Men's Equipped AB Records, Effective June 25, 2026

Mens Open				
Squat				
59 Kg	195.5	Jason Luo	24-Feb-18	Calgary AB
66 Kg	230.0	Lewis Noppers	29-Oct-12	Puerto Rico
74 Kg	277.5	Clifton Pho	14-Mar-26	St. Johns, NL
83 Kg	290.0	Kain Lyon	16-Nov-13	Edmonton, AB
93 Kg	325.0	Hector Aguilar	19-Mar-13	Richmond, BC
105 Kg	372.5	Bryce Krawczyk	16-Nov-17	Pilsen CZ
120 Kg	400.0	Bryce Krawczyk	07-Mar-20	Winnipeg, MB
120+ Kg	415.5	Zaid Ibraheim	14-Mar-26	St. Johns, NL
Bench Press				
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	152.5	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	205.5	Jordan Hoang	29-May-22	Calgary, AB
83 Kg	253.0	Barry Antoniow	10-Jul-15	Moose Jaw SK
93 Kg	215.0	Shane Martin	02-Apr-14	St. Catharines, ON
105 Kg	265.0	Shane Martin	11-Jul-15	Moose Jaw SK
120 Kg	318.0	Shane Martin	07-Mar-20	Winnipeg, MB
120+ Kg	317.5	Zaid Ibraheim	14-Mar-25	St. Johns, NL
Deadlift				
59 Kg	241.5	Jason Luo	17-Jun-18	Calgary, AB
66 Kg	285.5	Clifton Pho	17-Jun-18	Calgary AB
74 Kg	315.5	Clifton Pho	01-Mar-25	Moose Jaw SK
83 Kg	290.0	Kain Lyon	16-Nov-13	Edmonton, AB
93 Kg	320.0	Hector Aguilar	19-Mar-13	Richmond, BC
105 Kg	388.0	Bryce Krawczyk	16-Nov-17	Pilsen CZ
120 Kg	400.0	Bryce Krawczyk	07-Mar-20	Winnipeg, MB
120+ Kg	387.0	Bryce Krawczyk	27-Sep-20	Calgary, AB
Total				
59 Kg	556.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	660.0	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	750.5	Clifton Pho	01-Mar-25	Moose Jaw SK
83 Kg	760.0	Kain Lyon	16-Nov-13	Edmonton, AB
93 Kg	847.5	Hector Aguilar	19-Mar-13	Richmond, BC
105 Kg	992.5	Bryce Krawczyk	09-Mar-19	Ottawa, ON
120 Kg	1062.5	Bryce Krawczyk	07-Mar-20	Winnipeg, MB
120+ Kg	1088.0	Zaid Ibraheim	14-Mar-26	St. Johns, NL
Bench Only				
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	152.5	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	202.5	Jordan Hoang	29-May-22	Calgary, AB
83 Kg	253.0	Barry Antoniow	10-Jul-15	Moose Jaw SK
93 Kg	227.5	Barry Antoniow	10-Apr-15	St. Johns, NL
105 Kg	280.0	Brian Chuong	24-May-25	Drammen, NO
120 Kg	325.0	Shane Martin	09-Mar-19	Ottawa, ON
120+ Kg	370.0	Shane Martin	14-Mar-26	St. Johns, NL

Mens Junior				
Squat				
53 Kg		MARK NOT SET	---	---
59 Kg	195.5	Jason Luo	24-Feb-18	Calgary AB
66 Kg	215.0	Clifton Pho	17-Jun-18	Calgary AB
74 Kg	227.5	Mitchell Nishimura	02-May-15	Calgary, AB
83 Kg	285.0	Adam Ramzy	19-Mar-13	Richmond, BC
93 Kg	310.5	Jon Stewart	26-Nov-11	Edmonton, AB
105 Kg	300.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	285.0	Brian Kravstov	12-Jan-19	Edmonton, AB
120+ Kg	350.0	Seth Albersworth	04-Oct-14	Calgary, AB
Bench Press				
53 Kg		MARK NOT SET	---	---
