

2017 Women's Powerlifting Lift Top Lifters

Updated 9/17/2017

Weight Class 44.0											
Squat			Bench Press			Deadlift			Total		

Weight Class 47.5											
Squat			Bench Press			Deadlift			Total		

Weight Class 50.5											
Squat			Bench Press			Deadlift			Total		
Linda LaFontaine	M6	50	Linda LaFontaine	M6	46	Linda LaFontaine	M6	90	Linda LaFontaine	M6	196

Weight Class 53.0											
Squat			Bench Press			Deadlift			Total		
Jessica Fansler	T2	77.5	Shellaine Frazier	M2	76	Shellaine Frazier	M2	128	Shellaine Frazier	M2	278
Shellaine Frazier	M2	75	Jessica Fansler	T2	47.5	Jessica Fansler	T2	102.5	Jessica Fansler	T2	227.5
Whitney Piper	T2	52.5	Whitney Piper	T2	37.5	Whitney Piper	T2	70	Whitney Piper	T2	160

Weight Class 55.5											
Squat			Bench Press			Deadlift			Total		
Laura Baum	JU	107.5	Laura Baum	JU	67.5	Laura Baum	JU	132.5	Laura Baum	JU	307.5
Heather Endres	M2	104.3	Pat Okker	M4	50	Pat Okker	M4	110	Heather Endres	M2	254
Pat Okker	M4	75	Heather Endres	M2	47.6	Alma Hopkins	M3	105	Pat Okker	M4	235
Alma Hopkins	M3	73.5	Alma Hopkins	M3	47.5	Heather Endres	M2	102	Alma Hopkins	M3	226

Weight Class 58.5											
Squat			Bench Press			Deadlift			Total		
Christina Taylor	O	95	Kim Jones	M5	60	Christina Taylor	O	120	Christina Taylor	O	262.5
Heather Endres	M1	92.5	Christina Taylor	O	47.5	Alma Hopkins	M4	112.5	Kim Jones	M5	252.5
Kim Jones	M5	87.5	Alma Hopkins	M4	47.5	Kim Jones	M5	105	Heather Endres	M1	235
Alma Hopkins	M4	75	Heather Endres	M1	45	Heather Endres	M1	97.5	Alma Hopkins	M4	235

Weight Class 63.0											
Squat			Bench Press			Deadlift			Total		
Tammy Browning	M1	82.5	Catherine Morrison	M5	50	Patricia Urban	M4	110	Tammy Browning	M1	237.5
Emily Phillips	T3	82.5	Cheryl Kyle	M3	48	Kaley Rice	O	110	Kaley Rice	O	232.5
Kaley Rice	O	80	Emily Phillips	T3	46	Tammy Browning	M1	110	Cheryl Kyle	M3	226
Cheryl Kyle	M3	73	Patricia Urban	M4	45	Cheryl Kyle	M3	105	Patricia Urban	M4	225
Patricia Urban	M4	70	Tammy Browning	M1	45	Louise Miller	M6	98	Emily Phillips	T3	223.5

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
Kristin Johnson	O	95.3	Carol Burr	M4	65	Michelle Rabedeau	O	136	Michelle Rabedeau	O	283.5
Michell Bareense	O	95	Michelle Rabedeau	O	63.5	Carol Burr	M4	130	Michell Bareense	O	282.5
Brittany Shepard	O	90	Michell Bareense	O	62.5	Michell Bareense	O	125	Carol Burr	M4	272.5
Michelle Rabedeau	O	83.9	Kristin Johnson	O	52.5	Kristin Johnson	O	113.4	Kristin Johnson	O	260.8

