

Full Power Unequipped American Records Updated 4/26/2017

New Record

Women 44 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39	Judith Gedney MaComb, IL 2005	92.5	Judith Gedney MaComb, IL 11/12/2011	51	Judith Gedney MaComb, IL 11/13/2010	115	Judith Gedney MaComb, IL 2005	250
M1 40-44								
M2 45-49	Becky Steckler Evansville, IN 6/10/2006	30	Becky Steckler Evansville, IN 6/10/2006	32.5	Becky Steckler Evansville, IN 6/10/2006	72.5	Becky Steckler Evansville, IN 6/10/2006	135
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69	Judith Gedney MaComb, IL 2005	92.5	Judith Gedney MaComb, IL 2005	47.5	Judith Gedney MaComb, IL 11/22/2008	113.5	Judith Gedney MaComb, IL 2005	250
M7 70-74	Judith Gedney MaComb, IL 11/13/2010	70	Judith Gedney MaComb, IL 11/12/2011	51	Judith Gedney MaComb, IL 11/13/2010	115	Judith Gedney MaComb, IL 11/13/2010	232.5

M5 60-64								
M6 65-69	Judith Gedney MaComb, IL 11/11/2006	85	Judith Gedney MaComb, IL 11/14/2009	49	Judith Gedney MaComb, IL 11/14/2009	113	Judith Gedney MaComb, IL 11/11/2006	242.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 50.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Sequoya Bacon Dunfermline, IL 11/10/2007	52.5	Sequoya Bacon Dunfermline, IL 11/10/2007	25	Sequoya Bacon Dunfermline, IL 11/10/2007	80	Sequoya Bacon Dunfermline, IL 11/10/2007	157.5
T2 16-17	Rachel Schwartz 11/6/2014	65	Rachel Schwartz 11/6/2014	45	Rachel Schwartz 11/6/2014	92.5	Rachel Schwartz 11/6/2014	202.5
T3 18-19	Kathleen Barclay MaComb, IL 11/4/2006	92.5	Kathleen Barclay MaComb, IL 11/4/2006	52.5	Kathleen Barclay MaComb, IL 11/4/2006	87.5	Kathleen Barclay MaComb, IL 11/4/2006	232.5
Junior 20-23	Kathleen Barclay MaComb, IL 3/31/2007	87.5	Kathleen Barclay MaComb, IL 3/31/2007	50	Kathleen Barclay MaComb, IL 3/31/2007	90	Kathleen Barclay MaComb, IL 3/31/2007	227.5
Open 24-39	Kathleen Barclay MaComb, IL 11/4/2006	92.5	Shellaine Frazier Columbia, MO 5/2/2015	66	Shellaine Frazier Columbia, MO 5/2/2015	111.5	Shellaine Frazier Columbia, MO 7/13/2013	235
M1 40-44	Shellaine Frazier Columbia, MO 7/13/2013	61	Shellaine Frazier Columbia, MO 5/12/2015	66	Shellaine Frazier Columbia, MO 5/2/2015	111.5	Shellaine Frazier Columbia, MO 7/13/2013	235

Junior 20-23								
Open 24-39	Melissa Steinke Bettendorf, IA 12/4/2010	72.5	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 8/20/2016	127.5	Shellaine Frazier Columbia, MO 4/22/2017	265
M1 40-44	Shellaine Frazier Columbia, MO 11/9/2013	72.5	Shellaine Frazier Columbia, MO 11/7/2015	73.5	Shellaine Frazier Columbia, MO 11/7/2015	123	Shellaine Frazier Columbia, MO 11/9/2013	267.5
M2 45-49	Melissa Steinke Bettendorf, IA 12/4/2010	72.5	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 8/20/2016	127.5	Shellaine Frazier Columbia, MO 4/22/2017	265
M3 50-54	Kerin Anderson Columbia, MO 2/15/2014	47.5	Alma Hopkins Columbia, MO 4/8/2017	47.5	Alma Hopkins Columbia, MO 4/8/2017	105	Alma Hopkins Columbia, MO 4/8/2017	226
M4 55-59	Kerin Anderson Columbia, MO 12/3/2016	62.5	Kerin Anderson Columbia, MO 12/3/2016	50	Kerin Anderson Columbia, MO 12/3/2016	80.5	Kerin Anderson Columbia, MO 12/3/2016	193
M5 60-64	Linda LaFontaine Columbia, MO 11/7/2015	45	Linda LaFontaine Columbia, MO 11/7/2015	40	Linda LaFontaine Columbia, MO 11/7/2015	75	Linda LaFontaine Columbia, MO 11/7/2015	160
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 55.5 kilograms				
Division	Squat	Bench Press	Deadlift	Total

