



WOMENS PROVINCIAL EQUIPPED RECORDS

 **Saskatchewan
Powerlifting**

Welcome to the Saskatchewan Powerlifting Association's provincial records document! This collection is a comprehensive compilation of the outstanding achievements of powerlifters in our province. It serves as a testament to the dedication, hard work, and exceptional strength of our athletes.

Within these pages, you will find records organized by weight class and lift category, highlighting the best performances in each division. This document is designed to be a reference for athletes, coaches, and fans who are passionate about the sport of powerlifting. Our aim is to celebrate the accomplishments of our community and inspire others to reach new heights.

We have made every effort to ensure the accuracy of the records listed here. However, if you notice any discrepancies or errors, we encourage you to reach out to us at records@saskpowerlifting.ca. Your feedback is invaluable in maintaining the integrity and accuracy of this document.

Divisions list below:

- Open
- Sub-Junior
- Junior
- Master 1
- Master 2
- Master 3
- Master 4

If you would like to request a copy of your provincial record, please fill out this form with all the required information.

Request form - <https://forms.gle/rzrGMSD9whwreqtT7>

Thank you to all the lifters who contribute to the ever-evolving story of powerlifting in our province. Keep lifting, keep striving, and most importantly, keep inspiring!

Daniel Heintz
Records Chair
Saskatchewan Powerlifting Association
August 1st, 2024



Open Provincial Records

47 KG	SQUAT	120.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH PRESS	69.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
	DEADLIFT	130.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	TOTAL	316.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH-ONLY	69.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
52 KG	SQUAT	141.0 kg	Mikayla Lohse	CPU Nationals	Winnipeg, MB. CAN	8-Sep-2017
	BENCH PRESS	72.5 kg	Samantha Solie	IPF Worlds	Killeen, TX. USA	22-Jun-2016
	DEADLIFT	156.5 kg	Mikayla Lohse	CPU Nationals	Winnipeg, MB. CAN	8-Sep-2017
	TOTAL	360.0 kg	Mikayla Lohse	CPU Nationals	Winnipeg, MB. CAN	8-Sep-2017
	BENCH-ONLY	72.5 kg	Samantha Solie	IPF Worlds	Killeen, TX. USA	22-Jun-2016
57 KG	SQUAT	180.0 kg	Melanie Ziffle	NAPFs	Moose Jaw, SK. CAN	8-Jun-2015
	BENCH PRESS	105.0 kg	Melanie Ziffle	NAPFs	Moose Jaw, SK. CAN	8-Jun-2015
	DEADLIFT	177.5 kg	Melanie Ziffle	NAPFs	Moose Jaw, SK. CAN	8-Jun-2015
	TOTAL	462.5 kg	Melanie Ziffle	NAPFs	Moose Jaw, SK. CAN	8-Jun-2015
	BENCH-ONLY	105.0 kg	Melanie Ziffle	NAPFs	Moose Jaw, SK. CAN	8-Jun-2015
63 KG	SQUAT	200.0 kg	Melanie Ziffle	CPU Nationals	Regina, SK. CAN	18-Feb-2016
	BENCH PRESS	116.0 kg	Melanie Ziffle	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
	DEADLIFT	190.0 kg	Shantelle Szuch	IPF Worlds	Orlando, FL. USA	16-Nov-2016
	TOTAL	478.5 kg	Melanie Ziffle	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
	BENCH-ONLY	116.0 kg	Melanie Ziffle	NAPFs	St. Croix, U.S. Virgin Island	15-Aug-2016
69 KG	SQUAT	186.5 kg	Charlene Cossar	SPA Provincials	Saskatoon, SK. CAN	23-Oct-2022
	BENCH PRESS	113.0 kg	Charlene Cossar	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	DEADLIFT	187.5 kg	Charlene Cossar	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	TOTAL	481.5 kg	Charlene Cossar	SPA Provincials	Saskatoon, SK. CAN	23-Oct-2022
	BENCH-ONLY	113.0 kg	Charlene Cossar	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
76 KG	SQUAT	218.5 kg	Jessica Buettner	IPF Worlds	Sun City, South Africa	6-May-2022
	BENCH PRESS	122.5 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021
	DEADLIFT	261.5 kg	Jessica Buettner	IPF Worlds	Sun City, South Africa	6-May-2022
	TOTAL	585.0 kg	Jessica Buettner	IPF Worlds	Sun City, South Africa	6-May-2022
	BENCH-ONLY	122.5 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021
84 KG	SQUAT	257.5 kg	Rhaea Stinn	IPF Worlds	Dubai, UAE	23-Nov-2019
	BENCH PRESS	228.5 kg	Rhaea Stinn	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	243.5 kg	Jessica Buettner	Commonwealths	St. Johns, NL. CAN	21-Sep-2019
	TOTAL	697.0 kg	Rhaea Stinn	World Games	Birmingham, Alabama	8-Jul-2022
	BENCH-ONLY	229.0 kg	Rhaea Stinn	CPU Nationals	Summerside, PEI. CAN	9-Sep-2024
+84 KG	SQUAT	230.0 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	3-Sep-2011
	BENCH PRESS	165.0 kg	Taunia Stevens	NAPFs	Moose Jaw, SK. CAN	9-Jul-2015
	DEADLIFT	200.0 kg	Bret Dundas	War of the West	Regina, SK. CAN	20-May-2017
	TOTAL	582.5 kg	Rhaea Fowler	Last Chance	Moose Jaw, SK. CAN	3-Sep-2011
	BENCH-ONLY	205.0 kg	Rhaea Stinn	CPU Westerns	Brandon, MB. CAN	10-Aug-2023

