

**Women's Equipped AB Records, Effective June 17, 2023**

<b>WOMEN'S OPEN</b>				
<b>Squat</b>				
47 Kg	125.0	Rhonda Wong	17-Jun-18	Calgary AB
52 Kg	130.0	A.J. Facendi	30-Mar-11	Charlottetown PE
57 Kg	153.0	Breann Thiessen	02-Dec-15	Richmond BC
63 Kg	160.5	Shantelle Szuch	01-Apr-14	St. Catharines ON
69 kg	190.0	Shantelle Szuch	11-Jun-23	Calgary, AB
76 kg	238.0	Danielle Reid-Clavelle	14-May-22	St. John's NL
84 Kg	200.0	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	202.5	Gaia Willis	24-Feb-18	Calgary AB
<b>Bench Press</b>				
47 Kg	70.0	Rhonda Wong	24-Jun-16	Killeen TX
52 Kg	87.5	Lannet Schuler	11-Jan-14	Cold Lake AB
57 Kg	127.0	Maria Frank	05-Dec-21	Edmonton, AB
63 Kg	138.0	Mimi Frank	10-Jul-22	Slave Lake, AB
69 kg	103.5	Shantelle Szuch	14-May-22	St. John's NL
76 kg	120.0	Danielle Reid-Clavelle	14-May-22	St. John's NL
84 Kg	137.5	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	117.5	Angelina Van Ryswyk	12-Nov-17	Edmonton, AB
<b>Deadlift</b>				
47 Kg	152.5	Rhonda Wong	17-Jun-18	Calgary AB
52 Kg	150.0	Tiffany Pham	02-May-15	Calgary AB
57 Kg	182.5	Teresa Parsons	09-Jul-17	Edmonton AB
63 Kg	198.0	Christine Castro	13-Mar-17	Saguenay QU
69 kg	200.0	Shantelle Szuch	11-Jun-23	Calgary, AB
76 kg	192.5	Danielle Reid-Clavelle	14-May-22	St. John's NL
84 Kg	205.0	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	200.5	Emilie Belanger	09-Jul-17	Edmonton AB
<b>Total</b>				
47 Kg	347.5	Rhonda Wong	17-Jun-18	Calgary AB
52 Kg	350.0	Lannet Schuler	11-Jan-14	Cold Lake AB
57 Kg	421.0	Teresa Parsons	09-Jul-17	Edmonton AB
63 Kg	450.0	Teresa Parsons	24-Feb-18	Calgary AB
69 kg	490.0	Shantelle Szuch	11-Jun-23	Calgary, AB
76 kg	550.5	Danielle Reid-Clavelle	14-May-22	St. John's NL
84 Kg	505.0	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	497.5	Emilie Belanger	24-Feb-18	Calgary AB
<b>Bench Only</b>				
47 Kg	70.0	Rhonda Wong	24-Jun-16	Killeen TX
52 Kg	87.5	Lannet Schuler	11-Jan-14	Cold Lake AB
57 Kg	127.5	Maria Frank	18-Feb-23	Richmond, BC
63 Kg	138.0	Maria Frank	10-Jul-22	Slave Lake, AB
69 kg	103.5	Shantelle Szuch	14-May-22	St. John's NL
76 kg	123.0	Danielle Reid-Clavelle	03-Dec-22	Auckland, NZ
84 Kg	137.5	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	130.0	Angelina Van Ryswyk	18-Feb-23	Richmond, BC

