



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - OPEN



### SQUAT

| Weight Class(kg) | Weight(kg) | Name                 | Date        | Location     |
|------------------|------------|----------------------|-------------|--------------|
| 59               | 172.5      | minimum standard     |             |              |
| 66               | 190.0      | minimum standard     |             |              |
| 74               | 207.5      | minimum standard     |             |              |
| 83               | 352.5      | Adam Ramzy           | 2017 Jul 25 | Wroclaw, PL  |
| 93               | 280.0      | William Steep        | 2018 Feb 23 | Calgary, AB  |
| 105              | 325.0      | John Wesley Cummings | 2020 Mar 03 | Winnipeg, MB |
| 120              | 337.5      | William Buhler       | 2020 Mar 03 | Winnipeg, MB |
| 120+             | 300.0      | Eric Brust           | 2019 Jun 22 | Langley, BC  |

### BENCH PRESS

| Weight Class(kg) | Weight(kg) | Name                 | Date        | Location           |
|------------------|------------|----------------------|-------------|--------------------|
| 59               | 125.0      | minimum standard     |             |                    |
| 66               | 137.5      | minimum standard     |             |                    |
| 74               | 150.0      | minimum standard     |             |                    |
| 83               | 255.0      | Adam Ramzy           | 2017 Jul 25 | Wroclaw, PL        |
| 93               | 217.5      | Mehar Bhogal         | 2021 Nov 13 | Richmond, BC       |
| 105              | 273.5      | John Wesley Cummings | 2022 May 09 | St. John's, NL     |
| 120              | 233.0      | William Buhler       | 2020 Mar 03 | Winnipeg, MB       |
| 120+             | 265.0      | Jordan Phelps        | 2023 Apr 15 | Port Coquitlam, BC |

### DEADLIFT

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location       |
|------------------|------------|------------------|-------------|----------------|
| 59               | 167.5      | minimum standard |             |                |
| 66               | 190.0      | Donald Lovell    | 2019 Aug 24 | Victoria, BC   |
| 74               | 202.5      | minimum standard |             |                |
| 83               | 318.0      | Adam Ramzy       | 2016 Feb 9  | Regina, SK     |
| 93               | 267.5      | Mehar Bhogal     | 2021 Nov 13 | Richmond, BC   |
| 105              | 295.0      | Chad Rogers      | 2011 Nov 6  | Vancouver, BC  |
| 120              | 285.0      | William Buhler   | 2020 Mar 03 | Winnipeg, MB   |
| 120+             | 320.0      | Joel Klassen     | 2016 Apr 30 | Abbotsford, BC |

### TOTAL

| Weight Class(kg) | Weight(kg) | Name                 | Date        | Location           |
|------------------|------------|----------------------|-------------|--------------------|
| 59               | 445.0      | minimum standard     |             |                    |
| 66               | 490.0      | minimum standard     |             |                    |
| 74               | 535.0      | minimum standard     |             |                    |
| 83               | 917.5      | Adam Ramzy           | 2017 Jul 25 | Wroclaw, PL        |
| 93               | 742.5      | Mehar Bhogal         | 2021 Nov 13 | Richmond, BC       |
| 105              | 872.5      | John Wesley Cummings | 2020 Mar 03 | Winnipeg, MB       |
| 120              | 855.5      | William Buhler       | 2020 Mar 03 | Winnipeg, MB       |
| 120+             | 800.0      | Jordan Phelps        | 2023 Apr 15 | Port Coquitlam, BC |

### BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name                 | Date        | Location            |
|------------------|------------|----------------------|-------------|---------------------|
| 59               | 125.0      | minimum standard     |             |                     |
| 66               | 162.5      | Andrew Lang          | 2018 Jun 23 | Surrey, BC          |
| 74               | 195.5      | Mehar Bhogal         | 2024 Jul 27 | Coquitlam, BC       |
| 83               | 255.0      | Adam Ramzy           | 2017 Jul 25 | Wroclaw, PL         |
| 93               | 220.0      | Mehar Bhogal         | 2019 Oct 25 | Panama City, Panama |
| 105              | 275.0      | John Wesley Cummings | 2022 May 09 | St. John's, NL      |
| 120              | 277.5      | Scott Robertson      | 2024 May 22 | Austin, TX, USA     |
| 120+             | 275.0      | Scott Robertson      | 2024 Mar 21 | St. John's, NL      |



