

Weight Class 55.5											
Squat			Bench Press			Deadlift			Total		
Alma Hopkins	M3	73.5	Alma Hopkins	M3	47.5	Alma Hopkins	M3	105	Alma Hopkins	M3	226

Weight Class 58.5											
Squat			Bench Press			Deadlift			Total		
Christina Taylor	O	95	Christina Taylor	O	47.5	Christina Taylor	O	120	Christina Taylor	O	262.5
Heather Endres	M1	92.5	Heather Endres	M1	45	Heather Endres	M1	97.5	Heather Endres	M1	235

Weight Class 63.0											
Squat			Bench Press			Deadlift			Total		
Kaley Rice	O	80	Cheryl Kyle	M3	47.5	Patricia Urban	M4	110	Kaley Rice	O	232.5
Cheryl Kyle	M3	72.5	Patricia Urban	M4	45	Kaley Rice	O	110	Patricia Urban	M4	225
Patricia Urban	M4	70	Louise Miller	M6	43.5	Tammy Browning	M1	107.5	Cheryl Kyle	M3	220.5
Louise Miller	M6	65	Kaley Rice	O	42.5	Cheryl Kyle	M3	103	Tammy Browning	M1	210
Tammy Browning	M1	60	Tammy Browning	M1	42.5	Kate Walker	M6	97.5	Louise Miller	M6	203.5

Weight Class 70.0											
Squat			Bench Press			Deadlift			Total		

Cady Homyen	Ju	122.5	Cady Homyen	Ju	67.5	Cady Homyen	Ju	142.5	Cady Homyen	Ju	332.5
Michell Bareense	O	95	Michell Bareense	O	62.5	Michell Bareense	O	125	Michell Bareense	O	282.5
Brittany Shepard	O	90	Kristin Johnson	O	52.5	Kristin Johnson	O	110	Kristin Johnson	O	237.5
Kristin Johnson	O	75	Caterine Morrison	M6	42.5	Brittany Shepard	O	95	Brittany Shepard	O	225
Caterine Morrison	M6	72.5	Brittany Shepard	O	40	Caterine Morrison	M6	92.5	Caterine Morrison	M6	207.5

Weight Class 80.0											
Squat			Bench Press			Deadlift			Total		
Julie Krause	M1	127.5	Julie Krause	M1	62.5	Julie Krause	M1	160	Julie Krause	M1	350
Kimberly Whitfield	M2	70	Kimberly Whitfield	M2	47.5	Kimberly Whitfield	M2	100	Kimberly Whitfield	M2	217.5

Weight Class 90.0											
Squat			Bench Press			Deadlift			Total		
Tracy Niehaus	O	125	Tracy Niehaus	O	72.5	Tracy Niehaus	O	160	Tracy Niehaus	O	357.5
Andrea Chappellear	M1	85	Andrea Chappellear	M1	55	Andrea Chappellear	M1	155	Andrea Chappellear	M1	295
Meghan Travis	T1	75	Meghan Travis	T1	30	Meghan Travis	T1	110	Meghan Travis	T1	215

Weight Class 90+											
Squat			Bench Press			Deadlift			Total		
Y'Deirdre Greene	O	175	Y'Deirdre Greene	O	115	Y'Deirdre Greene	O	205	Y'Deirdre Greene	O	495
Sara Ringbauer	M2	130	Patricia Benson	M2	77.5	Sara Ringbauer	M2	165	Patricia Benson	M2	360
Patricia Benson	M2	125	Sharri Margraves	M3	77.5	Patricia Benson	M2	157.5	Sara Ringbauer	M2	350
Sharri Margraves	M3	115	Sara Ringbauer	M2	55	Sharri Margraves	M3	145	Sharri Margraves	M3	337.5
Clare Brown	T2	95	Clare Brown	T2	55	Clare Brown	T2	112.5	Clare Brown	T2	262.5

2017 Women's Single Lift Top Lifters

Updated 4/26/2017

Weight Class 44.0								
Squat			Bench Press			Deadlift		

Weight Class 47.5								
Squat			Bench Press			Deadlift		
			Kim Wathen	M3	40			

Weight Class 50.5								
Squat			Bench Press			Deadlift		
			Linda LaFontaine	M6	45			