T1 14-15	Cheyenne McNutt South Vienna, OH 2/22/2014	67.5	Cheyenne McNutt South Vienna, OH 2/22/2014	42.5	Cheyenne McNutt South Vienna, OH 2/22/2014	107.5	Cheyenne McNutt South Vienna, OH 2/22/2014	217.5
T2 16-17	Mandy Cleveland Newburgh, IN 6/10/2006	80	Mandy Cleveland Newburgh, IN 6/10/2006	50	Mandy Cleveland Newburgh, IN 6/10/2006	102.5	Mandy Cleveland Newburgh, IN 6/10/2006	232.5
T3 18-19	Kathleen Barclay MaComb, IL 7/8/2006	82.5	Kathleen Barclay MaComb, IL 7/8/2006	52.5	Mandy Cleveland Newburgh, IN 7/7/2007	97.5	Kathleen Barclay MaComb, IL 7/8/2006	220
Junior 20-23	Kathleen Barclay MaComb, IL 7/11/2009	77.5	Kathleen Barclay MaComb, IL 7/11/2009	50	Michelle Lomelino Marquette, IL 2/9/2013	102.5	Michelle Lomelino Marquette, IL 2/9/2013	212.5
Open 24-39	Carmella Mattingly Florissant, MO 7/13/2013	132.5	Carmella Mattingly Florissant, MO 7/13/2013	72.5	Carmella Mattingly Florissant, MO 7/13/2013	142.5	Carmella Mattingly Florissant, MO 7/13/2013	347.5
M1 40-44	Carmella Mattingly Florissant, MO 7/13/2013	132.5	Carmella Mattingly Florissant, MO 7/13/2013	72.5	Carmella Mattingly Florissant, MO 7/13/2013	142.5	Carmella Mattingly Florissant, MO 7/13/2013	347.5
M2 45-49	Shellaine Frazier Columbia, MO 6/11/2016	57.5	Shellaine Frazier Columbia, MO 6/11/2016	72.5	Shellaine Frazier Columbia, MO 6/11/2016	117.5	Shellaine Frazier Columbia, MO 6/11/2016	235
M3 50-54	Alma Hopkins Columbia, MO 4/8/2017	73.5	Pat Okker Columbia, MO 11/9/2013	56	Pat Okker Columbia, MO 4/27/2013	112.5	Pat Okker Columbia, MO 4/27/2013	230
M4 55-59	Pat Okker Columbia, MO 10/17/2015	70	Pat Okker Columbia, MO 10/17/2015	55.5	Pat Okker Columbia, MO 10/17/2015	100	Pat Okker Columbia, MO 10/17/2015	225.5
M5 60-64	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 1/13/2012	72.5	Linda LaFontaine Columbia, MO 7/13/2013	150
M6 65-69								
M7 70-74								
M8 75-79								
M9								

65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 63 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Claire Rittenhouse MaComb, IL 2/20/2010	77.5	Claire Rittenhouse MaComb, IL 2/20/2010	60	Claire Rittenhouse MaComb, IL 2/20/2010	92.5	Claire Rittenhouse MaComb, IL 2/20/2010	227.5
T2 16-17	Ashley Summerfield Mechanicsburg, OH 2/22/2014	70	Ashley Summerfield Mechanicsburg, OH 2/22/2014	40	Ashley Summerfield Mechanicsburg, OH 2/22/2014	112.5	Ashley Summerfield Mechanicsburg, OH 2/22/2014	222.5
T3 18-19	Emily Burchett Mayville, MO 6/26/2010	87.5	Emily Burchett Mayville, MO 6/26/2010	45	Emily Burchett Mayville, MO 6/26/2010	107.5	Emily Burchett Mayville, MO 6/26/2010	240
Junior 20-23	Lauren Blessinger Evansville, IN 6/10/2006	105	Gretchen Schnautz Evansville, IN 5/2/2015	55	Lauren Blessinger Evansville, IN 6/10/2006	120	Lauren Blessinger Evansville, IN 6/10/2006	270
Open 24-39	Lisa Mangold Lakewood, WI 11/10/2007	125	Koley Hockeborn Walker, MI 1/26/2008	95	Lisa Mangold Lakewood, WI 11/10/2007	147.5	Lisa Mangold Lakewood, WI 11/10/2007	340
M1 40-44	Lisa Mangold Lakewood, WI 11/22/2008	112.5	Lisa Mangold Lakewood, WI 11/22/2008	57.5	Lisa Mangold Lakewood, WI 11/22/2008	143	Lisa Mangold Lakewood, WI 11/22/2008	312.5
M2 45-49	Carol Burr Hersey, MI 2/25/2006	100	Koley Hockeborn Walker, MI 1/26/2008	95	Carol Burr Hersey, MI 2/25/2006	142.5	Carol Burr Hersey, MI 9/30/2006	315
M3	Cheryl Kyle Columbia, MO	72.5	Cheryl Kyle Columbia, MO	47.5	Cheryl Kyle Columbia, MO	103	Cheryl Kyle Columbia, MO	220.5

50-54	4/22/2017		4/8/2017		4/22/2017		4/22/2017	
M4	Alice "Kim" Jones Columbia, MO 1/23/2016	75	Alice "Kim" Jones Columbia, MO 1/23/2016	57.5	Patricia L Urban Columbia, MO 4/8/2017	110	Alice "Kim" Jones Columbia, MO 1/23/2016	225
M5	Sandy Falloon Columbia, MO 10/17/2015	43	Anne Clark Columbia, MO 11/9/2013	35	Sandy Falloon Columbia, MO 10/17/2015	81	Anne Clark Columbia, MO 2/15/2014	152.5
M6	Catherine Morrison Portland, ME 4/9/2017	72.5	Louise Miller Columbia, MO 4/8/2017	43.5	Kate Walker Columbia, MO 4/22/2017	97.5	Catherine Morrison Portland, ME 4/9/2017	207.5
M7								
M8								
M9	Josie Merrel Michigan 8/13/2005	15	Josie Merrel Michigan 8/13/2005	20	Josie Merrel Michigan 8/13/2005	35	Josie Merrel Michigan 8/13/2005	70
M10								
85-89								

Women 70 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1	Carla Newman Springfiled, OH 12/11/2010	77.5	Carla Newman Springfiled, OH 12/11/2010	40	Carla Newman Springfiled, OH 12/11/2010	100	Carla Newman Springfiled, OH 12/11/2010	217.5
T2	Caitlyn Hay South Charleston, OH 2/22/2014	72.5	Taylor Manning Mechanicsburg, OH 2/22/2014	45	Taylor Manning Mechanicsburg, OH 3/22/2015	107.5	Taylor Manning Mechanicsburg, OH 3/22/2015	220
T3	Cayla Long South Charleston, OH 2/22/2014	90	Cayla Long South Charleston, OH 2/22/2014	55	Cayla Long South Charleston, OH 2/22/2014	127.5	Cayla Long South Charleston, OH 2/22/2014	272.5
Junior	Cady Homyen West Olive, MI 4/22/2017	122.5	Cara Forrester Keokuk, IA 11/7/2015	60	Cara Forrester Keokuk, IA 11/7/2015	115	Cady Homyen West Olive, MI 4/22/2017	332.5
Open	Cady Homyen West Olive, MI	122.5	Carol Burr Hersey, MI	77.5	Carol Burr Hersey, MI	165	Carol Burr Hersey, MI	347.5

