

Women's Classic AB Records, Effective September 7, 2026

WOMENS OPEN				
Squat				
47 Kg	165.0	Cassidy Conaghan	14-Jun-26	Calgary, AB
52 Kg	162.5	Cassidy Conaghan	05-Oct-25	Nanaimo, BC
57 Kg	162.5	Sherry Berdigan	05-Dec-21	Edmonton, AB
63 Kg	167.5	Dakota Earle	01-Mar-25	Moose Jaw SK
69 kg	185.0	Nicola Boag	14-Mar-26	Moose Jaw SK
76 kg	207.5	Chisom Ezech	21-Jun-26	Druskininkai, LT
84 Kg	212.5	Christine Castro Chan	14-Mar-26	St. John's NL
84+ Kg	240.0	Maura Howden	05-Sep-25	San Jose, CR
Bench Press				
47 Kg	85.0	Cassidy Conaghan	14-Jun-26	Calgary, 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	110.0	Kendall Clyne	14-Jun-26	Calgary, AB
69 kg	120.0	Kiley Morrissey	14-Mar-26	St. John's NL
76 kg	107.5	Elizabeth Irvine	01-Mar-25	Moose Jaw SK
84 Kg	115.0	Elizabeth Irvine	14-Jun-26	Calgary, AB
84+ Kg	130.5	Maura Howden	01-Mar-25	Moose Jaw SK
Deadlift				
47 Kg	185.0	Cassidy Conaghan	14-Mar-26	St. John's NL
52 Kg	175.0	Cassidy Conaghan	05-Oct-25	Nanaimo, BC
57 Kg	192.5	Marthe Henry	21-Jun-26	Druskininkai, LT
63 Kg	200.0	Sydney Woods	14-Mar-26	St. John's NL
69 kg	210.0	Nicola Boag	14-Mar-26	St. John's NL
76 kg	263.0	Chisom Ezech	21-Jun-26	Druskininkai, LT
84 Kg	225.0	Christine Castro Chan	14-Mar-26	St. John's NL
84+ Kg	260.0	Anne Andres	11-Jun-23	Calgary, AB
Total				
47 Kg	435.0	Cassidy Conaghan	14-Jun-26	Calgary, AB
52 Kg	415.0	Cassidy Conaghan	05-Oct-25	Nanaimo, BC
57 Kg	450.0	Marthe Henry	21-Jun-26	Druskininkai, LT
63 Kg	461.0	Teresa Parsons	18-Nov-21	Richmond, BC
69 kg	500.0	Nicola Boag	14-Mar-26	St. John's NL
76 kg	575.5	Chisom Ezech	21-Jun-26	Druskininkai, LT
84 Kg	542.5	Christine Castro Chan	14-Mar-26	St. John's NL
84+ Kg	600.0	Anne Andres	11-Jun-23	Calgary AB
Bench Only				
47 Kg	85.0	Cassidy Conaghan	14-Jun-26	Calgary, 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	110.0	Kendall Clyne	14-Jun-26	Calgary, AB
69 kg	120.0	Kiley Morrissey	14-Mar-26	St. John's NL
76 kg	118.0	Kiley Morrissey	06-Dec-25	Calgary, AB
84 Kg	115.0	Elizabeth Irvine	14-Jun-26	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	136.0	Madison Gaffney	26-Oct-24	Calgary, AB
57 Kg	162.5	Sherry Berdigan	05-Dec-21	Edmonton, AB
63 Kg	155.0	Kyia Truong	13-Aug-23	Brandon, MB
69 kg	174.0	Ayn Walls	10-Mar-24	Moose Jaw SK
76 kg	187.5	Bianca Berko-Malvasio	14-Mar-26	St. John's NL
84 Kg	183.0	Bianca Berko-Malvasio	06-Dec-25	Calgary, AB
84+ Kg	240.0	Maura Howden	05-Sep-25	San Jose, CR
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	110.0	Kendall Clyne	14-Jun-26	Calgary, AB
69 kg	97.5	Kendall Clyne	15-Nov-25	Edmonton, AB
76 kg	110.0	Kaitlyn Lawson	14-Mar-26	St. John's NL
84 Kg	115.0	Elizabeth Irvine	14-Jun-26	Calgary, AB
84+ Kg	130.5	Maura Howden	01-Mar-25	Moose Jaw SK
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	163.0	Jenny Hua	09-Dec-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	197.5	Nicola Boag	09-Jun-24	Calgary, AB
76 kg	212.5	Bianca Berko-Malvasio	28-Aug-26	Sun City, ZA
84 Kg	197.5	Bianca Berko-Malvasio	06-Dec-25	Calgary AB
84+ Kg	215.0	Maura Howden	05-Sep-25	San Jose, CR
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	422.5	Kyia Truong	10-Mar-24	Moose Jaw SK
69 kg	454.0	Nicola Boag	10-Mar-24	Moose Jaw SK
76 kg	497.5	Bianca Berko-Malvasio	28-Aug-26	Sun City, ZA
84 Kg	476.5	Bianca Berko-Malvasio	06-Dec-25	Calgary, AB
84+ Kg	575.0	Maura Howden	05-Sep-25	San Jose, CR
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	110.0	Kendall Clyne	14-Jun-26	Calgary, AB
69 kg	97.5	Kendall Clyne	15-Nov-25	Edmonton, AB
76 kg	112.5	Kaitlyn Lawson	31-May-26	Warsaw, PL
84 Kg	115.0	Elizabeth Irvine	14-Jun-26	Calgary, AB
84+ Kg	130.5	Maura Howden	01-Mar-25	Moose Jaw SK

