

Open Powerlifting Records**Squat**

56.0	210.0	Carter Balaberda	01-Sept-08	South Africa
60.0	235.0	Carter Balaberda	08-Sept-09	Ribeirao Preto, Brazil
67.5	225.0	Carter Balaberda	25-Oct-09	Esterhazy, SK
75.0	226.0	Jamie Jamieson	05-Aug-07	Melville, SK
82.5	260.0	Aaron Ziffle	30-Mar-07	Dartmouth, NS
90.0	292.5	Jeff Butt	12-Jul-08	Edmonton, AB
100.0	317.5	Steve Wiseman	10-Apr-10	Quebec City, QC
110.0	312.5	Steven Halladay	10-Apr-10	Quebec City, QC
125.0	320.0	Ryan Stinn	10-Apr-10	Quebec City, QC
125+	380.0	Ryan Stinn	07-Mar-09	Columbus, OH

Bench Press

56.0	143.5	Carter Balaberda	10-Apr-08	St. Catharines, ON
60.0	155.0	Carter Balaberda	08-Apr-10	Quebec City, QC
67.5	165.5	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	155.0	Jeff Butt		
82.5	195.0	Aaron Ziffle	22-Oct-05	Moose Jaw, SK
90.0	235.0	Jeff Butt	09-Aug-08	Moose Jaw, SK
100.0	237.5	Jeff Butt	25-Oct-09	Esterhazy, SK
110.0	217.5	Steven Halladay	10-Apr-10	Quebec City, QC
125.0	227.5	Ryan Fowler	12-Apr-08	St. Catharines, ON
125+	272.5	Dan Suberlak	20-Mar-04	Kitchener, ON

Deadlift

56.0	125.0	Randy Luzny	22-Oct-05	Moose Jaw, SK
60.0	220.5	Roy Welch	19-Mar-83	Moose Jaw, SK
67.5	250.0	John Murphy	23-Mar-85	Gull Lake, SK
75.0	257.5	Jeff Butt		
82.5	267.5	Jeff Butt		
90.0	302.5	Jeff Butt	09-Aug-08	Moose Jaw, SK
100.0	305.0	Jeff Butt	25-Oct-09	Esterhazy, SK
110.0	295.0	Quinton Falk	25-Oct-09	Esterhazy, SK
125.0	322.5	Ryan Stinn	10-Apr-10	Quebec City, QC
125+	320.0	Ryan Stinn	07-Mar-09	Columbus, OH

Total

56.0	465.0	Carter Balaberda	01-Sept-08	South Africa
60.0	525.0	Roy Welch	19-Mar-83	Moose Jaw, SK
67.5	557.5	Roy Welch	16-Nov-85	Regina, SK
75.0	630.0	Jeff Butt		
82.5	707.5	Aaron Ziffle	30-Mar-07	Dartmouth, NS
90.0	825.0	Jeff Butt	07-Mar-09	Columbus, OH
100.0	845.0	Jeff Butt	25-Oct-09	Esterhazy, SK
110.0	815.0	Steven Halladay	10-Apr-10	Quebec City, QC
125.0	832.5	Ryan Stinn	10-Apr-10	Quebec City, QC
125+	945.0	Ryan Stinn	08-Nov-08	St. John's, NL

Junior Powerlifting Records**Squat**

52.0	95.0	Dale Medlock	12-May-79	Moose Jaw, SK
56.0	210.0	Carter Balaberda	01-Sept-08	South Africa
60.0	235.0	Carter Balaberda	08-Sept-09	Ribeirao Preto, Brazil
67.5	225.0	Carter Balaberda	25-Oct-09	Esterhazy, SK
75.0	200.0	Curtis Mihalicz	11-Apr-08	St. Catharines, ON
82.5	245.0	Wayne Cormier	28-Mar-85	Gull Lake, SK
90.0	230.0	Jerrold Thul	08-Apr-05	Calgary, AB
100.0	270.0	Lucas Tetreault	31-Dec-09	Weyburn, SK
110.0	275.0	Mark Kleefeld	01-Sep-01	Calgary, AB
125.0	210.0	Jeremy Lundgren	10-Apr-10	Quebec City, QC
125+	328.0	Brad Kleefeld	01-Sep-01	Calgary, AB

