

Open Powerlifting Provincial Records

SQUAT

47.0	105.5	Marnel Spencer	30-Sept-18	Saskatoon, SK
52.0	141.0	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	180.0	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	200.0	Melanie Ziffle	18-Feb-16	Regina, SK
72.0	252.5	Rhaea Stinn	16-Nov-17	Pilsen, Czech Republic
84.0	235.5	Rhaea Stinn	22-Feb-18	Calgary, AB
84.0+	230.0	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS

47.0	63.0	Marnel Spencer	30-Sept-18	Saskatoon, SK
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	105.0	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	116.0	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
72.0	172.5	Rhaea Stinn	16-Nov-17	Pilsen, Czech Republic
84.0	180.0	Rhaea Stinn	22-Feb-18	Calgary, AB
84.0+	165.0	Taunia Stevens	9-Jul-15	Moose Jaw, SK

DEADLIFT

47.0	122.5	Marnel Spencer	30-Sept-18	Saskatoon, SK
52.0	156.5	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	177.5	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	190.0	Shantelle Szuch	16-Nov-16	Orlando, Florida, USA
72.0	227.5	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	228.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	200.0	Bret Dundas	20-May-17	Regina, SK

TOTAL

47.0	291.0	Marnel Spencer	30-Sept-18	Saskatoon, SK
52.0	360.0	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	462.5	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	478.5	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
72.0	635.0	Rhaea Stinn	16-Nov-17	Pilsen, Czech Republic
84.0	618.0	Rhaea Stinn	22-Feb-18	Calgary, AB
84.0+	582.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS ONLY

47.0	62.5	Marnel Spencer	22-Feb-18	Calgary, AB
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	105.0	Melanie Ziffle	8-Jul-15	Moose Jaw, SK
63.0	116.0	Melanie Ziffle	15-Aug-16	Saint Croix, U.S. Virgin Island
72.0	185.5	Rhaea Stinn	07-Sept-18	Edmonton, AB
84.0	180.0	Rhaea Stinn	22-Feb-18	Calgary, AB
84.0+	165.0	Taunia Stevens	9-Jul-15	Moose Jaw, SK

Sub-Junior Powerlifting Provincial Records

SQUAT

43.0				
47.0	75.0	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	127.5	Mikayla Lohse	4-Oct-14	Calgary, AB
57.0	132.5	Mikayla Lohse	3-Apr-14	St. Catharines, ON
63.0	103.0	Natalie Hastings	29-Sept-18	Saskatoon, SK
72.0	135.0	Kaylee Maruska	4-Nov-18	Weyburn, SK
84.0	125.0	Brianna Swyryda	29-Sept-18	Saskatoon, Sk
84.0+	190.0	Brittinay Rowland	4-Oct-14	Calgary, AB

BENCH PRESS

43.0				
47.0	35.0	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	62.5	Mikayla Lohse	8-Jul-15	Moose Jaw, SK
57.0	60.0	Mikayla Lohse	3-Apr-14	St. Catharines, ON
63.0	60.0	Amanda Wall	20-Dec-14	Moose Jaw, SK
72.0	93.0	Kaylee Maruska	4-Nov-18	Weyburn, SK
84.0	75.0	Brianna Swyryda	29-Sept-18	Saskatoon, Sk
84.0+	100.0	Brittinay Rowland	28-Jun-14	Moose Jaw, SK

DEADLIFT

43.0				
47.0	102.5	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	156.0	Mikayla Lohse	10-Apr-15	St. John's, NL
57.0	144.5	Mikayla Lohse	3-Apr-14	St. Catharines, ON
63.0	137.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
72.0	145.0	Kaylee Maruska	4-Nov-18	Weyburn, SK
84.0	138.0	Alyssa Hein	5-Sept-15	Weyburn, SK
84.0+	175.5	Brittinay Rowland	4-Oct-14	Calgary, AB

TOTAL

43.0				
47.0	212.5	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	331.5	Mikayla Lohse	10-Apr-15	St. John's, NL
57.0	337.0	Mikayla Lohse	3-Apr-14	St. Catharines, ON
63.0	297.5	Jayden Pederson	10-Dec-16	Moose Jaw, SK
72.0	373.0	Kaylee Maruska	4-Nov-18	Weyburn, SK
84.0	317.5	Brianna Swyryda	29-Sept-18	Saskatoon, Sk
84.0+	460.5	Brittinay Rowland	4-Oct-14	Calgary, AB

