



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - OPEN



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	117.5	Denise Sopena	2021 Nov 13	Richmond, BC
52	145.0	Marie Joaquin	2021 Nov 13	Richmond, BC
57	152.5	Tu Le	2019 Oct 12	New Westminster, BC
63	165.0	Elizabeth Fragione	2020 Mar 03	Winnipeg, MB
69	142.5	Lindsey Welgush	2021 Nov 13	Richmond, BC
76	175.0	Jennifer Luther Thomas	2021 Nov 13	Richmond, BC
84	175.0	Jennifer Luther Thomas	2021 Dec 04	Abbotsford, BC
84+	212.5	Mackenzie Lee	2021 Nov 13	Richmond, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.5	Denise Sopena	2021 Aug 28	Langley, BC
52	80.0	Marie Joaquin	2021 Nov 13	Richmond, BC
57	83.5	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
69	80.0	minimum standard		
76	105.5	Emily Wiggins	2021 Nov 13	Richmond, BC
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	136.5	Mackenzie Lee	2021 Nov 13	Richmond, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	145.0	Denise Sopena	2021 Nov 13	Richmond, BC
52	167.5	Marie Joaquin	2021 Nov 13	Richmond, BC
57	164.0	Aira Jae Mina	2021 Aug 28	Langley, BC
63	182.5	Cindy Nguyen	2016 Jun 26	Surrey, BC
69	170.0	Jasmine Bartlett	2021 Nov 13	Richmond, BC
76	190.0	Lisa Kitagawa	2021 Nov 13	Richmond, BC
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	227.5	Mackenzie Lee	2021 Nov 13	Richmond, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	322.5	Denise Sopena	2021 Nov 13	Richmond, BC
52	392.5	Marie Joaquin	2021 Nov 13	Richmond, BC
57	385.0	Tu Le	2019 Oct 12	New Westminster, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
69	375.0	Jasmine Bartlett	2021 Nov 13	Richmond, BC
76	437.5	Lisa Kitagawa	2021 Nov 13	Richmond, BC
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	576.5	Mackenzie Lee	2021 Nov 13	Richmond, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.5	Denise Sopena	2021 Aug 28	Langley, BC
52	80.0	Marie Joaquin	2021 Nov 13	Richmond, BC
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
69	80.0	minimum standard		
76	105.5	Emily Wiggins	2021 Nov 13	Richmond, BC
84	90.5	Lynne Desautels	2018 Aug 11	Kelowna, BC
84+	136.5	Mackenzie Lee	2021 Nov 13	Richmond, 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	120.0	Megan Janes	2021 Dec 04	Abbotsford, BC
69	47.5	minimum standard		
76	52.5	minimum standard		
84	87.5	Megan Mawdsley	2021 Dec 04	Abbotsford, BC
84+	115.0	Natasha Klair	2021 Nov 13	Richmond, BC

### 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	70.0	Megan Janes	2021 Dec 04	Abbotsford, BC
69	32.5	minimum standard		
76	35.0	minimum standard		
84	42.5	Megan Mawdsley	2021 Dec 04	Abbotsford, BC
84+	87.5	Natasha Klair	2021 Nov 13	Richmond, BC

### 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	152.5	Megan Janes	2021 Dec 04	Abbotsford, BC
69	55.0	minimum standard		
76	60.0	minimum standard		
84	102.5	Megan Mawdsley	2021 Dec 04	Abbotsford, BC
84+	127.5	Natasha Klair	2021 Nov 13	Richmond, BC

### 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	342.5	Megan Janes	2021 Dec 04	Abbotsford, BC
69	125.0	minimum standard		
76	135.0	minimum standard		
84	232.5	Megan Mawdsley	2021 Dec 04	Abbotsford, BC
84+	330.0	Natasha Klair	2021 Nov 13	Richmond, BC

