



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	345.0	Matthew Lewis Vena	2023 Jun 09	Langley, BC
120	352.5	Jackson Spencer	2018 Jun 12	Calgary, AB
120+	325.5	Colton LaJeunesse	2022 Nov 19	Victoria, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	136.5	Benjamin Yu	2023 Sep 07	Summerside, PEI
66	145.0	Dickson Giang	2023 Feb 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	206.5	Liam Wharton	2023 Jun 09	Langley, BC
105	210.0	Ruslan Yarullin	2019 Jun 22	Langley, BC
120	217.5	Scott Robertson	2022 Oct 15	St. John's, NL
120+	237.5	Josh Simpson	2018 Feb 23	Calgary, AB

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	232.5	Julian Mok	2023 Feb 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	350.0	Alexander Ang Wei Rui	2023 Feb 13	Richmond, BC
105	340.0	Matthew Lewis Vena	2023 Jun 09	Langley, BC
120	340.5	Christopher Soo	2023 Oct 28	Abbotsford, BC
120+	343.5	Laine Jackart	2022 Oct 22	Abbotsford, 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	695.0	Jonathan Cruz	2023 Sep 07	Summerside, PEI
83	771.5	Adam Ramzy	2018 Feb 22	Calgary, AB
93	800.0	Alexander Ang Wei Rui	2023 Feb 13	Richmond, BC
105	867.5	Matthew Lewis Vena	2023 Jun 09	Langley, BC
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	145.0	Anson Chew	2022 Jun 25	Langley, BC
66	165.0	Anson Chew	2023 Feb 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	206.5	Liam Wharton	2023 Jun 09	Langley, BC
105	210.0	Ruslan Yarullin	2019 Jun 22	Langley, BC
120	217.5	Scott Robertson	2022 Oct 15	St. John's, NL
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	185.5	Manohar Panesar	2023 Jun 09	Langley, BC
74	225.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	248.0	Lucas Steele	2022 Sep 23	Calgary, AB
93	233.0	Shaun Go	2021 Dec 04	Abbotsford, BC
105	250.5	Tate Commandeur	2023 Nov 18	Victoria, 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	122.5	Manohar Panesar	2023 Jun 09	Langley, 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	145.0	Benjamin Steele	2023 Aug 10	Brandon, MB
105	158.0	Tate Commandeur	2023 Nov 18	Victoria, 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	230.0	Manohar Panesar	2023 Jun 09	Langley, BC
74	255.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	280.0	Lucas Steele	2022 Sep 23	Calgary, AB
93	272.5	Shaun Go	2021 Dec 04	Abbotsford, BC
105	265.5	Tate Commandeur	2023 Nov 18	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	538.0	Manohar Panesar	2023 Jun 09	Langley, BC
74	635.0	Kostyantyn Sosnyk	2022 May 09	St. John's, NL
83	670.5	Lucas Steele	2022 Sep 23	Calgary, AB
93	618.0	Shaun Go	2021 Dec 04	Abbotsford, BC
105	674.0	Tate Commandeur	2023 Nov 18	Victoria, 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	95.0	Ryan Armon	2023 Feb 13	Richmond, BC
59	90.0	Haruki Takeuchi	2019 Dec 07	Richmond, BC
66	165.0	Anson Chew	2023 Feb 13	Richmond, 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	145.0	Benjamin Steele	2023 Aug 10	Brandon, MB
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	130.5	Christian Brey	2023 Apr 15	Port Coquitlam, BC
59	197.5	Dickson Giang	2022 May 09	St. John's, NL
66	227.5	Jake Allison	2018 Feb 21	Calgary, AB
74	242.5	Kostyantyn Sosnyk	2023 Feb 13	Richmond, 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	85.0	Christian Brey	2023 Apr 15	Port Coquitlam, BC
59	135.0	Dickson Giang	2022 May 09	St. John's, NL
66	138.0	Ryan Thaulad	2023 Jan 21	Vancouver, BC
74	175.0	Tung Hsuan Yen	2022 May 09	St. John's, NL
83	193.0	Tung Hsuan Yen	2023 Aug 07	George Town, KY, GB
93	180.5	Karlmyk Crisostomo	2023 Oct 28	Abbotsford, BC
105	202.0	Jayden Lucier	2019 Jun 22	Langley, BC
120	210.5	Louis Latour	2023 Aug 07	George Town, KY, GB
120+	192.5	Dylan Roach	2020 Mar 03	Winnipeg, MB

