

PROVINCIAL RECORDS

For the past 12 months the Alberta Rowing Association has established provincial records. The purpose of these records is to make winter training more enjoyable, extend challenges, and keep us all engaged. To all athletes.....don't be afraid to make an attempt to break a record. You may just succeed. Let's get involved.....today!!!! If you have broken a provincial record email along with the name of the individual who witnessed your achievement to provincialrecords@gmail.com

In order for a Provincial Record to be deemed official it must be in the presence of a registered ARA member.

<u>Event</u>	<u>Name</u>	<u>Club</u>	<u>Score</u>
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2k Erg

Woman –	P Van Rousell	Edmonton	6:48
&	Z Hoskins	Edmonton	6:48
Men -	M Belenkie	Calgary	5:56
Lightweight Men	T McKall	Edmonton	6:13
U23 Lightweight Men	G Kostaras	Calgary	6:40
U23 Men	R Thom	Calgary	7:09
Lightweight Woman	T Cameron	Calgary	7:01
U23 Lightweight Wm	A Komisar	Calgary	7:33
U23 Woman	KKennedy	Calgary	6:52
Junior Woman	Z Hoskins	Edmonton	6:54
Junior Men	R. Edworthy	Calgary	6:19

2k Row – Water –Single

Woman	H McDermid	Calgary	7:35
Men-	A Hoskins	Edmonton	6:50
Lightweight Men	T McKall	Edmonton	7:10
Lightweight Woman	T Cameron	Calgary	7:40
Junior Men	S Freeman	Calgary	7:02
Junior Woman	S Park	Calgary	7:48

2k Time – Water

Woman	Critchley W8+	Calgary	7:00
Men	1992 M8+	Calgary	5:50

Event	Name	Club	Score
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Push – Ups

Woman	C Pakosh	Calgary	65
Men	J Lin	U of A	84

Sit-Ups

Woman	J McGuinness	Edmonton	562
Men	N Summerfeldt	Edmonton	58

Chin Ups

Woman	B Beh	Calgary	6
Men	K Kremer	Calgary	22

Stair Climb – At one Time

Woman	J Loutit	Calgary	2,340
Men	S Payne	Edmonton	2,040

10k Cross Country Ski Time

Woman	A Madlung	Edmonton	75 min
Men	S Payne	Edmonton	35 min

10k Run

Woman	C Fuller	Calgary	46:38
Men	A Nokes	CABC	45 min

60 minute Erg

Woman	E Taub	Calgary	14,404 m
Men	S Payne	Edmonton	17,358 m