Sub-Junior Provincial Records

43 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

47 KG	SQUAT	65.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	BENCH PRESS	33.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	DEADLIFT	95.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	TOTAL	193.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012
	BENCH-ONLY	33.0 kg	Mikayla Lohse	CPU Nationals	Calgary, AB. CAN	10-Apr-2012

52 KG	SQUAT	127.5 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	3-Oct-2014
	BENCH PRESS	62.5 kg	Mikayla Lohse	NAPFs	Moose Jaw, SK. CAN	8-Jul-2015
	DEADLIFT	156.0 kg	Mikayla Lohse	CPU Nationals	St. John, NL. CAN	10-Apr-2015
	TOTAL	331.5 kg	Mikayla Lohse	CPU Nationals	St. John, NL. CAN	10-Apr-2015
	BENCH-ONLY	62.5 kg	Mikayla Lohse	NAPFs	Moose Jaw, SK. CAN	8-Jul-2015

57 KG	SQUAT	132.5 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	3-Apr-2014
	BENCH PRESS	60.0 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	3-Apr-2014
	DEADLIFT	144.5 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	3-Apr-2014
	TOTAL	337.0 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	3-Apr-2014
	BENCH-ONLY	60.0 kg	Mikayla Lohse	CPU Nationals	St. Catherines, ON. CAN	3-Apr-2014

63 KG	SQUAT	127.5 kg	Calla Hrynewich	CPU Westerns	Brandon, MB. CAN	12-Aug-2023
	BENCH PRESS	89.5 kg	Calla Hrynewich	CPU Westerns	Brandon, MB. CAN	12-Aug-2023
	DEADLIFT	137.5 kg	Jayden Pederson	Last Chance	Moose Jaw, SK. CAN	10-Dec-2016
	TOTAL	347.0 kg	Calla Hrynewich	CPU Westerns	Brandon, MB. CAN	12-Aug-2023
	BENCH-ONLY	89.5 kg	Calla Hrynewich	CPU Westerns	Brandon, MB. CAN	12-Aug-2023

69 KG	SQUAT	125.0 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	BENCH PRESS	78.0 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	DEADLIFT	122.5 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	TOTAL	325.5 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	BENCH-ONLY	78.0 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023

76 KG	SQUAT	140.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH PRESS	75.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	DEADLIFT	140.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	TOTAL	355.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021
	BENCH-ONLY	75.0 kg	Bree Hagen	SPA Provincials	Moose Jaw, SK. CAN	2-Oct-2021

84 KG	SQUAT	150.0 kg	Brianna Swryda	Trench Open	Regina, SK. CAN	28-Aug-2019
	BENCH PRESS	100.0 kg	Natalie Butz	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	DEADLIFT	151.0 kg	Natalie Butz	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	TOTAL	396.0 kg	Natalie Butz	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023
	BENCH-ONLY	100.0 kg	Natalie Butz	SPA Provincials	Weyburn, SK. CAN	22-Oct-2023

