



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - OPEN



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	197.5	Dickson Giang	2022 May 09	St. John's, NL
66	248.0	Stephen Cascioli	2017 Mar 4	Columbus, OH
74	250.5	Bryce Thomson	2018 Jun 24	Surrey, BC
83	272.5	Divine Wekwa	2021 Nov 13	Richmond, BC
93	305.0	Matthew Lewis Vena	2020 Mar 03	Winnipeg, MB
105	333.0	Cameron St. Amand	2018 Feb 24	Calgary, AB
120	352.5	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	320.0	Tanner Braaten	2019 Mar 04	Ottawa, ON

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	135.5	Benjamin Yu	2020 Mar 03	Winnipeg, MB
66	142.5	Stephen Cascioli	2021 Nov 13	Richmond, BC
74	175.0	Tung Hsuan Yen	2022 May 09	St. John's, NL
83	194.0	Adam Ramzy	2018 Feb 22	Calgary, AB
93	205.0	Cody Weeks	2019 Jun 22	Langley, BC
105	210.0	Ruslan Yarullin	2019 Jun 22	Langley, BC
120	212.5	Scott Robertson	2020 Mar 03	Winnipeg, MB
120+	237.5	Josh Simpson	2018 Feb 23	Calgary, AB

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	230.0	Dickson Giang	2021 Nov 13	Richmond, BC
66	277.5	Jake Allison	2018 Feb 21	Calgary, AB
74	290.0	Jonathan Cruz	2021 Nov 13	Richmond, BC
83	315.0	Adam Ramzy	2018 Feb 22	Calgary, AB
93	335.0	Alexander Ang Wei Rui	2021 Nov 13	Richmond, BC
105	320.0	Ruslan Yarullin	2019 May 05	Sidney, BC
120	340.0	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	340.5	Joel Klassen	2019 Jul 27	Kelowna, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	562.5	Dickson Giang	2022 May 09	St. John's, NL
66	660.5	Stephen Cascioli	2017 Mar 4	Columbus, OH
74	687.5	Jonathan Cruz	2021 Nov 13	Richmond, BC
83	771.5	Adam Ramzy	2018 Feb 22	Calgary, AB
93	772.5	Alexander Ang Wei Rui	2022 Apr 30	Abbotsford, BC
105	820.5	Cameron St. Amand	2018 Feb 24	Calgary, AB
120	890.0	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	850.5	Joel Klassen	2019 Jul 27	Kelowna, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	135.5	Benjamin Yu	2020 Mar 03	Winnipeg, MB
66	142.5	Stephen Cascioli	2021 Nov 13	Richmond, BC
74	175.0	Tung Hsuan Yen	2022 May 09	St. John's, NL
83	194.0	Adam Ramzy	2018 Feb 22	Calgary, AB
93	205.0	Cody Weeks	2019 Jun 22	Langley, BC
105	210.0	Ruslan Yarullin	2019 Jun 22	Langley, BC
120	212.5	Scott Robertson	2020 Mar 03	Winnipeg, MB
120+	252.5	Gregory Young	2020 Mar 03	Winnipeg, MB



