

T 3 (18-19)	Kathleen Barclay Macomb, Illinois	11-4-06	92.5	Kathleen Barclay Macomb, Illinois	11-4-06	52.5	Kathleen Barclay Macomb, Illinois	11-4-06	87.5	Kathleen Barclay Macomb, Illinois	11-4-06	232.5
Junior (20-23)	Kathleen Barclay Macomb, Illinois	3-31-07	87.5	Kathleen Barclay Macomb, Illinois	3-31-07	50.0	Kathleen Barclay Macomb, Illinois	3-31-07	90.0	Kathleen Barclay Macomb, Illinois	3-31-07	227.5

Women's 53.0 Kilo Weight Class; ILLINOIS STATE Records, UNEQUIPPED Division:

Division:	SQUAT		Weight In Kilos	BENCH PRESS		Weight In Kilos	DEADLIFT		Weight In Kilos	TOTAL		Weight In Kilos
	Name	Meet Date		Name	Meet Date		Name	Meet Date		Name	Meet Date	
Open												
T 1 (14-15)												
T 2 (16-17)												
T 3 (18-19)												

Women's 55.5 Kilo Weight Class; ILLINOIS STATE Records, UNEQUIPPED Division:

Division:	SQUAT		Weight In Kilos	BENCH PRESS		Weight In Kilos	DEADLIFT		Weight In Kilos	TOTAL		Weight In Kilos
	Name	Meet Date		Name	Meet Date		Name	Meet Date		Name	Meet Date	
Open	Kathleen Barclay Macomb, Illinois	7-8-06	82.5	Kathleen Barclay Macomb, Illinois	7-8-06	52.5	Kathleen Barclay Macomb, Illinois	7-8-06	85.0	Kathleen Barclay Macomb, Illinois	7-8-06	220.0
T 1 (14-15)												
T 3 (18-19)	Kathleen Barclay Macomb, Illinois	7-8-06	82.5	Kathleen Barclay Macomb, Illinois	7-8-06	52.5	Kathleen Barclay Macomb, Illinois	7-8-06	85.0	Kathleen Barclay Macomb, Illinois	7-8-06	220.0
Jr (20-23)	Michelle Lomelino Marquette Hts., IL	2-9-13	70	Michelle Lomelino Marquette Hts., IL	2-9-13	40	Michelle Lomelino Marquette Hts., IL	2-9-13	102.5	Michelle Lomelino Marquette Hts., IL	2-9-13	212.5

Women's 58.5 Kilo Weight Class; ILLINOIS STATE Records, UNEQUIPPED Division:

Division:	SQUAT		Weight In Kilos	BENCH PRESS		Weight In Kilos	DEADLIFT		Weight In Kilos	TOTAL		Weight In Kilos
	Name	Meet Date		Name	Meet Date		Name	Meet Date		Name	Meet Date	
Open	Cynthia F. Alog Skokie, Illinois	8-27-11	105.0	Cynthia F. Alog Skokie, Illinois	8-27-11	67.5	Sophie G. Simmons Macomb, Illinois	11-13-10	140.0	Cynthia F. Alog Skokie, Illinois	8-27-11	305.0
T 1 (14-15)												
T 1 (14-15)												
T 2 (16-17)												
T 3 (18-19)												
Junior (20-23)	Sophie G. Simmons Macomb, Illinois	6-26-10	92.5	Sophie G. Simmons Macomb, Illinois	10-2-10	65.0	Sophie G. Simmons Macomb, Illinois	11-13-10	140.0	Sophie G. Simmons Macomb, Illinois	6-26-10	292.5
M 4	Mary P. Grimm	4-10-10	35.0	Mary P. Grimm	4-10-10	25.0	Mary P. Grimm	4-10-10	72.5	Mary P. Grimm	4-10-10	132.5

(55-59)	Midlothian, Illinois		Midlothian, Illinois		Midlothian, Illinois		Midlothian, Illinois	
Police/Fire Military	Laura Waller 3-31-07 Lake In The Hills, Illinois	90.0	Laura Waller 3-31-07 Lake In The Hills, Illinois	47.5	Laura Waller 8-11-07 Lake In The Hills, Illinois	97.5	Laura Waller 3-31-07 Lake In The Hills, Illinois	232.5

