

Records Hommes - Fédération Québécoise de Dynamophilie (2020-10-27)

Dynamophilie, Équipé							
Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-53kg	André Albert	Squat	102.5 kg (225.97 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-53kg	Étienne Bergeron	Deadlift	125.0 kg (275.58 lbs)	2012-02-04	Saguenay Open	Jonquière
Sub-junior	-53kg	André Albert	Total	290.0 kg (639.34 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-59kg	Jonathan Kardash	Squat	147.5 kg (325.18 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-59kg	Jonathan Kardash	Bench Press	102.5 kg (225.97 lbs)	2017-05-27	Challenge for the Children's	Montréal
Sub-junior	-59kg	Alexandre Gilbert	Deadlift	155.0 kg (341.72 lbs)	2012-04-10	Championnat Canadien 2012	Calgary, Alberta
Sub-junior	-59kg	Jonathan Kardash	Total	387.5 kg (854.29 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-66kg	Raphael Boutin	Squat	182.5 kg (402.34 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-66kg	William Veilleux	Deadlift	235.0 kg (518.09 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-66kg	Raphael Boutin	Total	533.0 kg (1175.06 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-74kg	William Veilleux	Squat	217.5 kg (479.51 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-74kg	William Veilleux	Bench Press	130.0 kg (286.6 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-74kg	William Veilleux	Deadlift	258.0 kg (568.79 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-74kg	William Veilleux	Total	605.5 kg (1334.9 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-83kg	Dereck Tremblay	Squat	240.0 kg (529.11 lbs)	2011-02-19	Saguenay Open	Jonquière
Sub-junior	-83kg	Samuel B. Gasparro	Bench Press	137.5 kg (303.14 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Sub-junior	-83kg	William Veilleux	Deadlift	257.5 kg (567.69 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-83kg	William Veilleux	Total	615.0 kg (1355.84 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-93kg	Jake Navarra	Squat	245.0 kg (540.13 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-93kg	Jake Navarra	Bench Press	155.0 kg (341.72 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-93kg	Jake Navarra	Deadlift	307.5 kg (677.92 lbs)	2016-02-15	Championnat Canadien 2016	Regina, Saskatchewan
Sub-junior	-93kg	Jake Navarra	Total	705.0 kg (1554.26 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-105kg	Nathan Roy	Squat	202.5 kg (446.44 lbs)	2020-01-18	Saguenay Strong Fest	Jonquière
Sub-junior	-105kg	Fady Mitry	Bench Press	160.0 kg (352.74 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-105kg	Nathan Roy	Deadlift	230.0 kg (507.06 lbs)	2020-01-18	Saguenay Strong Fest	Jonquière
Sub-junior	-105kg	Fady Mitry	Total	565.0 kg (1245.61 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-120kg	Jean-François Caron	Squat	240.0 kg (529.11 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	-120kg	Dave Broom-Boudreau	Bench Press	182.5 kg (402.34 lbs)	2016-05-07	Open Rimouski	Rimouski
Sub-junior	-120kg	Jean-François Caron	Deadlift	240.0 kg (529.11 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	-120kg	Jean-François Caron	Total	615.0 kg (1355.84 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	+120kg	Alex Rogers	Squat	215.0 kg (473.99 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Sub-junior	+120kg	Alex Rogers	Bench Press	110.0 kg (242.51 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Sub-junior	+120kg	Alex Rogers	Deadlift	225.0 kg (496.04 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Sub-junior	+120kg	Alex Rogers	Total	550.0 kg (1212.54 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Junior	-53kg	André Albert	Squat	102.5 kg (225.97 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Junior	-53kg	Étienne Bergeron	Deadlift	125.0 kg (275.58 lbs)	2012-02-04	Saguenay Open	Jonquière
Junior	-53kg	André Albert	Total	290.0 kg (639.34 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière

Junior	-59kg	Jonathan Kardash	Squat	155.0 kg (341.72 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Junior	-59kg	Jonathan Kardash	Bench Press	107.5 kg (237.0 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Junior	-59kg	Jérémi Harvey	Deadlift	180.0 kg (396.83 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Junior	-59kg	Jérémi Harvey	Total	425.0 kg (936.96 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-66kg	Philippe Llena-Naud	Squat	192.5 kg (424.39 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St. John's, NL
Junior	-66kg	William Veilleux	Deadlift	235.0 kg (518.09 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Junior	-66kg	Philippe Llena-Naud	Total	537.5 kg (1184.98 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-74kg	William Veilleux	Squat	217.5 kg (479.51 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Junior	-74kg	Adrien Fournier-McKoy	Bench Press	142.5 kg (314.16 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Junior	-74kg	William Veilleux	Deadlift	258.0 kg (568.79 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Junior	-74kg	William Veilleux	Total	605.5 kg (1334.9 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Junior	-83kg	Hugo Bouthiette	Squat	255.0 kg (562.18 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	-83kg	Dale Bélanger-Bouffard	Bench Press	202.5 kg (446.44 lbs)	2011-09-17	Le défi d'Odin	Baie-Comeau
Junior	-83kg	Nicolas Chapdelaine	Deadlift	285.0 kg (628.32 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Junior	-83kg	Christopher Pivin	Total	700.5 kg (1544.34 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-93kg	Charlie Caron	Squat	282.5 kg (622.81 lbs)	2019-08-17	Championnat Canadien central 2019	Saguenay, Québec
Junior	-93kg	Philippe René	Bench Press	180.0 kg (396.83 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-93kg	Yohann Savinsky	Deadlift	320.0 kg (705.48 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Junior	-93kg	Yohann Savinsky	Total	747.5 kg (1647.96 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Junior	-105kg	Philippe Blier	Squat	300.0 kg (661.39 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	-105kg	Francis Claveau	Bench Press	210.0 kg (462.97 lbs)	2011-02-19	Saguenay Open	Jonquière
Junior	-105kg	Fabrice André	Deadlift	311.0 kg (685.64 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-105kg	Philippe Blier	Total	792.5 kg (1747.16 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	-120kg	Jean-François Caron	Squat	300.0 kg (661.39 lbs)	2013-03-18	Championnat Canadien 2013	Vancouver, Colombie-Britannique
Junior	-120kg	Marc Harvey	Bench Press	200.0 kg (440.92 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Junior	-120kg	Alexis Lacombe	Deadlift	315.5 kg (695.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-120kg	Alexis Lacombe	Total	770.5 kg (1698.66 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	+120kg	Jean-François Caron	Squat	305.0 kg (672.41 lbs)	2014-02-28	Arnold Sports Festival 2014	Columbus, Ohio
Junior	+120kg	Benjamin Court	Bench Press	227.5 kg (501.55 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Junior	+120kg	Jean-François Caron	Deadlift	287.5 kg (633.83 lbs)	2014-02-28	Arnold Sports Festival 2014	Columbus, Ohio
Junior	+120kg	Benjamin Court	Total	790.0 kg (1741.65 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	-59kg	Hoang Tran	Squat	215.0 kg (473.99 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-59kg	Hoang Tran	Bench Press	152.5 kg (336.2 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-59kg	Hoang Tran	Deadlift	215.0 kg (473.99 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-59kg	Hoang Tran	Total	582.5 kg (1284.19 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-66kg	Jean-Sébastien Rhéaume	Squat	260.0 kg (573.2 lbs)	2013-06-08	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	-66kg	Jean-Sébastien Rhéaume	Bench Press	182.5 kg (402.34 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Open	-66kg	Jean-Sébastien Rhéaume	Deadlift	245.0 kg (540.13 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville

Open	-66kg	Jean-Sébastien Rhéaume	Total	672.5 kg (1482.61 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Open	-74kg	Jean-Sébastien Rhéaume	Squat	265.0 kg (584.22 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-74kg	Jean-Sébastien Rhéaume	Bench Press	177.5 kg (391.32 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-74kg	Francis Maltais	Deadlift	280.0 kg (617.29 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Open	-74kg	Jean-Sébastien Rhéaume	Total	682.5 kg (1504.65 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-83kg	Jonathan Simard	Squat	267.5 kg (589.74 lbs)	2017-09-30	Black Sheep Classique	St-Romuald
Open	-83kg	Dale Bélanger-Bouffard	Bench Press	202.5 kg (446.44 lbs)	2011-09-17	Le défi d'Odin	Baie-Comeau
Open	-83kg	Nicolas Tremblay	Deadlift	305.0 kg (672.41 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	-83kg	Jonathan Simard	Total	720.0 kg (1587.33 lbs)	2017-09-30	Black Sheep Classique	St-Romuald
Open	-93kg	Mathieu Doré	Squat	292.5 kg (644.85 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-93kg	Alexandre Ritcher	Bench Press	205.0 kg (451.95 lbs)	2015-04-25	Qualification Open Centre-du-Québec	Drummondville
Open	-93kg	Alexandre Ouellet-Hébert	Deadlift	330.0 kg (727.53 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-93kg	Alexandre Ouellet-Hébert	Total	797.5 kg (1758.19 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-105kg	Joël Boulianne	Squat	317.5 kg (699.97 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-105kg	Joël Boulianne	Bench Press	240.0 kg (529.11 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-105kg	Marc-Antoine Gosselin	Deadlift	330.5 kg (728.63 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-105kg	Joël Boulianne	Total	862.5 kg (1901.49 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-120kg	Francis Rousseau	Squat	347.5 kg (766.11 lbs)	2012-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	-120kg	Francis Rousseau	Bench Press	265.0 kg (584.22 lbs)	2012-02-04	Saguenay Open	Jonquière
Open	-120kg	Marc Cardinal	Deadlift	380.0 kg (837.76 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-120kg	Francis Rousseau	Total	912.5 kg (2011.72 lbs)	2012-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	+120kg	Francis Rousseau	Squat	363.0 kg (800.28 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Open	+120kg	Francis Rousseau	Bench Press	282.5 kg (622.81 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Open	+120kg	Mickael Cloutier	Deadlift	332.5 kg (733.04 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+120kg	Francis Rousseau	Total	938.0 kg (2067.94 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Master I	-59kg	Benjamin Chicoine	Squat	135.0 kg (297.62 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-59kg	Benjamin Chicoine	Bench Press	90.0 kg (198.42 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-59kg	Benjamin Chicoine	Deadlift	165.0 kg (363.76 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-59kg	Benjamin Chicoine	Total	390.0 kg (859.8 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-66kg	Jean-Sébastien Rhéaume	Squat	260.0 kg (573.2 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Master I	-66kg	Jean-Sébastien Rhéaume	Bench Press	177.5 kg (391.32 lbs)	2015-10-01	World Master Championships 2015	Aurora, USA
Master I	-66kg	Jean-Sébastien Rhéaume	Deadlift	245.0 kg (540.13 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-66kg	Jean-Sébastien Rhéaume	Total	670.0 kg (1477.1 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Master I	-74kg	Jean-Sébastien Rhéaume	Squat	237.5 kg (523.6 lbs)	2014-11-08	Saguenay Open et Provincial Équipé 2014	Jonquière
Master I	-74kg	Jean-Sébastien Rhéaume	Bench Press	170.0 kg (374.79 lbs)	2014-11-08	Saguenay Open et Provincial Équipé 2014	Jonquière
Master I	-74kg	Jean-Sébastien Rhéaume	Deadlift	242.5 kg (534.62 lbs)	2014-11-08	Saguenay Open et Provincial Équipé 2014	Jonquière
Master I	-74kg	Jean-Sébastien Rhéaume	Total	650.0 kg (1433.0 lbs)	2014-11-08	Saguenay Open et Provincial Équipé 2014	Jonquière
Master I	-83kg	Yannik Morin	Squat	205.0 kg (451.95 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-83kg	Patrick Rodrigue	Deadlift	245.0 kg (540.13 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba

Master I	-83kg	Rémy Fortier	Total	600.0 kg (1322.77 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-93kg	Claude Dallaire	Squat	267.5 kg (589.74 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master I	-93kg	Germain Gagné	Bench Press	160.0 kg (352.74 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Master I	-93kg	Dominic Deblois	Deadlift	305.0 kg (672.41 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-93kg	Claude Dallaire	Total	710.0 kg (1565.28 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master I	-105kg	Jacques Potvin	Squat	285.0 kg (628.32 lbs)	2017-05-13	Open Rimouski	Rimouski
Master I	-105kg	Jacques Potvin	Bench Press	227.5 kg (501.55 lbs)	2017-05-13	Open Rimouski	Rimouski
Master I	-105kg	Dominic Deblois	Deadlift	318.0 kg (701.07 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-105kg	Jacques Potvin	Total	797.5 kg (1758.19 lbs)	2017-05-13	Open Rimouski	Rimouski
Master I	-120kg	Francis Rousseau	Squat	347.5 kg (766.11 lbs)	2012-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-120kg	Francis Rousseau	Bench Press	265.0 kg (584.22 lbs)	2012-02-04	Saguenay Open	Jonquière
Master I	-120kg	Francis Rousseau	Deadlift	300.0 kg (661.39 lbs)	2012-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-120kg	Francis Rousseau	Total	912.5 kg (2011.72 lbs)	2012-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	+120kg	Francis Rousseau	Squat	363.0 kg (800.28 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Master I	+120kg	Francis Rousseau	Bench Press	282.5 kg (622.81 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master I	+120kg	Mario Sayeur	Deadlift	321.0 kg (707.68 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master I	+120kg	Francis Rousseau	Total	938.0 kg (2067.94 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Master II	-66kg	Réjean Talon	Squat	200.0 kg (440.92 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	-66kg	Réjean Talon	Bench Press	135.0 kg (297.62 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	-66kg	Réjean Talon	Deadlift	200.0 kg (440.92 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	-66kg	Réjean Talon	Total	535.0 kg (1179.47 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	-74kg	Réjean Talon	Squat	210.0 kg (462.97 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	-74kg	Réjean Talon	Bench Press	142.5 kg (314.16 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	-74kg	Bernard Vachon	Deadlift	230.0 kg (507.06 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-74kg	Réjean Talon	Total	557.5 kg (1229.08 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	-83kg	Rémy Fortier	Squat	205.0 kg (451.95 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-83kg	Rémy Fortier	Deadlift	222.5 kg (490.53 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-83kg	Rémy Fortier	Total	600.0 kg (1322.77 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-93kg	Claude Dallaire	Squat	267.5 kg (589.74 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master II	-93kg	Claude Dallaire	Bench Press	155.0 kg (341.72 lbs)	2011-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-93kg	Claude Dallaire	Deadlift	290.0 kg (639.34 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master II	-93kg	Claude Dallaire	Total	710.0 kg (1565.28 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master II	-105kg	Jacques Potvin	Squat	285.0 kg (628.32 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	-105kg	Jacques Potvin	Bench Press	227.5 kg (501.55 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	-105kg	Jacques Potvin	Deadlift	285.0 kg (628.32 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	-105kg	Jacques Potvin	Total	797.5 kg (1758.19 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	-120kg	Harold Veilleux	Squat	272.5 kg (600.76 lbs)	2018-07-28	Saguenay Open 10.2	Jonquière
Master II	-120kg	Rémy Dufour	Bench Press	215.0 kg (473.99 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	-120kg	Harold Veilleux	Deadlift	272.5 kg (600.76 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-120kg	Rémy Dufour	Total	705.0 kg (1554.26 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	+120kg	Alain Plante	Squat	197.5 kg (435.41 lbs)	2013-12-14	Challenge pour le Montreal Children's Hospital	Brossard
Master II	+120kg	Alain Plante	Bench Press	117.5 kg (259.04 lbs)	2014-01-25	Championnat Provincial Classique 2014	Drummondville

Master II	+120kg	Alain Plante	Deadlift	227.5 kg (501.55 lbs)	2013-12-14	Challenge pour le Montreal Children's Hospital	Brossard
Master II	+120kg	Alain Plante	Total	540.0 kg (1190.5 lbs)	2014-01-25	Championnat Provincial Classique 2014	Drummondville
Master III	-66kg	Réjean Talon	Squat	200.0 kg (440.92 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-66kg	Réjean Talon	Bench Press	135.0 kg (297.62 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-66kg	Réjean Talon	Deadlift	200.0 kg (440.92 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-66kg	Réjean Talon	Total	535.0 kg (1179.47 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-74kg	Bernard Vachon	Squat	210.0 kg (462.97 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa,Ontario
Master III	-74kg	Bernard Vachon	Bench Press	95.0 kg (209.44 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-74kg	Bernard Vachon	Deadlift	230.0 kg (507.06 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa,Ontario
Master III	-74kg	Bernard Vachon	Total	522.5 kg (1151.92 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa,Ontario
Master III	-83kg	Louis Lévesque	Squat	195.0 kg (429.9 lbs)	2013-03-18	Championnat Canadien 2013	Vancouver, Colombie-Britannique
Master III	-83kg	Richard Lapointe	Bench Press	130.0 kg (286.6 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-83kg	Louis Lévesque	Deadlift	190.0 kg (418.88 lbs)	2014-04-04	Championnat Canadien 2014	Ste-Catharines, Ontario
Master III	-83kg	Louis Lévesque	Total	497.5 kg (1096.8 lbs)	2014-04-04	Championnat Canadien 2014	Ste-Catharines, Ontario
Master III	-93kg	Claude Dallaire	Squat	200.0 kg (440.92 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-93kg	Louis Lévesque	Bench Press	122.5 kg (270.07 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master III	-93kg	Claude Dallaire	Deadlift	245.5 kg (541.23 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-93kg	Claude Dallaire	Total	568.0 kg (1252.23 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-105kg	Claude Dallaire	Squat	207.5 kg (457.46 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master III	-105kg	Pierre Baillargeon	Bench Press	137.5 kg (303.14 lbs)	2018-05-12	Montréal Open 2018	Montréal
Master III	-105kg	Claude Dallaire	Deadlift	242.5 kg (534.62 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master III	-105kg	Claude Dallaire	Total	572.5 kg (1262.15 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master III	-120kg	Dan Riverin	Squat	160.0 kg (352.74 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-120kg	Dan Riverin	Bench Press	152.5 kg (336.2 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-120kg	Dan Riverin	Deadlift	202.5 kg (446.44 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-120kg	Dan Riverin	Total	515.0 kg (1135.38 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Squat	75.0 kg (165.35 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Bench Press	75.0 kg (165.35 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Deadlift	120.0 kg (264.55 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Total	270.0 kg (595.25 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Squat	105.0 kg (231.49 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Bench Press	67.5 kg (148.81 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Deadlift	127.5 kg (281.09 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Total	300.0 kg (661.39 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce

Dynamophilie, Classique

Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-53kg	André Albert	Squat	102.5 kg (225.97 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-53kg	Étienne Bergeron	Deadlift	125.0 kg (275.58 lbs)	2012-02-04	Saguenay Open	Jonquière
Sub-junior	-53kg	André Albert	Total	290.0 kg (639.34 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-59kg	Jonathan Kardash	Squat	147.5 kg (325.18 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-59kg	Jonathan Kardash	Bench Press	102.5 kg (225.97 lbs)	2017-05-27	Challenge for the Children's	Montréal

Sub-junior	-59kg	André Albert	Deadlift	150.0 kg (330.69 lbs)	2014-11-08	Saguenay Open et Provincial Equipé 2014	Jonquière
Sub-junior	-59kg	Jonathan Kardash	Total	387.5 kg (854.29 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-66kg	Raphael Boutin	Squat	182.5 kg (402.34 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-66kg	William Veilleux	Deadlift	235.0 kg (518.09 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-66kg	Raphael Boutin	Total	533.0 kg (1175.06 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-74kg	William Veilleux	Squat	217.5 kg (479.51 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-74kg	William Veilleux	Bench Press	130.0 kg (286.6 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-74kg	William Veilleux	Deadlift	258.0 kg (568.79 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-74kg	William Veilleux	Total	605.5 kg (1334.9 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-83kg	Dereck Tremblay	Squat	235.0 kg (518.09 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	-83kg	William Veilleux	Bench Press	135.0 kg (297.62 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-83kg	William Veilleux	Deadlift	257.5 kg (567.69 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-83kg	William Veilleux	Total	615.0 kg (1355.84 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-93kg	Jake Navarra	Squat	245.0 kg (540.13 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-93kg	Jake Navarra	Bench Press	155.0 kg (341.72 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-93kg	Jake Navarra	Deadlift	307.5 kg (677.92 lbs)	2016-02-15	Championnat Canadien 2016	Regina, Saskatchewan
Sub-junior	-93kg	Jake Navarra	Total	705.0 kg (1554.26 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-105kg	Nathan Roy	Squat	202.5 kg (446.44 lbs)	2020-01-18	Saguenay Strong Fest	Jonquière
Sub-junior	-105kg	Fady Mitry	Bench Press	160.0 kg (352.74 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-105kg	Nathan Roy	Deadlift	230.0 kg (507.06 lbs)	2020-01-18	Saguenay Strong Fest	Jonquière
Sub-junior	-105kg	Fady Mitry	Total	565.0 kg (1245.61 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-120kg	Jean-François Caron	Squat	240.0 kg (529.11 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	-120kg	Dave Broom-Boudreau	Bench Press	182.5 kg (402.34 lbs)	2016-05-07	Open Rimouski	Rimouski
Sub-junior	-120kg	Jean-François Caron	Deadlift	240.0 kg (529.11 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	-120kg	Jean-François Caron	Total	615.0 kg (1355.84 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Sub-junior	+120kg	Alex Rogers	Squat	215.0 kg (473.99 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Sub-junior	+120kg	Alex Rogers	Bench Press	110.0 kg (242.51 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Sub-junior	+120kg	Alex Rogers	Deadlift	225.0 kg (496.04 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Sub-junior	+120kg	Alex Rogers	Total	550.0 kg (1212.54 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Junior	-53kg	André Albert	Squat	102.5 kg (225.97 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Junior	-53kg	Étienne Bergeron	Deadlift	125.0 kg (275.58 lbs)	2012-02-04	Saguenay Open	Jonquière
Junior	-53kg	André Albert	Total	290.0 kg (639.34 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Junior	-59kg	Jonathan Kardash	Squat	155.0 kg (341.72 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Junior	-59kg	Jonathan Kardash	Bench Press	107.5 kg (237.0 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Junior	-59kg	Jérémi Harvey	Deadlift	180.0 kg (396.83 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Junior	-59kg	Jérémi Harvey	Total	425.0 kg (936.96 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-66kg	Philippe Llana-Naud	Squat	192.5 kg (424.39 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Junior	-66kg	William Veilleux	Deadlift	235.0 kg (518.09 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Junior	-66kg	Philippe Llana-Naud	Total	537.5 kg (1184.98 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-74kg	William Veilleux	Squat	217.5 kg (479.51 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Junior	-74kg	Adrien Fournier-McKoy	Bench Press	142.5 kg (314.16 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Junior	-74kg	William Veilleux	Deadlift	258.0 kg (568.79 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus

Junior	-74kg	William Veilleux	Total	605.5 kg (1334.9 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Junior	-83kg	Hugo Bouthiette	Squat	255.0 kg (562.18 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	-83kg	Christopher Pivin	Bench Press	172.5 kg (380.3 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-83kg	Nicolas Chapdelaine	Deadlift	285.0 kg (628.32 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Junior	-83kg	Christopher Pivin	Total	700.5 kg (1544.34 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-93kg	Charlie Caron	Squat	282.5 kg (622.81 lbs)	2019-08-17	Championnat Canadien central 2019	Saguenay, Québec
Junior	-93kg	Philippe René	Bench Press	180.0 kg (396.83 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-93kg	Yohann Savinsky	Deadlift	320.0 kg (705.48 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Junior	-93kg	Yohann Savinsky	Total	747.5 kg (1647.96 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Junior	-105kg	Philippe Blier	Squat	300.0 kg (661.39 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	-105kg	Gabriel-Antoine Gosselin	Bench Press	205.0 kg (451.95 lbs)	2017-05-13	Open Rimouski	Rimouski
Junior	-105kg	Fabrice André	Deadlift	311.0 kg (685.64 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-105kg	Philippe Blier	Total	792.5 kg (1747.16 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	-120kg	Jean-François Caron	Squat	300.0 kg (661.39 lbs)	2013-03-18	Championnat Canadien 2013	Vancouver, Colombie-Britannique
Junior	-120kg	Marc Harvey	Bench Press	200.0 kg (440.92 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Junior	-120kg	Alexis Lacombe	Deadlift	315.5 kg (695.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-120kg	Alexis Lacombe	Total	770.5 kg (1698.66 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	+120kg	Jean-François Caron	Squat	305.0 kg (672.41 lbs)	2014-02-28	Arnold Sports Festival 2014	Columbus, Ohio
Junior	+120kg	Jean-François Caron	Bench Press	195.0 kg (429.9 lbs)	2014-02-28	Arnold Sports Festival 2014	Columbus, Ohio
Junior	+120kg	Jean-François Caron	Deadlift	287.5 kg (633.83 lbs)	2014-02-28	Arnold Sports Festival 2014	Columbus, Ohio
Junior	+120kg	Jean-François Caron	Total	787.5 kg (1736.14 lbs)	2014-02-28	Arnold Sports Festival 2014	Columbus, Ohio
Open	-59kg	Serge Gauthier	Squat	180.0 kg (396.83 lbs)	2019-08-10	Championnat de PL NAPF 2019	San Jose, Costa Rica
Open	-59kg	Serge Gauthier	Bench Press	115.0 kg (253.53 lbs)	2019-08-10	Championnat de PL NAPF 2019	San Jose, Costa Rica
Open	-59kg	Oussama Khorcha	Deadlift	201.0 kg (443.13 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-59kg	Serge Gauthier	Total	490.0 kg (1080.27 lbs)	2019-08-10	Championnat de PL NAPF 2019	San Jose, Costa Rica
Open	-66kg	Jean-Sébastien Rhéaume	Squat	215.0 kg (473.99 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St. John's, NL
Open	-66kg	Jean-Sébastien Rhéaume	Deadlift	245.0 kg (540.13 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-66kg	Jean-Sébastien Rhéaume	Total	590.0 kg (1300.73 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-74kg	Samuel Laverrière	Squat	227.5 kg (501.55 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-74kg	Loc Nguyen	Bench Press	166.0 kg (365.97 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-74kg	Francis Maltais	Deadlift	280.0 kg (617.29 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Open	-74kg	Samuel Laverrière	Total	655.0 kg (1444.03 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-83kg	Jonathan Simard	Squat	267.5 kg (589.74 lbs)	2017-09-30	Black Sheep Classique	St-Romuald
Open	-83kg	Jonathan Simard	Bench Press	192.5 kg (424.39 lbs)	2017-09-30	Black Sheep Classique	St-Romuald
Open	-83kg	Nicolas Tremblay	Deadlift	305.0 kg (672.41 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	-83kg	Jonathan Simard	Total	720.0 kg (1587.33 lbs)	2017-09-30	Black Sheep Classique	St-Romuald
Open	-93kg	Mathieu Doré	Squat	292.5 kg (644.85 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-93kg	Alexandre Ritcher	Bench Press	205.0 kg (451.95 lbs)	2015-04-25	Qualification Open Centre-du-Québec	Drummondville
Open	-93kg	Alexandre Ouellet-Hébert	Deadlift	330.0 kg (727.53 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario

Open	-93kg	Alexandre Ouellet-Hébert	Total	797.5 kg (1758.19 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-105kg	Philippe Blier	Squat	300.0 kg (661.39 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-105kg	Joël Boulianne	Bench Press	207.5 kg (457.46 lbs)	2015-01-31	Montreal Classic Invitational	Montréal
Open	-105kg	Marc-Antoine Gosselin	Deadlift	330.5 kg (728.63 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-105kg	Marc-Antoine Gosselin	Total	800.5 kg (1764.8 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-120kg	Mickael Cloutier	Squat	330.0 kg (727.53 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-120kg	Mickael Cloutier	Bench Press	222.5 kg (490.53 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-120kg	Marc Cardinal	Deadlift	380.0 kg (837.76 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-120kg	Mickael Cloutier	Total	872.5 kg (1923.53 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	+120kg	Mickael Cloutier	Squat	355.0 kg (782.64 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+120kg	Mickael Cloutier	Bench Press	232.5 kg (512.57 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St. John's, NL
Open	+120kg	Mickael Cloutier	Deadlift	332.5 kg (733.04 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+120kg	Mickael Cloutier	Total	920.0 kg (2028.25 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master I	-59kg	Benjamin Chicoine	Squat	135.0 kg (297.62 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-59kg	Benjamin Chicoine	Bench Press	90.0 kg (198.42 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-59kg	Benjamin Chicoine	Deadlift	165.0 kg (363.76 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-59kg	Benjamin Chicoine	Total	390.0 kg (859.8 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-66kg	Jean-Sébastien Rhéaume	Squat	215.0 kg (473.99 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master I	-66kg	Jean-Sébastien Rhéaume	Bench Press	130.0 kg (286.6 lbs)	2017-08-17	Championnat Central	Québec
Master I	-66kg	Jean-Sébastien Rhéaume	Deadlift	245.0 kg (540.13 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-66kg	Jean-Sébastien Rhéaume	Total	590.0 kg (1300.73 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-74kg	Jean-Sébastien Rhéaume	Squat	217.5 kg (479.51 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master I	-74kg	Jean-Sébastien Rhéaume	Bench Press	135.0 kg (297.62 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	-74kg	Roger Hamilton-Smith	Deadlift	235.0 kg (518.09 lbs)	2019-08-17	Championnat Canadien central 2019	Saguenay, Québec
Master I	-74kg	Jean-Sébastien Rhéaume	Total	582.5 kg (1284.19 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master I	-83kg	Yannik Morin	Squat	205.0 kg (451.95 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-83kg	Patrick Rodrigue	Deadlift	245.0 kg (540.13 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master I	-83kg	Rémy Fortier	Total	600.0 kg (1322.77 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-93kg	Daniel Dionne	Squat	215.0 kg (473.99 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-93kg	Dominic Deblois	Bench Press	160.0 kg (352.74 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-93kg	Dominic Deblois	Deadlift	305.0 kg (672.41 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-93kg	Dominic Deblois	Total	650.0 kg (1433.0 lbs)	2019-06-01	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-105kg	Patrick Talbot	Squat	272.5 kg (600.76 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master I	-105kg	Dominic Deblois	Bench Press	182.5 kg (402.34 lbs)	2018-09-15	Black Sheep Classique 2018	Saint-Romuald
Master I	-105kg	Dominic Deblois	Deadlift	318.0 kg (701.07 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-105kg	Patrick Talbot	Total	712.5 kg (1570.79 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master I	-120kg	Patrick Talbot	Squat	277.5 kg (611.78 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master I	-120kg	Patrick Talbot	Bench Press	187.5 kg (413.37 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master I	-120kg	Francis Rousseau	Deadlift	275.0 kg (606.27 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-120kg	Francis Rousseau	Total	735.0 kg (1620.4 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	+120kg	Mario Sayeur	Squat	305.0 kg (672.41 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Master I	+120kg	Mario Sayeur	Bench Press	165.0 kg (363.76 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario

Master I	+120kg	Mario Sayeur	Deadlift	321.0 kg (707.68 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master I	+120kg	Mario Sayeur	Total	781.0 kg (1721.81 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-66kg	Réjean Talon	Squat	167.5 kg (369.27 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-66kg	Réjean Talon	Bench Press	122.5 kg (270.07 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-66kg	Réjean Talon	Deadlift	190.0 kg (418.88 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-66kg	Réjean Talon	Total	480.0 kg (1058.22 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-74kg	Bernard Vachon	Squat	210.0 kg (462.97 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-74kg	Francois Cazes	Bench Press	105.0 kg (231.49 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-74kg	Bernard Vachon	Deadlift	230.0 kg (507.06 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-74kg	Bernard Vachon	Total	522.5 kg (1151.92 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-83kg	Rémy Fortier	Squat	205.0 kg (451.95 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-83kg	Rémy Fortier	Deadlift	222.5 kg (490.53 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-83kg	Rémy Fortier	Total	600.0 kg (1322.77 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-93kg	Claude Dallaire	Squat	212.5 kg (468.48 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-93kg	Claude Dallaire	Bench Press	135.0 kg (297.62 lbs)	2015-09-05	Qualification Open Centre-du-Québec #3	Drummondville
Master II	-93kg	Claude Dallaire	Deadlift	280.0 kg (617.29 lbs)	2013-06-08	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-93kg	Claude Dallaire	Total	615.0 kg (1355.84 lbs)	2014-11-08	Saguenay Open et Provincial Équipé 2014	Jonquière
Master II	-105kg	Harold Veilleux	Squat	247.5 kg (545.64 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master II	-105kg	Jacques Potvin	Bench Press	180.0 kg (396.83 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-105kg	Jacques Potvin	Deadlift	255.0 kg (562.18 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master II	-105kg	Jacques Potvin	Total	660.0 kg (1455.05 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-120kg	Harold Veilleux	Squat	272.5 kg (600.76 lbs)	2018-07-28	Saguenay Open 10.2	Jonquière
Master II	-120kg	Harold Veilleux	Bench Press	165.0 kg (363.76 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-120kg	Harold Veilleux	Deadlift	272.5 kg (600.76 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-120kg	Harold Veilleux	Total	700.0 kg (1543.24 lbs)	2018-07-28	Saguenay Open 10.2	Jonquière
Master II	+120kg	Alain Plante	Squat	197.5 kg (435.41 lbs)	2013-12-14	Challenge pour le Montreal Children's Hospital	Brossard
Master II	+120kg	Alain Plante	Bench Press	117.5 kg (259.04 lbs)	2014-01-25	Championnat Provincial Classique 2014	Drummondville
Master II	+120kg	Alain Plante	Deadlift	227.5 kg (501.55 lbs)	2013-12-14	Challenge pour le Montreal Children's Hospital	Brossard
Master II	+120kg	Alain Plante	Total	540.0 kg (1190.5 lbs)	2014-01-25	Championnat Provincial Classique 2014	Drummondville
Master III	-66kg	Réjean Talon	Squat	167.5 kg (369.27 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master III	-66kg	Réjean Talon	Bench Press	122.5 kg (270.07 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master III	-66kg	Réjean Talon	Deadlift	190.0 kg (418.88 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master III	-66kg	Réjean Talon	Total	480.0 kg (1058.22 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master III	-74kg	Bernard Vachon	Squat	210.0 kg (462.97 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master III	-74kg	Bernard Vachon	Bench Press	95.0 kg (209.44 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-74kg	Bernard Vachon	Deadlift	230.0 kg (507.06 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master III	-74kg	Bernard Vachon	Total	522.5 kg (1151.92 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master III	-83kg	Richard Lapointe	Squat	140.0 kg (308.65 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-83kg	Richard Lapointe	Bench Press	130.0 kg (286.6 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-83kg	Richard Lapointe	Deadlift	162.5 kg (358.25 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-83kg	Richard Lapointe	Total	432.5 kg (953.5 lbs)	2012-02-04	Saguenay Open	Jonquière