+84 KG	SQUAT	190.0 kg	Brittany Rowland	CPU Westerns	Calgary, AB. CAN	4-Oct-2014
	BENCH PRESS	100.0 kg	Brittany Rowland	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014
	DEADLIFT	175.5 kg	Brittany Rowland	CPU Westerns	Calgary, AB. CAN	4-Oct-2014
	TOTAL	460.5 kg	Brittany Rowland	CPU Westerns	Calgary, AB. CAN	4-Oct-2014
	BENCH-ONLY	100.0 kg	Brittany Rowland	Unparalleled Open	Moose Jaw, SK. CAN	28-Jun-2014

Junior Provincial Records

43 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

47 KG	SQUAT	102.5 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH PRESS	40.0 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	DEADLIFT	107.5 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	TOTAL	250.0 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH-ONLY	40.0 kg	Tatiana Thompson	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017

52 KG	SQUAT	141.0 kg	Mikayla Lohse	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH PRESS	72.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016
	DEADLIFT	156.5 kg	Mikayla Lohse	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	TOTAL	360.0 kg	Mikayla Lohse	CPU Westerns	Winnipeg, MB. CAN	8-Sep-2017
	BENCH-ONLY	72.5 kg	Samantha Solie	IPF Worlds	Kileen, TX. USA	22-Jun-2016

57 KG	SQUAT	157.5 kg	Mikayla Lohse	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH PRESS	82.5 kg	Mikayla Lohse	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	DEADLIFT	171.0 kg	Mikayla Lohse	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	TOTAL	411.0 kg	Mikayla Lohse	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH-ONLY	82.5 kg	Mikayla Lohse	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019

63 KG	SQUAT	170.0 kg	Mikayla Lohse	IPF Worlds	Regina, SK. CAN	28-Aug-2019
	BENCH PRESS	95.0 kg	Mikayla Lohse	IPF Worlds	Regina, SK. CAN	28-Aug-2019
	DEADLIFT	171.5 kg	Kirstie Armstead	Last Chance	Moose Jaw, SK. CAN	22-Dec-2018
	TOTAL	427.5 kg	Mikayla Lohse	IPF Worlds	Regina, SK. CAN	28-Aug-2019
	BENCH-ONLY	95.0 kg	Mikayla Lohse	IPF Worlds	Regina, SK. CAN	28-Aug-2019

69 KG	SQUAT	112.5 kg	Calla Hrynewich	CPU Westerns	Calgary, AB. CAN	23-Sep-2022
	BENCH PRESS	78.0 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	DEADLIFT	117.5 kg	Calla Hrynewich	CPU Westerns	Calgary, AB. CAN	23-Sep-2022
	TOTAL	305.5 kg	Calla Hrynewich	CPU Westerns	Calgary, AB. CAN	23-Sep-2022
	BENCH-ONLY	78.0 kg	Calla Hrynewich	CPU Nationals	Richmond, BC. CAN	15-Feb-2023

76 KG	SQUAT	185.0 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021
	BENCH PRESS	122.5 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021
	DEADLIFT	185.0 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021
	TOTAL	492.5 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021
	BENCH-ONLY	122.5 kg	Kaylee Maruska	IPF Worlds	Orlando, FL. USA	21-Aug-2021

84 KG	SQUAT	235.0 kg	Rhaea Fowler	IPF Worlds	Pilsen, Czech Republic	11-Nov-2011
	BENCH PRESS	152.5 kg	Rhaea Fowler	IPF Worlds	Pilsen, Czech Republic	11-Nov-2011
	DEADLIFT	228.0 kg	Jessica Buettner	IPF Worlds	Edmonton, AB. CAN	7-Sep-2018
	TOTAL	577.5 kg	Rhaea Fowler	IPF Worlds	Pilsen, Czech Republic	11-Nov-2011
	BENCH-ONLY	152.5 kg	Rhaea Fowler	IPF Worlds	Pilsen, Czech Republic	11-Nov-2011

+84 KG	SQUAT	230.0 kg	Rhaea Fowler	SPA Provincials	Moose Jaw, SK. CAN	3-Sep-2011
	BENCH PRESS	157.5 kg	Rhaea Fowler	SPA Provincials	Moose Jaw, SK. CAN	3-Sep-2011
	DEADLIFT	195.0 kg	Rhaea Fowler	SPA Provincials	Moose Jaw, SK. CAN	3-Sep-2011
	TOTAL	587.5 kg	Rhaea Fowler	SPA Provincials	Moose Jaw, SK. CAN	3-Sep-2011
	BENCH-ONLY	157.5 kg	Rhaea Fowler	SPA Provincials	Moose Jaw, SK. CAN	3-Sep-2011

