Men's Classic AB Records, Effective August 16, 2026

Mens Open				
Squat				
59 Kg	195.5	Jason Luo	24-Feb-18	Calgary AB
66 Kg	237.5	John Ballesteros	05-Sep-25	San Jose, CR
74 Kg	272.5	Logan Heffron	05-Sep-25	San Jose, CR
83 Kg	277.5	Logan Heffron	10-Mar-24	Moose Jaw, SK
93 Kg	316.0	Caiden Thompson	01-Mar-25	Moose Jaw, SK
105 Kg	325.0	Ezeiel Amponsah	14-Mar-26	St. John's NL
120 Kg	335.0	De'lano-J Woodbine	01-Mar-25	Moose Jaw, SK
120+ Kg	355.0	Ajaypal Singh Ghumman	01-Mar-25	Moose Jaw, SK
Bench Press				
59 Kg	127.5	Kelvin Chan	08-Aug-26	St. John's NL
66 Kg	160.0	John Ballesteros	05-Sep-25	San Jose, CR
74 Kg	193.0	Connor Lutz	10-Mar-24	Moose Jaw, SK
83 Kg	185.0	Connor Lutz	04-May-19	Calgary, AB
93 Kg	200.0	Kwaku Antwi	18-Feb-23	Richmond, BC
105 Kg	228.0	De'lano-J Woodbine	14-Mar-26	St. John's NL
120 Kg	240.0	De'lano-J Woodbine	01-Mar-25	Moose Jaw, SK
120+ Kg	227.5	Adam Price	21-Aug-25	Quebec City, QC
Deadlift				
59 Kg	251.0	Quirck Migrino	14-Jun-26	Calgary AB
66 Kg	318.0	Clifton Pho	14-Aug-25	Chengdu, CN
74 Kg	321.0	Justin Quedado	14-Mar-26	St. John's NL
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	350.5	Nathan Sparks	09-Jun-24	Calgary, AB
Total				
59 Kg	556.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	700.5	Clifton Pho	14-Aug-25	Chengdu, CN
74 Kg	747.5	Logan Heffron	05-Sep-25	San Jose, CR
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	885.0	Ezeiel Amponsah	14-Mar-26	St. John's NL
120 Kg	910.0	De'lano-J Woodbine	01-Mar-25	Moose Jaw, SK
120+ Kg	883.0	Nathan Sparks	09-Jun-24	Calgary, AB
Bench Only				
59 Kg	127.5	Kelvin Chan	08-Aug-26	St. John's NL
66 Kg	160.0	John Ballesteros	05-Sep-25	San Jose, CR
74 Kg	193.0	Connor Lutz	10-Mar-24	Moose Jaw, SK
83 Kg	185.0	Kevin Wais	29-Jan-17	Edmonton, AB
93 Kg	200.0	Kwaku Antwi	18-Feb-23	Richmond, BC
105 Kg	228.0	De'lano-J Woodbine	14-Mar-26	St. John's NL
120 Kg	243.0	Shane Martin	07-Mar-20	Winnipeg MB
120+ Kg	260.5	Shane Martin	01-Mar-25	Moose Jaw, SK
Para Powerlifting				
59 Kg	105.0	Andrew Livingston	25-Sep-22	Calgary, AB
83 Kg	105.0	Jake Beaton	13-Nov-22	Edmonton, AB
Mens Junior				
Squat				
53 Kg	117.5	Joseph Fajardo	17-Jan-26	Edmonton, AB
59 Kg	195.5	Jason Luo	24-Feb-18	Calgary AB
66 Kg	237.5	John Ballesteros	05-Sep-25	San Jose, CR