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - SUB-JUNIOR



### SQUAT

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location       |
|------------------|------------|------------------|-------------|----------------|
| 53               | 117.5      | minimum standard |             |                |
| 59               | 130.0      | minimum standard |             |                |
| 66               | 145.0      | minimum standard |             |                |
| 74               | 155.0      | minimum standard |             |                |
| 83               | 185.0      | Tristin Davies   | 2013 Nov 2  | Abbotsford, BC |
| 93               | 180.0      | minimum standard |             |                |
| 105              | 187.5      | minimum standard |             |                |
| 120              | 272.5      | Jake McMillan    | 2011 Feb 13 | Vancouver, BC  |
| 120+             | 200.0      | minimum standard |             |                |

### BENCH PRESS

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 53               | 0.0        |                  |      |          |
| 59               | 95.0       | minimum standard |      |          |
| 66               | 105.0      | minimum standard |      |          |
| 74               | 115.0      | minimum standard |      |          |
| 83               | 122.5      | minimum standard |      |          |
| 93               | 130.0      | minimum standard |      |          |
| 105              | 135.0      | minimum standard |      |          |
| 120              | 142.5      | minimum standard |      |          |
| 120+             | 145.0      | minimum standard |      |          |

### DEADLIFT

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location       |
|------------------|------------|------------------|-------------|----------------|
| 53               | 115.0      | minimum standard |             |                |
| 59               | 130.0      | minimum standard |             |                |
| 66               | 142.5      | minimum standard |             |                |
| 74               | 155.0      | minimum standard |             |                |
| 83               | 172.5      | Tristin Davies   | 2013 Nov 2  | Abbotsford, BC |
| 93               | 177.5      | minimum standard |             |                |
| 105              | 187.5      | minimum standard |             |                |
| 120              | 272.5      | Jake McMillan    | 2011 Feb 13 | Vancouver, BC  |
| 120+             | 197.5      | minimum standard |             |                |

### TOTAL

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location       |
|------------------|------------|------------------|-------------|----------------|
| 53               | 297.5      | minimum standard |             |                |
| 59               | 332.5      | minimum standard |             |                |
| 66               | 365.0      | minimum standard |             |                |
| 74               | 397.5      | minimum standard |             |                |
| 83               | 462.5      | Tristin Davies   | 2013 Nov 2  | Abbotsford, BC |
| 93               | 455.0      | minimum standard |             |                |
| 105              | 480.0      | minimum standard |             |                |
| 120              | 680.0      | Jake McMillan    | 2011 Feb 13 | Vancouver, BC  |
| 120+             | 505.0      | minimum standard |             |                |

### BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name             | Date | Location |
|------------------|------------|------------------|------|----------|
| 53               | 87.5       | minimum standard |      |          |
| 59               | 97.5       | minimum standard |      |          |
| 66               | 107.5      | minimum standard |      |          |
| 74               | 117.5      | minimum standard |      |          |
| 83               | 127.5      | minimum standard |      |          |
| 93               | 135.0      | minimum standard |      |          |
| 105              | 142.5      | minimum standard |      |          |
| 120              | 147.5      | minimum standard |      |          |
| 120+             | 150.0      | minimum standard |      |          |



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - JUNIOR



### SQUAT

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location      |
|------------------|------------|------------------|-------------|---------------|
| 53               | 145.0      | minimum standard |             |               |
| 59               | 162.5      | minimum standard |             |               |
| 66               | 177.5      | minimum standard |             |               |
| 74               | 195.0      | minimum standard |             |               |
| 83               | 235.0      | Mehar Bhogal     | 2017 Mar 18 | Saguenay, QC  |
| 93               | 262.5      | Blake Taylor     | 2019 Jan 19 | Vancouver, BC |
| 105              | 235.0      | minimum standard |             |               |
| 120              | 337.5      | William Buhler   | 2020 Mar 03 | Winnipeg, MB  |
| 120+             | 260.0      | Michael Cho      | 2011 Nov 06 | Vancouver, BC |

