

T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Men 60.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39	Steve D'Alessandro Jefferson City 6/24/2017	190	Steve D'Alessandro Jefferson City 6/24/2017	127.5	Steve D'Alessandro Jefferson City 6/24/2017	227.5	Steve D'Alessandro Jefferson City 6/24/2017	545

M9							
80-84							
M10							
85-89							

Men 82.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1	Daniel Duncan Mexico 3/21/2007	92.5	Daniel Duncan Mexico 3/21/2007	57.5	Daniel Duncan Mexico 3/21/2007	120	Daniel Duncan Mexico 3/21/2007 270
14-15							
T2							
16-17							
T3							
18-19							
Junior	Jamar Wright Columbia 1/24/2009	142.9	Jamar Wright Columbia 1/24/2009	108.9	Jamar Wright Columbia 1/24/2009	233.7	Jamar Wright Columbia 1/24/2009 485.3
20-23							
Open	Jacob Dinkel St. Louis 6/24/2017	210	Jacob Dinkel St. Louis 6/24/2017	125	Jacob Dinkel St. Louis 6/24/2017	215	Jacob Dinkel St. Louis 6/24/2017 550
24-39							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Men 90.0 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							

T1								
14-15								
T2								
16-17								
T3								
18-19								
Junior 20-23	Eli Burks Columbia 1/24/2009	226.8	Eli Burks Columbia 1/24/2009	147.5	Eli Burks Columbia 1/24/2009	281.3	Eli Burks Columbia 1/24/2009	655.4
Open 24-39	Daniel Wade Columbia 6/24/2017	250	Daniel Wade Columbia 6/24/2017	160	Daniel Wade Columbia 6/24/2017	300	Daniel Wade Columbia 6/24/2017	710
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59	Mark Leahy Florissant 6/24/2017	170	Mark Leahy Florissant 6/24/2017	148.5	Mark Leahy Florissant 6/24/2017	197.5	Mark Leahy Florissant 6/24/2017	516
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Men 100.0 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15	Daniel Duncan Mexico 10/4/2008	145	Daniel Duncan Mexico 10/4/2008	95	Daniel Duncan Mexico 10/4/2008	150	Daniel Duncan Mexico 10/4/2008 387.5
T2 16-17							
T3 18-19							
Junior 20-23							

M8 75-79								
M9 80-84								
M10 85-89								

Men 145.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17	Andrew Crum Marshall 11/22/2008	182.5	Andrew Crum Marshall 11/22/2008	115	Andrew Crum Marshall 11/22/2008	182.5	Andrew Crum Marshall 11/22/2008	480
T3 18-19								
Junior 20-23								
Open 24-39	Andrew Crum Marshall 11/22/2008	182.5	Andrew Rikand St. Louis 6/24/2017	120	Andrew Rikand St. Louis 6/24/2017	190	Andrew Crum Marshall 11/22/2008	480
M1 40-44								
M2 45-49								
M3 50-54	Andrew Rikand St. Louis 6/24/2017	155	Andrew Rikand St. Louis 6/24/2017	120	Andrew Rikand St. Louis 6/24/2017	190	Andrew Rikand St. Louis 6/24/2017	465
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Men 145.0+ kilograms								
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Men 82.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
Open 24-39							
M1 40-44							
M2 45-49							
M3 50-54							
M4 55-59							
M5 60-64							
M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Men 90.0 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19							
Junior							

ADFPF Single Unequipped Missouri Records *Updated 7/12/2017*

Records are based on available information. If you believe a record is missing or incorrect - please email achappelear@gmail.com with your full name, the name of the meet and date where the record was set.

