



CANADIAN NATIONAL POWERLIFTING RECORDS

UPDATED: 31st July 2014 by Renae Witzaney: rwitzaney@me.com

WOMEN

48 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	70.0 Tracey Mancuso—ON '14	47.5 Crystal Grimsen – AB '13	97.5 Tracey Mancuso—ON '14	205.0 Tracey Mancuso—ON '14
40-44	70.0 Tracey Mancuso—ON '14	40.0 Tracey Mancuso—ON '14	97.5 Tracey Mancuso—ON '14	205.0 Tracey Mancuso—ON '14

52 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	100.0 Leah Gitterman—ON '12	60.0 Nikki Chapman—ON '12	132.5 Leah Gitterman—ON '13	277.5 Leah Gitterman—ON '12
14-15	60.0 Gwendolyn Sheridan—ON '12	50.0 Gwendolyn Sheridan—ON '12	92.5 Gwendolyn Sheridan—ON '12	202.5 Gwendolyn Sheridan—ON '12
20-24	85.0 Nicole Paul-McEvoy—ON '12	35.0 Nicole Paul-McEvoy—ON '11	130.0 Nicole Paul-McEvoy—ON '12	248.5 Nicole Paul-McEvoy—ON '12
45-49	87.5 Nikki Chapman—ON '12	60.0 Nikki Chapman—ON '12	117.5 Nikki Chapman—ON '12	262.5 Nikki Chapman—ON '12
50-54	72.5 Lisa Scheffelmaier—AB '14	60.0 Lisa Scheffelmaier—AB '14	97.5 Lisa Scheffelmaier—AB '14	230.0 Lisa Scheffelmaier—AB '14

56 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	85.0 Nikki Chapman—ON '12	62.5 Nikki Chapman—ON '12	112.5 Nikki Chapman—ON '12	257.5 Nikki Chapman—ON '12
16-17	57.5 Gwendolyn Sheridan—ON '12	50.0 Gwendolyn Sheridan—ON '12	110.0 Gwendolyn Sheridan—ON '12	217.5 Gwendolyn Sheridan—ON '12
18-19	75.0 Sharon Tsai—ON '13	35.0 Sharon Tsai—ON '13	95.0 Sharon Tsai—ON '13	205.0 Sharon Tsai—ON '13
40-44	85.0 Nikki Chapman—ON '12	62.5 Nikki Chapman—ON '12	112.5 Nikki Chapman—ON '12	257.5 Nikki Chapman—ON '12

60 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	107.5 Jamie Snow—ON '12	60.5 Amy Wangler—BC '14	137.5 Shelia Sutton—BC '12	280.0 Jamie Snow—ON '12
20-24	107.5 Jamie Snow—ON '12	52.5 Jamie Snow—ON '12	125.0 Jamie Snow—ON '12	280.0 Jamie Snow—ON '12
35-39	90.0 Shelia Sutton—BC '12	60.5 Amy Wangler—BC '14	137.5 Shelia Sutton—BC '12	277.5 Shelia Sutton—BC '12
45-49	82.5 Sandra Cappon – AB '14	50 Sandra Cappon – AB '14	122.5 Sandra Cappon – AB '14	255 Sandra Cappon – AB '14

67.5 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	126.0 Stacey Jensen—ON '12	72.5 Stacey Jensen—ON '11	157.5 Stacey Jensen—ON '11	347.5 Stacey Jensen—ON '12
12-13	82.5 Carly Dixon Craddock—ON '13	40.0 Carly Dixon Craddock—ON '13	100.0 Carly Dixon Craddock—ON '13	222.5 Carly Dixon Craddock—ON '13
16-17	100.0 Christine Beauchamp—ON '11	45.0 Christine Beauchamp—ON '11	120.0 Christine Beauchamp—ON '11	265.0 Christine Beauchamp—ON '11
18-19	125.0 Christine Beauchamp—ON '12	55.0 Christine Beauchamp—ON '12	130.0 Christine Beauchamp—ON '12	305.0 Christine Beauchamp—ON '12
20-24	126.0 Stacey Jensen—ON '12	72.5 Stacey Jensen—ON '11	157.5 Stacey Jensen—ON '11	347.5 Stacey Jensen—ON '12
35-39	100.0 Sheila Sutton—BC '13	50.0 Sheila Sutton—BC '13	137.5 Sheila Sutton—BC '13	287.5 Sheila Sutton—BC '13
40-44	85.0 Angela Thompson – BC '14	42.5 Angela Thompson – BC '14	112.5 Angela Thompson – BC '14	235.0 Angela Thompson – BC '14

