

New Record

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							



M5								
60-64								
M6								



M3								
50-54								
M4								
55-59								
M5	Jacqueline Miller Columbia, MO 7/13/2013	55	Jacqueline Miller Columbia, MO 7/13/2013	32.5	Jacqueline Miller Columbia, MO 7/13/2013	75	Jacqueline Miller Columbia, MO 7/13/2013	162.5
60-64								
M6	Linda LaFontaine Columbia, MO 8/17/2019	65	Linda LaFontaine Columbia, MO 8/17/2019	50	Linda LaFontaine Columbia, MO 8/17/2019	100	Linda LaFontaine Columbia, MO 8/17/2019	215
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 53.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								
T2	Jessica Fansler Macomb, IL 6/24/2017	77.5	Jessica Fansler Macomb, IL 6/24/2017	45	Jessica Fansler Macomb, IL 6/24/2017	100	Jessica Fansler Macomb, IL 6/24/2017	222.5
16-17								
T3	Faith Wood Evansville, IN 7/27/20418	60	Faith Wood Evansville, IN 7/27/20418	32.5	Faith Wood Evansville, IN 7/27/20418	96	Faith Wood Evansville, IN 7/27/20418	185
18-19								
Junior								
20-23								
Open	Jessica Fansler		Shellaine Frazier		Shellaine Frazier		Shellaine Frazier	



16-17								
T3 18-19	Kathleen Barclay MaComb, IL 7/8/2006	82.5	Kathleen Barclay MaComb, IL 7/8/2006	52.5	Kathleen Barclay MaComb, IL 7/8/2006	85	Kathleen Barclay MaComb, IL 7/8/2006	220
Junior 20-23	Laura Baum Brookfield, MO 6/24/2017	107.5	Laura Baum Brookfield, MO 6/24/2017	67.5	Laura Baum Brookfield, MO 6/24/2017	132.5	Laura Baum Brookfield, MO 6/24/2017	307.5
Open 24-39	Carmella Mattingly Florissant, MO 7/13/2013	132.5	Carmella Mattingly Florissant, MO 7/13/2013	72.5	Carmella Mattingly Florissant, MO 7/13/2013	142.5	Carmella Mattingly Florissant, MO 7/13/2013	347.5
M1 40-44	Carmella Mattingly Florissant, MO 7/13/2013	132.5	Carmella Mattingly Florissant, MO 7/13/2013	72.5	Carmella Mattingly Florissant, MO 7/13/2013	142.5	Carmella Mattingly Florissant, MO 7/13/2013	347.5
M2 45-49	Shellaine Frazier Columbia, MO 7/27/2018	67.5	Shellaine Frazier Columbia, MO 6/11/2016	72.5	Shellaine Frazier Columbia, MO 6/11/2016	117.5	Shellaine Frazier Columbia, MO 7/27/2018	255
M3 50-54	Pat Okker Columbia, MO 7/13/2013	65	Pat Okker Columbia, MO 7/13/2013	50	Pat Okker Columbia, MO 7/13/2013	97.5	Pat Okker Columbia, MO 7/13/2013	212.5
M4 55-59	Pat Okker Columbia, MO 6/24/2017	75	Pat Okker Columbia, MO 6/24/2017	50	Pat Okker Columbia, MO 6/24/2017	110	Pat Okker Columbia, MO 6/24/2017	235
M5 60-64	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 7/13/2013	40	Linda LaFontaine Columbia, MO 7/13/2013	70	Linda LaFontaine Columbia, MO 7/13/2013	150
M6 65-69								
M7 70-74	Anne Clark Columbia, MO 8/17/2019	27.5	Anne Clark Columbia, MO 8/17/2019	32.5	Anne Clark Columbia, MO 8/17/2019	70	Anne Clark Columbia, MO 8/17/2019	130
M8 75-79								
M9 80-84								
M10 85-89								