Men 52.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 56.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 60.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 67.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 75.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Lynn Miller Columbia 3/4/2017	107.5	Lynn Miller Columbia 3/4/2017	97.5	Lynn Miller Columbia 3/4/2017	183
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6	Lynn Miller Columbia 3/4/2017	107.5	Lynn Miller Columbia 3/4/2017	97.5	Lynn Miller Columbia 3/4/2017	183
65-69						
M7						
70-74						
M8						
75-79						
M9						

80-84					
M10					
85-89					

Men 82.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19	Ryan Lima St. Peters 3/7/2015	202.5			Ryan Lima St. Peters 3/7/2015	247.5
Junior 20-23						
Open 24-39	Ryan Lima St. Peters 3/7/2015	202.5			Ryan Lima St. Peters 3/7/2015	247.5
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 90.0 kilograms					
Division	Squat		Bench Press		Deadlift
T1 14-15					
T2 16-17					Monta Melvin St. Peters 3/8/2014 215
T3 18-19	Zac Korando Columbia 2/4/2012	160			
Junior 20-23					Andrew Heuvelman St. Peters 3/8/2014 247.5
Open 24-39	Zac Korando Columbia 2/4/2012	160			Andrew Heuvelman St. Peters 3/8/2014 247.5
M1 40-44					
M2 45-49					
M3 50-54					
M4 55-59					
M5 60-64					
M6 65-69					
M7 70-74					
M8 75-79					
M9					

M9					
80-84					
M10					
85-89					

Men 100.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15			Daniel Duncan Mexico 5/24/2008	85		
T2 16-17						
T3 18-19	Ian Withrow Fulton 3/5/2016	147.5			Ian Withrow Fulton 3/5/2016	182.5
Junior 20-23			Chris Gard Columbia 2/4/2012	165		
Open 24-39	Ian Withrow Fulton 3/5/2016	147.5	Chris Gard Columbia 2/4/2012	165	Ian Withrow Fulton 3/5/2016	182.5
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						

M9 80-84						
M10 85-89						

Men 110.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17	Monta Melvin St. Peters 3/7/2015	175	Monta Melvin St. Peters 3/7/2015	100		
T3 18-19	Nick DeJong Columbia 2/4/2012	140	Nick DeJong Columbia 2/4/2012	95	Nick DeJong Columbia 2/4/2012	175
Junior 20-23						
Open 24-39	Jim Bell St. Louis 3/6/2010	182.5	Monta Melvin St. Peters 3/7/2015	100	Rick Conkling III St. Louis 2/4/2012	182.5
M1 40-44						
M2 45-49						
M3 50-54	Jim Bell St. Louis 3/6/2010	182.5				
M4 55-59						
M5 60-64	Rick Conkling III St. Louis 2/4/2012	112.5			Rick Conkling III St. Louis 2/4/2012	182.5
M6 65-69						
M7 70-74						
M8						

75-79					
M9					
80-84					
M10					
85-89					

Men 125.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						

75-79					
M9					
80-84					
M10					
85-89					

Men 145.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior	Johnathon Jones					
20-23	St. Peters	177.5				
	3/7/2015					
Open	Johnathon Jones					
24-39	St. Peters	177.5				
	3/7/2015					
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						

75-79					
M9					
80-84					
M10					
85-89					

Men 145.0+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						

M9 80-84						
M10 85-89						

Police, Military, Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	

ADFPF Single Equipped Missouri Records Updated 7/12/2017

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Men 52.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 56.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 60.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 67.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 75.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 82.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84					
M10					
85-89					

Men 90.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84						
M10						
85-89						

Men 100.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19			Dillon Horn Pacific 1/29/2011	145		
Junior 20-23						
Open 24-39	Jim Bell St. Louis 6/24/2011	252.5	Jim Bell St. Louis 3/6/2010	235		
M1 40-44						
M2 45-49						
M3 50-54			Jim Bell St. Louis 3/6/2010	235		
M4 55-59	Jim Bell St. Louis 6/24/2011	252.5				
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

M9 80-84					
M10 85-89					

Men 110.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

M9 80-84					
M10 85-89					

Men 125.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

M9					
80-84					
M10					
85-89					

Men 145.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open			Dave Beversdorf Columbia 2/4/2012	260		
24-39						
M1						
40-44						
M2			Dave Beversdorf Columbia 2/4/2012	260		
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						

M9						
80-84						
M10						
85-89						

Men 145.0+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open			Dave Beversdorf Columbia 11/10/2012	252.5	Bill Duncan Mexico 3/31/2007	215
24-39						
M1						
40-44						
M2			Dave Beversdorf Columbia 11/10/2012	252.5	Bill Duncan Mexico 3/31/2007	215
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						

80-84						
M10						
85-89						

Police, Military, Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	