



BC PROVINCIAL POWERLIFTING RECORDS

MEN'S SUB-JUNIOR

SQUAT

52.0 KG	47.5 KG	J. Auja	Feb-10-08	Vancouver, BC
60.0 KG	127.5 KG	D. Gill	Feb-15-09	Vancouver, BC
67.5 KG	165.0 KG	K. Hindley	Jun-07-09	Vancouver, BC
75.0 KG	165.0 KG	H. Hehar	Jun-07-09	Vancouver, BC
82.5 KG	122.5 KG	M. Miller	Jun-15-08	Vancouver, BC
90.0KG	175.0 KG	D. Ghag	Oct-24-09	Vancouver, BC
100.0 KG	217.5 KG	D. Ghag	Jan-31-10	Vancouver, BC
110.0 KG	220.0 KG	G. Yee	Sep-13-08	London, ON
125.0 KG	162.5 KG	H. Brar	Jun-07-09	Vancouver, BC

BENCH PRESS

52.0 KG	40.0 KG	J. Auja	Feb-10-08	Vancouver, BC
60.0 KG	57.5 KG	D. Gill	Feb-15-09	Vancouver, BC
67.5 KG	85.0 KG	J. Lu	Jun-13-10	Vancouver, BC
75.0 KG	82.5 KG	H. Hehar	Feb-15-09	Vancouver, BC
82.5 KG	122.5 KG	M. Miller	Jun-15-08	Vancouver, BC
90.0 KG	125.0 KG	D. Ghag	Oct-24-09	Vancouver, BC
100.0 KG	125.0 KG	D. Ghag	Jan-31-10	Vancouver, BC
110.0 KG	147.5 KG	G. Yee	Jun-15-08	Vancouver, BC
125.0 KG	75.0 KG	H. Brar	Jun-07-09	Vancouver, BC

DEADLIFT

52.0 KG	70.0 KG	J. Auja	Feb-10-08	Vancouver, BC
60.0 KG	145.0 KG	D. Gill	Feb-15-09	Vancouver, BC
67.5 KG	185.0 KG	K. Hindley	Jun-07-09	Vancouver, BC
75.0 KG	175.0 KG	H. Hehar	Feb-15-09	Vancouver, BC
82.5 KG	230.0 KG	M. Molloy	Nov-23-08	Vancouver, BC
90.0 KG	190.0 KG	D. Ghag	Oct-24-09	Vancouver, BC
100.0 KG	225.0 KG	D. Ghag	Jan-31-10	Vancouver, BC
110.0 KG	210.0 KG	G. Yee	Sep-13-08	Vancouver, BC
125.0 KG	162.6 KG	H. Brar	Jun-07-09	Vancouver, BC

TOTAL

52.0 KG	157.5 KG	J. Auja	Feb-10-08	Vancouver, BC
60.0 KG	330.0 KG	D. Gill	Feb-15-09	Vancouver, BC
67.5 KG	432.5 KG	K. Hindley	Jun-07-09	Vancouver, BC
75.0 KG	420.0 KG	H. Hehar	Jun-07-09	Vancouver, BC
82.5 KG	517.5 KG	J. McMillan	Jan-31-10	Vancouver, BC
90.0 KG	490.0 KG	D. Ghag	Oct-24-09	Vancouver, BC
100.0 KG	567.5 KG	D. Ghag	Jan-31-10	Vancouver, BC
110.0 KG	577.5 KG	G. Yee	Sep-13-08	London, ON
125.0 KG	400.0 KG	H. Brar	Jun-07-09	Vancouver, BC

MEN'S JUNIOR

SQUAT

52.0 KG	150.0 KG	L. Chow	Jun-04-88	Winnipeg, MB
56.0 KG	170.0 KG	L. Chow	Oct-16-88	Vancouver, BC
60.0 KG	207.5 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	225.0 KG	R. Laniec	Nov-13-05	Chilliwack, BC
75.0 KG	240.0 KG	G. Festing	Feb-21-99	Coquitlam, BC
82.5 KG	255.0 KG	J. Allard	Nov-05-95	Vancouver, BC
90.0 KG	265.0 KG	J. Allard	May-10-96	Leduc, AB
100.0 KG	275.0 KG	S. Mueller	Feb-28-93	Delta, BC
110.0 KG	300.0 KG	T. Buchman	Apr-6-06	Chilliwack, BC
125.0 KG	307.5 KG	S. Kaufman	Mar-20-88	Vancouver, BC
125.0 KG+	320.0 KG	S. Kaufman	Oct-16-88	Vancouver, BC