75 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	137.5 Shannon St. Michael—ON '13	82.5 Shannon St. Michael—ON '13	155.0 Robyn Homans—AB '14	372.5 Shannon St. Michael—ON '13
12-13	85.0 Carly Dixon Craddock—ON '13	40.0 Carly Dixon Craddock—ON '13	102.5 Carly Dixon Craddock—ON '13	227.5 Carly Dixon Craddock—ON '13
20-24	117.5 Katie McGeachy—ON '12	62.5 Katie McGeachy—ON '12	140.0 Selena Gaudet—AB '14	302.5 Katie McGeachy—ON '12
35-39	130.0 Renae Witzaney—AB '14	80.0 Renae Witzaney—AB '14	147.5 Renae Witzaney—AB '14	352.5 Renae Witzaney—AB '14
40-44	80.0 Lori McWaters—AB '14	62.5 Lori McWaters—AB '14	113.0 Lori McWaters—AB '14	255.5 Lori McWaters—AB '14
45-49	95.0 Gail Kitamura—ON '11	65.0 Gail Kitamura—ON '11	137.5 Gail Kitamura—ON '11	285.0 Gail Kitamura—ON '11
50-54	60.0 Alison Macnearney – AB '14	35.0 Alison Macnearney – AB '14	107.5 Alison Macnearney – AB '14	202.5 Alison Macnearney – AB '14

82.5 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	140.0 Janine Walinski—AB '12	84.0 Janine Walinski—AB '12	152.5 Jodi Spivak—ON '13	365.0 Janine Walinski—AB '12
65-69	45.0 Margaret Estabrooks – AB '14	40.0 Margaret Estabrooks – AB '14	95.0 Margaret Estabrooks – AB '14	177.5 Margaret Estabrooks – AB '14

90 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	115.0 Amber Hamilton—AB '14	70.0 Amber Hamilton – AB '14	130.0 Janine Wheeler—ON '10	302.5 Amber Hamilton—AB '14
20-24	25.0 Mira Pvan—ON '11	52.5 Mira Pvan—ON '11	117.5 Mira Pvan—ON '11	195.0 Mira Pvan—ON '11

45-49	102.5 Janine Wheeler—ON '10	67.5 Janine Wheeler—ON '10	130.0 Janine Wheeler—ON '10	287.5 Janine Wheeler—ON '10
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90+ kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	132.5 Janine Wheeler—ON '12	70.0 Janine Wheeler—ON '12	145.0 Janine Wheeler—ON '12	342.5 Janine Wheeler—ON '12
14-15	40.0 Felicity Chapdelaine – AB '13	40.0 Felicity Chapdelaine – AB '13	80.0 Felicity Chapdelaine – AB '13	155.0 Felicity Chapdelaine – AB '13
18-19	120.0 Sheila Paulin—ON '12	62.0 Sheila Paulin—ON '12	135.0 Sheila Paulin—ON '12	305.0 Sheila Paulin—ON '12
20-24	125.0 Shelia Paulin—ON '13	65.0 Ashley Robyn—ON '12	145.0 Shelia Paulin—ON '13	330.0 Shelia Paulin—ON '13
40-44	84.0 Randi Jakobsen—ON '11	48.0 Randi Jakobsen—ON '11	115.5 Randi Jakobsen—ON '11	247.5 Randi Jakobsen—ON '11
50-54	132.5 Janine Wheeler—ON '12	70.0 Janine Wheeler—ON '12	145.0 Janine Wheeler—ON '12	342.5 Janine Wheeler—ON '12
Spec. Olym.	70.0 Rachel Ryan—AB '11	47.5 Rachel Ryan—AB '11	110.0 Rachel Ryan—AB '11	227.5 Rachel Ryan—AB '11

