

ADFPF Full Power Unequipped Missouri Records Updated 3/25/2018

Records are based on available information extrapolated from multiple meets in over multiple years. If you believe a record is missing or incorrect - please email Sara Ringbauer at sara.ringbauer@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	Linda LaFontaine Columbia	65	Linda LaFontaine Columbia	47.5	Linda LaFontaine Columbia	95	Linda LaFontaine Columbia	207.5

16-17								
T3								
18-19								
Junior								
20-23								
Open	Shellaine Frazier Columbia	75	Shellaine Frazier Columbia	75	Shellaine Frazier Columbia	128	Shellaine Frazier Columbia	278
24-29	6/24/2017		6/24/2017		6/24/2017		6/24/2017	
M1								
40-44								
M2	Shellaine Frazier Columbia	75	Shellaine Frazier Columbia	75	Shellaine Frazier Columbia	128	Shellaine Frazier Columbia	278
45-49	6/24/2017		6/24/2017		6/24/2017		6/24/2017	
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

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

Women 58.5 kilograms							
Division	Squat	Bench Press	Deadlift	Total			
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open	Kim Jones Columbia 11/4/2017	88	Kim Jones Columbia 11/4/2017	60.5	Kim Jones Columbia 11/4/2017	115	Kim Jones Columbia 11/4/2017
24-39							262.5
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4	Alma Hopkins Columbia 6/24/2017	75	Alma Hopkins Columbia 6/24/2017	47.5	Alma Hopkins Columbia 6/24/2017	112.5	Alma Hopkins Columbia 6/24/2017
55-59							235
M5	Kim Jones		Kim Jones		Kim Jones		Kim Jones

14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
Open	Julie Krause Harrisburg	127.5	Julie Krause Harrisburg	67.5	Julie Krause Harrisburg	160	Julie Krause Harrisburg	352.5
24-39	4/22/2017		6/24/2017		4/22/2017		6/24/2017	
M1	Julie Krause Harrisburg	125	Julie Krause Harrisburg	67.5	Julie Krause Harrisburg	160	Julie Krause Harrisburg	352.5
40-44	6/24/2017		6/24/2017		6/24/2017		6/24/2017	
M2	Delsie Bonaparte Columbia	67.5	Delsie Bonaparte Columbia	40	Delsie Bonaparte Columbia	93	Delsie Bonaparte Columbia	200.5
45-49	6/24/2017		6/24/2017		6/24/2017		6/24/2017	
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								

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		Total
58.5							

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							
M1							

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 55.5 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								
Ma								

80-84							
M10							
85-89							

Women 58.5 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							

M6 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							
T2 16-17							
T3 18-19							
Junior 20-23							
Open 24-39							
M1 40-44							
M2 45-49							
M3							

M0 50-54							
M4 55-59							
M5 60-64							
M6 65-69							
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							
Open							

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 80 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							

1-5								
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								

ADPF Single Event Unequipped Missouri Records Updated 3/25/2018

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					
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 53.0 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	Shellaine Frazier Columbia 4/22/2017	70	Shellaine Frazier Columbia 3/4/2017	72.5	Shellaine Frazier Columbia 3/4/2017	120
M3 50-54						
M4 55-59	Kerin Anderson Columbia 3/4/2017	60	Kerin Anderson Columbia 3/4/2017	52.5	Kerin Anderson Columbia 3/4/2017	80
M5 60-64						
M6 65-69	Linda LaFontaine Columbia 3/17/2018	65	Linda LaFontaine Columbia 3/17/2018	51	Linda LaFontaine Columbia 3/17/2018	92.5
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					Nichole Neville Columbia 3/17/2018	105
Open 24-39						
M1 40-44						
M2 45-49	Shellaine Frazier Columbia 3/17/2017	70	Shellaine Frazier Columbia 4/22/2017	72.5	Shellaine Frazier Columbia 4/22/2017	122.5
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 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	Kim Morgan-Jones Columbia 3/17/2017	91	Kim Morgan-Jones Columbia 3/17/2017	57.5	Kim Morgan-Jones Columbia 3/17/2017	119
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						
M1 40-44						
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	Cheryl Kyle Columbia	75	Cheryl Kyle Columbia	47.5	Cheryl Kyle Columbia	115

50-54	3/17/2018		3/17/2018		3/17/2018	
M4	Patricia Urban Columbia	65	Patricia Urban Columbia	42.5	Patricia Urban Columbia	107.5
55-59	3/4/2017		3/4/2017		3/4/2017	
M5						
60-64						
M6	Louise Miller Columbia	62.5	Louise Miller Columbia	40	Kate Walker Columbia	95
65-69	3/4/2017		3/4/2017		3/4/2017	
M7						
70-74						
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	Terry Douglas Columbia 3/4/2017	37.5	Terry Douglas Columbia 3/4/2017	35	Terry Douglas Columbia 3/4/2017	82.5
M7 70-74						
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						
M1						
40-44						
M2	Delsie Bonaparte Columbia 3/4/2017	75	Delsie Bonaparte Columbia 3/4/2017	45	Delsie Bonaparte Columbia 7/15/2017	95
M3						
50-54						
M4						
55-59						
M5	Beth Perrin Columbia 3/4/2017	95	Beth Perrin Columbia 7/15/2017	52.5	Beth Perrin Columbia 3/4/2017	112.5
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	Beth Van Hove Columbia 3/17/2018	92.5	Beth Van Hove Columbia 3/17/2018	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	Delsie Bonaparte Columbia 3/17/2018	72.5	Delsie Bonaparte Columbia 3/17/2018	45	Delsie Bonaparte Columbia 3/17/2018	93
M3 50-54	Beth Van Hove Columbia 3/17/2018	92.5	Beth Van Hove Columbia 3/17/2018	62.5	Beth Van Hove Columbia 3/17/2018	119
M4 55-59			Judith Naeger Warrenton 3/4/2017	42.5	Judith Naeger Warrenton 3/4/2017	120
M5 60-64	Rachel Brown Columbia 3/4/2017	87.5	Rachel Brown Columbia 3/4/2017	62.5	Rachel Brown Columbia 3/4/2017	130.5
M6 65-69						
M7 70-74						
M8						

M9					
75-79					
M10					
80-84					
85-89					

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2	Clare Brown Columbia 3/4/2017	100	Clare Brown Columbia 7/15/2017	60	Clare Brown Columbia 3/4/2017	125
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2	Sara Ringbauer Columbia 3/4/2017	135	Stephanie Wells Fulton 3/17/2018	65	Sara Ringbauer Columbia 3/4/2017	172.5
45-49						
M3						
50-54						
M4			Judy Naeger Warrenton 3/17/2018	45	Judy Naeger Warrenton 3/17/2018	130
55-59						
M5						

M5 60-64						
M6 65-69			Mary Rapert Barnhart 3/4/2017	60	Mary Rapert Barnhart 3/4/2017	141.5
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

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

Single Event Equipped Missouri Records Updated 3/25/2018

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						
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 53.0 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						

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						
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 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						
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 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						
M7						
70-74						
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						
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						
MR						

M9						
75-79						
M10						
80-84						
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						

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						