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	142.5	Clifton Pho	13-Mar-17	Saguenay QU
74 Kg	147.5	Mitchell Nishimura	02-May-15	Calgary, AB
83 Kg	190.0	Adam Ramzy	19-Mar-13	Richmond, BC
93 Kg	202.5	Dominic Hetu	30-Aug-24	St. Paul's Bay, MT
105 Kg	202.5	Derrick Chuong	05-Dec-21	Edmonton, AB
120 Kg	195.0	Brad Dayman	01-Dec-12	Edmonton, AB
120+ Kg	237.5	Brad Dayman	06-Jul-14	Olds, AB
Deadlift				
53 Kg		MARK NOT SET	---	---
59 Kg	241.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	285.5	Clifton Pho	17-Jun-18	Calgary AB
74 Kg	267.5	Tayan Patel	18-Sep-16	Calgary, AB
83 Kg	285.0	Willy Lam	13-Mar-17	Saguenay QU
93 Kg	312.5	Jon Stewart	26-Nov-11	Edmonton, AB
105 Kg	300.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	300.5	Shane Dixon	04-Oct-14	Calgary, AB
120+ Kg	301.0	Milos Ceklic	05-Jul-15	Calgary, AB
Total				
53 Kg		MARK NOT SET	---	---
59 Kg	556.5	Jason Luo	17-Jun-18	Calgary AB
66 Kg	640.5	Clifton Pho	13-Mar-17	Saguenay QU
74 Kg	635.0	Mitchell Nishimura	02-May-15	Calgary, AB
83 Kg	747.5	Adam Ramzy	19-Mar-13	Richmond, BC
93 Kg	808.0	Jon Stewart	26-Nov-11	Edmonton, AB
105 Kg	783.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	745.0	Shane Dixon	15-Nov-14	Edmonton, AB
120+ Kg	742.5	Seth Albersworth	06-Jul-14	Olds, AB
Bench Only				
53 Kg		MARK NOT SET	---	---
59 Kg	120.0	Jason Luo	17-Jun-18	Calgary AB
66 Kg	142.5	Clifton Pho	13-Mar-17	Saguenay QU
74 Kg	147.5	Mitchell Nishimura	02-May-15	Calgary, AB
83 Kg	208.0	Jordan Hoang	07-Mar-20	Winnipeg, MB
93 Kg	222.5	Vince Barcelos	25-Oct-25	Panama, PA
105 Kg	202.5	Derrick Chuong	05-Dec-21	Edmonton, AB
120 Kg	238.0	Johnnel Naron	22-Jun-19	Edmonton, AB
120+ Kg	237.5	Brad Dayman	06-Jul-14	Olds, AB

Mens Sub-Junior				
Squat				
53 Kg		MARK NOT SET	---	---
59 Kg	157.5	Jason Luo	16-Nov-13	Edmonton, AB
66 Kg	190.0	Logan Kreutzer	04-Aug-19	Edmonton, AB
74 Kg	207.5	Logan Kreutzer	07-Dec-19	Calgary, AB
83 Kg	230.0	Nick Manders	09-Jul-17	Edmonton, AB
93 Kg	235.0	Dominic Hetu	07-Mar-24	Moose Jaw SK
105 Kg	300.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	220.0	Buhler William	12-Nov-16	Edmonton, AB
120+ Kg	237.5	Jake Little	05-Jul-15	Calgary, AB
Bench Press				
53 Kg		MARK NOT SET	---	---
59 Kg	67.5	Jason Luo	16-Nov-13	Edmonton, AB
66 Kg	115.0	Norvyn Bagalay	16-Nov-13	Edmonton, AB
74 Kg	130.0	Max Grant	13-Mar-17	Saguenay QU
83 Kg	137.5	Carson Schamahorn	17-Jun-18	Calgary AB
93 Kg	202.5	Dominic Hetu	30-Aug-24	St. Paul's Bay, MT
105 Kg	182.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	150.0	Connor Christensen	15-Apr-12	Calgary, AB
120+ Kg	140.0	Jake Little	07-Feb-15	Cold Lake ,AB
Deadlift				
53 Kg		MARK NOT SET	---	---
59 Kg	165.0	Jason Phung	18-Sep-16	Calgary, AB