Bench Press

52.0	80.0	Dale Medlock	12-May-79	Moose Jaw, SK
56.0	143.5	Carter Balaberda	10-Apr-08	St. Catharines, ON
60.0	155.0	Carter Balaberda	08-Apr-10	Quebec City, QC
67.5	165.5	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	140.0	Connor Lutz	09-Apr-10	Quebec City, QC
82.5	167.5	Wayne Cormier	28-Mar-85	Gull Lake, SK
90.0	148.5	Lucas Tetreault	05-Aug-07	Melville, SK
100.0	187.5	Steven Halladay	31-Dec-06	Regina, SK
110.0	212.5	Mark Kleefeld		
125.0	125.0	Jeremy Lundgren	10-Apr-10	Quebec City, QC
125+	232.5	Brad Kleefeld	01-Sep-01	Calgary, AB

Deadlift

52.0	122.5	Dale Medlock	12-May-79	Moose Jaw, SK
56.0	120.0	Carter Balaberda	01-Sept-08	South Africa
60.0	187.5	Aaron Thomas	26-Jun-04	Kelowna, BC
67.5	195.0	Jamie Anderson		
75.0	250.0	Mark Michel	24-May-75	Moose Jaw, SK
82.5	242.5	Marc Morris	09-Apr-10	Quebec City, QC
90.0	231.0	Lucas Tetreault	05-Aug-07	Melville, SK
100.0	290.0	Quinton Falk	30-Jan-10	Medicine Hat, AB
110.0	295.0	Quinton Falk	25-Oct-09	Esterhazy, SK
125.0	227.5	Jeremy Lundgren	10-Apr-10	Quebec City, QC
125+	282.5	Brad Kleefeld	01-Sep-01	Calgary, AB

Total

52.0	280.0	Dale Medlock	12-May-79	Moose Jaw, SK
56.0	465.0	Carter Balaberda	01-Sept-08	South Africa
60.0	520.0	Carter Balaberda	08-Apr-10	Quebec City, QC
67.5	522.5	Carter Balaberda	25-Oct-09	Esterhazy, SK
75.0	557.5	Mark Michel	24-May-75	Moose Jaw, SK
82.5	652.5	Wayne Cormier	28-Mar-85	Gull Lake, SK
90.0	607.5	Jerrold Thul	08-Apr-05	Calgary, AB
100.0	710.0	Quinton Falk	30-Jan-10	Medicine Hat, AB
110.0	762.5	Mark Kleefeld		
125.0	562.5	Jeremy Lundgren	10-Apr-10	Quebec City, QC
125+	842.5	Brad Kleefeld	01-Sep-01	Calgary, AB

Sub-Junior Powerlifting Records**Squat**

52.0				
56.0	210.0	Carter Balaberda	01-Sept-08	South Africa
60.0	235.0	Carter Balaberda	08-Sept-09	Ribeirao Preto, Brazil
67.5	225.0	Carter Balaberda	25-Oct-09	Esterhazy, SK
75.0	200.0	Curtis Mihalicz	11-Apr-08	St. Catharines, ON
82.5	207.5	Curtis Mihalicz	03-Apr-09	Moose Jaw, SK
90.0	230.0	Jerrod Thul	08-Apr-05	Calgary, AB
100.0				
110.0				
125.0				
125+				

Bench Press

52.0				
56.0	143.5	Carter Balaberda	10-Apr-08	St. Catharines, ON
60.0	155.0	Carter Balaberda	08-Apr-10	Quebec City, QC
67.5	165.5	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	100.0	Curtis Mihalicz	11-Apr-08	St. Catharines, ON
82.5	125.0	Travis Campbell	09-Apr-10	Quebec City, QC
90.0	147.5	Jerrod Thul	08-Apr-05	Calgary, AB
100.0				
110.0				
125.0				
125+				

Deadlift

52.0				
56.0	120.0	Carter Balaberda	01-Sept-08	South Africa
60.0	135.0	Carter Balaberda	08-Apr-10	Quebec City, QC
67.5	140.0	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	215.0	Curtis Mihalicz	09-Aug-08	Moose Jaw, SK
82.5	225.0	Curtis Mihalicz	03-Apr-09	Moose Jaw, SK
90.0	230.0	Jerrod Thul	08-Apr-05	Calgary, AB
100.0				
110.0				
125.0				
125+				

Total

52.0				
56.0	465.0	Carter Balaberda	01-Sept-08	South Africa
60.0	520.0	Carter Balaberda	08-Apr-10	Quebec City, QC
67.5	522.5	Carter Balaberda	25-Oct-09	Esterhazy, SK
75.0	515.0	Curtis Mihalicz	09-Aug-08	Moose Jaw, SK
82.5	550.0	Curtis Mihalicz	03-Apr-09	Moose Jaw, SK
90.0	607.5	Jerrod Thul	08-Apr-05	Calgary, AB
100.0				
110.0				
125.0				
125+				