BENCH PRESS

52.0 KG	137.5 KG	L. Chow	Feb-21-88	Surrey, BC
56.0 KG	142.5 KG	L. Chow	Oct-16-88	Vancouver, BC
60.0 KG	140.0 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	160.0 KG	R. Laniec	Nov-13-05	Chilliwack, BC
75.0 KG	160.0 KG	G. Festing	Feb-21-99	Coquitlam, BC
82.5 KG	153.5 KG	J. Allard	Nov-05-95	Vancouver, BC
90.0 KG	170.0 KG	G. Langfield	Mar-11-90	Vancouver, BC
100.0 KG	180.0 KG	J. Allard	Oct-19-96	Grand Forks, BC
110.0 KG	187.5 KG	J. Striefel	Feb-23-97	Vancouver, BC
125.0 KG	215.0 KG	J. Klassen	Jun-13-10	Vancouver, BC
125.0 KG+	197.5 KG	S. Kaufman	Jun-05-88	Winnipeg, MB

DEADLIFT

52.0 KG	182.5 KG	L. Chow	Feb-21-88	Surrey, BC
56.0 KG	205.0 KG	L. Chow	Oct-16-88	Vancouver, BC
60.0 KG	205.0 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	227.5 KG	R. Laniec	Nov-13-05	Chilliwack, BC
75.0 KG	250.0 KG	G. Festing	Feb-21-99	Coquitlam, BC
82.5 KG	253.5 KG	C. Nguyen	Apr-06-02	Vancouver, BC
90.0 KG	262.5 KG	J. Allard	May-18-96	Leduc, AB
100.0 KG	277.5 KG	S. Lakusta	Oct-17-87	Vancouver, BC
110.0 KG	288.5 KG	J. Striefel	Feb-23-97	Vancouver, BC
125.0 KG	305.0 KG	J. Klassen	Jun-13-10	Vancouver, BC
125.0 KG+	287.5 KG	S. Kaufman	Oct-16-88	Vancouver, BC

TOTAL

52.0 KG	455.0 KG	L. Chow	Jun-04-88	Winnipeg, MB
56.0 KG	517.5 KG	L. Chow	Oct-16-88	Vancouver, BC
60.0 KG	552.5 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	607.5 KG	R. Laniec	Nov-13-05	Chilliwack, BC
75.0 KG	645.0 KG	G. Festing	Feb-21-99	Coquitlam, BC
82.5 KG	660.0 KG	J. Allard	Nov-05-95	Vancouver, BC
90.0 KG	682.5 KG	J. Allard	May-18-96	Leduc, AB
100.0 KG	700.0 KG	J. Allard	Oct-19-96	Grand Forks, BC
110.0 KG	750.0 KG	T. Buchman	Apr-6-06	Chilliwack, BC
125.0 KG	800.0 KG	J. Klassen	Jun-13-10	Vancouver, BC
125.0 KG+	800.0 KG	S. Kaufman	Oct-16-88	Vancouver, BC

MEN'S OPEN**SQUAT**

52.0 KG	150.0 KG	L. Chow	Jun-04-88	Winnipeg, MB
56.0 KG	182.5 KG	L. Chow	Mar-12-89	Vancouver, BC
60.0 KG	207.5 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	237.5 KG	R. Laniec	Apr-03-09	Moose Jaw, SK
75.0 KG	255.0 KG	B. Hindley	Mar-01-98	Nanaimo, BC
82.5 KG	255.0 KG	J. Allard	Nov-05-95	Vancouver, BC
90.0 KG	277.5 KG	R. Doern	Feb-21-99	Coquitlam, BC
100.0 KG	315.0 KG	J. Oliveira	Oct-02-09	Ostrava, Czech R.
110.0 KG	301.0 KG	P. Atwal	Jan-28-07	Vancouver, BC
125.0 KG	342.5 KG	E. Brost	May-18-97	Toronto, ON
125.0 KG+	320.0 KG	S. Kaufman	Oct-16-88	Vancouver, BC