### 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	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	47.5	Tessa Sanders	2015 Oct 17	Abbotsford, BC
63	70.0	Megan Janes	2021 Dec 04	Abbotsford, BC
69	32.5	minimum standard		
76	35.0	minimum standard		
84	42.5	Megan Mawdsley	2021 Dec 04	Abbotsford, BC
84+	87.5	Natasha Klair	2021 Nov 13	Richmond, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## WOMEN'S UNEQUIPPED RECORDS - JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	62.5	Liselle Wong	2021 Nov 13	Richmond, BC
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
69	132.5	Michelle Irvine	2021 Nov 13	Richmond, BC
76	160.0	Lily Riggs	2021 Nov 13	Richmond, 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	42.0	Liselle Wong	2021 Nov 13	Richmond, BC
47	52.5	Tianna Singer	2020 Jan 18	Vancouver, 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
69	65.0	minimum standard		
76	105.5	Emily Wiggins	2021 Nov 13	Richmond, BC
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	97.5	Liselle Wong	2021 Nov 13	Richmond, BC
47	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	157.5	Fiona Chen	2021 Nov 13	Richmond, BC
57	160.5	Naomi McCullough	2018 Nov 18	Victoria, BC
63	177.5	Alison Kam	2017 Nov 18	Abbotsford, BC
69	137.5	Michelle Irvine	2021 Nov 13	Richmond, BC
76	177.5	Lily Riggs	2021 Nov 13	Richmond, 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	202.0	Liselle Wong	2021 Nov 13	Richmond, 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
69	330.0	Michelle Irvine	2021 Nov 13	Richmond, BC
76	430.5	Emily Wiggins	2021 Nov 13	Richmond, 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	42.0	Liselle Wong	2021 Nov 13	Richmond, BC
47	52.5	Tianna Singer	2020 Jan 18	Vancouver, 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
69	65.0	minimum standard		
76	105.5	Emily Wiggins	2021 Nov 13	Richmond, BC
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	67.5	Monica Ma	2021 Nov 13	Richmond, BC
52	107.5	Jacque Sandu	2012 Apr 12	Calgary, AB
57	130.0	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	120.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	117.5	minimum standard		
76	135.0	minimum standard		
84	150.0	Katherine Lawrence	2021 Nov 13	Richmond, 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	Jacque Sandu	2012 Apr 12	Calgary, AB
57	83.5	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	75.0	Tonya Motyka	2017 Jan 14	Vancouver, BC
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	65.0	minimum standard		
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	100.0	Monica Ma	2021 Nov 13	Richmond, BC
52	150.0	Jacque Sandu	2012 Apr 12	Calgary, AB
57	162.5	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	168.0	Tara Bohune	2021 Nov 13	Richmond, BC
69	132.5	Carmela Smythe	2021 Nov 13	Richmond, BC
76	140.0	minimum standard		
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	202.5	Monica Ma	2021 Nov 13	Richmond, BC
52	320.0	Jacque Sandu	2012 Apr 12	Calgary, AB
57	376.0	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	347.5	Tonya Motyka	2017 Jan 14	Vancouver, BC
69	295.0	minimum standard		
76	335.0	minimum standard		
84	380.0	Katherine Lawrence	2021 Nov 13	Richmond, 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	Jacque Sandu	2012 Apr 12	Calgary, AB
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	88.0	Cynthia Leighton	2021 Nov 13	Richmond, BC
69	67.5	Carmela Smythe	2021 Nov 13	Richmond, BC
76	60.0	minimum standard		
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	67.5	Monica Ma	2021 Nov 13	Richmond, BC
52	107.5	Jacque Sandu	2012 Apr 12	Calgary, AB
57	85.0	Wendy Yamazaki	2021 Nov 13	Richmond, BC
63	120.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	90.0	Katherine Sartor	2021 Nov 13	Richmond, BC
76	110.0	Kathleen Thomson	2021 Sep 11	Victoria, BC
84	150.0	Katherine Lawrence	2021 Nov 13	Richmond, 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	Jacque Sandu	2012 Apr 12	Calgary, AB
57	57.5	Wendy Yamazaki	2021 Nov 13	Richmond, BC
63	57.5	Kelly Wharton	2021 Aug 19	Florida, USA
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	57.5	Kathleen Thomson	2021 Sep 11	Victoria, 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	100.0	Monica Ma	2021 Nov 13	Richmond, BC
52	155.0	Jacque Sandu	2012 Jun 14	Stockholm, Sweden
57	122.5	Wendy Yamazaki	2021 Nov 13	Richmond, BC
63	147.5	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	122.5	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	130.0	Kathleen Thomson	2021 Sep 11	Victoria, 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	202.5	Monica Ma	2021 Nov 13	Richmond, BC
52	320.0	Jacque Sandu	2012 Apr 12	Calgary, AB
57	265.0	Wendy Yamazaki	2021 Nov 13	Richmond, BC
63	320.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	270.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	297.5	Kathleen Thomson	2021 Sep 11	Victoria, BC
84	380.0	Katherine Lawrence	2021 Nov 13	Richmond, 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	Jacque Sandu	2012 Apr 12	Calgary, AB
57	57.5	Wendy Yamazaki	2021 Nov 13	Richmond, BC
63	57.5	Kelly Wharton	2021 Aug 19	Florida, USA
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	57.5	Kathleen Thomson	2021 Sep 11	Victoria, BC
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

**SQUAT**

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	67.5	Monica Ma	2021 Nov 13	Richmond, BC
52	0.0	no minimum		
57	62.5	Sherry Eustace	2019 May 05	Sidney, BC
63	95.0	Sharlene Brunjes	2020 Mar 03	Winnipeg, MB
69	90.0	Katherine Sartor	2021 Nov 13	Richmond, BC
76	0.0	no minimum		
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
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	0.0	no minimum		
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	100.0	Monica Ma	2021 Nov 13	Richmond, BC
52	0.0	no minimum		
57	85.0	Sherry Eustace	2019 May 05	Sidney, BC
63	122.5	Sharlene Brunjes	2020 Mar 03	Winnipeg, MB
69	122.5	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	0.0	no minimum		
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	202.5	Monica Ma	2021 Nov 13	Richmond, BC
52	0.0	no minimum		
57	180.0	Sherry Eustace	2019 May 05	Sidney, BC
63	257.5	Sharlene Brunjes	2020 Mar 03	Winnipeg, MB
69	270.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	0.0	no minimum		
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	57.5	Patricia Kowal	2021 Nov 13	Richmond, BC
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	0.0	no minimum		
84	80.0	Monica Wille	2021 Nov 13	Richmond, 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	50.0	Kathlyn Jensen	2021 Aug 28	Langley, BC
69	0.0	no minimum		
76	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	47.5	Kathlyn Jensen	2021 Aug 28	Langley, BC
69	0.0	no minimum		
76	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	95.0	Kathlyn Jensen	2021 Nov 13	Richmond, BC
69	0.0	no minimum		
76	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	187.5	Kathlyn Jensen	2021 Sep 11	Victoria, BC
69	0.0	no minimum		
76	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	57.5	Patricia Kowal	2021 Nov 13	Richmond, BC
69	0.0	no minimum		
76	0.0	no minimum		
84	0.0	no minimum		
84+	0.0	no minimum		