



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
MEN'S EQUIPPED RECORDS



MEN'S OPEN

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	172.5	minimum standard		
66	190.0	minimum standard		
74	207.5	minimum standard		
83	352.5	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	280.0	William Steep	2018 Feb 23	Calgary, AB
105	310.0	Joe Oliveira	2011 Sep 30	St. Catharines, ON
120	275.0	Zack Currie	2017 Feb 19	Burnaby, BC
120+	265.0	minimum standard		

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	125.0	minimum standard		
66	137.5	minimum standard		
74	150.0	minimum standard		
83	255.0	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	182.5	William Steep	2018 Feb 23	Calgary, AB
105	240.0	Chad Rogers	2011 Nov 6	Vancouver, BC
120	228.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	192.5	minimum standard		

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	167.5	minimum standard		
66	187.5	Don Lovell		
74	202.5	minimum standard		
83	318.0	Adam Ramzy	2016 Feb 9	Regina, SK
93	265.0	William Steep	2018 Feb 23	Calgary, AB
105	295.0	Chad Rogers	2011 Nov 6	Vancouver, BC
120	252.5	minimum standard		
120+	320.0	Joel Klassen	2016 Apr 30	Abbotsford, BC

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	445.0	minimum standard		
66	490.0	minimum standard		
74	535.0	minimum standard		
83	917.5	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	727.5	William Steep	2018 Feb 23	Calgary, AB
105	845.0	Chad Rogers	2011 Nov 6	Vancouver, BC
120	710.0	Zack Currie	2017 Feb 19	Burnaby, BC
120+	760.0	Joel Klassen	2016 Apr 30	Abbotsford, BC

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	125.0	minimum standard		
66	155.0	Andrew Lang	2018 Feb 11	Burnaby, BC
74	165.0	Bill You	2012 Apr 12	Calgary, AB
83	255.0	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	195.0	Barry Antoniow	2012 Apr 12	Calgary, AB
105	240.0	Chad Rogers	2011 Nov 6	Vancouver, BC
120	228.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	240.0	Warren Orr	2012 Apr 12	Calgary, AB



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
MEN'S EQUIPPED RECORDS



MEN'S SUB-JUNIOR

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	117.5	minimum standard		
59	130.0	minimum standard		
66	145.0	minimum standard		
74	155.0	minimum standard		
83	185.0	Tristin Davies	2013 Nov 2	Abbotsford, BC
93	180.0	minimum standard		
105	187.5	minimum standard		
120	272.5	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	200.0	minimum standard		

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53				
59	95.0	minimum standard		
66	105.0	minimum standard		
74	115.0	minimum standard		
83	122.5	minimum standard		
93	130.0	minimum standard		
105	135.0	minimum standard		
120	142.5	minimum standard		
120+	145.0	minimum standard		

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	115.0	minimum standard		
59	130.0	minimum standard		
66	142.5	minimum standard		
74	155.0	minimum standard		
83	172.5	Tristin Davies	2013 Nov 2	Abbotsford, BC
93	177.5	minimum standard		
105	187.5	minimum standard		
120	272.5	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	197.5	minimum standard		

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	297.5	minimum standard		
59	332.5	minimum standard		
66	365.0	minimum standard		
74	397.5	minimum standard		
83	462.5	Tristin Davies	2013 Nov 2	Abbotsford, BC
93	455.0	minimum standard		
105	480.0	minimum standard		
120	680.0	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	505.0	minimum standard		

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	87.5	minimum standard		
59	97.5	minimum standard		
66	107.5	minimum standard		
74	117.5	minimum standard		
83	127.5	minimum standard		
93	135.0	minimum standard		
105	142.5	minimum standard		
120	147.5	minimum standard		
120+	150.0	minimum standard		



**BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
MEN'S EQUIPPED RECORDS**



**MEN'S JUNIOR**

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	145.0	minimum standard		
59	162.5	minimum standard		
66	177.5	minimum standard		
74	195.0	minimum standard		
83	235.0	Mehar Bhogal	2017 Mar 18	Saguenay, QC
93	222.5	minimum standard		
105	235.0	minimum standard		
120	272.5	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	260.0	Michael Cho	2011 Nov 06	Vancouver, BC

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	105.0	minimum standard		
59	115.0	minimum standard		
66	127.5	minimum standard		
74	140.0	minimum standard		
83	165.5	Mehar Bhogal	2017 Nov 18	Abbotsford, BC
93	160.0	minimum standard		
105	167.5	minimum standard		
120	175.0	minimum standard		
120+	177.5	minimum standard		

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	142.5	minimum standard		
59	157.5	minimum standard		
66	175.0	minimum standard		
74	190.0	minimum standard		
83	265.0	Mehar Bhogal	2018 Feb 23	Calgary, AB
93	217.5	minimum standard		
105	227.5	minimum standard		
120	272.5	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	290.0	Michael Cho	2011 Nov 06	Vancouver, BC

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	380.0	minimum standard		
59	422.5	minimum standard		
66	465.0	minimum standard		
74	507.5	minimum standard		
83	660.0	Mehar Bhogal	2018 Feb 23	Calgary, AB
93	582.5	minimum standard		
105	612.5	minimum standard		
120	680.0	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	715.0	Michael Cho	2011 Nov 06	Vancouver, BC

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
53	105	minimum standard		
59	115	minimum standard		
66	127.5	minimum standard		
74	140	minimum standard		
83	165.5	Mehar Bhogal	2017 Nov 18	Abbotsford, BC
93	160	minimum standard		
105	167.5	minimum standard		
120	175	minimum standard		
120+	177.5	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
MEN'S EQUIPPED RECORDS



MEN'S MASTER I (40-49)