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - SUB-JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	90.5	minimum standard		
59	157.5	Haruki Takeuchi	2019 Dec 07	Richmond, BC
66	185.0	Reiley Zarate	2017 Oct 14	New Westminster, BC
74	225.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	222.5	Martin Nikolov	2019 Sep 06	Saskatoon, SK
93	233.0	Shaun Go	2021 Dec 04	Abbotsford, BC
105	242.5	Qiming Fan	2021 Aug 28	Langley, BC
120	231.0	Jeffery Larose	2019 Nov 10	Victoria, BC
120+	260.0	Carsen Phillips	2021 Nov 13	Richmond, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	65.5	minimum standard		
59	90.0	Haruki Takeuchi	2019 Dec 07	Richmond, BC
66	115.0	Kaeden Ottenbreit	2018 Nov 18	Victoria, BC
74	155.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	150.0	Vincent Lo	2022 May 09	St. John's, NL
93	143.0	Qiming Fan	2021 Nov 13	Richmond, BC
105	145.0	Qiming Fan	2021 Aug 28	Langley, BC
120	150.0	Jeffery Larose	2019 Nov 10	Victoria, BC
120+	170.0	Carsen Phillips	2021 Nov 13	Richmond, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	87.5	minimum standard		
59	196.0	Julian Mok	2019 Jun 22	Langley, BC
66	215.5	Cameron Bozek	2019 Dec 07	Richmond, BC
74	255.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	260.0	Vincent Lo	2022 May 09	St. John's, NL
93	272.5	Shaun Go	2021 Dec 04	Abbotsford, BC
105	240.0	Jonas Mcallister	2022 May 29	Victoria, BC
120	251.0	Jeffery Larose	2019 Nov 10	Victoria, BC
120+	278.0	John Paul Ferrer	2021 Nov 13	Richmond, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	225.5	minimum standard		
59	430.0	Haruki Takeuchi	2019 Dec 07	Richmond, BC
66	490.0	Zachary Jackson	2018 Mar 24	Abbotsford, BC
74	635.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	630.0	Vincent Lo	2022 May 09	St. John's, NL
93	618.0	Shaun Go	2021 Dec 04	Abbotsford, BC
105	612.5	Qiming Fan	2021 Aug 28	Langley, BC
120	632.0	Jeffery Larose	2019 Nov 10	Victoria, BC
120+	682.5	Carsen Phillips	2021 Nov 13	Richmond, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	90.0	Rayan Armon Kia	2021 Dec 04	Abbotsford, BC
59	90.0	Haruki Takeuchi	2019 Dec 07	Richmond, BC
66	115.0	Kaeden Ottenbreit	2018 Nov 18	Victoria, BC
74	155.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	150.0	Vincent Lo	2022 May 09	St. John's, NL
93	143.0	Qiming Fan	2021 Nov 13	Richmond, BC
105	187.5	Roberto Villalta	2012 Apr 12	Calgary, AB
120	150.0	Jeffery Larose	2019 Nov 10	Victoria, BC
120+	170.0	Carsen Phillips	2021 Nov 13	Richmond, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - JUNIOR



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	130.0	Anthony Kong	2019 Jan 19	Vancouver, BC
59	197.5	Dickson Giang	2022 May 09	St. John's, NL
66	227.5	Jake Allison	2018 Feb 21	Calgary, AB
74	235.0	Keven Truong	2022 Apr 30	Abbotsford, BC
83	265.0	Logan Tarasoff	2019 Sep 16	St. John's, NL
93	305.0	Matthew Lewis Vena	2020 Mar 03	Winnipeg, MB
105	333.0	Cameron St. Amand	2018 Feb 24	Calgary, AB
120	352.5	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	310.0	Dylan Roach	2020 Mar 03	Winnipeg, MB

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	80.0	Sam Firouzli	2019 Nov 10	Victoria, BC
59	135.0	Dickson Giang	2022 May 09	St. John's, NL
66	137.5	Jake Allison	2018 Feb 21	Calgary, AB
74	175.0	Tung Hsuan Yen	2022 May 09	St. John's, NL
83	177.5	Tung Hsuan Yen	2021 Nov 13	Richmond, BC
93	175.0	An Dinh	2016 Aug 20	Kamloops, BC
105	202.0	Jayden Lucier	2019 Jun 22	Langley, BC
120	207.5	Jayden Lucier	2019 Nov 10	Victoria, BC
120+	192.5	Dylan Roach	2020 Mar 03	Winnipeg, MB