M5 60-64	Catherine Morrison Portland, ME 6/24/2017	65	Catherine Morrison Portland, ME 6/24/2017	50	Catherine Morrison Portland, ME 6/24/2017	95	Catherine Morrison Portland, ME 6/24/2017	210
M6 65-69	Catherine Morrison Portland, ME 8/17/2019	75	Louise Miller Columbia, MO 6/24/2017	45	Catherine Morrison Portland, ME 8/17/2019	117.5	Catherine Morrison Portland, ME 8/17/2019	237.5
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 24-39	Carol Burr Hersey, MI 8/1/2007	115	Carol Burr Hersey, MI 8/1/2007	75	Carol Burr Hersey, MI 8/1/2007	147.5	Carol Burr Hersey, MI 8/1/2007	337.5
M1 40-44	Lisa Mangold Lakewood, WI 7/16/2011	102.5	Lisa Mangold Lakewood, WI 7/16/2011	55	Lisa Mangold Lakewood, WI 7/16/2011	125	Lisa Mangold Lakewood, WI 7/16/2011	282.5



Junior 20-23								
Open 24-39	Kyle Reel Evansville, IN 7/27/2018	150	Kyle Reel Evansville, IN 7/27/2018	85	Kyle Reel Evansville, IN 7/27/2018	170	Kyle Reel Evansville, IN 7/27/2018	405
M1 40-44	Julie Krause Harrisburg, MO 6/24/2017	125	Julie Krause Harrisburg, MO 6/24/2017	67.5	Julie Krause Harrisburg, MO 6/24/2017	160	Julie Krause Harrisburg, MO 6/24/2017	352.5
M2 45-49	Delsie Bonaparte Columbia, MO 6/24/2017	67.5	Delsie Bonaparte Columbia, MO 6/24/2017	40	Delsie Bonaparte Columbia, MO 6/24/2017	93	Delsie Bonaparte Columbia, MO 6/24/2017	200.5
M3 50-54								
M4 55-59	Beth Perrin Columbia, MO 7/13/2013	72.5	Beth Perrin Columbia, MO 7/13/2013	55	Beth Perrin Columbia, MO 7/13/2013	102.5	Beth Perrin Columbia, MO 7/13/2013	227.5
M5 60-64	Beth Perrin Columbia, MO 8/17/2019	95	Beth Perrin Columbia, MO 8/17/2019	52.5	Beth Perrin Columbia, MO 8/17/2019	115	Beth Perrin Columbia, MO 8/17/2019	262.5
M6 65-69	Gail Ludwig Columbia, MO 7/19/2014	45	Gail Ludwig Columbia, MO 7/19/2014	40	Gail Ludwig Columbia, MO 7/19/2014	77.5	Gail Ludwig Columbia, MO 7/19/2014	162.5
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 90 kilograms				
Division	Squat	Bench Press	Deadlift	Total

T1 14-15								
T2 16-17								
T3 18-19	Kaitlyn Kapka Saginaw, MI 6/2/2012	50	Kaitlyn Kapka Saginaw, MI 6/2/2012	47.5	Kaitlyn Kapka Saginaw, MI 6/2/2012	90	Kaitlyn Kapka Saginaw, MI 6/2/2012	187.5
Junior 20-23								
Open 24-39	Megan Kuno St Louis, MO 6/24/2017	140	Megan Kuno St Louis, MO 6/24/2017	72.5	Megan Kuno St Louis, MO 6/24/2017	147.5	Megan Kuno St Louis, MO 6/24/2017	360
M1 40-44	Andrea Chappellear Columbia, MO 6/24/2017	85	Andrea Chappellear Columbia, MO 6/24/2017	57.5	Andrea Chappellear Columbia, MO 6/24/2017	150	Andrea Chappellear Columbia, MO 6/24/2017	292.5
M2 45-49	Charla Wrenn Good Hope, IL 6/24/2017	70	Charla Wrenn Good Hope, IL 6/24/2017	60	Charla Wrenn Good Hope, IL 6/24/2017	107.5	Charla Wrenn Good Hope, IL 6/24/2017	237.5
M3 50-54	Beth Van Hove Columbia, MO 6/24/2017	93	Beth Van Hove Columbia, MO 6/24/2017	60	Beth Van Hove Columbia, MO 7/19/2014	102.5	Beth Van Hove Columbia, MO 6/24/2017	250.45
M4 55-59	Judy Naeger Columbia, MO 8/17/2019	25	Judy Naeger Columbia, MO 8/17/2019	40	Judy Naeger Columbia, MO 8/17/2019	125	Judy Naeger Columbia, MO 8/17/2019	190
M5 60-64	Rachel Brown Columbia, MO 8/17/2019	95	Rachel Brown Columbia, MO 6/24/2017	61	Rachel Brown Columbia, MO 8/7/2019	140	Rachel Brown Columbia, MO 8/7/2019	285
M6 65-69								
M7 70-74								
M8 75-79								
M9								

