MANITOBA POWERLIFTING ASSOCIATION'S MEN'S OPEN (19-59)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
59	Squat	187.5	Jordan Smith	PR	March 9, 2026	St.John's, NL
	Bench Press	122.5	Jordan Smith	PR	July 28, 2025	George Town, Cayman Islands
	Deadlift	225.0	Patrick Encarnacion	PR	February 17, 2023	Richmond, BC
	Total	515.0	Jordan Smith	PR	March 9, 2026	St.John's, NL
	Bench Press Only	102.5	Tyler Kolesar	PR	November 23, 2014	Winnipeg, MB
66	Squat	242.5	Jared McIntyre	PR	August 4, 2026	St.John's, NL
	Bench Press	152.5	Jared McIntyre	PR	August 4, 2026	St.John's, NL
	Deadlift	272.5	Kevin Le	PR	September 6, 2019	Saskatoon, SK
	Total	662.5	Jared McIntyre	PR	March 9, 2026	St.John's, NL
	Bench Press Only	135.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
74	Squat	251.0	Joseph Dabu	PR	March 22, 2025	Winnipeg, MB
	Bench Press	155.5	Jared Mcintyre	PR	March 26, 2022	Winnipeg, MB
	Deadlift	303.0	Jastin Manalo	PR	December 14, 2024	Winnipeg, MB
	Total	678.0	Jastin Manalo	PR	December 14, 2024	Winnipeg, MB
	Bench Press Only	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
83	Squat	273.0	Eric Tangtakoune	PR	December 14, 2024	Winnipeg, MB
	Bench Press	182.5	Olimar Gutierrez	PR	February 2, 2019	Winnipeg, MB
	Deadlift	302.5	Jastin Manalo	PR	March 11, 2026	St.John's, NL
	Total	710.0	Jastin Manalo	PR	March 11, 2026	St.John's, NL
	Bench Press Only	160.0	Nhan Nguyen	PR	November 25, 2017	Winnipeg, MB
93	Squat	282.5	Riley Bertrand	PR	June 17, 2023	Selkirk, MB
	Bench Press	220.5	Daniel Hrichishen	PR	May 4, 2025	Winnipeg, MB
	Deadlift	325.0	Mikal Thrones	PR	October 14, 2023	Winnipeg, MB
	Total	742.5	Dan Lamoureux	PR	April 9, 2015	St. John's, NL
	Bench Press Only	227.5	Daniel Hrichishen	PR	October 24, 2025	Panama City, Panama
105	Squat	285.0	Alex Clayton	PR	September 12, 2021	Selkirk, MB
	Bench Press	205.0	Dun Yuan (Darren) Liu	PR	March 13, 2026	St.John's, NL
	Deadlift	323.0	Kelechi Asagwara	PR	June 17, 2023	Selkirk, MB
	Total	762.5	Alex Clayton	PR	September 12, 2021	Selkirk, MB
	Bench Press Only	218.0	Daniel Hrichishen	PR	February 1, 2025	Winnipeg, MB
120	Squat	280.0	Justin Parisian	PR	March 10, 2024	Moose Jaw, SK
	Bench Press	225.0	Trevor Winfield	PR	November 18, 2012	Winnipeg, MB
	Deadlift	325.0	Ben Downs	PR	June 24, 2012	Dauphin, MB
	Total	780.0	Ben Downs	PR	April 3, 2014	St Catherines, ON
	Bench Press Only	225.0	Trevor Winfield	PR	November 18, 2012	Winnipeg, MB
120+	Squat	336.0	Jordan Powell	PR	May 2, 2026	Winnipeg, MB
	Bench Press	232.5	Trevor Winfield	PR	March 20, 2013	Richmond, BC
	Deadlift	342.5	Ben Downs	PR	August 24, 2014	Winnipeg, MB
	Total	870.0	Andrew Langelaar	PR	April 19, 2025	Winnipeg, MB
	Bench Press Only	242.5	Trevor Winfield	PR	June 3, 2017	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S OPEN (19-59)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat	167.5	Gord Fries	PS	April 1987	Winnipeg, MB
	Bench Press	102.5	Tyler Kolesar	PR	November 23, 2014	Winnipeg, MB
	Deadlift	182.5	Tyler Kolesar	PR	November 23, 2014	Winnipeg, MB
	Total	422.5	Tyler Kolesar	PR	November 23, 2014	Winnipeg, MB
	Bench Press Only	102.5	Tyler Kolesar	PR	November 23, 2014	Winnipeg, MB
66	Squat	201.0	Jayms Kornelsen	PR	September 12, 2021	Selkirk, MB
	Bench Press	136.0	Jayms Kornelsen	PR	September 12, 2021	Selkirk, MB
	Deadlift	272.5	Kevin Le	PR	September 6, 2019	Saskatoon, SK
	Total	600.0	Kevin Le	PR	September 6, 2019	Saskatoon, SK
	Bench Press Only	143.0	Jayms Kornelsen	PR	June 17, 2023	Selkirk, MB
74	Squat	250.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
	Bench Press	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
	Deadlift	262.5	Benjamin Langley	PR	February 22, 2018	Calgary, AB
	Total	665.0	Benjamin Langley	PR	February 22, 2018	Calgary, AB
	Bench Press Only	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
83	Squat	297.5	Bruce Markham	PS	February 1996	Steinbach, MB
	Bench Press	185.0	Rick Crilly	PS	November 1986	Den Haag, Netherlands
	Deadlift	290.5	Riley Bertrand	PR	September 12, 2021	Selkirk, MB
	Total	735.0	Bruce Markham	PS	May 1997	Toronto, ON
	Bench Press Only	185.0	Rick Marshall	PS	June 2004	Winnipeg, MB
93	Squat	305.0	Bruce Markham	PS	November 2001	Winnipeg, MB
	Bench Press	215.0	Daniel Hrichishen	PR	February 7, 2026	Winnipeg, MB
	Deadlift	320.0	Brent Wasylowski	PR	November 18, 2012	Winnipeg, MB
	Total	767.5	Bruce Markham	PS	June 2000	Winnipeg, MB
	Bench Press Only	217.5	Daniel Hrichishen	PR	May 1, 2026	Winnipeg, MB
105	Squat	315.0	Steven Powell	PS	September 2009	Little Canada, Minnesota
	Bench Press	230.0	Ed Dufour	PR	February 5, 2012	Winnipeg, MB
	Deadlift	322.5	Brent Wasylowski	PR	February 16, 2014	Winnipeg, MB
	Total	845.0	Steven Powell	PS	September 2009	Little Canada, Minnesota
	Bench Press Only	230.0	Steven Powell	PS	November 2008	St. Johns, NL
120	Squat	305.0	Guy Page	PR	August 24, 2014	Winnipeg, MB
	Bench Press	250.0	Trevor Winfield	PS	April 2009	Moose Jaw, SK
	Deadlift	325.0	Ben Downs	PR	June 24, 2012	Dauphin, MB
	Total	780.0	Ben Downs	PR	April 3, 2014	St Catherines, ON
	Bench Press Only	250.0	Trevor Winfield	PS	April 2009	Moose Jaw, SK
120+	Squat	322.5	Maurice Peak	PS	October 1989	Winnipeg, MB
	Bench Press	280.0	Trevor Winfield	PS	November 2010	Winnipeg, MB
	Deadlift	342.5	Ben Downs	PR	August 24, 2014	Winnipeg, MB
	Total	852.5	Guy Page	PR	March 23, 2013	Richmond, BC
	Bench Press Only	280.0	Trevor Winfield	PS	November 2010	Winnipeg, MB

Updated: October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S OPEN (19-59)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
47	Squat	110.0	CJ Stewart	PR	September 9, 2017	Winnipeg, MB
	Bench Press	71.0	CJ Stewart	PR	September 9, 2017	Winnipeg, MB
	Deadlift	129.0	Christel Palapuz	PR	July 18, 2026	Winnipeg, MB
	Total	308.5	CJ Stewart	PR	September 9, 2017	Winnipeg, MB
	Bench Press Only	71.5	CJ Stewart	PR	September 24, 2016	Winnipeg, MB
52	Squat	142.5	Lauren McIlroy	PR	August 13, 2026	Toronto, ON
	Bench Press	82.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
	Deadlift	167.5	Britney Augustowich	PR	October 5, 2025	Nanaimo, BC
	Total	352.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
	Bench Press Only	82.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
57	Squat	170.0	Monica Gayot	PR	February 28, 2025	Moose Jaw, SK
	Bench Press	90.0	Francine Ma-ao	PR	August 5, 2024	Scottsdale, Arizona
	Deadlift	192.5	Monica Gayot	PR	February 28, 2025	Moose Jaw, SK
	Total	442.5	Monica Gayot	PR	February 28, 2025	Moose Jaw, SK
	Bench Press Only	80.0	Halle McCorrister	PR	March 9, 2026	St.John's, NL
63	Squat	165.0	Monica Gayot	PR	October 5, 2025	Nanaimo, BC
	Bench Press	107.5	Janelle Jolicoeur	PR	September 12, 2024	Summerside, PEI
	Deadlift	190.0	Monica Gayot	PR	October 5, 2025	Nanaimo, BC
	Total	435.0	Janelle Jolicoeur	PR	September 12, 2024	Summerside, PEI
	Bench Press Only	77.5	Kristy Fisher	PR	February 21, 2018	Calgary, AB
69	Squat	182.0	Melissa Suchoplas	PR	May 9, 2022	St.John's, NL
	Bench Press	100.0	Melissa Suchoplas	PR	March 13, 2026	St.John's, NL
	Deadlift	190.5	Melissa Suchoplas	PR	December 11, 2021	Selkirk, MB
	Total	459.5	Melissa Suchoplas	PR	May 9, 2022	St.John's, NL
	Bench Press Only	102.5	Janelle Jolicoeur	PR	September 9, 2024	Summerside, PEI
76	Squat	172.5	Aricelle Taylor	PR	August 13, 2022	Brandon, MB
	Bench Press	97.5	Aricelle Taylor	PR	August 13, 2022	Winnipeg, MB
	Deadlift	195.0	Kayla Mcmillan	PR	August 13, 2023	Brandon, MB
	Total	442.5	Aricelle Taylor	PR	August 13, 2022	Winnipeg, MB
	Bench Press Only	92.5	Sara Duncan	PR	March 9, 2026	St.John's, NL
84	Squat	182.5	Trinity Nwaozor	PR	August 7, 2026	St.John's, NL
	Bench Press	105.0	Kelcey MacGillivray	PR	August 7, 2026	St.John's, NL
	Deadlift	205.5	Trinity Nwaozor	PR	May 3, 2025	Winnipeg, MB
	Total	487.5	Trinity Nwaozor	PR	August 7, 2026	St.John's, NL
	Bench Press Only	100.0	Kelcey MacGillvray	PR	November 23, 2014	Winnipeg, MB
84+	Squat	252.5	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Bench Press	125.0	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Deadlift	227.5	Hailey Kostynuik	PR	March 4, 2019	Ottawa, ON
	Total	600.0	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Bench Press Only	125.0	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S OPEN (19-59)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Squat	110.0	CJ Stewart	PR	September 9, 2017	Winnipeg, MB
	Bench Press	71.0	CJ Stewart	PR	September 9, 2017	Winnipeg, MB
	Deadlift	132.5	Kathy Tascona	PS	January 1987	Vancouver, BC
	Total	308.5	CJ Stewart	PR	September 9, 2017	Winnipeg, MB
	Bench Press Only	71.5	CJ Stewart	PR	September 24, 2016	Winnipeg, MB
52	Squat	122.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
	Bench Press	82.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
	Deadlift	147.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
	Total	352.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
	Bench Press Only	82.5	CJ Stewart	PR	February 20, 2018	Calgary, AB
57	Squat	135.0	Samantha G. Ang	PR	August 11, 2018	Winnipeg, MB
	Bench Press	75.0	Vaila Zabolotny	PS	January 1987	Vancouver, BC
	Deadlift	167.5	Vicky Bui	PR	March 3, 2020	Winnipeg, MB
	Total	352.5	Vicky Bui	PR	March 3, 2020	Winnipeg, MB
	Bench Press Only	75.0	Vaila Zabolotny	PS	January 1987	Vancouver, BC
63	Squat	148.0	Samantha G. Ang	PR	August 8, 2020	Winnipeg, MB
	Bench Press	77.5	Kristy Fisher	PR	February 21, 2018	Calgary, AB
	Deadlift	169.0	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
	Total	384.0	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
	Bench Press Only	77.5	Kristy Fisher	PR	February 21, 2018	Calgary, AB
69	Squat	175.0	Melissa Suchoplas	PR	December 11, 2021	Selkirk, MB
	Bench Press	91.0	Melissa Suchoplas	PR	December 11, 2021	Selkirk, MB
	Deadlift	190.5	Melissa Suchoplas	PR	December 11, 2021	Selkirk, MB
	Total	456.5	Melissa Suchoplas	PR	December 11, 2021	Selkirk, MB
	Bench Press Only	91.0	Melissa Suchoplas	PR	December 11, 2021	Selkirk, MB
76	Squat	192.5	Baylie Gigolyk	PR	November 15, 2025	Cluj-Napoca, Romania
	Bench Press	125.0	Baylie Gigolyk	PR	November 15, 2025	Cluj-Napoca, Romania
	Deadlift	182.5	Baylie Gigolyk	PR	November 15, 2025	Cluj-Napoca, Romania
	Total	500.0	Baylie Gigolyk	PR	November 15, 2025	Cluj-Napoca, Romania
	Bench Press Only	110.0	Sara Duncan	PR	December 13, 2025	Winnipeg, MB
84	Squat	182.5	Deanna Panting	PS	June 1987	Perth, Australia
	Bench Press	142.5	Baylie Gigolyk	PR	October 12, 2024	Winnipeg, MB
	Deadlift	200.0	Deanna Panting	PS	June 1987	Perth, Australia
	Total	487.5	Deanna Panting	PS	June 1987	Perth, Australia
	Bench Press Only	132.5	Baylie Gigolyk	PR	March 1, 2025	Moose Jaw, SK
84+	Squat	252.5	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Bench Press	125.0	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Deadlift	222.5	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Total	600.0	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB
	Bench Press Only	125.0	Hailey Kostynuik	PR	February 21, 2018	Calgary, AB

