Women's Equipped AB Records, Effective October 12, 2026

WOMEN'S OPEN				
Squat				
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	227.5	Danielle Reid-Clavelle	16-Nov-24	Reykjavik IS
76 kg	250.0	Danielle Reid-Clavelle	15-Mar-24	Birmingham UK
84 Kg	200.0	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	240.0	Christine Castro-Chan	17-Jan-26	Edmonton, AB
Bench Press				
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	136.0	Mimi Frank	07-Mar-24	Moose Jaw SK
63 Kg	138.0	Mimi Frank	10-Jul-22	Slave Lake, AB
69 kg	135.0	Pamela Hodder	14-Mar-26	St. John's NL
76 kg	125.5	Danielle Reid-Clavelle	14-Mar-26	St. John's NL
84 Kg	137.5	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	118.0	Christine Castro-Chan	17-Jan-26	Edmonton, AB
Deadlift				
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	205.0	Shantelle Szuch	07-Mar-24	Reykjavik IS
76 kg	197.5	Shantelle Szuch	01-Mar-25	Moose Jaw SK
84 Kg	205.0	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	220.5	Christine Castro-Chan	17-Jan-26	Edmonton AB
Total				
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	426.0	Mimi Frank	07-Mar-24	Moose Jaw SK
63 Kg	450.0	Teresa Parsons	24-Feb-18	Calgary AB
69 kg	535.0	Danielle Reid-Clavelle	16-Nov-24	Reykjavik IS
76 kg	562.5	Danielle Reid-Clavelle	15-Mar-24	Moose Jaw SK
84 Kg	505.0	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	578.5	Christine Castro-Chan	17-Jan-26	Edmonton, AB
Bench Only				
47 Kg	70.0	Rhonda Wong	24-Jun-16	Killeen TX
52 Kg	115	Mimi Frank	01-Jun-24	Austin, TX
57 Kg	136.0	Mimi Frank	07-Mar-24	Richmond, BC
63 Kg	143.0	Mimi Frank	01-Mar-25	Moose Jaw SK
69 kg	140.0	Pamela Hodder	27-Sep-26	Winnipeg, MB
76 kg	132.5	Pamela Hodder	14-Sep-24	Summerside, PEI
84 Kg	137.5	Dani Martin	09-Sep-18	Edmonton AB
84+ Kg	145.0	April Goodfellow	14-Mar-26	St. John's NL

WOMENS JUNIOR				
Squat				
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	Brean 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
Bench Press				
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
Deadlift				
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
Total				
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
Bench Only				
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	122.5	Maura Howden	09-Jun-24	Calgary, AB

WOMENS SUB-JUNIOR				
Squat				
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
Bench Press				
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
Deadlift				
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
Total				
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
Bench Only		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

WOMENS MASTER 40-49				
Squat				
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	193.0	Shantelle Szuch	14-Mar-25	St. John's NL
76 kg	195.0	Shantelle Szuch	27-Sep-26	Winnipeg, MB
84 Kg	152.5	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	55.0	Kim Laplante	20-Jun-16	Killeen TX
Bench Press				
47 Kg		MARK NOT SET	---	---
52 Kg	85.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	136.0	Mimi Frank	07-Mar-24	Moose Jaw SK
63 Kg	143.0	Mimi Frank	01-Mar-24	Moose Jaw SK
69 kg	135.0	Pamela Hodder	14-Mar-24	Nanaimo BC
76 kg	120.0	Pamela Hodder	13-Apr-24	Calgary, AB
84 Kg	85.0	Jenn Swager	07-Jun-15	Calgary AB
84+ Kg	85.0	Kim Laplante	17-Feb-16	Regina SK
Deadlift				
47 Kg		MARK NOT SET	---	---
52 Kg	125.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	157.5	Mimi Frank	07-Mar-24	Moose Jaw SK
63 Kg	147.5	Carla Ramsey	13-Mar-17	Saguenay QU
69 kg	205.0	Shantelle Szuch	16-Nov-24	Reykjavik IS
76 kg	205.5	Shantelle Szuch	27-Sep-26	Winnipeg, MB
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	335.0	Lannet Schuler	26-Sep-11	St. Catharines ON
57 Kg	426.0	Mimi Frank	07-Mar-24	Moose Jaw SK
63 Kg	340.0	Carla Ramsey	13-Mar-17	Saguenay QU
69 kg	500.0	Shantelle Szuch	16-Nov-24	Reykjavik IS
76 kg	513.0	Shantelle Szuch	27-Sep-26	Winnipeg, MB
84 Kg	437.5	Kim Laplante	09-Jul-17	Edmonton AB
84+ Kg	455.0	Kim Laplante	20-Jun-16	Killeen TX
Bench Only				
47 Kg		MARK NOT SET	---	---
52 Kg	115.0	Mimi Frank	01-Jun-24	Austin, TX
57 Kg	136.0	Mimi Frank	07-Mar-24	Moose Jaw SK
63 kg	62.5	Kim Csizmazia	14-Jun-13	CalgaryAB
69 kg	140.0	Pamela Hodder	27-Sep-26	Winnipeg, MB
76 kg	132.5	Pamela Hodder	14-Sep-24	Summerside, PEI
84 Kg	142.5	Marie Wagner	01-Jun-24	Austin, TX
84+ Kg	140.0	Marie Wagner	10-Mar-24	Moose Jaw SK

WOMENS MASTER 50-59				
Squat				
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
Bench Press				
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
Deadlift				
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
Total				
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
Bench Only				
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	87.5	Deb Ellard	27-Sep-26	Winnipeg, MB
76 kg	72.5	Nathalie Hasiuk	15-Jun-25	Edmonton AB
84 Kg	62.5	Mona Kronberg	09-Jul-11	Calgary 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		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
84+ Kg	97.5	Sylvia Gaucher	19-Jun-16	Killeen TX
Bench Press				
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
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		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
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		MARK NOT SET	---	---
76 kg		MARK NOT SET	---	---
84 Kg		MARK NOT SET	---	---
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	75.0	Deb Ellard	22-Jun-19	Edmonton AB
69 kg	87.5	Deb Ellard	27-Sep-26	Winnipeg, MB
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