74 Kg	272.5	Logan Heffron	05-Sep-25	San Jose, CR
83 Kg	277.5	Logan Heffron	10-Mar-24	Moose Jaw, SK
93 Kg	316.0	Caiden Thompson	01-Mar-25	Moose Jaw, SK
105 Kg	315.0	Carson Taylor	14-Mar-26	St. John's NL
120 Kg	295.0	Zack Chwok	09-Mar-19	Ottawa, ON
120+ Kg	305.0	Max Kahler	10-Mar-24	Moose Jaw, SK
Bench Press				
53 Kg	82.5	Yash Sharma	09-Sep-18	Edmonton, AB
59 Kg	122.5	Nam Nguyen	14-Mar-26	St. John's NL
66 Kg	160.0	John Ballesteros	05-Sep-25	San Jose, CR
74 Kg	165.0	Logan Heffron	05-Sep-25	San Jose, CR
83 Kg	175.5	Fady Faragallah	14-Jun-26	Calgary, AB
93 Kg	193.0	John Walls	18-Feb-23	Calgary, AB
105 Kg	207.5	Carson Taylor	05-Oct-25	Nanaimo, BC
120 Kg	197.5	Johnnel Naron	07-Mar-20	Winnipeg MB
120+ Kg	190.0	Max Kahler	10-Mar-24	Moose Jaw, SK
Deadlift				
53 Kg	190.0	Joseph Fajardo	17-Jan-26	Edmonton, AB
59 Kg	251.0	Quirck Migrino	14-Jun-26	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	335.0	Ezeiel Amponsah	12-Aug-23	Grand Cayman, KY
120 Kg	337.5	Chidiebere Okonkwo	01-Mar-25	Moose Jaw, SK
120+ Kg	318.0	Zaid Ibrahiem	18-Sep-21	Calgary, AB
Total				
53 Kg	387.5	Joseph Fajardo	17-Jan-26	Edmonton, AB
59 Kg	556.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	652.5	John Ballesteros	05-Sep-25	San Jose, CR
74 Kg	747.5	Logan Heffron	05-Sep-25	San Jose, CR
83 Kg	780.0	Nick Manders	04-Sep-22	Istanbul, TR
93 Kg	766.0	Caiden Thompson	09-Jun-24	Calgary, AB
105 Kg	820.0	Carson Taylor	14-Mar-26	St. John's NL
120 Kg	775.0	Johnnel Naron	07-Mar-20	Winnipeg MB
120+ Kg	775.5	Zaid Ibrahiem	18-Sep-21	Calgary, AB
Bench Only				
53 Kg	85.0	Andrew Livingston	12-Feb-22	Edmonton, AB
59 Kg	122.5	Nam Nguyen	14-Mar-26	St. John's NL
66 Kg	160.0	John Ballesteros	05-Sep-25	San Jose, CR
74 Kg	165.0	Logan Heffron	05-Sep-25	San Jose, CR
83 Kg	175.5	Fady Faragallah	14-Jun-26	Calgary, AB
93 Kg	193.0	John Walls	11-Jun-23	Calgary, AB
105 Kg	207.5	Carson Taylor	05-Oct-25	Nanaimo, BC
120 Kg	197.5	Johnnel Naron	07-Mar-20	Winnipeg MB
120+ Kg	190.0	Max Kahler	10-Mar-24	Moose Jaw, SK
Para Powerlifting				
53 Kg	110.0	Andrew Livingston	13-Nov-22	Edmonton, AB
Mens Sub-Junior				
Squat				
53 Kg	77.5	Benjamin Wiehler	20-Sep-25	Calgary, AB
59 Kg	160.0	Kristian Galban	15-Jun-25	Edmonton, AB
66 Kg	200.0	Tyler Chalifoux	09-Jul-17	Edmonton, AB

