



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'S UNEQUIPPED RECORDS - OPEN



SQUAT

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|-------------------------|-------------|-----------------|
| 47 | 130.0 | Denise Sopena | 2023 Feb 13 | Richmond, BC |
| 52 | 160.0 | Marie Jenevieve Joaquin | 2024 Sep 09 | Summerside, PEI |
| 57 | 155.0 | Tu Le | 2023 Feb 13 | Richmond, BC |
| 63 | 165.5 | Shannon Huff | 2024 Mar 15 | Burnaby, BC |
| 69 | 185.0 | Shannon Huff | 2024 Sep 09 | Summerside, PEI |
| 76 | 187.5 | Lily Riggs | 2024 Sep 09 | Summerside, PEI |
| 84 | 216.5 | Jennifer Luther Thomas | 2024 Sep 09 | Summerside, PEI |
| 84+ | 250.0 | Mackenzie Lee | 2023 Nov 18 | Victoria, BC |

BENCH PRESS

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|-------------------------|-------------|-----------------|
| 47 | 75.5 | Catherine Nguyen | 2024 Jan 20 | Vancouver, BC |
| 52 | 87.5 | Marie Jenevieve Joaquin | 2024 Mar 07 | Moose Jaw, SK |
| 57 | 85.0 | Andrea Stothard | 2023 Feb 13 | Richmond, BC |
| 63 | 97.5 | Diana Foxall | 2024 Jul 27 | Coquitlam, BC |
| 69 | 106.0 | Shannon Huff | 2024 Sep 09 | Summerside, PEI |
| 76 | 116.0 | Emily Wiggins | 2023 Feb 13 | Richmond, BC |
| 84 | 93.5 | Leanne Carson | 2024 Mar 15 | Burnaby, BC |
| 84+ | 150.0 | Mackenzie Lee | 2023 Nov 18 | Victoria, BC |

DEADLIFT

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|-----------------|-------------|-----------------|
| 47 | 160.0 | Denise Sopena | 2023 Feb 13 | Richmond, BC |
| 52 | 180.0 | Mika Chow | 2024 Sep 09 | Summerside, PEI |
| 57 | 181.0 | Andrea Stothard | 2024 Mar 15 | Burnaby, BC |
| 63 | 185.0 | Diana Foxall | 2023 Feb 13 | Richmond, BC |
| 69 | 198.0 | Madison Arnold | 2024 Mar 15 | Burnaby, BC |
| 76 | 200.0 | Madison Arnold | 2022 Apr 30 | Abbotsford, BC |
| 84 | 207.5 | Liza Roik | 2024 Mar 07 | Moose Jaw, SK |
| 84+ | 250.0 | Mackenzie Lee | 2023 Nov 18 | Victoria, BC |

TOTAL

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|-------------------------|-------------|-----------------|
| 47 | 352.5 | Denise Sopena | 2023 Feb 13 | Richmond, BC |
| 52 | 417.5 | Marie Jenevieve Joaquin | 2024 Sep 09 | Summerside, PEI |
| 57 | 398.5 | Andrea Stothard | 2024 Mar 15 | Burnaby, BC |
| 63 | 435.5 | Shannon Huff | 2024 Mar 15 | Burnaby, BC |
| 69 | 478.5 | Shannon Huff | 2024 Sep 09 | Summerside, PEI |
| 76 | 482.5 | Lily Riggs | 2024 Sep 09 | Summerside, PEI |
| 84 | 494.0 | Jennifer Luther Thomas | 2024 Sep 09 | Summerside, PEI |
| 84+ | 650.0 | Mackenzie Lee | 2023 Nov 18 | Victoria, BC |

BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|-------------------------|-------------|-----------------|
| 47 | 75.5 | Catherine Nguyen | 2024 Jan 20 | Vancouver, BC |
| 52 | 87.5 | Marie Jenevieve Joaquin | 2024 Mar 07 | Moose Jaw, SK |
| 57 | 90.0 | Magdalena Kijak | 2019 May 18 | Tokyo, Japan |
| 63 | 97.5 | Diana Foxall | 2024 Jul 27 | Coquitlam, BC |
| 69 | 106.0 | Shannon Huff | 2024 Sep 09 | Summerside, PEI |
| 76 | 116.0 | Emily Wiggins | 2023 Feb 13 | Richmond, BC |
| 84 | 93.5 | Leanne Carson | 2024 Mar 15 | Burnaby, BC |
| 84+ | 150.0 | Mackenzie Lee | 2023 Nov 18 | Victoria, 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 | 82.5 | Zoey Shufflebotham | 2022 Oct 22 | Abbotsford, BC |
| 52 | 90.0 | Kassidy Webster | 2014 Jun 22 | Vancouver, BC |
| 57 | 132.5 | May Xu | 2023 Jan 21 | Vancouver, 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 | 112.5 | Fable Witzaney | 2023 Aug 07 | George Town, KY, GB |
| 84+ | 140.0 | Emma Dengin | 2024 Jun 15 | Kamloops, 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 | 77.5 | May Xu | 2023 Jan 21 | Vancouver, BC |
| 63 | 72.5 | Theresa Li | 2023 Jun 09 | Langley, BC |
| 69 | 80.0 | Georgia Kulbida | 2022 Jun 25 | Langley, BC |
| 76 | 82.5 | Georgia Kulbida | 2022 Nov 19 | Victoria, BC |
| 84 | 55.0 | Fable Witzaney | 2023 Aug 07 | George Town, KY, GB |
| 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 | 153.0 | May Xu | 2023 Jan 21 | Vancouver, BC |
| 63 | 152.5 | Megan Janes | 2021 Dec 04 | Abbotsford, BC |
| 69 | 135.0 | Francesca Manson | 2022 Nov 19 | Victoria, BC |
| 76 | 143.0 | Rose Cranswick | 2023 May 06 | Kelowna, BC |
| 84 | 117.5 | Fable Witzaney | 2023 Aug 07 | George Town, KY, GB |
| 84+ | 182.5 | Emma Dengin | 2024 Jun 15 | Kamloops, 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 | 363.0 | May Xu | 2023 Jan 21 | Vancouver, 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 | 285.0 | Fable Witzaney | 2023 Aug 07 | George Town, KY, GB |
| 84+ | 395.0 | Emma Dengin | 2024 Jun 15 | Kamloops, 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 | 77.5 | May Xu | 2023 Jan 21 | Vancouver, BC |
| 63 | 72.5 | Theresa Li | 2023 Jun 09 | Langley, BC |
| 69 | 80.0 | Georgia Kulbida | 2022 Jun 25 | Langley, BC |
| 76 | 82.5 | Georgia Kulbida | 2022 Nov 19 | Victoria, BC |
| 84 | 55.0 | Fable Witzaney | 2023 Aug 07 | George Town, KY, GB |
| 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 | 137.5 | Giovana Palacios Toledo | 2024 Aug 28 | St. Paul's Bay, MT |
| 57 | 142.5 | Neha Uppin | 2024 Sep 09 | Summerside, PEI |
| 63 | 157.5 | Alison Kam | 2017 Jun 19 | Minsk, BY |
| 69 | 156.5 | Isabel Rapier | 2024 May 25 | Nanaimo, BC |
| 76 | 160.0 | Lily Riggs | 2021 Nov 13 | Richmond, BC |
| 84 | 165.5 | Liza Roik | 2022 Oct 22 | Abbotsford, BC |
| 84+ | 192.5 | Deaunte Nelson | 2024 Aug 04 | Scottsdale, AZ |