Women's 63.0 Kilo Weight Class; ILLINOIS STATE Records, UNEQUIPPED Division

Division:	SQUAT		Weight In Kilos	BENCH PRESS		Weight In Kilos	DEADLIFT		Weight In Kilos	TOTAL		Weight In Kilos
	Name	Meet Date		Name	Meet Date		Name	Meet Date		Name	Meet Date	
Open	Clair L. Rittenhouse	2-20-10	77.5	Clair L. Rittenhouse	2-20-10	60.0	Clair L. Rittenhouse	2-20-10	92.5	Clair L. Rittenhouse	2-20-10	230.0
T 1 (14-15)	Clair L. Rittenhouse	2-20-10	77.5	Clair L. Rittenhouse	2-20-10	60.0	Clair L. Rittenhouse	2-20-10	92.5	Clair L. Rittenhouse	2-20-10	230.0
T 2 (16-17)												
Junior (20-23)												
M 1 (40-44)												
M 2 (44-49)												
M 9 (80-84)												

Women's 70.0 Kilo Weight Class ILLINOIS STATE Records, UNEQUIPPED Division:

Division:	SQUAT		Weight In Kilos	BENCH PRESS		Weight In Kilos	DEADLIFT		Weight In Kilos	TOTAL		Weight In Kilos
	Name	Meet Date		Name	Meet Date		Name	Meet Date		Name	Meet Date	
Open												
T 1 (14-15)												
T 2 (16-17)												
T 3 (18-19)												
M 1 (40-44)												
M 2 (45-49)												

Women's 80.0 Kilo Weight Class ILLINOIS STATE Records, UNEQUIPPED Division:

Division:	SQUAT		Weight In Kilos	BENCH PRESS		Weight In Kilos	DEADLIFT		Weight In Kilos	TOTAL		Weight In Kilos
	Name	Meet Date		Name	Meet Date		Name	Meet Date		Name	Meet Date	

WOMEN'S UNEQUIPPED Division **SINGLE EVENT** ILLINOIS STATE RECORDS (UPDATED 8-20-2016)

WOMEN'S 44.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State	Meet Date			Name & State	Meet Date			Name & State	Meet Date	
OPEN	Judith M. Gedney Macomb, Illinois	10-20-06	87.5	OPEN				OPEN	Judith M. Gedney Macomb, Illinois	10-22-06	113.0
M 6 (65-69)	Judith M. Gedney Macomb, Illinois	10-20-06	87.5					M 6 (65-69)	Judith M. Gedney Macomb, Illinois	10-22-06	113.0

WOMEN'S 47.5 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State	Meet Date			Name & State	Meet Date			Name & State	Meet Date	
OPEN	Judith M. Gedney Macomb, Illinois	4-23-10	82.5	OPEN	Judith M. Gedney Macomb, Illinois	10-21-06	47.5	OPEN	Judith M. Gedney Macomb, Illinois	4-25-06	113.5
M 6 (65-69)	Judith M. Gedney Macomb, Illinois	4-23-10	82.5	M 6 (65-69)	Judith M. Gedney Macomb, Illinois	10-21-06	47.5	M 6 (65-69)	Judith M. Gedney Macomb, Illinois	4-25-06	113.5
M7 (70-74)					Judith M. Gedney Macomb, Illinois	8-16-2014	40				

WOMEN'S 50.5 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State	Meet Date			Name & State	Meet Date			Name & State	Meet Date	
OPEN				OPEN				OPEN			
								M 3 (50-54)			

WOMEN'S 53.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State	Meet Date			Name & State	Meet Date			Name & State	Meet Date	

WOMEN'S 55.5 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Category	SQUAT Records Name & State Meet Date	Record in Kilos	Category	BENCH PRESS Records Name & State Meet Date	Record in Kilos	Category	DEADLIFT Records Name & State Meet Date	Record in Kilos
OPEN			N			LN		
Junior 20-23)	Antoinett Lane 3-7-15 Macomb, IL	105					Antoinett Lane 3-7-15 Macomb, IL	145

