



WOMEN'S PROVINCIAL POWERLIFTING RECORDS

SQUAT	NAME	RECORD KG	TEAM	COMPETITION
47	Rebecca Harper	70	WESTISLE	Provincials 2022-23
52	Ella Hudson	82,5	WESTISLE	Provincials 2021-22
57	Anna Arsenault	95	WESTISLE	Provincials 2023-24
63	Keira Millar	120	WESTISLE	Provincials 2021-22
69	Emma McMillan	115	BLUEFIELD	Provincials 2023-24
76	Vanessa Keefe	130	GRAY	Provincials 2021-22
84	Lily MacPhee	150	LA-BELLE-CLOCHE	Provincials 2021-22
84+	Megan Moase	172,5	KISH	Qualifer 2023-24
BENCH	NAME	RECORD KG	TEAM	COMPETITION
47	Emmerson Bohan	32,5	FRANÇOIS-BUOTE	Provincials 2023-24
52	Ella Hudson	47,5	WESTISLE	Qualifier 2022-23
57	Ella Hudson	52,5	WESTISLE	Provincials 2022-23
63	Kayce Midgley	62,5	FRANÇOIS-BUOTE	Provincials 2023-24
69	Ria Johnson	67,5	GRAY	Qualifier 2021-22
76	Vanessa Keefe	82,5	GRAY	Provincials 2021-22
84	Vanessa Keefe	72,5	GRAY	Qualifier 2021-22
84+	Rachael Arsenault	82,5	WESTISLE	Provincials 2023-24
DEADLIFT	NAME	RECORD KG	TEAM	COMPETITION
47	Emmerson Bohan	82,5	FRANÇOIS-BUOTE	Provincials 2023-24
52	April Deng	110	GRAY	Provincials 2021-22
57	Ella Hudson	120	WESTISLE	Provincials 2022-23
63	Keira Millar	137,5	WESTISLE	Qualifier 2021-22
69	Ria Johnson	137,5	GRAY	Qualifier 2021-22
76	Ria Johnson	162,5	GRAY	Provincials 2021-22
84	Olivia Allen	147,5	LA-BELLE-CLOCHE	Provincials 2023-24
84+	Megan Moase	192,5	KISH	Qualifier 2023-24
TOTAL	NAME	RECORD KG	TEAM	COMPETITION
47	Rebecca Harper	182,5	WESTISLE	Provincials 2022-23
52	Ella Hudson	237,5	WESTISLE	Qualifier 2022-23
57	Ella Hudson	265	WESTISLE	Provincials 2022-23
63	Keira Millar	312,5	WESTISLE	Qualifier 2021-22
69	Ria Johnson	305	GRAY	Qualifier 2021-22
76	Ria Johnson	362,5	GRAY	Provincials 2021-22
84	Lily MacPhee	350	LA-BELLE-CLOCHE	Provincials 2021-22
84+	Megan Moase	442,5	KISH	Qualifier 2023-24
TOP LIFTERS	NAME	RECORD WILKS 2.0	TEAM	COMPETITION
1	Megan Moase	446,48	KISH	Qualifier 2023-24
2	Ria Johnson	433,33	GRAY	Provincials 2021-22
3	Rachael Arsenault	423,95	WESTISLE	Provincials 2023-24
4	Vanessa Keefe	421,48	GRAY	Provincials 2021-22
5	Keira Millar	406,92	WESTISLE	Qualifier 2021-22



MEN'S PROVINCIAL POWERLIFTING RECORDS

SQUAT	LIFTER	RECORD KG	TEAM	COMPETITION
59	Noah Arsenault	130	BLUEFIELD	Qualifier 2023-24
66	Leon Xu	152,5	GRAY	Provincials 2023-24
74	Allen Torrenueva	182,5	FRANÇOIS-BUOTE	Qualifier 2022-23
83	Allen Torrenueva	222,5	FRANÇOIS-BUOTE	Qualifier 2023-24
93	Kale Wood	195	TOSH	Provincials 2021-22
105	Allister Gallant	227,5	FRANÇOIS-BUOTE	Provincials 2022-23
120	Owen Cousins	160	KISH	Provincials 2023-24
120+	Isaac Mosher	112,5	TOSH	Provincials 2022-23
BENCH	LIFTER	RECORD KG	TEAM	COMPETITION
59	Noah Arsenault	97,5	BLUEFIELD	Qualifier 2023-24
66	Noah Arsenault	97,5	BLUEFIELD	Provincials 2023-24
74	Allen Torrenueva	120	FRANÇOIS-BUOTE	Qualifier 2022-23
83	Allen Torrenueva	127,5	FRANÇOIS-BUOTE	Provincials 2022-23
93	Mason Mackenzie	117,5	FRANÇOIS-BUOTE	Provincials 2023-24
105	Allister Gallant	127,5	FRANÇOIS-BUOTE	Qualifier 2022-23
120	Owen Cousins	120	KISH	Provincials 2023-24
120+	Fred MacLean	70	MRHS	Qualifier 2023-24
DEADLIFT	LIFTER	RECORD KG	TEAM	COMPETITION
59	Noah Arsenault	150	BLUEFIELD	Qualifier 2023-24
66	Leon Xu	182,5	GRAY	Qualifier 2022-23
74	Allen Torrenueva	220	FRANÇOIS-BUOTE	Qualifier 2022-23
83	Allen Torrenueva	252,5	FRANÇOIS-BUOTE	Qualifier 2023-24
93	Kale Wood	235	TOSH	Provincials 2021-22
105	Allister Gallant	232,5	FRANÇOIS-BUOTE	Provincials 2022-23
120	Nolan Cooper	190	GRAY	Qualifier 2023-24
120+	Fred MacLean	160	MRHS	Provincials 2023-24
TOTAL	NAME	RECORD KG	TEAM	COMPETITION
59	Noah Arsenault	377,5	BLUEFIELD	Qualifier 2023-24
66	Leon Xu	422,5	GRAY	Qualifier 2022-23
74	Allen Torrenueva	522,5	FRANÇOIS-BUOTE	Qualifier 2022-23
83	Allen Torrenueva	595	FRANÇOIS-BUOTE	Qualifier 2023-24
93	Kale Wood	535	TOSH	Provincials 2021-22
105	Allister Gallant	587,5	FRANÇOIS-BUOTE	Provincials 2022-23
120	Owen Cousins	455	KISH	Provincials 2023-24
120+	Isaac Mosher	332,5	TOSH	Provincials 2022-23
TOP LIFTERS	NAME	RECORD WILKS 2.0	TEAM	COMPETITION
1	Allen Torrenueva	495,39	FRANÇOIS-BUOTE	Provincials 2022-23
2	Lukas Stetson	428,69	KINKORA	Provincials 2023-24
3	Allister Gallant	420,95	FRANÇOIS-BUOTE	Provincials 2022-23
4	Kale Wood	414,46	TOSH	Provincials 2021-22
5	Noah Arsenault	403,78	BLUEFIELD	Provincials 2023-24