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	182.5	Christian Brey	2023 Apr 15	Port Coquitlam, BC
59	232.5	Julian Mok	2023 Feb 13	Richmond, BC
66	277.5	Jake Allison	2018 Feb 21	Calgary, AB
74	285.0	Eric Jung	2023 Jan 21	Vancouver, BC
83	305.0	William Tse	2023 Aug 10	Brandon, MB
93	342.5	Alexander Ang Wei Rui	2022 Nov 19	Victoria, BC
105	337.5	Thomas Johnston	2023 Aug 24	Cluj-Napoca, RO
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	398.0	Christian Brey	2023 Apr 15	Port Coquitlam, BC
59	562.5	Dickson Giang	2022 May 09	St. John's, NL
66	642.5	Jake Allison	2018 Feb 21	Calgary, AB
74	672.5	Kostyantyn Sosnyk	2023 Feb 13	Richmond, BC
83	697.5	Lucas Steele	2023 Aug 10	Brandon, MB
93	790.0	Alexander Ang Wei Rui	2022 Nov 19	Victoria, BC
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	145.0	Anson Chew	2022 Jun 25	Langley, BC
66	165.0	Anson Chew	2023 Feb 13	Richmond, BC
74	175.0	Tung Hsuan Yen	2022 May 09	St. John's, NL
83	193.0	Tung Hsuan Yen	2023 Aug 07	George Town, KY, GB
93	182.5	Ryan Maclellan	2016 Dec 3	Montague, PEI
105	202.0	Jayden Lucier	2019 Jun 22	Langley, BC
120	210.5	Louis Latour	2023 Aug 07	George Town, KY, GB
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	256.0	Cosmin Olteanu	2022 Jun 25	Langley, BC
120	320.0	Scott Robertson	2022 Oct 15	St. John's, NL
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	115.0	Wayne Jung	2023 May 06	Kelowna, BC
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	217.5	Scott Robertson	2022 Oct 15	St. John's, NL
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	Donald 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	295.0	Andrew Stewart	2023 Feb 13	Richmond, BC
120+	290.0	Matthew Lucas	2022 Nov 19	Victoria, 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	653.5	Cosmin Olteanu	2022 Jun 25	Langley, BC
120	807.5	Scott Robertson	2022 Oct 15	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	130.0	Ramis Be	2023 Oct 28	Abbotsford, BC
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	217.5	Scott Robertson	2022 Oct 15	St. John's, NL
120+	248.5	Gregory Young	2023 Feb 13	Richmond, BC



