

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	183.0	Ariane Jimenez	2025 Feb 23	Moose Jaw, SK
69	188.5	Shannon Huff	2025 Feb 23	Moose Jaw, SK
76	187.5	Lily Riggs	2024 Sep 09	Summerside, PEI
84	218.0	Jennifer Luther Thomas	2025 Feb 23	Moose Jaw, SK
84+	250.0	Mackenzie Lee	2023 Nov 18	Victoria, BC

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	77.5	Catherine Nguyen	2025 Feb 23	Moose Jaw, SK
52	90.0	Marie Jenevieve Joaquin	2025 Feb 23	Moose Jaw, SK
57	88.0	Hannah Southwood	2024 Nov 16	Victoria, BC
63	97.5	Diana Foxall	2024 Jul 27	Coquitlam, BC
69	107.0	Shannon Huff	2025 Feb 23	Moose Jaw, SK
76	116.0	Emily Wiggins	2023 Feb 13	Richmond, BC
84	105.0	Liza Roik	2025 Feb 23	Moose Jaw, SK
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	184.0	Marie Jenevieve Joaquin	2025 Feb 23	Moose Jaw, SK
57	181.0	Andrea Stothard	2024 Mar 15	Burnaby, BC
63	188.0	Madison Shiyuk	2025 Feb 23	Moose Jaw, SK
69	198.0	Madison Arnold	2024 Mar 15	Burnaby, BC
76	200.0	Madison Arnold	2022 Apr 30	Abbotsford, BC
84	227.5	Liza Roik	2025 Feb 23	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	431.5	Marie Jenevieve Joaquin	2025 Feb 23	Moose Jaw, SK
57	398.5	Andrea Stothard	2024 Mar 15	Burnaby, BC
63	435.5	Shannon Huff	2024 Mar 15	Burnaby, BC
69	485.5	Shannon Huff	2025 Feb 23	Moose Jaw, SK
76	482.5	Lily Riggs	2024 Sep 09	Summerside, PEI
84	535.0	Liza Roik	2025 Feb 23	Moose Jaw, SK
84+	650.0	Mackenzie Lee	2023 Nov 18	Victoria, BC

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	77.5	Catherine Nguyen	2025 Feb 23	Moose Jaw, SK
52	90.0	Marie Jenevieve Joaquin	2025 Feb 23	Moose Jaw, SK
57	90.0	Magdalena Kijak	2019 May 18	Tokyo, Japan
63	97.5	Diana Foxall	2024 Jul 27	Coquitlam, BC
69	107.0	Shannon Huff	2025 Feb 23	Moose Jaw, SK
76	116.0	Emily Wiggins	2023 Feb 13	Richmond, BC
84	105.0	Liza Roik	2025 Feb 23	Moose Jaw, SK
84+	150.0	Mackenzie Lee	2023 Nov 18	Victoria, BC

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
43	55.0	Ava Nering	2019 Jan 19	Vancouver, BC
47	82.5	Zoey Shufflebotham	2022 Oct 22	Abbotsford, BC
52	90.0	Kassidy Webster	2014 Jun 22	Vancouver, BC
57	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	160.0	Emma Dengin	2025 Feb 23	Moose Jaw, SK
84+	160.0	Emma Dengin	2024 Dec 14	Surrey, 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	77.5	Sienna Mainzer	2025 May 03	Kamloops, BC
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	184.0	Emma Dengin	2025 Feb 23	Moose Jaw, SK
84+	183.0	Emma Dengin	2024 Dec 14	Surrey, 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	419.0	Emma Dengin	2025 Feb 23	Moose Jaw, SK
84+	413.0	Emma Dengin	2024 Dec 14	Surrey, 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	77.5	Sienna Mainzer	2025 May 03	Kamloops, BC
84+	87.5	Natasha Klair	2021 Nov 13	Richmond, BC

