



BRITISH COLUMBIA POWERLIFTING ASSOCIATION  
WOMEN'S UNEQUIPPED RECORDS



WOMEN'S OPEN

**SQUAT**

Weight Class(kg)	Weight (kg)	Name	Date	Location
47	93.0	Denise Sopena	2018 Jun 24	Surrey, 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	160.0	Nicole Davies	2018 Jun 24	Surrey, BC
84	170.0	Ellisse Cataford	2018 Jun 24	Surrey, BC
84+	200.0	Bianca Broadbent	2018 Jun 24	Surrey, BC

**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	81.0	Cynthia Leighton	2018 Jun 24	Surrey, 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+	110.5	Bianca Broadbent	2018 Jun 24	Surrey, BC

**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	176.0	Marina Misuric	2018 Mar 25	Abbotsford, BC
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	193.0	Bianca Broadbent	2018 Jun 24	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	366.0	Cynthia Leighton	2018 Jun 24	Surrey, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
72	412.5	Nicole Davies	2018 Jun 24	Surrey, BC
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	503.5	Bianca Broadbent	2018 Jun 24	Surrey, BC

**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	81.0	Cynthia Leighton	2018 Jun 24	Surrey, 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+	110.5	Bianca Broadbent	2018 Jun 24	Surrey, BC



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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		



# 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	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	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	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	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	75.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	71.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
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	143.0	Leigh Anne Swayne	2018 Jun 23	Surrey, BC
84	160.0	Katherine Lawrence	2018 Jun 23	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	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	365.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	376.0	Katherine Lawrence	2018 Jun 23	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	minimum standard		
52	62.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	80.0	Magdalena Kijak	2018 Jun 23	Surrey, BC
63	75.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	75.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	71.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
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	55.0	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	145.0	Katherine Lawrence	2018 Jun 23	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	40.0	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	71.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
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	127.5	Kelly Wharton	2018 Jun 6	Calgary, AB
72	87.5	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	160.0	Katherine Lawrence	2018 Jun 23	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	282.5	Kelly Wharton	2018 Jun 6	Calgary, AB
72	182.5	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	376.0	Katherine Lawrence	2018 Jun 23	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	40.0	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	71.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
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	62.5	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	55.0	Sherry Eustace	2018 Jun 23	Surrey, BC
63	80.0	Sharlene Brunjes	2018 Feb 20	Calgary, AB
72	82.5	Kat Sartor	2018 Mar 25	Abbotsford, 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	35.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	35.0	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	55.0	Kat Sartor	2018 Mar 25	Abbotsford, 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	90.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	72.5	Sherry Eustace	2018 Jun 23	Surrey, BC
63	100.0	Sharlene Brunjes	2017 Jun 10	Surrey, BC
72	152.5	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	187.5	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	155.0	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	220.0	Sharlene Brunjes	2018 Feb 20	Calgary, AB
72	227.5	Kat Sartor	2018 Mar 25	Abbotsford, 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	35.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	35.0	Deanna Clark	2017 Sep 17	Abbotsford, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	55.0	Kat Sartor	2018 Mar 25	Abbotsford, BC
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70.0	Stephanie Needham	2017 Feb 18	Burnaby, BC