Weight Class 80.0											
Squat			Bench Press			Deadlift			Total		
Cady Homyen	Ju	129.3	Julie Krause	M1	67.5	Julie Krause	M1	160	Julie Krause	M1	352.5
Julie Krause	M1	127.5	Cady Homyen	Ju	61.2	Toni Johnson	Ju	158.8	Cady Homyen	Ju	349.2
Toni Johnson	Ju	108.9	Toni Johnson	Ju	52.2	Cady Homyen	Ju	158.8	Toni Johnson	Ju	319.8
Kimberly Whitfield	M2	70	Kimberly Whitfield	M2	47.5	Kimberly Whitfield	M2	100	Kimberly Whitfield	M2	217.5
Delsie Bonaparte	M2	67.5	Delsie Bonaparte	M2	40	Delsie Bonaparte	M2	93	Delsie Bonaparte	M2	200.5

Weight Class 90.0											
Squat			Bench Press			Deadlift			Total		
Megan Kuno	O	140	Tracy Niehaus	O	72.5	Tracy Niehaus	O	160	Megan Kuno	O	360
Tracy Niehaus	O	125	Megan Kuno	O	72.5	Andrea Chappellear	M1	155	Tracy Niehaus	O	357.5
Beth Van Hove	M3	93	Rachel Brown	M5	61	Megan Kuno	O	147.5	Andrea Chappellear	M1	295
Andrea Chappellear	M1	85	Beth Van Hove	M3	60	Rachel Brown	M5	131	Rachel Brown	M5	274.5
Rachel Brown	M5	82.5	Charla Wrenn	M2	60	Meghan Travis	T1	110	Beth Van Hove	M3	250.5

Weight Class 90+											
Squat			Bench Press			Deadlift			Total		
Y'Deidle Greene	O	175	Y'Deidle Greene	O	115	Y'Deidle Greene	O	205	Y'Deidle Greene	O	495
Sara Ringbauer	M2	130	Patricia Benson	M2	77.5	Sara Ringbauer	M2	170	Patricia Benson	M2	360
Patricia Benson	M2	125	Sharri Margraves	M3	77.5	Patricia Benson	M2	157.5	Sara Ringbauer	M2	350
Ashley Peck	O	122.5	Ashley Peck	O	67.5	Ashley Peck	O	145	Sharri Margraves	M3	337.5
Sharri Margraves	M3	115	Sara Ringbauer	M2	62.5	Sharri Margraves	M3	145	Ashley Peck	O	335

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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
			Jessica Santellan	O	37.5	Jessica Santellan	O	105

Weight Class 58.5								
Squat			Bench Press			Deadlift		
Heather Endres	M2	104.3	Heather Endres	M2	47.6	Heather Endres	M2	102
			Sandra James	M6	40	Sandra James	M6	60

Weight Class 63.0								
Squat			Bench Press			Deadlift		
Emily Phillips	T3	77.5	Kaitlynne Dempsey	JU	52.5	Kelley James-Jura	O	112.5
Patrica Urban	M4	70	Patrica Urban	M4	45	Patrica Urban	M4	110
Louise Miller	M6	62.5	Angela Holloway	M2	42.5	Kate Walker	M6	97.5
Kate Walker	M6	61	Louise Miller	M6	40	Louise Miller	M6	93.5
Angela Holloway	M2	60	Kate Walker	M6	40	Kaitlynne Dempsey	JU	112.5

Weight Class 70.0								
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Squat			Bench Press			Deadlift		
Stephanie Fenimore	O	107.5	Michelle Rabedeau	O	65	Michelle Rabedeau	O	135
Antoinette Lane	O	105	Michelle Barese	O	62.5	Antoinette Lane	O	130
Michelle Barese	O	95	Stephanie Fenimore	O	57.5	Michelle Barese	O	125
Mary Flanagan	M4	70	Catherine Morrison	M6	42.5	Stephanie Fenimore	O	117.5
Terry Douglas	M6	37.5	Terry Douglas	M6	35	Mary Flanagan	M4	105

Weight Class 80.0								
Squat			Bench Press			Deadlift		
Beth Perrin	M5	95	Emma Deboer	T2	57.5	Beth Perrin	M5	112.5
Delsie Bonaparte	M2	75	Beth Perrin	M5	52.5	Nichole Piper	O	107.5
Sarah Thomson	O	60	Nichole Piper	O	47.5	Emma DeBoer	T2	102.5
			Delsie Bonaparte	M2	45	Sarah Thomson	O	95
			Sarah Thomson	O	37.5	Emma DeBoer	T2	95