MEN

48 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	55.0 Keegan Sheridan—ON '11	35.0 Keegan Sheridan—ON '11	70.0 Keegan Sheridan—ON '11	155.0 Keegan Sheridan—ON '11
12-13	55.0 Keegan Sheridan—ON '11	35.0 Keegan Sheridan—ON '11	70.0 Keegan Sheridan—ON '11	155.0 Keegan Sheridan—ON '11

52 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	30.0 Nick Kennedy—AB '10	27.5 Nick Kennedy—AB '10	65.0 Nick Kennedy—AB '10	122.5 Nick Kennedy—AB '10
16-17	30.0 Nick Kennedy—AB '10	27.5 Nick Kennedy—AB '10	65.0 Nick Kennedy—AB '10	122.5 Nick Kennedy—AB '10
Spec. Olym.	30.0 Nick Kennedy—AB '10	27.5 Nick Kennedy—AB '10	65.0 Nick Kennedy—AB '10	122.5 Nick Kennedy—AB '10

56 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	128.0 Spencer McCann—ON '13	80.0 Spencer McCann—ON '13	140.0 Spencer McCann—ON '13	340.0 Spencer McCann—ON '13
12-13	55.0 Arsham Sanjari—ON '13	36.0 Arsham Sanjari—ON '13	85.0 Arsham Sanjari—ON '13	175.0 Arsham Sanjari—ON '13
16-17	128.0 Spencer McCann—ON '13	80.0 Spencer McCann—ON '13	140.0 Spencer McCann—ON '13	340.0 Spencer McCann—ON '13
20-24	92.5 Daman Singh—ON '12	70.0 Daman Singh—ON '12	117.5 Daman Singh—ON '12	277.5 Daman Singh—ON '12
Spec. Olym.	77.5 Mathew Duckett—AB '10	62.5 Mathew Duckett—AB '10	104.0 Nick Kennedy—AB '11	222.5 Mathew Duckett—AB '10

60 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	175.0 Daniel Remulla—ON '12	125.0 Daniel Remulla—ON '12	207.5 Daniel Remulla—ON '12	505.0 Daniel Remulla—ON '12
12-13	85.0 Keegan Sheridan—ON '12	40.0 Keegan Sheridan—ON '12	80.0 Keegan Sheridan—ON '12	195.0 Keegan Sheridan—ON '12
20-24	175.0 Daniel Remulla—ON '12	125.0 Daniel Remulla—ON '12	207.5 Daniel Remulla—ON '12	505.0 Daniel Remulla—ON '12
40-44	70.0 Pierre Piche—AB '12	52.5 Pierre Piche—AB '12	95.0 Pierre Piche—AB '12	217.5 Pierre Piche—AB '12
Spec. Olym.	77.5 Mathew Duckett—AB '11	67.5 Mathew Duckett—AB '11	102.5 Mathew Duckett—AB '11	247.5 Mathew Duckett—AB '11

67.5 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	210.0 Benjamin Butty—ON '12	145.0 Daniel Remulla—ON '12	250.0 Benjamin Butty—ON '12	577.5 Benjamin Butty—ON '12
14-15	105.0 Aidan McEvoy—ON '11	55.0 Aidan McEvoy—ON '11	124.0 Aidan McEvoy—ON '11	282.5 Aidan McEvoy—ON '11
16-17	142.5 Jared Laudi—ON '11	85.0 Jared Laudi—ON '11	160.0 Jared Laudi—ON '11	387.5 Jared Laudi—ON '11
20-24	210.0 Benjamin Butty—ON '12	145.0 Daniel Remulla—ON '12	250.0 Benjamin Butty—ON '12	577.5 Benjamin Butty—ON '12
35-39	125.0 Tri Tran—AB '10	107.5 Tri Tran—AB '10	160.0 Tri Tran—AB '10	392.5 Tri Tran—AB '10
Law/Fire/Mil	172.5 Brenden Eberle—BC '14	125.0 Brenden Eberle—BC '14	205.0 Brenden Eberle—BC '14	502.5 Brenden Eberle—BC '14