74 Kg	240.0	Lyle Babin	05-Sep-25	San Jose, CR
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	265.0	Youssef Zeidan	28-Oct-23	Calgary, AB
120+ Kg	240.0	Rohan Bhatty	10-Jul-22	Slave Lake, AB
Bench Press				
53 Kg	60.0	Benjamin Wiehler	29-Mar-25	Edmonton, AB
59 Kg	90.0	Alexander Gafiuk	21-Mar-26	Edmonton, AB
66 Kg	115.0	Norvyn Bagalay	16-Nov-13	Edmonton, AB
74 Kg	147.5	Lyle Babin	05-Sep-25	San Jose, CR
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	172.5	Dillon Schram	28-Sep-24	Edmonton, AB
120+ Kg	182.5	Sepehr Shamekhi	14-Jun-26	Calgary, AB
Deadlift				
53 Kg	125.0	Benjamin Wiehler	29-Mar-25	Edmonton, AB
59 Kg	210.0	Arvin Castillo	11-Jun-23	Calgary, AB
66 Kg	215.5	Tysen Meroniuk	23-Sep-23	Edmonton, AB
74 Kg	275.0	Lyle Babin	05-Sep-25	San Jose, CR
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	251.0	Dillon Schram	28-Sep-24	Edmonton, AB
120+ Kg	257.5	Jake Little	05-Jul-15	Calgary, AB
Total				
53 Kg	262.5	Benjamin Wiehler	20-Sep-25	Calgary, AB
59 Kg	435.0	Kristian Galban	15-Jun-25	Edmonton, AB
66 Kg	490.0	Clifton Pho	16-Nov-13	Edmonton, AB
74 Kg	662.5	Lyle Babin	05-Sep-25	San Jose, CR
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	666.0	Dillon Schram	28-Sep-24	Edmonton, AB
120+ Kg	635.0	Jake Little	05-Jul-15	Calgary, AB
Bench Only				
53 Kg	60.0	Benjamin Wiehler	29-Mar-25	Edmonton, AB
59 Kg	90.0	Alexander Gafiuk	21-Mar-26	Edmonton, AB
66 Kg	115.0	Norvyn Bagalay	16-Nov-13	Edmonton, AB
74 Kg	147.5	Lyle Babin	05-Sep-25	San Jose, CR
83 Kg	165.0	Henry Murphy	15-Jun-25	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	172.5	Dillon Schram	28-Sep-24	Edmonton, AB

120+ Kg	183.0	Sepehr Shamekhi	14-Jun-26	Calgary, AB
Mens Youth 1				
Squat				
30 Kg	35.5	Zaan Noppers	09-Jun-24	Calgary, AB
35 Kg	40.0	Zaan Noppers	15-Jun-25	Edmonton, AB
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	---	---
Bench Press				
30 Kg	21.5	Zaan Noppers	09-Jun-24	Calgary, AB
35 Kg	22.5	Zaan Noppers	15-Jun-25	Edmonton, AB
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	---	---
Deadlift				
30 Kg	58.5	Zaan Noppers	09-Jun-24	Calgary, AB
35 Kg	62.0	Zaan Noppers	15-Jun-25	Edmonton, AB
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	---	---

Total				
30 Kg	115.5	Zaan Noppers	09-Jun-24	Calgary, AB
35 Kg	124.5	Zaan Noppers	15-Jun-25	Edmonton, AB
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	---	---
Bench Only				
30 Kg	21.5	Zaan Noppers	09-Jun-24	Calgary, AB
35 Kg	22.5	Zaan Noppers	15-Jun-25	Edmonton, AB
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	---	---

Mens Youth 2				
Squat				
30 Kg	37.5	Maxwell Wiehler	09-Jun-24	Calgary, AB
35 Kg	40.0	Zaan Noppers	15-Jun-25	Edmonton, AB
40 Kg	51.5	Zaan Noppers	14-Jun-26	Calgary, AB
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	---	---
Bench Press				
30 Kg	22.5	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	22.5	Zaan Noppers	15-Jun-25	Edmonton, AB
40 Kg	24.5	Zaan Noppers	14-Jun-26	Calgary, AB
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	---	---
Deadlift				
30 Kg	60.0	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	62.0	Zaan Noppers	15-Jun-25	Edmonton, AB
40 Kg	75.0	Zaan Noppers	14-Jun-26	Calgary, AB
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	---	---

