

ADFPF Full Power Unequipped Missouri Records Updated 6/30/2017

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.

Women 44 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							

Women 47.5 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								

Women 50.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39	Linda LaFontaine Columbia 6/24/2017	60	Linda LaFontaine Columbia 6/24/2017	46	Linda LaFontaine Columbia 6/24/2017	90	Linda LaFontaine Columbia 6/24/2017	196

T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39	Tammy Browning Rocheport 6/24/2017	82.5	Tammy Browning Rocheport 6/24/2017	45	Tammy Browning Rocheport 6/24/2017	110	Tammy Browning Rocheport 6/24/2017	237.5
M1 40-44	Tammy Browning Rocheport 6/24/2017	82.5	Tammy Browning Rocheport 6/24/2017	45	Tammy Browning Rocheport 6/24/2017	110	Tammy Browning Rocheport 6/24/2017	237.5
M2 45-49								
M3 50-54	Cheryl Kyle Columbia 6/24/2017	73	Cheryl Kyle Columbia 6/24/2017	48	Cheryl Kyle Columbia 6/24/2017	105	Cheryl Kyle Columbia 6/24/2017	226
M4 55-59								
M5 60-64								
M6 65-69	Louise Miller Columbia 6/24/2017	65	Louise Miller Columbia 6/24/2017	45	Louise Miller Columbia 6/24/2017	98	Louise Miller Columbia 6/24/2017	208
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 70 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							

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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								

Women 47.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3								

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Women 44 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					

Women 47.5 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					

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Jaqueline Miller Columbia 3/7/2015	61	Kerin Anderson Columbia 3/4/2017	47	Jaqueline Miller Columbia 3/7/2015	70
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59	Kerin Anderson Columbia 3/4/2017	60	Kerin Anderson Columbia 3/4/2017	57.5	Kerin Anderson Columbia 3/4/2017	80
M5 60-64						
M6 65-69	Jaqueline Miller Columbia 3/7/2015	61	Jaqueline Miller Columbia 3/7/2015	33	Jaqueline Miller Columbia 3/7/2015	70
M7 70-74						
M8 75-79						
M9						

M9					
80-84					
M10					
85-89					

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Shellaine Frazier Columbia 3/4/2017	65.5	Shellaine Frazier Columbia 3/4/2017	72.5	Shellaine Frazier Columbia 3/4/2017	123
24-29						
M1						
40-44						
M2	Shellaine Frazier Columbia 3/4/2017	65.5	Shellaine Frazier Columbia 3/4/2017	72.5	Shellaine Frazier Columbia 3/4/2017	123
45-49						
M3	Pat Okker Columbia 3/8/2014	65	Pat Okker Columbia 3/8/2014	50	Pat Okker Columbia 3/8/2014	92.5
50-54						
M4	Kerin Anderson Columbia 3/4/2017	60	Kerin Anderson Columbia 3/4/2017	52.5	Kerin Anderson Columbia 3/4/2017	80
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						

M9 80-84						
M10 85-89						

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44	Shellaine Frazier Columbia 3/4/2012	60	Shellaine Frazier Columbia 3/4/2012	65	Shellaine Frazier Columbia 3/4/2012	92.5
M2 45-49						
M3 50-54						
M4 55-59	Pat Okker Columbia 3/7/2015	50	Pat Okker Columbia 3/7/2015	55	Pat Okker Columbia 3/7/2015	95
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						

M9 80-84						
M10 85-89						

Women 58.5 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						

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Patricia Urban Columbia 3/4/2017	65	Patricia Urban Columbia 3/4/2017	42.5	Patricia Urban Columbia 3/4/2017	107.5
M1 40-44	Angela Holloway Columbia 3/7/2015	52	Angela Holloway Columbia 3/7/2015	42.5	Angela Holloway Columbia 3/7/2015	77.5
M2 45-49	Angela Holloway Columbia 3/4/2017	60	Angela Holloway Columbia 3/4/2017	42.5	Angela Holloway Columbia 3/4/2017	87.5
M3 50-54						
M4 55-59	Patricia Urban Columbia 3/4/2017	65	Patricia Urban Columbia 3/4/2017	42.5	Patricia Urban Columbia 3/4/2017	107.5
M5 60-64	Sandy Falloon Columbia 3/7/2015	42.5	Anne Clark Columbia 3/8/2014	35	Anne Clark Columbia 3/8/2014	80
M6 65-69	Louis Miller Columbia 3/4/2017	62.5	Louis Miller Columbia 3/4/2017	40	Kate Walker Columbia 3/4/2017	95
M7 70-74						
M8						