BENCH PRESS ONLY

43.0				
47.0	35.0	Mikayla Lohse	12-Apr-12	Calgary, AB
52.0	62.5	Mikayla Lohse	8-Jul-15	Moose Jaw, SK
57.0	60.0	Mikayla Lohse	3-Apr-14	St. Catharines, ON
63.0	60.5	Natalie Hastings	4-Nov-18	Weyburn, SK
72.0	68.0	Kaylee Maruska	7-Sept-18	Edmonton, AB
84.0	67.5	Brianna Swyryda	21-Feb-18	Calgary, AB
84.0+	100.0	Brittinay Rowland	28-Jun-14	Moose Jaw, SK

Junior Powerlifting Provincial Records

SQUAT

43.0				
47.0	102.5	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	141.0	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	148.0	Mikayla Lohse	29-Sept-18	Saskatoon, Sk
63.0	138.0	Mikayla Lohse	10-Dec-16	Moose Jaw, SK
72.0	181.5	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	235.0	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	230.0	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS

43.0				
47.0	40.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	80.0	Robyn Pearce	1-Sept-15	Prague, Czech Republic
63.0	85.0	Cydney Arnold	10-Apr-15	St. John's, NL
72.0	95.0	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	152.5	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	157.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

DEADLIFT

43.0				
47.0	107.5	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	156.5	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	159.0	Mikayla Lohse	22-Feb-18	Calgary, AB
63.0	167.5	Kirstie Armstead	19-May-18	Regina, SK
72.0	227.5	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	228.0	Jessica Buettner	07-Sept-18	Edmonton, AB
84.0+	195.0	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

TOTAL

43.0				
47.0	250.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	360.0	Mikayla Lohse	8-Sept-17	Winnipeg, MB
57.0	368.0	Mikayla Lohse	29-Sept-18	Saskatoon, Sk
63.0	377.5	Kirstie Armstead	29-Sept-18	Saskatoon, SK
72.0	504.0	Jessica Buettner	12-Jun-18	Calgary, AB
84.0	577.5	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	587.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

BENCH PRESS ONLY

43.0				
47.0	40.0	Tatiana Thompson	08-Sept-17	Winnipeg, MB
52.0	72.5	Samantha Solie	22-June-16	Killeen, Texas
57.0	80.0	Robyn Pearce	1-Sept-15	Prague, Czech Republic
63.0	85.0	Cydney Arnold	10-Apr-15	St. John's, NL
72.0	95.5	Taylor Leonhardt	30-Sept-18	Saskatoon, SK
84.0	152.5	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
84.0+	157.5	Rhaea Fowler	3-Sept-11	Moose Jaw, SK

Master I Powerlifting Provincial Records

SQUAT

47.0	105.5	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0	90.5	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	102.5	Kenzie Jamieson	28-Jan-17	Saskatoon, SK
72.0	140.0	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	145.0	Jennifer Wessner	30-Sept-18	Saskatoon, SK
84.0+	155.0	Tammie Shawcross	19-May-18	Regina, SK

BENCH PRESS

47.0	63.0	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0	53.0	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	58.0	Kenzie Jamieson	28-Jan-17	Saskatoon, SK
72.0	92.5	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	92.5	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
84.0+	110.0	Tammie Shawcross	19-May-18	Regina, SK

DEADLIFT

47.0	122.5	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0	115.0	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
72.0	143.0	Erin Decterow	31-Dec-18	Moose Jaw, SK
84.0	173.0	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	175.0	Jennifer Wessner	20-Feb-18	Calgary, AB

TOTAL

47.0	291.0	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0	258.5	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	280.5	Kenzie Jamieson	28-Jan-17	Saskatoon, SK
72.0	370.0	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	425.0	Tammie Shawcross	19-May-18	Regina, SK