66 Kg	215.0	Clifton Pho	16-Nov-13	Edmonton, AB
74 Kg	222.5	Jimmy Veilleux-Marois	15-Nov-14	Edmonton, AB
83 Kg	272.5	Nick Manders	09-Jul-17	Edmonton, AB
93 Kg	265.0	Dallas Wipf	09-Jul-17	Edmonton, AB
105 Kg	300.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	237.5	Buhler William	12-Nov-16	Edmonton, AB
120+ Kg	257.5	Jake Little	05-Jul-15	Calgary, AB
Total				
53 Kg		MARK NOT SET	---	---
59 Kg	382.5	Jason Luo	16-Nov-13	Edmonton, AB
66 Kg	490.0	Clifton Pho	16-Nov-13	Edmonton, AB
74 Kg	507.5	Jimmy Veilleux-Marois	15-Nov-14	Edmonton, AB
83 Kg	637.5	Nick Manders	09-Jul-17	Edmonton, AB
93 Kg	627.5	Dominic Hetu	07-Mar-24	Moose Jaw SK
105 Kg	783.0	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	580.0	Connor Christensen	21-Jan-12	Medicine Hat, AB
120+ Kg	635.0	Jake Little	05-Jul-15	Calgary, AB
Bench Only				
53 Kg	52.5	Dylan Sparks	05-Oct-13	Calgary, AB
59 Kg	67.5	Jason Luo	16-Nov-13	Edmonton, AB
66 Kg	115.0	Norvyn Bagalay	16-Nov-13	Edmonton, AB
74 Kg	130.5	Dario Manshadi	09-Dec-23	Calgary, AB
83 Kg	137.5	Carson Schamahorn	17-Jun-18	Calgary, AB
93 Kg	202.5	Dominic Hetu	30-Aug-24	St. Paul's Bay, MT
105 Kg	182.5	Cameron St. Amand	22-Jun-16	Killeen TX
120 Kg	185.0	Connor Christensen	15-Apr-12	Calgary, AB
120+ Kg	140.0	Jake Little	07-Feb-15	Cold Lake ,AB

MENS MASTER 40-49				
Squat				
59 Kg		MARK NOT SET	---	---
66 Kg	240.0	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	255.0	Lewis Noppers	10-Apr-15	St. Johns, NL
83 Kg	260.0	Khalil Mouallem	27-Sep-25	Edmonton, AB
93 Kg	273.0	Khalil Mouallem	23-Sep-23	Edmonton, AB
105 Kg	261.0	Chad Lockman	15-Jun-25	Edmonton, AB
120 Kg	275.0	Jim Derksen	11-Jun-23	Calgary, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Press				
59 Kg		MARK NOT SET	---	---
66 Kg	152.5	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	165.0	Lewis Noppers	02-Apr-14	St. Catharines, ON
83 Kg	253.0	Barry Antoniow	10-Jul-15	Moose Jaw SK
93 Kg	200.0	Barry Antoniow	10-Apr-15	St. Johns, NL
105 Kg	180.0	Chad Lockman	15-Jun-25	Edmonton, AB
120 Kg	232.5	John Giffen	07-Feb-15	Cold Lake ,AB
120+ Kg	257.5	Steven Snell	2022-09-25	Calgary, AB
Deadlift				
59 Kg		MARK NOT SET	---	---
66 Kg	275.0	Lewis Noppers	29-Oct-12	Puerto Rico
74 Kg	275.5	Lewis Noppers	19-Mar-13	Richmond, BC
83 Kg	262.5	Morley Flood	15-Apr-12	Calgary, AB
93 Kg	270.0	Khalil Mouallem	23-Sep-23	Edmonton, AB
105 Kg	267.5	Jim Derksen	09-Mar-19	Ottawa, ON
120 Kg	290.0	Jim Derksen	05-Dec-21	Edmonton, AB
120+ Kg	300.0	Keith Banner	26-Nov-11	Edmonton, AB
Total				
59 Kg		MARK NOT SET	---	---
66 Kg	660.0	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	667.5	Lewis Noppers	02-Apr-14	St. Catharines, ON