Weight Class 53.0								
Squat			Bench Press			Deadlift		
Shellaine Frazier	M2	70	Shellaine Frazier	M2	72.5	Shellaine Frazier	M2	122.5
Kerin Anderson	M4	60	Kerin Anderson	M4	52.5	Kerin Anderson	M4	80

Weight Class 55.5								
Squat			Bench Press			Deadlift		
Alma Hopkins	M3	73.5	Alma Hopkins	M3	47.5	Alma Hopkins	M3	105

Weight Class 58.5								
Squat			Bench Press			Deadlift		
Heather Endres	M1	92.5	Heather Endres	M1	45	Heather Endres	M1	97.5
			Sandra James	M6	40	Sandra James	M6	60

Weight Class 63.0								
Squat			Bench Press			Deadlift		
Emily Phillips	T3	77.5	Patrica Urban	M4	45	Kelley James-Jura	O	112.5
Patrica Urban	M4	70	Angela Holloway	M2	42.5	Patrica Urban	M4	110
Louise Miller	M6	62.5	Louise Miller	M6	40	Kate Walker	M6	97.5
Kate Walker	M6	61	Kate Walker	M6	40	Louise Miller	M6	93.5
Angela Holloway	M2	60				Angela Holloway	M2	87.5

Weight Class 70.0								
-------------------	--	--	--	--	--	--	--	--

Squat			Bench Press			Deadlift		
Stephanie Fenimore	O	107.5	Michelle Barese	O	62.5	Antoinette Lane	O	130
Antoinette Lane	O	105	Stephanie Fenimore	O	57.5	Michell Barese	O	125
Michelle Barese	O	95	Catherine Morrison	M6	42.5	Stephanie Fenimore	O	117.5
Mary Flanagan	M4	70	Terry Douglas	M6	35	Mary Flanagan	M4	105
Terry Douglas	M6	37.5	Mary Flanagan	M4	35	Catherine Morrison	M6	92.5

Weight Class 80.0								
Squat			Bench Press			Deadlift		
Beth Perrin	M5	95	Beth Perrin	M5	50	Beth Perrin	M5	112.5
Delsie Bonaparte	M2	75	Delsie Bonaparte	M2	45	Emma DeBoer	T2	102.5
Sarah Thomson	O	60	Sarah Thomson	O	37.5	Sarah Thomson	O	95
						Delsie Bonaparte	M2	92.5

Weight Class 90.0								
Squat			Bench Press			Deadlift		
Rachel Brown	M5	87.5	Heather Buker	O	77.5	Andrea Chapplelear	M1	160
Beth Van Hove	M3	85	Rachel Brown	M5	62.5	Heather Buker	O	155
Andrea Chapplelear	M1	75	Charla Wrenn	M2	62.5	Rachel Brown	M5	130.5
Charla Wrenn	M2	70	Beth Van Hove	M3	60	Judith Naegar	M4	120
			Andrea Chapplelear	M1	52.5	Beth Van Hove	M3	115.5

Weight Class 90+								
Squat			Bench Press			Deadlift		
Sara Ringbauer	M2	135	Sharri Margrave	M3	70	Sara Ringbauer	M2	172.5
Sharri Margrave	M3	120	Sara Ringbauer	M2	60	Mary Rapert	M6	141.5
Clare Brown	T2	100	Mary Rapert	M6	60	Sharri Margrave	M3	130
Keri DeVolder	T1	87.5	Stephanie Wells	M2	55	Clare Brown	T2	125
			Clare Brown	T2	52.5			

Weight Class 75											
Squat			Bench Press			Deadlift			Total		
Bob Herbst	M4	132.5	Bob Herbst	M4	110	Robert White	M6	185	Bob Herbst	M4	400
Robert White	M6	125	Robert White	M6	87.5	Bob Herbst	M4	157.5	Robert White	M6	397.5

Weight Class 82.5											
Squat			Bench Press			Deadlift			Total		
Jeremy Rogers	O	222.5	Jeremy Rogers	O	155	Jeremy Rogers	O	262.5	Jeremy Rogers	O	640
Larry Emerson	M6	155	Brock Weersing	O	112.5	Larry Emerson	M6	218	Larry Emerson	M6	465.5
Adam Cassel	T1	145	Sebastian Foglio	T2	100	Brock Weersing	O	185	Brock Weersing	O	422.5
Sebastian Foglio	T2	135	Larry Emerson	M6	92.5	Sebastian Foglio	T2	175	Sebastian Foglio	T2	410
Brock Weersing	O	125	Adam Cassel	T1	77.5	Adam Cassel	T1	170	Adam Cassel	T1	392.5