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	135.0	Presley Prusak	09-Jun-24	Calgary, AB
69 kg	152.5	Olivia Hudey	05-Sep-25	San Jose, CR
76 kg	157.5	Anna Kapocsi	05-Oct-25	Nanaimo, BC
84 Kg	182.5	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	182.5	Rian Angeli Magtarayo	05-Oct-25	Nanaimo, BC
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	82.5	Indya Fripp	14-Jun-26	Calgary, AB
69 kg	96.0	Zoe Knipe	10-Mar-24	Moose Jaw SK
76 kg	100.0	Kaitlyn Lawson	19-Apr-25	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	157.5	Alexa Matthews	10-Mar-24	Moose Jaw SK
63 Kg	160.5	Indya Fripp	14-Jun-26	Calgary, AB
69 kg	190.0	Zoe Knipe	09-Jun-24	Calgary, AB
76 kg	185.0	Anna Kapocsi	15-Nov-15	Edmonton, AB
84 Kg	170.0	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	173.0	Evalynne Kroeker	14-Jun-26	Edmonton, AB
Total				
43 Kg		MARK NOT SET	---	---
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg	342.5	Alexa Matthews	10-Mar-24	Moose Jaw SK
63 Kg	363.5	Olivia Hudey	09-Jun-24	Calgary, AB
69 kg	430.5	Zoe Knipe	09-Jun-24	Calgary, AB
76 kg	420.0	Anna Kapocsi	05-Oct-25	Nanaimo, BC
84 Kg	447.5	Emma Schempp	01-Aug-21	Edmonton, AB
84+ Kg	432.5	Rian Angeli Magtarayo	05-Oct-25	Nanaimo, BC
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	82.5	Indya Fripp	14-Jun-26	Calgary, AB
69 kg	96.0	Zoe Knipe	10-Mar-24	Moose Jaw SK
76 kg	100.0	Kaitlyn Lawson	19-Apr-25	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	31.5	Adaja Noppers	09-Jun-24	Calgary, AB
35 Kg	38.0	Adaja Noppers	15-Jun-25	Edmonton, AB
40 Kg	40.0	Kaylee Fehr	09-Jun-24	Calgary, AB
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	22.0	Kaylee Fehr	10-Mar-24	Calgary, AB
40 Kg	22.5	Kaylee Fehr	09-Jun-24	Calgary, AB
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	52.5	Adaja Noppers	09-Jun-24	Calgary, AB
35 Kg	58.5	Adaja Noppers	15-Jun-24	Edmonton, AB
40 Kg	57.5	Kaylee Fehr	09-Jun-24	Calgary, AB
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	101.5	Adaja Noppers	09-Jun-24	Calgary, AB
35 Kg	117.5	Kaylee Fehr	10-Mar-24	Moose Jaw SK
40 Kg	120.0	Kaylee Fehr	09-Jun-24	Calgary, AB
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	22.0	Kaylee Fehr	10-Mar-24	Calgary, AB
40 Kg	22.5	Kaylee Fehr	09-Jun-24	Calgary, AB
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	31.5	Adaja Noppers	09-Jun-24	Calgary, AB
35 Kg	38.0	Adaja Noppers	15-Jun-25	Edmonton, 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	65.0	Grace Labrecque	05-Oct-25	Nanaimo, BC
69 kg	70.0	Grace Labrecque	17-Jan-26	Edmonton, AB
76 kg	57.5	Evangeline Bain	14-Jun-26	Calgary, AB
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	22.0	Kaylee Fehr	10-Mar-24	Moose Jaw SK
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	37.5	Grace Labrecque	05-Oct-25	Nanaimo, BC
69 kg	42.5	Grace Labrecque	17-Jan-26	Edmonton, AB
76 kg	37.5	Evangeline Bain	14-Jun-26	Calgary, AB
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---
Deadlift				
30 Kg	52.5	Adaja Noppers	09-Jun-24	Calgary, AB
35 Kg	58.5	Adaja Noppers	15-Jun-25	Edmonton, AB
40 Kg	61.5	Adaja Noppers	14-Jun-26	Calgary, 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	72.5	Grace Labrecque	05-Oct-25	Nanaimo, BC
69 kg	82.5	Grace Labrecque	17-Jan-26	Edmonton, AB
76 kg	75.0	Evangeline Bain	14-Jun-26	Calgary, AB
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

