Elizabeth Irvine	25-Sep-22	Calgary, AB
84 Kg	95.0	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	95.0	Emma Schempp	10-Jul-22	Slave Lake, AB
Deadlift				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	136.0	Alexa Matthews	07-Jan-23	Edmonton, AB
63 Kg	140.0	Alexa Matthews	13-Aug-23	Brandon, MB
69 kg	175.0	Zoe Knipe	23-Sep-23	Edmonton, AB
76 kg	162.5	Namroz Gill	11-Jun-23	Calgary, AB
84 Kg	170.0	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	172.5	Emma Schempp	05-Dec-21	Edmonton, AB
Total				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	325.0	Tori Laperriere	01-Jul-18	Calgary AB
63 Kg	315.0	Isabella Frey	07-Dec-19	Calgary AB
69 kg	397.5	Zoe Knipe	23-Sep-23	Edmonton, AB
76 kg	357.7	Namroz Gill	11-Jun-23	Calgary, AB
84 Kg	447.5	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	430.0	Emma Schempp	10-Jul-22	Slave Lake, AB
Bench Only				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	50.0	Maria Matani	13-Mar-16	Calgary AB
63 Kg	70.0	Isabella Frey	07-Dec-19	Calgary AB
69 kg	88.0	Zoe Knipe	11-Jun-23	Calgary, AB
76 kg	80.0	Elizabeth Irvine	25-Sep-22	Calgary, AB
84 Kg	95.0	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	95.0	Emma Schempp	10-Jul-22	Slave Lake, AB

WOMENS YOUTH 1				
Squat				
30 Kg	24.5	Adaja Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Bench Press				
30 Kg	14.5	Adaja Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Deadlift				
30 Kg	39.0	Adaja Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

Total				
30 Kg	78.0	Adaja Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Bench Only				
30 Kg	14.5	Adaja Noppers	11-Jun-23	Calgary, AB
35 Kg		MARK NOT SET	---	---
40 Kg		MARK NOT SET	---	---
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

WOMENS YOUTH 2				
Squat				
30 Kg	30.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	32.5	Kaylee Fehr	30-Apr-23	Slave Lake, AB
40 Kg		MARK NOT SET	---	---
43 Kg	39.0	Grace Labrecque	13-Aug-23	Brandon, MB
47 Kg	42.5	Zoe Dubrule	30-Apr-23	Slave Lake, AB
52 Kg	40.0	Hannah Trudeau	30-Apr-23	Slave Lake, AB
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Bench Press				
30 Kg	18.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	21.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg		MARK NOT SET	---	---
43 Kg	27.0	Grace Labrecque	13-Aug-23	Brandon, MB
47 Kg	22.5	Zoe Dubrule	30-Apr-23	Slave Lake, AB
52 Kg	20.0	Hannah Trudeau	30-Apr-23	Slave Lake, AB
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Deadlift				
30 Kg	42.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	57.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg		MARK NOT SET	---	---
43 Kg	50.0	Grace Labrecque	13-Aug-23	Brandon, MB
47 Kg	55.0	Zoe Dubrule	30-Apr-23	Slave Lake, AB
52 Kg	60.0	Hannah Trudeau	30-Apr-23	Slave Lake, AB
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

Total				
30 Kg	90.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	111.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg		MARK NOT SET	---	---
43 Kg	116.0	Grace Labrecque	13-Aug-23	Brandon, MB
47 Kg	120.0	Zoe Dubrule	30-Apr-23	Slave Lake, AB
52 Kg	120.0	Hannah Trudeau	30-Apr-23	Slave Lake, AB
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Bench Only				
30 Kg	18.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	21.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg		MARK NOT SET	---	---
43 Kg	27.0	Grace Labrecque	13-Aug-23	Brandon, MB
47 Kg	22.5	Zoe Dubrule	30-Apr-23	Slave Lake, AB
52 Kg	20.0	Hannah Trudeau	30-Apr-23	Slave Lake, AB
57 Kg	40.0	Dani Paterson	07-Jan-23	Edmonton, AB
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