### BENCH PRESS

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location     |
|------------------|------------|------------------|-------------|--------------|
| 53               | 105.0      | minimum standard |             |              |
| 59               | 115.0      | minimum standard |             |              |
| 66               | 127.5      | minimum standard |             |              |
| 74               | 140.0      | minimum standard |             |              |
| 83               | 195.5      | Liam Wharton     | 2019 Nov 10 | Victoria, BC |
| 93               | 205.0      | Mehar Bhogal     | 2019 Aug 26 | Regina, SK   |
| 105              | 167.5      | minimum standard |             |              |
| 120              | 233.0      | William Buhler   | 2020 Mar 03 | Winnipeg, MB |
| 120+             | 177.5      | minimum standard |             |              |

### DEADLIFT

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location       |
|------------------|------------|------------------|-------------|----------------|
| 53               | 142.5      | minimum standard |             |                |
| 59               | 157.5      | minimum standard |             |                |
| 66               | 182.5      | Quentin Lund     | 2023 Oct 28 | Abbotsford, BC |
| 74               | 190.0      | minimum standard |             |                |
| 83               | 265.5      | Liam Wharton     | 2019 Nov 10 | Victoria, BC   |
| 93               | 255.0      | Mehar Bhogal     | 2019 Apr 13 | Richmond, BC   |
| 105              | 227.5      | minimum standard |             |                |
| 120              | 285.0      | William Buhler   | 2020 Mar 03 | Winnipeg, MB   |
| 120+             | 290.0      | Michael Cho      | 2011 Nov 06 | Vancouver, BC  |

### TOTAL

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location      |
|------------------|------------|------------------|-------------|---------------|
| 53               | 380.0      | minimum standard |             |               |
| 59               | 422.5      | minimum standard |             |               |
| 66               | 465.0      | minimum standard |             |               |
| 74               | 507.5      | minimum standard |             |               |
| 83               | 686.0      | Liam Wharton     | 2019 Nov 10 | Victoria, BC  |
| 93               | 702.5      | Mehar Bhogal     | 2019 Aug 26 | Regina, SK    |
| 105              | 612.5      | minimum standard |             |               |
| 120              | 855.5      | William Buhler   | 2020 Mar 03 | Winnipeg, MB  |
| 120+             | 715.0      | Michael Cho      | 2011 Nov 06 | Vancouver, BC |

### BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name             | Date        | Location            |
|------------------|------------|------------------|-------------|---------------------|
| 53               | 105.0      | minimum standard |             |                     |
| 59               | 115.0      | minimum standard |             |                     |
| 66               | 127.5      | minimum standard |             |                     |
| 74               | 145.0      | Owen Pite        | 2019 Mar 04 | Ottawa, ON          |
| 83               | 195.5      | Liam Wharton     | 2019 Nov 10 | Victoria, BC        |
| 93               | 220.0      | Mehar Bhogal     | 2019 Oct 25 | Panama City, Panama |
| 105              | 167.5      | minimum standard |             |                     |
| 120              | 233.0      | William Buhler   | 2020 Mar 03 | Winnipeg, MB        |
| 120+             | 177.5      | minimum standard |             |                     |



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER I



### SQUAT

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location     |
|------------------|------------|--------------------|-------------|--------------|
| 59               | 147.5      | minimum standard   |             |              |
| 66               | 162.5      | minimum standard   |             |              |
| 74               | 177.5      | minimum standard   |             |              |
| 83               | 250.0      | Andrew Bryant      | 2017 Mar 18 | Saguenay, QC |
| 93               | 257.5      | Jason Allard       | 2013 Feb 10 | Richmond, BC |
| 105              | 310.5      | Joe Costa Oliveira | 2023 Jun 09 | Langley, BC  |
| 120              | 250.0      | Jonathan Reisinger | 2022 Jun 25 | Langley, BC  |
| 120+             | 225.0      | minimum standard   |             |              |

