

# PROVINCIAL RECORDS

For the past 15 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](mailto: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	K Kennedy	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

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**Push – Ups**

Woman	C Pakosh	Calgary	65
Men	J Lin	U of A	105

**Sit-Ups**

Woman	J McGuiness	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