WOMENS YOUTH 3				
Squat				
30 Kg	30.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	32.5	Kaylee Fehr	30-Apr-23	Slave Lake, AB
40 Kg	55.0	Zara Chenard	31-Jul-22	Edmonton, AB
43 Kg	57.5	Zara Chenard	07-Jan-23	Edmonton, AB
47 Kg	75.0	Brielle Maisonneuve	07-Jan-23	Edmonton, AB
52 Kg	80.0	Brielle Maisonneuve	30-Apr-23	Slave Lake, AB
57 Kg	72.5	Dani Paterson	11-Jun-23	Calgary, AB
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Bench Press				
30 Kg	18.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	21.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg	27.0	Zara Chenard	31-Jul-22	Edmonton, AB
43 Kg	27.5	Zara Chenard	07-Jan-23	Edmonton, AB
47 Kg	37.5	Brielle Maisonneuve	07-Jan-23	Edmonton, AB
52 Kg	40.0	Brielle Maisonneuve	11-Jun-23	Calgary, AB
57 Kg	40.0	Dani Paterson	11-Jun-23	Calgary, AB
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Deadlift				
30 Kg	42.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	57.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg	57.5	Zara Chenard	31-Jul-22	Edmonton, AB
43 Kg	67.5	Zara Chenard	07-Jan-23	Edmonton, AB
47 Kg	87.5	Brielle Maisonneuve	07-Jan-23	Edmonton, AB
52 Kg	101.0	Brielle Maisonneuve	13-Aug-23	Brandon, MB
57 Kg	85.0	Dani Paterson	11-Jun-23	Calgary, AB
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

Total				
30 Kg	90.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	111.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg	139.5	Zara Chenard	31-Jul-22	Edmonton, AB
43 Kg	152.5	Zara Chenard	07-Jan-23	Edmonton, AB
47 Kg	200.0	Brielle Maisonneuve	07-Jan-23	Edmonton, AB
52 Kg	220.0	Brielle Maisonneuve	11-Jun-23	Calgary, AB
57 Kg	197.5	Dani Paterson	11-Jun-23	Calgary, AB
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Bench Only				
30 Kg	18.0	Tenley Robbins	31-Jul-22	Edmonton, AB
35 Kg	21.5	Kaylee Fehr	11-Jun-23	Calgary, AB
40 Kg	27.0	Zara Chenard	31-Jul-22	Edmonton, AB
43 Kg	27.5	Zara Chenard	07-Jan-23	Edmonton, AB
47 Kg	37.5	Brielle Maisonneuve	07-Jan-23	Edmonton, AB
52 Kg	40.0	Brielle Maisonneuve	11-Jun-23	Calgary, AB
57 Kg	40.0	Dani Paterson	07-Jan-23	Edmonton, AB
63 Kg		MARK NOT SET	---	---
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

WOMENS MASTER 40-49				
Squat				
47 Kg		MARK NOT SET	---	---
52 Kg	111.5	Janique Lafond	18-Feb-23	Richmond, BC
57 Kg	124.0	Jody McPeak	14-May-22	St. John's NL
63 Kg	130.0	Carla Ramsay	13-Mar-17	Saguenay QU
69 kg	154.5	Alexa Sperske	14-May-22	St. John's NL
76 kg	142.5	Pamela Hodder	14-May-22	St. John's NL
84 Kg	160.0	Carole Vachon	18-Feb-23	Richmond, BC
84+ Kg	210.0	Sousanh Chanthalangsy	18-Feb-23	Richmond, BC
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg	55.0	Janique Lafond	05-Dec-21	Edmonton, AB
57 Kg	75.5	Denise Royer	05-Dec-21	Edmonton, AB
63 Kg	77.5	Michelle Vandegriend	18-Feb-23	Richmond, BC
69 kg	77.5	Alexa Sperske	15-Oct-22	St. John's NL
76 kg	92.5	Pamela Hodder	20-Aug-22	Panama City, PA
84 Kg	93.0	Carole Vachon	10-Jul-22	Slave Lake, AB
84+ Kg	111.0	Rose Clift	09-Jul-17	Edmonton AB
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg	125.0	Janique Lafond	14-May-22	St. John's NL
57 Kg	150.0	Michelle Vandegriend	18-Nov-21	Richmond, BC
63 Kg	170.0	Michelle Vandegriend	18-Feb-23	Richmond, BC
69 kg	187.5	Alexa Sperske	03-Dec-22	Auckland, NZ
76 kg	160.0	Pamela Hodder	20-Aug-22	Panama City, PA
84 Kg	205.0	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	210.0	Kim Laplante	20-Jun-16	Killeen TX
Total				
47 Kg		MARK NOT SET	---	---
52 Kg	286.5	Janique Lafond	18-Feb-23	Richmond, BC
57 Kg	337.5	Jody McPeak	15-Oct-22	St. John's NL
63 Kg	360.0	Michelle Vandegriend	18-Feb-23	Richmond, BC
69 kg	416.0	Alexa Sperske	14-May-22	St. John's NL
76 kg	387.5	Pamela Hodder	14-May-22	St. John's NL
84 Kg	437.5	Kim Laplante	09-Jul-17	Edmonton, AB