### BENCH PRESS

| Weight Class(kg) | Weight(kg) | Name               | Date         | Location      |
|------------------|------------|--------------------|--------------|---------------|
| 59               | 107.5      | minimum standard   |              |               |
| 66               | 117.5      | minimum standard   |              |               |
| 74               | 130.0      | minimum standard   |              |               |
| 83               | 220.0      | Barry Antoniw      | 2013 Jun 9   | Richmond, BC  |
| 93               | 167.5      | Jason Allard       | 2013 Feb 10  | Richmond, BC  |
| 105              | 230.0      | Joe Costa Oliveira | 2015 April 6 | St John's, NL |
| 120              | 228.0      | Brian Rock         | 2017 Jun 10  | Surrey, BC    |
| 120+             | 215.0      | Warren Orr         | 2011 Feb 13  | Vancouver, BC |

### DEADLIFT

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location      |
|------------------|------------|--------------------|-------------|---------------|
| 59               | 155.0      | minimum standard   |             |               |
| 66               | 190.0      | Donald Lovell      | 2019 Aug 24 | Victoria, BC  |
| 74               | 188.0      | Donald Lovell      | 2016 Aug 7  | Victoria, BC  |
| 83               | 235.0      | Andrew Bryant      | 2020 Mar 03 | Winnipeg, MB  |
| 93               | 250.0      | Blaine Harrison    | 2011 Feb 13 | Vancouver, BC |
| 105              | 285.0      | Joe Costa Oliveira | 2012 Oct 05 | Killeen, TX   |
| 120              | 250.0      | Jonathan Reisinger | 2022 Jun 25 | Langley, BC   |
| 120+             | 237.5      | minimum standard   |             |               |

### TOTAL

| Weight Class(kg) | Weight(kg) | Name               | Date         | Location      |
|------------------|------------|--------------------|--------------|---------------|
| 59               | 397.5      | minimum standard   |              |               |
| 66               | 440.0      | minimum standard   |              |               |
| 74               | 480.0      | minimum standard   |              |               |
| 83               | 650.0      | Andrew Bryant      | 2017 Mar 18  | Saguenay, QC  |
| 93               | 672.5      | Jason Allard       | 2013 Feb 10  | Richmond, BC  |
| 105              | 820.0      | Joe Costa Oliveira | 2015 April 6 | St John's, NL |
| 120              | 665.0      | Jonathan Reisinger | 2022 Jun 25  | Langley, BC   |
| 120+             | 615.0      | Warren Orr         | 2011 Feb 13  | Vancouver, BC |

### BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name               | Date          | Location        |
|------------------|------------|--------------------|---------------|-----------------|
| 59               | 110.0      | minimum standard   |               |                 |
| 66               | 120.0      | minimum standard   |               |                 |
| 74               | 165.0      | Bill You           | 2012 April 12 | Calgary, AB     |
| 83               | 222.5      | Barry Antoniw      | 2012 April 21 | Denver, CO      |
| 93               | 195.0      | Barry Antoniw      | 2012 April 12 | Calgary, AB     |
| 105              | 230.0      | Joe Costa Oliveira | 2015 April 11 | St. John's, NL  |
| 120              | 277.5      | Scott Robertson    | 2024 May 22   | Austin, TX, USA |
| 120+             | 275.0      | Scott Robertson    | 2024 Mar 21   | St. John's, NL  |



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER II



### SQUAT

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location      |
|------------------|------------|--------------------|-------------|---------------|
| 59               | 110.0      | minimum standard   |             |               |
| 66               | 147.5      | Donald Lovell      | 2019 Aug 24 | Victoria, BC  |
| 74               | 140.0      | Donald Lovell      | 2019 Nov 10 | Victoria, BC  |
| 83               | 250.0      | Andrew Bryant      | 2017 Mar 18 | Saguenay, QC  |
| 93               | 220.0      | Blaine Harrison    | 2011 Feb 13 | Vancouver, BC |
| 105              | 310.5      | Joe Costa Oliveira | 2023 Jun 09 | Langley, BC   |
| 120              | 170.0      | Brian Rock         | 2017 Jun 10 | Surrey, BC    |
| 120+             | 170.0      | minimum standard   |             |               |

