



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S UNEQUIPPED RECORDS



WOMEN'S OPEN

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	92.5	Jean Hu	2017 Apr 9	Abbotsford, BC
52	127.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	137.5	Alison Kam	2016 Mar 26	Richmond, BC
63	157.5	Alison Kam	2017 Jun 19	Minsk, BY
72	142.5	Cindy Nguyen	2016 Apr 30	Abbotsford, BC
84	155.0	Lacey Mesley	2015 Jun 28	Vancouver, BC
84+	185.5	Bianca Broadbent	2017 Jun 10	Surrey, BC

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	47.5	minimum standard		
52	75.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
72	93.0	Mihaela MacLean	2016 Nov 26	Abbotsford, BC
84	90.0	Lynne Desautels	2017 Jul 8	Kamloops, BC
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	125.0	Jean Hu	2017 Apr 9	Abbotsford, BC
52	160.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	160.0	Alison Kam	2016 Mar 26	Richmond, BC
63	182.5	Cindy Nguyen	2016 Jun 26	Surrey, BC
72	175.0	Cindy Nguyen	2016 Apr 30	Abbotsford, BC
84	185.0	Olivia Lim	2016 Aug 19	Kamloops, BC
84+	192.5	Olivia Lim	2017 Jun 10	Surrey, BC

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	260.0	Jean Hu	2017 Apr 9	Abbotsford, BC
52	362.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	365.0	Alison Kam	2016 Mar 26	Richmond, BC
63	407.5	Alison Kam	2017 Jun 19	Minsk, BY
72	393.0	Mihaela MacLean	2016 Nov 26	Abbotsford, BC
84	410.0	Lacey Mesley	2015 Jun 28	Vancouver, BC
84+	466.0	Bianca Broadbent	2017 Jun 10	Surrey, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	49.5	minimum standard		
52	75.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
72	93.0	Mihaela MacLean	2016 Nov 26	Abbotsford, BC
84	87.5	Emily Wiggins	2017 Feb 18	Burnaby, BC
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
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WOMEN'S SUB-JUNIOR

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	37.5	minimum standard		
47	40.0	minimum standard		
52	90.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	87.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	97.5	Emma Gilchrist	2017 Jan 14	Vancouver, BC
72	127.5	Lily Riggs	2017 Jun 10	Surrey, BC
84	57.5	minimum standard		
84+	62.5	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	22.5	minimum standard		
47	25.0	minimum standard		
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2105 Oct 17	Abbotsford, BC
63	65.0	Lauren Iverson	2016 Oct 15	Abbotsford, BC
72	67.5	Lily Riggs	2017 Jan 14	Vancouver, BC
84	35.5	minimum standard		
84+	37.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	42.5	minimum standard		
47	45.0	minimum standard		
52	120.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	117.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	140.0	Lauren Iverson	2016 Oct 15	Abbotsford, BC
72	157.5	Lily Riggs	2017 Jun 10	Surrey, BC
84	65.5	minimum standard		
84+	70.0	minimum standard		

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	97.5	minimum standard		
47	105.0	minimum standard		
52	267.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	252.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	292.5	Lauren Iverson	2016 Oct 15	Abbotsford, BC
72	347.5	Lily Riggs	2017 Jun 10	Surrey, BC
84	155.5	minimum standard		
84+	165.5	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	25.0	minimum standard		
47	27.5	minimum standard		
52	5.75	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	65.0	Lauren Iverson	2016 Oct 15	Abbotsford, B
72	67.5	Lily Riggs	2017 Jan 14	Vancouver, BC
84	40.0	minimum standard		
84+	42.5	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION WOMEN'S UNEQUIPPED RECORDS



WOMEN'S JUNIOR

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	60.5	minimum standard		
47	80.0	Angela Do	2016 Jan 16	Richmond, BC
52	122.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	137.5	Alison Kam	2016 Mar 26	Richmond, BC
63	157.5	Alison Kam	2017 Jun 19	Minsk, BY
72	137.5	Brittany Bomben	2016 Jun 26	Surrey, BC
84	145.0	Olivia Lim	2016 Nov 26	Abbotsford, BC
84+	167.5	Olivia Lim	2017 Jun 10	Surrey, BC

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	40.0	minimum standard		
47	47.5	Angela Do	2016 Jan 16	Richmond, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	80.0	Meara Mulholland	2014 Apr 2	St Catharines, ON
72	85.0	Ellen Humenny	2015 Oct 17	Abbotsford, BC
84	87.5	Emily Wiggins	2017 Feb 18	Burnaby, BC
84+	95.0	Bianca Broadbent	2016 Oct 15	Abbotsford, BC

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	57.5	minimum standard		
47	100.0	Angela Do	2016 Jan 16	Richmond, BC
52	152.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	160.0	Alison Kam	2016 Mar 26	Richmond, BC
63	170.0	Alison Kam	2017 Jun 19	Minsk, BY
72	165.5	Nicole Rogers	2017 Jun 10	Surrey, BC
84	185.0	Olivia Lim	2016 Aug 19	Kamloops, BC
84+	192.5	Olivia Lim	2017 Jun 10	Surrey, BC