Total				
30 Kg	120.0	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	124.5	Zaan Noppers	15-Jun-25	Edmonton, AB
40 Kg	151.0	Zaan Noppers	14-Jun-26	Calgary, AB
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	---	---
Bench Only				
30 Kg	22.5	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	22.5	Zaan Noppers	15-Jun-25	Edmonton, AB
40 Kg	24.5	Zaan Noppers	14-Jun-26	Calgary, AB
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	---	---

Mens Youth 3				
Squat				
30 Kg	37.5	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	50.0	Jaxon Wiehler	20-Sep-25	Calgary, AB
40 Kg	51.5	Zaan Noppers	14-Jun-26	Calgary, AB
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg	77.5	Maximillian Llewellyn	15-Jun-25	Edmonton, AB
74 Kg	97.5	Maximillian Llewellyn	14-Mar-26	St. Johns, NL
83 Kg	105.0	Maximillian Llewellyn	14-Jun-26	Calgary, AB
93 Kg	70.0	Farhan Bhatty	11-Apr-26	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Bench Press				
30 Kg	22.5	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	25.0	Jaxon Wiehler	20-Sep-25	Calgary, AB
40 Kg	24.5	Zaan Noppers	14-Jun-26	Calgary, AB
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg	57.5	Maximillian Llewellyn	15-Jun-25	Edmonton, AB
74 Kg	75.0	Maximillian Llewellyn	14-Mar-26	St. Johns, NL
83 Kg	87.5	Maximillian Llewellyn	14-Jun-26	Calgary, AB
93 Kg	50.0	Farhan Bhatty	11-Apr-26	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Deadlift				
30 Kg	58.5	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	65.0	Jaxon Wiehler	20-Sep-25	Calgary, AB
40 Kg	75.0	Zaan Noppers	14-Jun-26	Calgary, AB
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg	110.0	Maximillian Llewellyn	15-Jun-25	Edmonton, AB
74 Kg	137.5	Maximillian Llewellyn	14-Mar-26	St. Johns, NL
83 Kg	147.5	Maximillian Llewellyn	14-Jun-26	Calgary, AB
93 Kg	105.0	Farhan Bhatty	11-Apr-26	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

Total				
30 Kg	120.0	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	140.0	Jaxon Wiehler	20-Sep-25	Calgary, AB
40 Kg	151.0	Zaan Noppers	14-Jun-26	Calgary, AB
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg	245.0	Maximillian Llewellyn	15-Jun-25	Edmonton, AB
74 Kg	310.0	Maximillian Llewellyn	14-Mar-26	St. Johns, NL
83 Kg	340.0	Maximillian Llewellyn	14-Jun-26	Calgary, AB
93 Kg	225.0	Farhan Bhatty	11-Apr-26	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Bench Only				
30 Kg	22.5	Maxwell Wiehler	20-Sep-25	Calgary, AB
35 Kg	25.0	Jaxon Wiehler	20-Sep-25	Calgary, AB
40 Kg	24.5	Zaan Noppers	14-Jun-26	Calgary, AB
44 Kg		MARK NOT SET	---	---
48 Kg		MARK NOT SET	---	---
53 Kg		MARK NOT SET	---	---
59 Kg		MARK NOT SET	---	---
66 Kg	55.0	Maximillian Llewellyn	12-Apr-25	Calgary, AB
74 Kg	75.0	Maximillian Llewellyn	14-Mar-26	St. Johns, NL
83 Kg	87.5	Maximillian Llewellyn	14-Jun-26	Calgary, AB
93 Kg	50.0	Farhan Bhatty	11-Apr-26	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---