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

56.0	105.0	Randy Luzny	26-Jan-08	Swift Current, SK
60.0				
67.5	72.5	Albert Kurchner	24-Oct-98	Moose Jaw, SK
75.0	180.0	Kurt Daunheimer	31-Dec-06	Regina, SK
82.5	240.0	Jamie Jamieson	03-Apr-09	Moose Jaw, SK
90.0	255.0	Chris Arnold	03-Apr-09	Moose Jaw, SK
100.0	277.5	Keith Hobman	23-Jun-01	Winnipeg, MB
110.0	240.0	Keith Hobman	26-Feb-00	Moose Jaw, SK
125.0	170.0	Terry Gibson		
125+	305.0	Al Block	30-Jan-10	Medicine Hat, AB

Bench Press

56.0	75.0	Randy Luzny	26-Jan-08	Swift Current, SK
60.0				
67.5	65.0	Albert Kurchner	24-Oct-98	Moose Jaw, SK
75.0	130.0	Kurt Daunheimer	31-Dec-06	Regina, SK
82.5	177.5	Brian Desjarlais	15-Mar-03	Winnipeg, MB
90.0	185.0	Brian Desjarlais		
100.0	180.0	Brian Montague	26-Feb-00	Moose Jaw, SK
110.0	160.0	Paul Hoffman	22-Oct-05	Moose Jaw, SK
125.0	140.0	Terry Gibson		
125+	225.0	Al Block	30-Jan-10	Medicine Hat, AB

Deadlift

56.0	125.0	Randy Luzny	22-Oct-05	Moose Jaw, SK
60.0				
67.5	92.5	Albert Kurchner	24-Oct-98	Moose Jaw, SK
75.0	190.0	Kurt Daunheimer	31-Dec-06	Regina, SK
82.5	225.0	Jamie Jamieson	03-Apr-09	Moose Jaw, SK
90.0	260.0	Chris Arnold	10-Apr-10	Quebec City, QC
100.0	280.0	Keith Hobman	24-Jan-04	Swift Current, SK
110.0	245.0	Keith Hobman	26-Feb-00	Moose Jaw, SK
125.0	240.0	Terry Gibson		
125+	302.5	Al Block	30-Jan-10	Medicine Hat, AB

Total

56.0	305.0	Randy Luzny	26-Jan-08	Swift Current, SK
60.0				
67.5	230.0	Albert Kurchner	24-Oct-98	Moose Jaw, SK
75.0	500.0	Kurt Daunheimer	31-Dec-06	Regina, SK
82.5	625.0	Jamie Jamieson	03-Apr-09	Moose Jaw, SK
90.0	665.0	Chris Arnold	10-Apr-10	Quebec City, QC
100.0	722.5	Keith Hobman	24-Jan-04	Swift Current, SK
110.0	642.5	Keith Hobman	26-Feb-00	Moose Jaw, SK
125.0	540.0	Terry Gibson		
125+	832.5	Al Block	30-Jan-10	Medicine Hat, AB

Master 50-59 (Master II) Powerlifting Records**Squat**

56.0

60.0

67.5

75.0

82.5 182.5

Brian Desjarlais

19-Mar-04

Kitchener, ON

90.0 185.0

Brian Desjarlais

24-Jan-04

Swift Current, SK

100.0

110.0

125.0

125+

Bench Press

56.0

60.0

67.5

75.0

82.5 177.5

Brian Desjarlais

15-Mar-03

Winnipeg, MB

90.0 185.0

Brian Desjarlais

100.0

110.0

125.0

125+

Deadlift

56.0

60.0

67.5

75.0

82.5 205.0

Brian Desjarlais

19-Mar-04

Kitchener, ON

90.0 212.5

Brian Desjarlais

22-Oct-05

Moose Jaw, SK

100.0

110.0

125.0

125+

Total

56.0

60.0

67.5

75.0

82.5 560.0

Brian Desjarlais

19-Mar-04

Kitchener, ON

90.0 565.0

Brian Desjarlais

24-Jan-04

Swift Current, SK

100.0

110.0

125.0

125+

Master 60-69 (Master III)**Squat**

56.0

60.0

67.5

75.0

82.5 105.0

Ralph Bergland

05-Nov-99

Moose Jaw, SK

90.0 50.0

Jack Lovell

30-Mar-01

Quebec City, QU

100.0

110.0

125.0

125+

Bench Press

56.0

60.0

67.5

75.0

82.5 80.0

Roy Mitchell

07-Jun-03

Sherwood Park, AB

90.0 77.5

Jack Lovell

30-Mar-01

Quebec City, QU

100.0

110.0

125.0

125+

Deadlift

56.0

60.0

67.5

75.0

82.5 150.0

Ralph Bergland

05-Nov-99

Moose Jaw, SK

90.0 85.0

Jack Lovell

30-Mar-01

Quebec City, QU

100.0

110.0

125.0

125+

Total

56.0

60.0

67.5

75.0

82.5 325.0

Roy Mitchell

07-Jun-03

Sherwood Park, AB

90.0 212.5

Jack Lovell

30-Mar-01

Quebec City, QU

100.0

110.0

125.0

125+

Master 70-79 (Master IV)