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 | 77.5 | Giovana Palacios Toledo | 2024 Aug 28 | St. Paul's Bay, MT |
| 57 | 80.0 | Jesse Rae Kelly | 2016 Aug 19 | Kamloops, BC |
| 63 | 90.0 | Megan Janes | 2022 Dec 04 | Auckland, NZ |
| 69 | 94.0 | Kiana Delsouz | 2024 Mar 15 | Burnaby, 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 | 176.5 | Madison Shiyuk | 2024 May 25 | Nanaimo, BC |
| 76 | 182.5 | Ariana Oprea | 2023 Oct 28 | Abbotsford, 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 | 380.0 | Giovana Palacios Toledo | 2024 Aug 28 | St. Paul's Bay, MT |
| 57 | 376.0 | Fiona Chen | 2022 Nov 19 | Victoria, BC |
| 63 | 415.0 | Alison Kam | 2017 Nov 18 | Abbotsford, BC |
| 69 | 417.0 | Kiana Delsouz | 2024 Mar 15 | Burnaby, BC |
| 76 | 430.5 | Emily Wiggins | 2021 Nov 13 | Richmond, BC |
| 84 | 447.5 | Olivia Lim | 2018 Feb 21 | Calgary, AB |
| 84+ | 465.0 | Deaunte Nelson | 2024 Aug 04 | Scottsdale, AZ |

BENCH PRESS ONLY

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|-------------------------|-------------|---------------------|
| 43 | 44.0 | Liselle Wong | 2022 Jun 25 | Langley, BC |
| 47 | 53.0 | Zoey Shufflebotham | 2024 Jul 27 | Coquitlam, BC |
| 52 | 77.5 | Giovana Palacios Toledo | 2024 Aug 28 | St. Paul's Bay, MT |
| 57 | 80.0 | Jesse Rae Kelly | 2016 Aug 19 | Kamloops, BC |
| 63 | 90.0 | Megan Janes | 2022 Dec 04 | Auckland, NZ |
| 69 | 94.0 | Kiana Delsouz | 2024 Mar 15 | Burnaby, 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 | 75.0 | Monica Ma | 2024 Sep 09 | Summerside, PEI |
| 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 | 120.5 | Kimberly Vernon-Jarvis | 2024 Jun 15 | Kamloops, BC |
| 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 | 85.0 | Cynthia Leighton | 2024 Jun 15 | Kamloops, 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 | 188.0 | Amelie Mayo | 2023 Feb 13 | Richmond, BC |
| 76 | 192.5 | Amelie Mayo | 2024 Oct 04 | Sun City, ZA |
| 84 | 167.5 | Mary Ann Middleton | 2019 Oct 12 | New Westminster, BC |
| 84+ | 202.5 | Kristine Bayntun | 2024 Sep 09 | Summerside, PEI |

TOTAL

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|--------------------|-------------|-----------------|
| 47 | 207.5 | Monica Ma | 2024 Sep 09 | Summerside, PEI |
| 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 | 363.0 | Amelie Mayo | 2023 Feb 13 | Richmond, BC |
| 76 | 375.0 | Amelie Mayo | 2024 Oct 04 | Sun City, ZA |
| 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 | 92.5 | Cynthia Leighton | 2024 May 22 | Austin, TX, USA |
| 69 | 85.0 | Cynthia Leighton | 2024 Jun 15 | Kamloops, BC |
| 76 | 75.0 | Teresa Gilman | 2024 Jul 27 | Coquitlam, BC |
| 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 | 75.0 | Monica Ma | 2024 Sep 09 | Summerside, PEI |
| 52 | 107.5 | Jacque Sandu | 2012 Apr 12 | Calgary, AB |
| 57 | 105.0 | Theresa Kwan | 2024 Oct 04 | Sun City, ZA |
| 63 | 120.0 | Tonya Motyka | 2020 Mar 03 | Winnipeg, MB |
| 69 | 112.5 | Tonya Motyka | 2022 Jun 25 | Langley, BC |
| 76 | 115.0 | Amelie Mayo | 2024 Mar 07 | Moose Jaw, SK |
| 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 | 65.0 | Shauna Hammer | 2024 Sep 09 | Summerside, PEI |
| 63 | 60.0 | Wendy Yamazaki | 2024 Mar 15 | Burnaby, BC |
| 69 | 72.5 | Tonya Motyka | 2022 Jun 25 | Langley, BC |
| 76 | 67.5 | Amelie Mayo | 2024 Oct 04 | Sun City, ZA |
| 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 | 150.0 | Theresa Kwan | 2024 Mar 07 | Moose Jaw, SK |
| 63 | 147.5 | Tonya Motyka | 2020 Mar 03 | Winnipeg, MB |
| 69 | 140.5 | Neilane Mayhew | 2024 Mar 15 | Burnaby, BC |
| 76 | 192.5 | Amelie Mayo | 2024 Oct 04 | Sun City, ZA |
| 84 | 162.5 | Katherine Lawrence | 2023 Feb 13 | Richmond, BC |
| 84+ | 180.0 | Bonney Rempel | 2018 Feb 20 | Calgary, AB |