75 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	210.5 Tony Felix—ON '13	145.0 Tony Felix—ON '13	245.0 Tony Felix—ON '13	587.5 Tony Felix—ON '13
14-15	115.0 Aidan McEvoy—ON '12	57.5 Aiden McEvoy—ON '12	136.0 Aiden McEvoy—ON '12	308.5 Aidan McEvoy—ON '12
16-17	152.5 Luke Roach—ON '12	107.5 Luke Roach—ON '12	213.0 Luke Roach—ON '12	465.0 Luke Roach—ON '12
18-19	145.0 Eric Gonet—ON '11	97.5 Eric Gonet—ON '11	180.0 Eric Gonet—ON '11	422.5 Eric Gonet—ON '11
20-24	210.0 Adrien Stotesbury—ON '12	132.5 Cole Melanson—BC '14	240.0 Brenden Eberle—BC '14	540.0 Brenden Eberle—BC '14
35-39	155.0 Andrew Hanson—AB '12	137.5 Sean Paes—AB '10	205.0 Andrew Hanson—AB '12	487.5 Sean Paes—AB '10
40-44	140.0 Kirk Dobrowolski—AB '12	92.5 Kirk Dobrowolski—AB '12	162.5 Kirk Dobrowolski—AB '12	395.0 Kirk Dobrowolski—AB '12
45-49	135.0 Joseph Lamonica—ON '12	90.0 Joseph Lamonica—ON '12	177.5 Joseph Lamonica—ON '12	402.5 Joseph Lamonica—ON '12
65-69	162.5 Birchmans Pereira – AB '14	67.5 Birchmans Pereira – AB '14	222.5 Birchmans Pereira – AB '14	452.5 Birchmans Pereira – AB '14
Law/Fire/Mil	177.5 Brenden Eberle—BC '14	127.5 Brenden Eberle—BC '14	240.0 Brenden Eberle—BC '14	540.0 Brenden Eberle—BC '14

82.5 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	233.0 Chris Sousa—ON '13	172.5 Kevin Weiss—BC '12	268.0 Chris Sousa—ON '13	662.5 Kevin Weiss—BC '12
16-17	115.0 Jack Shier—ON '12	77.5 Jack Shier—ON '12	147.5 Jack Shier—ON '12	340.0 Jack Shier—ON '12
20-24	232.0 Frank Butty—ON '11	157.5 J Daniel Gonzalez – AB '14	267.5 Frank Butty—ON '11	642.0 Frank Butty—ON '11
35-39	205.0 Kevin Weiss—BC '11	160.0 Kevin Weiss—BC '11	245.0 Kevin Weiss—BC '11	610.0 Kevin Weiss—BC '11
40-44	227.5 Kevin Weiss—BC '12	172.5 Kevin Weiss—BC '12	262.5 Kevin Weiss—BC '12	662.5 Kevin Weiss—BC '12
45-49	190.0 Sean Kelly—ON '11	130.0 Tim Hughes—ON '13	215.0 Sean Kelly—ON '11	525.0 Sean Kelly—ON '11
55-59	145.0 Michael Milton—ON '10	135.0 Michael Milton—ON '09	170.0 Michael Milton—ON '10	445.0 Michael Milton—ON '10

