



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - OPEN



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	100	minimum standard		
52	120	Jacque Sandu	2011 Sept 26	St. Catharines, ON
57	115	minimum standard		
63	147.5	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72	170	Kim Dennis	2011 Sept 26	St. Catharines, ON
84	150	minimum standard		
84+	215	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60	minimum standard		
52	97.5	Jacque Sandu	2011 Mar 31	Charlottetown, PEI
57	70	minimum standard		
63	105	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	97.5	Kim Dennis	2011 Mar 31	Charlottetown, PEI
84	92.5	minimum standard		
84+	140	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	105	minimum standard		
52	155	Jacque Sandu	2012 Jun 14	Stockholm, Sweden
57	120	minimum standard		
63	162.5	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72	157.5	Shawna LeBlanc	2011 Feb 13	Vancouver, BC
84	160	Kim Dennis	2013 Mar 20	Richmond, BC
84+	175	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	255	minimum standard		
52	335	Jacque Sandu	2011 Sept 26	St. Catharines, ON
57	295	minimum standard		
63	410	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72	412.5	Kim Dennis	2011 Sept 26	St. Catharines, ON
84	385	minimum standard		
84+	530	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	65	minimum standard		
52	97.5	Jacque Sandu	2011 Mar 31	Charlottetown, PEI
57	75	minimum standard		
63	100	Rhonda Heaslip	2011 Sept 26	St. Catharines, Ont
72	97.5	Kim Dennis	2011 Mar 31	Charlottetown, PEI
84	95	minimum standard		
84+	140	Aimee Mergaert	2017 Oct 6	Sundsvall, SE



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - SUB-JUNIOR



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	47.5	minimum standard		
47	50	minimum standard		
52	55	minimum standard		
57	57.5	minimum standard		
63	65	minimum standard		
72	70	minimum standard		
84	75	minimum standard		
84+	80	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	27.5	minimum standard		
47	30	minimum standard		
52	32.5	minimum standard		
57	35	minimum standard		
63	37.5	minimum standard		
72	42.5	minimum standard		
84	45	minimum standard		
84+	47.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	55	minimum standard		
47	57.5	minimum standard		
52	62.5	minimum standard		
57	65	minimum standard		
63	72.5	minimum standard		
72	80	minimum standard		
84	85	minimum standard		
84+	92.5	minimum standard		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	127.5	minimum standard		
47	135	minimum standard		
52	147.5	minimum standard		
57	157.5	minimum standard		
63	172.5	minimum standard		
72	187.5	minimum standard		
84	205	minimum standard		
84+	215	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	30	minimum standard		
47	32.5	minimum standard		
52	35	minimum standard		
57	37.5	minimum standard		
63	40	minimum standard		
72	45	minimum standard		
84	47.5	minimum standard		
84+	52.5	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - JUNIOR



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	77.5	minimum standard		
47	85	minimum standard		
52	90	minimum standard		
57	97.5	minimum standard		
63	105	minimum standard		
72	115	minimum standard		
84	125	minimum standard		
84+	132.5	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	50	minimum standard		
47	52.5	minimum standard		
52	55	minimum standard		
57	60	minimum standard		
63	65	minimum standard		
72	72.5	minimum standard		
84	77.5	minimum standard		
84+	82.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	75	minimum standard		
47	82.5	minimum standard		
52	87.5	minimum standard		
57	95	minimum standard		
63	102.5	minimum standard		
72	112.5	minimum standard		
84	122.5	minimum standard		
84+	127.5	minimum standard		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	197.5	minimum standard		
47	210	minimum standard		
52	227.5	minimum standard		
57	245	minimum standard		
63	265	minimum standard		
72	290	minimum standard		
84	317.5	minimum standard		
84+	335	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	50	minimum standard		
47	52.5	minimum standard		
52	57.5	minimum standard		
57	62.5	minimum standard		
63	65	minimum standard		
72	72.5	minimum standard		
84	80	minimum standard		
84+	85	minimum standard		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - MASTER I



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	75	minimum standard		
52	120	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	87.5	minimum standard		
63	147.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	170	Kim Dennis	2011 Sept 27	St. Catharines, ON
84	115	minimum standard		
84+	215	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	45	minimum standard		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	55	minimum standard		
63	105	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	97.5	Kim Dennis	2011 Mar 30	Charlottetown, PEI
84	70	minimum standard		
84+	140	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	92.5	minimum standard		
52	155	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	105	minimum standard		
63	162.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	145	Kim Dennis	2011 Sept 27	St. Catharines, ON
84	137.5	minimum standard		
84+	175	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	207.5	minimum standard		
52	335	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	242.5	minimum standard		
63	410	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	412.5	Kim Dennis	2011 Sept 27	St. Catharines, ON
84	315	minimum standard		
84+	530	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	47.5	minimum standard		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	55	minimum standard		
63	105	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	97.5	Kim Dennis	2011 Mar 30	Charlottetown, PEI
84	72.5	minimum standard		
84+	140	Aimee Mergaert	2017 Oct 6	Sundsvall, SE



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - MASTER II



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52	120	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	82.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	147.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	113.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63	105	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	72.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52	155	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	100	Charmaine Lovell	2011 Jun 12	Vancouver, BC
63	162.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	135.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52	335	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	227.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	410	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	321.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	35	Charmaine Lovell	2011 Jun 12	Vancouver, BC
63	105	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	72.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - MASTER III



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57	82.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	120	Patricia Kowal	2018 Feb 22	Calgary, AB
72	113.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63	73	Patricia Kowal	2018 Feb 22	Calgary, AB
72	72.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57	100	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	137.5	Patricia Kowal	2018 Feb 22	Calgary, AB
72	135.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57	227.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	330.5	Patricia Kowal	2018 Feb 22	Calgary, AB
72	321.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63	73	Patricia Kowal	2018 Feb 22	Calgary, AB
72	72.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84		no minimum		
84+		no minimum		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S EQUIPPED RECORDS - MASTER IV



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63		no minimum		
72		no minimum		
84		no minimum		
84+		no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63		no minimum		
72		no minimum		
84		no minimum		
84+		no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63		no minimum		
72		no minimum		
84		no minimum		
84+		no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63		no minimum		
72		no minimum		
84		no minimum		
84+		no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47		no minimum		
52		no minimum		
57		no minimum		
63		no minimum		
72		no minimum		
84		no minimum		
84+		no minimum		