



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	150.0	Jennifer Hotner	2017 Sep 9	Winnipeg, MB
84	165.0	Olivia Lim	2017 Nov 18	Abbotsford, BC
84+	195.0	Bianca Broadbent	2018 Feb 21	Calgary, AB

**BENCH PRESS**

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	52.5	Melissa Angelo	2017 Sep 17	Abbotsford, BC
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	94.0	Mihaela MacLean	2017 Oct 14	New Westminster, 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	125.5	Melissa Angelo	2017 Sep 17	Abbotsford, BC
52	160.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	162.5	Lucia Botelho	2017 Nov 18	Abbotsford, BC
63	182.5	Cindy Nguyen	2016 Jun 26	Surrey, BC
72	175.0	Cindy Nguyen	2016 Apr 30	Abbotsford, BC
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	192.5	Olivia Lim	2017 Jun 10	Surrey, BC

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	263.0	Melissa Angelo	2017 Sep 17	Abbotsford, BC
52	362.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	365.0	Alison Kam	2016 Mar 26	Richmond, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
72	396.5	Mihaela MacLean	2017 Oct 14	New Westminster, BC
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	492.5	Bianca Broadbent	2018 Feb 21	Calgary, AB

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	52.5	Melissa Angelo	2017 Sep 17	Abbotsford, BC
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	94.0	Mihaela MacLean	2017 Oct 14	New Westminster, BC
84	90.0	Lynne Desautels	2017 Jul 8	Kamloops, BC
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY



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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	130.0	Lily Riggs	2017 Oct 14	New Westminster, 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	92.5	Lily Riggs	2017 Oct 14	New Westminster, 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	162.5	Lily Riggs	2017 Oct 14	New Westminster, 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	365.0	Lily Riggs	2017 Oct 14	New Westminster, 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	72.5	Lily Riggs	2017 Oct 14	New Westminster, BC
84	40.0	minimum standard		
84+	42.5	minimum standard		



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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	165.0	Olivia Lim	2017 Nov 18	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	82.5	Alison Kam	2017 Nov 18	Abbotsford, BC
72	90.0	Emily Wiggins	2018 Jan 14	Vancouver, 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	177.5	Alison Kam	2017 Nov 18	Abbotsford, BC
72	170.0	Emily Wiggins	2018 Jan 14	Vancouver, BC
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
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	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
72	377.5	Emily Wiggins	2018 Jan 14	Vancouver, BC
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
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	82.5	Alison Kam	2017 Nov 18	Abbotsford, BC
72	90.0	Emily Wiggins	2018 Jan 14	Vancouver, 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	Jacque 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	147.5	Jennifer Hotner	2018 Feb 20	Calgary, AB
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	Jacque 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	75.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
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	Jacque 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	142.5	Leigh Anne Swayne	2018 Feb 10	Burnaby, BC
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	180.0	Bonney Rempel	2018 Feb 20	Calgary, AB

**TOTAL**

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	157.5	minimum standard		
52	320.0	Jacque 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	365.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	355.0	Kim Dennis	2013 Jun 9	Richmond, BC
84+	463.0	Bonney Rempel	2018 Feb 20	Calgary, AB

**BENCH PRESS ONLY**

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	37.5	minimum standard		
52	62.5	Jacque 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	75.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	70.0	Stephanie Needham	2016 Feb 15	Regina, SK
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY



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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	67.5	Meghan O'Connell	2018 Feb 10	Burnaby, BC
63	102.5	Kelly Wharton	2018 Feb 20	Calgary, AB
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	52.5	Kelly Wharton	2018 Feb 20	Calgary, AB
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	95.0	Meghan O'Connell	2018 Feb 10	Burnaby, BC
63	125.0	Kelly Wharton	2018 Feb 20	Calgary, AB
72	77.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	180.0	Bonney Rempel	2018 Feb 20	Calgary, AB

**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	280.0	Kelly Wharton	2018 Feb 20	Calgary, AB
72	152.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	335.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	463.0	Bonney Rempel	2018 Feb 20	Calgary, AB

**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



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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	52.5	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	80.0	Sharlene Brunjes	2018 Feb 20	Calgary, AB
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	35.0	Sherry Eustace	2018 Feb 10	Burnaby, BC
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	67.5	Sherry Eustace	2018 Feb 10	Burnaby, BC
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	155.0	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	220.0	Sharlene Brunjes	2018 Feb 20	Calgary, AB
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	35.0	Deanna Clark	2017 Sep 17	Abbotsford, BC
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