Updated: October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S JUNIOR (19-23)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
53	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
59	Squat	165.0	Patrick Encarnacion	PR	February 17, 2023	Richmond, BC
	Bench Press	107.0	Oz Bui	PR	June 17, 2023	Selkirk, MB
	Deadlift	225.0	Patrick Encarnacion	PR	February 17, 2023	Richmond, BC
	Total	487.5	Patrick Encarnacion	PR	February 17, 2023	Richmond, BC
	Bench Press Only	95.0	Jordan Smith	PR	November 17, 2018	Winnipeg, MB
66	Squat	187.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Bench Press	135.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Deadlift	240.0	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Total	563.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Bench Press Only	135.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
74	Squat	240.0	Benjamin Langley	PR	April 3, 2016	Brandon, MB
	Bench Press	155.0	Jared McIntyre	PR	August 8, 2020	Winnipeg, MB
	Deadlift	270.0	Jastin Manalo	PR	December 11, 2021	Winnipeg, MB
	Total	637.5	Benjamin Langley	PR	April 3, 2016	Brandon, MB
	Bench Press Only	155.0	Jared McIntyre	PR	August 8, 2020	Winnipeg, MB
83	Squat	262.5	Riley Bertrand	PR	February 3, 2018	Winnipeg, MB
	Bench Press	172.5	Olimar Gutierrez	PR	June 23, 2018	Selkirk, MB
	Deadlift	290.0	Michael Chan	PR	September 24, 2016	Winnipeg, MB
	Total	672.5	Riley Bertrand	PR	September 8, 2018	Edmonton, AB
	Bench Press Only	172.5	Olimar Gutierrez	PR	June 23, 2018	Selkirk, MB
93	Squat	250.0	Ledainian Tyrell	PR	October 14, 2023	Winnipeg, MB
	Bench Press	**182.5**	**Stefan Sdrolias**	**PR**	**October 2, 2026**	**Saskatoon, SK**
	Deadlift	320.5	Ledainian Tyrell	PR	October 14, 2023	Brandon, MB
	Total	710.5	Ledainian Tyrell	PR	October 14, 2023	Brandon, MB
	Bench Press Only	183.0	Olimar Guitierrez	PR	June 3, 2017	Winnipeg, MB
105	Squat	273.0	Xavier Berthelette	PR	May 3, 2025	Winnipeg, MB
	Bench Press	**180.0**	**Noor Abou Hassoun**	**PR**	**October 2, 2026**	**Saskatoon, SK**
	Deadlift	290.0	Xavier Berthelette	PR	May 3, 2025	Winnipeg, MB
	Total	**715.0**	**Noor Abou Hassoun**	**PR**	**October 2, 2026**	**Saskatoon, SK**
	Bench Press Only	178.0	Daniel Mondor	PR	October 17, 2020	Winnipeg, MB
120	Squat	247.5	Sean Winslow	PR	October 3, 2025	Nanaimo, BC
	Bench Press	175.0	Andrew Langelaar	PR	August 21, 2016	Kamloops, BC
	Deadlift	325.0	Ben Downs	PR	June 24, 2012	Dauphin, MB
	Total	722.5	Ben Downs	PR	June 24, 2012	Dauphin, MB
	Bench Press Only	175.0	Andrew Langelaar	PR	August 21, 2016	Kamloops, BC
120+	Squat	290.0	Carson Parago	PR	February 3, 2024	Winnipeg, MB
	Bench Press	187.5	Andrew Langelaar	PR	February 4, 2017	Winnipeg, MB
	Deadlift	330.0	Ben Downs	PR	November 24, 2013	Winnipeg, MB
	Total	785.0	Ben Downs	PR	November 24, 2013	Winnipeg, MB
	Bench Press Only	182.5	Ben Downs	PR	November 24, 2013	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S JUNIOR (19-23)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
53	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
59	Squat	167.5	Gord Fries	PS	April 1987	Winnipeg, MB
	Bench Press	95.0	Jordan Smith	PR	November 17, 2018	Winnipeg, MB
	Deadlift	182.5	Patrick Encarnacion	PR	November 13, 2021	Richmond, BC
	Total	415.0	Patrick Encarnacion	PS	November 13, 2021	Richmond, BC
	Bench Press Only	95.0	Jordan Smith	PR	November 17, 2018	Winnipeg, MB
66	Squat	200.0	Dwayne Feakes	PS	October 1987	Winnipeg, MB
	Bench Press	135.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Deadlift	240.0	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Total	563.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
	Bench Press Only	135.5	Jared McIntyre	PR	February 2, 2020	Winnipeg, MB
74	Squat	240.0	Benjamin Langley	PR	April 3, 2016	Brandon, MB
	Bench Press	155.0	Jared McIntyre	PR	August 8, 2020	Winnipeg, MB
	Deadlift	270.0	Jastin Manalo	PR	December 11, 2021	Winnipeg, MB
	Total	637.5	Benjamin Langley	PR	April 3, 2016	Brandon, MB
	Bench Press Only	155.0	Jared McIntyre	PR	August 8, 2020	Winnipeg, MB
83	Squat	272.5	Rick Crilly	PS	November 1986	Den Haag, Netherlands
	Bench Press	185.0	Rick Crilly	PS	November 1986	Den Haag, Netherlands
	Deadlift	290.0	Michael Chan	PR	September 24, 2016	Winnipeg, MB
	Total	732.5	Rick Crilly	PS	November 1986	Den Haag, Netherlands
	Bench Press Only	172.5	Olimar Gutierrez	PR	June 23, 2018	Selkirk, MB
93	Squat	255.0	Lee Reynolds	PS	February 1995	Chilliwack, BC
	Bench Press	175.0	Olimar Guitierrez	PR	February 6, 2016	Winnipeg, MB
	Deadlift	295.0	Micheal Cooper	PR	August 8, 2020	Winnipeg, MB
	Total	642.5	Michael Cooper	PR	March 3, 2020	Winnipeg, MB
	Bench Press Only	183.0	Olimar Guitierrez	PR	June 3, 2017	Winnipeg, MB
105	Squat	305.0	Rick Dawes	PS	February 1990	Winnipeg, MB
	Bench Press	178.0	Daniel Mondor	PR	October 17, 2020	Winnipeg, MB
	Deadlift	297.5	Rick Dawes	PS	October 1993	Hamilton, ON
	Total	747.5	Rick Dawes	PS	October 1993	Hamilton, ON
	Bench Press Only	178.0	Daniel Mondor	PR	October 17, 2020	Winnipeg, MB
120	Squat	300.0	Rick Dawes	PS	May 1993	Edmonton, AB
	Bench Press	215.0	Mike Smook	PS	March 15, 2003	Winnipeg, MB
	Deadlift	325.0	Ben Downs	PR	June 24, 2012	Dauphin, MB
	Total	757.5	Rick Dawes	PS	May 1993	Edmonton, AB
	Bench Press Only	215.0	Mike Smook	PS	March 2003	Winnipeg, MB
120+	Squat	300.0	Guy Page	PS	November 2007	Winnipeg, MB
	Bench Press	195.0	Guy Page	PS	February 2007	Winnipeg, MB
	Deadlift	330.0	Ben Downs	PR	November 24, 2013	Winnipeg, MB
	Total	785.0	Ben Downs	PR	November 24, 2013	Winnipeg, MB
	Bench Press Only	220.0	Tom Winget	PS	November 2005	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S JUNIOR (19-23)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
43	Squat	52.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Bench Press	27.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Deadlift	72.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Total	152.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Bench Press Only		No Records to date			
47	Squat	102.5	Christel Palapuz	PR	October 2, 2025	Nanaimo, BC
	Bench Press	56.0	Christel Palapuz	PR	July 18, 2026	Winnipeg, MB
	Deadlift	129.0	Christel Palapuz	PR	July 18, 2026	Winnipeg, MB
	Total	285.0	Christel Palapuz	PR	July 18, 2026	Winnipeg, MB
	Bench Press Only		No Records to date			
52	Squat	142.5	Lauren McIlroy	PR	August 13, 2026	Toronto, ON
	Bench Press	67.5	Jorja Koziuk	PR	August 13, 2026	Toronto, ON
	Deadlift	148.0	Christine Palapuz	PR	June 17, 2023	Selkirk, MB
	Total	350.0	Christine Palapuz	PR	August 12, 2023	Brandon, MB
	Bench Press Only	50.0	Samantha G. Ang	PR	September 24, 2016	Winnipeg, MB
57	Squat	150.0	Francine Ma-ao	PR	February 3, 2023	Winnipeg, MB
	Bench Press	90.0	Francine Ma-ao	PR	August 5, 2024	Scottsdale, Arizona
	Deadlift	172.5	Francine Ma-ao	PR	August 12, 2023	Brandon, MB
	Total	392.5	Francine Ma-ao	PR	August 5, 2024	Scottsdale, Arizona
	Bench Press Only	80.0	Halle McCorrister	PR	March 9, 2026	St.John's, NL
63	Squat	147.5	Janelle Jolicoeur	PR	September 12, 2024	Summerside, PEI
	Bench Press	107.5	Janelle Jolicoeur	PR	September 12, 2024	Summerside, PEI
	Deadlift	180.0	Janelle Jolicoeur	PR	September 12, 2024	Summerside, PEI
	Total	435.0	Janelle Jolicoeur	PR	September 12, 2024	Summerside, PEI
	Bench Press Only	60.5	Alexi Runki	PR	September 12, 2021	Selkirk, MB
69	Squat	150.0	Janelle Jolicoeur	PR	April 20, 2024	Winnipeg, MB
	Bench Press	97.0	Janelle Jolicoeur	PR	April 20, 2024	Winnipeg, MB
	Deadlift	182.5	Janelle Jolicoeur	PR	April 20, 2024	Winnipeg, MB
	Total	429.5	Janelle Jolicoeur	PR	April 20, 2024	Winnipeg, MB
	Bench Press Only	102.5	Janelle Jolicoeur	PR	September 9, 2024	Summerside, PEI
76	Squat	152.5	Liat Schultz	PR	December 14, 2024	Winnipeg, MB
	Bench Press	92.5	Leah Shore	PR	March 14, 2026	St.John's, NL
	Deadlift	160.0	Leah Shore	PR	March 14, 2026	St.John's, NL
	Total	387.5	Leah Shore	PR	March 14, 2026	St.John's, NL
	Bench Press Only	90.0	Leah Shore	PR	March 9, 2026	St.John's, NL
84	Squat	182.5	Trinity Nwaozor	PR	August 7, 2026	St.John's, NL
	Bench Press	105.0	Trinity Nwaozor	PR	August 7, 2026	St.John's, NL
	Deadlift	200.0	Trinity Nwaozor	PR	March 14, 2026	St.John's, NL
	Total	487.5	Trinity Nwaozor	PR	August 7, 2026	St.John's, NL
	Bench Press Only	75.0	Kelcey MacGillvray	PR	February 10, 2013	Winnipeg, MB
84+	Squat	235.0	Hailey Kostynuik	PR	December 19, 2015	Moose Jaw, SK
	Bench Press	102.5	Hailey Kostynuik	PR	September 26, 2015	Winnipeg, MB
	Deadlift	215.0	Hailey Kostynuik	PR	December 19, 2015	Moose Jaw, SK
	Total	547.5	Hailey Kostynuik	PR	December 19, 2015	Moose Jaw, SK
	Bench Press Only	102.5	Hailey Kostynuik	PR	September 26, 2015	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S JUNIOR (19-23)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
43	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat	120.0	Samantha G. Ang	PR	September 24, 2016	Winnipeg, MB
	Bench Press	50.0	Samantha G. Ang	PR	September 24, 2016	Winnipeg, MB
	Deadlift	135.0	Samantha G. Ang	PR	September 24, 2016	Winnipeg, MB
	Total	305.0	Samantha G. Ang	PR	September 24, 2016	Winnipeg, MB
	Bench Press Only	50.0	Samantha G. Ang	PR	September 24, 2016	Winnipeg, MB
57	Squat	135.0	Samantha G. Ang	PR	August 11, 2018	Winnipeg, MB
	Bench Press	75.0	Vaila Zabolotny	PS	January 1987	Vancouver, BC
	Deadlift	159.0	Vicky Bui	PR	December 7, 2019	Winnipeg, MB
	Total	334.5	Vicky Bui	PR	December 7, 2019	Winnipeg, MB
	Bench Press Only	73.0	Kristen Babiuk	PR	September 12, 2021	Selkirk, MB
63	Squat	121.0	Alexi Runki	PR	December 11, 2021	Winnipeg, MB
	Bench Press	75.0	Vaila Zabolotny	PS	June 1989	Kitchener, ON
	Deadlift	155.0	Vaila Zabolotny	PS	June 1989	Kitchener, ON
	Total	342.5	Vaila Zabolotny	PS	June 1989	Kitchener, ON
	Bench Press Only	75.0	Vaila Zabolotny	PS	June 1989	Kitchener, ON
69	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
76	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
84	Squat	182.5	Deanna Panting	PS	June 1987	Perth, Australia
	Bench Press	105.0	Deanna Panting	PS	June 1987	Perth, Australia
	Deadlift	200.0	Deanna Panting	PS	June 1987	Perth, Australia
	Total	487.5	Deanna Panting	PS	June 1987	Perth, Australia
	Bench Press Only	75.0	Kelcey MacGillvray	PR	February 10, 2013	Winnipeg, MB
84+	Squat	235.0	Hailey Kostynuik	PR	December 19, 2015	Moose Jaw, SK
	Bench Press	102.5	Hailey Kostynuik	PR	September 26, 2015	Winnipeg, MB
	Deadlift	215.0	Hailey Kostynuik	PR	December 19, 2015	Moose Jaw, SK
	Total	547.5	Hailey Kostynuik	PR	December 19, 2015	Moose Jaw, SK
	Bench Press Only	105.0	Melodie Sitar	PR	March 9, 2026	St.John's, NL
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S SUB-JUNIOR (14-18)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
53	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
59	Squat	90.0	Orson Lecheminant	PR	April 20, 2024	Winnipeg, MB
	Bench Press	66.0	Orson Lecheminant	PR	April 20, 2024	Winnipeg, MB
	Deadlift	130.0	Orson Lecheminant	PR	April 20, 2024	Winnipeg, MB
	Total	286.0	Orson Lecheminant	PR	April 20, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
66	Squat	162.5	Orson Lecheminant	PR	September 20, 2026	Winnipeg, MB
	Bench Press	120.0	Orson Lecheminant	PR	March 11, 2026	St.John's, NL
	Deadlift	212.5	Nathaniel Woodward	PR	February 2, 2020	Winnipeg, MB
	Total	475.0	Nathaniel Woodward	PR	February 2, 2020	Winnipeg, MB
	Bench Press Only	127.5	Alex Pokryshchenko	PR	May 1, 2026	Winnipeg, MB
74	Squat	200.0	Jessé Godin	PR	October 12, 2024	Winnipeg, MB
	Bench Press	131.0	Dawson Bisson	PR	May 2, 2026	Winnipeg, MB
	Deadlift	240.5	Jaxon Kutcher	PR	May 2, 2026	Winnipeg, MB
	Total	562.5	Jessé Godin	PR	October 12, 2024	Winnipeg, MB
	Bench Press Only	**147.5**	**Alex Pokryshchenko**	**PR**	**October 1, 2026**	**Saskatoon, SK**
83	**Squat**	**202.5**	**Jaxon Kutcher**	**PR**	**October 3, 2026**	**Saskatoon, SK**
	Bench Press	142.5	Daniel Reimer	PR	October 14, 2023	Winnipeg, MB
	Deadlift	**250.0**	**Jaxon Kutcher**	**PR**	**October 3, 2026**	**Saskatoon, SK**
	Total	**567.5**	**Jaxon Kutcher**	**PR**	**October 3, 2026**	**Saskatoon, SK**
	Bench Press Only	117.5	Alex Mackid	PR	December 11, 2021	Winnipeg, MB
93	Squat	232.5	Adam Revet	PR	October 14, 2023	Winnipeg, MB
	Bench Press	145.0	Riley Bresky	PR	September 5, 2024	St.Paul's Bay, Malta
	Deadlift	267.5	Riley Bresky	PR	August 12, 2023	Brandon, MB
	Total	657.5	Riley Bresky	PR	September 5, 2024	St.Paul's Bay, Malta
	Bench Press Only		No Records to date			
105	Squat	240.0	Kenneth Morris	PR	December 14, 2024	Winnipeg, MB
	Bench Press	132.5	Asher Navid	PR	December 9, 2023	Portage la Prairie, MB
	Deadlift	230.0	Kenneth Morris	PR	December 14, 2024	Winnipeg, MB
	Total	585.0	Kenneth Morris	PR	December 14, 2024	Winnipeg, MB
	Bench Press Only	130.0	Marshall Sonnenberg	PR	October 19, 2013	Winnipeg, MB
120	Squat	230.0	Sean Winslow	PR	December 14, 2024	Winnipeg, MB
	Bench Press	162.5	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Deadlift	272.5	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Total	650.0	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Bench Press Only	162.5	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
120+	Squat	232.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Bench Press	122.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Deadlift	277.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Total	632.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Bench Press Only	122.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S SUB-JUNIOR (14-18)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
53	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat	155.0	Nathaniel Woodward	PR	February 02,2020	Winnipeg, MB
	Bench Press	107.5	Nathaniel Woodward	PR	February 02,2020	Winnipeg, MB
	Deadlift	212.5	Nathaniel Woodward	PR	February 02,2020	Winnipeg, MB
	Total	475.0	Nathaniel Woodward	PR	February 02,2020	Winnipeg, MB
	Bench Press Only	107.5	Nathaniel Woodward	PR	February 02,2020	Winnipeg, MB
74	Squat	175.0	Cameron Grzegorczyk	PR	October 17, 2020	Winnipeg, MB
	Bench Press	143.0	Matt Chetyrbok	PR	June 11, 2011	Portage la Prairie, MB
	Deadlift	218.0	Cameron Grzegorczyk	PR	October 17, 2020	Winnipeg, MB
	Total	503.0	Cameron Grzegorczyk	PR	October 17, 2020	Winnipeg, MB
	Bench Press Only	143.0	Matt Chetyrbok	PR	June 11, 2011	Portage la Prairie, MB
83	Squat	185.0	Renan Andrade	PS	Jun. 2007	Winnipeg, MB
	Bench Press	117.5	Alex Mackid	PR	December 11, 2021	Winnipeg, MB
	Deadlift	215.0	Andrew Allden	PR	March 3, 2020	Winnipeg, MB
	Total	500.0	Alex Mackid	PR	December 11, 2021	Winnipeg, MB
	Bench Press Only	117.5	Alex Mackid	PR	December 11, 2021	Winnipeg, MB
93	Squat	197.5	Bret De Kezel	PS	Jun. 2007	Winnipeg, MB
	Bench Press	132.5	Bret De Kezel	PS	Jun. 2007	Winnipeg, MB
	Deadlift	260.0	Bret De Kezel	PS	Jun. 2007	Winnipeg, MB
	Total	590.0	Bret De Kezel	PS	Jun. 2007	Winnipeg, MB
	Bench Press Only	132.5	Bret De Kezel	PS	June 2007	Winnipeg, MB
105	Squat	177.5	Liam Shaw	PR	September 9, 2017	Winnipeg, MB
	Bench Press	130.0	Marshall Sonnenberg	PR	October 19, 2013	Winnipeg, MB
	Deadlift	215.0	Liam Shaw	PR	September 9, 2017	Winnipeg, MB
	Total	505.0	Liam Shaw	PR	September 9, 2017	Winnipeg, MB
	Bench Press Only	130.0	Marshall Sonnenberg	PR	October 19, 2013	Winnipeg, MB
120	Squat	215.0	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Bench Press	162.5	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Deadlift	272.5	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Total	650.0	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
	Bench Press Only	162.5	Andrew Langlaar	PR	December 19, 2015	Moose Jaw, SK
120+	Squat	232.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Bench Press	122.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Deadlift	277.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Total	632.5	Carson Parago	PR	October 17, 2020	Selkirk, MB
	Bench Press Only	122.5	Carson Parago	PR	October 17, 2020	Selkirk, MB