BENCH PRESS ONLY

47.0	63.0	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0	53.0	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	58.0	Kenzie Jamieson	28-Jan-17	Saskatoon, SK
72.0	92.5	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	92.5	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
84.0+	110.0	Tammie Shawcross	19-May-18	Regina, SK

Master II Powerlifting Provincial Records

SQUAT

47.0	105.5	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0				
63.0	90.0	Tania Spak	15-Feb-16	Regina, SK
72.0	105.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	132.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	148.0	Gwendelyn Grasdall	30-June-18	Regina, SK

BENCH PRESS

47.0	63.0	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0				
63.0	57.5	Tania Spak	19-June-16	Killeen, Texas
72.0	65.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	82.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	95.0	Gwendelyn Grasdall	22-Feb-18	Calgary, AB

DEADLIFT

47.0	122.5	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0				
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
72.0	135.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	173.0	Genevieve Grant	19-June-16	Killeen, Texas
84.0+	165.5	Sandra Nase	8-Apr-15	St. John's, NL

TOTAL

47.0	291.0	Marnel Spencer	30-Sept-18	Saskatoon, Sk
52.0				
57.0				
63.0	275.0	Tania Spak	19-June-16	Killeen, Texas
72.0	305.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	397.5	Gwendelyn Grasdall	22-Feb-18	Calgary, AB

BENCH PRESS ONLY

47.0	62.5	Marnel Spencer	22-Feb-18	Calgary, AB
52.0				
57.0				
63.0	57.5	Tania Spak	19-June-16	Killeen, Texas
72.0	65.0	Laurie Meschishnick	25-Jan-14	Saskatoon, SK
84.0	82.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	95.0	Gwendelyn Grasdall	22-Feb-18	Calgary, AB

Master III Powerlifting Provincial Records

SQUAT

47.0	65.0	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	90.0	Tania Spak	15-Feb-16	Regina, SK
72.0	97.5	Mava Brydges	06-Jun-18	Calgary, AB
84.0	90.5	Mava Brydges	30-Sept-18	Saskatoon, Sk
84.0+	115.0	Sandra Nase	06-Jun-18	Calgary, AB

BENCH PRESS

47.0	42.5	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
72.0	60.5	Mava Brydges	20-Feb-18	Calgary, AB
84.0	61.0	Mava Brydges	30-Sept-18	Saskatoon, Sk
84.0+	58.5	Sandra Nase	21-Feb-18	Calgary, AB

DEADLIFT

47.0	87.5	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	130.0	Tania Spak	19-June-16	Killeen, Texas
72.0	110.0	Mava Brydges	20-Feb-18	Calgary, AB
84.0	107.5	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	161.0	Sandra Nase	30-Sept-18	Saskatoon, SK

TOTAL

47.0	195.0	Janet Hills	09-Sept-18	Edmonton, AB
52.0				
57.0				
63.0	281.0	Tania Spak	26-Aug-17	Regina, SK
72.0	265.0	Mava Brydges	06-Jun-18	Calgary, AB
84.0	252.5	Mava Brydges	16-Apr-17	Saskatoon, SK
84.0+	333.0	Sandra Nase	06-Jun-18	Calgary, AB

BENCH PRESS ONLY

47.0	43.0	Janet Hills	30-Sept-18	Saskatoon, Sk
52.0				
57.0				
63.0	61.0	Tania Spak	30-Sept-18	Saskatoon, SK
72.0	60.5	Mava Brydges	20-Feb-18	Calgary, AB
84.0	63.5	Mava Brydges	31-Dec-17	Moose Jaw, SK
84.0+	58.0	Sandra Nase	13-Mar-17	Saguenay, QU

Master IV Powerlifting Provincial Records

SQUAT

47.0

52.0

57.0

63.0

72.0

84.0

40.0

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+

BENCH PRESS

47.0

52.0

57.0

63.0

72.0

84.0

32.5

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0

DEADLIFT

47.0

52.0

57.0

63.0

72.0

84.0

85.0

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+

TOTAL

47.0

52.0

57.0

63.0

72.0

84.0

157.5

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+

BENCH PRESS ONLY

47.0

52.0

57.0

63.0

72.0

84.0

32.5

Joy Brown

30-Sept-18

Saskatoon, Sk

84.0+