M1 Provincial Records

47 KG	SQUAT	120.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH PRESS	69.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
	DEADLIFT	130.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	TOTAL	316.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH-ONLY	69.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
52 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
57 KG	SQUAT	110.0 kg	Shauna Hammer	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH PRESS	62.5 kg	Shauna Hammer	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	125.0 kg	Shauna Hammer	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	TOTAL	297.5 kg	Shauna Hammer	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH-ONLY	80.5 kg	Shauna Hammer	Last Chance	Moose Jaw, SK. CAN	9-Dec-2023
63 KG	SQUAT	180.5 kg	Shantelle Szuch	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH PRESS	97.5 kg	Shantelle Szuch	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	DEADLIFT	186.0 kg	Shantelle Szuch	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	TOTAL	450.5 kg	Shantelle Szuch	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
	BENCH-ONLY	97.5 kg	Shantelle Szuch	CPU Nationals	Ottawa, ON. CAN	3-Mar-2019
69 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
76 KG	SQUAT	162.5 kg	Kate Douglas	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH PRESS	107.5 kg	Kate Douglas	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	DEADLIFT	182.5 kg	Emmanuelle Archambault	Last Chance	Moose Jaw, SK. CAN	11-Dec-2021
	TOTAL	435.0 kg	Kate Douglas	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH-ONLY	107.5 kg	Kate Douglas	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
84 KG	SQUAT	150.5 kg	Shara Auty	Olympia In Depth	Weyburn, SK. CAN	14-Sep-2024
	BENCH PRESS	101.5 kg	Shara Auty	Olympia In Depth	Weyburn, SK. CAN	14-Sep-2024
	DEADLIFT	173.5 kg	Amber Amendt	Synergy Open	Saskatoon, SK. CAN	7-Apr-2022
	TOTAL	392.0 kg	Shara Auty	Olympia In Depth	Weyburn, SK. CAN	14-Sep-2024
	BENCH-ONLY	101.5 kg	Shara Auty	Olympia In Depth	Weyburn, SK. CAN	14-Sep-2024
+84 KG	SQUAT	172.5 kg	Jennifer Wessner	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	BENCH PRESS	135.0 kg	Heidi Fowler	IPF Worlds	St. Johns, NL. CAN	8-Oct-2022
	DEADLIFT	187.5 kg	Jennifer Wessner	CPU Nationals	Winnipeg, MB. CAN	3-Mar-2020
	TOTAL	460.0 kg	Heidi Fowler	IPF Worlds	St. Johns, NL. CAN	8-Oct-2022
	BENCH-ONLY	141.0 kg	Heidi Fowler	CPU Westerns	Brandon, MB. CAN	10-Aug-2023

M2 Provincial Records

47 KG	SQUAT	120.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH PRESS	69.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
	DEADLIFT	130.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	TOTAL	316.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH-ONLY	69.0 kg	Marnel Spencer	SPA Provincials	Moose Jaw, SK. CAN	1-Oct-2021
52 KG	SQUAT	88.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH PRESS	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	DEADLIFT	118.5 kg	Marnel Spencer	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	263.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH-ONLY	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
57 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
63 KG	SQUAT	92.5 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH PRESS	60.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	DEADLIFT	130.0 kg	Tania Spak	IPF Worlds	Killeen, TX. USA	19-Jun-2017
	TOTAL	281.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH-ONLY	61.0 kg	Tania Spak	CPU Westerns	Saskatoon, SK. CAN	30-Sep-2018
69 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-
76 KG	SQUAT	137.5 kg	Mava Brydges	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH PRESS	87.5 kg	Mava Brydges	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	DEADLIFT	147.5 kg	Mava Brydges	SPA Provincials	Saskatoon, SK. CAN	8-Oct-2022
	TOTAL	370.0 kg	Mava Brydges	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH-ONLY	87.5 kg	Mava Brydges	CPU Nationals	St. Johns, NL. CAN	9-May-2022
84 KG	SQUAT	132.5 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	BENCH PRESS	101.0 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	DEADLIFT	173.0 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	TOTAL	382.5 kg	Genevieve Grant	CPU Nationals	Regina, SK. CAN	15-Feb-2016
	BENCH-ONLY	101.0 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
+84 KG	SQUAT	160.0 kg	Gwendelyn Grasdal	Commonwealths	St. Johns, NL. CAN	2-Sep-2019
	BENCH PRESS	95.5 kg	Gwendelyn Grasdal	Commonwealths	St. Johns, NL. CAN	2-Sep-2019
	DEADLIFT	165.5 kg	Sandra Nase	CPU Nationals	St. Johns, NL. CAN	8-Apr-2015
	TOTAL	397.5 kg	Gwendelyn Grasdal	CPU Nationals	St. Johns, NL. CAN	22-Feb-2018
	BENCH-ONLY	110.0 kg	Tammie-Lee Ballinger	Rise Open	Saskatoon, SK. CAN	22-Jan-2022

