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	137.5	Marie Joaquin	2019 Oct 12	New Westminster, BC
57	152.5	Tu Le	2019 Oct 12	New Westminster, BC
63	163.0	Elizabeth Fragione	2019 Jul 27	Kelowna, BC
72	160.5	Victoria Clayton	2019 Oct 12	New Westminster, BC
84	170.0	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	60.0	Denise Sopena	2019 Oct 12	New Westminster, BC
52	75.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	83.0	Hannah Southwood	2019 Oct 12	New Westminster, BC
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
72	95.0	Jessica Bill	2019 May 05	Sidney, BC
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	115.0	Bianca Broadbent	2019 Oct 12	New Westminster, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	160.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	163.5	Jenna Sabino	2019 Oct 12	New Westminster, BC
63	182.5	Cindy Nguyen	2016 Jun 26	Surrey, BC
72	182.5	Victoria Clayton	2019 Oct 12	New Westminster, BC
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	193.0	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	385.0	Tu Le	2019 Oct 12	New Westminster, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
72	430.5	Victoria Clayton	2019 Oct 12	New Westminster, 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	60.0	Denise Sopena	2019 Oct 12	New Westminster, BC
52	75.0	Pamela Anderson	2016 Aug 20	Kamloops, BC
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
72	95.0	Jessica Bill	2019 May 05	Sidney, BC
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	115.0	Bianca Broadbent	2019 Oct 12	New Westminster, 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	40.0	minimum standard		
52	90.0	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	130.0	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	25.0	minimum standard		
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	65.0	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	45.0	minimum standard		
52	120.0	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+	70.0	minimum standard		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	167.5	Ava Nering	2019 Jan 19	Vancouver, BC
47	105.0	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	365.0	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	5.8	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	65.0	Lauren Iverson	2016 Oct 15	Abbotsford, B
72	72.5	Lily Riggs	2017 Oct 14	New Westminster, BC
84	40.0	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	142.5	Madison Arnold	2019 Oct 12	New Westminster, BC
84	165.0	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	40.0	minimum standard		
47	47.5	Angela Do	2016 Jan 16	Richmond, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80.0	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	90.0	Colette Jesson	2019 Oct 12	New Westminster, BC
84+	95.0	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	180.0	Madison Arnold	2019 Oct 12	New Westminster, BC
84	200.0	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	365.0	Alison Kam	2016 Mar 26	Richmond, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
72	395.0	Madison Arnold	2019 Oct 12	New Westminster, 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	40.0	minimum standard		
47	47.5	Angela Do	2016 Jan 16	Richmond, BC
52	68.5	Pamela Anderson	2015 Jun 28	Vancouver, BC
57	80.0	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	90.0	Colette Jesson	2019 Oct 12	New Westminster, BC
84+	95.0	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	122.5	Lucy Botelho	2019 Sep 06	Saskatoon,SK
63	117.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	147.5	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	147.5	Jennifer Hotner	2019 May 05	Sidney, BC
84+	185.0	Aimee Mergaert	2019 Mar 16	Burnaby, BC

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	75.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	75.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	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	150.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	160.0	Lucy Botelho	2019 Sep 06	Saskatoon,SK
63	155.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	150.0	Leigh Anne Swayne	2019 Mar 04	Ottawa, ON
84	167.5	Mary Ann Middleton	2019 Oct 12	New Westminster, BC
84+	180.0	Bonney Rempel	2018 Feb 20	Calgary, AB

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	157.5	minimum standard		
52	320.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	342.5	Lucy Botelho	2019 Sep 06	Saskatoon,SK
63	347.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
72	365.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	376.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	463.0	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	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	87.5	Magdalena Kijak	2019 Sep 16	St. John's, NL
72	75.0	Jennifer Hotner	2018 Feb 20	Calgary, AB
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	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	110.0	Kelly Wharton	2019 Oct 12	New Westminster, BC
72	92.5	Stephanie Needham	2019 Oct 12	New Westminster, BC
84	145.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	175.0	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	56.5	Kelly Wharton	2019 Oct 12	New Westminster, BC
72	62.5	Stephanie Needham	2019 Oct 12	New Westminster, BC
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	85.0	Betty Nering	2017 Jun 10	Surrey, BC
52	155.0	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	102.5	Teresa Taylor	2019 Aug 24	Victoria, BC
63	132.5	Kelly Wharton	2019 Sep 06	Saskatoon,SK
72	120.5	Sukhdev Kang	2019 Oct 12	New Westminster, BC
84	160.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	180.0	Bonney Rempel	2018 Feb 20	Calgary, AB

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	180.0	Betty Nering	2017 Jun 10	Surrey, BC
52	320.0	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	220.0	Teresa Taylor	2019 Sep 06	Saskatoon,SK
63	296.5	Kelly Wharton	2019 Oct 12	New Westminster, BC
72	280.0	Stephanie Needham	2019 Oct 12	New Westminster, BC
84	376.0	Katherine Lawrence	2018 Jun 23	Surrey, BC
84+	463.0	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	56.5	Kelly Wharton	2019 Oct 12	New Westminster, BC
72	63.0	Patricia Kowal	2019 Mar 04	Ottawa, ON
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	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	0.0	no minimum		
57	62.5	Sherry Eustace	2019 May 05	Sidney, BC
63	87.5	Sharlene Brunjes	2019 Oct 12	New Westminster, BC
72	92.5	Stephanie Needham	2019 Oct 12	New Westminster, BC
84	117.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	115.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	35.0	Sherry Eustace	2018 Feb 10	Burnaby, BC
63	47.5	Sharlene Brunjes	2017 Apr 9	Abbotsford, BC
72	62.5	Stephanie Needham	2019 Oct 12	New Westminster, BC
84	67.5	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	70.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	90.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	85.0	Sherry Eustace	2019 May 05	Sidney, BC
63	120.0	Sharlene Brunjes	2019 Oct 12	New Westminster, BC
72	152.5	Judy Seeley	2013 Sep 8	Victoria, BC
84	150.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	145.0	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	0.0	no minimum		
57	180.0	Sherry Eustace	2019 May 05	Sidney, BC
63	252.5	Sharlene Brunjes	2019 Oct 12	New Westminster, BC
72	280.0	Stephanie Needham	2019 Oct 12	New Westminster, BC
84	335.0	Stephanie Needham	2017 Jun 10	Surrey, BC
84+	330.0	Stephanie Needham	2017 Feb 18	Burnaby, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.0	Monica Ma	2018 Mar 25	Abbotsford, BC
52	0.0	no minimum		
57	35.0	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+	70.0	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	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		