

WOMEN 44 kg
squat
bench
deadlift
total

Junior

Open

Submaster

WOMEN 44 kg
squat
bench
deadlift
total

13-15

16-17

18-19

WOMEN 44 kg
squat
bench
deadlift
total

40-44

45-49

50-54

WOMEN 44 kg
squat
bench
deadlift
total

55-59

60-64

65-69

WOMEN 44 kg
squat
bench
deadlift
total

70-74

75-79

80-84

WOMEN 48 kg
squat
bench
deadlift
total

Junior

Open

Submaster

WOMEN 48 kg
squat
bench
deadlift
total

13-15

16-17

18-19

WOMEN 48 kg
squat
bench
deadlift
total

40-44

45-49

50-54

WOMEN 48 kg
squat
bench
deadlift
total

55-59

60-64

65-69

WOMEN 48 kg
squat
bench
deadlift
total

70-74

75-79

80-84

WOMEN 52 kg
squat
bench
deadlift
total

Junior

Open
80kg Lisa Stangel 2009
52.5kg Lisa Stangel 2009
107.5kg Lisa Stangel 2009
240kg Lisa Stangel 2009

Submaster

WOMEN 52 kg
squat
bench
deadlift
total

13-15

16-17

18-19

WOMEN 52 kg
squat
bench
deadlift
total

40-44

45-49

50-54

WOMEN 52 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
WOMEN 52 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
WOMEN 56 kg	Junior	Open	Submaster
squat			
bench			
deadlift			
total			
WOMEN 56 kg	13-15	16-17	18-19
squat			
bench			
deadlift			
total			
WOMEN 56 kg	40-44	45-49	50-54
squat	135kg Michelle Senger 2009	155kg Cheryl Cochrane-Hrytzak 2009	148 Lora Greco 2008
bench	77.5kg Michelle Senger 2009	92.5 Cheryl Cochrane-Hrytzak 2009	85 Lora Greco 2009
deadlift	125kg Michelle Senger 2009	153.5 Cheryl Cochrane-Hrytzak 2009	163 Lora Greco 2009
total	337.5 Michelle Senger 2009	396 Cheryl Cochrane-Hrytzak 2004	
WOMEN 56 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
WOMEN 56 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
WOMEN 60 kg	Junior	Open	Submaster
squat		145 Andrea McDougall 2009	125 Jackie Cooney-Lebbert 2006
bench		75 Andrea McDougall 2009	67.5 Jackie Cooney-Lebbert 2006
deadlift		142.5 Andrea McDougall 2009	130 Jackie Cooney-Lebbert 2006
total		362.5 Andrea McDougall 2009	322.5 Jackie Cooney-Lebbert 2006
WOMEN 60 kg	13-15	16-17	18-19
squat			
bench			
deadlift			
total			
WOMEN 60 kg	40-44	45-49	50-54
squat	180 Cheryl Cochrane-Hrytzak 2008		
bench	92.5 Cheryl Cochrane-Hrytzak 2008		
deadlift	160 Cheryl Cochrane-Hrytzak 2008		
total	432.5 Cheryl Cochrane-Hrytzak 2008		
WOMEN 60 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
WOMEN 60 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
WOMEN 67.5 kg	Junior	Open	Submaster
squat		82.5 Andrea McDougall 2007	
bench		72.5 Jackie Cooney-Lebbert 2007	
deadlift		100 Andrea McDougall 2007	
total		234.5 Andrea McDougall 2007	

WOMEN 67.5 kg
squat
bench
deadlift
total

13-15

16-17
110 Lauren Toews 2006
60 Lauren Toews 2006
135 Lauren Toews 2006
305 Lauren Toews 2006

18-19
135 Lauren Toews 2007
65 Lauren Toews 2007
140 Lauren Toews 2007
340 Lauren Toews 2007

WOMEN 67.5 kg
squat
bench
deadlift
total

40-44

45-49

50-54

WOMEN 67.5 kg
squat
bench
deadlift
total

55-59

60-64

65-69

WOMEN 67.5 kg
squat
bench
deadlift
total

70-74

75-79

80-84

WOMEN 75 kg
squat
bench
deadlift
total

Junior

Open
120 Alethea McCaferey 2009
70 Alethea McCaferey 2009
130 Alethea McCaferey 2009
320 Alethea McCaferey 2009

Submaster

WOMEN 75 kg
squat
bench
deadlift
total

13-15

16-17

18-19
135kg Lauren Toews 2009
87.5 Lauren Toews 2009
150 Lauren Toews 2009
372.5 Lauren Toews 2009

WOMEN 75 kg
squat
bench
deadlift
total

40-44
162.5 Kate Mclean 2005
65 Kate Mclean 2005
162.5 Kate Mclean 2005
390 Kate Mclean 2004

45-49

50-54
90 Cherry Mclennan 2006
47.5 Cherry Mclennan 2006
115 Cherry Mclennan 2006
252.5 Cherry Mclennan 2006

WOMEN 75 kg
squat
bench
deadlift
total

55-59

60-64

65-69

WOMEN 75 kg
squat
bench
deadlift
total

70-74

75-79

80-84

WOMEN 82.5 kg
squat
bench
deadlift
total

Junior

Open
92.5 Autumn Greig 2009
72.5 Layna Barter 2007
117.5 Autumn Greig 2009
250 Autumn Greig 2009

Submaster

WOMEN 82.5 kg
squat
bench
deadlift
total

13-15

16-17

18-19

WOMEN 82.5 kg
squat
bench
deadlift
total

40-44
210 Kim Packer 2006
102.5 Kim Packer 2006
172.5 Kim Packer 2006
485 Kim Packer 2006

45-49

50-54

WOMEN 82.5 kg
squat
bench
deadlift
total

55-59

60-64

65-69

WOMEN 82.5 kg

70-74

75-79

80-84

squat
bench
deadlift
total

WOMEN 90+ kg
squat
bench
deadlift
total

Junior
185 Jennifer Hidelbaugh 2006
112.5 Jennifer Hidelbaugh 2006
152.5 Jennifer Hidelbaugh 2006
450 Jennifer Hidelbaugh 2006

Open

Submaster

WOMEN 90+ kg
squat
bench
deadlift
total

13-15

16-17

18-19

WOMEN 90+ kg
squat
bench
deadlift
total

40-44

45-49

50-54

WOMEN 90+ kg
squat
bench
deadlift
total

55-59

60-64

65-69