

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	257.5	Rhaea Stinn	8-Nov-18	Halmstad, Sweden
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	186.0	Rhaea Stinn	8-Nov-18	Halmstad, Sweden
84.0	185.0	Rhaea Stinn	3-Mar-19	Ottawa, ON
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	231.5	Jessica Buettner	03-Mar-19	Ottawa, ON
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	658.5	Rhaea Stinn	8-Nov-18	Halmstad, Sweden
84.0	630.0	Rhaea Stinn	3-Mar-19	Ottawa, ON
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	186.0	Rhaea Stinn	8-Nov-18	Halmstad, Sweden
84.0	190.0	Rhaea Stinn	3-Mar-19	Ottawa, ON
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	107.5	Natalie Hastings	3-Mar-19	Ottawa, ON
72.0	160.0	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	132.5	Brianna Swryda	3-Mar-19	Ottawa, ON
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	85.0	Brianna Swryda	3-Mar-19	Ottawa, ON
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	162.5	Kaylee Maruska	3-Mar-19	Ottawa, ON
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	415.5	Kaylee Maruska	3-Mar-19	Ottawa, ON
84.0	347.5	Brianna Swryda	3-Mar-19	Ottawa, ON
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	93.0	Kaylee Maruska	4-Nov-18	Weyburn, SK
84.0	85.0	Brianna Swryda	3-Mar-19	Ottawa, ON
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	157.5	Mikayla Lohse	3-Mar-19	Ottawa, ON
63.0	145.0	Kristie Armstead	3-Mar-19	Ottawa, ON
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	82.5	Mikayla Lohse	3-Mar-19	Ottawa, ON
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	171.0	Mikayla Lohse	3-Mar-19	Ottawa, ON
63.0	171.5	Kristie Armstead	22-Dec-18	Moose Jaw, 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	411.0	Mikayla Lohse	3-Mar-19	Ottawa, ON
63.0	394.0	Kristie Armstead	22-Dec-18	Moose Jaw, 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	82.5	Mikayla Lohse	3-Mar-19	Ottawa, ON
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	106.0	Marnel Spencer	3-Mar-19	Ottawa, ON
52.0				
57.0	100.0	Shauna Hammer	3-Mar-19	Ottawa, ON
63.0	180.5	Shantelle Szuch	3-Mar-19	Ottawa, ON
72.0	140.0	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	145.0	Jennifer Wessner	30-Sept-18	Saskatoon, SK
84.0+	165.0	Tammie Ballinger	3-Mar-19	Ottawa, ON

### BENCH PRESS

47.0	65.0	Marnel Spencer	3-Mar-19	Ottawa, ON
52.0				
57.0	57.5	Shauna Hammer	3-Mar-19	Ottawa, ON
63.0	97.5	Shantelle Szuch	3-Mar-19	Ottawa, ON
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	172.5	Shantell Szuch	3-Mar-19	Ottawa, ON
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	267.5	Shauna Hammer	3-Mar-19	Ottawa, ON
63.0	450.5	Shantelle Szuch	3-Mar-19	Ottawa, ON
72.0	370.0	Angela Desjarlais	20-June-16	Killeen, Texas
84.0	382.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	440.0	Tammie Ballinger	3-Mar-19	Ottawa, ON

### BENCH PRESS ONLY

47.0	65.0	Marnel Spencer	3-Mar-19	Ottawa, ON
52.0				
57.0	53.0	Shauna Hammer	30-Sept-18	Saskatoon, Sk
63.0	97.5	Shantelle Szuch	3-Mar-19	Ottawa, ON
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	106.0	Marnel Spencer	3-Mar-19	Ottawa, ON
52.0				
57.0				
63.0	92.5	Tania Spak	26-Aug-17	Regina, SK
72.0	116.5	Melissa McPherson	20-Feb-18	Calgary, AB
84.0	132.5	Genevieve Grant	15-Feb-16	Regina, SK
84.0+	148.0	Gwendelyn Grasdal	30-June-18	Regina, SK

### BENCH PRESS

47.0	65.0	Marnel Spencer	3-Mar-19	Ottawa, ON
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 Grasdal	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	281.0	Tania Spak	26-Aug-17	Regina, SK
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 Grasdal	22-Feb-18	Calgary, AB

### BENCH PRESS ONLY

47.0	65.0	Marnel Spencer	3-Mar-19	Ottawa, ON
52.0				
57.0				
63.0	60.0	Tania Spak	26-Aug-17	Regina, SK
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 Grasdal	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	92.5	Tania Spak	26-Aug-17	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+	115.5	Sandra Nase	3-Mar-19	Ottawa, ON

#### **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	63.0	Mava Brydges	3-Mar-19	Ottawa, ON
84.0	61.0	Mava Brydges	30-Sept-18	Saskatoon, Sk
84.0+	59.0	Sandra Nase	3-Mar-19	Ottawa, ON

#### **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	112.5	Mava Brydges	3-Mar-19	Ottawa, ON
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	273.0	Mava Brydges	3-Mar-19	Ottawa, ON
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	63.0	Mava Brydges	3-Mar-19	Ottawa, ON
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

84.0+

40.0

Joy Brown

30-Sept-18

Saskatoon, Sk

**BENCH PRESS**

47.0

52.0

57.0

63.0

72.0

84.0

84.0

32.5

Joy Brown

30-Sept-18

Saskatoon, Sk

**DEADLIFT**

47.0

52.0

57.0

63.0

72.0

84.0

84.0+

85.0

Joy Brown

30-Sept-18

Saskatoon, Sk

**TOTAL**

47.0

52.0

57.0

63.0

72.0

84.0

84.0+

157.5

Joy Brown

30-Sept-18

Saskatoon, Sk

**BENCH PRESS ONLY**

47.0

52.0

57.0

63.0

72.0

84.0

84.0+

32.5

Joy Brown

30-Sept-18

Saskatoon, Sk