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	147.5	minimum standard		
66	162.5	minimum standard		
74	177.5	minimum standard		
83	250.0	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	257.5	Jason Allard	2013 Feb 10	Richmond, BC
105	310.0	Joe Oliveira	2011 Sep 30	St. Catharines, ON
120	222.5	minimum standard		
120+	225.0	minimum standard		

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	107.5	minimum standard		
66	117.5	minimum standard		
74	130.0	minimum standard		
83	220.0	Barry Antoniow	2013 Jun 9	Richmond, BC
93	167.5	Jason Allard	2013 Feb 10	Richmond, BC
105	230.0	Joe Oliveira	2015 April 6	St John's, NL
120	228.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	215.0	Warren Orr	2011 Feb 13	Vancouver, BC

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	155.0	minimum standard		
66	187.5	Don Lovell	2016 Jun 26	Surrey, BC
74	188.0	Don Lovell	2016 Aug 7	Victoria, BC
83	230.0	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	250.0	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	285.0	Joe Oliveira	2012 Oct 05	Killeen, TX
120	235.0	minimum standard		
120+	237.5	minimum standard		

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	397.5	minimum standard		
66	440.0	minimum standard		
74	480.0	minimum standard		
83	650.0	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	672.5	Jason Allard	2013 Feb 10	Richmond, BC
105	820.0	Joe Oliveira	2015 April 6	St John's, NL
120	600.0	minimum standard		
120+	615.0	Warren Orr	2011 Feb 13	Vancouver, BC

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	110	minimum standard		
66	120	minimum standard		
74	165	Bill You	2012 April 12	Calgary, AB
83	222.5	Barry Antoniow	2012 April 21	Denver, CO
93	195	Barry Antoniow	2012 April 12	Calgary, AB
105	230	Joe Oliveira	2015 April 11	St. John's, NL
120	228.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	240	Warren Orr	2012 April 12	Calgary, AB



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
MEN'S EQUIPPED RECORDS



MEN'S MASTER II (50-59)

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	110.0	minimum standard		
66	144.0	Don Lovell	2018 feb 23	Calgary, AB
74	135.5	Don Lovell	2016 Aug 7	Victoria, BC
83	250.0	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	220.0	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	160.0	minimum standard		
120	170.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	170.0	minimum standard		

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	82.5	minimum standard		
66	90.0	minimum standard		
74	115.0	Gable Wang	2015 July 23	Hong Kong
83	175.0	Andrew Bryant	2016 Feb 19	Regina, SK
93	120.0	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	120.0	minimum standard		
120	228.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	125.0	minimum standard		

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	120.0	minimum standard		
66	187.5	Don Lovell	2016 Jun 26	Surrey, BC
74	188.0	Don Lovell	2016 Aug 7	Victoria, BC
83	230.0	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	250.0	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	175.0	minimum standard		
120	180.0	minimum standard		
120+	185.0	minimum standard		

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	295.0	minimum standard		
66	407.5	Don Lovell	2016 Jun 26	Surrey, BC
74	410.0	Gable Wang	2015 July 23	Hong Kong
83	650.0	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	590.0	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	430.0	minimum standard		
120	565.5	Brian Rock	2017 Jun 10	Surrey, BC
120+	455.0	minimum standard		

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59	82.5	minimum standard		
66	92.5	minimum standard		
74	115.0	Gable Wang	2015 Oct 17	Abbotsford, BC
83	175.0	Andrew Bryant	2016 Aug 19	Kamloops, BC
93	185.0	Andrew Bryant	2016 Feb 17	Regina, SK
105	120.0	minimum standard		
120	228.0	Brian Rock	2017 Jun 10	Surrey, BC
120+	125.0	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
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MEN'S MASTER III (60-69)

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66	144.0	Don Lovell	2018 Feb 23	Calgary, AB
74	135.5	Don Lovell	2016 Aug 7	Victoria, BC
83	82.5	Herb Wagner	2012 Nov 3	Abbotsford, BC
93		no minimum		
105	182.5	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66	80.0	Don Lovell	2016 Jun 26	Surrey, BC
74	82.5	Don Lovell	2016 Aug 7	Victoria, BC
83	80.0	Herb Wagner	2012 Nov 3	Abbotsford, BC
93		no minimum		
105	120.0	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66	187.5	Don Lovell	2016 Jun 26	Surrey, BC
74	188.5	Don Lovell	2016 Aug 7	Victoria, BC
83	147.5	Herb Wagner	2012 Nov 3	Abbotsford, BC
93		no minimum		
105	195.0	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66	407.5	Don Lovell	2016 Jun 26	Surrey, BC
74	406.0	Don Lovell	2016 Aug 7	Victoria, BC
83	310.0	Herb Wagner	2012 Nov 3	Abbotsford, BC
93	335.0	no minimum		
105	497.5	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66	80.0	Don Lovell	2013 Jun 9	Richmond, BC
74	82.5	Don Lovell	2016 Aug 7	Victoria, BC
83	80.0	Herb Wagner	2012 Nov 3	Abbotsford, BC
93	85.0	Ken Huffman	2012 Jan 15	Vancouver, BC
105	120.0	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
MEN'S EQUIPPED RECORDS



MEN'S MASTER IV (70+)

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66		no minimum		
74		no minimum		
83		no minimum		
93		no minimum		
105	182.5	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66		no minimum		
74		no minimum		
83		no minimum		
93		no minimum		
105	120.0	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**DEADLIFT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66		no minimum		
74		no minimum		
83		no minimum		
93		no minimum		
105	195.0	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66		no minimum		
74		no minimum		
83		no minimum		
93		no minimum		
105	497.5	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
59		no minimum		
66		no minimum		
74		no minimum		
83		no minimum		
93		no minimum		
105	120.0	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		