M3 Provincial Records

47 KG	SQUAT	120.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH PRESS	66.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	DEADLIFT	130.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	TOTAL	316.5 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024
	BENCH-ONLY	66.0 kg	Marnel Spencer	NAPFs	Scottsdale, AZ. USA	9-Aug-2024

52 KG	SQUAT	88.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH PRESS	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	DEADLIFT	118.5 kg	Marnel Spencer	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	263.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023
	BENCH-ONLY	57.0 kg	Marnel Spencer	CPU Westerns	Brandon, MB. CAN	13-Aug-2023

57 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

63 KG	SQUAT	92.5 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH PRESS	60.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	DEADLIFT	130.0 kg	Tania Spak	IPF Worlds	Killeen, TX. USA	19-Jun-2017
	TOTAL	281.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017
	BENCH-ONLY	60.0 kg	Tania Spak	SPA Provincials	Regina, SK. CAN	26-Aug-2017

69 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

76 KG	SQUAT	137.5 kg	Mava Brydges	CPU Nationals	St. Johns, NL. CAN	9-May-2022
	BENCH PRESS	90.0 kg	Mava Brydges	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	DEADLIFT	148.0 kg	Mava Brydges	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	TOTAL	370.5 kg	Mava Brydges	CPU Nationals	Richmond, BC. CAN	15-Feb-2023
	BENCH-ONLY	95.0 kg	Mava Brydges	CPU Westerns	Brandon, MB. CAN	10-Aug-2023

84 KG	SQUAT	130.5 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH PRESS	101.0 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	DEADLIFT	140.0 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	TOTAL	371.5 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024
	BENCH-ONLY	101.0 kg	Mava Brydges	CPU Westerns	Moose Jaw, SK. CAN	8-Mar-2024

+84 KG	SQUAT	117.5 kg	Sandra Nase	Commonwealths	St. Johns, NL. CAN	21-Sep-2019
	BENCH PRESS	60.0 kg	Sandra Nase	Commonwealths	St. Johns, NL. CAN	21-Sep-2019
	DEADLIFT	161.0 kg	Sandra Nase	CPU Westerns	Saskatoon, SK. CAN	30-Sep-2018
	TOTAL	333.0 kg	Sandra Nase	IPF Wrolds	Calgary, AB. CAN	6-Jun-2018
	BENCH-ONLY	60.0 kg	Sandra Nase	Commonwealths	St. Johns, NL. CAN	21-Sep-2019

M4 Provincial Records

47 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

52 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

57 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

63 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

69 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

76 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-

84 KG	SQUAT	60.0 kg	Joy Brown	SPA Provincials	Saskatoon, SK. CAN	8-Sep-2019
	BENCH PRESS	35.0 kg	Joy Brown	SPA Provincials	Saskatoon, SK. CAN	8-Sep-2019
	DEADLIFT	102.5 kg	Joy Brown	Northern Sask Open	Martensville, SK. CAN	13-Jul-2019
	TOTAL	190.0 kg	Joy Brown	Northern Sask Open	Martensville, SK. CAN	13-Jul-2019
	BENCH-ONLY	35.0 kg	Joy Brown	SPA Provincials	Saskatoon, SK. CAN	8-Sep-2019

+84 KG	SQUAT	0.0 kg	NO RECORD SET	-	-	-
	BENCH PRESS	0.0 kg	NO RECORD SET	-	-	-
	DEADLIFT	0.0 kg	NO RECORD SET	-	-	-
	TOTAL	0.0 kg	NO RECORD SET	-	-	-
	BENCH-ONLY	0.0 kg	NO RECORD SET	-	-	-