<b>WOMENS JUNIOR</b>				
<b>Squat</b>				
43 Kg	70.0	Danielle Nim	11 jn 17	Calgary AB
47 Kg	120.0	Rhonda Wong	02-Dec-15	Richmond BC
52 Kg	70.0	Breann Thiessen	20-Apr-13	Calgary AB
57 Kg	153.0	Breann Thiessen	02-Dec-15	Richmond BC
63 Kg	130.0	Brianna Chan	15-Nov-14	Edmonton AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	147.5	Morgan Cahill	12-Nov-16	Edmonton AB
84+ Kg	142.5	Erin Cooke	12-Nov-16	Edmonton AB
<b>Bench Press</b>				
43 Kg	40.0	Danielle Nim	11 jn 17	Calgary AB
47 Kg	62.5	Rhonda Wong	02-Dec-15	Richmond BC
52 Kg	70.5	Breann Thiessen	08-Apr-15	St. John's NL
57 Kg	75.5	Danielle Palmer	12-Nov-16	Edmonton AB
63 Kg	83.5	Abby Hall	12-Nov-16	Edmonton AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	82.5	Morgan Cahill	12-Nov-16	Edmonton AB
84+ Kg	75.0	Erin Cooke	12-Nov-16	Edmonton AB
<b>Deadlift</b>				
43 Kg	105.0	Danielle Nim	11 jn 17	Calgary AB
47 Kg	117.5	Alana Chan	07-Feb-15	Cold Lake AB
52 Kg	150.0	Tiffany Pham	02-May-15	Calgary AB
57 Kg	157.5	Breann Thiessen	02-Dec-15	Richmond BC
63 Kg	185.0	Christine Castro	19-Dec-15	Moose Jaw SK
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	165.0	Jasmine Mazouzi	09-Jul-17	Edmonton AB
84+ Kg	150.0	Erin Cooke	12-Nov-16	Edmonton AB
<b>Total</b>				
43 Kg	215.0	Danielle Nim	11 jn 17	Calgary AB
47 Kg	310.0	Rhonda Wong	02-Dec-15	Richmond BC
52 Kg	338.5	Breann Thiessen	08-Apr-15	St. John's NL
57 Kg	385.5	Breann Thiessen	02-Dec-15	Richmond BC
63 Kg	397.5	Christine Castro	19-Dec-15	Moose Jaw SK
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	370.0	Morgan Cahill	12-Nov-16	Edmonton AB
84+ Kg	367.5	Erin Cooke	12-Nov-16	Edmonton AB
<b>Bench Only</b>				
43 Kg	40.0	Danielle Nim	11 jn 17	Calgary AB
47 Kg	62.5	Rhonda Wong	02-Dec-15	Richmond BC
52 Kg	70.5	Breann Thiessen	08-Apr-15	St. John's NL
57 Kg	111.0	Tori Laperriere	22-Jun-19	Edmonton AB
63 Kg	80.0	Skylar Yanke	02-Dec-15	Richmond BC
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	82.5	Morgan Cahill	12-Nov-16	Edmonton AB
84+ Kg	106.0	RaeLene Marion	06-Jul-14	Olds AB

<b>WOMENS SUB-JUNIOR</b>				
<b>Squat</b>				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	102.5	Maria Matani	13-Mar-16	Calgary AB
63 Kg	82.5	Sophie Brosseau	03-May-14	Calgary AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	115.5	Jasmine Starman	11-Jun-16	Cold Lake AB
84+ Kg	130.0	Kayla Kowalyshyn	11-Jun-16	Cold Lake AB
<b>Bench Press</b>				
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	50.0	Sophie Brosseau	03-May-14	Calgary AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	60.0	Jasmine Starman	11-Jun-16	Cold Lake AB
84+ Kg	62.5	Jasmine Starman	20-Jun-16	Kamloops BC
<b>Deadlift</b>				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	110.0	Maria Matani	13-Mar-16	Calgary AB
63 Kg	110.0	Sophie Brosseau	03-May-14	Calgary AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	140.0	Jasmine Starman	11-Jun-16	Cold Lake AB
84+ Kg	145.0	Jasmine Starman	20-Jun-16	Kamloops BC
<b>Total</b>				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	262.5	Maria Matani	13-Mar-16	Calgary AB
63 Kg	242.5	Sophie Brosseau	03-May-14	Calgary AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	315.5	Jasmine Starman	11-Jun-16	Cold Lake AB
84+ Kg	335.0	Kayla Kowalyshyn	11-Jun-16	Cold Lake AB
<b>Bench Only</b>				
Sub-Junior				
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	52.5	Taylor Mann	13-Mar-16	Calgary. AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	60.0	Jasmine Starman	11-Jun-16	Cold Lake AB
84+ Kg	62.5	Jasmine Starman	20-Jun-16	Kamloops BC

