

100%RAW Powerlifting Canada

BC Provincial Records

Single Lift - Bench Press and Deadlift

Updated 2025Aug19

<u>Female 44 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			40.0	Jorgia Watson - 2018
11 and under			40.0	Jorgia Watson - 2018

<u>Female 48 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Female 52 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Female 56 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
14-15				

<u>Female 60 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	62.5	Karen Ogilvie - 2017	137.5	Karen Ogilvie - 2017
14-15	40.5	Aspen Parker - 2018	100.5	Aspen Parker - 2018
40-44	62.5	Karen Ogilvie - 2017	137.5	Karen Ogilvie - 2017

<u>Female 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			127.5	Andrea Kilroy - 2019
35-39			127.5	Andrea Kilroy - 2019

<u>Female 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	32.5	Patricia Gavins - 2015		
60-64	32.5	Patricia Gavins - 2015		

<u>Female 82.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Female 90 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Female 90+ kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	65.0	Kristan Stewart - 2017	115.0	Kristan Stewart - 2017
35-39	65.0	Kristan Stewart - 2017	115.0	Kristan Stewart - 2017

<u>Male 48 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			50.0	Seth Watson - 2018
11 and under			50.0	Seth Watson - 2018

<u>Male 52 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
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<u>Male 56 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<u>Male 60 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	67.5	Luca Anastasio - BC'25		
14-15	67.5	Luca Anastasio - BC'25		
<u>Male 67.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<u>Male 75 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	65.0	Alan Day - 2016	182.5	Ross Parker - 2018
18-19			182.5	Ross Parker - 2018
90+	65.0	Alan Day - 2016		
<u>Male 82.5 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	108.0	Angelo Anastasio Sr. - BC'25		
60-64	108.0	Angelo Anastasio Sr. - BC'25		
Law/Fire/Mil	108.0	Angelo Anastasio Sr. - BC'25		
<u>Male 90 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			227.5	Shayne Parker - 2018
45-49			227.5	Shayne Parker - 2018
Law/Fire/Mil			227.5	Shayne Parker - 2018
<u>Male 100 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	115.0	Marek Mathias - 2022		
65-69	115.0	Marek Mathias - 2022		
70-74	115.0	Marek Mathias - 2023		
<u>Male 110 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	137.5	Geoff Park - 2017	215.0	Rob Wilkins - 2019
20-24	137.5	Geoff Park - 2017		
35-39			215.0	Rob Wilkins - 2019
65-69	120.0	Marek Mathias - 2019		
<u>Male 125 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN			225.0	Isaiah Wolf
<u>Male 140 kg CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
<u>Male SHW CLASS</u>	<u>BENCH PRESS (kg)</u>		<u>DEADLIFT (kg)</u>	
OPEN	135.0	Michael Bennett - 2017		
40-44	135.0	Michael Bennett - 2017		