84+ Kg	520.0	Sousanh Chanthalangsy	18-Feb-23	Richmond, BC
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg	55.0	Janique Lafond	05-Dec-21	Edmonton, AB
57 Kg	75.5	Denise Royer	05-Dec-21	Edmonton, AB
63 kg	81.0	Denise Royer	11-Jun-23	Calgary, AB
69 kg	77.5	Alexa Sperske	15-Oct-22	St. John's NL
76 kg	92.5	Pamela Hodder	20-Aug-22	Panama City, PA
84 Kg	95.0	Pamela Hodder	27-May-23	Sun City, ZA
84+ Kg	120.0	Rose Clift	01-Jul-18	Calgary AB
WOMENS MASTER 50-59				
Squat				
47 Kg		MARK NOT SET	---	---
52 Kg	111.5	Janique Lafond	18-Feb-23	Richmond, BC
57 Kg	124.0	Jody McPeak	09-Mar-19	Ottawa, ON
63 Kg	124.0	Jody McPeak	14-May-22	St. John's NL
69 kg	100.0	Deb Ellard	05-Dec-21	Edmonton, AB
76 kg		MARK NOT SET	---	---
84 Kg	107.5	Deb Babiuk	06-Apr-19	Edmonton. AB
84+ Kg	152.5	Jose Potter	19-Jun-16	Killeen TX
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg	55.0	Janique Lafond	05-Dec-21	Edmonton, AB
57 Kg	67.5	Jody McPeak	15-Oct-22	St. John's NL
63 Kg	72.0	Jody McPeak	05-Dec-21	Edmonton, AB
69 kg	73.0	Cydnee Seneviratne	18-Feb-23	Richmond, BC
76 kg		MARK NOT SET	---	---
84 Kg	63.0	Deb Babiuk	22-Jun-19	Edmonton AB
84+ Kg	82.5	Jose Potter	19-Jun-16	Killeen TX
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg	125.0	Janique Lafond	14-May-22	St. John's NL
57 Kg	150.0	Jody McPeak	09-Mar-19	Ottawa, ON
63 Kg	155.0	Cydnee Seneviratne	11-Jun-23	Calgary, AB
69 kg	157.5	Cydnee Seneviratne	18-Feb-23	Richmond, BC
76 kg		MARK NOT SET	---	---
84 Kg	130.5	Cathy McDonald	10-Jul-22	Slave Lake, AB
84+ Kg	187.5	Jose Potter	19-Jun-16	Killeen TX
Total				
47 Kg		MARK NOT SET	---	---
52 Kg	286.5	Janique Lafond	18-Feb-23	Richmond, BC
57 Kg	337.5	Jody McPeak	15-Oct-22	St. John's NL
63 Kg	350.0	Jody McPeak	05-Dec-21	Edmonton, AB
69 kg	325.5	Cydnee Seneviratne	18-Feb-23	Richmond, BC
76 kg		MARK NOT SET	---	---
84 Kg	292.5	Deb Babiuk	06-Apr-19	Edmonton. AB
84+ Kg	422.5	Jose Potter	19-Jun-16	Killeen TX
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg	55.0	Janique Lafond	05-Dec-21	Edmonton, AB
57 Kg	67.5	Jody McPeak	15-Oct-22	St. John's NL
63 kg	72.5	Jody McPeak	11-Jun-23	Calgary, AB
69 kg	73.0	Cydnee Seneviratne	18-Feb-23	Richmond, BC

