

True North True Strength Open 2025

23 August 2025

Referee System: Three Tony Lupo (head), Jeremy Law, Joe Somfay, Chris Frappier, Clint Poore, and Kyle Frappier ▲ = World Junior/Masters record; ● = World Open record

*Lifter set the record first

| Lifter | Age / Division | Weight / Class (kg) | Hackenschmidt Floor Press (kg) | Bavarian Deadlift (kg) |
|--------------------|-------------------|------------------------|-----------------------------------|---------------------------|
| Females | | | | |
| Tara Losey | 44 / 40+ | 99.4 / 100 | 88.6 ▲● | 181.8 ▲● |
| Salina Valitutti | 27 / Open | 64.5 / 65 | 75.0 | 136.4 ● |
| Alix McGregor | 79 / 75+ | 53.9 / 55 | 21.8 X | 68.2 X |
| Leah Hutchinson | 23 / Open | 97.8 / 100 | 46.4 | 122.7 |
| Micki Dudok | 22 / Open | 87.2 / 90 | | 143.2 X |
| Kiera Pinkerton | 21 / Open | 56.4 / 60 | | 97.7 X |
| Becca Gardner | 18 / 18-19 | 45.4 / 50 | | 47.7 ▲● |
| Males | | | | |
| Chris Frappier | 60 / 60+ | 98.0 / 100 | 104.5 | 254.5 ▲● |
| Clint Poore | 51 / 50 + | 109.6 / 110 | 188.6 | 220.5 |
| Adam Balch | 27 / Open | 115.5 / 120 | 161.4 W O* | 275.0 ● |
| Nick England | 34 / Open | 84.1 / 85 | 143.2 | 215.9 ● |
| Marshall Hinton | 33 / Open | 145.0 / 125+ | 181.8 | 293.2 ● |
| Jacob Ford-Roussel | 30 / Open | 89.1 / 90 | 143.2 | 227.3 ● |
| Tyler Displenter | 36 / Open | 117.9 / 120 | 161.4 | 245.5 |
| Ben Walsh | 32 / Open | 80.5 / 85 | 95.5 | 220.5 |
| Matt Black | 37 / Open | 117.6 / 120 | 143.2 | 234.1 |
| William Burbank | 18 / 18-19 | 68.7 / 70 | 93.2 O | 163.6 ▲● |
| Nathaniel Koudijis | 28 / open | 89.8 / 90 | 90.1 | 206.8 |
| Jeremy Law | 45 / 45+ | 121.1 / 125 | 125.0 W | 197.7 ▲● |
| Joe Somfay | 80 / 80+ | 86.7 / 90 | 70.5 W | 131.8 ▲ |
| Tony Lupo | 59 / 55+ | 111.3 / 115 | 113.6 W | 154.5 ▲● |
| Cory Harwood | 31 / Open | 67.5 / 70 | 86.4 | 147.7 |
| Dave Gardner | 50 / 50+ | 97.1 / 100 | | 215.9 |
| Kyle Frappier | 22 / Open | 102.3 / 105 | 75.0 | 159.1 ● |
| John Culbert | 44 / 40+ | 103.5 / 105 | | |

Record Day:

Kyle Frappier

| | | |
|---------------|-------------------|---|
| Habecker Lift | 225 lb / 102.3 kg | ● |
| Lurich Lift | 250 lb / 113.6 kg | ● |

Leah Hutchinson

| | | |
|----------------|-----------------|---|
| Saxon Deadlift | 90 lb / 40.9 kg | ● |
|----------------|-----------------|---|

Cory Harwood

| | | |
|--------------|----------------|---|
| Kennedy Lift | 280 lb / 127.3 | ● |
|--------------|----------------|---|

Jacob Ford-Roussel

| | | |
|------------------|-------------------|---|
| Kennedy Lift | 545 lb / 247.7 kg | ● |
| Lurich Lift | 460 lb / 209.1 kg | ● |
| Peoples Deadlift | 550 lb / 250.0 kg | ● |

Matt Black

| | | |
|----------------|------------------|---|
| Cyr Press | 90 lb / 40.9 kg | X |
| Saxon Deadlift | 160 lb / 72.7 kg | ● |

Jeremy Law

| | | |
|-----------|-----------------|----|
| Crucifix | 70 lb / 31.8 kg | ▲ |
| Cyr Press | 80 lb / 36.4 kg | ▲● |

Salina Valitutti

| | | |
|-------------|------------------|---|
| Lurich Lift | 205 lb / 93.2 kg | ● |
| Crucifix | 40 lb / 18.2 kg | ● |
| Cyr Press | 40 lb / 18.2 kg | ● |

Aix McGregor

| | | |
|----------------|-----------------|---|
| Saxon Deadlift | 25 lb / 11.4 kg | X |
|----------------|-----------------|---|

Anderson Squat 100 lb / 45.5 kg X
Dumbbell to Shoulder 40 lb / 18.2 kg X

Joe Somfay

Saxon Deadlift 95 lb / 43.2 kg ▲
Dinnie Lift 312 lb / 141.8 kg ▲

John Culbert

Turkish Get up 70 lb / 31.8 kg ▲
Dinnie Lift 527 lb / 239.5 kg ▲●
Kennedy 525 lb / 238.6 kg ▲●

Tyler Displenter

Habecker Lift 430 lb / 195.5 kg ●
Cyr Press 162 lb / 73.6 kg ●
Push Press / Rack 280 lb / 127.3 kg X

Tony Lupo

RH Dumbbell C&J 62 lb / 28.2 kg ▲
Cyr Press 92 lb / 41.8 kg ▲●
RH Barbell DL (team) 315 lb / 143.2 kg ▲●

Clint Poore

LH Barbell DL (team) 225 lb / 102.3 kg ▲

Chris Frappier

RH Barbell DL (team) 315 lb / 143.2 kg ▲●
LH Barbell DL (team) 225 lb / 102.3 kg ▲

Ben Walsh

Piper Squat 315 lb / 143.2 kg X
Habecker Lift 375 lb / 170.5 kg ●
Hack Lift 455 lb / 206.8 kg X

Nathaniel Koudijis

| | | |
|-------------------|------------------|---|
| RH Bent Press Bar | 115 lb / 52.3 kg | • |
| RH Bent Press DB | 102 lb / 46.4 kg | X |
| LH Bent Press DB | 90 lb / 40.9 kg | X |