### BENCH PRESS

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location       |
|------------------|------------|--------------------|-------------|----------------|
| 59               | 82.5       | minimum standard   |             |                |
| 66               | 90.0       | minimum standard   |             |                |
| 74               | 110.0      | Gable Wang         | 2012 Nov 04 | Abbotsford, BC |
| 83               | 175.0      | Andrew Bryant      | 2016 Feb 19 | Regina, SK     |
| 93               | 120.0      | Blaine Harrison    | 2011 Feb 13 | Vancouver, BC  |
| 105              | 215.0      | Joe Costa Oliveira | 2022 Oct 22 | Abbotsford, BC |
| 120              | 228.0      | Brian Rock         | 2017 Jun 10 | Surrey, BC     |
| 120+             | 125.0      | minimum standard   |             |                |

### DEADLIFT

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location      |
|------------------|------------|--------------------|-------------|---------------|
| 59               | 120.0      | minimum standard   |             |               |
| 66               | 190.0      | Donald Lovell      | 2019 Aug 24 | Victoria, BC  |
| 74               | 188.0      | Donald Lovell      | 2016 Aug 7  | Victoria, BC  |
| 83               | 235.0      | Andrew Bryant      | 2020 Mar 03 | Winnipeg, MB  |
| 93               | 250.0      | Blaine Harrison    | 2011 Feb 13 | Vancouver, BC |
| 105              | 262.5      | Joe Costa Oliveira | 2023 Feb 13 | Richmond, BC  |
| 120              | 180.0      | minimum standard   |             |               |
| 120+             | 185.0      | minimum standard   |             |               |

### TOTAL

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location      |
|------------------|------------|--------------------|-------------|---------------|
| 59               | 295.0      | minimum standard   |             |               |
| 66               | 407.5      | Donald Lovell      | 2016 Jun 26 | Surrey, BC    |
| 74               | 406.0      | Donald Lovell      | 2016 Aug 07 | Victoria, BC  |
| 83               | 650.0      | Andrew Bryant      | 2017 Mar 18 | Saguenay, QC  |
| 93               | 590.0      | Blaine Harrison    | 2011 Feb 13 | Vancouver, BC |
| 105              | 778.0      | Joe Costa Oliveira | 2023 Jun 09 | Langley, BC   |
| 120              | 565.5      | Brian Rock         | 2017 Jun 10 | Surrey, BC    |
| 120+             | 455.0      | minimum standard   |             |               |

### BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name               | Date        | Location        |
|------------------|------------|--------------------|-------------|-----------------|
| 59               | 82.5       | minimum standard   |             |                 |
| 66               | 92.5       | minimum standard   |             |                 |
| 74               | 115.0      | Gable Wang         | 2015 Oct 17 | Abbotsford, BC  |
| 83               | 175.0      | Andrew Bryant      | 2016 Aug 19 | Kamloops, BC    |
| 93               | 185.0      | Andrew Bryant      | 2016 Feb 17 | Regina, SK      |
| 105              | 215.0      | Joe Costa Oliveira | 2022 Oct 22 | Abbotsford, BC  |
| 120              | 277.5      | Scott Robertson    | 2024 May 22 | Austin, TX, USA |
| 120+             | 275.0      | Scott Robertson    | 2024 Mar 21 | St. John's, NL  |



