

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	117.5	Denise Sopena	2021 Nov 13	Richmond, BC
52	152.5	Marie Jenevieve Joaquin	2022 May 09	St. John's, NL
57	152.5	Tu Le	2019 Oct 12	New Westminster, BC
63	165.0	Elizabeth Fragione	2020 Mar 03	Winnipeg, MB
69	160.0	Lisa Kitagawa	2022 Dec 04	Auckland, NZ
76	185.0	Jennifer Luther Thomas	2022 May 09	St. John's, NL
84	182.5	Jennifer Luther Thomas	2022 Jun 25	Langley, BC
84+	217.5	Mackenzie Lee	2022 Nov 19	Victoria, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.5	Denise Sopena	2021 Aug 28	Langley, BC
52	82.5	Marie Jenevieve Joaquin	2022 May 09	St. John's, NL
57	84.0	Hannah Southwood	2022 Nov 19	Victoria, BC
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
69	97.5	Laticia Castillo	2022 Jun 25	Langley, BC
76	110.0	Emily Wiggins	2022 Apr 30	Abbotsford, BC
84	93.0	Tammy Drover	2022 Oct 22	Abbotsford, BC
84+	142.0	Mackenzie Lee	2022 Nov 19	Victoria, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	145.0	Denise Sopena	2021 Nov 13	Richmond, BC
52	172.5	Marie Joaquin	2022 Sep 23	Calgary, AB
57	173.0	Meghan Higashitani	2022 Nov 19	Victoria, BC
63	182.5	Cindy Nguyen	2016 Jun 26	Surrey, BC
69	185.0	Chubing Liang	2022 May 29	Victoria, BC
76	200.0	Madison Arnold	2022 Apr 30	Abbotsford, BC
84	200.0	Olivia Lim	2018 Feb 21	Calgary, AB
84+	230.0	Mackenzie Lee	2022 Nov 19	Victoria, BC

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	322.5	Denise Sopena	2021 Nov 13	Richmond, BC
52	402.5	Marie Jenevieve Joaquin	2022 May 09	St. John's, NL
57	385.0	Tu Le	2019 Oct 12	New Westminster, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
69	425.0	Lisa Kitagawa	2022 Dec 04	Auckland, NZ
76	447.5	Madison Arnold	2022 Apr 30	Abbotsford, BC
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	589.5	Mackenzie Lee	2022 Nov 19	Victoria, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	60.5	Denise Sopena	2021 Aug 28	Langley, BC
52	82.5	Marie Jenevieve Joaquin	2022 May 09	St. John's, NL
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	97.0	Meara Mulholland	2016 Aug 20	Kamloops, BC
69	97.5	Laticia Castillo	2022 Jun 25	Langley, BC
76	110.0	Emily Wiggins	2022 Apr 30	Abbotsford, BC
84	93.0	Tammy Drover	2022 Oct 22	Abbotsford, BC
84+	142.0	Mackenzie Lee	2022 Nov 19	Victoria, BC

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	55.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	82.5	Zoey Shufflebotham	2022 Oct 22	Abbotsford, BC
52	90.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	105.0	Theresa Li	2022 Aug 20	Langley, BC
63	120.0	Megan Janes	2021 Dec 04	Abbotsford, BC
69	135.0	Georgia Kulbida	2022 Sep 23	Calgary, AB
76	137.5	Georgia Kulbida	2022 Nov 19	Victoria, BC
84	100.0	Fable Witzaney	2022 Sep 23	Calgary, AB
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	40.0	Zoey Shufflebotham	2022 Oct 22	Abbotsford, BC
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	62.5	Theresa Li	2022 Aug 20	Langley, BC
63	70.0	Megan Janes	2021 Dec 04	Abbotsford, BC
69	80.0	Georgia Kulbida	2022 Jun 25	Langley, BC
76	82.5	Georgia Kulbida	2022 Nov 19	Victoria, BC
84	50.0	Fable Witzaney	2022 Sep 23	Calgary, AB
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	85.0	Zoey Shufflebotham	2022 Oct 22	Abbotsford, BC
52	120.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	152.5	Theresa Li	2022 Aug 20	Langley, BC