BENCH PRESS

52.0 KG	137.5 KG	L. Chow	Feb-21-88	Surrey, BC
56.0 KG	142.5 KG	L. Chow	Oct-16-88	Vancouver, BC
60.0 KG	140.0 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	162.5 KG	R. Laniec	Apr-03-09	Moose Jaw, SK
75.0 KG	180.0 KG	R. Marshall	Jun-07-09	Vancouver, BC
82.5 KG	177.5 KG	A. Bryant	Sep-30-09	Ostrava, Czec. Rep.
90.0 KG	190.0 KG	J. Arnold	Feb-21-99	Coquitlam, BC
100.0 KG	225.0 KG	T. Tomra	Nov-13-05	Chilliwack, BC
110.0 KG	242.5 KG	G. Chasse	Jun-26-05	Vancouver, BC
125.0 KG	240.0 KG	E. Brost	May-18-97	Toronto, ON
125.0 KG+	237.5 KG	R. Nowazek	Oct-28-93	Hamilton, ON

DEADLIFT

52.0 KG	182.5 KG	L. Chow	Feb-21-88	Surrey, BC
56.0 KG	215.0 KG	L. Chow	May-06-89	Vancouver, BC
60.0 KG	207.5 KG	L. Chow	Feb-12-89	Surrey, BC
67.5 KG	230.0 KG	V. Courville	Feb-23-97	Vancouver, BC
75.0 KG	265.0 KG	B. Hindley	Apr-18-04	Vancouver, BC
82.5 KG	272.5 KG	R. Postnikoff	Jul-27-91	Greenwood, BC
90.0 KG	297.5 KG	R. Wilson	Oct-10-93	Chilliwack, BC
100.0 KG	300.0 KG	S. Repole	Feb-27-94	Delta, BC
110.0 KG	315.0 KG	D. MacLellan	Apr-22-01	Coquitlam, BC
125.0 KG	340.0 KG	E. Brost	May-18-97	Toronto, ON
125.0 KG+	287.5 KG	S. Kaufman	Oct-16-88	Vancouver, BC

TOTAL

52.0 KG	455.0 KG	L. Chow	Jun-04-88	Winnipeg, MB
56.0 KG	530.0 KG	L. Chow	May-06-89	Vancouver, BC
60.0 KG	552.5 KG	R. Laniec	Mar-19-04	Kitchener, ON
67.5 KG	610.0 KG	R. Laniec	Apr-03-09	Moose Jaw, SK
75.0 KG	680.0 KG	R. Marshall	Jun-07-09	Vancouver, BC
82.5 KG	662.5 KG	J. Dougall	Nov-9-03	Chilliwack, BC
90.0 KG	747.5 KG	J. Arnold	Feb-21-99	Coquitlam, BC
100.0 KG	800.0 KG	J. Oliveira	Oct-02-09	Quebec City, Que
110.0 KG	771.0 KG	P. Atwal	Jan-28-07	Vancouver, BC
125.0 KG	922.5 KG	E. Brost	May-18-97	Toronto, ON
125.0 KG+	815.0 KG	R. Nowazek	Jun-16-90	Surrey, BC

MEN'S MASTER I

SQUAT

56.0 KG	140.0 KG	G. McCreath	Apr-16-88	Ottawa, ON
60.0 KG	140.0 KG	G. McCreath	Oct-22-89	Vancouver, BC
67.5 KG	205.0 KG	B. Brothers	Jun-03-07	Vancouver, BC
75.0 KG	250.0 KG	R. Marshall	Jun-07-09	Vancouver, BC
82.5 KG	252.5 KG	B. Hindley	Nov-13-10	Vancouver, BC
90.0 KG	267.5 KG	G. Langfield	Jun-07-09	Vancouver, BC
100.0 KG	315.0 KG	J. Oliveira	Oct-02-09	Ostrava, Czech R.
110.0 KG	275.0 KG	W. Quayle	Jun-03-07	Vancouver, BC
125.0 KG	237.5 KG	A. Dirkin	Jun-15-08	Vancouver, BC
125.0 KG+	310.0 KG	R. Nowazek	Mar-10-91	Chilliwack, BC

BENCH PRESS

56.0 KG	90.0 KG	G. McCreath	Mar-11-90	Vancouver, BC
60.0 KG	92.5 KG	G. McCreath	Oct-22-89	Vancouver, BC
67.5 KG	110.0 KG	B. Pryor	Apr-06-02	Vancouver, BC
75.0 KG	180.0 KG	R. Marshall	Jun-07-09	Vancouver, BC
82.5 KG	177.5 KG	A. Bryant	Sep-30-09	Ostrava, Czec. Rep.
90.0 KG	207.5 KG	G. Langfield	Jun-07-09	Vancouver, BC
100.0 KG	225.0 KG	T. Tomra	Nov-13-05	Chilliwack, BC
110.0 KG	192.5 KG	W. Quayle	Jun-03-07	Vancouver, BC
125.0 KG	225.0 KG	B. Nickoli	Feb-12-06	Vancouver, BC
125.0 KG+	237.5 KG	R. Nowazek	Oct-28-93	Hamilton, ON

