

Open Powerlifting Records**Squat**

48.0				
52.0	105.0	Diane Richard	25-Jan-05	North Battleford, SK
56.0	130.0	Diane Richard	09-Aug-08	Moose Jaw, SK
60.0	170.0	Melanie Durrant	08-Apr-10	Quebec City, QC
67.5	183.0	Rhaea Fowler	06-Apr-06	Chilliwack, BC
75.0	232.5	Rhaea Fowler	06-Nov-08	St. John's, NL
82.5	210.0	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	200.0	Taunia Stevens	02-Apr-09	Moose Jaw, SK
90+	135.0	Pamela Windrum	18-Dec-10	Moose Jaw, SK

Bench Press

48.0				
52.0	67.5	Diane Richard	06-Apr-06	Chilliwack, BC
56.0	75.0	Diane Richard	10-Apr-08	St. Catharines, ON
60.0	100.0	Melanie Durrant	02-Apr-09	Moose Jaw, SK
67.5	110.0	Rhaea Fowler	29-Mar-07	Dartmouth, NS
75.0	152.5	Rhaea Fowler	26-Jul-09	Kaohsiung, Taiwan
82.5	152.5	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	142.5	Taunia Stevens	02-Apr-09	Moose Jaw, SK
90+	72.5	Pamela Windrum	18-Dec-10	Moose Jaw, SK

Deadlift

48.0				
52.0	132.5	Debbie Fuss		
56.0	135.0	Diane Richard	10-Apr-08	St. Catharines, ON
60.0	160.0	Melanie Durrant	08-Apr-10	Quebec City, QC
67.5	175.0	Rhaea Fowler	22-Oct-05	Moose Jaw, SK
75.0	205.5	Rhaea Fowler	09-Apr-10	Quebec City, QC
82.5	192.5	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	160.0	Tracey Halladay	25-Oct-09	Esterhazy, SK
90+	135.0	Pamela Windrum	18-Dec-10	Moose Jaw, SK

Total

48.0				
52.0	295.0	Debbie Fuss		
56.0	335.0	Diane Richard	10-Apr-08	St. Catharines, ON
60.0	427.5	Melanie Durrant	08-Apr-10	Quebec City, QC
67.5	447.5	Melanie Durrant	05-Nov-08	St. John's, NL
75.0	578.0	Rhaea Fowler	09-Apr-10	Quebec City, QC
82.5	555.0	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	487.5	Taunia Stevens	02-Apr-09	Moose Jaw, SK
90+	342.5	Pamela Windrum	18-Dec-10	Moose Jaw, SK

Junior Powerlifting Records**Squat**

44.0				
48.0				
52.0				
56.0	105.0	Jennifer Tucker	05-Apr-97	Cornerbrook, NL
60.0	138.0	Angela Hermanson	01-Mar-97	Winnipeg, MB
67.5	183.0	Rhaea Fowler	06-Apr-06	Chilliwack, BC
75.0	232.5	Rhaea Fowler	06-Nov-08	St. John's, NL
82.5	210.0	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	150.0	Taunia Stevens	31-Dec-07	Moose Jaw, SK
90+	80.0	Lisa Weisenberger	05-Nov-99	Moose Jaw, SK

Bench Press

44.0				
48.0				
52.0				
56.0	45.0	Jennifer Tucker	05-Apr-97	Cornerbrook, NL
60.0	67.5	Jolene Douglas	20-Feb-98	Moose Jaw, SK
67.5	110.0	Rhaea Fowler	29-Mar-07	Dartmouth, NS
75.0	152.5	Rhaea Fowler	26-Jul-09	Kaohsiung, Taiwan
82.5	152.5	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	102.5	Taunia Stevens	31-Dec-07	Moose Jaw, SK
90+	50.0	Lisa Weisenberger	05-Nov-99	Moose Jaw, SK

Deadlift

44.0				
48.0				
52.0				
56.0	127.5	Jennifer Tucker	05-Apr-97	Cornerbrook, NL
60.0	150.0	Deirdra Ashworth	02-Apr-09	Moose Jaw, SK
67.5	175.0	Rhaea Fowler	22-Oct-05	Moose Jaw, SK
75.0	205.5	Rhaea Fowler	09-Apr-10	Quebec City, QC
82.5	192.5	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	140.0	Taunia Stevens	31-Dec-07	Moose Jaw, SK
90+	80.0	Lisa Weisenberger	05-Nov-99	Moose Jaw, SK

Total

44.0				
48.0				
52.0				
56.0	277.5	Jennifer Tucker	05-Apr-97	Cornerbrook, NL
60.0	340.0	Deirdra Ashworth	02-Apr-09	Moose Jaw, SK
67.5	440.0	Rhaea Fowler	06-Apr-06	Chilliwack, BC
75.0	578.0	Rhaea Fowler	09-Apr-10	Quebec City, QC
82.5	555.0	Rhaea Fowler	02-Apr-09	Moose Jaw, SK
90.0	392.5	Taunia Stevens	31-Dec-07	Moose Jaw, SK
90+	210.0	Lisa Weisenberger	05-Nov-99	Moose Jaw, SK