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	170.0	Sam Firouzli	2019 Nov 10	Victoria, BC
59	230.0	Dickson Giang	2021 Nov 13	Richmond, BC
66	277.5	Jake Allison	2018 Feb 21	Calgary, AB
74	273.0	Joshua Romero	2019 Oct 12	New Westminster, BC
83	280.0	Burkely Theriault	2021 Nov 13	Richmond, BC
93	335.0	Alexander Ang Wei Rui	2021 Nov 13	Richmond, BC
105	318.0	Matthew Lewis Vena	2021 Dec 04	Abbotsford, BC
120	340.0	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	335.0	Dylan Roach	2020 Mar 03	Winnipeg, MB

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	360.0	Sam Firouzli	2019 Nov 10	Victoria, BC
59	562.5	Dickson Giang	2022 May 09	St. John's, NL
66	642.5	Jake Allison	2018 Feb 21	Calgary, AB
74	635.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	695.0	Logan Tarasoff	2019 Sep 16	St. John's, NL
93	770.0	Matthew Lewis Vena	2020 Mar 03	Winnipeg, MB
105	820.5	Cameron St. Amand	2018 Feb 24	Calgary, AB
120	890.0	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	837.5	Dylan Roach	2020 Mar 03	Winnipeg, MB

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	125.0	Anson Chew	2022 Apr 30	Abbotsford, BC
59	135.0	Dickson Giang	2022 May 09	St. John's, NL
66	137.5	Jake Allison	2018 Feb 21	Calgary, AB
74	175.0	Tung Hsuan Yen	2022 May 09	St. John's, NL
83	177.5	Tung Hsuan Yen	2021 Nov 13	Richmond, BC
93	182.5	Ryan Maclellan	2016 Dec 3	Montague, PEI
105	202.0	Jayden Lucier	2019 Jun 22	Langley, BC
120	207.5	Jayden Lucier	2019 Nov 10	Victoria, BC
120+	195.0	Minh Nguyen	2019 Jun 22	Langley, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - MASTER I



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	112.5	minimum standard		
66	150.0	Ian Worland	2021 Sep 11	Victoria, BC
74	182.5	Bob Hindley	2016 Jun 26	Surrey, BC
83	220.0	Kevin Weiss	2016 Aug 21	Kamloops, BC
93	250.0	Cosmin Olteanu	2020 Mar 03	Winnipeg, MB
105	255.0	Joe Costa Oliveira	2019 Oct 12	New Westminster, BC
120	307.5	Scott Robertson	2021 Sep 24	Halmstad, SE
120+	310.0	Josh Simpson	2017 Oct 14	New Westminster, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	82.5	minimum standard		
66	129.0	Sean Sikorski	2016 Jun 26	Surrey, BC
74	100.0	minimum standard		
83	165.5	Kevin Weiss	2016 Aug 21	Kamloops, BC
93	177.5	Gordon Langfield	2018 Jun 8	Calgary, AB
105	180.0	Gordon Langfield	2017 Sep 8	Winnipeg, MB
120	212.5	Scott Robertson	2020 Mar 03	Winnipeg, MB
120+	237.5	Josh Simpson	2018 Feb 23	Calgary, AB

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	120.0	minimum standard		
66	180.0	Don Lovell	2018 Feb 21	Calgary, AB
74	236.0	Bob Hindley	2017 Jun 11	Surrey, BC
83	238.0	Kyle Larson	2019 Mar 16	Burnaby, BC
93	265.0	Kevin Weiss	2015 Dec 3	Richmond, BC
105	270.0	Bayard Smith	2016 Mar 20	Richmond, BC
120	290.0	Scott Robertson	2022 May 09	St. John's, NL
120+	285.0	Josh Simpson	2017 Oct 14	New Westminster, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	300.5	minimum standard		
66	451.5	Sean Sikorski	2016 Jun 26	Surrey, BC
74	505.0	Bob Hindley	2016 Jun 26	Surrey, BC
83	610.5	Kevin Weiss	2016 Aug 21	Kamloops, BC
93	660.0	Kevin Weiss	2015 Dec 3	Richmond, BC
105	652.5	Joe Oliveira	2016 Jun 25	Surrey, BC
120	802.5	Scott Robertson	2022 May 09	St. John's, NL
120+	850.0	Josh Simpson	2018 Feb 23	Calgary, AB