80-84							
M10							
85-89							

Women 90+ kilograms								
Division	Squat	Bench Press	Deadlift	Total				
T1 14-15								
T2 16-17	Keri DeVolder Macomb, IL 6/24/2017	103	Keri DeVolder Macomb, IL 6/24/2017	57.5	Keri DeVolder Macomb, IL 6/24/2017	120	Keri DeVolder Macomb, IL 6/24/2017	280.5
T3 18-19	Keri DeVolder Macomb, IL 8/17/2019	107.5	Keri DeVolder Macomb, IL 8/17/2019	70	Keri DeVolder Macomb, IL 8/17/2019	125	Keri DeVolder Macomb, IL 8/17/2019	302.5
Junior 20-23	Ann Buren La Harpe, IL 7/8/2006	105	Ann Buren La Harpe, IL 7/8/2006	65	Ann Buren La Harpe, IL 7/8/2006	110	Ann Buren La Harpe, IL 7/8/2006	280
Open 24-39	Shelby Assmus South Dakota 6/11/2016	165	Jodey Reisz Santa Claus, IN 6/11/2016	110	Shelby Assmus South Dakota 6/11/2016	185	Shelby Assmus South Dakota 6/11/2016	437.5
M1 40-44	Jodey Reisz Santa Claus, IN 6/11/2016	130	Jodey Reisz Santa Claus, IN 6/11/2016	110	Jodey Reisz Santa Claus, IN 6/11/2016	175	Jodey Reisz Santa Claus, IN 6/11/2016	415
M2 45-49	Sara Ringbauer Columbia, MO 6/24/2017	115	Patricia Benson Muskegon, MI 6/11/2016	85	Sara Ringbauer Columbia, MO 6/24/2017	170	Patricia Benson Muskegon, MI 6/11/2016	352.5
M3 50-54	Charla Wrenn Good Hope, IL 7/27/2018	70	Charla Wrenn Good Hope, IL 8/17/2019	67.5	Charla Wrenn Good Hope, IL 7/27/2018	112.5	Charla Wrenn Good Hope, IL 7/27/2018	247.5
M4 55-59								
M5 60-64	Mary Rapert Columbia, MO 7/19/2014	25	Mary Rapert Columbia, MO 7/19/2014	42.5	Mary Rapert Columbia, MO 7/19/2014	127.5	Mary Rapert Columbia, MO 7/19/2014	195
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	Laura Waller Lake in the Hills, IL 8/11/2007	87.5	Laura Waller Lake in the Hills, IL 8/11/2007	42.5	Laura Waller Lake in the Hills, IL 8/11/2007	97.5	Laura Waller Lake in the Hills, IL 8/11/2007	227.5

New Record

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							









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								
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							
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							

Women 70 kilograms								
Division	Squat	Bench Press	Deadlift	Total				
T1								
14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
Open	Lisa Mangold Lakewood, WI	115	Lisa Mangold Lakewood, WI	57.5	Lisa Mangold Lakewood, WI	137.5	Lisa Mangold Lakewood, WI	310