WOMEN'S 58.5 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Category	SQUAT Records Name & State Meet Date	Record in Kilos	Category	BENCH PRESS Records Name & State Meet Date	Record in Kilos	Category	DEADLIFT Records Name & State Meet Date	Record in Kilos
LN	Sophie G. Simmons 2-20-10 Macomb, Illinois	80.0	LN			LN	Sophie G. Simmons 2-20-10 Macomb, Illinois	95.0
T 1 (14-15)			T 1 (14-15)			T 1 (14-15)		
T 2 (16-17)			T 2 (16-17)			T 2 (16-17)		
T 3								
Junior 20-23)	Sophie G. Simmons 2-20-10 Macomb, Illinois	80.0	Junior 20-23)			Junior 20-23)	Sophie G. Simmons 2-20-10 Macomb, Illinois	95.0
M 2 (45-49)			M 2 (45-49)			M 2 (45-49)		

WOMEN'S 63.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Category	SQUAT Records Name & State Meet Date	Record in Kilos	Category	BENCH PRESS Records Name & State Meet Date	Record in Kilos	Category	DEADLIFT Records Name & State Meet Date	Record in Kilos
LN	Kathryn Sullivan 11-7-15	87.5	T 1 (14-15)	Claire Rittenhouse Macomb, Illinois 2-20-10	65.0	T 1 (14-15)	Kathryn Sullivan 11-7-15	107.5
T 1 (14-15)	Claire Rittenhouse Macomb, Illinois 2-20-10	80.0	T 1 (14-15)	Claire Rittenhouse Macomb, Illinois 2-20-10	65.0	T 1 (14-15)	Claire Rittenhouse Macomb, Illinois 2-20-10	97.5
M 1 (40-44)			M 1 (40-44)			M 1 (40-44)		
(45-49)			(45-49)			(45-49)		

WOMEN'S 70.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Category	SQUAT Records Name & State Meet Date	Record in Kilos	Category	BENCH PRESS Records Name & State Meet Date	Record in Kilos	Category	DEADLIFT Records Name & State Meet Date	Record in Kilos
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M 1 (40-44)	Tara Helenthal 3-7-15 Hamilton, IL	80	M 1 (40-44)	Tara Helenthal 3-7-15 Hamilton, IL	55	M 1 (40-44)	Tara Helenthal 11-7-15 Hamilton, IL	122.5
(45-49)			(45-49)			(45-49)		
M 3 (50-54)			M 3 (50-54)			M 3 (50-54)		

WOMEN'S 80.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State Date	Meet			Name & State	Meet Date			Name & State	Meet Date	
Open									Amy Penrod 11-2014 Quincy, IL	90	
M4 (55-59)	Mary Flanagan 8-20-16 Colchester, IL	80	M4 (55-59)	Mary Flanagan 8-20-16 Colchester, IL	35	M4 (55-59)	Mary Flanagan 8-20-16 Colchester, IL	117.5			

WOMEN'S 90.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State Date	Meet			Name & State	Meet Date			Name & State	Meet Date	
N	Jeanna Nicola Heard Chicago, Illinois	11-21-09	92.5	N	Cathy Lynn Martin Quincy, Illinois	5-6-06	77.5	N	Tracy Niehaus Quincy, IL	11-7-15	142.5
M 1 (40-44)					Charla J. Wrenn Good Hope, IL	2-9-13	52.5		Charla J. Wrenn Good Hope, IL	3-9-13	100
(45-49)				(45-49)	Mary A. Blackstone Wonder Lake, Illinois	4-19-08	60.0	(45-49)	Charla J. Wrenn Good Hope, IL	3-5-16	105
				P/F/M	Cathy Lynn Martin Quincy, Illinois	5-6-06	77.5				

WOMEN'S +90.0 kg. Weight Class ILLINOIS STATE SINGLE EVENT RECORDS:

Cate- gory	SQUAT Records		Record in Kilos	Cate- gory	BENCH PRESS Records		Record in Kilos	Cate- gory	DEADLIFT Records		Record in Kilos
	Name & State Date	Meet			Name & State	Meet Date			Name & State	Meet Date	
N	Shelby Assmus Macomb, IL	11-7-15	165	OPEN	Shelby Assmus Macomb, IL	11-7-15	75	OPEN	Shelby Assmus Macomb, IL	11-7-15	155
M 2 (45-49)	Charla J. Wrenn Good Hope, IL	8-20-16	50	M 2 (45-49)	Charla J. Wrenn Good Hope, IL	6-13-15	60	M 2 (45-49)	Charla J. Wrenn Good Hope, IL	8-20-16	92.5