24-39	4/22/2017		9/13/2008		1/26/2008		9/13/2008	
M1 40-44	Lisa Mangold Lakewood, WI 10/18/2008	115	Lisa Mangold Lakewood, WI 10/18/2008	62.5	Lisa Mangold Lakewood, WI 10/18/2008	135	Lisa Mangold Lakewood, WI 10/18/2008	312.5
M2 45-49	Carol Burr Hersey, MI 8/11/2007	115	Carol Burr Hersey, MI 3/3/2007	75	Carol Burr Hersey, MI 1/26/2008	165	Carol Burr Hersey, MI 1/26/2008	345
M3 50-54	Carol Burr Hersey, MI 9/13/2008	105	Carol Burr Hersey, MI 9/13/2008	77.5	Carol Burr Hersey, MI 9/13/2008	165	Carol Burr Hersey, MI 9/13/2008	347.5
M4 55-59	Susan Sanaghan Michigan City, IN 4/21/2012	102.5	Susan Sanaghan Michigan City, IN 4/21/2012	57.5	Susan Sanaghan Michigan City, IN 11/21/2009	127.5	Susan Sanaghan Michigan City, IN 11/21/2009	280
M5 60-64	Kate Walker Ashland, MO 10/27/2012	82.5	Kate Walker Ashland, MO 10/27/2012	50	Kate Walker Ashland, MO 11/13/2010	110	Kate Walker Ashland, MO 10/27/2012	242.5
M6 65-69	Kate Walker Ashland, MO 10/17/2015	73.5	Kate Walker Ashland, MO 10/17/2015	47.5	Kate Walker Ashland, MO 10/17/2015	105	Kate Walker Ashland, MO 10/17/2015	225
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 80 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Paris Sutton Evansville, IN 11/23/2008	82.5	Paris Sutton Evansville, IN 11/23/2008	42.5	Paris Sutton Evansville, IN 11/23/2008	92.5	Paris Sutton Evansville, IN 11/23/2008	217.5
T2	Bailey Powell South Vienna, OH	83	Marissa Remmeter Springfield, OH	57.5	Marissa Remmeter Springfield, OH	142.5	Marissa Remmeter Springfield, OH	282.5

16-17	2/22/2014		2/22/2014		2/22/2014		2/22/2014	
T3								
18-19								
Junior 20-23	Mylan Hutcherson Columbia, MO 2/15/2014	110	Mylan Hutcherson Columbia, MO 2/15/2014	67.5	Mylan Hutcherson Columbia, MO 2/15/2014	137.5	Mylan Hutcherson Columbia, MO 2/15/2014	315
Open 24-39	Julie Krause Harrisburg, MO 4/22/2017	127.5	Christine Tomes Evansville, IN 12/6/2014	75	Christine Tomes Evansville, IN 12/6/2014	165	Christine Tomes Evansville, IN 12/6/2014	357.5
M1 40-44	Julie Krause Harrisburg, MO 4/22/2017	127.5	Julie Krause Harrisburg, MO 4/22/2017	62.5	Julie Krause Harrisburg, MO 4/22/2017	160	Julie Krause Harrisburg, MO 4/22/2017	350
M2 45-49	Danielle Barnes Evansville, IN 12/6/2014	30	Danielle Barnes Evansville, IN 12/6/2014	42.5	Danielle Barnes Evansville, IN 12/6/2014	110	Danielle Barnes Evansville, IN 12/6/2014	182.5
M3 50-54	Kimberly Lively Newburgh, IN 12/6/2014	70	Kimberly Lively Newburgh, IN 12/6/2014	40	Kimberly Lively Newburgh, IN 12/6/2014	110	Kimberly Lively Newburgh, IN 12/6/2014	220
M4 55-59	Beth Perrin Columbia, MO 10/17/2015	81	Beth Perrin Columbia, MO 7/13/2013	55	Kimberly Lively Newburgh, IN 5/2/2015	110	Beth Perrin Columbia, MO 8/10/2013	235
M5 60-64	Beth Perrin Columbia, MO 12/3/2016	85	Beth Perrin Columbia, MO 12/3/2016	50	Beth Perrin Columbia, MO 12/3/2016	110	Beth Perrin Columbia, MO 12/3/2016	245
M6 65-69	Gail Ludwig Columbia, MO 5/2/2015	47.5	Gail Ludwig Columbia, MO 5/2/2015	46	Gail Ludwig Columbia, MO 5/2/2015	81	Gail Ludwig Columbia, MO 5/2/2015	172.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