16-17								
T3								
18-19								
Junior								
20-23								
Open								
24-39								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4	Carolyn Beck Evansville, IN 10/10/2020	92.5	Carolyn Beck Evansville, IN 10/10/2020	65	Carolyn Beck Evansville, IN 10/10/2020	107.5	Carolyn Beck Evansville, IN 10/10/2020	265
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								



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

Women 90+ 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							

M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Single Event Unequipped National Records Updated 4/24/2021

New Record

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	Kimberly Wathan Howell, MI	60	Kimberly Wathan Howell, MI	40	Kimberly Wathan Howell, MI	87.5
24-29	3/17/2018		3/4/2017		3/17/2018	
M1						
40-44						
M2						

45-49						
M3 50-54			Kimberly Wathan Howell, MI 3/4/2017	40		
M4 55-59	Kimberly Wathan Howell, MI 3/17/2018	60			Kimberly Wathan Howell, MI 3/17/2018	87.5
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	Jaqueline Miller Columbia, MO 3/7/2015	61	Kerin Anderson Columbia, MO 3/7/2015	47	Jaqueline Miller Columbia, MO 3/7/2015	70
24-39						
M1						
40-44						
M2			Amy Fansler Macomb, IL 10/9/2020	30	Amy Fansler Macomb, IL 10/9/2020	70
45-49						
M3	Amy Fansler-Midas Macomb, IL 4/17/20521	50	Amy Fansler-Midas Macomb, IL 4/17/20521	37.5	Amy Fansler-Midas Macomb, IL 4/17/20521	75
50-54						
M4	Kerin Anderson Columbia, MO 3/7/2015	55	Kerin Anderson Columbia, MO 3/7/2015	47	Kerin Anderson Columbia, MO 3/7/2015	67.5
55-59						
M5			Patricia Kueneke St. Louis, MO	32.5		

60-64			2/4/2012			
M6 65-69	Jaqueline Miller Columbia, MO 3/7/2015	61	Jaqueline Miller Columbia, MO 3/7/2015	33	Jaqueline Miller Columbia, MO 3/7/2015	70
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15	Hanna Krause Allegan, MI 3/5/2011	70	Hanna Krause Allegan, MI 3/5/2011	40	Hanna Krause Allegan, MI 3/5/2011	90
T2 16-17			Jesse Fansler Macomb, IL 3/17/2018	52.5	Jesse Fansler Macomb, IL 3/17/2018	105.5
T3 18-19						
Junior 20-23						
Open 24-39	Hanna Krause Allegan, MI 3/5/2011	70	Shellaine Frazier Columbia, MO 3/4/2017	72.5	Shellaine Frazier Columbia, MO 3/5/2016	123
M1			Shellaine Frazier		Shellaine Frazier	

40-44			Columbia, MO 3/7/2015	71	Columbia, MO 3/7/2015	121
M2 45-49	Shellaine Frazier Columbia, MO 3/4/2017	65.5	Shellaine Frazier Columbia, MO 3/4/2017	72.5	Shellaine Frazier Columbia, MO 3/5/2016	123
M3 50-54	Pat Okker Columbia, MO 3/8/2014	65	Pat Okker Columbia, MO 3/8/2014	50	Pat Okker Columbia, MO 3/8/2014	92.5
M4 55-59	Kerin Anderson Columbia, MO 3/4/2017	60	Kerin Anderson Columbia, MO 3/4/2017	52.5	Kerin Anderson Columbia, MO 3/4/2017	80
M5 60-64						
M6 65-69	Linda LaFontaine Columbia, MO 3/17/2018	65	Linda LaFontaine Columbia, MO 3/17/2018	51	Linda LaFontaine Columbia, MO 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			Whitney Piper Macomb, IL 3/17/2018	45	Whitney Piper Macomb, IL 3/17/2018	95
T3 18-19					Whitney Piper Macomb, IL 10/9/2020	120
Junior 20-23	Toni Lane Macomb, IL 3/7/2015	105	Jessie Fansler Macomb, IL 10/9/2020	60	Toni Lane Macomb, IL 3/7/2015	145
Open 24-39	Toni Lane Macomb, IL 3/7/2015	105	Shellaine Frazier Columbia, MO 3/17/2018	70.5	Toni Lane Macomb, IL 3/7/2015	145
M1 40-44	Lauren Poulin Whitman, MA 4/17/2021	80	Shellaine Frazier Columbia, MO 2/4/2012	65	Lauren Poulin Whitman, MA 4/17/2021	120
M2 45-49	Shellaine Frazier Columbia, MO 3/17/2018	70	Shellaine Frazier Columbia, MO 3/17/2018	70.5	Shellaine Frazier Columbia, MO 3/17/2018	121
M3 50-54						
M4 55-59	Pat Okker Columbia, MO 3/7/2015	50	Pat Okker Columbia, MO 3/7/2015	55	Pat Okker Columbia, MO 3/7/2015	95
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
MO						