DEADLIFT

56.0 KG	175.0 KG	G. McCreath	Apr-06-90	Riverside, Calif
60.0 KG	175.0 KG	G. McCreath	Oct-22-89	Vancouver, BC
67.5 KG	220.0 KG	B. Brothers	Jun-03-07	Vancouver, BC
75.0 KG	265.0 KG	B. Hindley	Apr-18-04	Vancouver, BC
82.5 KG	257.5 KG	B. Harrison	Feb-21-99	Coquitlam, BC
90.0 KG	250.0 KG	B. Merriman	Oct-22-89	Vancouver, BC
100.0 KG	287.5 KG	D. Bassett	Mar-10-91	Chilliwack, BC
110.0 KG	265.0 KG	D. Miller	Jun-07-09	Vancouver, BC
125.0 KG	253.0 KG	A. Dirkin	Jan-28-07	Vancouver, BC
125.0 KG+	257.5 KG	T. Vandergrift	Apr-18-04	Vancouver, BC

TOTAL

56.0 KG	405.0 KG	G. McCreath	Apr-06-90	Riverside, Calif
60.0 KG	407.5 KG	G. McCreath	Oct-22-89	Vancouver, BC
67.5 KG	527.5 KG	B. Brothers	Jun-03-07	Vancouver, BC
75.0 KG	680.0 KG	R. Marshall	Jun-07-09	Vancouver, BC
82.5 KG	622.5 KG	B. Hindley	Nov-13-10	Vancouver, BC
90.0 KG	702.5 KG	G. Langfield	Jun-07-09	Vancouver, BC
100.0 KG	800.0 KG	J. Oliveira	Apr-10-10	Quebec City, Que
110.0 KG	723.5 KG	W. Quayle	Jun-03-07	Vancouver, BC
125.0 KG	690.0 KG	B. Nickoli	Feb-12-06	Vancouver, BC
125.0 KG+	785.0 KG	R. Nowazek	Mar-10-91	Chilliwack, BC

MEN'S MASTER II

SQUAT

67.5 KG	120.0 KG	D. Lovell	Jun-07-09	Vancouver, BC
75.0 KG	245.0 KG	B. Hindley	Jun-03-07	St. Catherines, ON
82.5 KG	252.5 KG	B. Hindley	Nov-13-10	Vancouver, BC
90.0 KG	237.5 KG	W. Dengler	Jan-31-10	Vancouver, BC
100.0 KG	237.5 KG	W. Dengler	Jun-13-10	Vancouver, BC
110.0 KG	227.5 KG	D. Froese	Jun-07-09	Vancouver, BC
125.0 KG+	230.0 KG	R. Smith	Oct-12-03	Regina, SK

BENCH PRESS

67.5 KG	72.5 KG	D. Lovell	Feb-15-09	Vancouver, BC
75.0 KG	130.0 KG	B. Hindley	Jun-03-07	Vancouver, BC
82.5 KG	140.0 KG	M. Vezina	Apr-03-09	Moose Jaw, SK
90.0 KG	147.5 KG	M. Vezina	Apr-10-10	Quebec City, Que
100.0 KG	130.0 KG	W. Dengler	Apr-10-10	Quebec City, Que
110.0 KG	192.5 KG	W. Quayle	Jun-03-07	Vancouver, BC
125.0 KG+	205.0 KG	R. Smith	Oct-12-03	Regina, SK

DEADLIFT

67.5 KG	185.0 KG	D. Lovell	Jun-07-09	Vancouver, BC
75.0 KG	250.0 KG	B. Hindley	Jun-03-07	Vancouver, BC
82.5 KG	250.0 KG	B. Hindley	Apr-10-10	Quebec City, Que
90.0 KG	232.5 KG	W. Dengler	Sep-29-10	Pilsen, Czech Rep
100.0 KG	235.0 KG	W. Dengler	Jun-13-10	Vancouver, BC
110.0 KG	245.0 KG	D. Froese	Jan-28-07	Vancouver, BC
125.0 KG+	240.0 KG	R. Smith	Oct-12-03	Regina, SK