75-79							
M9							
80-84							
M10							
85-89							

Women 90+ kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Erica Jones Springfield, OH 3/22/2015	105	Erica Jones Springfield, OH 3/22/2015	60	Madison Crawford Springfield, OH 2/22/2014	137.5	Erica Jones Springfield, OH 3/22/2015	302.5
T2 16-17	Erica Summerfield Mechanicsburg, OH 12/11/2010	112.5	Jess Gravenkeper South Charleston, OH 3/22/2015	57.5	Lauren Travis 9/24/2016	132.5	Erica Summerfield Mechanicsburg, OH 12/11/2010	290
T3 18-19								
Junior 20-23	Ann Buren La Harpe, IL 7/8/2006	105	Ann Buren La Harpe, IL 7/8/2006	65	Ann Buren La Harpe, IL 7/8/2006	110	Ann Buren La Harpe, IL 7/8/2006	280
Open 24-39	Y'Deidre Greene Bridgewater, MA 4/9/2017	175	Y'Deidre Greene Bridgewater, MA 4/9/2017	115	Y'Deidre Greene Bridgewater, MA 4/9/2017	205	Y'Deidre Greene Bridgewater, MA 4/9/2017	495
M1 40-44	Jodey Reisz Santa Claus, IN 11/5/2016	137.5	Jodey Reisz Santa Claus, IN 11/5/2016	112.5	Jodey Reisz Santa Claus, IN 11/5/2016	185	Jodey Reisz Santa Claus, IN 11/5/2016	435
M2 45-49	Sara Ringbauer Columbia, MO 4/22/2017	130	Patricia Benson Muskegon, MI 6/11/2016	85	Sara Ringbauer Columbia, MO 4/22/2017	165	Patricia Benson Muskegon, MI 4/22/2017	360
M3 50-54	Sharri Margraves Bath, MI 4/22/2017	115	Sharri Margraves Bath, MI 4/22/2017	77.5	Sharri Margraves Bath, MI 4/11/2015	160	Sharri Margraves Bath, MI 4/11/2015	345
M4 55-59	Peggy Dutcher Hazlett, MI 4/26/2008	52.5	Peggy Dutcher Hazlett, MI 4/26/2008	40	Peggy Dutcher Hazlett, MI 4/26/2008	95	Peggy Dutcher Hazlett, MI 4/26/2008	187.5
M5	Carol Roush		Mary Rapert		Mary Rapert		Mary Rapert	

M6 60-64	Michigan 8/13/2005	40	Columbia, MO 7/19/2014	42.5	Columbia, MO 7/19/2014	127.5	Columbia, MO 7/19/2014	195
M7 65-69								
M8 70-74								
M9 75-79								
M9 80-84	Dorris Meadows Michigan 8/13/2005	45	Dorris Meadows Michigan 8/13/2005	32.5	Dorris Meadows Michigan 8/13/2005	75	Dorris Meadows Michigan 8/13/2005	152.5
M10 85-89								

Police, Military, Fire Unequipped								
Weight	Squat		Bench Press		Deadlift		Total	
58.5	Laura Waller Lake in the Hills, IL 3/31/2007	90	Laura Waller Lake in the Hills, IL 3/31/2007	47.5	Laura Waller Lake in the Hills, IL 8/11/2007	97.5	Laura Waller Lake in the Hills, IL 3/31/2007	232.5

Full Power Equipped American Records Updated 4/22/2017

New Record

Open Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
44	Judith Gedney MaComb, IL 11/23/2008	103.5	Judith Gedney MaComb, IL 11/2007	53	Judith Gedney MaComb, IL 2008	117.5	Judith Gedney MaComb, IL 11/2007	275
47.5	Judith Gedney MaComb, IL 11/12/2006	107.5	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 11/15/2009	120.5	Judith Gedney MaComb, IL 11/12/2006	275
50.5	Judith Gedney MaComb, IL 2003	107.5	Judith Gedney MaComb, IL 2003	50	Judith Gedney MaComb, IL 2003	120	Judith Gedney MaComb, IL 2003	277.5
53	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	47.5	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	257.5
58.5	Taylor Anderson Quincy, OH 12/11/2010	60	Taylor Anderson Quincy, OH 12/11/2010	27.5	Taylor Anderson Quincy, OH 12/11/2010	82.5	Taylor Anderson Quincy, OH 12/11/2010	170
63	Lisa Mangold Lakewood, WI 8/11/2007	140	Lisa Mangold Lakewood, WI 8/11/2007	67.5	Lisa Mangold Lakewood, WI 8/11/2007	142.5	Lisa Mangold Lakewood, WI 8/11/2007	350
70	Lisa Mangold Lakewood, WI 3/31/2007	132.5	Amber Holland Whitehall, MI 1/20/2007	90	Karen Veltema Hudsonville, MI 2/25/2006	192.5	Lisa Mangold Lakewood, WI 3/31/2007	335
80	Maddie Herr Indianapolis, IN 4/8/2017	135	Jennifer Frankic Evansville, IN 5/2/2015	70	Maddie Herr Indianapolis, IN 4/8/2017	145	Maddie Herr Indianapolis, IN 4/8/2017	350
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Judy Naeger Columbia, MO 5/2/2015	130	Erin Krisher DeGraff, OH 12/12/2009	235
90+	Kami Gibson Evansville, IN 11/5/2016	137.5	Amelia Carter Quincy, OH 12/12/2009	60	Kami Gibson Evansville, IN 11/5/2016	142.5	Kami Gibson Evansville, IN 11/5/2016	337.5

Teenage (14-15) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
50.5	Alexa Boling DeGraff, OH	65	Alexa Boling DeGraff, OH	32.5	Alexa Boling DeGraff, OH	77.5	Alexa Boling DeGraff, OH	175