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	Sophie Simmons MaComb, IL 3/6/2010	80	Jessica Fansler MaComb, IL 4/17/2021	62.5	Whitney Piper MaComb, IL 4/17/2021	147.5
Open 24-39	Kim Morgan-Jones Columbia, MO 3/17/2018	91	Koley Hockeborn Walker, MI 4/5/2008	95	Kim Morgan-Jones Columbia, MO 3/17/2018	119
M1 40-44						
M2 45-49			Koley Hockeborn Walker, MI 4/5/2008	95		
M3 50-54						
M4 55-59						

M5 60-64	Kim Morgan-Jones Columbia, MO 3/17/2018	91	Kim Morgan-Jones Columbia, MO 3/17/2018	57.5	Kim Morgan-Jones Columbia, MO 3/17/2018	119
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	Claire Rittenhouse MaComb, IL 3/6/2010	90	Claire Rittenhouse MaComb, IL 3/6/2010	57.5	Claire Rittenhouse MaComb, IL 3/6/2010	95
T2 16-17	Naomi Seifert Mt. Vernon, IN 3/7/2015	87.5	Morgan Thompson Fort Gratiot, MI 3/5/2011	57.5	Alicia Doyle Crosswell, MI 3/5/2011	130
T3 18-19	Samantha Fromelius Evansville, IN 3/8/2014	85			Ainsley Walter MaComb, IL 10/9/2020	85
Junior 20-23	Samantha Pauli Evansville, IN 4/17/2021	90	Samantha Pauli Evansville, IN 4/17/2021	62.5	Samantha Pauli Evansville, IN 4/17/2021	62.5
Open	Sara Gibson Evansville, IN	102.5	Koley Hockeborn Walker, MI	102.5	Amanda Smith Evansville, IN	145

