

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	268.5	Terrence Tagudar	2025 Feb 23	Moose Jaw, SK
83	276.0	Murad Abbasov	2024 Dec 14	Surrey, BC
93	306.0	Zachary Reimer	2024 Dec 14	Surrey, BC
105	345.0	Matthew Lewis Vena	2023 Jun 09	Langley, BC
120	355.0	Matthew Lewis Vena	2025 Feb 23	Moose Jaw, SK
120+	326.0	Tanner Braaten	2024 Jun 15	Kamloops, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	140.5	Benjamin Yu	2024 Sep 09	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	197.0	Tung Hsuan Yen	2024 Sep 09	Summerside, PEI
93	213.0	Liam Wharton	2024 Mar 07	Moose Jaw, SK
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	242.5	Julian Mok	2024 Mar 07	Moose Jaw, SK
66	277.5	Jake Allison	2018 Feb 21	Calgary, AB
74	310.0	Jeremy Klaus	2025 Feb 23	Moose Jaw, SK
83	317.5	Divine Wekwa	2024 Sep 09	Summerside, PEI
93	355.0	Alexander Ang Wei Rui	2024 Sep 09	Summerside, PEI
105	340.0	Matthew Lewis Vena	2023 Jun 09	Langley, BC
120	352.5	Matthew Lewis Vena	2025 Feb 23	Moose Jaw, SK
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	742.5	Jeremy Klaus	2025 Feb 23	Moose Jaw, SK
83	771.5	Adam Ramzy	2018 Feb 22	Calgary, AB
93	815.0	Alexander Ang Wei Rui	2024 Sep 09	Summerside, PEI
105	867.5	Matthew Lewis Vena	2023 Jun 09	Langley, BC
120	902.5	Matthew Lewis Vena	2025 Feb 23	Moose Jaw, SK
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	197.0	Tung Hsuan Yen	2024 Sep 09	Summerside, PEI
93	213.0	Liam Wharton	2024 Mar 07	Moose Jaw, SK
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	173.0	Hiu Chun Ho	2024 Dec 14	Surrey, BC
66	185.5	Manohar Panesar	2023 Jun 09	Langley, BC
74	232.5	Lyle Babin	2025 Feb 23	Moose Jaw, SK
83	248.0	Lucas Steele	2022 Sep 23	Calgary, AB
93	234.5	Liam Choi	2024 Mar 15	Burnaby, BC
105	280.0	Tate Commandeur	2024 Nov 16	Victoria, BC
120	265.0	Tate Commandeur	2024 Mar 15	Burnaby, 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	175.0	Connor Pryschlak	2024 Feb 17	Langley, BC
105	188.0	Tate Commandeur	2024 Nov 16	Victoria, BC
120	180.5	Tate Commandeur	2024 Mar 15	Burnaby, BC
120+	170.5	Brayden Wanders	2023 Dec 17	Pitt Meadows, BC

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	87.5	minimum standard		
59	205.5	Aaron Shin	2024 Jul 27	Coquitlam, BC
66	230.0	Manohar Panesar	2023 Jun 09	Langley, BC
74	262.5	Lyle Babin	2025 Feb 23	Moose Jaw, SK
83	280.0	Lucas Steele	2022 Sep 23	Calgary, AB
93	273.0	Turner Renard	2024 Jul 27	Coquitlam, BC
105	287.5	Tate Commandeur	2024 Nov 16	Victoria, BC
120	288.0	Tate Commandeur	2024 Sep 09	Summerside, PEI
120+	290.0	Brayden Wanders	2023 Dec 17	Pitt Meadows, BC