76 kg	60.0	Claire Cooney	01-May-22	Calgary, AB
84 Kg	65.0	Deb Babiuk	22-Jun-19	Edmonton AB
84+ Kg	82.5	Jose Potter	19-Jun-16	Killeen TX

WOMENS MASTER 60+				
Squat				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	110.0	Deb Ellard	17-Jun-18	Calgary AB
69 kg	100.0	Deb Ellard	05-Dec-21	Edmonton, AB
76 kg	72.5	Henriette Espie	10-Jul-22	Slave Lake, AB
84 Kg	107.5	Sylvia Gaucher	07-Mar-20	Winnipeg, MB
84+ Kg	100.0	Nicholle Carriere	07-Jan-23	Edmonton, AB
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	65.5	Deb Ellard	09-Mar-19	Ottawa, ON
69 kg	70.0	Deb Ellard	15-Oct-22	St. John's NL
76 kg	51.0	Henriette Espie	10-Jul-22	Slave Lake, AB
84 Kg	57.5	Sylvia Gaucher	09-Mar-19	Ottawa, ON
84+ Kg	55.0	Sylvia Gaucher	17-Feb-16	Regina, SK
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	130.0	Allison Mahadeo	17-Jun-18	Calgary AB
69 kg	125.0	Deb Ellard	14-May-22	St. John's NL
76 kg	96.0	Henriette Espie	10-Jul-22	Slave Lake, AB
84 Kg	136.5	Sylvia Gaucher	18-Feb-23	Richmond, BC
84+ Kg	147.5	Sylvia Gaucher	04-Jul-15	Calgary AB
Total				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	300.0	Deb Ellard	17-Jun-18	Calgary AB
69 kg	287.5	Deb Ellard	05-Dec-21	Edmonton, AB
76 kg	219.5	Henriette Espie	10-Jul-22	Slave Lake, AB
84 Kg	297.5	Sylvia Gaucher	07-Mar-20	Winnipeg, MB
84+ Kg	297.5	Sylvia Gaucher	19-Jun-16	Killeen TX
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	65.5	Deb Ellard	09-Mar-19	Ottawa, ON
69 kg	72.0	Deb Ellard	18-Feb-23	Richmond, BC
76 kg	51.0	Henriette Espie	10-Jul-22	Slave Lake, AB
84 Kg	57.5	Sylvia Gaucher	09-Mar-19	Ottawa, ON
84+ Kg	60.0	Sylvia Gaucher	27-Sep-20	Calgary, AB

WOMENS MASTER 70+				
Squat				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg	65.0	Carol Burk	15-Apr-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	106.5	Sylvia Gaucher	18-Feb-23	Richmond, BC
84+ Kg		MARK NOT SET	---	---
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg	42.5	Carol Burk	15-Apr-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	55.5	Sylvia Gaucher	12-Aug-23	Grand Cayman, KY
84+ Kg		MARK NOT SET	---	---
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg	107.5	Carol Burk	15-Apr-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	136.5	Sylvia Gaucher	18-Feb-23	Richmond, BC
84+ Kg		MARK NOT SET	---	---
Total				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg	215.0	Carol Burk	15-Apr-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	295.5	Sylvia Gaucher	18-Feb-23	Richmond, BC
84+ Kg		MARK NOT SET	---	---
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg		MARK NOT SET	---	---
69 kg	42.5	Carol Burk	15-Apr-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	55.5	Sylvia Gaucher	11-Jun-23	Calgary, AB
84+ Kg		MARK NOT SET	---	---