Updated: October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S SUB-JUNIOR (14-18)						
UNEQUIPPED						
Weight Class	**Lift**	**Record (kilograms)**	**Name**	**PR/PS**	**Date**	**Location**
unequipped records will no longer supercede equipped records - effective January 1, 2022						
43	Squat	52.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Bench Press	27.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Deadlift	72.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Total	152.5	Ella Camire	PR	June 18, 2023	Selkirk, MB
	Bench Press Only		No Records to date			
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat	67.5	Pénélope Hughes	PR	December 13, 2025	Winnipeg, MB
	Bench Press	40.0	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
	Deadlift	87.5	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
	Total	185.0	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
	Bench Press Only	40.0	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
57	Squat	135.0	Halle McCorrister	PR	October 3, 2025	Nanaimo, BC
	Bench Press	79.0	Halle McCorrister	PR	October 3, 2025	Nanaimo, BC
	Deadlift	147.5	Halle McCorrister	PR	October 3, 2025	Nanaimo, BC
	Total	361.5	Halle McCorrister	PR	October 3, 2025	Nanaimo, BC
	Bench Press Only	35.0	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
63	Squat	125.0	Halle McCorrister	PR	March 16, 2024	Winnipeg, MB
	Bench Press	65.0	Halle McCorrister	PR	March 16, 2024	Winnipeg, MB
	Deadlift	125.0	Halle McCorrister	PR	March 16, 2024	Winnipeg, MB
	Total	315.0	Halle McCorrister	PR	March 16, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
69	Squat	93.0	Katja Roch	PR	April 20, 2024	Winnipeg, MB
	Bench Press	50.0	Katja Roch	PR	April 20, 2024	Winnipeg, MB
	Deadlift	113.0	Katja Roch	PR	April 20, 2024	Winnipeg, MB
	Total	256.0	Katja Roch	PR	April 20, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
76	Squat	87.5	Cheyanne Walls	PR	March 16, 2024	Winnipeg, MB
	Bench Press	52.5	Cheyanne Walls	PR	March 16, 2024	Winnipeg, MB
	Deadlift	137.5	Cheyanne Walls	PR	March 16, 2024	Winnipeg, MB
	Total	277.5	Cheyanne Walls	PR	March 16, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
84	Squat	140.0	Trinity Nwaozor	PR	November 10, 2024	Winnipeg, MB
	Bench Press	87.5	Trinity Nwaozor	PR	November 10, 2024	Winnipeg, MB
	Deadlift	187.5	Trinity Nwaozor	PR	November 10, 2024	Winnipeg, MB
	Total	415.0	Trinity Nwaozor	PR	November 10, 2024	Winnipeg, MB
	Bench Press Only	67.5	Paige R. Kemot	PR	September 24, 2016	Winnipeg, MB
84+	Squat	80.0	Jayden Ratz	PR	March 26, 2022	Winnipeg, MB
	Bench Press	42.5	Jayden Ratz	PR	March 26, 2022	Winnipeg, MB
	Deadlift	100.0	Jayden Ratz	PR	March 26, 2022	Winnipeg, MB
	Total	222.5	Jayden Ratz	PR	March 26, 2022	Winnipeg, MB
	Bench Press Only	102.5	Hailey Kostynuik	PR	September 26, 2015	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S SUB-JUNIOR (14-18)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
43	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat	60.0	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
	Bench Press	40.0	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
	Deadlift	87.5	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
	Total	185.0	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
	Bench Press Only	40.0	Taylor Armstrong	PR	October 17, 2020	Winnipeg, MB
57	Squat	57.5	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
	Bench Press	35.0	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
	Deadlift	82.5	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
	Total	175.0	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
	Bench Press Only	35.0	Taylor Armstrong	PR	February 2, 2020	Winnipeg, MB
63	Squat	25.0	Jennifer Schoonbaert	PS	Nov. 2006	Winnipeg, MB
	Bench Press	30.0	Jennifer Schoonbaert	PS	Nov. 2006	Winnipeg, MB
	Deadlift	60.0	Jennifer Schoonbaert	PS	Nov. 2006	Winnipeg, MB
	Total	115.0	Jennifer Schoonbaert	PS	Nov. 2006	Winnipeg, MB
	Bench Press Only		No Records to date			
69	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
76	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
84	Squat	117.5	Paige R. Kemot	PR	September 24, 2016	Winnipeg, MB
	Bench Press	67.5	Paige R. Kemot	PR	September 24, 2016	Winnipeg, MB
	Deadlift	150.0	Paige R. Kemot	PR	September 24, 2016	Winnipeg, MB
	Total	335.0	Paige R. Kemot	PR	September 24, 2016	Winnipeg, MB
	Bench Press Only	67.5	Paige R. Kemot	PR	September 24, 2016	Winnipeg, MB
84+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only	102.5	Hailey Kostynuik	PR	September 26, 2015	Winnipeg, MB