MENS MASTER 40-49				
Squat				
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	223.0	Mike Brennan	15-Jun-25	Edmonton, AB
93 Kg	252.5	Keto Allen	25-Sep-21	Halmstad, SE
105 Kg	285.5	Jeff Lastuka	15-Jun-25	Edmonton, AB
120 Kg	300.0	Jeff Lastuka	06-Dec-25	Calgary, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Press				
59 Kg		MARK NOT SET	---	---
66 Kg	137.5	Lewis Noppers	03-Dec-15	Richmond BC
74 Kg	145.0	Dean Trottier	14-Mar-26	St. Johns, NL
83 Kg	153.5	Mike Brennan	28-Sep-24	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	227.5	Adam Price	21-Aug-25	Quebec City, QC
Deadlift				
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	287.5	Byrin Wylie	14-Mar-26	St. Johns, NL
93 Kg	287.5	Keto Allen	07-Mar-20	Winnipeg MB
105 Kg	302.5	Ryan Thomsen	15-Jun-25	Edmonton, AB
120 Kg	305.0	Ryan Thomsen	31-Jan-26	Coaldale, AB
120+ Kg	300.0	Keith Banner	26-Nov-11	Edmonton, AB
Total				
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	642.5	Byrin Wylie	14-Mar-26	Helsingborg, SE
93 Kg	720.0	Keto Allen	07-Mar-20	Winnipeg MB
105 Kg	744.5	Jeff Lastuka	15-Jun-25	Edmonton, AB
120 Kg	772.5	Jeff Lastuka	06-Dec-25	Calgary, AB
120+ Kg	820.0	Keith Banner	26-Nov-11	Edmonton, AB
59 Kg		MARK NOT SET	---	---
66 Kg	137.5	Lewis Noppers	03-Dec-15	Richmond BC
74 Kg	145.0	Dean Trottier	14-Mar-26	St. Johns, NL
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	227.5	Adam Price	21-Aug-25	Quebec City, QC
MENS MASTER 50-59				
Squat				
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	250.0	Lloyd Welch	01-Mar-25	Moose Jaw, SK
120 Kg	272.5	Darcy Morin	14-Jun-26	Calgary, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Press				
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	142.5	Brian Colbourne	14-Sep-24	Summerside, PEI
93 Kg	135.0	Jason Hill	30-Apr-23	Slave Lake, AB
105 Kg	185.0	Lloyd Welch	10-Mar-24	Moose Jaw, SK
120 Kg	181.0	Darcy Morin	28-Sep-24	Edmonton, AB
120+ Kg	227.5	Adam Price	21-Aug-25	Quebec City, QC
Deadlift				
59 Kg		MARK NOT SET	---	---
66 Kg	240.0	Lewis Noppers	10-Mar-24	Moose Jaw, SK
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	280.0	Lloyd Welch	05-Oct-25	Nanaimo, BC
120 Kg	261.0	Jim Derksen	09-Jun-24	Calgary, AB
120+ Kg	300.0	Keith Banner	26-Nov-11	Edmonton, AB
Total				
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	690.0	Lloyd Welch	05-Oct-25	Nanaimo, BC
120 Kg	689.0	Darcy Morin	28-Sep-24	Edmonton, AB
120+ Kg	820.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Only				
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	145.0	Brian Colbourne	14-Mar-26	St. Johns, NL
93 Kg	140.0	Michael Wade	09-Sep-18	Edmonton, AB
105 Kg	185.0	Lloyd Welch	10-Mar-24	Moose Jaw, SK
120 Kg	181.0	Darcy Morin	28-Sep-24	Edmonton, AB
120+ Kg	227.5	Adam Price	21-Aug-25	Quebec City, QC