	12/11/2010		12/11/2010		12/11/2010		12/11/2010	
53	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	47.5	Taylor Stevens DeGraff, OH 10/28/2012	105	Taylor Stevens DeGraff, OH 10/28/2012	257.5
58.5	Taylor Anderson Quincy, OH 12/11/2010	60	Taylor Anderson Quincy, OH 12/11/2010	27.5	Taylor Anderson Quincy, OH 12/11/2010	82.5	Taylor Anderson Quincy, OH 12/11/2010	170
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Erin Krisher DeGraff, OH 12/12/2009	102.5	Erin Krisher DeGraff, OH 12/12/2009	235
Teenage (16-17) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
70	Amber Holland Whitehall, MI 1/20/2007	102.5	Amber Holland Whitehall, MI 1/20/2007	90	Amber Holland Whitehall, MI 1/20/2007	125	Amber Holland Whitehall, MI 1/20/2007	317.5
90+	Amelia Carter Quincy, OH 12/12/2009	127.5	Amelia Carter Quincy, OH 12/12/2009	60	Lauren Travis Holland, MI 4/22/2017	142.5	Amelia Carter Quincy, OH 12/12/2009	327.5
Teenage (18-19) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
70	Dana Bell Bellfontaine, OH 10/28/2012	140	Dana Bell Bellfontaine, OH 10/28/2012	57.5	Dana Bell Bellfontaine, OH 10/28/2012	120	Dana Bell Bellfontaine, OH 10/28/2012	317.5
Junior (20-23) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
70	Cheritha Schaffer Quincy, OH 10/28/2012	97.5	Cheritha Schaffer Quincy, OH 10/28/2012	55	Cheritha Schaffer Quincy, OH 10/28/2012	127.5	Cheritha Schaffer Quincy, OH 10/28/2012	280
Master (40-44) Equipped								
Weight	Squat		Bench Press		Deadlift		Total	
63	Lisa Mangold Lakewood, WI 7/16/2011	115	Lisa Mangold Lakewood, WI 7/16/2011	57.5	Lisa Mangold Lakewood, WI 7/16/2011	137.5	Lisa Mangold Lakewood, WI 7/16/2011	310

70	Lisa Mangold Lakewood, WI 11/23/2008	130	Lisa Mangold Lakewood, WI 11/23/2008	62.5	Karen Veltema Hudsonville, MI 2/25/2006	192.5	Lisa Mangold Lakewood, WI 11/23/2008	327.5
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Master (45-49) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
50.5	Angela Hardy Misawake, MI 10/16/2010	57.5	Angela Hardy Misawake, MI 10/16/2010	40	Angela Hardy Misawake, MI 10/16/2010	92.5	Angela Hardy Misawake, MI 10/16/2010	190

Master (55-59) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
90	Judy Nager Columbia, MO 5/2/2015	25	Judy Nager Columbia, MO 5/2/2015	40	Judy Nager Columbia, MO 5/2/2015	130	Judy Nager Columbia, MO 5/2/2015	195

Master (60-64) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
50.5	Judith Gedney MaComb, IL 2003	107.5	Judith Gedney MaComb, IL 2003	50	Judith Gedney MaComb, IL 2003	120	Judith Gedney MaComb, IL 2003	277.5

Master (65-69) Equipped

Weight	Squat	Bench Press	Deadlift	Total				
44	Judith Gedney MaComb, IL 11/23/2008	103.5	Judith Gedney MaComb, IL 11/2007	53	Judith Gedney MaComb, IL 2008	117.5	Judith Gedney MaComb, IL 11/2007	275
47.5	Judith Gedney MaComb, IL 11/12/2006	107.5	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 11/15/2009	120.5	Judith Gedney MaComb, IL 11/12/2006	275

Single Event Unequipped American Records Updated 04/26/2017

New Record

Open Unequipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2009	90	Judith Gedney MaComb, IL 6/25/2011	50.5	Judith Gedney MaComb, IL 10/22/2008	117.5
47.5	Judith Gedney MaComb, IL 9/11/2009	86	Sarah Gray Evansville, IN 5/2/2015	60	Judith Gedney MaComb, IL 9/13/2009	113
50.5	Jaqueline Miller Columbia, MO 3/7/2015	61	Shellaine Frazier Columbia, MO 7/25/2015	70	Shellaine Frazier Columbia, MO 7/25/2015	110
53	Hanna Krause Allegan, MI 3/5/2011	70	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 10/20/2016	127.5
55.5	Toni Lane MaComb, IL 3/7/2015	105	Shellaine Frazier Columbia, MO 11/10/2012	72.5	Toni Lane MaComb, IL 3/7/2015	145
58.5	Heather Endres North Liberty, IN 4/11/2015	95	Koley Hockeborn Walker, MI 1/26/2008	95	Sienna Valdez South Bend, IN 6/27/2015	132.5
63	Lisa Mangold Lakewood, WI 6/23/2007	115	Koley Hockeborn Walker, MI 10/16/2010	105	Amanda Smith Evansville, IN 4/25/2015	150
70	Lisa Mangold Lakewood, WI 10/4/2008	117.5	Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
80	Jennifer McClain 3/7/2015	105	Kateri Stachowicz Whitehall, MI 3/5/2011	75	Michelle Engeberson Columbia, MO 11/10/2012	150
90	Jenna Nicola Heard Macomb, IL 12/5/2009	92.5	Kim Welcher Evansville, IN 3/8/2014	85	Andrea Chapple Columbia, MO 3/4/2017	160
90+	Sharri Morgraves	127.5	Brandi Sneed Mishawaka, IN	95	Brandi Sneed Mishawaka, IN	182.5

3/5/2016

6/27/2015

6/27/2015

Teenage (14-15) Unequipped

Weight	Squat		Bench Press		Deadlift	
47.5			Shyla Burke South Charleston, OH 2/22/2014	32.5	Shyla Burke South Charleston, OH 2/22/2014	77.5
55.5			Cheyenne McNutt South Vienna, OH 2/22/2014	42.5	Cheyenne McNutt South Vienna, OH 2/22/2014	107.5
63	Claire Rittenhouse MaComb, IL 3/6/2010	90	Claire Rittenhouse MaComb, IL 2/20/2010	65	Claire Rittenhouse MaComb, IL 2/20/2010	97.5
70			Ashton Woodell Bellfontaine, OH 2/22/2014	42.5	Ashton Woodell Bellfontaine, OH 2/22/2014	105
90			Jennifer Griffith Springfield, OH 2/22/2014	52.5	Victoria Thompson Quincy, OH 12/12/2009	105
90+	Keri DeVolder Macomb, IL 3/4/2017	87.5				