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER III



### SQUAT

| Weight Class(kg) | Weight(kg) | Name          | Date        | Location           |
|------------------|------------|---------------|-------------|--------------------|
| 59               | 0.0        | no minimum    |             |                    |
| 66               | 147.5      | Donald Lovell | 2019 Aug 24 | Victoria, BC       |
| 74               | 140.0      | Donald Lovell | 2019 Nov 10 | Victoria, BC       |
| 83               | 95.0       | Gable Wang    | 2023 Apr 15 | Port Coquitlam, BC |
| 93               | 0.0        | no minimum    |             |                    |
| 105              | 182.5      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC      |
| 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               | 80.0       | Donald Lovell | 2016 Jun 26 | Surrey, BC         |
| 74               | 82.5       | Donald Lovell | 2016 Aug 7  | Victoria, BC       |
| 83               | 95.0       | Gable Wang    | 2023 Apr 15 | Port Coquitlam, BC |
| 93               | 0.0        | no minimum    |             |                    |
| 105              | 120.0      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC      |
| 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               | 190.0      | Donald Lovell | 2019 Aug 24 | Victoria, BC       |
| 74               | 188.5      | Donald Lovell | 2016 Aug 7  | Victoria, BC       |
| 83               | 150.0      | Gable Wang    | 2023 Apr 15 | Port Coquitlam, BC |
| 93               | 0.0        | no minimum    |             |                    |
| 105              | 195.0      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC      |
| 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               | 407.5      | Donald Lovell | 2016 Jun 26 | Surrey, BC         |
| 74               | 406.0      | Donald Lovell | 2016 Aug 7  | Victoria, BC       |
| 83               | 340.0      | Gable Wang    | 2023 Apr 15 | Port Coquitlam, BC |
| 93               | 335.0      | no minimum    |             |                    |
| 105              | 497.5      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC      |
| 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               | 80.0       | Donald Lovell | 2013 Jun 9  | Richmond, BC    |
| 74               | 82.5       | Donald Lovell | 2016 Aug 7  | Victoria, BC    |
| 83               | 132.5      | Marc Vezina   | 2024 May 22 | Austin, TX, USA |
| 93               | 85.0       | Ken Huffman   | 2012 Jan 15 | Vancouver, BC   |
| 105              | 120.0      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC   |
| 120              | 167.5      | Brian Rock    | 2023 Oct 28 | Abbotsford, BC  |
| 120+             | 165.0      | John Quinton  | 2022 Oct 22 | Abbotsford, BC  |



# BRITISH COLUMBIA POWERLIFTING ASSOCIATION

## MEN'S EQUIPPED RECORDS - MASTER IV



### SQUAT

| Weight Class(kg) | Weight(kg) | Name          | Date        | Location      |
|------------------|------------|---------------|-------------|---------------|
| 59               | 0.0        | no minimum    |             |               |
| 66               | 135.0      | Donald Lovell | 2022 Jun 25 | Langley, BC   |
| 74               | 126.0      | Donald Lovell | 2023 Nov 18 | Victoria, BC  |
| 83               | 0.0        | no minimum    |             |               |
| 93               | 0.0        | no minimum    |             |               |
| 105              | 182.5      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC |
| 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 | 2022 Jun 25 | Langley, BC   |
| 74               | 68.0       | Donald Lovell | 2023 Nov 18 | Victoria, BC  |
| 83               | 0.0        | no minimum    |             |               |
| 93               | 0.0        | no minimum    |             |               |
| 105              | 120.0      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC |
| 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               | 175.0      | Donald Lovell | 2022 Jun 25 | Langley, BC   |
| 74               | 180.0      | Donald Lovell | 2023 Nov 18 | Victoria, BC  |
| 83               | 0.0        | no minimum    |             |               |
| 93               | 0.0        | no minimum    |             |               |
| 105              | 195.0      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC |
| 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               | 375.0      | Donald Lovell | 2022 Jun 25 | Langley, BC   |
| 74               | 374.0      | Donald Lovell | 2023 Nov 18 | Victoria, BC  |
| 83               | 0.0        | no minimum    |             |               |
| 93               | 0.0        | no minimum    |             |               |
| 105              | 497.5      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC |
| 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 | 2022 Jun 25 | Langley, BC   |
| 74               | 68.0       | Donald Lovell | 2023 Nov 18 | Victoria, BC  |
| 83               | 0.0        | no minimum    |             |               |
| 93               | 0.0        | no minimum    |             |               |
| 105              | 120.0      | Darshan Gill  | 2011 Jun 12 | Vancouver, BC |
| 120              | 0.0        | no minimum    |             |               |
| 120+             | 0.0        | no minimum    |             |               |