Squat

56.0
60.0
67.5
75.0
82.5
90.0
100.0
110.0
125.0
125+

Bench Press

56.0
60.0
67.5
75.0
82.5
90.0
100.0
110.0
125.0
125+

Deadlift

56.0
60.0
67.5
75.0
82.5
90.0
100.0
110.0
125.0
125+

Total

56.0
60.0
67.5
75.0
82.5
90.0
100.0
110.0
125.0
125+

Men's Special Olympic Powerlifting Records

(started August 9, 2008)

Open**Squat**

56.0	72.5	Randy Luzny	12-Oct-08	Moose Jaw, SK
60.0				
67.5				
75.0				
82.5	110.0	Carl Paulhus	12-Oct-08	Moose Jaw, SK
90.0	140.0	Carl Paulhus	25-Oct-09	Esterhazy, SK
100.0				
110.0				
125.0				
125+				

Bench Press

56.0	72.5	Randy Luzny	12-Oct-08	Moose Jaw, SK
60.0	47.5	Warren Hilgers	09-Aug-08	Moose Jaw, SK
67.5	50.0	Doug Pringlemire	09-Aug-08	Moose Jaw, SK
75.0	42.5	Ryan Lovquist	09-Aug-08	Moose Jaw, SK
82.5	75.0	Carl Paulhus	12-Oct-08	Moose Jaw, SK
90.0	90.0	Carl Paulhus	25-Oct-09	Esterhazy, SK
100.0	40.0	Jack Gould	09-Aug-08	Moose Jaw, SK
110.0	50.0	Trevor Rusitch	09-Aug-08	Moose Jaw, SK
125.0				
125+	80.0	Scott Peterson	09-Aug-08	Moose Jaw, SK

Deadlift

56.0	110.0	Randy Luzny	12-Oct-08	Moose Jaw, SK
60.0	100.0	Warren Hilgers	09-Aug-08	Moose Jaw, SK
67.5	105.0	Doug Pringlemire	09-Aug-08	Moose Jaw, SK
75.0	97.5	Michael Antonenko	09-Aug-08	Moose Jaw, SK
82.5	147.5	Lori Carter	09-Aug-08	Moose Jaw, SK
90.0	160.0	Carl Paulhus	25-Oct-09	Esterhazy, SK
100.0	90.0	Jack Gould	09-Aug-08	Moose Jaw, SK
110.0	110.0	Trevor Rusitch	09-Aug-08	Moose Jaw, SK
125.0				
125+	147.5	Scott Peterson	09-Aug-08	Moose Jaw, SK

2-Lift Total

56.0	182.5	Randy Luzny	12-Oct-08	Moose Jaw, SK
60.0	147.5	Warren Hilgers	09-Aug-08	Moose Jaw, SK
67.5	155.0	Doug Pringlemire	09-Aug-08	Moose Jaw, SK
75.0	140.0	Michael Antonenko	09-Aug-08	Moose Jaw, SK
82.5	220.0	Carl Paulhus	12-Oct-08	Moose Jaw, SK
90.0	230.0	Carl Paulhus	25-Oct-09	Esterhazy, SK
100.0	130.0	Jack Gould	09-Aug-08	Moose Jaw, SK
110.0	160.0	Trevor Rusitch	09-Aug-08	Moose Jaw, SK
125.0				
125+	227.5	Scott Peterson	09-Aug-08	Moose Jaw, SK

3-Lift Total

56.0	262.5	Randy Luzny	12-Oct-08	Moose Jaw, SK
60.0				
67.5				
75.0				
82.5	330.0	Carl Paulhus	12-Oct-08	Moose Jaw, SK
90.0	390.0	Carl Paulhus	25-Oct-09	Esterhazy, SK
100.0				
110.0				
125.0				
125+				