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	320.0	Scott Robertson	2022 Oct 15	St. John's, NL
120+	175.5	John Quinton	2022 Jun 25	Langley, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	65.0	minimum standard		
66	80.0	Ian Worland	2022 Jun 25	Langley, 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	217.5	Scott Robertson	2022 Oct 15	St. John's, NL
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	Donald 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	397.5	Ian Worland	2022 Jun 25	Langley, 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	807.5	Scott Robertson	2022 Oct 15	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	130.0	Ramis Be	2023 Oct 28	Abbotsford, BC
66	97.5	Joseph Lu	2023 Apr 15	Port Coquitlam, BC
74	137.5	Ramis Be	2023 Feb 13	Richmond, 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	217.5	Scott Robertson	2022 Oct 15	St. John's, NL
120+	212.5	Scott Robertson	2023 Jun 09	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	Donald 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	220.0	Sterling Nering	2023 Feb 13	Richmond, BC
120	200.0	David Andrews	2017 Jan 14	Vancouver, BC
120+	175.5	John Quinton	2022 Jun 25	Langley, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	70.0	Donald 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	162.5	Sterling Nering	2023 Oct 08	Ulaanbaatar, MNG
120	165.0	Brian Rock	2022 May 09	St. John's, NL
120+	135.5	John Quinton	2022 Jun 25	Langley, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	0.0	no minimum		
66	180.0	Donald Lovell	2018 Feb 21	Calgary, AB
74	236.0	Bob Hindley	2017 Jun 11	Surrey, BC
83	192.5	Brian Tufeld	2023 Jun 09	Langley, BC
93	240.0	Jack Chin	2019 Nov 10	Victoria, BC
105	237.5	Sterling Nering	2023 Jun 09	Langley, BC
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	Donald 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	620.0	Sterling Nering	2023 Oct 08	Ulaanbaatar, MNG
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	117.5	Marc Joseph Ulric Vezina	2023 Jun 09	Langley, BC
93	120.0	Walt Dengler	2018 Feb 21	Calgary, AB
105	162.5	Sterling Nering	2023 Oct 08	Ulaanbaatar, MNG
120	167.5	Stephen Mahon	2023 Jun 09	Langley, BC
120+	172.5	Stephen Mahon	2023 Jul 29	Coquitlam, 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	112.5	Donald Lovell	2023 Jun 09	Langley, BC
74	132.5	Warren Brent Davis	2023 Feb 13	Richmond, 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	65.0	Donald Lovell	2023 Jun 09	Langley, BC
74	90.0	Warren Brent Davis	2023 Feb 13	Richmond, BC
83	95.0	Warren Brent Davis	2022 Jun 25	Langley, 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	172.5	Donald Lovell	2023 Jun 09	Langley, BC
74	170.0	Donald Lovell	2021 Sep 11	Victoria, BC
83	175.0	Warren Brent Davis	2022 Jun 25	Langley, 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	350.0	Donald Lovell	2023 Jun 09	Langley, BC
74	387.5	Warren Brent Davis	2023 Feb 13	Richmond, BC
83	405.0	Warren Brent Davis	2022 Jun 25	Langley, 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	65.0	Donald Lovell	2023 Jun 09	Langley, BC
74	90.0	Warren Brent Davis	2023 Feb 13	Richmond, BC
83	95.0	Warren Brent Davis	2022 Jun 25	Langley, BC
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

MEN'S UNEQUIPPED RECORDS - YOUTH III



SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
30	0.0	no minimum		
35	0.0	no minimum		
40	0.0	no minimum		
44	0.0	no minimum		
48	0.0	no minimum		
53	0.0	no minimum		
59	0.0	no minimum		
66	110.0	Bazil Godden	2023 May 06	Kelowna, BC
74	120.0	Joshua Powers	2023 Nov 18	Victoria, BC
83	0.0	no minimum		
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
30	0.0	no minimum		
35	0.0	no minimum		
40	0.0	no minimum		
44	0.0	no minimum		
48	0.0	no minimum		
53	0.0	no minimum		
59	0.0	no minimum		
66	62.5	Bazil Godden	2023 May 06	Kelowna, BC
74	77.5	Joshua Powers	2023 Nov 18	Victoria, BC
83	0.0	no minimum		
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
30	0.0	no minimum		
35	0.0	no minimum		
40	0.0	no minimum		
44	0.0	no minimum		
48	0.0	no minimum		
53	0.0	no minimum		
59	0.0	no minimum		
66	140.0	Bazil Godden	2023 May 06	Kelowna, BC
74	150.0	Joshua Powers	2023 Nov 18	Victoria, BC
83	0.0	no minimum		
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
30	0.0	no minimum		
35	0.0	no minimum		
40	0.0	no minimum		
44	0.0	no minimum		
48	0.0	no minimum		
53	0.0	no minimum		
59	0.0	no minimum		
66	312.5	Bazil Godden	2023 May 06	Kelowna, BC
74	347.5	Joshua Powers	2023 Nov 18	Victoria, BC
83	0.0	no minimum		
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
30	0.0	no minimum		
35	0.0	no minimum		
40	0.0	no minimum		
44	0.0	no minimum		
48	0.0	no minimum		
53	0.0	no minimum		
59	0.0	no minimum		
66	62.5	Bazil Godden	2023 May 06	Kelowna, BC
74	77.5	Joshua Powers	2023 Nov 18	Victoria, BC
83	0.0	no minimum		
93	0.0	no minimum		
105	0.0	no minimum		
120	0.0	no minimum		
120+	0.0	no minimum		