BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS - OPEN

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	100.0	minimum standard		
52	120.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	115.0	minimum standard		
63	147.5	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72	170.0	Kim Dennis	2011 Sept 26	St. Catharines, ON
84	150.0	minimum standard		
84+	215.0	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.0	minimum standard		
52	97.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	70.0	minimum standard		
63	107.5	Wendy Pronick	2019 Jul 27	Kelowna, BC
72	97.5	Kim Dennis	2011 Mar 31	Charlottetown, PEI
84	92.5	minimum standard		
84+	140.0	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	105.0	minimum standard		
52	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	120.0	minimum standard		
63	162.5	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72	157.5	Shawna LeBlanc	2011 Feb 13	Vancouver, BC
84	160.0	Kim Dennis	2013 Mar 20	Richmond, BC
84+	175.0	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	255.0	minimum standard		
52	335.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	295.0	minimum standard		
63	410.0	Rhonda Heaslip	2011 Sept 26	St. Catharines, ON
72	412.5	Kim Dennis	2011 Sept 26	St. Catharines, ON
84	385.0	minimum standard		
84+	530.0	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	65.0	minimum standard		
52	97.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	75.0	minimum standard		
63	107.5	Wendy Pronick	2019 Jul 27	Kelowna, BC
72	97.5	Kim Dennis	2011 Mar 31	Charlottetown, PEI
84	105.0	Lynne Desautels	2019 Jun 22	Langley, BC
84+	140.0	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	50.0	minimum standard		
52	55.0	minimum standard		
57	57.5	minimum standard		
63	65.0	minimum standard		
72	70.0	minimum standard		
84	75.0	minimum standard		
84+	80.0	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	27.5	minimum standard		
47	30.0	minimum standard		
52	32.5	minimum standard		
57	35.0	minimum standard		
63	37.5	minimum standard		
72	42.5	minimum standard		
84	45.0	minimum standard		
84+	47.5	minimum standard		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	55.0	minimum standard		
47	57.5	minimum standard		
52	62.5	minimum standard		
57	65.0	minimum standard		
63	72.5	minimum standard		
72	80.0	minimum standard		
84	85.0	minimum standard		
84+	92.5	minimum standard		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	127.5	minimum standard		
47	135.0	minimum standard		
52	147.5	minimum standard		
57	157.5	minimum standard		
63	172.5	minimum standard		
72	187.5	minimum standard		
84	205.0	minimum standard		
84+	215.0	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	30.0	minimum standard		
47	32.5	minimum standard		
52	35.0	minimum standard		
57	37.5	minimum standard		
63	40.0	minimum standard		
72	45.0	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	85.0	minimum standard		
52	90.0	minimum standard		
57	97.5	minimum standard		
63	105.0	minimum standard		
72	115.0	minimum standard		
84	125.0	minimum standard		
84+	132.5	minimum standard		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	50.0	minimum standard		
47	52.5	minimum standard		
52	55.0	minimum standard		
57	60.0	minimum standard		
63	65.0	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	75.0	minimum standard		
47	82.5	minimum standard		
52	87.5	minimum standard		
57	95.0	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	210.0	minimum standard		
52	227.5	minimum standard		
57	245.0	minimum standard		
63	265.0	minimum standard		
72	290.0	minimum standard		
84	317.5	minimum standard		
84+	335.0	minimum standard		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	50.0	minimum standard		
47	52.5	minimum standard		
52	57.5	minimum standard		
57	62.5	minimum standard		
63	65.0	minimum standard		
72	72.5	minimum standard		
84	80.0	minimum standard		
84+	85.0	minimum standard		

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS - MASTER I

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	75.0	minimum standard		
52	120.0	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	170.0	Kim Dennis	2011 Sept 27	St. Catharines, ON
84	115.0	minimum standard		
84+	215.0	Aimee Mergaert	2015 Sept 28	Aurora, USA

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	45.0	minimum standard		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	55.0	minimum standard		
63	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	97.5	Kim Dennis	2011 Mar 30	Charlottetown, PEI
84	70.0	minimum standard		
84+	140.0	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	92.5	minimum standard		
52	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	105.0	minimum standard		
63	162.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	145.0	Kim Dennis	2011 Sept 27	St. Catharines, ON
84	137.5	minimum standard		
84+	175.0	Aimee Mergaert	2017 Oct 6	Sundsvall, SE

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	207.5	minimum standard		
52	335.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	242.5	minimum standard		
63	410.0	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	412.5	Kim Dennis	2011 Sept 27	St. Catharines, ON
84	315.0	minimum standard		
84+	530.0	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	55.0	minimum standard		
63	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	97.5	Kim Dennis	2011 Mar 30	Charlottetown, PEI
84	72.5	minimum standard		
84+	140.0	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	0.0	no minimum		
52	120.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	82.5	Charmaine Lovell	2016 Aug7	Victoria, BC
63	147.5	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	113.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	77.5	Sylvia Stockall-Douglas	2019 May 05	Sidney, BC
84	0.0	no minimum		
84+	0.0	no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	100.0	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	0.0	no minimum		
84+	0.0	no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	335.0	Jacquie Sandu	2011 Sept 26	St. Catharines, ON
57	227.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	410.0	Rhonda Heaslip	2011 Sept 27	St. Catharines, ON
72	321.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	62.5	Jacquie Sandu	2011 Mar 31	Charlottetown, PEI
57	35.0	Charmaine Lovell	2011 Jun 12	Vancouver, BC
63	105.0	Rhonda Heaslip	2013 Mar 21	Richmond, BC
72	80.0	Sylvia Stockall-Douglas	2019 Jun 22	Langley, BC
84	0.0	no minimum		
84+	0.0	no minimum		

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS - MASTER III

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	82.5	Charmaine Lovell	2016 Aug 7	Victoria, BC
63	120.0	Patricia Kowal	2018 Feb 22	Calgary, AB
72	113.5	Patricia Kowal	2019 Mar 04	Ottawa, ON
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63	73.0	Patricia Kowal	2018 Feb 22	Calgary, AB
72	77.5	Sylvia Stockall-Douglas	2019 May 05	Sidney, BC
84	0.0	no minimum		
84+	0.0	no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	100.0	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	0.0	no minimum		
84+	0.0	no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	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	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	47.5	Charmaine Lovell	2014 Jun 22	Vancouver, BC
63	73.0	Patricia Kowal	2018 Feb 22	Calgary, AB
72	80.0	Sylvia Stockall-Douglas	2019 Jun 22	Langley, BC
84	0.0	no minimum		
84+	0.0	no minimum		

BRITISH COLUMBIA POWERLIFTING ASSOCIATION
WOMEN'S EQUIPPED RECORDS - MASTER IV

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
72	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
72	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
72	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
72	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	0.0	no minimum		
52	0.0	no minimum		
57	0.0	no minimum		
63	0.0	no minimum		
72	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		