

MEN 52 kg
squat
bench
deadlift
total

Junior

Open

Submaster

MEN 52 kg
squat
bench
deadlift
total

13-15

16-17
70 Matt Duckett 2007
65 Matt Duckett 2007
72.5 Matt Duckett 2007
207.5 Matt Duckett 2007

18-19

MEN 52 kg
squat
bench
deadlift
total

40-44

45-49

50-54

MEN 52 kg
squat
bench
deadlift
total

55-59

60-64

65-69

MEN 52 kg
squat
bench
deadlift
total

70-74

75-79

80-84

MEN 56 kg
squat
bench
deadlift
total

Junior

Open

Submaster

MEN 56 kg
squat
bench
deadlift
total

13-15

16-17

18-19

MEN 56 kg
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40-44

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50-54

MEN 56 kg
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60-64

65-69

MEN 56 kg
squat
bench
deadlift
total

70-74

75-79

80-84

MEN 60 kg
squat
bench
deadlift
total

Junior

Open
90 Bill Hurley 2008
70 Bill Hurley 2008
90 Bill Hurley 2008
250 Bill Hurley 2008

Submaster

MEN 60 kg
squat
bench
deadlift

13-15

16-17

18-19

total			
MEN 60 kg	40-44	45-49	50-54
squat			185 Gary Bobrovitz 2008
bench			135 Gary Bobrovitz 2008
deadlift			185 Gary Bobrovitz 2006
total			500 Gary Bobrovitz 2008
MEN 60 kg	55-59	60-64	65-69
squat	190 Gary Bobrovitz 2009		
bench	137.5 Gary Bobrovitz 2009		
deadlift	172.5 Gary Bobrovitz 2009		
total	500 Gary Bobrovitz 2009		
MEN 60 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
MEN 67.5 kg	Junior	Open	Submaster
squat	170 Norm Lewis 2005	227.5 Norm Lewis 2009	
bench	90 Sheldon Fraser 2008	125 Steve Boyle 2008	
deadlift	170 Sheldon Fraser 2008	227.5 Steve Boyle 2008	
total	430 Sheldon Fraser 2008	580 Steve Boyle 2008	
MEN 67.5 kg	13-15	16-17	18-19
squat			
bench			
deadlift			
total			
MEN 67.5 kg	40-44	45-49	50-54
squat			171 Gary Bobrovitz 2004
bench			130 Gary Bobrovitz 2004
deadlift			165 Gary Bobrovitz 2004
total			455 Gary Bobrovitz 2004
MEN 67.5 kg	55-59	60-64	65-69
squat	182.5 Gary Bobrovitz 2007		
bench	135 Gary Bobrovitz 2007		
deadlift	180 Gary Bobrovitz 2007		
total	497.5 Gary Bobrovitz 2007		
MEN 67.5 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
MEN 75 kg	Junior	Open	Submaster
squat	225 Norm Lewis 2006	175 Norm Lewis 2008	
bench	127.5 Dane Percival 2006	125 Norm Lewis 2008	
deadlift	215 Norm Lewis 2006	210 Norm Lewis 2008	
total	567.5 Norm Lewis 2006	510 Norm Lewis 2008	
MEN 75 kg	13-15	16-17	18-19
squat			
bench			
deadlift			
total			
MEN 75 kg	40-44	45-49	50-54
squat			
bench			
deadlift			
total			
MEN 75 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			

total			
MEN 75 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
MEN 82.5 kg	Junior	Open	Submaster
squat		287.5 Matt Phillips 2007	272.5 Matt Phillips 2006
bench		187.5 Matt Phillips 2007	182.5 Matt Phillips 2006
deadlift		287.5 Jason Zalewski 2008	240 Matt Phillips 2006
total		730 Matt Phillips 2007	695 Matt Phillips 2006
MEN 82.5 kg	13-15	16-17	18-19
squat			272.5 Scott Wong 2008
bench			140 Scott Wong 2008
deadlift			230 Scott Wong 2008
total			642.5 Scott Wong 2008
MEN 82.5 kg	40-44	45-49	50-54
squat	282.5 Vince Graham 2007	190 John Murphy 2009	170 Phil Toews 2009
bench	140 Ken Allen 2005	125 John Murphy 2009	90 Phil Toews 2009
deadlift	255 Vince Graham 2007	215 John Murphy 2009	175 Phil Toews 2009
total	677.5 Vince Graham 2007	530 John Murphy 2009	435 Phil Toews 2009
MEN 82.5 kg	55-59	60-64	65-69
squat		272.5 Birchmans Pereira 2009	
bench		97.5 Birchmans Pereira 2008	
deadlift		260 Birchmans Pereira 2008	
total		617.5 Birchmans Pereira 2009	
MEN 82.5 kg	70-74	75-79	80-84
squat		125 Roy Mitchell 2006	
bench		105 Roy Mitchell 2006	
deadlift		160 Roy Mitchell 2006	
total		390 Roy Mitchell 2006	
MEN 90 kg	Junior	Open	Submaster
squat	295 Ryan Selk 2008	367.6 Corey Evans 2004	307.5 Jason Zalewski 2006
bench	157.5 Ryan Selk 2008	260 Corey Evans 2005	175 Jason Zalewski 2006
deadlift	282.5 Ryan Selk 2008	305 Brian Johnston 2008	287.5 Jason Zalewski 2006
total	735 Ryan Selk 2008	900 Corey Evans 2005	770 Jason Zalewski 2006
MEN 90 kg	13-15	16-17	18-19
squat			285 Tanner Humphrey 2005
bench			182.5 Tanner Humphrey 2005
deadlift			252.5 Tanner Humphrey 2005
total			720 Tanner Humphrey 2005
MEN 90 kg	40-44	45-49	50-54
squat	385 Brian Johnston 2009	180 John Ashby 2004	165 Norm Lambert 2006
bench	190 Brian Johnston 2009	142.5 DennisCampeau 2006	137.5 Norm Lambert 2006
deadlift	300 Brian Johnston 2007	180 John Ashby 2004	230 Norm Lambert 2006
total	875 Brian Johnston 2007	502.5	532.5 Norm Lambert 2006
MEN 90 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
MEN 100 kg	Junior	Open	Submaster
squat		317.5 Steve Wisman 2006	
bench		240 Jeremy Zimmerman 2008	
deadlift		275 Tim Ironside 2004	
total			
MEN 100 kg	13-15	16-17	18-19
squat	97.5 Brandon Pereira 2009		
bench	67.5 Brandon Pereira 2009		
deadlift	100 Brandon Pereira 2009		

total			
MEN 140 kg	40-44	45-49	50-54
squat			310 Patrick Mallough 2008
bench			190 Patrick Mallough 2008
deadlift			310 Patrick Mallough 2008
total			810 Patrick Mallough 2008
MEN 140 kg	55-59	60-64	65-69
squat			
bench		215 Robert O Smith 2006	
deadlift			
total			
MEN140+ kg	Junior	Open	Submaster
squat			
bench			
deadlift			
total			