Master III	-93kg	Claude Dallaire	Squat	200.0 kg (440.92 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-93kg	Claude Dallaire	Bench Press	122.5 kg (270.07 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-93kg	Claude Dallaire	Deadlift	245.5 kg (541.23 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-93kg	Claude Dallaire	Total	568.0 kg (1252.23 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Master III	-105kg	Claude Dallaire	Squat	207.5 kg (457.46 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master III	-105kg	Pierre Baillargeon	Bench Press	137.5 kg (303.14 lbs)	2018-05-12	Montréal Open 2018	Montréal
Master III	-105kg	Claude Dallaire	Deadlift	242.5 kg (534.62 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master III	-105kg	Claude Dallaire	Total	572.5 kg (1262.15 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master III	-120kg	Dan Riverin	Squat	160.0 kg (352.74 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-120kg	Dan Riverin	Bench Press	152.5 kg (336.2 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-120kg	Dan Riverin	Deadlift	202.5 kg (446.44 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-120kg	Dan Riverin	Total	515.0 kg (1135.38 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Squat	75.0 kg (165.35 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Bench Press	75.0 kg (165.35 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Deadlift	120.0 kg (264.55 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Total	270.0 kg (595.25 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Squat	105.0 kg (231.49 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Bench Press	67.5 kg (148.81 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Deadlift	127.5 kg (281.09 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Total	300.0 kg (661.39 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce

Bench Press, Équipé

Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-59kg	Jonathan Kardash	Bench Press	102.5 kg (225.97 lbs)	2017-05-27	Challenge for the Children's	Montréal
Sub-junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-74kg	William Veilleux	Bench Press	130.0 kg (286.6 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-83kg	Samuel B. Gasparro	Bench Press	137.5 kg (303.14 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Sub-junior	-93kg	Jake Navarra	Bench Press	155.0 kg (341.72 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-105kg	Fady Mitry	Bench Press	160.0 kg (352.74 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-120kg	Dave Broom-Boudreau	Bench Press	182.5 kg (402.34 lbs)	2016-05-07	Open Rimouski	Rimouski
Sub-junior	+120kg	Alex Rogers	Bench Press	110.0 kg (242.51 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Junior	-59kg	Jonathan Kardash	Bench Press	107.5 kg (237.0 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Junior	-74kg	Adrien Fournier-McKoy	Bench Press	142.5 kg (314.16 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Junior	-83kg	Dale Bélanger-Bouffard	Bench Press	215.0 kg (473.99 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Junior	-93kg	Alexandre Ritcher	Bench Press	187.5 kg (413.37 lbs)	2013-04-06	Challenge du Centre-du-Québec	Drummondville
Junior	-105kg	Francis Claveau	Bench Press	210.0 kg (462.97 lbs)	2011-02-19	Saguenay Open	Jonquière
Junior	-120kg	Marc Harvey	Bench Press	205.0 kg (451.95 lbs)	2013-08-24	Challenge Rive Sud	Varennes
Junior	+120kg	Benjamin Court	Bench Press	235.0 kg (518.09 lbs)	2014-08-23	Classique Napalm	Longueuil
Open	-59kg	Hoang Tran	Bench Press	152.5 kg (336.2 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec

Open	-66kg	Jean-Sébastien Rhéaume	Bench Press	182.5 kg (402.34 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Open	-74kg	Jean-Sébastien Rhéaume	Bench Press	177.5 kg (391.32 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Open	-83kg	Dale Bélanger-Bouffard	Bench Press	215.0 kg (473.99 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Open	-93kg	Joanick Boilard	Bench Press	242.5 kg (534.62 lbs)	2016-10-22	Epicentre Open	Montréal
Open	-105kg	Joël Boulianne	Bench Press	240.0 kg (529.11 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-120kg	Francis Rousseau	Bench Press	265.0 kg (584.22 lbs)	2012-02-04	Saguenay Open	Jonquière
Open	+120kg	Francis Rousseau	Bench Press	282.5 kg (622.81 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master I	-59kg	Benjamin Chicoine	Bench Press	90.0 kg (198.42 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-66kg	Jean-Sébastien Rhéaume	Bench Press	177.5 kg (391.32 lbs)	2015-10-01	World Master Championships 2015	Aurora, USA
Master I	-74kg	Jean-Sébastien Rhéaume	Bench Press	170.0 kg (374.79 lbs)	2014-11-08	Saguenay Open et Provincial Équipé 2014	Jonquière
Master I	-83kg	Gaspard Blackburn	Bench Press	185.0 kg (407.86 lbs)	2011-09-17	Le défi d'Odin	Baie-Comeau
Master I	-93kg	Guillaume Fillion	Bench Press	207.5 kg (457.46 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-105kg	Jacques Potvin	Bench Press	227.5 kg (501.55 lbs)	2017-05-13	Open Rimouski	Rimouski
Master I	-120kg	Francis Rousseau	Bench Press	265.0 kg (584.22 lbs)	2012-02-04	Saguenay Open	Jonquière
Master I	+120kg	Francis Rousseau	Bench Press	282.5 kg (622.81 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master II	-66kg	Réjean Talon	Bench Press	135.0 kg (297.62 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	-74kg	Réjean Talon	Bench Press	142.5 kg (314.16 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master II	-93kg	Claude Dallaire	Bench Press	155.0 kg (341.72 lbs)	2011-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-105kg	Jacques Potvin	Bench Press	227.5 kg (501.55 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	-120kg	Rémy Dufour	Bench Press	215.0 kg (473.99 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master II	+120kg	Alain Plante	Bench Press	117.5 kg (259.04 lbs)	2014-01-25	Championnat Provincial Classique 2014	Drummondville
Master III	-66kg	Réjean Talon	Bench Press	135.0 kg (297.62 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-74kg	Richard Lapointe	Bench Press	120.0 kg (264.55 lbs)	2011-02-19	Saguenay Open	Jonquière
Master III	-83kg	Richard Lapointe	Bench Press	130.0 kg (286.6 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-93kg	Yves Dubois	Bench Press	150.0 kg (330.69 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-105kg	Denis Jinchereau	Bench Press	170.0 kg (374.79 lbs)	2013-10-27	Championnat Provincial Équipé 2013	Québec
Master III	-120kg	Dan Riverin	Bench Press	152.5 kg (336.2 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Bench Press	75.0 kg (165.35 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Bench Press	67.5 kg (148.81 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-120kg	Rejean Dallaire	Bench Press	135.5 kg (298.73 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Bench Press, Classique							
Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière
Sub-junior	-59kg	Jonathan Kardash	Bench Press	102.5 kg (225.97 lbs)	2017-05-27	Challenge for the Children's	Montréal
Sub-junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Sub-junior	-74kg	William Veilleux	Bench Press	130.0 kg (286.6 lbs)	2017-07-15	Classic World Championships 2017	Minsk, Belarus
Sub-junior	-83kg	William Veilleux	Bench Press	135.0 kg (297.62 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-93kg	Jake Navarra	Bench Press	155.0 kg (341.72 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-105kg	Fady Mitry	Bench Press	160.0 kg (352.74 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-120kg	Dave Broom-Boudreau	Bench Press	182.5 kg (402.34 lbs)	2016-05-07	Open Rimouski	Rimouski
Sub-junior	+120kg	Alex Rogers	Bench Press	110.0 kg (242.51 lbs)	2019-06-22	STH Showdown 1.2	Saint-Hyacinthe
Junior	-53kg	André Albert	Bench Press	67.5 kg (148.81 lbs)	2013-01-19	Championnat Provincial Classique 2013	Jonquière

