



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - OPEN



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	97.5	Denise Sopena	2018 Sep 7	Edmonton, AB
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	Nicole Davies	2018 Jun 24	Surrey, BC
84	170	Ellisse Cataford	2018 Jun 24	Surrey, BC
84+	202.5	Bianca Broadbent	2018 Sep 15	Abbotsford, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	52.5	Melissa Angelo	2017 Sep 17	Abbotsford, BC
52	75	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	82.5	Cynthia Leighton	2018 Sep 7	Edmonton, AB
63	97	Meara Mulholland	2016 Aug 20	Kamloops, BC
72	94	Mihaela MacLean	2017 Oct 14	New Westminster, BC
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	111.0	Bianca Broadbent	2018 Sep 15	Abbotsford, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	125.5	Melissa Angelo	2017 Sep 17	Abbotsford, BC
52	160	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	177.5	Victoria Clayton	2018 Sep 7	Edmonton, AB
84	200	Olivia Lim	2018 Feb 21	Calgary, AB
84+	193	Bianca Broadbent	2018 Jun 24	Surrey, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	263	Melissa Angelo	2017 Sep 17	Abbotsford, BC
52	362.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	367.5	Cynthia Leighton	2018 Sep 7	Edmonton, AB
63	415	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	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	83.5	Magdalena Kijak	2018 Sep 7	Edmonton, AB
63	97	Meara Mulholland	2016 Aug 20	Kamloops, BC
72	94	Mihaela MacLean	2017 Oct 14	New Westminster, BC
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	111.0	Bianca Broadbent	2018 Sep 15	Abbotsford, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - SUB-JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	37.5	minimum standard		
47	40	minimum standard		
52	90	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	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	minimum standard		
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	65	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	minimum standard		
52	120	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	117.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	140.5	Elizabeth Farlinger	2018 Sep 15	Abbotsford, BC
72	162.5	Lily Riggs	2017 Oct 14	New Westminster, BC
84	65.5	minimum standard		
84+	70	minimum standard		

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	97.5	minimum standard		
47	105	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	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	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	Lauren Iverson	2016 Oct 15	Abbotsford, BC
72	72.5	Lily Riggs	2017 Oct 14	New Westminster, BC
84	40	minimum standard		
84+	42.5	minimum standard		



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	60.5	minimum standard		
47	93.5	Randi Potter	2018 Aug 11	Kelowna, 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	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	minimum standard		
47	47.5	Angela Do	2016 Jan 16	Richmond, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	82.5	Alison Kam	2017 Nov 18	Abbotsford, BC
72	92.5	Emily Wiggins	2018 Sep 7	Edmonton, AB
84	87.5	Emily Wiggins	2017 Feb 18	Burnaby, BC
84+	95	Bianca Broadbent	2016 Oct 15	Abbotsford, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	57.5	minimum standard		
47	112.5	Dionne Peralta	2018 Aug 11	Kelowna, BC
52	152.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	160	Alison Kam	2016 Mar 26	Richmond, BC
63	177.5	Alison Kam	2017 Nov 18	Abbotsford, BC
72	170	Emily Wiggins	2018 Jan 14	Vancouver, BC
84	200	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	232.5	Dionne Peralta	2018 Aug 11	Kelowna, BC
52	342.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	365	Alison Kam	2016 Mar 26	Richmond, BC
63	415	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	minimum standard		
47	47.5	Angela Do	2016 Jan 16	Richmond, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	82.5	Alison Kam	2017 Nov 18	Abbotsford, BC
72	92.5	Emily Wiggins	2018 Sep 7	Edmonton, AB
84	87.5	Emily Wiggins	2017 Feb 18	Burnaby, BC
84+	95	Bianca Broadbent	2016 Oct 15	Abbotsford, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - MASTER I



### 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	Kim Dennis	2013 Jun 9	Richmond, BC
84+	180	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	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	75	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110	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	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	130	Wendy Yamazaki	2016 Oct 15	Abbotsford, BC
63	155	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	143	Leigh Anne Swayne	2018 Jun 23	Surrey, BC
84	160	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	180	Bonney Rempel	2018 Feb 20	Calgary, AB

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	157.5	minimum standard		
52	320	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	280	Wendy Yamazaki	2017 Jun 10	Surrey, BC
63	347.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	365	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	376	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	463	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	83.5	Magdalena Kijak	2018 Sep 7	Edmonton, AB
63	75	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	75	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110	Bonney Rempel	2017 Jun 15	Minsk, BY



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - MASTER II



### 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	70.0	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	105.0	Kelly Wharton	2018 Sep 15	Abbotsford, BC
72	55	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	145	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	175	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	47.5	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	55.0	Kelly Wharton	2018 Sep 15	Abbotsford, BC
72	40	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110	Bonney Rempel	2017 Jun 15	Minsk, BY

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	85	Betty Nering	2017 Jun 10	Surrey, BC
52	155	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	97.5	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	130.0	Kelly Wharton	2018 Sep 15	Abbotsford, BC
72	87.5	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	160	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	180	Bonney Rempel	2018 Feb 20	Calgary, AB

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	180	Betty Nering	2017 Jun 10	Surrey, BC
52	320	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	215.0	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	290.0	Kelly Wharton	2018 Sep 15	Abbotsford, BC
72	182.5	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	376	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	463	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	47.5	Meghan O'Connell	2018 Sep 7	Edmonton, AB
63	55	Sylvia Stockall-Douglas	2016 Oct 16	Abbotsford, BC
72	40	Sukhdev Kang	2018 Mar 25	Abbotsford, BC
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110	Bonney Rempel	2017 Jun 15	Minsk, BY



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - MASTER III



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	62.5	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	55	Sherry Eustace	2018 Jun 23	Surrey, BC
63	80	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	Stephanie Needham	2017 Feb 18	Burnaby, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	35	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	55	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	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	72.5	Sherry Eustace	2018 Jun 23	Surrey, BC
63	100	Sharlene Brunjes	2017 Jun 10	Surrey, BC
72	152.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	150	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	145	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	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	220	Sharlene Brunjes	2018 Feb 20	Calgary, AB
72	227.5	Kat Sartor	2018 Mar 25	Abbotsford, BC
84	335	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	330	Stephanie Needham	2017 Feb 18	Burnaby, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35	Monica Ma	2018 Mar 25	Abbotsford, BC
52		no minimum		
57	35	Deanna Clark	2017 Sep 17	Abbotsford, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	55	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