90 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	255.0 Frank Butty—ON '12	170.5 Bjorn Torgerson—BC '14	292.5 Frank Butty—ON '12	700.0 Frank Butty—ON '12
16-17	160.0 Landon Wilcock—ON '13	102.5 Landon Wilcock—ON '13	216.0 Landon Wilcock—ON '13	478.5 Landon Wilcock—ON '13
18-19	227.5 Sidney Abou Sawan—ON '12	125.0 Sidney Abou Sawan—ON '12	257.5 Sidney Abou Sawan—ON '12	610.0 Sidney Abou Sawan—ON '12
20-24	255.0 Frank Butty—ON '12	162.5 Adam Ramzy—AB '12	292.5 Frank Butty—ON '12	700.0 Frank Butty—ON '12
35-39	229.5 Adam Price—AB '11	152.5 Jason Corbeil—AB '11	240.5 Michael Danis – BC '14	612.0 Adam Price—AB '11
40-44	231.5 Kevin Weiss—BC '13	167.5 Kevin Weiss—BC '13	272.5 Kevin Weiss—BC '13	670.0 Kevin Weiss—BC '13
45-49	195.0 Barry McEvoy—ON '11	137.5 Barry McEvoy—ON '11	206.0 Ron Dilling—ON '12	537.5 Barry McEvoy—ON '11
50-54	137.5 Colin Mullaney – AB '14	112.5 Colin Mullaney – AB '14	182.5 Colin Mullaney – AB '14	432.5 Colin Mullaney – AB '14
55-59	175.0 Kevin Stirling—ON '12	127.5 Kevin Stirling—ON '12	210.0 Kevin Stirling—ON '12	512.5 Kevin Stirling—ON '12

Spec. Olym.	160.0 Spencer Stevens—AB '11	82.5 Spencer Stevens—AB '11	185.0 Spencer Stevens—AB '11	427.5 Spencer Stevens—AB '11
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100 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	290.0 Taylor Shadgett—ON '12	177.5 Kyle Leech—ON '13	290.0 Alastair MacNicol—ON '12	720.0 Taylor Shadgett—ON '13
16-17	92.5 Jack Dawson—AB '14	80.0 Jack Dawson—AB '14	132.5 Jack Dawson—AB '14	305.0 Jack Dawson—AB '14
18-19	197.5 Shane Dixon—AB '10	155.0 Shane Dixon—AB '10	272.5 Shane Dixon—AB '10	615.0 Shane Dixon—AB '10
20-24	290.0 Taylor Shadgett—ON '12	173.0 Brandon Tyler Racicot—ON '12	290.0 Alastair MacNicol—ON '12	717.5 Taylor Shadgett—ON '12
35-39	217.5 Forrest Gavins – AB '14	157.5 Frankie Mayer—ON '12	250.0 Forrest Gavins—AB '14	617.5 Forrest Gavins – AB '14
40-44	230.0 Paul Mathews—ON '13	172.5 Kevin Weiss—BC '14	272.5 Kevin Weiss—BC '14	672.5 Kevin Weiss—BC '14
45-49	161.0 Tom Hayes—ON '12	137.5 Ron Dillig—ON '11	211.0 Tom Hayes—ON '12	507.5 Ron Dillig—ON '11
50-54	177.5 Ron Dillig—ON '13	137.5 Ron Dillig—ON '13	212.5 Ron Dillig—ON '13	527.5 Ron Dillig—ON '13
55-59	200.0 Greg Gavelin – AB '14	105.0 Jeff Paulin—ON '13	195.0 Greg Gavelin – AB '14	470.0 Greg Gavelin – AB '14
Law/Fire/Mil	225.5 Justin Ott—BC '14	165.0 John Sarginson—AB '10	248.5 Justin Ott—BC '14	612.5 Frankie Mayer—ON '12
Spec. Olym.	150.0 Andrew Harding—AB '12	100.0 Andrew Harding—AB '10	201.0 Andrew Harding—AB '12	451.0 Andrew Harding—AB '12