Junior	-59kg	Jonathan Kardash	Bench Press	107.5 kg (237.0 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa,Ontario
Junior	-66kg	Raphael Boutin	Bench Press	138.0 kg (304.24 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Junior	-74kg	Adrien Fournier-McKoy	Bench Press	142.5 kg (314.16 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Junior	-83kg	Christopher Pivin	Bench Press	172.5 kg (380.3 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-93kg	Alexandre Ritcher	Bench Press	187.5 kg (413.37 lbs)	2013-04-06	Challenge du Centre-du-Québec	Drummondville
Junior	-105kg	Gabriel-Antoine Gosselin	Bench Press	205.0 kg (451.95 lbs)	2017-05-13	Open Rimouski	Rimouski
Junior	-120kg	Marc Harvey	Bench Press	205.0 kg (451.95 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Junior	+120kg	Benjamin Court	Bench Press	210.0 kg (462.97 lbs)	2015-07-11	Qualification Open Centre-du-Québec #2	Drummondville
Open	-59kg	Serge Gauthier	Bench Press	115.0 kg (253.53 lbs)	2019-08-10	Championnat de PL NAPF 2019	San Jose, Costa Rica
Open	-66kg	Nicolas Lavoie	Bench Press	138.5 kg (305.34 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Open	-74kg	Loc Nguyen	Bench Press	166.0 kg (365.97 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-83kg	Jonathan Simard	Bench Press	192.5 kg (424.39 lbs)	2017-09-30	Black Sheep Classique	St-Romuald
Open	-93kg	Alexandre Ritcher	Bench Press	215.0 kg (473.99 lbs)	2016-01-23	Open du centre du Québec	Drummondville
Open	-105kg	Alexandre Ritcher	Bench Press	230.0 kg (507.06 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Open	-120kg	Mickael Cloutier	Bench Press	222.5 kg (490.53 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa,Ontario
Open	+120kg	Mickael Cloutier	Bench Press	232.5 kg (512.57 lbs)	2019-09-16	Championnat PL Commonwealth 2019	St.John's, NL
Master I	-59kg	Benjamin Chicoine	Bench Press	90.0 kg (198.42 lbs)	2019-04-20	Open de la Capitale-Nationale	Québec
Master I	-66kg	Jean-Sébastien Rhéaume	Bench Press	130.0 kg (286.6 lbs)	2017-08-17	Championnat Central	Québec
Master I	-74kg	Jacques Déry	Bench Press	160.0 kg (352.74 lbs)	2015-04-25	Qualification Open Centre-du-Québec	Drummondville
Master I	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-93kg	Guillaume Fillion	Bench Press	207.5 kg (457.46 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Master I	-105kg	Guillaume Fillion	Bench Press	210.0 kg (462.97 lbs)	2018-01-20	Saguenay Open 10e Édition	Jonquière
Master I	-120kg	Bruce Hellwinkel	Bench Press	197.5 kg (435.41 lbs)	2013-12-07	Montréal Open	Montréal
Master I	+120kg	Eric Guilbeault	Bench Press	212.5 kg (468.48 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-66kg	Réjean Talon	Bench Press	122.5 kg (270.07 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master II	-74kg	Réjean Gauvreau	Bench Press	117.5 kg (259.04 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Master II	-83kg	Rémy Fortier	Bench Press	172.5 kg (380.3 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master II	-93kg	Yves Dubois	Bench Press	150.0 kg (330.69 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-105kg	Jacques Potvin	Bench Press	180.0 kg (396.83 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Master II	-120kg	Bruce Hellwinkel	Bench Press	197.5 kg (435.41 lbs)	2016-10-22	Epicentre Open	Montréal
Master II	+120kg	Alain Plante	Bench Press	117.5 kg (259.04 lbs)	2014-01-25	Championnat Provincial Classique 2014	Drummondville
Master III	-66kg	Réjean Talon	Bench Press	122.5 kg (270.07 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master III	-74kg	Bernard Vachon	Bench Press	95.0 kg (209.44 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-83kg	Richard Lapointe	Bench Press	130.0 kg (286.6 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-93kg	Yves Dubois	Bench Press	150.0 kg (330.69 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-105kg	Pierre Baillargeon	Bench Press	137.5 kg (303.14 lbs)	2018-05-12	Montréal Open 2018	Montréal
Master III	-120kg	Dan Riverin	Bench Press	152.5 kg (336.2 lbs)	2016-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-74kg	Henri Cayer	Bench Press	75.0 kg (165.35 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-83kg	Germain Veilleux	Bench Press	67.5 kg (148.81 lbs)	2018-06-09	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master IV	-120kg	Rejean Dallaire	Bench Press	135.5 kg (298.73 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa,Ontario