



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S UNEQUIPPED RECORDS - OPEN



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	102.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	127.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	145.0	Jenna Sabino	2019 Mar 04	Ottawa, ON
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	57.5	Denise Sopena	2019 Mar 04	Ottawa, ON
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	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	160	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	163.0	Lucia Botelho	2018 Nov 18	Victoria, 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	287.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	362.5	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	382.5	Jenna Sabino	2019 Mar 04	Ottawa, ON
63	415	Alison Kam	2017 Nov 18	Abbotsford, BC
72	415.0	Victoria Clayton	2019 Mar 04	Ottawa, ON
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	57.5	Denise Sopena	2019 Mar 04	Ottawa, ON
52	75	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	86.0	Magdalena Kijak	2019 Mar 04	Ottawa, ON
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	55.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	40	minimum standard		
52	90	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	95.0	Nicole Cabug	2018 Oct 13	New Westminster, 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	32.5	Ava Nering	2019 Jan 19	Vancouver, BC
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	80.0	Ava Nering	2019 Jan 19	Vancouver, BC
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	163.0	Eva Leitin	2018 Dec 08	Richmond, BC
84	65.5	minimum standard		
84+	70	minimum standard		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	167.5	Ava Nering	2019 Jan 19	Vancouver, BC
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	32.5	Ava Nering	2019 Jan 19	Vancouver, BC
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, B
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	102.5	Caitlin Lim	2018 Dec 08	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	140.0	Lily Riggs	2019 Mar 04	Ottawa, ON
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	80.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	152.5	Pamela Anderson	2015 Dec 2	Richmond, BC
57	160.5	Naomi McCullough	2018 Nov 18	Victoria, 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	167.5	Ava Nering	2019 Jan 19	Vancouver, BC
47	287.5	Caitlin Lim	2018 Dec 08	Richmond, 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	102.5	Melanie Ahlsten	2019 Feb 23	Burnaby, 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	65.0	Melanie Ahlsten	2019 Feb 23	Burnaby, 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	132.5	Melanie Ahlsten	2019 Feb 23	Burnaby, BC
63	155	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	150.0	Leigh Anne Swayne	2019 Mar 04	Ottawa, ON
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	300.0	Melanie Ahlsten	2019 Feb 23	Burnaby, 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	86.0	Magdalena Kijak	2019 Mar 04	Ottawa, ON
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	75.0	Meghan O'Connell	2019 Mar 04	Ottawa, ON
63	105.0	Kelly Wharton	2018 Sep 15	Abbotsford, BC
72	77.5	Sukhdev (Sue) Kang	2018 Oct 13	New Westminster, 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	56.0	Tara Donovan	2018 Dec 08	Richmond, BC
72	55.0	Sukhdev (Sue) Kang	2019 Feb 23	Burnaby, 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	120.0	Sukhdev (Sue) Kang	2019 Feb 23	Burnaby, 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	247.5	Sukhdev (Sue) Kang	2019 Feb 23	Burnaby, 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	56.0	Tara Donovan	2018 Dec 08	Richmond, BC
72	63.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
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	60.0	Sherry Eustace	2018 Nov 18	Victoria, BC
63	82.5	Sharlene Brunjes	2018 Dec 08	Richmond, BC
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	75.0	Sherry Eustace	2018 Nov 18	Victoria, BC
63	112.5	Sharlene Brunjes	2018 Dec 08	Richmond, 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	170.0	Sherry Eustace	2018 Nov 18	Victoria, BC
63	237.5	Sharlene Brunjes	2018 Dec 08	Richmond, BC
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	63.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70	Stephanie Needham	2017 Feb 18	Burnaby, BC



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S UNEQUIPPED 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		