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	183.0	Ariane Jimenez	2025 Feb 23	Moose Jaw, SK
69	182.5	Ariane Jimenez	2024 Oct 26	Abbotsford, BC
76	175.0	Ariana Oprea	2025 Feb 23	Moose Jaw, SK
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	90.5	Sophie Paridaen Van Veen	2024 Dec 14	Surrey, 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	171.5	Giovana Palacios	2024 Nov 16	Victoria, BC
63	188.0	Madison Shiyuk	2025 Feb 23	Moose Jaw, SK
69	189.5	Madison Shiyuk	2025 Apr 26	Nanaimo, BC
76	197.5	Ariana Oprea	2024 Nov 16	Victoria, 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	379.0	Giovana Palacios	2024 Nov 16	Victoria, BC
63	428.0	Madison Shiyuk	2025 Feb 23	Moose Jaw, SK
69	434.5	Madison Shiyuk	2025 Apr 26	Nanaimo, BC
76	452.5	Ariana Oprea	2025 Feb 23	Moose Jaw, SK
84	447.5	Olivia Lim	2018 Feb 21	Calgary, AB
84+	475.0	Deaunte Nelson	2025 Feb 23	Moose Jaw, SK

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	90.5	Sophie Paridaen Van Veen	2024 Dec 14	Surrey, BC
84+	95.0	Bianca Broadbent	2016 Oct 15	Abbotsford, BC

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	87.5	Donna Lenetsky	2024 Nov 16	Victoria, BC
52	107.5	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	130.0	Cynthia Leighton	2020 Mar 03	Winnipeg, MB
63	137.5	Amanda Hollerin	2025 Feb 23	Moose Jaw, SK
69	122.5	Kimberly Vernon-Jarvis	2025 Feb 23	Moose Jaw, SK
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	45.0	Donna Lenetsky	2024 Nov 16	Victoria, BC
52	62.5	Jacquie 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	73.0	Carmela Smythe	2024 Oct 26	Abbotsford, BC
84	85.0	Monica Wille	2018 Sep 7	Edmonton, AB
84+	110.0	Bonney Rempel	2017 Jun 15	Minsk, BY

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	112.5	Donna Lenetsky	2024 Dec 14	Surrey, BC
52	150.0	Jacquie 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	198.5	Amelie Mayo	2025 Feb 23	Moose Jaw, SK
84	170.0	Morgan Haupt	2025 Feb 23	Moose Jaw, SK
84+	202.5	Kristine Bayntun	2024 Sep 09	Summerside, PEI

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	242.5	Donna Lenetsky	2024 Nov 16	Victoria, BC
52	320.0	Jacquie 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	387.5	Morgan Haupt	2025 Feb 23	Moose Jaw, SK
84+	465.0	Kristine Bayntun	2025 Feb 23	Moose Jaw, SK

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	45.0	Donna Lenetsky	2024 Nov 16	Victoria, BC
52	62.5	Jacquie 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

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	75.0	Monica Ma	2024 Sep 09	Summerside, PEI
52	107.5	Jacquie 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	115.0	Neilane Mayhew	2025 Feb 23	Moose Jaw, SK
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	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	67.5	Shauna Hammer	2025 Feb 23	Moose Jaw, SK
63	60.5	Katherine O'Regan	2025 Apr 26	Nanaimo, 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	106.0	Monica Ma	2025 Feb 23	Moose Jaw, SK
52	155.0	Jacquie 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	142.5	Neilane Mayhew	2025 Feb 23	Moose Jaw, SK
76	198.5	Amelie Mayo	2025 Feb 23	Moose Jaw, SK
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	214.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
52	320.0	Jacquie 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	Jacquie Sandu	2012 Apr 12	Calgary, AB
57	67.5	Shauna Hammer	2024 May 22	Austin, TX, USA
63	60.5	Katherine O'Regan	2025 Apr 26	Nanaimo, 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

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+	117.5	Margot Croft	2025 Feb 23	Moose Jaw, SK

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	106.0	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	214.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	35.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
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

SQUAT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	73.0	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	65.0	Sally Murphy	2025 Apr 26	Nanaimo, BC
84+	0.0	no minimum		

BENCH PRESS

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	42.5	Sally Murphy	2025 Apr 26	Nanaimo, BC
84+	0.0	no minimum		

DEADLIFT

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	106.0	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	92.5	Sally Murphy	2025 Apr 26	Nanaimo, BC
84+	0.0	no minimum		

TOTAL

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	214.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	200.0	Sally Murphy	2025 Apr 26	Nanaimo, BC
84+	0.0	no minimum		

BENCH PRESS ONLY

Weight Class(kg)	Weight(kg)	Name	Date	Location
47	35.5	Monica Ma	2025 Feb 23	Moose Jaw, SK
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	42.5	Sally Murphy	2025 Apr 26	Nanaimo, BC
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		