<b>WOMENS MASTER 40-49</b>				
<b>Squat</b>				
47 Kg		MARK NOT SET	---	---
52 Kg	125.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	137.5	Lannet Schuler	05-Jul-14	Olds AB
63 Kg	130.0	Carla Ramsey	13-Mar-17	Saguenay QU
69 kg	190.0	Shantelle Szuch	11-Jun-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	152.5	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	160.0	Kim Laplante	20-Jun-16	Killeen TX
<b>Bench Press</b>				
47 Kg		MARK NOT SET	---	---
52 Kg	85.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	105.0	Lannet Schuler	08-Jul-15	Moose Jaw SK
63 Kg	62.5	Kim Csizmazia	14-Jun-13	CalgaryAB
69 kg	103.5	Shantelle Szuch	14-May-22	St. John's NL
76 kg		MARK NOT SET	---	---
84 Kg	85.0	Jenn Swager	07-Jun-15	Calgary AB
84+ Kg	85.0	Kim Laplante	17-Feb-16	Regina SK
<b>Deadlift</b>				
47 Kg		MARK NOT SET	---	---
52 Kg	125.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	145.0	Lannet Schuler	05-Jul-14	Olds AB
63 Kg	147.5	Carla Ramsey	13-Mar-17	Saguenay QU
69 kg	200.0	Shantelle Szuch	11-Jun-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	205.0	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	210.0	Kim Laplante	20-Jun-16	Killeen TX
<b>Total</b>				
47 Kg		MARK NOT SET	---	---
52 Kg	335.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	381.5	Lannet Schuler	05-Jul-14	Olds AB
63 Kg	340.0	Carla Ramsey	13-Mar-17	Saguenay QU
69 kg	490.0	Shantelle Szuch	11-Jun-23	Calgary, AB
76 kg		MARK NOT SET	---	---
84 Kg	437.5	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	455.0	Kim Laplante	20-Jun-16	Killeen TX
<b>Bench Only</b>				
47 Kg		MARK NOT SET	---	---
52 Kg	85.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	105.0	Lannet Schuler	08-Jul-15	Moose Jaw SK
63 kg	62.5	Kim Csizmazia	14-Jun-13	CalgaryAB
69 kg	103.5	Shantelle Szuch	14-May-22	St. John's NL
76 kg		MARK NOT SET	---	---
84 Kg	122.5	Pamela Hodder	27-May-23	Sun City, ZA
84+ Kg	118.0	Dana Sandler	22-Jun-19	Edmonton AB

<b>WOMENS MASTER 50-59</b>				
<b>Squat</b>				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	115.0	Jody McPeak	17-Jun-18	Calgary AB
63 Kg	105.0	Sandra Fernandez	13-Mar-17	Saguenay QU
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	67.5	Madonna McCarthy	16-Nov-13	Edmonton. AB
84+ Kg	152.5	Jose Potter	19-Jun-16	Killeen TX
<b>Bench Press</b>				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	65.0	Jody McPeak	17-Jun-18	Calgary AB
63 Kg	62.5	Deb Ellard	12-Nov-16	Edmonton AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	62.5	Mona Kronberg	09-Jul-11	Calgary AB
84+ Kg	82.5	Jose Potter	19-Jun-16	Killeen TX
<b>Deadlift</b>				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	140.0	Jody McPeak	17-Jun-18	Calgary AB
63 Kg	127.5	Deb Ellard	12-Nov-16	Edmonton AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	112.5	Madonna McCarthy	16-Nov-13	Edmonton. AB
84+ Kg	187.5	Jose Potter	19-Jun-16	Killeen TX
<b>Total</b>				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	320.0	Jody McPeak	17-Jun-18	Calgary AB
63 Kg	292.5	Deb Ellard	12-Nov-16	Edmonton AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg	230.0	Madonna McCarthy	16-Nov-13	Edmonton. AB
84+ Kg	422.5	Jose Potter	19-Jun-16	Killeen TX
<b>Bench Only</b>				
47 Kg		MARK NOT SET	---	---
52 Kg	57.5	Lisa Scheffelmaier	07-Jul-13	Calgary AB
57 Kg	65.0	Jody McPeak	17-Jun-18	Calgary AB
63 Kg	62.5	Deb Ellard	12-Nov-16	Edmonton AB
69 kg	80.0	Deb Ellard	05-Dec-21	Edmonton AB
76 kg		MARK NOT SET	---	---
84 Kg	62.5	Mona Kronberg	09-Jul-11	Calgary AB
84+ Kg	82.5	Jose Potter	19-Jun-16	Killeen TX

<b>WOMENS MASTER 60+</b>				
<b>Squat</b>				
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		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg	97.5	Sylvia Gaucher	19-Jun-16	Killeen TX
<b>Bench Press</b>				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	65.0	Deb Ellard	17-Jun-18	Calgary AB
69 kg		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg	55.0	Sylvia Gaucher	17-Feb-16	Regina SK
<b>Deadlift</b>				
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		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg	147.5	Sylvia Gaucher	04-Jul-15	Calgary AB
<b>Total</b>				
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		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg	297.5	Sylvia Gaucher	19-Jun-16	Killeen TX
<b>Bench Only</b>				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	75.0	Deb Ellard	22-Jun-19	Edmonton AB
69 kg	80.0	Deb Ellard	05-Dec-21	Edmonton AB
76 kg		MARK NOT SET	---	---
84 Kg	30.0	Christine Silverberg	07-Jul-13	Calgary AB
84+ Kg	55.0	Sylvia Gaucher	17-Feb-16	Regina SK