63	152.5	Megan Janes	2021 Dec 04	Abbotsford, BC
69	135.0	Francesca Manson	2022 Nov 19	Victoria, BC
76	137.5	Georgia Kulbida	2022 Nov 19	Victoria, BC
84	107.5	Fable Witzaney	2022 Aug 20	Langley, 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	207.5	Zoey Shufflebotham	2022 Oct 22	Abbotsford, BC
52	267.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	320.0	Theresa Li	2022 Aug 20	Langley, BC
63	342.5	Megan Janes	2021 Dec 04	Abbotsford, BC
69	342.5	Georgia Kulbida	2022 Sep 23	Calgary, AB
76	357.5	Georgia Kulbida	2022 Nov 19	Victoria, BC
84	255.0	Fable Witzaney	2022 Sep 23	Calgary, AB
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	40.0	Zoey Shufflebotham	2022 Oct 22	Abbotsford, BC
52	57.5	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	62.5	Theresa Li	2022 Aug 20	Langley, BC
63	70.0	Megan Janes	2021 Dec 04	Abbotsford, BC
69	80.0	Georgia Kulbida	2022 Jun 25	Langley, BC
76	82.5	Georgia Kulbida	2022 Nov 19	Victoria, BC
84	50.0	Fable Witzaney	2022 Sep 23	Calgary, AB
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	75.0	Liselle Wong	2022 Jun 25	Langley, BC
47	102.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	130.0	Fiona Chen	2022 May 09	St. John's, NL
57	140.0	Xiyao Liu	2022 Aug 20	Langley, BC
63	157.5	Alison Kam	2017 Jun 19	Minsk, BY
69	156.0	Colette Jesson	2022 Jun 04	Kelowna, BC
76	160.0	Lily Riggs	2021 Nov 13	Richmond, BC
84	165.5	Liza Roik	2022 Oct 22	Abbotsford, BC
84+	167.5	Olivia Lim	2017 Jun 10	Surrey, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	44.0	Liselle Wong	2022 Jun 25	Langley, BC
47	52.5	Tianna Singer	2020 Jan 18	Vancouver, BC
52	72.5	Fiona Chen	2022 Sep 04	Istanbul, Turkey
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	90.0	Megan Janes	2022 Dec 04	Auckland, NZ
69	90.0	Colette Jesson	2022 Jun 04	Kelowna, BC
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	109.5	Liselle Wong	2022 Jun 25	Langley, BC
47	137.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	170.5	Fiona Chen	2022 May 09	St. John's, NL
57	171.0	Fiona Chen	2022 Nov 19	Victoria, BC
63	177.5	Alison Kam	2017 Nov 18	Abbotsford, BC
69	172.5	Colette Jesson	2022 Jun 25	Langley, 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	228.5	Liselle Wong	2022 Jun 25	Langley, BC
47	287.5	Caitlin Lim	2018 Dec 08	Richmond, BC
52	368.0	Fiona Chen	2022 May 09	St. John's, NL
57	376.0	Fiona Chen	2022 Nov 19	Victoria, BC
63	415.0	Alison Kam	2017 Nov 18	Abbotsford, BC
69	413.5	Colette Jesson	2022 Jun 04	Kelowna, 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	44.0	Liselle Wong	2022 Jun 25	Langley, BC
47	52.5	Tianna Singer	2020 Jan 18	Vancouver, BC
52	72.5	Fiona Chen	2022 Sep 04	Istanbul, Turkey
57	80.0	Jesse Rae Kelly	2016 Aug 19	Kamloops, BC
63	90.0	Megan Janes	2022 Dec 04	Auckland, NZ
69	90.0	Colette Jesson	2022 Jun 04	Kelowna, BC
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	130.0	Cynthia Leighton	2022 Oct 22	Abbotsford, BC
69	117.5	minimum standard		
76	137.5	Renae Witzaney	2022 May 09	St. John's, NL
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	90.0	Cynthia Leighton	2022 Oct 22	Abbotsford, BC
69	72.5	Tonya Motyka	2022 Jun 25	Langley, BC
76	72.5	Renae Witzaney	2022 May 09	St. John's, NL
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	175.0	Tara Bohune	2022 Oct 22	Abbotsford, BC