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

Women 70 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	Kate Walker Columbia 3/7/2015	72.5	Kate Walker Columbia 3/7/2015	47.5	Kate Walker Columbia 3/7/2015	112.5
M7 70-74						
M8						

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

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Jennifer McClain Hannibal 3/7/2015	105	Beth Perrin Columbia 3/4/2017	50	Beth Perrin Columbia 3/4/2017	112.5
M1 40-44						
M2 45-49	Delsie Bonaparte Columbia 3/4/2017	75	Delsie Bonaparte Columbia 3/4/2017	45	Delsie Bonaparte Columbia 3/4/2017	92.5
M3 50-54						
M4 55-59	Beth Perrin Columbia 3/7/2015	77.5	Beth Perrin Columbia 3/7/2015	52.5	Beth Perrin Columbia 3/7/2015	100
M5 60-64	Beth Perrin Columbia 3/4/2017	95	Beth Perrin Columbia 3/4/2017	50	Beth Perrin Columbia 3/4/2017	112.5
M6 65-69						
M7 70-74			Sandra Ollar Columbia 3/7/2015	27.5	Sandra Ollar Columbia 3/7/2015	77.5

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

Women 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Rachel Brown Columbia 3/4/2017	87.5	Rachel Brown Columbia 3/4/2017	62.5	Andrea Chappellear Columbia 3/4/2017	160
M1 40-44	Andrea Chappellear Columbia 3/4/2017	75	Andrea Chappellear Columbia 3/4/2017	52.5	Andrea Chappellear Columbia 3/4/2017	160
M2 45-49						
M3 50-54	Beth Van Hove Columbia 3/4/2017	85	Beth Van Hove Columbia 3/4/2017	60	Beth Van Hove Columbia 3/4/2017	110
M4 55-59	Rachel Brown Columbia 3/7/2015	65	Rachel Brown Columbia 3/7/2015	57.5	Rachel Brown Columbia 3/7/2015	123
M5 60-64						
M6 65-69	Maggy Danley Columbia 3/7/2015	60	Maggy Danley Columbia 3/7/2015	48.5	Maggy Danley Columbia 3/7/2015	90
M7						

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

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2	Clare Brown Columbia 3/4/2017	100	Clare Brown Columbia 3/4/2017	52.2	Clare Brown Columbia 3/4/2017	125
16-17						
T3						
18-19						
Junior						
20-23						
Open	Sara Ringbauer Columbia 3/4/2017	135	Sara Ringbauer Columbia 3/4/2017	60	Sara Ringbauer Columbia 3/4/2017	172.5
24-39						
M1						
40-44						
M2	Sara Ringbauer Columbia 3/4/2017	135	Sara Ringbauer Columbia 3/4/2017	60	Sara Ringbauer Columbia 3/4/2017	172.5
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6			Mary Rapert Barnhart 3/4/2017	60	Mary Rapert Barnhart 3/4/2017	141.5
65-69						
M7						

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

Police, Military, Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	
58.5						

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M9 80-84						
M10						

MIU					
85-89					

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Division	Squat		Bench Press		Deadlift	
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Junior 20-23						
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Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
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Junior 20-23						
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M7 70-74						
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M10 85-89						

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	

T1 14-15						
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Junior 20-23						
Open 24-39						
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M3 50-54						
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M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 58.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

11 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
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Junior 20-23						
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Women 70 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2						

16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
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Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
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13 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
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M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90 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						

Women 90+ 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	
58.5						