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	225.5	minimum standard		
59	445.5	Hiu Chun Ho	2024 Dec 14	Surrey, BC
66	538.0	Manohar Panesar	2023 Jun 09	Langley, BC
74	637.5	Lyle Babin	2025 Feb 23	Moose Jaw, SK
83	670.5	Lucas Steele	2022 Sep 23	Calgary, AB
93	639.5	Liam Choi	2024 Mar 15	Burnaby, BC
105	755.5	Tate Commandeur	2024 Nov 16	Victoria, BC
120	733.5	Tate Commandeur	2024 Sep 09	Summerside, PEI
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	100.0	Riley Aun Camarce	2025 Feb 08	Langley, 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	175.0	Connor Pryschlak	2024 Feb 17	Langley, BC
105	188.0	Tate Commandeur	2024 Nov 16	Victoria, BC
120	180.5	Tate Commandeur	2024 Mar 15	Burnaby, BC
120+	170.5	Brayden Wanders	2023 Dec 17	Pitt Meadows, BC

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	268.5	Terrence Tagudar	2025 Feb 23	Moose Jaw, SK
83	268.0	Terrence Tagudar	2024 Dec 14	Surrey, 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+	312.5	Carsen Phillips	2025 Feb 23	Moose Jaw, SK

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	197.0	Tung Hsuan Yen	2024 Sep 09	Summerside, PEI
93	182.5	Zi Chen	2025 Feb 23	Moose Jaw, SK
105	202.0	Jayden Lucier	2019 Jun 22	Langley, BC
120	210.5	Louis Latour	2023 Aug 07	George Town, KY, GB
120+	200.0	Carsen Phillips	2025 Feb 23	Moose Jaw, SK

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
53	182.5	Christian Brey	2023 Apr 15	Port Coquitlam, BC
59	242.5	Julian Mok	2024 Mar 07	Moose Jaw, SK
66	277.5	Jake Allison	2018 Feb 21	Calgary, AB
74	286.0	Eric Jung	2023 Dec 17	Pitt Meadows, BC
83	305.0	William Tse	2023 Aug 10	Brandon, MB
93	350.5	Josiah Punzalan	2024 Dec 14	Surrey, 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	681.0	Terrence Tagudar	2025 Feb 23	Moose Jaw, SK
83	717.0	Tung Hsuan Yen	2024 Sep 09	Summerside, PEI
93	800.5	Josiah Punzalan	2024 Dec 14	Surrey, 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	197.0	Tung Hsuan Yen	2024 Sep 09	Summerside, PEI
93	183.0	Karlmyk Crisostomo	2023 Dec 17	Pitt Meadows, BC
105	202.0	Jayden Lucier	2019 Jun 22	Langley, BC
120	210.5	Louis Latour	2023 Aug 07	George Town, KY, GB
120+	200.0	Carsen Phillips	2025 Feb 23	Moose Jaw, SK

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	112.5	minimum standard		
66	175.0	Pete Williams	2024 Sep 09	Summerside, PEI
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	132.5	Pete Williams	2024 Sep 09	Summerside, PEI
74	117.5	Wayne Jung	2024 Mar 15	Burnaby, 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	125.0	Kevin Oversby	2024 Feb 17	Langley, BC
66	232.5	Pete Williams	2024 Sep 09	Summerside, PEI
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+	307.5	Matthew Lucas	2025 Feb 23	Moose Jaw, SK

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	300.5	minimum standard		
66	540.0	Pete Williams	2024 Sep 09	Summerside, PEI
74	505.0	Bob Hindley	2016 Jun 26	Surrey, BC
83	610.5	Kevin Weiss	2016 Aug 21	Kamloops, BC
93	662.5	Kenneth Mann	2025 Feb 23	Moose Jaw, SK
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	85.0	minimum standard		
66	132.5	Pete Williams	2024 Sep 09	Summerside, PEI
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

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	230.0	Bradley Mckim	2025 Feb 08	Langley, BC
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+	190.0	Olaf Kilian	2025 Feb 08	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	110.0	Robin Wass	2025 Feb 08	Langley, 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	125.0	Kevin Oversby	2024 Feb 17	Langley, BC
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+	220.0	Olaf Kilian	2025 Feb 08	Langley, BC