76	172.5	Amelie Mayo	2022 Jun 25	Langley, BC
84	167.5	Mary Ann Middleton	2019 Oct 12	New Westminster, BC
84+	190.0	Kristine Bayntun	2022 Oct 22	Abbotsford, BC

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	377.5	Cynthia Leighton	2022 Oct 22	Abbotsford, BC
69	347.5	Tara Bohune	2022 Oct 22	Abbotsford, BC
76	350.0	Renae Witzaney	2022 May 09	St. John's, NL
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	90.0	Cynthia Leighton	2022 Oct 22	Abbotsford, BC
69	72.5	Tonya Motyka	2022 Jun 25	Langley, BC
76	72.5	Renae Witzaney	2022 May 09	St. John's, NL
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	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	92.5	Maureen Rea	2022 Jun 04	Kelowna, BC
63	120.0	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	112.5	Tonya Motyka	2022 Jun 25	Langley, BC
76	112.5	Kathleen Thomson	2022 May 09	St. John's, NL
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	Jacquie 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	72.5	Tonya Motyka	2022 Jun 25	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	Jacquie Sandu	2012 Jun 14	Stockholm, Sweden
57	125.0	Wendy Yamazaki	2022 Jun 25	Langley, BC
63	147.5	Tonya Motyka	2020 Mar 03	Winnipeg, MB
69	140.0	Tonya Motyka	2022 Jun 25	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	Jacquie 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	325.0	Tonya Motyka	2022 Jun 25	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	Jacquie 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	72.5	Tonya Motyka	2022 Jun 25	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	92.5	Maureen Rea	2022 Jun 04	Kelowna, BC
63	106.0	Kelly Wharton	2022 Jun 25	Langley, BC
69	90.0	Katherine Sartor	2021 Nov 13	Richmond, BC
76	87.5	Joanne Lindemulder	2022 Sep 23	Calgary, AB
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	47.5	Maureen Rea	2022 Jun 04	Kelowna, BC
63	53.5	Kelly Wharton	2022 Jun 25	Langley, BC
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	57.5	Stephanie Needham	2022 Oct 22	Abbotsford, 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	100.0	Monica Ma	2021 Nov 13	Richmond, BC
52	0.0	no minimum		
57	100.0	Maureen Rea	2022 Jun 04	Kelowna, BC
63	125.5	Kelly Wharton	2022 Jun 25	Langley, BC
69	122.5	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	120.0	Stephanie Needham	2022 Oct 22	Abbotsford, 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	202.5	Monica Ma	2021 Nov 13	Richmond, BC
52	0.0	no minimum		
57	240.0	Maureen Rea	2022 Jun 04	Kelowna, BC
63	285.0	Kelly Wharton	2022 Jun 25	Langley, BC
69	270.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	255.0	Stephanie Needham	2022 Oct 22	Abbotsford, 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	47.5	Maureen Rea	2022 Jun 04	Kelowna, BC
63	57.5	Patricia Kowal	2021 Nov 13	Richmond, BC
69	65.0	Sylvia Stockall-Douglas	2021 Aug 28	Langley, BC
76	57.5	Stephanie Needham	2022 Oct 22	Abbotsford, BC
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	62.5	Kathlyn Jensen	2022 Oct 15	St. John's, NL
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	102.5	Kathlyn Jensen	2022 Oct 15	St. John's, NL
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	210.0	Kathlyn Jensen	2022 Oct 15	St. John's, NL
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		