TOTAL

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|--------------------|-------------|-----------------|
| 47 | 207.5 | Monica Ma | 2024 Sep 09 | Summerside, PEI |
| 52 | 320.0 | Jacque Sandu | 2012 Apr 12 | Calgary, AB |
| 57 | 312.5 | Theresa Kwan | 2024 Aug 04 | Scottsdale, AZ |
| 63 | 320.0 | Tonya Motyka | 2020 Mar 03 | Winnipeg, MB |
| 69 | 325.0 | Tonya Motyka | 2022 Jun 25 | Langley, BC |
| 76 | 375.0 | Amelie Mayo | 2024 Oct 04 | Sun City, ZA |
| 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 | 67.5 | Shauna Hammer | 2024 May 22 | Austin, TX, USA |
| 63 | 60.0 | Wendy Yamazaki | 2024 Mar 15 | Burnaby, BC |
| 69 | 72.5 | Tonya Motyka | 2022 Jun 25 | Langley, BC |
| 76 | 75.0 | Teresa Gilman | 2024 Jul 27 | Coquitlam, BC |
| 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 III



SQUAT

| Weight Class(kg) | Weight(kg) | Name | Date | Location |
|------------------|------------|--------------------|-------------|------------------|
| 47 | 75.0 | Monica Ma | 2024 Sep 09 | Summerside, PEI |
| 52 | 0.0 | no minimum | | |
| 57 | 95.0 | Maureen Rea | 2024 Mar 15 | Burnaby, BC |
| 63 | 110.5 | Kelly Wharton | 2024 Mar 07 | Moose Jaw, SK |
| 69 | 100.0 | Erminia Garzitto | 2023 Dec 17 | Pitt Meadows, BC |
| 76 | 92.5 | Joanne Lindemulder | 2023 Feb 13 | Richmond, BC |
| 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 | 57.5 | Kelly Wharton | 2023 Feb 13 | Richmond, BC |
| 69 | 67.5 | Sylvia Stockall-Douglas | 2023 Jun 09 | 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 | 117.5 | Maureen Rea | 2024 Sep 09 | Summerside, PEI |
| 63 | 128.0 | Sharlene Brunjes | 2024 Mar 15 | Burnaby, BC |
| 69 | 122.5 | Sylvia Stockall-Douglas | 2021 Aug 28 | Langley, BC |
| 76 | 125.0 | Stephanie Needham | 2023 Feb 13 | Richmond, 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 | 207.5 | Monica Ma | 2024 Sep 09 | Summerside, PEI |
| 52 | 0.0 | no minimum | | |
| 57 | 250.0 | Maureen Rea | 2023 Aug 10 | Brandon, MB |
| 63 | 290.5 | Kelly Wharton | 2024 Mar 07 | Moose Jaw, SK |
| 69 | 272.5 | Erminia Garzitto | 2023 Dec 17 | Pitt Meadows, BC |
| 76 | 262.5 | Stephanie Needham | 2023 Feb 13 | Richmond, 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 | 67.5 | Sylvia Stockall-Douglas | 2023 Jun 09 | Langley, BC |
| 76 | 65.0 | Sylvia Stockall-Douglas | 2023 Jun 09 | Langley, BC |
| 84 | 85.0 | Monica Wille | 2023 Feb 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 | 93.0 | Sharlene Brunjes | 2024 Mar 15 | Burnaby, BC |
| 69 | 92.5 | Madeline Payne | 2024 Mar 15 | Burnaby, BC |
| 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 | 43.0 | Madeline Payne | 2024 May 25 | Nanaimo, BC |
| 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 | 128.0 | Sharlene Brunjes | 2024 Mar 15 | Burnaby, BC |
| 69 | 106.0 | Madeline Payne | 2024 May 25 | Nanaimo, BC |
| 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 | 263.5 | Sharlene Brunjes | 2024 Mar 15 | Burnaby, BC |
| 69 | 241.5 | Madeline Payne | 2024 May 25 | Nanaimo, BC |
| 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 | 42.5 | Kathlyn Jensen | 2023 Oct 28 | Abbotsford, BC |
| 63 | 57.5 | Patricia Kowal | 2021 Nov 13 | Richmond, BC |
| 69 | 43.0 | Madeline Payne | 2024 May 25 | Nanaimo, BC |
| 76 | 0.0 | no minimum | | |
| 84 | 0.0 | no minimum | | |
| 84+ | 0.0 | no minimum | | |