24-39	3/8/2014		3/6/2010		3/7/2015	
M1 40-44	Angela Holloway Columbia, MO 3/7/2015	52.5	Angela Holloway Columbia, MO 3/7/2015	42.5	Angela Holloway Columbia, MO 3/7/2015	77.5
M2 45-49	Angela Holloway Columbia, MO 3/4/2017	60	Carol Burr Hersey, MI 2/25/2006	70	Darlene Wallace Newburgh, IN 3/8/2014	102.5
M3 50-54	Cheryl Kyle Columbia, MO 3/17/2018	75	Koley Hockeborn Walker, MI 3/6/2010	102.5	Cheryl Kyle Columbia, MO 3/17/2018	115
M4 55-59	Cheryl Kyle Columbia, MO 3/16/2019	80	Cheryl Kyle Columbia, MO 3/16/2019	55	Cheryl Kyle Columbia, MO 3/16/2019	126
M5 60-64	Sandy Falloon Columbia, MO 3/7/2015	42.5	Anne Clark Columbia, MO 3/8/2014	35	Anne Clark Columbia, MO 3/8/2014	80
M6 65-69	Catherine Morrison Portland, ME 3/16/2019	75	Catherine Morrison Portland, ME 3/16/2019	52.5	Catherine Morrison Portland, ME 3/16/2019	117.5
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	Emily Phillips Colchester, IL 3/7/2015	73.5				
T3 18-19					Ainsley Walter Macomb, IL 4/17/2021	100
Junior 20-23			Marion Bosma Hesperia, MI 3/9/2013	80	Marion Bosma Hesperia, MI 3/9/2013	172.5
Open 24-29	Katie Oursler Macomb, IL 4/17/2021	117.5	Marion Bosma Hesperia, MI 3/9/2013	80	Marion Bosma Hesperia, MI 3/9/2013	172.5
M1 40-44	Tara Helenthal Hamilton, IL 3/7/2015	80	Tara Helenthal Hamilton, IL 3/7/2015	55	Tara Helenthal Hamilton, IL 3/7/2015	115
M2 45-49						
M3 50-54	Carol Burr Hersey, MI 3/14/2009	105	Carol Burr Hersey, MI 3/14/2009	77.5	Carol Burr Hersey, MI 3/6/2010	157.5
M4 55-59	Susan Sanaghan Michigan City, IN 3/9/2013	97.5	Cheryl Kyle Columbia, MO 10/10/2020	62.5	Cheryl Kyle Columbia, MO 10/10/2020	137.5
M5 60-64						
M6 65-69	Kate Walker Columbia, MO 3/7/2015	72.5	Catherine Morrison Portland, ME 4/17/2021	50.5	Catherine Morrison Portland, ME 4/17/2021	120
M7 70-74			Kate Walker Columbia, MO 3/7/2015	42.5	Kate Walker Columbia, MO 3/7/2015	98
M8						



75-79					
M9					
80-84					
M10					
85-89					

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17	Lauren McClure Macomb, IL 4/17/2021	110	Kateri Stachowicz Whitehall, MI 3/5/2011	75	Lauren McClure Macomb, IL 4/17/2021	148
T3 18-19						
Junior 20-23						
Open 24-39	Jennifer McClain Hannibal, MO 3/7/2015	105	Kateri Stachowicz Whitehall, MI 3/5/2011	75	Kateri Stachowicz Whitehall, MI 3/5/2011	145
M1 40-44			Charla Wrenn Good Hope, IL 3/5/2016	57.5	Charla Wrenn Good Hope, IL 3/5/2016	105
M2 45-49	Delsie Bonaparte Columbia, MO 3/4/2017	75	Delsie Bonaparte Columbia, MO 3/4/2017	45	Delsie Bonaparte Columbia, MO 3/4/2017	92.5
M3 50-54					Kimberly Livelay Newburgh, IN 3/8/2014	100
M4	Beth Perrin		Carolyn Beck		Carolyn Beck	

M5 55-59	Columbia, MO 3/7/2015	77.5	Evansville, IN 4/17/2021	65	Evansville, IN 4/17/2021	110
M5 60-64	Beth Perrin Columbia, MO 3/4/2017	95	Bridget Bufford Columbia, MO 4/17/2021	65	Bridget Bufford Columbia, MO 4/17/2021	117.5
M6 65-69						
M7 70-74			Sandra Ollar Columbia, MO 3/7/2015	27.5	Sandra Ollar Columbia, MO 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					Alyssa Beadles Boonville, IN 4/17/2021	120
T3 18-19						
Junior 20-23						