TOTAL

67.5 KG	372.5 KG	D. Lovell	Jun-07-09	Vancouver, BC
75.0 KG	625.0 KG	B. Hindley	Jun-03-07	Vancouver, BC
82.5 KG	622.5 KG	B. Hindley	Nov-13-10	Vancouver, BC
90.0 KG	582.5 KG	M. Vezina	Jun-15-08	Vancouver, BC
100.0 KG	602.5 KG	W. Dengler	Jun-13-10	Vancouver, BC
110.0 KG	632.5 KG	D. Froese	Jan-28-07	Vancouver, BC
125.0 KG+	670.0 KG	R. Smith	Mar-15-03	Winnipeg, MB

MEN'S MASTER III

SQUAT					
90.0 KG	150.0 KG	F. Harrison	Nov-13-10	Vancouver, BC	
125.0 KG+	230.0 KG	R. Smith	Oct-12-03	Regina, SK	
BENCH PRESS					
90.0 KG	140.0 KG	F. Harrison	Nov-13-10	Vancouver, BC	
125.0 KG+	205.0 KG	R. Smith	Oct-12-03	Regina, SK	
DEADLIFT					
90.0 KG	190.0 KG	F. Harrison	Nov-13-10	Vancouver, BC	
125.0 KG+	240.0 KG	R. Smith	Oct-12-03	Regina, SK	
TOTAL					
90.0 KG	480.0 KG	F. Harrison	Nov-13-10	Vancouver, BC	
125.0 KG+	670.0 KG	R. Smith	Mar-15-03	Winnipeg, MB	

MEN'S MASTER IV

SQUAT				
100.0 KG	185.0 KG	D. Gill	Feb-10-08	Vancouver, BC
BENCH PRESS				
100.0 KG	135.0 KG	D. Gill	Feb-10-08	Vancouver, BC
DEADLIFT				
100.0 KG	200.0 KG	D. Gill	Feb-10-08	Vancouver, BC
TOTAL				
100.0 KG	520.0 KG	D. Gill	Feb-10-08	Vancouver, BC

WOMEN'S JUNIOR

SQUAT

48.0 KG	75.0 KG	K. Ridout	Feb-24-95	Comox, BC
52.0 KG	105.0 KG	T. Lundahl	Mar-28-87	N. Vancouver, BC
56.0 KG	125.0 KG	L. MacDougall	May-21-93	Edmonton, AB
60.0 KG	147.5 KG	E. Rutko	Apr-6-06	Chilliwack, BC
67.5 KG	137.5 KG	M. Power	Nov-05-95	Vancouver, BC
75.0 KG	143.5 KG	S. Triplett	Oct-10-93	Chilliwack, BC

BENCH PRESS

48.0 KG	55.0 KG	D. Armstrong	Feb-28-92	Vernon, BC
52.0 KG	65.0 KG	T. Lundahl	Mar-28-87	N. Vancouver, BC
56.0 KG	70.0 KG	T. Lundahl	Oct-17-87	Vancouver, BC
60.0 KG	92.5 KG	E. Rutko	Apr-6-06	Chilliwack, BC
67.5 KG	75.0 KG	M. Power	Nov-05-95	Vancouver, BC
75.0 KG	65.0 KG	S. Triplett	Oct-10-93	Chilliwack, BC

DEADLIFT

48.0 KG	110.0 KG	D. Armstrong	Feb-28-92	Vernon, BC
52.0 KG	135.0 KG	T. Lundahl	Mar-28-87	N. Vancouver, BC
56.0 KG	146.0 KG	L. MacDougall	May-21-93	Edmonton, AB
60.0 KG	160.0 KG	T. Hargreaves	Feb-28-92	Vernon, BC
67.5 KG	147.5 KG	M. Power	Nov-05-95	Vancouver, BC
75.0 KG	142.5 KG	S. Triplett	Oct-10-93	Chilliwack, BC

TOTAL

48.0 KG	237.5 KG	D. Armstrong	Feb-28-92	Vernon, BC
52.0 KG	302.0 KG	T. Lundahl	Mar-28-87	N. Vancouver, BC
56.0 KG	335.0 KG	L. MacDougall	May-21-93	Edmonton, AB
60.0 KG	357.5 KG	T. Hargreaves	Feb-28-92	Vernon, BC
67.5 KG	360.0 KG	M. Power	Nov-05-95	Vancouver, BC
75.0 KG	350.0 KG	S. Triplett	Oct-10-93	Chilliwack, BC