Total				
30 Kg	101.5	Adaja Noppers	09-Jun-24	Calgary, AB
35 Kg	117.5	Kaylee Fehr	10-Mar-24	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	175.0	Grace Labrecque	05-Oct-25	Nanaimo, BC
69 kg	195.0	Grace Labrecque	17-Jan-26	Edmonton, AB
76 kg	170.0	Evangeline Bain	14-Jun-26	Calgary, AB
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	22.0	Kaylee Fehr	10-Mar-24	Moose Jaw SK
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	37.5	Grace Labrecque	05-Oct-25	Nanaimo, BC
69 kg	42.5	Grace Labrecque	17-Jan-26	Edmonton, AB
76 kg	37.5	Evangeline Bain	14-Jun-26	Calgary, AB
84 Kg		MARK NOT SET	---	---
84+ Kg		MARK NOT SET	---	---

WOMENS MASTER 40-49				
Squat				
47 Kg	52.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	140.0	Brooke Robertson	14-Oct-25	Cape Town, ZA
69 kg	154.5	Alexa Sperske	14-May-22	St. John's NL
76 kg	146.5	Shantelle Szuch	15-Jun-25	Edmonton AB
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	32.5	Tracy Hupp	19-Apr-25	Calgary, AB
52 Kg	55.0	Janique Lafond	05-Dec-21	Edmonton, AB
57 Kg	75.5	Denise Royer	05-Dec-21	Edmonton, AB
63 Kg	83.5	Michelle Vandegriend	08-Aug-26	St. John's NL
69 kg	82.5	Brooke Robertson	14-Mar-26	St. John's NL
76 kg	92.5	Pamela Hodder	20-Aug-22	Panama City, PA
84 Kg	93.5	Carole Vachon	09-Jun-24	Calgary, AB
84+ Kg	111.0	Rose Clift	09-Jul-17	Edmonton AB
Deadlift				
47 Kg	77.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	180.0	Brooke Robertson	14-Oct-25	Cape Town, ZA
69 kg	187.5	Alexa Sperske	03-Dec-22	Auckland, NZ
76 kg	176.0	Shantelle Szuch	15-Jun-25	Edmonton AB
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	162.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	400.0	Brooke Robertson	14-Oct-25	Cape Town, ZA
69 kg	416.0	Alexa Sperske	14-May-22	St. John's NL
76 kg	400.0	Shantelle Szuch	15-Jun-25	Edmonton AB
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	32.5	Tracy Hupp	19-Apr-25	Calgary, AB
52 Kg	55.0	Janique Lafond	05-Dec-21	Edmonton, AB
57 Kg	92.5	Mimi Frank	24-May-25	Drammen, NO
63 kg	83.5	Michelle Vandegriend	08-Aug-26	St. John's NL
69 kg	101.0	Pamela Hodder	14-Mar-26	St. John's NL
76 kg	95.0	Pamela Hodder	14-Sep-24	Summerside, PEI
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	52.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	120.0	Teresa Oldenburger	14-Sep-24	Summerside, PEI
76 kg	122.5	Teresa Oldenburger	14-Jun-26	Calgary, AB
84 Kg	107.5	Deb Babiuk	06-Apr-19	Edmonton. AB
84+ Kg	165.5	Cassandra Roberts	15-Jun-25	Edmonton AB
Bench Press				
47 Kg	32.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	83.5	Michelle Vandegriend	08-Aug-26	St. John's NL
69 kg	75.5	Deb Ellard	14-Mar-26	St. John's NL
76 kg	72.5	Deb Ellard	05-Oct-25	Nanaimo, BC
84 Kg	63.0	Deb Babiuk	22-Jun-19	Edmonton AB
84+ Kg	95.0	Cassandra Roberts	14-Jun-26	Calgary, AB
Deadlift				
47 Kg	77.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	172.5	Michelle Vandegriend	14-Mar-26	St. John's NL
69 kg	157.5	Cydnee Seneviratne	18-Feb-23	Richmond, BC
76 kg	136.0	Teresa Oldenburger	14-Jun-26	Calgary, AB
84 Kg	130.5	Cathy McDonald	10-Jul-22	Slave Lake, AB
84+ Kg	189.0	Cassandra Roberts	14-Jun-26	Calgary, AB
Total				
47 Kg	162.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	363.5	Michelle Vandegriend	08-Aug-26	Moose Jaw SK
69 kg	325.5	Cydnee Seneviratne	18-Feb-23	Richmond, BC
76 kg	316.0	Teresa Oldenburger	14-Jun-26	Calgary, AB
84 Kg	292.5	Deb Babiuk	06-Apr-19	Edmonton. AB
84+ Kg	444.0	Cassandra Roberts	14-Jun-26	Calgary, AB
Bench Only				
47 Kg	32.5	Tracy Hupp	19-Apr-25	Calgary, AB
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	83.5	Michelle Vandegriend	08-Aug-26	St. John's NL
69 kg	77.5	Deb Ellard	01-Jun-24	Austin, TX