Updated: October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 1 (40-49)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only	32.5	Ron Brunner	PR	March 16, 2024	Winnipeg, MB
66	Squat	180.0	Dennis Ng	PR	August 13, 2022	Winnipeg, MB
	Bench Press	110.0	Dennis Ng	PR	August 13, 2022	Winnipeg, MB
	Deadlift	199.0	David Hrynkow	PR	August 19, 2021	Orlando, Florida
	Total	475.0	Dennis Ng	PR	August 13. 2022	Winnipeg, MB
	Bench Press Only	98.0	David Hrynkow	PR	September 12, 2021	Winnipeg, MB
74	Squat	190.0	Dennis Ng	PR	February 4, 2024	Winnipeg, MB
	Bench Press	125.0	Dennis Ng	PR	February 4, 2024	Winnipeg, MB
	Deadlift	205.0	Christopher Barth	PR	March 18, 2023	Winnipeg, MB
	Total	500.0	Dennis Ng	PR	June 18, 2022	Winnipeg, MB
	Bench Press Only	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
83	Squat	220.0	Daniel Collette	PR	October 14, 2025	Cape Town, South Africa
	Bench Press	173.0	Travis Mattice	PR	September 12, 2021	Selkirk, MB
	Deadlift	242.5	Travis Mattice	PR	May 9, 2022	St.Johns, NL
	Total	612.5	Travis Mattice	PR	May 9, 2022	St.Johns, NL
	Bench Press Only	173.0	Travis Mattice	PR	September 12, 2021	Selkirk, MB
93	Squat	223.0	Daniel Collette	PR	May 3, 2026	Winnipeg, MB
	Bench Press	160.0	Dino Camiré	PR	October 9, 2024	Sun City, South Africa
	Deadlift	270.0	Dino Camiré	PR	October 9, 2024	Sun City, South Africa
	Total	645.0	Dino Camiré	PR	October 9, 2024	Sun City, South Africa
	Bench Press Only	195.0	Ed Dufour	PR	April 22, 2017	Brandon MB
105	Squat	245.0	Ryan Los	PR	March 12, 2026	St.John's, NL
	Bench Press	180.0	Vince Green	PR	February 23, 2018	Calgary, AB
	Deadlift	280.0	Dino Camiré	PR	March 12, 2026	St.John's, NL
	Total	680.0	Dino Camiré	PR	March 12, 2026	St.John's, NL
	Bench Press Only	180.0	Vince Green	PR	February 23, 2018	Calgary, AB
120	Squat	265.0	Sherman Asperin	PR	October 3, 2025	Nanaimo, BC
	Bench Press	225.0	Trevor Winfield	PR	November 18, 2012	Winnipeg, MB
	Deadlift	272.5	Ryan Los	PR	October 14, 2025	Cape Town, South Africa
	Total	670.5	Tony Nikkel	PR	May 3, 2025	Winnipeg, MB
	Bench Press Only	225.0	Trevor Winfield	PR	November 18, 2012	Winnipeg, MB
120+	Squat	270.0	Trevor Winfield	PR	June 20, 2015	Portage la Prairie, MB
	Bench Press	237.5	Trevor Winfield	PR	June 20, 2015	Portage la Prairie, MB
	Deadlift	292.5	Nathan Eisbrenner	PR	September 10, 2024	Summerside, PEI
	Total	785.0	Trevor Winfield	PR	June 20, 2015	Portage la Prairie, MB
	Bench Press Only	242.5	Trevor Winfield	PR	June 3, 2017	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 1 (40-49)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat	155.0	David Hrynkow	PR	May 9, 2022	St.John's, NL
	Bench Press	98.0	David Hrynkow	PR	September 12, 2021	Winnipeg, MB
	Deadlift	202.5	David Hrynkow	PR	November 30, 2022	Auckland, New Zealand
	Total	445.0	David Hrynkow	PR	November 30, 2022	Auckland, New Zealand
	Bench Press Only	98.0	David Hrynkow	PR	September 12, 2021	Winnipeg, MB
74	Squat	157.5	David Gurvey	PR	March 4, 2019	Ottawa, ON
	Bench Press	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
	Deadlift	200.0	David Hrynkow	PR	October 5, 2019	Selkirk, MB
	Total	467.5	David Gurvey	PR	March 4, 2019	Ottawa, ON
	Bench Press Only	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
83	Squat	267.5	Mike Lange	PS	May 1996	Leduc, AB
	Bench Press	177.5	Rick Marshall	PS	March 2003	Winnipeg, MB
	Deadlift	252.5	Rick Marshall	PS	March 2003	Winnipeg, MB
	Total	675.0	Rick Marshall	PS	March 2003	Winnipeg, MB
	Bench Press Only	185.0	Rick Marshall	PS	June 2004	Winnipeg, MB
93	Squat	305.0	Bruce Markham	PS	November 2001	Winnipeg, MB
	Bench Press	192.5	Bruce Markham	PS	June 2003	Niverville, MB
	Deadlift	277.5	Bruce Markham	PS	June 2000	Winnipeg, MB
	Total	767.5	Bruce Markham	PS	June 2000	Winnipeg, MB
	Bench Press Only	195.0	Ed Dufour	PR	April 22, 2017	Brandon MB
105	Squat	310.0	Steve Powell	PS	March 2010	Columbus, Ohio
	Bench Press	227.5	Steve Powell	PR	June 11, 2011	Portage la Prairie, MB
	Deadlift	300.0	Steve Powell	PS	March 2010	Columbus, Ohio
	Total	832.5	Steve Powell	PS	March 2010	Columbus, Ohio
	Bench Press Only	230.0	Steve Powell	PS	November 2010	St. Johns, NL
120	Squat	290.0	Ryan Los	PR	September 26, 2026	Winnipeg, MB
	Bench Press	250.0	Trevor Winfield	PS	April 2009	Moose Jaw, SK
	Deadlift	265.0	Ryan Los	PR	September 26, 2026	Winnipeg, MB
	Total	717.5	Ryan Los	PR	September 26, 2026	Winnipeg, MB
	Bench Press Only	250.0	Trevor Winfield	PS	April 2009	Moose Jaw, SK
120+	Squat	287.5	Brock Haywood	PS	November 2004	Winnipeg, MB
	Bench Press	237.5	Trevor Winfield	PR	June 20, 2015	Portage la Prairie, MB
	Deadlift	290.0	Patrick Cazeau	PR	August 24, 2014	Winnipeg, MB
	Total	785.0	Trevor Winfield	PR	June 20, 2015	Portage la Prairie, MB
	Bench Press Only	280.0	Trevor Winfield	PS	November 2010	Winnipeg, MB