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

56.0	143.5	Carter Balaberda	10-Apr-08	St. Catharines, ON
60.0	163.0	Carter Balaberda	11-Apr-10	Quebec City, QC
67.5	165.5	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	155.0	Jeff Butt		
82.5	190.0	Aaron Ziffle	30-Mar-07	Dartmouth, NS
90.0	235.0	Jeff Butt	09-Aug-08	Moose Jaw, SK
100.0	237.5	Jeff Butt	25-Oct-09	Esterhazy, SK
110.0	217.5	Steven Halladay	10-Apr-10	Quebec City, QC
125.0	227.5	Ryan Fowler	12-Apr-08	St. Catharines, ON
125+	287.5	Dan Suberlak	05-Dec-04	Cleveland, OH

Junior

52.0				
56.0	143.5	Carter Balaberda	10-Apr-08	St. Catharines, ON
60.0	163.0	Carter Balaberda	11-Apr-10	Quebec City, QC
67.5	165.5	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	147.5	Connor Lutz	12-Jun-10	Medicine Hat, AB
82.5	167.5	Wayne Cormier	01-Jul-84	Moose Jaw, SK
90.0	162.5	Lucas Tetreault	24-Nov-07	Winnipeg, MB
100.0	171.0	Lucas Tetreault	26-Jan-08	Swift Current, SK
110.0	170.0	Lucas Tetreault	22-Jun-08	Winnipeg, MB
125.0	125.0	Jeremy Lundgren	10-Apr-10	Quebec City, QC
125+	220.0	Brad Kleefeld	01-Apr-01	Quebec City, QC

Sub-Junior

52.0				
56.0	143.5	Carter Balaberda	10-Apr-08	St. Catharines, ON
60.0	163.0	Carter Balaberda	11-Apr-10	Quebec City, QC
67.5	165.5	Carter Balaberda	31-Dec-09	Weyburn, SK
75.0	105.0	Curtis Mihalicz	13-Apr-08	St. Catharines, ON
82.5	125.0	Travis Campbell	31-Dec-09	Weyburn, SK
90.0	140.0	David Reid	05-Aug-07	Melville, SK
100.0				
110.0				
125.0				
125+				

Masters 40-49 (Master I)

56.0	82.5	Randy Luzny	01-Apr-07	Dartmouth, NS
60.0				
67.5	62.5	Albert Kurchner	24-Oct-98	Moose Jaw, SK
75.0	140.0	Gerry Erskine	24-Oct-98	Moose Jaw, SK
82.5	185.0	Brian Desjarlais	05-Apr-09	Moose Jaw, SK
90.0	185.0	George Reid	09-Aug-08	Moose Jaw, SK
100.0	177.5	Brian Montague	22-Feb-98	Moose Jaw, SK
110.0				
125.0	200.0	Wally Schoffer	12-Oct-08	Moose Jaw, SK
125+	225.0	Al Block	30-Jan-10	Medicine Hat, AB

Masters 50-59 (Master II)

56.0

60.0

67.5

75.0 70.0 John Thul 05-Nov-99 Moose Jaw, SK

82.5 185.0 Brian Desjarlais 05-Apr-09 Moose Jaw, SK

90.0 185.0 George Reid 09-Aug-08 Moose Jaw, SK

100.0

110.0

125.0

125+

Masters 60-69 (Master III)

56.0

60.0

67.5

75.0 70.0 John Thul 05-Nov-99 Moose Jaw, SK

82.5 185.0 Brian Desjarlais 05-Apr-09 Moose Jaw, SK

90.0 185.0 George Reid 09-Aug-08 Moose Jaw, SK

100.0

110.0

125.0

125+

Masters 70+ (Master IV)

56.0

60.0

67.5

75.0

82.5

90.0

100.0

110.0

125.0

125+

Retired Records

*These records were retired as of January 1, 2007 when the International Powerlifting Federation took the 52.0 kg weight class out for Open and Master lifters.

Powerlifting**Open****Squat**

52.0	140.0	Wayne Mantagel	23-Mar-85	Gull Lake, SK
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Bench Press

52.0	80.0	Wayne Mantagel	23-Mar-85	Gull Lake, SK
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Deadlift

52.0	195.0	Wayne Mantagel	23-Mar-85	Gull Lake, SK
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Total

52.0	415.0	Wayne Mantagel	23-Mar-85	Gull Lake, SK
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Master 40-49 (Master I)**Squat**

52.0	85.0	Randy Luzny	14-Oct-06	Regina, SK
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Bench Press

52.0	72.5	Randy Luzny	14-Oct-06	Regina, SK
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Deadlift

52.0	125.0	Randy Luzny	14-Oct-06	Regina, SK
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Total

52.0	282.5	Randy Luzny	14-Oct-06	Regina, SK
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Bench Press Single Lift**Open**

52.0	112.0	Wayne Mantagel
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Masters 40-49 (Master I)

52.0	80.0	Randy Luzny	14-Oct-06	Regina, SK
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