Teenage (16-17) Unequipped

Weight	Squat		Bench Press		Deadlift	
47.5					Ashley Hughes Quincy, OH 12/11/2010	57.5
53			Caitlin Will Fong South Charleston, OH 2/22/2014	40	Caitlin Will Fong South Charleston, OH 2/22/2014	92.5
55.5			Ely King Mechanicsburg, OH 2/22/2014	42.5	Ely King Mechanicsburg, OH 2/22/2014	82.5
	Kim Jones		Jasmine Mendez		Deidre Connolly	

58.5	Columbia, MO 5/7/2016	86	Grand Rapids, MI 3/3/2007	57.5	Cambridge, MA 2/22/2014	142.5
63	Naomi Seifert Mt. Vernon, IN 3/7/2015	87.5	Morgan Thompson Fort Gratiot, MI 3/5/2011	57.5	Alicia Doyle Crowell, MI 3/5/2011	130
70	Carla Newman Springfiled, OH 6/24/2011	82.5	Marian Bosma Hesperia, MI 10/16/2010	75	Marian Bosma Hesperia, MI 10/16/2010	160
80			Kateri Stachowicz Whitehall, MI 3/5/2011	75	Kateri Stachowicz Whitehall, MI 3/26/2011	147.5
90+	Erica Summerfield Mechanicsburg, OH 6/24/2011	100	Shannon Evans DeGraff, OH 6/25/2011	60.5	Erica Summerfield Mechanicsburg, OH 6/26/2011	132.5

Teenage (18-19) Unequipped						
Weight	Squat		Bench Press		Deadlift	
	Samantha Fromelius					

63	Newburgh, IN 3/8/2014	85				
70			Marian Bosma Hesperia, MI 6/25/2011	80	Marian Bosma Hesperia, MI 6/26/2011	172.5
90+			Erica Ervin Quincy, OH 6/25/2011	65	Kira Lauth DeGraff, OH 12/11/2010	135

Junior (20-23) Unequipped

Weight	Squat		Bench Press		Deadlift	
44	Tenille Sword Ottumwa, IA 12/5/2009	37.5	Tenille Sword Ottumwa, IA 12/5/2009	32.5		
53			Megan Dyer 4/12/2014	32.5		
55.5	Toni Lane Macomb, IL 3/7/2015	105	Lexie Heald Fortville, IN 6/27/2015	57.5	Toni Lane Macomb, IL 3/7/2015	145
58.5	Sophie Simmons Macomb, IL 2/202/10	80	Sophie Simmons Macomb, IL 3/6/2010	60	Antionette Lane 11/9/2013	131
63			Cheritha Schaffer Anna, OH 2/22/2014	57.5	Cheritha Schaffer Anna, OH 2/22/2014	137.5
70			Marian Bosma Hesperia, MI 3/9/2013	80	Sarah Sawayanagi Columbia, MO 12/3/2016	175

Master 1 (40-44) Unequipped

Weight	Squat		Bench Press		Deadlift	
50.5			Shellaine Frazier Columbia, MO 7/25/2015	70	Shellaine Frazier Columbia, MO 7/25/2015	110

53	Shellaine Frazier Columbia, MO 11/9/2013	72.5	Shellaine Frazier Columbia, MO 2/9/2013	73.5	Shellaine Frazier Columbia, MO 10/17/2015	123
55.5	Shellaine Frazier Columbia, MO 2/4/2012	60	Shellaine Frazier Columbia, MO 10/17/2015	72.5	Shellaine Frazier Columbia, MO 11/9/2013	100
58.5	Heather Endres North Liberty, IN 4/11/2015	95	Heather Endres North Liberty, IN 4/11/2015	45	Heather Endres North Liberty, IN 4/22/2017	97.5
63	Angela Holloway Columbia, MO 3/7/2015	52.5	Rene Kerkstra Grand Rapids, MI 3/3/2007	52.5	Ann Marie Orr Ada, MI 8/14/2010	112.5
70	Lisa Mangold Lakewood, WI 10/4/2008	117.5	Lisa Mangold Lakewood, WI 10/4/2008	62.5	Lisa Mangold Lakewood, WI 10/4/2008	140
80	Delsie Bonaparte Columbia, MO 5/7/2016	82.5	Delsie Bonaparte Columbia, MO 5/7/2016	50	Tracy Milarsky Columbia, MO 12/3/2016	117.5
90	Andrea Chapple Columbia, MO 3/4/2017	75	Charla Wrenn Good Hope, IL 3/5/2016	57.5	Andrea Chapple Columbia, MO 3/4/2017	160

Master 2 (45-49) Unequipped						
Weight	Squat		Bench Press		Deadlift	
53	Shellaine Frazier Columbia, MO 3/4/2017	65.5	Shellaine Frazier Columbia, MO 12/3/2016	75	Shellaine Frazier Columbia, MO 8/20/2016	127.5
58.5			Koley Hockeborn Walker, MI 1/26/2008	95		
63	Angela Holloway Columbia, MO 3/4/2017	60	Koley Hockeborn Walker, MI 9/13/2008	100	Koley Hockeborn Walker, MI 8/15/2009	120
70	Angela Holloway Columbia, MO 12/3/2016	57.5	Angela Holloway Columbia, MO 12/3/2016	42.5	Angela Holloway Columbia, MO 12/3/2016	90

80	Delsie Bonaparte Columbia, MO 12/3/2016	82.5	Delsie Bonaparte Columbia, MO 3/4/2017	45	Delsie Bonaparte Columbia, MO 12/3/2016	93
90	Charla Wrenn Good Hope, IL 3/4/2017	70	Kim Welcher Evansville, IN 3/8/2014	85	Charla Wrenn Good Hope, IL 3/4/2017	107.5
90+	Sara Ringbauer Columbia, MO 3/4/2017	135	Charla Wrenn Good Hope, IL 8/20/2016	60	Sara Ringbauer Columbia, MO 3/4/2017	172.5