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	80	Sara Ringbauer	M2	172.5
Sharri Margrave	M3	120	Ann Kuipers	M1	79.4	Sharri Margrave	M3	150
Clare Brown	T2	100	Sara Ringbauer	M2	60	Mary Rapert	M6	141.5
Keri DeVolder	T1	87.5	Mary Rapert	M6	60	Clare Brown	T2	125
			Clare Brown	T2	60			

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Weight Class 52.0											
Squat			Bench Press			Deadlift			Total		

Weight Class 56											
Squat			Bench Press			Deadlift			Total		
Brandon Anderson	O	145	Brandon Anderson	O	100	Brandon Anderson	O	187.5	Brandon Anderson	O	

Weight Class 60											
Squat			Bench Press			Deadlift			Total		

Weight Class 67.5											
Squat			Bench Press			Deadlift			Total		
Matt Martin	O	120.2	Matt Martin	O	97.5	Matt Martin	O	156.5	Matt Martin	O	374
Eli Permasang	T1	108.9	Eli Permasang	T1	68	Eli Permasang	T1	140.6	Eli Permasang	T1	317.5

Weight Class 75											
Squat			Bench Press			Deadlift			Total		
Mike Stagg	M2	172.5	Mike Stagg	M2	145	Mike Stagg	M2	200	Mike Stagg	M2	517.5
James Reichert	T3	147.5	Bob Herbst	M4	115	James Reichert	T3	192.5	James Reichert	T3	427.5
Bob Herbst	M4	132.5	Lynn Miller	M6	95.5	Lynn Miller	M6	188	Bob Herbst	M4	400
Robert White	M6	125	Robert White	M6	88.5	Robert White	M6	185	Robert White	M6	397.5
Elijah Brooks	T1	113.4	James Reichert	T3	87.5	Bob Herbst	M4	165	Lynn Miller	M6	383.5

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
Jacob Dinkel	O	210	Jacob Dinkel	O	125	Larry Emerson	M6	218	Jacob Dinkel	O	550
Larry Emerson	M6	155	Brock Weersing	O	112.5	Jacob Dinkel	O	215	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	Emmanuel Delhomme	M1	92.6	Sebastian Foglio	T2	175	Sebastian Foglio	T2	410

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
Kyle Ray	O	167.8	Kyle Ray	O	120.2	Nick Adado	O	227.5	Nick Adado	O	507.5
Brian Whitcomb	M3	165	Nick Adado	O	117.5	Kyle Ray	O	208.6	Kyle Ray	O	496.7
Nick Adado	O	162.5	Damon Young	O	105	Brian Whitcomb	M3	175	Brian Whitcomb	M3	440

Weight Class 100.0											
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Squat			Bench Press			Deadlift			Total		
Jason St.Claire	O	278.5	Jason St.Claire	O	182.5	Daniel Wade	O	300	Jason St.Claire	O	720
Daniel Wade	O	250	Chevron Williams	O	182.5	Dwight Lloyd	O	290	Daniel Wade	O	710
Cjhet Kidder	O	231.3	Joseph Chowham	M1	167.5	Jason St.Claire	O	272.5	Dwight Lloyd	O	680
Dwight Lloyd	O	230	Dwight Lloyd	O	160	Chevron Williams	O	245	Chevron Williams	O	650
Chevron Williams	O	222.5	Daniel Wade	O	160	Korby Foxall	T3	245	Joseph Chowham	M1	620