83 Kg	677.5	Morley Flood	15-Apr-12	Calgary, AB
93 Kg	705.5	Khalil Mouallem	23-Sep-23	Edmonton, AB
105 Kg	677.5	Jim Derksen	09-Mar-19	Ottawa, ON
120 Kg	727.5	Jim Derksen	11-Jun-23	Edmonton, AB
120+ Kg	820.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Only				
59 Kg		MARK NOT SET	---	---
66 Kg	152.5	Lewis Noppers	25-Sep-13	Orlando, FL
74 Kg	165.0	Lewis Noppers	02-Apr-14	St. Catharines, ON
83 Kg	253.0	Barry Antoniow	10-Jul-15	Moose Jaw SK
93 Kg	227.5	Barry Antoniow	10-Apr-15	St. Johns, NL
105 Kg	200.0	Lloyd (Shadow) Welch	15-Jun-25	Edmonton, AB
120 Kg	285.0	John Giffen	05-Jul-14	Old, AB
120+ Kg	257.5	Steven Snell	25-Sep-22	Calgary, AB
MENS MASTER 50-59				
Squat				
59 Kg		MARK NOT SET	---	---
66 Kg	210.0	Lewis Noppers	28-Aug-21	Oradea, Romania
74 Kg	215.0	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	245.0	Morley Flood	15-Apr-12	Calgary, AB
93 Kg	192.5	Gord Chenkie	26-Nov-11	Edmonton, AB
105 Kg	230.0	Gord Chenkie	27-Sep-13	Orlando, FL
120 Kg	265.5	Jim Derksen	17-Jan-26	Edmonton, AB
120+ Kg	340.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Press				
59 Kg		MARK NOT SET	---	---
66 Kg	115.0	Lewis Noppers	28-Aug-21	Oradea, Romania
74 Kg	127.5	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	170.0	Morley Flood	15-Apr-12	Calgary, AB

93 Kg	110.0	Gord Chenkie	26-Nov-11	Edmonton, AB
105 Kg	155.0	Gord Chenkie	27-Sep-13	Orlando, FL
120 Kg	175.0	Darwin Eckstrom	02-Apr-14	St. Catharines, ON
120+ Kg	217.5	Mike Armstrong	10_Aug-13	Calgary,AB
Deadlift				
59 Kg		MARK NOT SET	---	---
66 Kg	255.5	Lewis Noppers	28-Aug-21	Oradea, Romania
74 Kg	252.5	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	262.5	Morley Flood	15-Apr-12	Calgary, AB
93 Kg	220.0	Gord Chenkie	26-Nov-11	Edmonton, AB
105 Kg	230.0	Gord Chenkie	27-Sep-13	Orlando, FL
120 Kg	270.5	Jim Derksen	17-Jan-26	Edmonton, AB
120+ Kg	300.0	Keith Banner	26-Nov-11	Edmonton, AB
Total				
59 Kg		MARK NOT SET	---	---
66 Kg	580.5	Lewis Noppers	28-Aug-21	Oradea, Romania
74 Kg	595.0	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	677.5	Morley Flood	15-Apr-12	Calgary, AB
93 Kg	522.5	Gord Chenkie	26-Nov-11	Edmonton, AB
105 Kg	615.0	Gord Chenkie	27-Sep-13	Orlando, FL
120 Kg	701.0	Jim Derksen	07-Mar-24	Edmonton, AB
120+ Kg	820.0	Keith Banner	26-Nov-11	Edmonton, AB
Bench Only				
59 Kg		MARK NOT SET	---	---
66 Kg	115.0	Lewis Noppers	28-Aug-21	Oradea, Romania

74 Kg	127.5	Lewis Noppers	15-Oct-22	St. Johns, NL
83 Kg	162.5	Brian Colbourne	14-Mar-26	St. Johns, NL
93 Kg	110.0	Gord Chenkie	26-Nov-11	Edmonton, AB
105 Kg	200.0	Lloyd (Shadow) Welch	15-Jun-25	Edmonton, AB
120 Kg	237.5	Ben Worsell	07-Jul-13	Calgary,AB