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	150.5	minimum standard		
47	227.5	Angela Do	2016 Jan 16	Richmond, BC
52	342.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	365.0	Alison Kam	2016 Mar 26	Richmond, BC
63	407.5	Alison Kam	2017 Jun 19	Minsk, BY
72	370.5	Ellen Humenny	2015 Oct 17	Abbotsford, BC
84	402.5	Olivia Lim	2016 Nov 26	Abbotsford, BC
84+	437.5	Olivia Lim	2017 Jun 10	Surrey, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
43	40.0	minimum standard		
47	47.5	Angela Do	2016 Jan 16	Richmond, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	80.0	Meara Mulholland	2014 Apr 2	St Catharines, ON
72	85.0	Ellen Humenny	2015 Oct 17	Abbotsford, BC
84	87.5	Emily Wiggins	2017 Feb 18	Burnaby, BC
84+	95.0	Bianca Broadbent	2016 Oct 15	Abbotsford, BC



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WOMEN'S MASTER I (40-49)

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	57.5	minimum standard		
52	107.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	97.5	Wendy Yamazaki	2017 Jun 10	Surrey, BC
63	117.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	115.0	Angela Thompson	2016 Aug 19	Kamloops, BC
84	145.0	Kim Dennis	2013 Jun 9	Richmond, BC
84+	180.0	Aimee Mergaert	2017 Mar 14	Saguenay, QC

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	35.5	minimum standard		
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	57.5	Wendy Yamazaki	2016 Oct 15	Abbotsford, BC
63	75.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	60.0	Angela Thompson	2016 Jun 26	Surrey, BC
84	70.0	Stephanie Needham	2016 Feb 15	Regina, SK
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	77.5	Betty Nering	2016 Oct 15	Abbotsford, BC
52	150.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	130.0	Wendy Yamazaki	2016 Oct 15	Abbotsford, BC
63	155.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	140.0	Angela Thompson	2016 Aug 19	Kamloops, BC
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	175.0	Bonney Rempel	2017 Jun 15	Minsk, BY

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	157.5	minimum standard		
52	320.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	280.0	Wendy Yamazaki	2017 Jun 10	Surrey, BC
63	347.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	312.5	Angela Thompson	2016 Aug 19	Kamloops, BC
84	355.0	Kim Dennis	2013 Jun 9	Richmond, BC
84+	452.5	Bonney Rempel	2016 Oct 15	Abbotsford, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	37.5	minimum standard		
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	77.5	Magdalena Kijak	2017 Jun 10	Surrey, BC
63	75.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	60.0	Angela Thompson	2016 Jun 26	Surrey, BC
84	70.0	Stephanie Needham	2016 Feb 15	Regina, SK
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
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WOMEN'S MASTER II (50-59)

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	57.5	Betty Nering	2017 Jun 10	Surrey, BC
52	107.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	52.5	Meghan O'Connell	2017 Apr 9	Abbotsford, BC
63	92.5	Kelly Wharton	2017 Jun 10	Surrey, BC
72	42.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	117.5	Katherine Lawrence	2017 Jun 10	Surrey, BC
84+	175.0	Bonney Rempel	2017 Mar 13	Saguenay, QC

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	37.5	Betty Nering	2017 Jan 14	Vancouver, BC
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	45.0	Meghan O'Connell	2017 Apr 9	Abbotsford, BC
63	45.0	Kelly Wharton	2017 Jun 10	Surrey, BC
72	32.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	70.0	Stephanie Needham	2016 Feb 15	Regina, SK
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	85.0	Betty Nering	2017 Jun 10	Surrey, BC
52	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	80.0	Meghan O'Connell	2017 Apr 9	Abbotsford, BC
63	115.0	Kelly Wharton	2017 Jun 10	Surrey, BC
72	77.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	175.0	Bonney Rempel	2017 Jun 15	Minsk, BY

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	180.0	Betty Nering	2017 Jun 10	Surrey, BC
52	320.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	177.5	Meghan O'Connell	2017 Apr 9	Abbotsford, BC
63	252.5	Kelly Wharton	2017 Jun 10	Surrey, BC
72	152.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	335.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	452.5	Bonney Rempel	2017 Mar 13	Saguenay, QC

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	37.5	Betty Nering	2017 Jan 14	Vancouver, BC
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	45.0	Meghan O'Connell	2017 Feb 19	Burnaby, BC
63	55.0	Sylvia Stockall-Douglas	2016 Oct 16	Abbotsford, BC
72	32.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	70.0	Stephanie Needham	2016 Feb 15	Regina, SK
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY



BRITISH COLUMBIA POWERLIFTING ASSOCIATION
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WOMEN'S MASTER III (60+)

SQUAT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63	70.0	Sharlene Brunjes	2017 Jun 10	Surrey, BC
72	42.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	117.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	115.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BENCH PRESS

Weight Class(kg)	Weight (kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	32.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70	Stephanie Needham	2017 Feb 18	Burnaby, BC

DEADLIFT

Weight Class(kg)	Weight (kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63	100.00	Sharlene Brunjes	2017 Jun 10	Surrey, BC
72	77.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	145.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

TOTAL

Weight Class(kg)	Weight (kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63	215.0	Sharlene Brunjes	2017 Jun 10	Surrey, BC
72	152.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	335.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	330.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight (kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	32.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70.0	Stephanie Needham	2017 Feb 18	Burnaby, BC