



WOMEN'S PROVINCIAL POWERLIFTING RECORDS

SQUAT	NAME	RECORD KG	TEAM	COMPETITION
47	Rebecca Harper	70,0	WestIsle	Provincials 2022-23
52	Ella Hudson	82,5	WestIsle	Provincials 2021-22
57	Anna Arsenaault	95,0	WestIsle	Provincials 2023-24
63	Keira Millar	120,0	WestIsle	Provincials 2021-22
69	Emma McMillan	115,0	BLUEFIELD	Provincials 2022-23/Provincials 2023-24
76	Vanessa Keefe	130,0	GRAY	Provincials 2021-22
84	Lily MacPhee	150,0	ÉLBC	Provincials 2021-22
84+	Rachael Arsenaault	175,0	WestIsle	Provincials 2024-25
BENCH	NAME	RECORD KG	TEAM	COMPETITION
47	Josee Doyle	35,0	ÉFB	Qualifier 2024-25
52	Ella Hudson	47,5	WestIsle	Qualifier 2022-23
57	Ella Hudson	52,5	WestIsle	Provincials 2022-23
63	Kayce Midgley	70,0	ÉFB	Provincials 2024-25
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 Arsenaault	90,0	WestIsle	Qualifier 2024-25/Provincials 2024-25
DEADLIFT	NAME	RECORD KG	TEAM	COMPETITION
47	Josee Doyle/Mya Buote	85,0	ÉFB/WestIsle	Qualifier 2024-25/Provincials 2024-25
52	Ella Hudson/April Deng	110,0	WestIsle/GRAY	Provincials 2021-22/Qualifier 2022-23
57	Ella Hudson	120,0	WestIsle	Provincials 2022-23
63	Keira Millar	137,5	WestIsle	Qualifier 2021-22
69	Olivia Allen	140,0	ÉLBC	Provincials 2024-25
76	Ria Johnson	162,5	GRAY	Provincials 2021-22
84	Morgan Mckenna Ayles	150,0	GRAY	Provincials 2024-25
84+	Megan Moase	192,5	KISH	Qualifier 2023-24
TOTAL	NAME	RECORD KG	TEAM	COMPETITION
47	Josee Doyle	187,5	ÉFB	Qualifier 2024-25
52	Ella Hudson	237,5	WestIsle	Qualifier 2022-23
57	Ella Hudson	265,0	WestIsle	Provincials 2022-23
63	Keira Millar	312,5	WestIsle	Qualifier 2021-22
69	Ria Johnson	305,0	GRAY	Qualifier 2021-22
76	Ria Johnson	362,5	GRAY	Provincials 2021-22
84	Lily MacPhee	350,0	ÉLBC	Provincials 2021-22
84+	Rachael Arsenaault	447,5	WestIsle	Provincials 2024-25
TOP LIFTERS	NAME	RECORD WILKS 2.0	TEAM	COMPETITION
1	Rachael Arsenaault	462,69	WestIsle	Provincials 2024-25
2	Megan Moase	446,48	KISH	Qualifier 2023-24
3	Ria Johnson	433,33	GRAY	Provincials 2021-22
4	Vanessa Keefe	421,48	GRAY	Provincials 2021-22
5	Keira Millar	395,57	WestIsle	Provincials 2021-22

*Updated 2025-02-21



MEN'S PROVINCIAL POWERLIFTING RECORDS

SQUAT	LIFTER	RECORD KG	TEAM	COMPETITION
59	Noah Arsenault	130,0	BLUEFIELD	Qualifer 2023-24
66	Leon Xu	152,5	GRAY	Provincials 2023-24/Qualifier 2022-23
74	Allen Torrenueva	182,5	ÉFB	Qualifier 2022-23
83	Allen Torrenueva	222,5	ÉFB	Qualifier 2023-24
93	Jessie Bryant-Hunter	210,0	TOSH	Provincials 2024-25
105	Allister Gallant	227,5	ÉFB	Provincials 2022-23
120	Wyatt McCormick	170,0	KISH	Qualifier 2024-25
120+	Wyatt McCormick	175,0	KISH	Provincials 2024-25
BENCH	LIFTER	RECORD KG	TEAM	COMPETITION
59	Noah Arsenault	97,5	BLUEFIELD	Qualifier 2023-24
66	Matthew Campbell	115,0	Morell	Provincials 2024-25
74	Allen Torrenueva	120,0	ÉFB	Qualifier 2022-23
83	Allen Torrenueva	127,5	ÉFB	Provincials 2022-23
93	Jessie Bryant-Hunter	142,5	TOSH	Provincials 2024-25
105	Allister Gallant/Nickolas Mckinnon	127,5	ÉFB/GRAY	Provincials 2022-23/Qualifier 2022-23
120	Jonah Gogoh	122,5	EFB	Qualifier 2021-22
120+	Wyatt McCormick	107,5	KISH	Provincials 2024-25
DEADLIFT	LIFTER	RECORD KG	TEAM	COMPETITION
59	Jacob MacDonald	165,0	TOSH	Provincials 2024-25
66	Leon Xu	182,5	GRAY	Qualifier 2022-23
74	Aiden Hicken	222,5	Morell	Provincials 2024-25
83	Allen Torrenueva	252,5	ÉFB	Qualifier 2023-24
93	Mason MacKenzie	237,5	ÉFB	Provincials 2024-25
105	Allister Gallant	232,5	ÉFB	Provincials 2022-23
120	Wyatt McCormick	195,0	KISH	Qualifier 2024-25
120+	Wyatt McCormick	205,0	KISH	Provincials 2024-25
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	ÉFB	Qualifier 2022-23
83	Allen Torrenueva	595,0	ÉFB	Qualifier 2023-24
93	Jessie Bryant-Hunter	580,0	TOSH	Provincials 2024-25
105	Allister Gallant	587,5	ÉFB	Provincials 2022-23
120	Wyatt McCormick	467,5	KISH	Qualifier 2024-25
120+	Wyatt McCormick	487,5	KISH	Provincials 2024-25
TOP LIFTERS	NAME	RECORD WILKS 2.0	TEAM	COMPETITION
1	Allen Torrenueva	493,38	ÉFB	Qualifier 2023-24
2	Jessie Bryant-Hunter	443,09	TOSH	Provincials 2024-25
3	Mason MacKenzie	434,61	ÉFB	Provincials 2024-25
4	Lukas Stetson	428,69	Kinkora	Provincials 2023-24
5	Allister Gallant	420,95	ÉFB	Provincials 2022-23

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