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	85.0	minimum standard		
66	129.0	Sean Sikorski	2016 Jun 26	Surrey, BC
74	145.5	Bill You	2012 Apr 12	Calgary, AB
83	165.5	Kevin Weiss	2016 Aug 21	Kamloops, BC
93	175.0	Gordon Langfield	2018 Feb 21	Calgary, AB
105	175.5	Gordon Langfield	2017 Jun 11	Surrey, BC
120	212.5	Scott Robertson	2020 Mar 03	Winnipeg, MB
120+	247.5	Gregory Young	2022 May 21	Almaty, Kazakhstan



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - MASTER II



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	85.0	minimum standard		
66	150.0	Ian Worland	2021 Sep 11	Victoria, BC
74	182.5	Bob Hindley	2016 Jun 26	Surrey, BC
83	210.0	Andrew Bryant	2018 Jun 7	Calgary, AB
93	215.0	Gordon Langfield	2018 Jun 8	Calgary, AB
105	255.0	Joe Costa Oliveira	2019 Oct 12	New Westminster, BC
120	307.5	Scott Robertson	2021 Sep 24	Halmstad, SE
120+	175.0	John Quinton	2019 Feb 23	Burnaby, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	65.0	minimum standard		
66	77.5	Ian Worland	2021 Sep 11	Victoria, BC
74	92.5	Bob Hindley	2014 Jun 21	Vancouver, BC
83	140.0	Andrew Bryant	2018 Feb 21	Calgary, AB
93	177.5	Gordon Langfield	2018 Jun 8	Calgary, AB
105	175.0	Gordon Sjodin	2017 Jan 14	Vancouver, BC
120	212.5	Scott Robertson	2020 Mar 03	Winnipeg, MB
120+	140.0	John Quinton	2017 Sep 16	Abbotsford, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	92.5	minimum standard		
66	180.0	Don Lovell	2018 Feb 21	Calgary, AB
74	236.0	Bob Hindley	2017 Jun 11	Surrey, BC
83	232.5	Bob Hindley	2015 Dec 3	Richmond, BC
93	265.0	Steven Reade	2019 Jun 22	Langley, BC
105	270.0	Patrick Selby	2019 Jun 22	Langley, BC
120	290.0	Scott Robertson	2022 May 09	St. John's, NL
120+	185.5	John Quinton	2022 Apr 30	Abbotsford, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	225.0	minimum standard		
66	387.5	Ian Worland	2021 Sep 11	Victoria, BC
74	505.0	Bob Hindley	2016 Jun 26	Surrey, BC
83	567.5	Andrew Bryant	2018 Jun 7	Calgary, AB
93	647.5	Steven Reade	2019 Jun 22	Langley, BC
105	652.5	Joe Costa Oliveira	2019 Oct 12	New Westminster, BC
120	802.5	Scott Robertson	2022 May 09	St. John's, NL
120+	495.5	John Quinton	2022 Apr 30	Abbotsford, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	65.0	minimum standard		
66	95.0	Joseph Lu	2022 Apr 30	Abbotsford, BC
74	132.5	Ramis Be	2022 Apr 30	Abbotsford, BC
83	145.0	Andrew Bryant	2018 Feb 20	Calgary, AB
93	175.0	Gordon Langfield	2018 Feb 21	Calgary, AB
105	175.0	Gordon Sjodin	2017 Jan 14	Vancouver, BC
120	212.5	Scott Robertson	2020 Mar 03	Winnipeg, MB
120+	188.0	Reid Umlah	2019 Jun 22	Langley, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - MASTER III



