



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS



WOMEN'S OPEN

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	100.0	minimum standard		
52 kg	120.0	Jacque Sandu	2011 Sept 26	St. Catharines, ON
57 kg	115.0	minimum standard		
63 kg	147.5	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72 kg	170.0	Kim Dennis	2011 Sept 26	St. Catharines, ON
84 kg	150.0	minimum standard		
84+ kg	215.0	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	60.0	minimum standard		
52 kg	97.5	Jacque Sandu	2011 Mar 31	Charlottetown, PEI
57 kg	70.0	minimum standard		
63 kg	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72 kg	97.5	Kim Dennis	2011 Mar 31	Charlottetown, PEI
84 kg	92.5	minimum standard		
84+ kg	130.0	Aimee Mergaert	2015 Sept 28	Aurora, USA

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	105.0	minimum standard		
52 kg	155.0	Jacque Sandu	2012 Jun 14	Stockholm, Sweden
57 kg	120.0	minimum standard		
63 kg	162.5	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72 kg	157.5	Shawna LeBlanc	2011 Feb 13	Vancouver, BC
84 kg	160.0	Kim Dennis	2013 Mar 20	Richmond, BC
84+ kg	172.5	Aimee Mergaert	2015 Sept 28	Aurora, USA

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	255.0	minimum standard		
52 kg	335.0	Jacque Sandu	2011 Sept 26	St. Catharines, ON
57 kg	295.0	minimum standard		
63 kg	410.0	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72 kg	412.5	Kim Dennis	2011 Sept 26	St. Catharines, ON
84 kg	385.0	minimum standard		
84+ kg	517.5	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	65.0	minimum standard		
52 kg	97.5	Jacque Sandu	2011 Mar 31	Charlottetown, PEI
57 kg	75.0	minimum standard		
63 kg	100.0	Rhonda Heaslip	2011 Sept 26	St. Catharines, Ont
72 kg	97.5	Kim Dennis	2011 Mar 31	Charlottetown, PEI
84 kg	95.0	minimum standard		
84+ kg	100.0	minimum standard		



**BRITISH COLUMBIA POWERLIFTING ASSOCIATION
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WOMEN'S SUB-JUNIOR

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	47.5	minimum standard		
47 kg	50.0	minimum standard		
52 kg	55.0	minimum standard		
57 kg	57.5	minimum standard		
63 kg	65.0	minimum standard		
72 kg	70.0	minimum standard		
84 kg	75.0	minimum standard		
84+ kg	80.0	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	27.5	minimum standard		
47 kg	30.0	minimum standard		
52 kg	32.5	minimum standard		
57 kg	35.0	minimum standard		
63 kg	37.5	minimum standard		
72 kg	42.5	minimum standard		
84 kg	45.0	minimum standard		
84+ kg	47.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	55.0	minimum standard		
47 kg	57.5	minimum standard		
52 kg	62.5	minimum standard		
57 kg	65.0	minimum standard		
63 kg	72.5	minimum standard		
72 kg	80.0	minimum standard		
84 kg	85.0	minimum standard		
84+ kg	92.5	minimum standard		

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	127.5	minimum standard		
47 kg	135.0	minimum standard		
52 kg	147.5	minimum standard		
57 kg	157.5	minimum standard		
63 kg	172.5	minimum standard		
72 kg	187.5	minimum standard		
84 kg	205.0	minimum standard		
84+ kg	215.0	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	30.0	minimum standard		
47 kg	32.5	minimum standard		
52 kg	35.0	minimum standard		
57 kg	37.5	minimum standard		
63 kg	40.0	minimum standard		
72 kg	45.0	minimum standard		
84 kg	47.5	minimum standard		
84+ kg	52.5	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS



WOMEN'S JUNIOR

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	77.5	minimum standard		
47 kg	85.0	minimum standard		
52 kg	90.0	minimum standard		
57 kg	97.5	minimum standard		
63 kg	105.0	minimum standard		
72 kg	115.0	minimum standard		
84 kg	125.0	minimum standard		
84+ kg	132.5	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	50.0	minimum standard		
47 kg	52.5	minimum standard		
52 kg	55.0	minimum standard		
57 kg	60	minimum standard		
63 kg	65	minimum standard		
72 kg	72.5	minimum standard		
84 kg	77.5	minimum standard		
84+ kg	82.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	75.0	minimum standard		
47 kg	82.5	minimum standard		
52 kg	87.5	minimum standard		
57 kg	95.0	minimum standard		
63 kg	102.5	minimum standard		
72 kg	112.5	minimum standard		
84 kg	122.5	minimum standard		
84+ kg	127.5	minimum standard		