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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 1 (40-49)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat	82.5	Lynell Johnson	PR	February 2, 2019	Winnipeg, MB
	Bench Press	52.5	Lynell Johnson	PR	February 2, 2019	Winnipeg, MB
	Deadlift	102.5	Gillian Howie	PR	September 12, 2021	Selkirk, MB
	Total	230.0	Lynell Johnson	PR	February 2, 2019	Winnipeg, MB
	Bench Press Only	52.5	Lynell Johnson	PR	February 2, 2019	Winnipeg, MB
57	Squat	97.5	Janie Jacobucci	PR	February 3, 2018	Winnipeg, MB
	Bench Press	60.0	Janie Jacobucci	PR	February 3, 2018	Winnipeg, MB
	Deadlift	132.5	Janie Jacobucci	PR	February 3, 2018	Winnipeg, MB
	Total	290.0	Janie Jacobucci	PR	February 3, 2018	Winnipeg, MB
	Bench Press Only	60.0	Janie Jacobucci	PR	February 3,2018	Winnipeg, MB
63	Squat	143.5	Janie Jacobucci	PR	June 18, 2023	Selkirk, MB
	Bench Press	85.5	Janie Jacobucci	PR	September 22, 2026	Winnipeg, MB
	Deadlift	183.0	Janie Jacobucci	PR	March 10, 2026	St.John's, NL
	Total	403.5	Janie Jacobucci	PR	September 22, 2026	Winnipeg, MB
	Bench Press Only	77.5	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
69	Squat	132.5	Kyla Camiré	PR	March 16, 2024	Winnipeg, MB
	Bench Press	67.5	Gail-Ann Breese	PR	September 18, 2026	Winnipeg, MB
	Deadlift	170.0	Kyla Camiré	PR	February 27, 2025	Moose Jaw, SK
	Total	367.5	Kyla Camiré	PR	February 27, 2025	Moose Jaw, SK
	Bench Press Only	62.5	Dionne Potapinski	PR	June 15, 2024	Selkirk, MB
76	Squat	170.0	Aricelle Taylor	PR	April 19, 2025	Winnipeg, MB
	Bench Press	92.5	Aricelle Taylor	PR	February 4, 2024	Winnipeg, MB
	Deadlift	185.0	Aricelle Taylor	PR	May 3, 2026	Winnipeg, MB
	Total	442.5	Aricelle Taylor	PR	May 3, 2026	Winnipeg, MB
	Bench Press Only	92.5	Sara Duncan	PR	March 9, 2026	St.John's, NL
84	Squat	160.0	Jacqui Broesky	PR	March 8, 2024	Moose Jaw, SK
	Bench Press	97.5	Jacqui Broesky	PR	March 8, 2024	Moose Jaw, SK
	Deadlift	162.5	Jacqui Broesky	PR	March 8, 2024	Moose Jaw, SK
	Total	420.0	Jacqui Broesky	PR	March 8, 2024	Moose Jaw, SK
	Bench Press Only	72.5	Janet Loesel Sitar	PR	February 4, 2017	Winnipeg, MB
84+	Squat	162.5	Krista Sanger	PR	September 18, 2019	St Johns, NL
	Bench Press	100.0	Jacqui Broesky	PR	October 10, 2024	Sun City, South Africa
	Deadlift	200.0	Michelle Kymanick	PR	October 17, 2020	Winnipeg, MB
	Total	417.5	Krista Sanger	PR	September 18, 2019	St Johns, NL
	Bench Press Only	100.5	Jacqui Broesky	PR	May 2, 2025	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 1 (40-49)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat	92.5	Penha S. Andrade	PS	February 2005	Headingley, MB
	Bench Press	60.0	Penha S. Andrade	PS	February 2005	Headingley, MB
	Deadlift	122.5	Penha S. Andrade	PS	February 2005	Headingley, MB
	Total	275.0	Penha S. Andrade	PS	February 2005	Headingley, MB
	Bench Press Only	52.5	Lynell Johnson	PR	February 2, 2019	Winnipeg, MB
57	Squat	132.5	Annette Powell	PS	April 2010	Quebec City, QU
	Bench Press	67.5	Annette Powell	PS	April 2010	Quebec City, QU
	Deadlift	147.0	Annette Powell	PS	October 2010	Moose Jaw, SK
	Total	342.5	Annette Powell	PS	April 2010	Quebec City, QU
	Bench Press Only	67.5	Annette Powell	PS	April 2010	Quebec City, QU
63	Squat	137.5	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
	Bench Press	77.5	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
	Deadlift	169.0	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
	Total	384.0	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
	Bench Press Only	77.5	Janie Jacobucci	PR	November 13, 2021	Richmond, BC
69	Squat	100.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Bench Press	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Deadlift	137.5	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Total	292.5	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Bench Press Only	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
76	Squat	137.5	Janet Loesel Sitar	PR	February 25, 2025	Moose Jaw, SK
	Bench Press	92.5	Janet Loesel Sitar	PR	September 26, 2026	Winnipeg, MB
	Deadlift	178.0	Janet Loesel Sitar	PR	May 3, 2025	Winnipeg, MB
	Total	405.0	Janet Loesel Sitar	PR	May 3, 2025	Winnipeg, MB
	Bench Press Only	110.0	Sara Duncan	PR	December 13, 2025	Winnipeg, MB
84	Squat	140.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Bench Press	90.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Deadlift	180.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Total	410.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Bench Press Only	95.0	Janet Loesel Sitar	PR	September 19, 2026	Winnipeg, MB
84+	Squat	175.0	Krista Sanger	PR	March 3, 2020	Winnipeg, MB
	Bench Press	112.5	Krista Sanger	PR	March 3, 2020	Winnipeg, MB
	Deadlift	200.0	Michelle Kymanick	PR	October 17, 2020	Winnipeg, MB
	Total	470.0	Krista Sanger	PR	March 3, 2020	Winnipeg, MB
	Bench Press Only	112.5	Krista Sanger	PR	March 3, 2020	Winnipeg, MB
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MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 2 (50-59)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only	32.5	Ron Brunner	PR	March 16, 2024	Winnipeg, MB
66	Squat	135.0	David Gurvey	PR	March 9, 2026	St.John's, NL
	Bench Press	100.0	David Gurvey	PR	March 9, 2026	St.John's, NL
	Deadlift	199.0	David Hrynkow	PR	August 19, 2021	Orlando, Florida
	Total	417.5	David Hrynkow	PR	October 17, 2020	Winnipeg, MB
	Bench Press Only	97.5	David Hrynkow	PR	October 17, 2020	Winnipeg, MB
74	Squat	162.5	David Gurvey	PR	June 18, 2023	Selkirk, MB
	Bench Press	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
	Deadlift	197.5	David Hrynkow	PR	August 10, 2019	Brandon, MB
	Total	467.5	David Gurvey	PR	March 4, 2019	Ottawa, ON
	Bench Press Only	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
83	Squat	205.0	Brent Smith	PR	March 9, 2026	St.John's, NL
	Bench Press	147.5	Dean Smith	PR	August 11, 2023	Brandon, MB
	Deadlift	222.5	Dean Smith	PR	February 27, 2025	Moose Jaw, SK
	Total	562.5	Dean Smith	PR	February 27, 2025	Moose Jaw, SK
	Bench Press Only	147.5	Dean Smith	PR	December 14, 2024	Winnipeg, MB
93	Squat	195.0	Dean Smith	PR	September 20, 2025	Selkirk, MB
	Bench Press	150.5	Dean Smith	PR	September 20, 2025	Selkirk, MB
	Deadlift	228.0	Dean Smith	PR	September 20, 2025	Selkirk, MB
	Total	573.5	Dean Smith	PR	September 20, 2025	Selkirk, MB
	Bench Press Only	148.5	Dean Smith	PR	December 13, 2025	Winnipeg, MB
105	Squat	205.0	Scott Crowhurst	PR	June 14, 2014	Dauphin, MB
	Bench Press	143.0	Brent Hamm	PR	May 3, 2025	Winnipeg, MB
	Deadlift	230.0	Brent Hamm	PR	May 3, 2025	Winnipeg, MB
	Total	567.5	Scott Crowhurst	PR	June 14, 2014	Dauphin, MB
	Bench Press Only	143.0	Brent Hamm	PR	May 2, 2025	Winnipeg, MB
120	Squat	260.0	Tony Nikkel	PR	May 3, 2026	Winnipeg, MB
	Bench Press	160.0	Tony Nikkel	PR	March 10, 2026	St.John's, NL
	Deadlift	260.0	Tony Nikkel	PR	May 3, 2026	Winnipeg, MB
	Total	665.0	Tony Nikkel	PR	May 3, 2026	Winnipeg, MB
	Bench Press Only	145.0	Brent Hamm	PR	March 22, 2025	Winnipeg, MB
120+	Squat	207.5	Robert Snow	PR	February 4, 2024	Winnipeg, MB
	Bench Press	160.0	Robert Snow	PR	February 4, 2024	Winnipeg, MB
	Deadlift	242.5	Robert Snow	PR	February 4, 2024	Winnipeg, MB
	Total	610.0	Robert Snow	PR	February 4, 2024	Winnipeg, MB
	Bench Press Only	242.5	Trevor Winfield	PR	June 3, 2017	Winnipeg, MB
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MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 2 (50-59)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat	155.0	David Hrynkow	PR	May 9, 2022	St.John's, NL
	Bench Press	98.0	David Hrynkow	PR	September 12, 2021	Winnipeg, MB
	Deadlift	202.5	David Hrynkow	PR	November 30, 2022	Auckland, New Zealand
	Total	445.0	David Hrynkow	PR	November 30, 2022	Auckland, New Zealand
	Bench Press Only	92.5	David Hrynkow	PR	March 3, 2020	Winnipeg, MB
74	Squat	157.5	David Gurvey	PR	March 4, 2019	Ottawa, ON
	Bench Press	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
	Deadlift	200.0	David Hrynkow	PR	October 5, 2019	Selkirk, MB
	Total	467.5	David Gurvey	PR	March 4, 2019	Ottawa, ON
	Bench Press Only	115.0	David Gurvey	PR	November 17, 2018	Winnipeg, MB
83	Squat	185.0	Brent Smith	PR	June 21, 2019	Winnipeg, MB
	Bench Press	142.5	Dean Smith	PR	August 10, 2019	Brandon, MB
	Deadlift	200.0	Brent Smith	PR	June 21, 2019	Edmonton, AB
	Total	517.5	Brent Smith	PR	June 21, 2019	Winnipeg, MB
	Bench Press Only	170.0	Dean Smith	PR	December 14, 2024	Winnipeg, MB
93	Squat	272.5	Bruce Markham	PS	November 2010	Winnipeg, MB
	Bench Press	177.5	Bruce Markham	PS	November 2010	Winnipeg, MB
	Deadlift	240.0	Bruce Markham	PS	November 2010	Winnipeg, MB
	Total	690.0	Bruce Markham	PS	November 2010	Winnipeg, MB
	Bench Press Only	177.5	Bruce Markham	PS	November 2010	Winnipeg, MB
105	Squat	215.0	Bert Merriman	PS	March 1999	Sherbrooke, QU
	Bench Press	157.5	Harvey Hanec	PS	November 2004	Winnipeg, MB
	Deadlift	242.5	Bert Merriman	PS	March 1999	Sherbrooke, QU
	Total	612.5	Bert Merriman	PS	March 1999	Sherbrooke, QU
	Bench Press Only	167.5	Bert Merriman	PS	March 1999	Sherbrooke, QU
120	Squat	230.0	Bert Merriman	PS	February 2000	Moose Jaw, SK
	Bench Press	175.0	Bert Merriman	PS	February 2000	Moose Jaw, SK
	Deadlift	250.0	Bert Merriman	PS	June 2001	Winnipeg, MB
	Total	655.0	Bert Merriman	PS	June 2001	Winnipeg, MB
	Bench Press Only	180.0	Bert Merriman	PS	February 2000	Moose Jaw, SK
120+	Squat	270.0	Brock Haywood	PR	April 2, 2011	Charlottetown, PEI
	Bench Press	177.5	Brock Haywood	PR	April 2, 2011	Charlottetown, PEI
	Deadlift	240.0	Brock Haywood	PR	November 24, 2013	Winnipeg, MB
	Total	682.5	Brock Haywood	PR	April 2, 2011	Charlottetown, PEI
	Bench Press Only	242.5	Trevor Winfield	PR	June 3, 2017	Winnipeg, MB