WOMEN'S OPEN

SQUAT

44.0 KG	77.5 KG	M. Monsour	Feb-24-95	Comox, BC
48.0 KG	97.5 KG	K. Silvester	Feb-28-92	Vernon, BC
52.0 KG	141.0 KG	J. Sandu	Jan-28-07	Vancouver, BC
56.0 KG	142.5 KG	R. Peterson	Jun-18-88	Duncan, BC
60.0 KG	152.5 KG	R. Heaslip	Nov-12-94	Vernon, BC
67.5 KG	162.5 KG	K. Dennis	Nov-9-03	Chilliwack, BC
75.0 KG	162.5 KG	K. Dennis	Feb-13-05	Surrey, BC
90.0 KG	137.5 KG	E. Vannieuwenhuizen	Apr-6-06	Chilliwack, BC

BENCH PRESS

44.0 KG	37.5 KG	M. Monsour	Feb-24-95	Comox, BC
48.0 KG	55.0 KG	N. Galdert	Jan-24-87	Vancouver, BC
52.0 KG	70.0 KG	J. Sandu	Nov-13-05	Chilliwack, BC
56.0 KG	85.0 KG	R. Peterson	Jun-18-88	Duncan, BC
60.0 KG	87.5 KG	R. Heaslip	Aug-21-94	Duncan, BC
67.5 KG	96.0 KG	K. Dennis	Apr-7-05	Calgary, AB
75.0 KG	95.0 KG	K. Dennis	Feb-13-05	Surrey, BC
90.0 KG	65.0 KG	Z. MacBean	Nov-12-94	Vernon, BC

DEADLIFT

44.0 KG	95.0 KG	M. Monsour	Feb-24-95	Comox, BC
48.0 KG	127.5 KG	J. Musaph	Jan-24-87	Vancouver, BC
52.0 KG	167.0 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	157.5 KG	R. Peterson	Jun-18-88	Duncan, BC
60.0 KG	162.5 KG	V. Puharich	Oct-13-86	Vancouver, BC
67.5 KG	160.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	157.5 KG	C. Walters	Feb-28-92	Vernon, BC
90.0 KG	132.5 KG	Z. MacBean	Feb-24-95	Comox, BC

TOTAL

44.0 KG	210.0 KG	M. Monsour	Feb-24-95	Comox, BC
48.0 KG	267.5 KG	J. Musaph	Jan-24-87	Vancouver, BC
52.0 KG	379.5 KG	J. Sandu	Mar-29-07	Dartmouth, BC
56.0 KG	385.0 KG	R. Peterson	Jun-18-88	Duncan, BC
60.0 KG	395.0 KG	R. Heaslip	Feb-12-95	Chilliwack, BC
67.5 KG	405.0 KG	K. Dennis	Apr-7-05	Calgary, AB
75.0 KG	407.5 KG	K. Dennis	Feb-13-05	Surrey, BC
90.0 KG	325.0 KG	E. Vannieuwenhuizen	Apr-6-06	Chilliwack, BC

WOMEN'S MASTER I

SQUAT

52.0 KG	141.0 KG	J. Sandu	Jan-28-07	Vancouver, BC
56.0 KG	121.0 KG	J. Sandu	Jun-26-04	Kelowna, BC
60.0 KG	150.0 KG	V. Puharich	Jan-24-87	Vancouver, BC
67.5 KG	140.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	145.0 KG	K. Dennis	Jan-31-10	Vancouver, BC

BENCH PRESS

52.0 KG	72.5 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	70.0 KG	P. Ling	Feb-25-00	Moose Jaw, SK
60.0 KG	80.0 KG	V. Puharich	Oct-13-86	Vancouver, BC
67.5 KG	81.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	72.5 KG	J. Smith	Jun-26-05	Vancouver, BC

DEADLIFT

52.0 KG	167.0 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	146.0 KG	J. Sandu	Jun-26-04	Kelowna, BC
60.0 KG	162.5 KG	V. Puharich	Oct-13-86	Vancouver, BC
67.5 KG	160.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	140.0 KG	K. Dennis	Nov-13-10	Vancouver, BC

TOTAL

52.0 KG	379.5 KG	J. Sandu	Mar-29-07	Dartmouth, BC
56.0 KG	330.0 KG	J. Sandu	Jun-26-04	Kelowna, BC
60.0 KG	392.5 KG	V. Puharich	Jan-24-87	Vancouver, BC
67.5 KG	381.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	350.0 KG	K. Dennis	Jan-31-10	Vancouver, BC