Weight Class 90.0											
Squat			Bench Press			Deadlift			Total		
Sam Pagan	M2	220	Sam Pagan	M2	160	James "Guy" Thorne	JR	275	James "Guy" Thorne	JR	647.5
James "Guy" Thorne	JR	220	James "Guy" Thorne	JR	152.5	Sam Pagan	M2	260	Sam Pagan	M2	640
Nick Adado	O	162.5	Nick Adado	O	117.5	Nick Adado	O	227.5	Nick Adado	O	507.5
Damon Young	O	135	Damon Young	O	105	Damon Young	O	165	Damon Young	O	405
Robert Carr	M4	110	Robert Carr	M4	75	Robert Carr	M4	160	Robert Carr	M4	345

Weight Class 100.0											
--------------------	--	--	--	--	--	--	--	--	--	--	--

2017 Men's Single Lift Top Lifters

Updated 4/23/2017

Weight Class 52.0								
Squat			Bench Press			Deadlift		

Weight Class 56.0								
Squat			Bench Press			Deadlift		
Johnathon Wrenn	O	167.5	Johnathon Wrenn	O	100	Johnathon Wrenn	O	172.5

Weight Class 60.0								
Squat			Bench Press			Deadlift		

Weight Class 67.5								
Squat			Bench Press			Deadlift		
Jordan Williams	JR	155	Jordan Williams	JR	80	Jordan Williams	JR	185

Weight Class 75.0								
Squat			Bench Press			Deadlift		
Michael Stagg	M2	182.5	Michael Stagg	M2	145	Lynn Miller	M6	183
Kyle Lopez	T3	120	Lynn Miller	M6	97.5	Kyle Lopez	T3	170
Lynn Miller	M6	107.5	Kyle Lopez	T3	95			

Weight Class 82.5								
Squat			Bench Press			Deadlift		
			Jeremy Rodgers	O	152.5	Jeremy Rodgers	O	267.5
			Cody Green	JR	137.5	Cole Tyring	T2	237.5
			Cole Tyring	T2	92.5	Larry Emerson	M6	218
						Cody Green	JR	212.5

Weight Class 90.0								
Squat			Bench Press			Deadlift		
Stephen Seibel	M5	155	Ron Madison	M1	182.5	Jake Scattone	T3	287.5
			Brandon Jackson	O	165	Brandon Jackson	O	250
			Anthony Brodie	O	160	Anthony Brodie	O	250
			Donovin Davis	O	160	Ron Madison	M1	242.5
			Wayne Nicolen	M5	152.5	Donovin Davis	O	202.5

Weight Class 100.0								
Squat			Bench Press			Deadlift		

Jason St Clair	O	255	Jason St Clair	O	182.5	Jason St Clair	O	267.5
			Patrick Haley	M3	165			
			Jerry Burnett	M4	160			
			Eric Mathis	O	135			
			Eric Mathis	O	130			

Weight Class 110.0								
Squat			Bench Press			Deadlift		
Taylor Epperson	O	237.5	Taylor Epperson	O	165	Pat Tyring	M5	272.5
Tommy Tritschler	JR	205	Tommy Tritschler	JR	137.5	Taylor Epperson	O	235
			Joe Brodski	M7	135	Tommy Tritschler	JR	217.5

Weight Class 125.0								
Marc Kessler	O	265	Marc Kessler	O	217.5	Marc Kessler	O	245
Justin Sproul	O	250	Justin Sproul	O	195	Justin Sproul	O	227.5
Blake Stroud	T1	215	Bruce Edwards	M4	177.5	Blake Stroud	T1	222.5
Jay Von Holten	O	170	Jeff Buchin	M6	172.5	Jay Von Holten	O	205
			Blake Stroud	T1	152.5			

Weight Class 145.0								
Squat			Bench Press			Deadlift		
Derrick Hill	M2	195	William Buckley	M4	192.5	Brian Willis	O	302.5
Gary Krueger	M6	140	Hans Hoag	M1	185	Derrick Hill	M2	235
			Jason Habermel	M2	170	Hans Hoag	M1	227.5
			Derrick Hill	M2	160	Jason Habermel	M2	200
			Gary Krueger	M6	110	Gary Krueger	M6	190