76 kg	72.5	Deb Ellard	05-Oct-25	Nanaimo, BC
84 Kg	65.0	Deb Babiuk	22-Jun-19	Edmonton AB
84+ Kg	95.0	Cassandra Roberts	14-Jun-26	Calgary, AB

WOMENS MASTER 60+				
Squat				
47 Kg		MARK NOT SET	---	---
52 Kg	110.5	Janique Lafond	10-Mar-24	Moose Jaw SK
57 Kg		MARK NOT SET	---	---
63 Kg	110.0	Deb Ellard	17-Jun-18	Calgary AB
69 kg	102.5	Elaine Finnson	14-Jun-26	Calgary, AB
76 kg	97.5	Deb Ellard	05-Oct-25	Nanaimo, BC
84 Kg	107.5	Sylvia Gaucher	07-Mar-20	Winnipeg, MB
84+ Kg	132.5	Nicholle Carriere	14-Mar-26	St. John's NL
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg	52.5	Janique Lafond	10-Mar-24	Moose Jaw SK
57 Kg		MARK NOT SET	---	---
63 Kg	65.5	Deb Ellard	09-Mar-19	Ottawa, ON
69 kg	75.5	Deb Ellard	14-Mar-26	St. John's NL
76 kg	72.5	Deb Ellard	05-Oct-25	Nanaimo, BC
84 Kg	57.5	Sylvia Gaucher	09-Mar-19	Ottawa, ON
84+ Kg	65.0	Nicholle Carriere	14-Mar-26	St. John's NL
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg	120.0	Janique Lafond	10-Mar-24	Moose Jaw SK
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	117.5	Deb Ellard	05-Oct-25	Nanaimo, BC
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	283.0	Janique Lafond	10-Mar-24	Moose Jaw SK
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	287.5	Deb Ellard	05-Oct-25	Nanaimo, BC
84 Kg	297.5	Sylvia Gaucher	07-Mar-20	Winnipeg, MB
84+ Kg	342.5	Nicholle Carriere	14-Mar-26	St. John's NL
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg	52.5	Janique Lafond	10-Mar-24	Moose Jaw SK
57 Kg		MARK NOT SET	---	---
63 Kg	65.5	Deb Ellard	09-Mar-19	Ottawa, ON
69 kg	77.5	Deb Ellard	01-Jun-24	Austin, TX
76 kg	72.5	Deb Ellard	05-Oct-25	Slave Lake, AB
84 Kg	57.5	Sylvia Gaucher	09-Mar-19	Ottawa, ON
84+ Kg	65.0	Nicholle Carriere	14-Mar-26	Moose Jaw SK

WOMENS MASTER 70+				
Squat				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	76.0	Carol Burk	01-Mar-25	Moose Jaw SK
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	94.0	Sylvia Gaucher	09-Jun-24	Calgary, AB
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	43.5	Carol Burk	01-Mar-25	Moose Jaw SK
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	54.0	Sylvia Gaucher	09-Jun-24	Calgary, AB
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	110.0	Carol Burk	01-Mar-25	Moose Jaw SK
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	133.0	Sylvia Gaucher	09-Jun-24	Calgary, AB
Total				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	229.5	Carol Burk	01-Mar-25	Moose Jaw SK
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	281.0	Sylvia Gaucher	09-Jun-24	Calgary, AB
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg		MARK NOT SET	---	---
57 Kg		MARK NOT SET	---	---
63 Kg	43.5	Carol Burk	01-Mar-25	Moose Jaw SK
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	54.0	Sylvia Gaucher	09-Jun-24	Calgary, AB