Master 3 (50-54) Unequipped						
Weight	Squat		Bench Press		Deadlift	
M3			Kimberly Wathan Howell, MI 3/4/2017	40		
50.5					Rachel Steele Kingston, MA 4/14/2007	90.5
53	Shaellaine Frazier Columbia, MO 4/22/2017	70	Pat Okker Columbia, MO 3/8/2014	50	Pat Okker Columbia, MO 3/8/2014	92.5
55.5	Alma Hopkins Columbia, MO 4/8/2017	73.5	Pat Okker Columbia, MO 11/9/2013	56	Pat Okker Columbia, MO 4/27/2013	112.5
58.5			Pat Okker Columbia, MO 11/10/2012	50	Pat Okker Columbia, MO 11/10/2012	97.5
63	Koley Hockeborn Walker, MI 6/24/2011	100	Koley Hockeborn Walker, MI 10/16/2010	105	Pat Urban Columbia, MO 10/17/2015	70
70	Carol Burr Hersey, MI 3/14/2009	105	Carol Burr Hersey, MI 3/14/2009	77.5	Carol Burr Hersey, MI 6/26/2011	167.5
80	Kimberly Lively Newburgh, IN 12/6/2014	70	Kimberly Lively Newburgh, IN 12/6/2014	40	Kimberly Lively Newburgh, IN 12/6/2014	110

90	Beth Van Hove Columbia, MO 3/4/2017	85	Beth Van Hove Columbia, MO 12/3/2016	60	Beth Van Hove Columbia, MO 3/4/2017	110
90+	Sharri Morgraves 3/5/2016	127.5	Sharri Morgraves 3/5/2016	75	Sharri Morgraves 3/5/2016	160

Master 4 (55-59) Unequipped						
Weight	Squat		Bench Press		Deadlift	
50.5	Kerin Anderson Columbia, MO 6/6/2016	58.5	Kerin Anderson Columbia, MO 6/7/2016	53	Kerin Anderson Columbia, MO 5/7/2016	75
53	Kerin Anderson Columbia, MO 12/3/2016	62.5	Kerin Anderson Columbia, MO 3/4/2017	52.5	Kerin Anderson Columbia, MO 12/3/2016	80.5
55.5	Pat Okker Columbia, MO 10/17/2015	70	Pat Okker Columbia, MO 10/17/2015	55.5	Pat Okker Columbia, MO 10/17/2015	100
58.5	Kim Jones Columbia, MO 6/6/2016	86.5	Kim Jones Columbia, MO 6/7/2016	60.5	Kim Morgan Columbia, MO 4/27/2013	107.5
63	Patricia Urban Columbia, MO 12/3/2016	65	Patricia L Urban Columbia, MO 4/8/2017	45	Patrica Urban Columbia, MO 4/8/2017	110
70	Susan Sanaghan Michigan City, IN 4/21/2012	102.5	Carol Burr Hersey, MI 7/16/2016	67.5	Carol Burr Hersey, MI 7/16/2016	140
80	Beth Perrin Columbia, MO 10/17/2015	81	Beth Perrin Columbia, MO 3/7/2015	52.5	Mary Flanagan 8/20/2016	117.5
90	Rachel Brown Columbia, MO 12/3/2016	83	Rachel Brown Columbia, MO 10/17/2015	61	Rachel Brown Columbia, MO 5/7/2016	130.5
90+			Judy Naeger Columbia, MO 12/3/2016	47.5	Judy Naeger Columbia, MO 12/3/2016	127.5

Master 5 (60-64) Unequipped						
Weight	Squat		Bench Press		Deadlift	
50.5			Jackie Miller Columbia, MO 1/12/2013	35	Jackie Miller Columbia, MO 1/12/2013	72.5
55.5	Linda LaFontaine Columbia, MO 4/27/2013	42.5	Linda LaFontaine Columbia, MO 4/27/2013	41	Linda LaFontaine Columbia, MO 11/10/2012	70
63	Sandy Falloon Columbia, MO 10/17/2015	43	Anne Clark Columbia, MO 11/9/2013	35	Sandy Falloon Columbia, MO 10/17/2015	81
70	Kate Walker Ashland, MO 6/24/2011	77.5	Kate Walker Ashland, MO 6/23/2012	48	Kate Walker Ashland, MO 6/26/2011	112.5
80	Beth Perrin Columbia, MO 3/4/2017	95	Beth Perrin Columbia, MO 12/3/2016	50	Beth Perrin Columbia, MO 3/4/2017	112.5
90	Rachel Brown Columbia, MO 3/4/2017	87.5	Rachel Brown Columbia, MO 3/4/2017	62.5	Rachel Brown Columbia, MO 3/4/2017	130.5
90+			Mary Rapert Columbia, MO 11/9/2013	50	Mary Rapert Columbia, MO 11/9/2013	120

Master 6 (65-69) Unequipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2006	87.5	Judith Gedney MaComb, IL 2007	45	Judith Gedney MaComb, IL 10/22/2008	117.5
47	Judith Gedney MaComb, IL 9/11/2009	86	Judith Gedney MaComb, IL 9/12/2009	51	Judith Gedney MaComb, IL 9/13/2009	113
50.5	Jackie Miller Columbia, MO	61	Linda LaFontaine Columbia, MO	45	Linda LaFontaine Columbia, MO	92.5