WOMEN'S MASTER II

SQUAT

52.0 KG	141.0 KG	J. Sandu	Jan-28-07	Vancouver, BC
56.0 KG	117.5KG	P. Ling	Mar-14-03	Winnipeg, MB
60.0 KG	125.0 KG	P. Ling	Oct-18-02	Calgary, AB
67.5 KG	140.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	130.0 KG	J. Smith	Mar-29-07	Dartmouth, NS

BENCH PRESS

52.0 KG	72.5 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	70.0 KG	P. Ling	Mar-14-03	Winnipeg, MB
60.0 KG	75.0 KG	P. Ling	Oct-18-02	Calgary, AB
67.5 KG	81.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	77.5 KG	J. Smith	Apr-6-06	Chilliwack, BC

DEADLIFT

52.0 KG	167.0 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	145.0 KG	P. Ling	Mar-14-03	Winnipeg, MB
60.0 KG	157.5 KG	P. Ling	Oct-18-02	Calgary, AB
67.5 KG	160.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	122.0 KG	J. Smith	Nov-5-06	Chilliwack, BC

TOTAL

52.0 KG	379.5 KG	J. Sandu	Mar-29-07	Dartmouth, BC
56.0 KG	332.5 KG	P. Ling	Mar-14-03	Winnipeg, MB
60.0 KG	352.5 KG	P. Ling	Oct-18-02	Calgary, AB
67.5 KG	381.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	332.0 KG	J. Smith	Mar-29-07	Dartmouth, NS



BC PROVINCIAL BENCH PRESS SINGLE-LIFT RECORDS

MEN'S SUB-JUNIOR

56.0 KG	42.5 KG	J. Auja	Feb-10-08	Vancouver, BC
60.0 KG	55.0 KG	D. Gill Jr	Feb-15-09	Vancouver, BC
67.5 KG	85.0 KG	J. Lu	Jun-13-10	Vancouver, BC
75.0 KG	87.5 KG	C. Richey	Jan-31-10	Vancouver, BC
82.5 KG	122.5KG	M. Miller	Jun-15-08	Vancouver, BC
90.0 KG	127.5 KG	J. Sharples	Jun-13-10	Vancouver, BC
100.0 KG	147.5 KG	G. Yee	Feb-10-08	Vancouver, BC
110.0 KG	147.5 KG	G.Yee	Jun-15-08	Vancouver, BC
125.0 KG+	150.0 KG	M. Cho	Jun-13-10	Vancouver, BC

MEN'S JUNIOR

52.0 KG	137.5 KG	L. Chow	Jun-04-88	Winnipeg, MB
56.0 KG	142.5 KG	L. Chow	Oct-16-88	Vancouver, BC
67.5 KG	145.0 KG	D. Baker	Mar-12-89	Vancouver, BC
75.0 KG	142.5 KG	J. D'Andrea	Apr-12-97	Williams Lake, BC
82.5 KG	146.0 KG	R. Lucas	Jun-03-07	Vancouver, BC
90.0 KG	170.0 KG	G. Langfield	Mar-11-90	Vancouver, BC
100.0KG	182.5 KG	N. Higginson	Nov-13-05	Chilliwack, BC
110.0KG	172.5 KG	J. Hancock	Nov-13-05	Vancouver, BC
125.0KG	200.0 KG	E. Brost	Mar-12-89	Vancouver, BC
125.0KG+	197.5KG	S. Kaufman	Jun-05-88	Winnipeg, MB

MEN'S OPEN

52.5 KG	137.5 KG	L. Chow	Feb-21-88	Surrey, BC
56.0 KG	142.5 KG	L. Chow	Oct-16-88	Vancouver, BC
60.0 KG	127.5 KG	L. Chow	Oct-03-91	Chilliwack, BC
67.5 KG	145.0 KG	D. Baker	Mar-12-89	Vancouver, BC
75.0 KG	165.0 KG	J. Lee	Jun-24-04	Kelowna, BC
82.5 KG	172.5 KG	S. Moir	Nov-01-02	Vancouver, BC
90.0 KG	192.5 KG	T. Tomra	Nov-14-04	Chilliwack, BC
100.0KG	255.0 KG	J. Arnold	Nov-13-05	Chilliwack, BC
110.0 KG	242.5 KG	J. Arnold	Aug-11-07	Kelowna, BC
125.0KG	230.0 KG	R. Nowazek	Jun-17-89	Kitchener, ON
125.0KG+	237.5 KG	R. Nowazek	Jun-19-93	Duncan, BC