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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 2 (50-59)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat	62.5	Haley Adams	PR	October 3, 2025	Nanaimo, BC
	Bench Press	36.0	Haley Adams	PR	May 3, 2025	Winnipeg, MB
	Deadlift	97.5	Haley Adams	PR	October 3, 2025	Nanaimo, BC
	Total	195.0	Haley Adams	PR	October 3, 2025	Nanaimo, BC
	Bench Press Only		No Records to date			
57	Squat	77.5	Kari Klassen	PR	July 13, 2024	Winnipeg, MB
	Bench Press	52.5	Kari Klassen	PR	July 13, 2024	Winnipeg, MB
	Deadlift	125.0	Kari Klassen	PR	July 13, 2024	Winnipeg, MB
	Total	255.0	Kari Klassen	PR	July 13, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
63	Squat	140.5	Janie Jacobucci	PR	September 22, 2026	Winnipeg, MB
	Bench Press	85.5	Janie Jacobucci	PR	September 22, 2026	Winnipeg, MB
	Deadlift	183.0	Janie Jacobucci	PR	March 10, 2026	St.John's, NL
	Total	403.5	Janie Jacobucci	PR	September 22, 2026	Winnipeg, MB
	Bench Press Only	60.0	Dionne Potapinski	PR	December 14, 2024	Winnipeg, MB
69	Squat	125.0	Candace Daher	PR	February 4, 2024	Winnipeg, MB
	Bench Press	67.5	Gail-Ann Breese	PR	September 18, 2026	Winnipeg, MB
	Deadlift	165.5	Candace Daher	PR	February 4, 2024	Winnipeg, MB
	Total	350.5	Candace Daher	PR	February 4, 2024	Winnipeg, MB
	Bench Press Only	62.5	Dionne Potapinski	PR	June 15, 2024	Selkirk, MB
76	Squat	123.0	Brenda Hunter	PR	July 19, 2025	Winnipeg, MB
	Bench Press	75.0	Janet Loesel Sitar	PR	February 13, 2023	Richmond, BC
	Deadlift	147.5	Janet Loesel Sitar	PR	February 13, 2023	Richmond, BC
	Total	332.5	Janet Loesel Sitar	PR	February 13, 2023	Richmond, BC
	Bench Press Only	45.5	Susan Haywood	PR	March 10, 2026	St.John's, NL
84	Squat	135.0	Brenda Hunter	PR	May 3, 2025	Winnipeg, MB
	Bench Press	75.0	Janet Loesel Sitar	PR	July 13, 2024	Winnipeg, MB
	Deadlift	157.5	Brenda Hunter	PR	September 10, 2024	Summerside, PEI
	Total	352.5	Brenda Lynn Hunter	PR	February 26, 2025	Moose Jaw, SK
	Bench Press Only	72.5	Janet Loesel Sitar	PR	September 9, 2024	Summerside, PEI
84+	Squat	142.5	Brenda Billings	PR	May 3, 2026	Winnipeg, MB
	Bench Press	70.0	Brenda Billings	PR	October 11, 2025	Cape Town, South Africa
	Deadlift	145.0	Brenda Billings	PR	October 11, 2025	Cape Town, South Africa
	Total	352.5	Brenda Billings	PR	May 3, 2026	Winnipeg, MB
	Bench Press Only	100.5	Jacqui Broesky	PR	May 2, 2025	Winnipeg, MB
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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 2 (50-59)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
63	Squat	95.0	Candace Daher	PR	September 12, 2021	Selkirk, MB
	Bench Press	50.0	Candace Daher	PR	September 12, 2021	Selkirk, MB
	Deadlift	145.0	Candace Daher	PR	September 12, 2021	Selkirk, MB
	Total	290.0	Candace Daher	PR	September 12, 2021	Selkirk, MB
	Bench Press Only	50.0	Candace Daher	PR	September 12, 2021	Selkirk, MB
69	Squat	100.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Bench Press	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Deadlift	137.5	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Total	292.5	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Bench Press Only	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
76	Squat	137.5	Janet Loesel Sitar	PR	February 25, 2025	Moose Jaw, SK
	Bench Press	92.5	Janet Loesel Sitar	PR	September 26, 2026	Winnipeg, MB
	Deadlift	178.0	Janet Loesel Sitar	PR	May 3, 2025	Winnipeg, MB
	Total	405.0	Janet Loesel Sitar	PR	May 3, 2025	Winnipeg, MB
	Bench Press Only	92.5	Janet Loesel Sitar	PR	March 1, 2025	Moose Jaw, SK
84	Squat	140.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Bench Press	90.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Deadlift	180.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Total	410.0	Janet Loesel Sitar	PR	March 12, 2026	St.John's, NL
	Bench Press Only	95.0	Janet Loesel Sitar	PR	September 19, 2026	Winnipeg, MB
84+	Squat	122.5	Brenda Billings	PR	November 13, 2021	Richmond. BC
	Bench Press	55.0	Brenda Billings	PR	November 13. 2021	Richmond. BC
	Deadlift	122.5	Brenda Billings	PR	November 13. 2021	Richmond. BC
	Total	300.0	Brenda Billings	PR	November 13. 2021	Richmond. BC
	Bench Press Only	57.5	Susan Haywood	PR	March 14, 2017	Saguenay, QU

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MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 3 (60-69)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only	32.5	Ron Brunner	PR	March 16, 2024	Winnipeg, MB
66	Squat	135.0	David Gurvey	PR	March 9, 2026	St.John's, NL
	Bench Press	100.0	David Gurvey	PR	March 9, 2026	St.John's, NL
	Deadlift	191.0	David Hrynkow	PR	March 9, 2024	Moose Jaw, SK
	Total	410.0	David Gurvey	PR	March 9, 2026	St.John's, NL
	Bench Press Only	87.5	David Hrynkow	PR	October 4, 2024	Sun City, South Africa
74	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
83	Squat	205.0	Brent Smith	PR	March 9, 2026	St.John's, NL
	Bench Press	125.0	Brent Smith	PR	June 18, 2023	Selkirk, MB
	Deadlift	215.0	Brent Smith	PR	March 9, 2026	St.John's, NL
	Total	542.5	Brent Smith	PR	March 9, 2026	St.John's, NL
	Bench Press Only	100.0	Gregory Karman	PR	March 21, 2026	Winnipeg, MB
93	Squat	182.5	Brent Smith	PR	February 3, 2023	Winnipeg, MB
	Bench Press	122.5	Brent Smith	PR	February 3, 2023	Winnipeg, MB
	Deadlift	195.0	Brent Smith	PR	February 3, 2023	Winnipeg, MB
	Total	500.0	Brent Smith	PR	February 3, 2023	Winnipeg, MB
	Bench Press Only	95.0	David Ouellette	PR	November 25, 2017	Winnipeg, MB
105	Squat	160.0	Reynold Hering	PR	July 18, 2026	Winnipeg, MB
	Bench Press	115.0	Reynold Hering	PR	July 18, 2026	Winnipeg, MB
	Deadlift	180.0	Reynold Hering	PR	July 18, 2026	Winnipeg, MB
	Total	455.0	Reynold Hering	PR	July 18, 2026	Winnipeg, MB
	Bench Press Only	110.0	Reynold Hering	PR	May 1, 2026	Winnipeg, MB
120	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
120+	Squat	180.0	Brock Haywood	PR	August 11, 2023	Brandon, MB
	Bench Press	80.0	Brock Haywood	PR	February 3, 2023	Winnipeg, MB
	Deadlift	195.0	Brock Haywood	PR	August 11, 2023	Brandon, MB
	Total	455.0	Brock Haywood	PR	August 11, 2023	Brandon, MB
	Bench Press Only	140.0	Lanze Chevillard	PR	July 19, 2025	Winnipeg, MB
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 3 (60-69)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat	150.0	David Hrynkow	PR	October 10, 2024	Sun City, South Africa
	Bench Press	85.0	David Hrynkow	PR	February 24, 2025	Moose Jaw, SK
	Deadlift	185.0	David Hrynkow	PR	March 13, 2026	St.John's, NL
	Total	412.5	David Hrynkow	PR	October 10, 2024	Sun City, South Africa
	Bench Press Only	85.0	David Hrynkow	PR	March 1, 2025	Moose Jaw, SK
74	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
83	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
93	Squat	180.0	Harvey Hanec	PR	February 5, 2012	Winnipeg, MB
	Bench Press	142.5	Harvey Hanec	PS	April 2009	Moose Jaw, SK
	Deadlift	225.0	Bert Merriman	PS	November 2008	Winnipeg, MB
	Total	500.0	Bert Merriman	PS	November 2008	Winnipeg, MB
	Bench Press Only	142.5	Harvey Hanec	PS	April 2009	Moose Jaw, SK
105	Squat	190.0	Harvey Hanec	PS	June 2010	Dauphin, MB
	Bench Press	160.0	Harvey Hanec	PS	June 2008	Winnipeg, MB
	Deadlift	200.0	Bert Merriman	PS	April 2009	Moose Jaw, SK
	Total	510.0	Harvey Hanec	PS	June 2010	Dauphin, MB
	Bench Press Only	160.0	Harvey Hanec	PS	June 2008	Winnipeg, MB
120	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
120+	Squat	160.0	Brock Haywood	PR	July 18, 2026	Winnipeg, MB
	Bench Press	130.0	Brock Haywood	PR	July 18, 2026	Winnipeg, MB
	Deadlift	182.5	Brock Haywood	PR	July 18, 2026	Winnipeg, MB
	Total	472.5	Brock Haywood	PR	July 18, 2026	Winnipeg, MB
	Bench Press Only	127.5	Brock Haywood	PR	March 11, 2026	St.John's, NL

Updated: October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 3 (60-69)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
63	**Squat**	**82.5**	**Mavis Khanuja**	**PR**	**October 4, 2026**	**Saskatoon, SK**
	Bench Press	**45.0**	**Mavis Khanuja**	**PR**	**October 4, 2026**	**Saskatoon, SK**
	Deadlift	**112.5**	**Mavis Khanuja**	**PR**	**October 4, 2026**	**Saskatoon, SK**
	Total	**240.0**	**Mavis Khanuja**	**PR**	**October 4, 2026**	**Saskatoon, SK**
	Bench Press Only		No Records to date			
69	Squat	118.0	Gail-Ann Breese	PR	March 9, 2026	St.John's, NL
	Bench Press	67.5	Gail-Ann Breese	PR	September 18, 2026	Winnipeg, MB
	Deadlift	165.0	Gail-Ann Breese	PR	March 9, 2026	St.John's, NL
	Total	348.0	Gail-Ann Breese	PR	March 9, 2026	St.John's, NL
	Bench Press Only	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
76	Squat	67.5	Patricia Kell	PR	October 3, 2025	Nanaimo, BC
	Bench Press	42.5	Christi Schick	PR	October 12, 2024	Winnipeg, MB
	Deadlift	117.5	Patricia Kell	PR	October 3, 2025	Nanaimo, BC
	Total	220.0	Patricia Kell	PR	October 3, 2025	Nanaimo, BC
	Bench Press Only	45.5	Susan Haywood	PR	March 10, 2026	St.John's, NL
84	Squat	131.0	Brenda Hunter	PR	March 9, 2026	St.John's, NL
	Bench Press	65.0	Brenda Hunter	PR	March 9, 2026	St.John's, NL
	Deadlift	150.0	Brenda Hunter	PR	September 18, 2026	Winnipeg, MB
	Total	345.0	Brenda Hunter	PR	September 18, 2026	Winnipeg, MB
	Bench Press Only	52.5	Susan Haywood	PR	February 20, 2018	Calgary, AB
84+	Squat	142.5	Brenda Billings	PR	May 3, 2026	Winnipeg, MB
	Bench Press	70.0	Brenda Billings	PR	October 11, 2025	Cape Town, South Africa
	Deadlift	145.0	Brenda Billings	PR	October 11, 2025	Cape Town, South Africa
	Total	352.5	Brenda Billings	PR	May 3, 2026	Winnipeg, MB
	Bench Press Only	57.5	Susan Haywood	PR	March 14, 2017	Saguenay, QU
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 3 (60-69)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
63	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
69	Squat	100.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Bench Press	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Deadlift	137.5	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Total	292.5	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
	Bench Press Only	55.0	Gail-Ann Breese	PR	November 13, 2021	Richmond, BC
76	Squat	77.5	Susan Haywood	PR	February 25, 2025	Moose Jaw, SK
	Bench Press	62.5	Susan Haywood	PR	February 25, 2025	Moose Jaw, SK
	Deadlift	93.5	Susan Haywood	PR	September 20, 2025	Selkirk, MB
	Total	233.0	Susan Haywood	PR	February 25, 2025	Moose Jaw, SK
	Bench Press Only	60.0	Susan Haywood	PR	March 11, 2026	St.John's, NL
84	Squat	112.5	Susan Haywood	PR	April 12, 2012	Calgary, AB
	Bench Press	77.5	Susan Haywood	PR	September 28, 2011	St Catherines, ON
	Deadlift	115.0	Susan Haywood	PR	April 12, 2012	Calgary, AB
	Total	297.5	Susan Haywood	PR	April 12, 2012	Calgary, AB
	Bench Press Only	77.5	Susan Haywood	PR	September 28, 2011	St Catherines, ON
84+	Squat	90.0	Susan Haywood	PR	December 5, 2015	Vancouver, BC
	Bench Press	50.0	Susan Haywood	PR	December 5, 2015	Vancouver, BC
	Deadlift	100.0	Susan Haywood	PR	December 5, 2015	Vancouver, BC
	Total	240.0	Susan Haywood	PR	December 5, 2015	Vancouver, BC
	Bench Press Only	72.5	Susan Haywood	PS	April 2009	Moose Jaw, SK

