



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - OPEN



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	172.5	minimum standard		
66	190	minimum standard		
74	207.5	minimum standard		
83	352.5	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	280	William Steep	2018 Feb 23	Calgary, AB
105	310	Joe Oliveira	2011 Sep 30	St. Catharines, ON
120	275	Zack Currie	2017 Feb 19	Burnaby, BC
120+	265	minimum standard		

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	125	minimum standard		
66	137.5	minimum standard		
74	150	minimum standard		
83	255	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	182.5	William Steep	2018 Feb 23	Calgary, AB
105	240	Chad Rogers	2011 Nov 6	Vancouver, BC
120	228	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	189	Don Lovell	2018 Jun 23	Surrey, BC
74	202.5	minimum standard		
83	318	Adam Ramzy	2016 Feb 9	Regina, SK
93	265	William Steep	2018 Feb 23	Calgary, AB
105	295	Chad Rogers	2011 Nov 6	Vancouver, BC
120	252.5	minimum standard		
120+	320	Joel Klassen	2016 Apr 30	Abbotsford, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	445	minimum standard		
66	490	minimum standard		
74	535	minimum standard		
83	917.5	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	727.5	William Steep	2018 Feb 23	Calgary, AB
105	845	Chad Rogers	2011 Nov 6	Vancouver, BC
120	710	Zack Currie	2017 Feb 19	Burnaby, BC
120+	760	Joel Klassen	2016 Apr 30	Abbotsford, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	125	minimum standard		
66	162.5	Andrew Lang	2018 Jun 23	Surrey, BC
74	167.5	Andrew Lang	2018 Sep 7	Edmonton, AB
83	255	Adam Ramzy	2017 Jul 25	Wroclaw, PL
93	195	Barry Antoniow	2012 Apr 12	Calgary, AB
105	240	Chad Rogers	2011 Nov 6	Vancouver, BC
120	228	Brian Rock	2017 Jun 10	Surrey, BC
120+	240	Warren Orr	2012 Apr 12	Calgary, AB



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - SUB-JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	117.5	minimum standard		
59	130	minimum standard		
66	145	minimum standard		
74	155	minimum standard		
83	185	Tristin Davies	2013 Nov 2	Abbotsford, BC
93	180	minimum standard		
105	187.5	minimum standard		
120	272.5	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	200	minimum standard		

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
53				
59	95	minimum standard		
66	105	minimum standard		
74	115	minimum standard		
83	122.5	minimum standard		
93	130	minimum standard		
105	135	minimum standard		
120	142.5	minimum standard		
120+	145	minimum standard		

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	115	minimum standard		
59	130	minimum standard		
66	142.5	minimum standard		
74	155	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	minimum standard		
74	397.5	minimum standard		
83	462.5	Tristin Davies	2013 Nov 2	Abbotsford, BC
93	455	minimum standard		
105	480	minimum standard		
120	680	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	505	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	minimum standard		
105	142.5	minimum standard		
120	147.5	minimum standard		
120+	150	minimum standard		



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	145	minimum standard		
59	162.5	minimum standard		
66	177.5	minimum standard		
74	195	minimum standard		
83	235	Mehar Bhogal	2017 Mar 18	Saguenay, QC
93	222.5	minimum standard		
105	235	minimum standard		
120	272.5	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	260	Michael Cho	2011 Nov 06	Vancouver, BC

### BENCH PRESS

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		

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	142.5	minimum standard		
59	157.5	minimum standard		
66	175	minimum standard		
74	190	minimum standard		
83	265	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	Michael Cho	2011 Nov 06	Vancouver, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	380	minimum standard		
59	422.5	minimum standard		
66	465	minimum standard		
74	507.5	minimum standard		
83	660	Mehar Bhogal	2018 Feb 23	Calgary, AB
93	582.5	minimum standard		
105	612.5	minimum standard		
120	680	Jake McMillan	2011 Feb 13	Vancouver, BC
120+	715	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 - MASTER I