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	240.0	Kevin Oversby	2024 Feb 17	Langley, BC
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+	547.5	Olaf Kilian	2025 Feb 08	Langley, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
59	65.0	minimum standard		
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	230.0	Sterling Nering	2025 Feb 23	Moose Jaw, SK
120	232.5	Sterling Nering	2024 Mar 15	Burnaby, BC
120+	176.0	John Quinton	2024 Mar 15	Burnaby, 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	110.0	Robin Wass	2025 Feb 08	Langley, BC
83	127.5	Darryl Eiji Nakashima	2024 Mar 15	Burnaby, BC
93	125.0	Darryl Nakashima	2023 Dec 17	Pitt Meadows, BC
105	166.0	Sterling Nering	2025 Feb 23	Moose Jaw, SK
120	167.5	Sterling Nering	2024 Mar 15	Burnaby, BC
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	212.5	Darryl Eiji Nakashima	2024 Mar 15	Burnaby, BC
93	240.0	Jack Chin	2019 Nov 10	Victoria, BC
105	250.5	Sterling Nering	2025 Feb 23	Moose Jaw, SK
120	255.0	Sterling Nering	2024 Mar 15	Burnaby, BC
120+	186.0	John Quinton	2024 Mar 15	Burnaby, 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	525.0	Darryl Eiji Nakashima	2024 Mar 15	Burnaby, BC
93	557.5	Walt Dengler	2018 Feb 21	Calgary, AB
105	646.5	Sterling Nering	2025 Feb 23	Moose Jaw, SK
120	655.0	Sterling Nering	2024 Mar 15	Burnaby, BC
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	110.0	Robin Wass	2025 Feb 08	Langley, BC
83	127.5	Darryl Eiji Nakashima	2024 Mar 15	Burnaby, BC
93	125.0	Darryl Nakashima	2023 Dec 17	Pitt Meadows, BC
105	166.0	Sterling Nering	2025 Feb 23	Moose Jaw, SK
120	167.5	Stephen Mahon	2023 Jun 09	Langley, BC
120+	175.0	Steve Mahon	2025 Feb 08	Langley, 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	140.0	Warren Davis	2024 May 25	Nanaimo, BC
93	0.0	no minimum		
105	147.5	Arthur Timm	2024 Oct 26	Abbotsford, 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	2023 Jun 09	Langley, BC
74	110.0	Robin Wass	2025 Feb 08	Langley, BC
83	95.0	Warren Brent Davis	2022 Jun 25	Langley, BC
93	0.0	no minimum		
105	120.0	Arthur Timm	2025 Feb 23	Moose Jaw, SK
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	180.0	Warren Davis	2024 May 25	Nanaimo, BC
93	0.0	no minimum		
105	185.0	Arthur Timm	2024 Oct 26	Abbotsford, 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	350.0	Donald Lovell	2023 Jun 09	Langley, BC
74	387.5	Warren Brent Davis	2023 Feb 13	Richmond, BC
83	415.0	Warren Davis	2024 May 25	Nanaimo, BC
93	0.0	no minimum		
105	447.5	Arthur Timm	2024 Oct 26	Abbotsford, 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	2023 Jun 09	Langley, BC
74	110.0	Robin Wass	2025 Feb 08	Langley, BC
83	95.0	Warren Brent Davis	2022 Jun 25	Langley, BC
93	0.0	no minimum		
105	120.0	Arthur Timm	2025 Feb 23	Moose Jaw, SK
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	62.5	Luca Anastasio	2024 Jun 15	Kamloops, BC
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	52.5	Luca Anastasio	2024 Jun 15	Kamloops, BC
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	85.0	Luca Anastasio	2024 Jun 15	Kamloops, BC
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	200.0	Luca Anastasio	2024 Jun 15	Kamloops, BC
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	52.5	Luca Anastasio	2024 Jun 15	Kamloops, BC
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		