Sub-Junior Powerlifting Records**Squat**

44.0
48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

125.0	Deirdra Ashworth	02-Apr-09	Moose Jaw, SK
183.0	Rhaea Fowler	06-Apr-06	Chilliwack, BC
192.5	Rhaea Fowler	25-Nov-06	Winnipeg, MB

Bench Press

44.0
48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

65.0	Deirdra Ashworth	02-Apr-09	Moose Jaw, SK
98.0	Rhaea Fowler	06-Apr-06	Chilliwack, BC
117.5	Rhaea Fowler	25-Nov-06	Winnipeg, MB

Deadlift

44.0
48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

150.0	Deirdra Ashworth	02-Apr-09	Moose Jaw, SK
175.0	Rhaea Fowler	22-Oct-05	Moose Jaw, SK
185.0	Rhaea Fowler	25-Nov-06	Winnipeg, MB

Total

44.0
48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

340.0	Deirdra Ashworth	02-Apr-09	Moose Jaw, SK
440.0	Rhaea Fowler	06-Apr-06	Chilliwack, BC
487.5	Rhaea Fowler	25-Nov-06	Winnipeg, MB

Master 40-49 (Master I) Powerlifting Records**Squat**

48.0

52.0

56.0

60.0

67.5

75.0

82.5

70.0

Allison Rain

05-Nov-99

Moose Jaw, SK

90.0

107.5

Céline Reid

14-Oct-06

Regina, SK

90+

Bench Press

48.0

52.0

56.0

60.0

67.5

75.0

82.5

45.0

Allison Rain

24-Feb-00

Moose Jaw, SK

90.0

92.5

Céline Reid

14-Oct-06

Regina, SK

90+

Deadlift

48.0

52.0

56.0

60.0

67.5

75.0

82.5

112.5

Allison Rain

25-Nov-00

Moose Jaw, SK

90.0

120.0

Céline Reid

14-Oct-06

Regina, SK

90+

Total

48.0

52.0

56.0

60.0

67.5

75.0

82.5

217.5

Allison Rain

05-Nov-99

Moose Jaw, SK

90.0

317.5

Céline Reid

14-Oct-06

Regina, SK

90+

Master 50-59 (Master II) Powerlifting Records

Squat

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Bench Press

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Deadlift

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Total

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Master 60+ (Master III) Powerlifting Records

Squat

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Bench Press

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Deadlift

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Total

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+

Women's Bench Press Single Lift Records**Open**

48.0				
52.0	60.0	Debbie Fuss		
56.0	75.0	Diane Richard	10-Apr-08	St. Catharines, ON
60.0	100.0	Melanie Durrant	02-Apr-09	Moose Jaw, SK
67.5	110.0	Rhaea Fowler	29-Mar-07	Dartmouth, NS
75.0	152.5	Rhaea Fowler	26-Jul-09	Kaohsiung, Taiwan
82.5	155.0	Rhaea Fowler	05-Apr-09	Moose Jaw, SK
90.0	145.0	Taunia Stevens	02-Apr-09	Moose Jaw, SK
90+	55.0	Pamela Windrum	16-Oct-10	Moose Jaw, SK

Junior

44.0				
48.0				
52.0				
56.0				
60.0	67.5	Deirdra Ashworth	05-Apr-09	Moose Jaw, SK
67.5	110.0	Rhaea Fowler	29-Mar-07	Dartmouth, NS
75.0	152.5	Rhaea Fowler	26-Jul-09	Kaohsiung, Taiwan
82.5	155.0	Rhaea Fowler	05-Apr-09	Moose Jaw, SK
90.0	102.5	Taunia Stevens	31-Dec-07	Moose Jaw, SK
90+				

Sub-Junior

44.0				
48.0				
52.0				
56.0				
60.0	67.5	Deirdra Ashworth	05-Apr-09	Moose Jaw, SK
67.5	98.0	Rhaea Fowler	09-Apr-06	Chilliwack, BC
75.0	120.0	Rhaea Fowler	25-Nov-06	Winnipeg, MB
82.5				
90.0				
90+				

Master 40-49 (Master I)

48.0				
52.0				
56.0				
60.0				
67.5				
75.0	103.5	Céline Reid	09-Aug-08	Moose Jaw, SK
82.5				
90.0	107.5	Céline Reid	31-Dec-07	Moose Jaw, SK
90+				

Master 50-59 (Master II)

48.0
52.0

56.0
60.0
67.5
75.0
82.5
90.0
90+

Master 60+ (Master III)

48.0
52.0
56.0
60.0
67.5
75.0
82.5
90.0
90+