	3/7/2015		5/7/2016		5/7/2016	
53	Linda LaFontaine Columbia, MO 6/6/2015	57.5	Linda LaFontaine Columbia, MO 6/7/2015	42.5	Linda LaFontaine Columbia, MO 6/8/2016	97
55.5			Patricia Kueneke St. Louis, MO 2/15/2014	35	Patricia Kueneke St. Louis, MO 2/15/2014	67.5
58.5			Sandra James Grand Junction, MI 4/22/2017	40	Patricia Kueneke St. Louis, MO 2/15/2014	75
63	Louise Miller Columbia, MO 3/4/2017	62.5	Kate Walker Columbia, MO 12/3/2016	43	Kate Walker Columbia, MO 4/22/2017	97.5
70	Kate Walker Columbia, MO 10/17/2015	73.5	Kate Walker Columbia, MO 10/17/2015	47.5	Kate Walker Columbia, MO 3/7/2015	112.5
80	Maggy Danley Columbia, MO 11/9/2013	30	Maggy Danley Columbia, MO 11/9/2013	42.5	Maggy Danley Columbia, MO 11/9/2013	80
90	Maggy Danley Columbia, MO 3/7/2015	60	Maggy Danley Columbia, MO 3/7/2015	48.5	Maggy Danley Columbia, MO 12/3/2016	95
90+	Linda Struckhoff Columbia, MO 12/3/2016	52.5	Mary Rapert Barnhart, MO 3/4/2017	60	Mary Rapert Barnhart, MO 3/4/2017	141.5

Master 7 (70-74) Unequipped

Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 6/24/2011	75	Judith Gedney MaComb, IL 6/25/2011	50.5	Judith Gedney MaComb, IL 6/26/2011	112.5
80			Sandra Ollar Columbia, MO 3/7/2015	27.5	Sandra Ollar Columbia, MO 3/7/2015	77.5

Police/Military/Fire Unequipped

Weight	Squat		Bench Press		Deadlift	
90			Cathy Martin Quincy, IL 5/6/2006	77.5		

Single Event Equipped National Records Updated 03/08/2017

New Record

Open Equipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2006	107.5	Judith Gedney MaComb, IL 6/25/2011	53	Judith Gedney MaComb, IL 10/22/2006	117.5
47	Judith Gedney MaComb, IL 9/11/2009	103	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 4/25/2010	116.5
50.5			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/26/2011	107.5
53			Heather Core DeGraff, OH 12/12/2009	42.5	Heather Core DeGraff, OH 12/12/2009	110
58.5	Koley Hockeborn Walker, MI 3/9/2013	142.5	Koley Hockeborn Walker, MI 3/9/2013	110	Koley Hockeborn Walker, MI 3/9/2013	142.5
63	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 6/26/2011	147.5
70	Lisa Mangold Lakewood, WI 3/31/2007	137.5	Lisa Mangold Lakewood, WI 3/31/2007	72.5	Lisa Mangold Lakewood, WI 10/4/2008	142.5
80			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evansville, IN 7/31/2010	137.5
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Stacie Downs Eaton Rapids, MI 2/25/2006	105	Erin Krisher DeGraff, OH 12/12/2009	102.5
90+	Amelia Carter Quincy, OH 12/12/2009	127.5	Samantha Baty Eaton Rapids, MI 3/3/2007	77.5	Amelia Carter Quincy, OH 12/12/2009	140

Teenage (14-15) Equipped

Weight	Squat		Bench Press		Deadlift	
53			Heather Core DeGraff, OH 12/12/2009	42.5	Heather Core DeGraff, OH 12/12/2009	110
90	Erin Krisher DeGraff, OH 12/12/2009	92.5	Erin Krisher DeGraff, OH 12/12/2009	40	Erin Krisher DeGraff, OH 12/12/2009	102.5
90+			Samantha Baty Eaton Rapids, MI 3/3/2007	77.5		

Teenage (16-17) Equipped						
Weight	Squat		Bench Press		Deadlift	
58.5			Brianna Palleschi Applegate, MI 4/5/2008	72.5		
80			Taylor Goings DeGraff, OH 12/11/2010	30	Taylor Goings DeGraff, OH 12/11/2010	70
90			Erica Ervin Quincy, OH 12/11/2010	55	Erica Ervin Quincy, OH 12/11/2010	90
90+	Amelia Carter Quincy, OH 12/12/2009	127.5	Amelia Carter Quincy, OH 12/12/2009	60	Amelia Carter Quincy, OH 12/12/2009	140

Teenage (18-19) Equipped						
Weight	Squat		Bench Press		Deadlift	
70			Cheritha Schaffer Quincy, OH 12/11/2010	47.5	Cheritha Schaffer Quincy, OH 12/11/2010	90

Master (40-44) Equipped						
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Weight	Squat		Bench Press		Deadlift	
70	Lisa Mangold Lakewood, WI 10/4/2008	130	Lisa Mangold Lakewood, WI 10/4/2008	65	Lisa Mangold Lakewood, WI 10/4/2008	142.5

Master (45-49) Equipped						
Weight	Squat		Bench Press		Deadlift	
50.5			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/26/2011	107.5
80			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evansville, IN 7/31/2010	137.5

Master (50-54) Equipped						
Weight	Squat		Bench Press		Deadlift	
58.5	Koley Hockeborn Walker, MI 3/9/2013	142.5	Koley Hockeborn Walker, MI 3/9/2013	110	Koley Hockeborn Walker, MI 3/9/2013	142.5
63	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 6/26/2011	147.5
70					Susan Sanaghan Michigan City, IN 4/5/2008	130

Master (55-59) Equipped						
Weight	Squat		Bench Press		Deadlift	
90+			Denise Gilbert 3/7/2015	52.5	Denise Gilbert 3/7/2015	125

Master (65-69) Equipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 10/20/2006	107.5			Judith Gedney MaComb, IL 10/22/2006	117.5
47	Judith Gedney MaComb, IL 9/11/2009	103	Judith Gedney MaComb, IL 4/24/2010	56.5	Judith Gedney MaComb, IL 4/25/2010	116.5

Master (70-74) Equipped						
Weight	Squat		Bench Press		Deadlift	
44	Judith Gedney MaComb, IL 6/24/2011	85	Judith Gedney MaComb, IL 6/25/2011	53	Judith Gedney MaComb, IL 6/26/2011	112.5