Weight Class 110.0											
Squat			Bench Press			Deadlift			Total		
David Malone	O	245	David Malone	O	192.5	Korby Foxall	T3	265	David Malone	O	692.5
Christopher Scott	JR	235	Christopher Scott	JR	155	Christopher Scott	JR	257.5	Christopher Scott	JR	647.5
Steve Welch	M1	227.5	Kevin Kingsland	O	152.5	David Malone	O	255	Korby Foxall	T3	620
Kevin Kingsland	O	215	Steve Welch	M1	142.5	Kevin Kingsland	O	245	Steve Welch	M1	615
Korby Foxall	T3	215	Korby Foxall	T3	140	Steve Welch	M1	245	Kevin Kingsland	O	612.5

Weight Class 125											
Squat			Bench Press			Deadlift			Total		
Mark Kessler	O	247.5	Mark Kessler	O	215	Adrian Ninaber	M5	255	Mark Kessler	O	702.5
Blake Stroud	T1	220	Eric Wright	M3	165	Eric Wright	M3	250	Adrian Ninaber	M5	612.5
Adrian Ninaber	M5	205	Blake Stroud	T1	155	Mark Kessler	O	240	Blake Stroud	T1	602.5
Jagger Hoffman	T3	182.5	Adrian Ninaber	M5	152.5	Simon Rowland	M4	240	Eric Wright	M3	585
Simon Rowland	M4	180	Mark Stevens	M4	150	Blake Stroud	T1	227.5	Simon Rowland	M4	560

Weight Class 145											
Squat			Bench Press			Deadlift			Total		
Michael Khoury	M3	302.5	David Mokena	O	213.1	Brian Willis	O	312.5	Michael Khoury	M3	785
Brian Willis	O	252.5	Michael Khoury	M3	182.5	Michael Khoury	M3	300	Brian Willis	O	737.5
Adam Delancey	O	227.5	Brian Willis	O	172.5	David Mokena	O	260.8	David Mokena	O	678.1
David Mokena	O	204.1	Blake Stroud	T1	152.5	Adam Delancey	O	227.5	Adam Delancey	O	592.5
Blake Stroud	T1	200	Adam Delancey	O	137.5	Blake Stroud	T1	227.5	Blake Stroud	T1	580

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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
			Eli Permasang	T1	65	Eli Permasang	T1	120
						Mark Evans	M5	196

Weight Class 75.0								
Squat			Bench Press			Deadlift		
Michael Stagg	M2	182.5	Michael Stagg	M2	147.5	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	242.5
			Miguel Martinez	O	112.5	Larry Emerson	M6	218
			Adam Frizzle	O	104.3	Cody Green	JR	212.5
			John Hollar	M7	102.6	Cesar Ramirez	JU	210

Weight Class 90.0								
Squat			Bench Press			Deadlift		
Kyle Ray	O	167.8	Ron Madison	M1	182.5	Jake Scattone	T3	287.5
Stephen Seibel	M5	155	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	185	Jason St Clair	O	272.5
			Patrick Haley	M3	165	Korby Foxall	T3	267.5
			Jerry Burnett	M4	160	Ethan Young	O	265
			Ethan Young	O	145			
			Korby Foxall	T3	140			

Weight Class 110.0								
Squat			Bench Press			Deadlift		
Taylor Epperson	O	237.5	Russell Yankee	O	190	Pat Tyring	M5	272.5
Tommy Tritschler	JR	205	Taylor Epperson	O	165	Russell Yankee	O	267.5
			Tommy Tritschler	JR	137.5	Taylor Epperson	O	235
			Joe Brodski	M7	135	Tommy Tritschler	JR	217.5
			Ross Arnold	M6	132.5	Ross Arnold	M6	165

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	James Baranoski Jr	T2	245
Blake Stroud	T1	215	Bruce Edwards	M4	177.5	Justin Sproul	O	227.5
Jay Von Holten	O	170	Jeff Buchin	M6	172.5	Blake Stroud	T1	222.5
			Todd Ellens	O	172.5	Todd Ellens	O	217.5

Weight Class 145.0								
Squat			Bench Press			Deadlift		
David Mokena	O	204.1	David Mokena	O	213.1	Brian Willis	O	302.5
Derrick Hill	M2	195	William Buckley	M4	192.5	David Mokena	O	260.8
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