120+ Kg	230.5	Mike Armstrong	03-Apr-14	St. Catharines, ON
MENS MASTER 60-69				
Squat				
59 Kg		MARK NOT SET	---	---
66 Kg	137.5	Ken Rickard	21-Mar-26	Edmonton, AB
74 Kg	165.0	Joe Stockinger	15-Apr-12	Calgary, AB
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg	195.0	Ben Worsell	18-Jan-20	Edmonton, AB
120 Kg	192.5	Ben Worsell	22-Jun-19	Edmonton, AB
120+ Kg		MARK NOT SET	---	---
Bench Press				
59 Kg		MARK NOT SET	---	---
66 Kg	70.0	Ken Rickard	21-Mar-26	Edmonton, AB
74 Kg	105.0	Joe Stockinger	26-Nov-11	Edmonton, AB
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg	207.5	Ben Worsell	07-Mar-20	Winnipeg, MB
120 Kg	220.0	Ben Worsell	22-Jun-19	Edmonton, AB
120+ Kg		MARK NOT SET	---	---
Deadlift				
59 Kg		MARK NOT SET	---	---
66 Kg	145.0	Ken Rickard	21-Mar-26	Edmonton, AB
74 Kg	205.0	Joe Stockinger	26-Nov-11	Edmonton, AB
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg	220.0	Ben Worsell	18-Jan-20	Edmonton, AB
120 Kg	210.0	Ben Worsell	22-Jun-19	Edmonton, AB
120+ Kg		MARK NOT SET	---	---
Total				
59 Kg		MARK NOT SET	---	---
66 Kg	352.5	Ken Rickard	21-Mar-26	Edmonton, AB
74 Kg	467.5	Joe Stockinger	26-Nov-11	Edmonton, AB
83 Kg		MARK NOT SET	---	---
93 Kg		MARK NOT SET	---	---
105 Kg	620.0	Ben Worsell	18-Jan-20	Edmonton, AB
120 Kg	622.5	Ben Worsell	22-Jun-19	Edmonton, AB
120+ Kg		MARK NOT SET	---	-
Bench Only				
59 Kg		MARK NOT SET	---	---
66 Kg	70.0	Ken Rickard	21-Mar-26	Edmonton, AB
74 Kg	105.0	Joe Stockinger	26-Nov-11	Edmonton, AB
83 Kg	137.5	Rick Belland	05-Jul-15	Calgary, AB
93 Kg		MARK NOT SET	---	---
105 Kg	207.5	Ben Worsell	07-Mar-20	Winnipeg, MB
120 Kg	220.0	Ben Worsell	22-Jun-19	Edmonton, AB
120+ Kg	217.5	Mike Armstrong	10-Apr-15	Denver, CO
MENS MASTER 70+				
Squat				
59 Kg		MARK NOT SET	---	---
66 Kg	140.0	Ken Rickard	14-Jun-26	Calgary, AB
74 Kg	137.5	Joe Stockinger	31-Mar-14	St. Catharines,ON
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				
59 Kg		MARK NOT SET	---	---
66 Kg	80.0	Ken Rickard	14-Jun-26	Calgary, AB
74 Kg	90.0	Joe Stockinger	31-Mar-14	St. Catharines,ON
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				
59 Kg		MARK NOT SET	---	---
66 Kg	145.0	Ken Rickard	21-Mar-26	Edmonton, AB
74 Kg	192.5	Joe Stockinger	31-Mar-14	St. Catharines,ON
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				
59 Kg		MARK NOT SET	---	---
66 Kg	355.0	Ken Rickard	14-Jun-26	Calgary, AB
74 Kg	420.0	Joe Stockinger	31-Mar-14	St. Catharines,ON
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				
59 Kg		MARK NOT SET	---	---
66 Kg	80.0	Ken Rickard	14-Jun-26	Calgary, AB
74 Kg	90.0	Joe Stockinger	31-Mar-14	St. Catharines,ON
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	---	---