Updated: October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 4 (70+)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only	32.5	Ron Brunner	PR	March 16, 2024	Winnipeg, MB
66	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only	42.5	Raymond Elliott	PR	March 21, 2026	Winnipeg, MB
74	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
83	Squat	60.0	Christopher Sunde	PR	March 16, 2024	Winnipeg, MB
	Bench Press	60.0	Christopher Sunde	PR	March 16, 2024	Winnipeg, MB
	Deadlift	100.0	Christopher Sunde	PR	March 16, 2024	Winnipeg, MB
	Total	220.0	Christopher Sunde	PR	March 16, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
93	Squat	132.5	Ivan Lambert	PR	November 10, 2024	Winnipeg, MB
	Bench Press	75.0	Ivan Lambert	PR	November 10, 2024	Winnipeg, MB
	Deadlift	170.0	Ivan Lambert	PR	November 10, 2024	Winnipeg, MB
	Total	377.5	Ivan Lambert	PR	November 10, 2024	Winnipeg, MB
	Bench Press Only		No Records to date			
105	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
120	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
120+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
Updated: October 7, 2026						

MANITOBA POWERLIFTING ASSOCIATION'S MEN'S MASTER 4 (70+)
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
74	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
83	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
93	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
105	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
120	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
120+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			

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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 4 (70+)
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
63	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
69	Squat	67.5	Patricia Kell	PR	May 3, 2026	Winnipeg, MB
	Bench Press	35.0	Patricia Kell	PR	May 3, 2026	Winnipeg, MB
	Deadlift	115.0	Patricia Kell	PR	May 3, 2026	Winnipeg, MB
	Total	217.5	Patricia Kell	PR	May 3, 2026	Winnipeg, MB
	Bench Press Only		No Records to date			
76	Squat	67.5	Patricia Kell	PR	October 3, 2025	Nanaimo, BC
	Bench Press	42.5	Christi Schick	PR	October 12, 2024	Winnipeg, MB
	Deadlift	117.5	Patricia Kell	PR	October 3, 2025	Nanaimo, BC
	Total	220.0	Patricia Kell	PR	October 3, 2025	Nanaimo, BC
	Bench Press Only	45.5	Susan Haywood	PR	March 10, 2026	St.John's, NL
84	Squat	72.5	Susan Haywood	PR	September 21, 2019	St Johns, NL
	Bench Press	50.0	Susan Haywood	PR	March 4, 2019	Ottawa, ON
	Deadlift	100.0	Susan Haywood	PR	March 4, 2019	Ottawa, ON
	Total	220.0	Susan Haywood	PR	March 4, 2019	Ottawa, ON
	Bench Press Only	50.0	Susan Haywood	PR	March 4, 2019	Ottawa, ON
84+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S MASTER 4 (70+)						
EQUIPPED						
Weight Class	**Lift**	**Record (kilograms)**	**Name**	**PR/PS**	**Date**	**Location**
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
63	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
69	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
76	Squat	77.5	Susan Haywood	PR	February 25, 2025	Moose Jaw, SK
	Bench Press	62.5	Susan Haywood	PR	February 25, 2025	Moose Jaw, SK
	Deadlift	93.5	Susan Haywood	PR	September 20, 2025	Selkirk, MB
	Total	233.0	Susan Haywood	PR	February 25, 2025	Moose Jaw, SK
	Bench Press Only	60.0	Susan Haywood	PR	March 11, 2026	St.John's, NL
84	Squat	90.0	Susan Haywood	PR	December 7, 2019	St Johns, NL
	Bench Press	70.0	Susan Haywood	PR	December 7, 2019	Ottawa, ON
	Deadlift	100.0	Susan Haywood	PR	March 4, 2019	Ottawa, ON
	Total	250.0	Susan Haywood	PR	December 7, 2019	Ottawa, ON
	Bench Press Only	73.0	Susan Haywood	PR	September 16, 2019	St Johns, NL
84+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MILITARY MEN
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
74	Squat	250.5	Eric Tangtakoune	PR	February 3, 2024	Winnipeg, MB
	Bench Press	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
	Deadlift	260.0	Benjamin Langley	PR	March 16, 2017	Saguenay, QU
	Total	655.0	Benjamin Langley	PR	March 16, 2017	Saguenay, QU
	Bench Press Only	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
83	Squat	273.0	Eric Tangtakoune	PR	December 14, 2024	Winnipeg, MB
	Bench Press	132.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Deadlift	232.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Total	557.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Bench Press Only	132.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
93	Squat	250.0	Jowel Shuffler	PR	June 17, 2023	Selkirk, MB
	Bench Press	220.5	Daniel Hrichishen	PR	May 4, 2025	Winnipeg, MB
	Deadlift	295.0	Jowel Shuffler	PR	June 17, 2023	Selkirk, MB
	Total	690.0	Jowel Shuffler	PR	June 17, 2023	Selkirk, MB
	Bench Press Only	227.5	Daniel Hrichishen	PR	October 24, 2025	Panama City, Panama
105	Squat	242.5	Tyler David Harte	PR	April 22, 2017	Shilo, MB
	Bench Press	147.5	Tyler David Harte	PR	December 10, 2016	Moose Jaw, SK
	Deadlift	285.5	Jowel Shuffler	PR	March 26, 2022	Winnipeg, MB
	Total	672.5	Tyler David Harte	PR	December 10, 2016	Moose Jaw, SK
	Bench Press Only	218.0	Daniel Hrichishen	PR	February 1, 2025	Winnipeg, MB
120	Squat	272.5	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Bench Press	165.0	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Deadlift	290.0	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Total	727.5	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Bench Press Only	165.0	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
120+	Squat	302.5	Tyler MacInnis	PR	April 22, 2017	Shilo, MB
	Bench Press	172.5	Rob Snow	PR	June 25, 2016	Killeen, Texas
	Deadlift	317.5	Tyler MacInnis	PR	November 25, 2017	Winnipeg, MB
	Total	772.5	Tyler MacInnis	PR	April 22, 2017	Shilo, MB
	Bench Press Only	172.5	Rob Snow	PR	June 25, 2016	Killeen, Texas
					Updated:	October 7, 2026

MANITOBA POWERLIFTING ASSOCIATION'S MILITARY MEN
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
66	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
74	Squat	250.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
	Bench Press	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
	Deadlift	260.0	Benjamin Langley	PR	March 16, 2017	Saguenay, QU
	Total	655.0	Benjamin Langley	PR	March 16, 2017	Saguenay, QU
	Bench Press Only	155.0	Benjamin Langley	PR	September 12, 2017	Potchefstroom, South Africa
83	Squat	192.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Bench Press	132.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Deadlift	232.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Total	557.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
	Bench Press Only	132.5	Vince Salemi	PR	November 23, 2014	Winnipeg, MB
93	Squat	237.5	Chris Marron	PR	February 5, 2012	Winnipeg, MB
	Bench Press	215.0	Daniel Hrichishen	PR	February 7, 2026	Winnipeg, MB
	Deadlift	265.0	Chris Marron	PR	February 5, 2012	Winnipeg, MB
	Total	685.0	Chris Marron	PS	November 2010	Winnipeg, MB
	Bench Press Only	217.5	Daniel Hrichishen	PR	May 1, 2026	Winnipeg, MB
105	Squat	240.0	Tyler David Harte	PR	December 10, 2016	Moose Jaw, SK
	Bench Press	192.5	Mike Leudy	PS	November 2008	Winnipeg, MB
	Deadlift	285.0	Tyler David Harte	PR	December 10, 2016	Moose Jaw, SK
	Total	672.5	Tyler David Harte	PR	December 10, 2016	Moose Jaw, SK
	Bench Press Only	192.5	Mike Leudy	PS	November 2008	Winnipeg, MB
120	Squat	272.5	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Bench Press	165.0	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Deadlift	290.0	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Total	727.5	Tyler MacInnis	PR	December 19, 2015	Moose Jaw, SK
	Bench Press Only	205.0	Michael Leudy	PS	November 2005	Winnipeg, MB
120+	Squat	302.5	Tyler MacInnis	PR	April 22, 2017	Shilo, MB
	Bench Press	182.5	Robert Snow	PS	November 2007	Winnipeg, MB
	Deadlift	317.5	Tyler MacInnis	PR	November 25, 2017	Winnipeg, MB
	Total	772.5	Tyler MacInnis	PR	April 22, 2017	Shilo, MB
	Bench Press Only	232.5	Robert Snow	PR	February 15, 2016	Regina, SK

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MANITOBA POWERLIFTING ASSOCIATION'S MILITARY WOMEN
UNEQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
unequipped records will no longer supercede equipped records - effective January 1, 2022						
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat	75.0	Caitlyn Clement	PR	August 24, 2014	Winnipeg, MB
	Bench Press	45.0	Caitlyn Clement	PR	June 14, 2014	Dauphin, MB
	Deadlift	100.0	Caitlyn Clement	PR	August 24, 2014	Winnipeg, MB
	Total	220.0	Caitlyn Clement	PR	August 24, 2014	Winnipeg, MB
	Bench Press Only	45.0	Caitlyn Clement	PR	June 14, 2014	Dauphin, MB
63	Squat	115.0	Brooke Robertson	PR	March 16, 2024	Winnipeg, MB
	Bench Press	62.5	Brooke Robertson	PR	March 16, 2024	Winnipeg, MB
	Deadlift	160.0	Brooke Robertson	PR	March 16, 2024	Winnipeg, MB
	Total	337.5	Brooke Robertson	PR	March 16, 2024	Winnipeg, MB
	Bench Press Only	47.5	Caitlyn Clement	PR	February 21, 2015	Winnipeg, MB
69	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
76	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
84	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
84+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
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MANITOBA POWERLIFTING ASSOCIATION'S MILITARY WOMEN
EQUIPPED

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
57	Squat	75.0	Caitlyn Clement	PR	August 24, 2014	Winnipeg, MB
	Bench Press	45.0	Caitlyn Clement	PR	June 14, 2014	Dauphin, MB
	Deadlift	100.0	Caitlyn Clement	PR	August 24, 2014	Winnipeg, MB
	Total	220.0	Caitlyn Clement	PR	August 24, 2014	Winnipeg, MB
	Bench Press Only	45.0	Caitlyn Clement	PR	June 14, 2014	Dauphin, MB
63	Squat	82.5	Caitlyn Clement	PR	February 21, 2015	Winnipeg, MB
	Bench Press	47.5	Caitlyn Clement	PR	February 21, 2015	Winnipeg, MB
	Deadlift	110.0	Caitlyn Clement	PR	February 21, 2015	Winnipeg, MB
	Total	240.0	Caitlyn Clement	PR	February 21, 2015	Winnipeg, MB
	Bench Press Only	47.5	Caitlyn Clement	PR	February 21, 2015	Winnipeg, MB
69	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
76	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			
84	Squat	40.0	Corena Letendre Mackay	PS	November 2005	Winnipeg, MB
	Bench Press	35.0	Corena Letendre Mackay	PS	November 2005	Winnipeg, MB
	Deadlift	82.5	Corena Letendre Mackay	PS	November 2005	Winnipeg, MB
	Total	157.5	Corena Letendre Mackay	PS	November 2005	Winnipeg, MB
	Bench Press Only		No Records to date			
84+	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
	Bench Press Only		No Records to date			

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MANITOBA POWERLIFTING ASSOCIATION'S MEN'S YOUTH 1 (8-9)
UNEQUIPPED ONLY

Weight Class	Lift	Record (kilograms)	Name	Date	Location
30	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
35	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
40	Squat	17.5	Eli Camiré	June 18, 2023	Selkirk, MB
	Bench Press	20.0	Eli Camiré	June 18, 2023	Selkirk, MB
	Deadlift	55.0	Eli Camiré	June 18, 2023	Selkirk, MB
	Total	92.5	Eli Camiré	June 18, 2023	Selkirk, MB
44	Squat	40.0	Eli Camiré	March 16, 2024	Winnipeg, MB
	Bench Press	27.5	Eli Camiré	March 16, 2024	Winnipeg, MB
	Deadlift	65.0	Eli Camiré	March 16, 2024	Winnipeg, MB
	Total	132.5	Eli Camiré	March 16, 2024	Winnipeg, MB
48	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		