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	115.0	Don Lovell	2018 Jun 7	Calgary, AB
74	180.0	Bob Hindley	2017 Jun 11	Surrey, BC
83	197.5	Kevin Haberl	2020 Mar 03	Winnipeg, MB
93	210.0	Walt Dengler	2018 Feb 21	Calgary, AB
105	197.5	Rolf Popp	2022 May 09	St. John's, NL
120	200.0	David Andrews	2017 Jan 14	Vancouver, BC
120+	175.0	John Quinton	2019 Feb 23	Burnaby, BC

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	70.0	Don Lovell	2013 Mar 22	Richmond, BC
74	90.0	Gable Wang	2019 Feb 23	Burnaby, BC
83	107.5	Barry Stewart	2017 Nov 18	Abbotsford, BC
93	120.0	Walt Dengler	2018 Feb 21	Calgary, AB
105	152.5	Rolf Popp	2022 May 09	St. John's, NL
120	165.0	Brian Rock	2022 May 09	St. John's, NL
120+	135.0	John Quinton	2022 Apr 30	Abbotsford, BC

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	180.0	Don Lovell	2018 Feb 21	Calgary, AB
74	236.0	Bob Hindley	2017 Jun 11	Surrey, BC
83	190.0	Kevin Haberl	2020 Mar 03	Winnipeg, MB
93	240.0	Jack Chin	2019 Nov 10	Victoria, BC
105	235.0	Rolf Popp	2022 May 09	St. John's, NL
120	217.5	David Andrews	2017 Jan 14	Vancouver, BC
120+	185.5	John Quinton	2022 Apr 30	Abbotsford, BC

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	354.0	Don Lovell	2016 Feb 17	Regina, SK
74	501.0	Bob Hindley	2017 Jun 11	Surrey, BC
83	490.0	Kevin Haberl	2020 Mar 03	Winnipeg, MB
93	557.5	Walt Dengler	2018 Feb 21	Calgary, AB
105	585.0	Rolf Popp	2022 May 09	St. John's, NL
120	577.5	Brian Rock	2022 May 09	St. John's, NL
120+	495.5	John Quinton	2022 Apr 30	Abbotsford, BC

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	72.5	Ward Plunet	2021 Nov 13	Richmond, BC
74	102.5	Angelo Anastasio	2022 Apr 30	Abbotsford, BC
83	110.0	Stephen Williams	2018 Feb 11	Burnaby, BC
93	120.0	Walt Dengler	2018 Feb 21	Calgary, AB
105	155.0	William Belich	2018 Jun 23	Surrey, BC
120	165.0	Brian Rock	2022 May 09	St. John's, NL
120+	145.0	John Quinton	2018 Feb 11	Burnaby, BC



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S UNEQUIPPED RECORDS - MASTER IV



### SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	107.5	Donald Lovell	2021 Nov 13	Richmond, BC
74	100.0	Donald Lovell	2021 Sep 11	Victoria, BC
83	135.0	Brent Davis	2021 Nov 13	Richmond, BC
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		

### BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	62.5	Donald Lovell	2021 Nov 13	Richmond, BC
74	60.0	Donald Lovell	2021 Sep 11	Victoria, BC
83	90.0	Brent Davis	2021 Nov 13	Richmond, BC
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		

### DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	165.0	Donald Lovell	2021 Nov 13	Richmond, BC
74	170.0	Donald Lovell	2021 Sep 11	Victoria, BC
83	160.0	Brent Davis	2021 Nov 13	Richmond, BC
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		

### TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	335.0	Donald Lovell	2021 Nov 13	Richmond, BC
74	330.0	Donald Lovell	2021 Sep 11	Victoria, BC
83	385.0	Brent Davis	2021 Nov 13	Richmond, BC
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		

### BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	62.5	Donald Lovell	2021 Nov 13	Richmond, BC
74	60.0	Donald Lovell	2021 Sep 11	Victoria, BC
83	90.0	Brent Davis	2021 Nov 13	Richmond, BC
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		