MENS MASTER 60-69				
Squat				
59 Kg		MARK NOT SET	---	---
66 Kg	125.0	Ken Rickard	15-Nov-25	---
74 Kg	170.0	James Nahirniak	01-Mar-25	Moose Jaw, SK
83 Kg	180.0	John MacQueen	21-Sep-19	St. Johns, NL
93 Kg	185.0	Brett Light	01-Mar-25	Moose Jaw, SK
105 Kg	200.0	Gord Chenkie	15-Apr-12	Calgary, AB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Bench Press				
59 Kg		MARK NOT SET	---	---
66 Kg	82.5	Raimo Paananen	14-Jun-26	Edmonton, AB
74 Kg	100.0	James Nahirniak	14-Sep-24	Summerside, PEI
83 Kg	120.0	John MacQueen	01-Jul-18	Calgary, AB
93 Kg	122.5	Brett Light	14-Mar-26	St. Johns, NL
105 Kg	160.0	Ben Worsell	07-Mar-20	Winnipeg MB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Deadlift				
59 Kg		MARK NOT SET	---	---
66 Kg	160.0	Raimo Paananen	14-Jun-26	Edmonton, AB
74 Kg	205.0	James Nahirniak	14-Mar-26	St. Johns, NL
83 Kg	187.5	John MacQueen	18-Jan-20	Edmonton, AB
93 Kg	220.0	Brett Light	01-Mar-25	Moose Jaw, SK
105 Kg	225.0	Gord Chenkie	15-Apr-12	Calgary, AB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Total				
59 Kg		MARK NOT SET	---	---
66 Kg	367.5	Raimo Paananen	14-Jun-26	Calgary, AB
74 Kg	470.0	James Nahirniak	01-Mar-25	Moose Jaw, SK
83 Kg	477.5	John MacQueen	18-Jan-20	Edmonton, AB
93 Kg	522.5	Brett Light	01-Mar-25	Moose Jaw, SK
105 Kg	575.0	Ben Worsell	07-Mar-20	Winnipeg MB
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Bench Only				
59 Kg		MARK NOT SET	---	---
66 Kg	85.0	Raimo Paananen	14-Jun-26	Calgary, AB
74 Kg	117.5	Tom Petersen	13-Nov-22	Edmonton, AB
83 Kg	137.5	Rick Belland	05-Jul-15	Calgary, AB
93 Kg	122.5	Brett Light	14-Mar-26	Moose Jaw, SK
105 Kg	172.5	John Ralf	09-Jun-24	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
MENS MASTER 70+				
Squat				
59 Kg		MARK NOT SET	---	---
66 Kg	125.0	Ken Rickard	15-Nov-25	Edmonton, AB
74 Kg	137.5	Joe Stockinger	31-Mar-14	St. Catharines,ON

83 Kg		MARK NOT SET	---	---
93 Kg	157.5	Garvin Cole	05-Oct-25	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Bench Press				
59 Kg		MARK NOT SET	---	---
66 Kg	75.0	Ken Rickard	15-Nov-25	Edmonton, AB
74 Kg	90.0	Joe Stockinger	31-Mar-14	St. Catharines,ON
83 Kg		MARK NOT SET	---	---
93 Kg	87.5	Garvin Cole	09-Dec-23	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Deadlift				
59 Kg		MARK NOT SET	---	---
66 Kg	130.0	Ken Rickard	15-Nov-25	Edmonton, AB
74 Kg	192.5	Joe Stockinger	31-Mar-14	St. Catharines,ON
83 Kg		MARK NOT SET	---	---
93 Kg	162.5	Garvin Cole	05-Oct-25	Nanaimo, BC
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---
Total				
59 Kg		MARK NOT SET	---	---
66 Kg	330.0	Ken Rickard	15-Nov-25	Edmonton, AB
74 Kg	420.0	Joe Stockinger	31-Mar-14	St. Catharines,ON
83 Kg		MARK NOT SET	---	---
93 Kg	400.0	Garvin Cole	05-Oct-25	Nanaimo, BC
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	-
Bench Only				
59 Kg		MARK NOT SET	---	---
66 Kg	75.0	Ken Rickard	15-Nov-25	Edmonton, AB
74 Kg	120.0	Robin Wass	15-Apr-23	Calgary, AB
83 Kg		MARK NOT SET	---	---
93 Kg	87.5	Garvin Cole	09-Dec-23	Calgary, AB
105 Kg		MARK NOT SET	---	---
120 Kg		MARK NOT SET	---	---
120+ Kg		MARK NOT SET	---	---