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MANITOBA POWERLIFTING ASSOCIATION'S MEN'S YOUTH 2 (10-11)
UNEQUIPPED ONLY

Weight Class	Lift	Record (kilograms)	Name	Date	Location
30	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
35	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
40	Squat	17.5	Eli Camiré	June 18, 2023	Selkirk, MB
	Bench Press	20.0	Eli Camiré	June 18, 2023	Selkirk, MB
	Deadlift	55.0	Eli Camiré	June 18, 2023	Selkirk, MB
	Total	92.5	Eli Camiré	June 18, 2023	Selkirk, MB
44	Squat	40.0	Eli Camiré	March 16, 2024	Winnipeg, MB
	Bench Press	27.5	Eli Camiré	March 16, 2024	Winnipeg, MB
	Deadlift	65.0	Eli Camiré	March 16, 2024	Winnipeg, MB
	Total	132.5	Eli Camiré	March 16, 2024	Winnipeg, MB
48	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
53	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		

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MANITOBA POWERLIFTING ASSOCIATION'S MEN'S YOUTH 3 (12-14) UNEQUIPPED ONLY					
Weight Class	**Lift**	**Record (kilograms)**	**Name**	**Date**	**Location**
30	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
35	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
40	Squat	17.5	Eli Camiré	June 18, 2023	Selkirk, MB
	Bench Press	20.0	Eli Camiré	June 18, 2023	Selkirk, MB
	Deadlift	55.0	Eli Camiré	June 18, 2023	Selkirk, MB
	Total	92.5	Eli Camiré	June 18, 2023	Selkirk, MB
44	Squat	40.0	Eli Camiré	March 16, 2024	Winnipeg, MB
	Bench Press	27.5	Eli Camiré	March 16, 2024	Winnipeg, MB
	Deadlift	65.0	Eli Camiré	March 16, 2024	Winnipeg, MB
	Total	132.5	Eli Camiré	March 16, 2024	Winnipeg, MB
48	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
53	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
59	Squat	90.0	Orson Lecheminant	April 20, 2024	Winnipeg, MB
	Bench Press	66.0	Orson Lecheminant	April 20, 2024	Winnipeg, MB
	Deadlift	130.0	Orson Lecheminant	April 20, 2024	Winnipeg, MB
	Total	286.0	Orson Lecheminant	April 20, 2024	Winnipeg, MB
66	Squat	92.5	Orson Lecheminant	July 13, 2024	Winnipeg, MB
	Bench Press	75.0	Orson Lecheminant	July 13, 2024	Winnipeg, MB
	Deadlift	145.0	Orson Lecheminant	July 13, 2024	Winnipeg, MB
	Total	312.5	Orson Lecheminant	July 13, 2024	Winnipeg, MB
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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S YOUTH 1 (8-9)
UNEQUIPPED ONLY

Weight Class	Lift	Record (kilograms)	Name	Date	Location
30	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
35	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
40	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
43	Squat	52.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Bench Press	27.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Deadlift	72.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Total	152.5	Ella Camiré	June 18, 2023	Selkirk, MB
47	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		

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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S YOUTH 2 (10-11)
UNEQUIPPED ONLY

Weight Class	Lift	Record (kilograms)	Name	Date	Location
30	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
35	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
40	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
43	Squat	52.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Bench Press	27.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Deadlift	72.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Total	152.5	Ella Camiré	June 18, 2023	Selkirk, MB
47	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
52	Squat	45.0	Ella Camiré	March 16, 2024	Winnipeg, MB
	Bench Press	25.0	Ella Camiré	March 16, 2024	Winnipeg, MB
	Deadlift	75.0	Ella Camiré	March 16, 2024	Winnipeg, MB
	Total	145.0	Ella Camiré	March 16, 2024	Winnipeg, MB

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MANITOBA POWERLIFTING ASSOCIATION'S WOMEN'S YOUTH 3 (12-14) UNEQUIPPED ONLY					
Weight Class	**Lift**	**Record (kilograms)**	**Name**	**Date**	**Location**
30	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
35	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
40	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
43	Squat	52.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Bench Press	27.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Deadlift	72.5	Ella Camiré	June 18, 2023	Selkirk, MB
	Total	152.5	Ella Camiré	June 18, 2023	Selkirk, MB
47	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
52	Squat	45.0	Ella Camiré	March 16, 2024	Winnipeg, MB
	Bench Press	25.0	Ella Camiré	March 16, 2024	Winnipeg, MB
	Deadlift	75.0	Ella Camiré	March 16, 2024	Winnipeg, MB
	Total	145.0	Ella Camiré	March 16, 2024	Winnipeg, MB
57	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
63	Squat		No Records to date		
	Bench Press		No Records to date		
	Deadlift		No Records to date		
	Total		No Records to date		
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MANITOBA POWERLIFTING ASSOCIATION'S SPECIAL OLYMPICS
MEN'S 2-LIFT

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Bench Press	55.0	Nathan Dyck	PR	February 20, 2011	Winnipeg, MB
	Deadlift	87.5	Nathan Dyck	PR	June 11, 2011	Portage la Prairie, MB
	Total	140.0	Nathan Dyck	PR	June 11, 2011	Portage la Prairie, MB
66	Bench Press	107.5	Keiran Gamble	PR	November 24, 2013	Winnipeg, MB
	Deadlift	130.0	Rick Bynski	PS	July 1991	Minnesota, USA
	Total	217.5	Keiran Gamble	PR	February 10, 2013	Winnipeg, MB
74	Bench Press	75.0	Michael Fortney	PS	July 1985	Winnipeg, MB
	Deadlift	135.0	Michael Fortney	PS	July 1985	Winnipeg, MB
	Total	210.0	Michael Fortney	PS	July 1985	Winnipeg, MB
83	Bench Press	105.0	Michael Fortney	PS	June 1994	Winnipeg, MB
	Deadlift	217.5	Chad Falk	PS	February 2005	Headingley, MB
	Total	310.0	Chad Falk	PS	February 2005	Headingley, MB
93	Bench Press	102.5	Frank Bergen	PS	February 1996	Steinbach, MB
	Deadlift	220.0	Chad Falk	PS	June 2004	Winnipeg, MB
	Total	310.0	Chad Falk	PS	June 2004	Winnipeg, MB
105	Bench Press	107.5	Shawn Zelinski	PS	June 2001	Winnipeg, MB
	Deadlift	170.0	Shawn Zelinski	PS	June 2001	Winnipeg, MB
	Total	277.5	Shawn Zelinski	PS	June 2001	Winnipeg, MB
120	Bench Press	110.0	Shawn Zelinski	PS	January 2003	Moose Jaw, SK
	Deadlift	175.0	Shawn Zelinski	PS	January 2003	Moose Jaw, SK
	Total	285.0	Shawn Zelinski	PS	January 2003	Moose Jaw, SK
120+	Bench Press	117.5	Danny Boggs	PS	June 1992	Winnipeg, MB
	Deadlift	205.0	Danny Boggs	PS	June 1992	Winnipeg, MB
	Total	322.5	Danny Boggs	PS	June 1992	Winnipeg, MB
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MANITOBA POWERLIFTING ASSOCIATION'S SPECIAL OLYMPICS
MEN'S 3-LIFT

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
59	Squat	95.0	Nathan Dyck	PR	February 20, 2011	Winnipeg, MB
	Bench Press	55.0	Nathan Dyck	PR	February 20, 2011	Winnipeg, MB
	Deadlift	87.5	Nathan Dyck	PR	June 11, 2011	Portage la Prairie, MB
	Total	230.0	Nathan Dyck	PR	February 20, 2011	Winnipeg, MB
66	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
74	Squat	105.0	Rick Bynski	PS	June 1994	Winnipeg, MB
	Bench Press	62.5	Rick Bynski	PS	June 1994	Winnipeg, MB
	Deadlift	132.5	Rick Bynski	PS	June 1994	Winnipeg, MB
	Total	300.0	Rick Bynski	PS	June 1994	Winnipeg, MB
83	Squat	152.5	Chad Falk	PS	February 2005	Headingley, MB
	Bench Press	105.0	Michael Fortney	PS	June 1994	Winnipeg, MB
	Deadlift	217.5	Chad Falk	PS	February 2005	Headingley, MB
	Total	462.5	Chad Falk	PS	February 2005	Headingley, MB
93	Squat	160.0	Chad Falk	PS	November 2006	Winnipeg, MB
	Bench Press	102.5	Frank Bergen	PS	February 1996	Steinbach, MB
	Deadlift	220.0	Chad Falk	PS	June 2004	Winnipeg, MB
	Total	467.5	Chad Falk	PS	November 2006	Winnipeg, MB
105	Squat	140.0	Shawn Zelinski	PS	November 2000	Winnipeg, MB
	Bench Press	95.0	Shawn Zelinski	PS	June 1999	Winnipeg, MB
	Deadlift	160.0	Shawn Zelinski	PS	November 2000	Winnipeg, MB
	Total	395.0	Shawn Zelinski	PS	November 2000	Winnipeg, MB
120	Squat	140.0	Shawn Zelinski	PS	May 2002	Winnipeg, MB
	Bench Press	107.5	Shawn Zelinski	PS	May 2002	Winnipeg, MB
	Deadlift	165.0	Shawn Zelinski	PS	May 2002	Winnipeg, MB
	Total	412.5	Shawn Zelinski	PS	May 2002	Winnipeg, MB
120+	Squat	150.0	Shawn Zelinski	PS	February 2004	Winnipeg, MB
	Bench Press	117.5	Danny Boggs	PS	June 1992	Winnipeg, MB
	Deadlift	205.0	Danny Boggs	PS	June 1992	Winnipeg, MB
	Total	437.5	Danny Boggs	PS	June 1992	Winnipeg, MB
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MANITOBA POWERLIFTING ASSOCIATION'S SPECIAL OLYMPICS
WOMEN'S 2-LIFT

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
52	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
57	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
63	Bench Press	35.0	Tammy Hardt	PS	November 2003	Winnipeg, MB
	Deadlift	75.0	Tammy Hardt	PS	January 2003	Moose Jaw, SK
	Total	110.0	Tammy Hardt	PS	February 2005	Headingley, MB
69	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
76	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
84	Bench Press	30.0	Reetu Chahal	PR	February 20, 2011	Winnipeg, MB
	Deadlift	65.0	Reetu Chahal	PR	February 20, 2011	Winnipeg, MB
	Total	95.0	Reetu Chahal	PR	February 20, 2011	Winnipeg, MB
84+	Bench Press	35.0	Reetu Chahal	PR	February 5, 2012	Winnipeg, MB
	Deadlift	70.0	Reetu Chahal	PR	February 5, 2012	Winnipeg, MB
	Total	105.0	Reetu Chahal	PR	February 5, 2012	Winnipeg, MB

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MANITOBA POWERLIFTING ASSOCIATION'S SPECIAL OLYMPICS
WOMEN'S 3-LIFT

Weight Class	Lift	Record (kilograms)	Name	PR/PS	Date	Location
47	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
52	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
57	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
63	Squat	42.5	Tammy Hardt	PS	February 2005	Headingley, MB
	Bench Press	35.0	Tammy Hardt	PS	November 2003	Winnipeg, MB
	Deadlift	75.0	Tammy Hardt	PS	June 2004	Winnipeg, MB
	Total	152.5	Tammy Hardt	PS	February 2005	Headingley, MB
69	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
76	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
84	Squat		No Records to date			
	Bench Press		No Records to date			
	Deadlift		No Records to date			
	Total		No Records to date			
84+	Squat	52.5	Reetu Chahal	PR	February 10, 2013	Winnipeg, MB
	Bench Press	40.0	Reetu Chahal	PR	February 10, 2013	Winnipeg, MB
	Deadlift	75.0	Reetu Chahal	PR	February 10, 2013	Winnipeg, MB
	Total	167.5	Reetu Chahal	PR	February 10, 2013	Winnipeg, MB

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