110 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	272.5 Brandon Tyler Racicot—ON '13	185.0 Brandon Tyler Racicot—ON '13	310.0 Dane Dillon – AB '14	737.5 Dane Dillon – AB '14
14-15	102.5 Brandon Periera—AB '10	90.0 Brandon Periera—AB '10	155.0 Brandon Periera—AB '10	347.5 Brandon Periera—AB '10
16-17	182.5 Martin Wong—ON '12	150.0 Martin Wong—ON '12	222.5 Martin Wong—ON '12	555.0 Martin Wong—ON '12
20-24	272.5 Brandon Tyler Racicot—ON '13	185.0 Brandon Tyler Racicot—ON '13	310.0 Dane Dillon – AB '14	737.5 Dane Dillon – AB '14
35-39	250.0 Adam Price – AB '14	183.0 Peter Clarke—AB '12	262.5 Peter Clarke—AB '12	662.5 Peter Clarke—AB '12
40-44	175.0 Val Ataev—ON '12	155.0 Val Ataev—ON '12	220.0 Val Ataev—ON '12	550.0 Val Ataev—ON '12
45-49	207.5 Craig Hirota—ON '11	140.0 Craig Hirota—ON '11	282.5 Craig Hirota—ON '11	627.5 Craig Hirota—ON '11
65-69	180.0 Colin Bonneau—AB '14	145.0 Colin Bonneau—AB '14	177.5 Colin Boneau—AB '14	502.5 Colin Bonneau—AB '14
Law/Fire/Mil	200.0 Marcus Skypas—ON '12	155.0 Marcus Skypas—ON '11	237.5 Marcus Skypas—ON '12	590.0 Marcus Skypas—ON '12
Spec. Olym.	155.5 Andrew Harding—AB '14	111.0 Andrew Harding—AB '14	207.5 Andrew Harding—AB '14	470.0 Andrew Harding—AB '11

125 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	260.0 Kent Maraj—ON '11	175.0 Kent Maraj—ON '11	302.0 Kent Maraj—ON '11	732.0 Kent Maraj—ON '11
18-19	205.0 Richard Davidson—ON '12	137.5 Richard Davidson—ON '12	215.0 Richard Davidson—ON '12	557.5 Richard Davidson—ON '12
20-24	252.5 Ryan Pelletier—AB '14	165.0 Philippe Landry—ON '11	250.0 Ryan Pelletier—AB '14	655.0 Ryan Pelletier—AB '14
35-39	260.0 Kent Maraj—ON '11	175.0 Kent Maraj—ON '11	302.0 Kent Maraj—ON '11	732.0 Kent Maraj—ON '11
40-44	132.5 Wade Webb – BC '14	105.0 Wade Webb – BC '14	200.0 Wade Webb – BC '14	437.5 Wade Webb – BC '14
45-49	182.5 Glenn Stiller—AB '11	121.0 Paul Koskinen—ON '11	205.0 Paul Koskinen—ON '11	492.5 Glenn Stiller—AB '11
60-64	193.5 Colin Bonneau—AB '12	165.5 Colin Bonneau—AB '12	207.5 Colin Bonneau—AB '12	566.5 Colin Bonneau—AB '12
65-69	150.0 Colin Bonneau—AB '13	164.0 Colin Bonneau—AB '13	200.0 Colin Bonneau—AB '13	514.0 Colin Bonneau—AB '13

140 kg CLASS	SQUAT (kg)	BENCH PRESS (kg)	DEADLIFT (kg)	TOTAL (kg)
OPEN	250.0 Murray Anderson—ON '11	180.0 Gord Gallant—AB '11	287.5 Cody Schmidt—BC '14	687.5 Murray Anderson—ON '11

20-24	245.0 Aleks Barabas—AB '14	155.0 Aleks Barabas – AB '14	255.0 Aleks Barabas – AB '14	650.0 Aleks Barabas – AB '14
35-39	250.0 Murray Anderson—ON '11	162.5 Murray Anderson—ON '11	280.0 Murray Anderson—ON '11	687.5 Murray Anderson—ON '11

<u>SHW CLASS</u>	<u>SQUAT (kg)</u>	<u>BENCH PRESS (kg)</u>	<u>DEADLIFT (kg)</u>	<u>TOTAL (kg)</u>
OPEN	242.5 Justin Burns—ON '13	165.0 Murray Anderson—ON '11	280.0 Murray Anderson—ON '11	680.0 Murray Anderson—ON '11
20-24	242.5 Justin Burns—ON '13	142.5 Owen MacWilliams—ON '12	250.0 Justin Burns—ON '13	627.5 Justin Burns—ON '13
35-39	235.0 Murray Anderson—ON '11	165.0 Murray Anderson—ON '11	280.0 Murray Anderson—ON '11	680.0 Murray Anderson—ON '11