



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

Men 56.0 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							





16-17								
T3								
18-19								
Junior 20-23			Sam Mead Florissant, MO 6/26/2010	97.5	Sam Mead Florissant, MO 6/26/2010	210		
Open 24-39	Anchann Heng Jefferson City 6/26/2010	182.5	Anchann Heng Jefferson City 6/26/2010	137.5	Anchann Heng Jefferson City 6/26/2010	205	Anchann Heng Jefferson City 6/26/2010	525
M1 40-44	Anchann Heng Jefferson City 6/26/2010	182.5	Anchann Heng Jefferson City 6/26/2010	137.5	Anchann Heng Jefferson City 6/26/2010	205	Anchann Heng Jefferson City 6/26/2010	525
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64	Tom LaFontaine Columbia 6/26/2010	110						
M6 65-69	Tom Urani St. Louis 7/13/2013	100	Tom Urani St. Louis 7/13/2013	95	Tom Urani St. Louis 7/13/2013	177.5	Tom Urani St. Louis 7/13/2013	372.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								



75-79							
M9							
80-84							
M10							
85-89							

Men 82.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15	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
T2 16-17							
T3 18-19							
Junior 20-23	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
Open 24-39	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
M1 40-44	Chris Koch Festus 7/13/2013	205	Chris Koch Festus 7/13/2013	142.5	Chris Koch Festus 7/13/2013	227.5	Chris Koch Festus 7/13/2013 575
M2 45-49	Michael Jeffries Columbia 7/29/2014	152.5	Michael Jeffries Columbia 7/29/2014	132.5	Michael Jeffries Columbia 7/29/2014	247.5	Michael Jeffries Columbia 7/29/2014 532.5
M3 50-54							
M4 55-59							
M5							

M5 60-64							
M6 65-69							
M7 70-74			James Stovall Smithton 7/19/2014	87.5			
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 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					Mark Leahy Florissant 7/13/2013	130		
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	Jim Stovall Smithton 7/11/2009	172.5	Jim Stovall Smithton 7/11/2009	100	Jim Stovall Smithton 7/11/2009	202.5	Jim Stovall Smithton 7/11/2009	465
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	Eli Burks		Eli Burks		Eli Burks		Eli Burks	



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	Roger Horn St. Louis 6/25/2017	137.5	Roger Horn St. Louis 6/25/2017	115	Roger Horn St. Louis 6/25/2017	190	Roger Horn St. Louis 6/25/2017	442.5
M7 70-74								
M8 75-79								
M9 80-84								

M10								
85-89								

Men 125.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15					Dakota Brake Springfield 6/26/2010	187.5		
T2 16-17	Donald J. Stewart Mexico 1/24/2009	181.5	Donald J. Stewart Mexico 1/24/2009	92.5	Donald J. Stewart Mexico 1/24/2009	163.3	Donald J. Stewart Mexico 1/24/2009	424.1
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	Roger Horn St. Louis 6/11/2016	147.5	Roger Horn St. Louis 6/11/2016	135	Roger Horn St. Louis 6/11/2016	187.5	Roger Horn St. Louis 6/11/2016	452.5

M7 70-74							
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	Daniel Duncan Mexico 6/6/2015	235	Daniel Duncan Mexico 6/6/2015	162.5	Daniel Duncan Mexico 6/6/2015	240	Daniel Duncan Mexico 6/6/2015	637.5
Open 24-39	Brian Willis Fulton 6/25/2017	252.5	Brian Willis Fulton 6/25/2017	172.5	Brian Willis Fulton 6/25/2017	312.5	Brian Willis Fulton 6/25/2017	737.5
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							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17	Andrew Crum Marshall 6/21/2008	205	Andrew Crum Marshall 6/21/2008	125	Andrew Crum Marshall 1/24/2009	192.8	Andrew Crum Marshall 1/24/2009 503.5
T3 18-19							
Junior 20-23							
Open 24-39	William Duncan Mexico 11/22/2008	242.5	William Duncan Mexico 11/22/2008	135	William Duncan Mexico 11/22/2008	235	William Duncan Mexico 11/22/2008 605
M1							



**ADFPF Full Power Equipped Missouri Records** Updated 3/25/2018

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Men 52.0 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							





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							



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		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	Tim Fletcher Holts Summit 6/26/2010							
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
MR								

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

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			Eddie White		Eddie White		Eddie White









14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
Open								
24-39								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4	James Bell St. Louis 7/27/2011	240						
M5	Jim Bell St. Louis 6/25/2017	212.5	Jim Bell St. Louis 6/25/2017	122.5	Jim Bell St. Louis 6/25/2017	215	Jim Bell St. Louis 6/25/2017	550
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								







40-44								
M2 45-49								
M3 50-54								
M4 55-59	William Duncan Columbia 6/24/2017	227.5	William Duncan Columbia 6/24/2017	160	William Duncan Columbia 6/24/2017	205	William Duncan Columbia 6/24/2017	592.5
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		Total	
110	Christopher Modlin Warrensburg, MO 6/26/2010	282.5	Christopher Modlin Warrensburg, MO 6/26/2010	195	Christopher Modlin Warrensburg, MO 6/26/2010	272.5	Christopher Modlin Warrensburg, MO 6/26/2010	750

**ADFPF Single Event Unequipped Missouri Records** Updated 3/25/2018

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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	David Wang Columbia 3/17/2018	130	David Wang Columbia 3/17/2018	100	David Wang Columbia 3/17/2018	177.5
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69	Tom LaFontaine Columbia 2/4/2012					
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	Lynn Miller Columbia 3/4/2017	107.5	Lynn Miller Columbia 3/4/2017	97.5	Lynn Miller Columbia 3/4/2017	183
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	Ryan Lima St. Peters 3/7/2015	202.5			
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					Monta Melvin St. Peters 3/8/2014	215
16-17						
T3	Zac Korando Columbia 2/4/2012	160				
18-19						
Junior					Andrew Huevelman St. Peters 3/8/2014	247.5
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	Ian Withrow Fulton	147.5	Ian Withrow Fulton		Ian Withrow Fulton	182.5
18-19	3/5/2016		3/5/2016		3/5/2016	
Junior			Ryan Drysdale Arnold	147.5	Ryan Drysdale Arnold	227.5

20-23			3/17/2018		3/17/2018	
Open					Benjamin Motl	322.5
24-39					?	
M1					3/17/2018	
40-44						
M2						
45-49						
M3	Jim Bell					
50-54	St. Louis					
M4	3/6/2010					
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				
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			Chris Gard Columbia 2/4/2012	165		
Open 24-39						
M1 40-44						
M2 45-49			Cary Calkins Columbia 3/17/2018			
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69	Rick Conkling III St. Louis 2/4/2012	112.5	Roger Horn St. Louis 3/17/2018	140	Roger Horn St. Louis 3/17/2018	195
M7 70-74						
M8 75-79						
M9 80-84						
M10						

85-89				
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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 20-23	Jonathan Jones St. Peters 3/7/2015				
Open 24-39					
M1 40-44					
M2 45-49					
M3 50-54					
M4					

M7 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 Event Equipped Missouri Records** Updated 3/25/2018

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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						
Junior						

20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3	Jim Bell					
50-54	St. Louis	237.5				
	3/6/2010					
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					
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			Roger Horn		
65-69			St. Louis		
			3/17/2018		
M7					
70-74					
M8					
75-79					
M9					
80-84					
M10					



85-89					
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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						
20-23						
Open						
24-39						
M1						
40-44						
M2			Dave Beversdorf Columbia 2/4/2012	245		
45-49						
M3						
50-54						
M4						

M7 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	