BRITISH COLUMBIA POWERLIFTING ASSOCIATION

WOMEN'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 | | |
| 43 | 0.0 | no minimum | | |
| 47 | 0.0 | no minimum | | |
| 52 | 0.0 | no minimum | | |
| 57 | 0.0 | no minimum | | |
| 63 | 0.0 | no minimum | | |
| 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 |
|------------------|------------|------------|------|----------|
| 30 | 0.0 | no minimum | | |
| 35 | 0.0 | no minimum | | |
| 40 | 0.0 | no minimum | | |
| 43 | 0.0 | no minimum | | |
| 47 | 0.0 | no minimum | | |
| 52 | 0.0 | no minimum | | |
| 57 | 0.0 | no minimum | | |
| 63 | 0.0 | no minimum | | |
| 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 |
|------------------|------------|------------|------|----------|
| 30 | 0.0 | no minimum | | |
| 35 | 0.0 | no minimum | | |
| 40 | 0.0 | no minimum | | |
| 43 | 0.0 | no minimum | | |
| 47 | 0.0 | no minimum | | |
| 52 | 0.0 | no minimum | | |
| 57 | 0.0 | no minimum | | |
| 63 | 0.0 | no minimum | | |
| 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 |
|------------------|------------|------------|------|----------|
| 30 | 0.0 | no minimum | | |
| 35 | 0.0 | no minimum | | |
| 40 | 0.0 | no minimum | | |
| 43 | 0.0 | no minimum | | |
| 47 | 0.0 | no minimum | | |
| 52 | 0.0 | no minimum | | |
| 57 | 0.0 | no minimum | | |
| 63 | 0.0 | no minimum | | |
| 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 |
|------------------|------------|------------|------|----------|
| 30 | 0.0 | no minimum | | |
| 35 | 0.0 | no minimum | | |
| 40 | 0.0 | no minimum | | |
| 43 | 0.0 | no minimum | | |
| 47 | 0.0 | no minimum | | |
| 52 | 0.0 | no minimum | | |
| 57 | 0.0 | no minimum | | |
| 63 | 0.0 | no minimum | | |
| 69 | 0.0 | no minimum | | |
| 76 | 0.0 | no minimum | | |
| 84 | 0.0 | no minimum | | |
| 84+ | 0.0 | no minimum | | |