MEN'S MASTER I

56.0 KG	90.0 KG	G. McCreath	Mar-11-90	Vancouver, BC
60.0 KG	92.5 KG	G. McCreath	Oct-22-89	Vancouver, BC
67.5 KG	120.0 KG	K. Boschma	Jun-15-08	Vancouver, BC
75.0 KG	160.5 KG	B. You	Nov-13-10	Vancouver, BC
82.5 KG	182.5 KG	V. Courville	Apr-6-06	Chilliwack, BC
90.0 KG	192.5 KG	T. Tomra	Nov-14-04	Chilliwack, BC
100.0 KG	191.0 KG	D. Froese	Nov-13-05	Chilliwack, BC
110.0 KG	242.5 KG	J. Arnold	Aug-11-07	Kelowna, BC
125.0 KG	212.5 KG	W. Quayle	Nov-04-07	Chilliwack, BC
125.0 KG+	242.5 KG	R. Nowazek	Jun-19-93	Duncan, BC

MEN'S MASTER II

67.5 KG	72.5 KG	M. Young	Nov-11-01	Williams Lake, BC
75.0 KG	112.5 KG	G. Kirstick	Nov-11-01	Williams Lake, BC
82.5 KG	140.0 KG	M. Vezina	Apr-03-09	Moose Jaw, SK
90.0 KG	171.0 KG	B. Bradshaw	May-25-03	Vancouver, BC
100.0 KG	191.0 KG	D. Froese	Nov-13-05	Chilliwack, BC
125.0 KG	167.5 KG	G. Armour	Nov-02-08	Vancouver, BC
125.0 KG+	215.0 KG	R. Smith	Apr-18-04	Vancouver, BC

MEN'S MASTER III

90.0 KG	140.0 KG	F. Harrison	Nov-13-10	Vancouver, BC
100.0 KG	135.0 KG	D. Gill	Feb-10-08	Vancouver, BC
125.0 KG+	227.5 KG	R. Smith	Feb-12-06	Vancouver, BC

MEN'S MASTER IV

100.0 KG	135.0 KG	D. Gill	Feb-10-08	Vancouver, BC
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WOMEN'S JUNIOR

48.0 KG	62.5 KG	D. Armstrong	Aug-15-92	Surrey, BC
52.0 KG	65.0 KG	T. Lundahl	Mar-28-87	N.Vancouver, BC
56.0 KG	70.0 KG	T. Lundahl	Oct-17-87	Vancouver, BC
60.0 KG	90.0KG	E. Rutko	Apr-6-06	Chilliwack, BC
67.5 KG	75.5 KG	M. Power	Nov-05-95	Vancouver, BC
75.0 KG	65.0 KG	S. Triplett	Oct-10-93	Chilliwack, BC

WOMEN'S OPEN

44.0 KG	37.5 KG	M. Monsour	Feb-24-95	Comox, BC
48.0 KG	55.0 KG	N. Galdert	Jan-24-87	Vancouver, BC
52.0 KG	72.5 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	85.0 KG	R. Peterson	Jun-18-88	Duncan, BC
60.0 KG	87.5 KG	D. Parker	Apr-10-05	Calgary, AB
67.5 KG	97.5 KG	K. Dennis	Nov-14-04	Chilliwack, BC
75.0 KG	105.0 KG	K. Dennis	Nov-13-05	Chilliwack, BC
90.0 KG	65.0 KG	Z. MacBean	Nov-12-94	Vernon, BC

WOMEN'S MASTER I

52.0 KG	72.5 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	72.5 KG	P. Ling	Feb-27-00	Moose Jaw, SK
60.0 KG	80.0 KG	V. Puharich	Oct-13-86	Vancouver, BC
67.5 KG	81.0 KG	R. Heaslip	Nov-13-10	Vancouver, BC
75.0 KG	80.0 KG	J. Smith	Apr-01-07	Dartmouth, NS

WOMEN'S MASTER II

52.0 KG	72.5 KG	J. Sandu	Mar-29-07	Dartmouth, NS
56.0 KG	37.5 KG	C. Lovell	Nov-13-10	Vancouver, BC
60.0 KG	35.0 KG	C. Lovell	Feb-15-09	Vancouver, BC
67.5 KG	87.5 KG	R. Heaslip	Oct-24-09	Vancouver, BC
75.0 KG	80.0 KG	J. Smith	Apr-01-07	Dartmouth, NS

Pending

Revised Jan. 1, 2011