### 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	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	257.5	Jason Allard	2013 Feb 10	Richmond, BC
105	310	Joe Oliveira	2011 Sep 30	St. Catharines, ON
120	222.5	minimum standard		
120+	225	minimum standard		

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	107.5	minimum standard		
66	117.5	minimum standard		
74	130	minimum standard		
83	220	Barry Antoniow	2013 Jun 9	Richmond, BC
93	167.5	Jason Allard	2013 Feb 10	Richmond, BC
105	230	Joe Oliveira	2015 April 6	St John's, NL
120	228	Brian Rock	2017 Jun 10	Surrey, BC
120+	215	Warren Orr	2011 Feb 13	Vancouver, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	155	minimum standard		
66	189	Don Lovell	2018 Jun 23	Surrey, BC
74	188	Don Lovell	2016 Aug 7	Victoria, BC
83	230	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	250	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	285	Joe Oliveira	2012 Oct 05	Killeen, TX
120	235	minimum standard		
120+	237.5	minimum standard		

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	397.5	minimum standard		
66	440	minimum standard		
74	480	minimum standard		
83	650	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	672.5	Jason Allard	2013 Feb 10	Richmond, BC
105	820	Joe Oliveira	2015 April 6	St John's, NL
120	600	minimum standard		
120+	615	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	Brian Rock	2017 Jun 10	Surrey, BC
120+	240	Warren Orr	2012 April 12	Calgary, AB



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER II



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	110	minimum standard		
66	144.5	Don Lovell	2018 Jun 23	Surrey, BC
74	135.5	Don Lovell	2016 Aug 7	Victoria, BC
83	250	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	220	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	160	minimum standard		
120	170	Brian Rock	2017 Jun 10	Surrey, BC
120+	170	minimum standard		

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	82.5	minimum standard		
66	90	minimum standard		
74	115	Gable Wang	2015 July 23	Hong Kong
83	175	Andrew Bryant	2016 Feb 19	Regina, SK
93	120	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	120	minimum standard		
120	228	Brian Rock	2017 Jun 10	Surrey, BC
120+	125	minimum standard		

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	120	minimum standard		
66	189	Don Lovell	2018 Jun 23	Surrey, BC
74	188	Don Lovell	2016 Aug 7	Victoria, BC
83	230	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	250	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	175	minimum standard		
120	180	minimum standard		
120+	185	minimum standard		

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	295	minimum standard		
66	407.5	Don Lovell	2016 Jun 26	Surrey, BC
74	410	Gable Wang	2015 July 23	Hong Kong
83	650	Andrew Bryant	2017 Mar 18	Saguenay, QC
93	590	Blaine Harrison	2011 Feb 13	Vancouver, BC
105	430	minimum standard		
120	565.5	Brian Rock	2017 Jun 10	Surrey, BC
120+	455	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	Gable Wang	2015 Oct 17	Abbotsford, BC
83	175	Andrew Bryant	2016 Aug 19	Kamloops, BC
93	185	Andrew Bryant	2016 Feb 17	Regina, SK
105	120	minimum standard		
120	228	Brian Rock	2017 Jun 10	Surrey, BC
120+	125	minimum standard		



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER III



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59		no minimum		
66	144.5	Don Lovell	2018 Jun 23	Surrey, BC
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	Don Lovell	2016 Jun 26	Surrey, BC
74	82.5	Don Lovell	2016 Aug 7	Victoria, BC
83	80	Herb Wagner	2012 Nov 3	Abbotsford, BC
93		no minimum		
105	120	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	189	Don Lovell	2018 Jun 23	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	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	Don Lovell	2016 Aug 7	Victoria, BC
83	310	Herb Wagner	2012 Nov 3	Abbotsford, BC
93	335	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	Don Lovell	2013 Jun 9	Richmond, BC
74	82.5	Don Lovell	2016 Aug 7	Victoria, BC
83	80	Herb Wagner	2012 Nov 3	Abbotsford, BC
93	85	Ken Huffman	2012 Jan 15	Vancouver, BC
105	120	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER IV



### 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	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	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	Darshan Gill	2011 Jun 12	Vancouver, BC
120		no minimum		
120+		no minimum		