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	197.5	minimum standard		
47 kg	210.0	minimum standard		
52 kg	227.5	minimum standard		
57 kg	245.0	minimum standard		
63 kg	265.0	minimum standard		
72 kg	290.0	minimum standard		
84 kg	317.5	minimum standard		
84+ kg	335.0	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
43 kg	50.0	minimum standard		
47 kg	52.5	minimum standard		
52 kg	57.5	minimum standard		
57 kg	62.5	minimum standard		
63 kg	65.0	minimum standard		
72 kg	72.5	minimum standard		
84 kg	80.0	minimum standard		
84+ kg	85.0	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS



WOMEN'S MASTER I (40 – 49)

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	75.0	minimum standard		
52 kg	120.0	Jacque Sandu	2011 Sept 26	St. Catharines, ON
57 kg	87.5	minimum standard		
63 kg	147.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72 kg	170.0	Kim Dennis	2011 Sept 27	St. Catharines, ON
84 kg	115.0	minimum standard		
84+ kg	215.0	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	45.0	minimum standard		
52 kg	62.5	Jacque Sandu	2011 Mar 31	Charlottetown, PEI
57 kg	55.0	minimum standard		
63 kg	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72 kg	97.5	Kim Dennis	2011 Mar 30	Charlottetown, PEI
84 kg	70.0	minimum standard		
84+ kg	130.0	Aimee Mergaert	2015 Sept 28	Aurora, USA

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	92.5	minimum standard		
52 kg	155.0	Jacque Sandu	2012 Jun 14	Stockholm, Sweden
57 kg	105.0	minimum standard		
63 kg	162.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72 kg	145.0	Kim Dennis	2011 Sept 27	St. Catharines, ON
84 kg	137.5	minimum standard		
84+ kg	172.5	Aimee Mergaert	2015 Sept 28	Aurora, USA

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	207.5	minimum standard		
52 Kg	335.0	Jacque Sandu	2011 Sept 26	St. Catharines, ON
57 kg	242.5	minimum standard		
63 kg	410.0	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72 kg	412.5	Kim Dennis	2011 Sept 27	St. Catharines, ON
84 kg	315.0	minimum standard		
84+ kg	517.5	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg	47.5	minimum standard		
52 kg	62.5	Jacque Sandu	2011 Mar 31	Charlottetown, PEI
57 kg	55.0	minimum standard		
63 kg	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72 kg	97.5	Kim Dennis	2011 Mar 30	Charlottetown, PEI
84 kg	72.5	minimum standard		
84+ kg	75.0	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS



WOMEN'S MASTER II (50-59)

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg	120.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57 kg	82.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63 kg	147.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57 Kg	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63 kg	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57 Kg	100.0	Charmaine Lovell	2011 Jun 12	Vancouver, BC
63 kg	162.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg	335.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57 Kg	227.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63 kg	410.0	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57 Kg	35.0	Charmaine Lovell	2011 Jun 12	Vancouver, BC
63 kg	105	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72 kg	65.0	Sylvia Stockall-Douglas	2017 Feb 19	Burnaby, BC
84 kg		no minimum		
84+ kg		no minimum		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS



WOMEN'S MASTER III (60+)

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg		no minimum		
57 kg	82.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63 kg	92.5	Pat Kowal	2013 Sep 8	Victoria, BC
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg		no minimum		
57 kg	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63 kg	57.5	Pat Kowal	2013 Sep 8	Victoria, BC
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg		no minimum		
57 kg	100.0	Charmaine Lovell	2016 Aug 7	Victoria, BC
63 kg	122.5	Pat Kowal	2013 Sep 8	Victoria, BC
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg		no minimum		
57 kg	227.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63 kg	272.5	Pat Kowal	2013 Sep 8	Victoria, BC
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47 kg		no minimum		
52 kg		no minimum		
57 kg	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63 kg	57.5	Pat Kowal	2013 Sep 8	Victoria, BC
72 kg		no minimum		
84 kg		no minimum		
84+ kg		no minimum		