Open 24-39	Beth Van Hove Columbia, MO 3/17/2018	92.5	Kim Welcher Evansville, IN 3/8/2014	85	Andrea Chappellear Columbia, MO 3/4/2017	160
M1 40-44	Andrea Chappellear Columbia, MO 3/4/2017	75	Andrea Chappellear Columbia, MO 3/4/2017	52.5	Andrea Chappellear Columbia, MO 3/4/2017	160
M2 45-49	Delsie Bonaparte Columbia, MO 3/17/2018	72.5	Kim Welcher Evansville, IN 3/8/2014	85	Charla Wrenn Good Hope, IL 3/4/2017	107.5
M3 50-54	Beth Van Hove Columbia, MO 3/17/2018	92.5	Beth Van Hove Columbia, MO 3/17/2018	62.5	Beth Van Hove Columbia, MO 3/17/2018	116
M4 55-59	Rachel Brown Columbia, MO 3/7/2015	65	Rachel Brown Columbia, MO 3/7/2015	57.5	Rachel Brown Columbia, MO 3/7/2015	123
M5 60-64	Rachel Brown Columbia, MO 3/4/2017	87.5	Rachel Brown Columbia, MO 3/4/2017	62.5	Rachel Brown Columbia, MO 3/4/2017	130.5
M6 65-69	Maggy Danley Columbia, MO 3/7/2015	60	Maggy Danley Columbia, MO 3/7/2015	48.5	Maggy Danley Columbia, MO 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	Keri DeVolder Macomb, IL 3/4/2017	87.5				
T2 16-17	Keri DeVolder Macomb, IL 3/17/2018	102.5	Keri DeVolder Macomb, IL 3/17/2018	70	Keri DeVolder Macomb, IL 3/17/2018	135
T3 18-19						
Junior 20-23						
Open 24-39	Sharri Morgraves Bath, MI 3/5/2016	127.5	Sharri Morgraves Bath, MI 3/5/2016	75	Sara Ringbauer Columbia, MO 3/4/2017	172.5
M1 40-44						
M2 45-49	Sara Ringbauer Columbia, MO 3/4/2017	135	Stephanie Wells Columbia, MO 3/17/2018	65	Sara Ringbauer Columbia, MO 3/4/2017	172.5
M3 50-54	Sharri Morgraves Bath, MI 3/5/2016	127.5	Sharri Morgraves Bath, MI 3/5/2016	75	Sharri Morgraves Bath, MI 3/5/2016	160
M4 55-59			Judy Naeger Columbia, MO 3/17/2018	45	Judy Naeger Columbia, MO 3/17/2018	130
M5 60-64						
M6 65-69			Mary Rapert Barnhart, MO 3/4/2017	60	Mary Rapert Barnhart, MO 3/4/2017	141.5
M7 70-74						

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

Single Event Equipped National Records Updated 3/6/2017

New Record

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						

M1						
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					
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Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39			Angela Hardy Mishawaka, IN 3/5/2011	42.5	Angela Hardy Mishawaka, IN 3/5/2011	97.5
M1 40-44						
M2 45-49			Angela Hardy Mishawaka, IN 3/5/2011	42.5	Angela Hardy Mishawaka, IN 3/5/2011	97.5
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 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		Brianna Palleschi			

16-17			Applegate, MI 4/5/2008	72.5		
T3						
18-19						
Junior						
20-23						
Open	Koley Hockeborn Walker, MI	142.5	Koley Hockeborn Walker, MI	110	Koley Hockeborn Walker, MI	142.5
24-39	3/9/2013		3/9/2013		3/9/2013	
M1						
40-44						
M2						
45-49						
M3	Koley Hockeborn Walker, MI	142.5	Koley Hockeborn Walker, MI	110	Koley Hockeborn Walker, MI	142.5
50-54	3/9/2013		3/9/2013		3/9/2013	
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	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 3/5/2011	142.5
M1 40-44						
M2 45-49						
M3 50-54	Koley Hockeborn Walker, MI 3/5/2011	150	Koley Hockeborn Walker, MI 3/5/2011	120	Koley Hockeborn Walker, MI 3/5/2011	142.5
M4 55-59						
M5						

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				Susan Sanaghan Michigan City, IN 4/5/2008	130

M1 40-44						
M2 45-49						
M3 50-54					Susan Sanaghan Michigan City, IN 4/5/2008	130
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	Carolyn Beck				
55-59	Evansville, IN 10/10/2020	92.5			
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			Denise Gilbert		Denise Gilbert	

Open			3/7/2015	52.5	3/7/2015	125
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4			Denise Gilbert	52.5	Denise Gilbert	125
55-59			3/7/2015		3/7/2015	
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						