

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 mcclurelauren2003@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 | | | | | | | | |

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|--------------|--|--|--|--|--|--|--|
| 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 | | | | | | | |

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|--------------|--|--|--|--|--|--|--|
| 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 11/4/2017 | 65 | Linda LaFontaine Columbia 11/4/2017 | 47.5 | Linda LaFontaine Columbia 11/4/2017 | 95 | Linda LaFontaine Columbia 11/4/2017 | 207.5 |
| M1 40-44 | | | | | | | | |
| M2 45-49 | | | | | | | | |
| M3 50-54 | | | | | | | | |
| M4 55-59 | | | | | | | | |
| M5 60-64 | | | | | | | | |
| M6 65-69 | Linda LaFontaine Columbia 11/4/2017 | 65 | Linda LaFontaine Columbia 8/17/2019 | 50 | Linda LaFontaine Columbia 8/17/2019 | 100 | Linda LaFontaine Columbia 8/17/2019 | 215 |
| M7 70-74 | | | | | | | | |
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |
| M10 85-89 | | | | | | | | |

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|--------------|--|--|--|--|--|--|--|--|
| 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 | Laura Baum St Louis 6/24/2017 | 107.5 | Laura Baum St Louis 6/24/2017 | 67.5 | Laura Baum St Louis 6/24/2017 | 132.5 | Laura Baum St Louis 6/24/2017 | 307.5 |
| Open 24-39 | Laura Baum St Louis 6/24/2017 | 107.5 | Laura Baum St Louis 6/24/2017 | 67.5 | Laura Baum St Louis 6/24/2017 | 132.5 | Laura Baum St Louis 6/24/2017 | 307.5 |
| M1 40-44 | | | | | | | | |
| M2 45-49 | | | | | | | | |
| M3 50-54 | | | | | | | | |
| M4 | Pat Okker | | Pat Okker | | Pat Okker | | Pat Okker | |

| | | | | | | | | |
|--------------|-------------------------|------|-------------------------|------|-------------------------|-----|-------------------------|-----|
| M5 55-59 | Columbia 6/24/2017 | 75 | Columbia 6/24/2017 | 50 | Columbia 6/24/2017 | 110 | Columbia 6/24/2017 | 235 |
| M6 60-64 | | | | | | | | |
| M7 65-69 | | | | | | | | |
| M7 70-74 | Anne Clark 8/17/2019 | 27.5 | Anne Clark 8/17/2019 | 32.5 | Anne Clark 8/17/2019 | 70 | Anne Clark 8/17/2019 | 130 |
| 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 | Kim Jones Columbia | 88 | Kim Jones Columbia | 60.5 | Kim Jones Columbia | 115 | Kim Jones Columbia | 262.5 |

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|-----------------|--|------|--|------|--|-------|--|-------|
| T2 16-17 | | | | | | | | |
| T3 18-19 | | | | | | | | |
| Junior 20-23 | | | | | | | | |
| Open 24-39 | Megan Daniels St. Louis 9/1/2018 | 120 | Megan Daniels St. Louis 9/1/2018 | 65 | Megan Daniels St. Louis 9/1/2018 | 147.5 | Megan Daniels St. Louis 9/1/2018 | 335 |
| M1 40-44 | Tammy Browning Rocheport 6/24/2017 | 82.5 | Tammy Browning Rocheport 11/4/2017 | 47.5 | Tammy Browning Rocheport 11/4/2017 | 115 | Tammy Browning Rocheport 11/4/2017 | 245 |
| M2 45-49 | Tammy Browning Rocheport 9/1/2018 | 70 | Tammy Browning Rocheport 9/1/2018 | 47.5 | Tammy Browning Rocheport 9/1/2018 | 110 | Tammy Browning Rocheport 9/1/2018 | 335 |
| M3 50-54 | Cheryl Kyle Columbia 11/4/2017 | 77.5 | Cheryl Kyle Columbia 11/4/2017 | 50 | Cheryl Kyle Columbia 6/24/2017 | 105 | Cheryl Kyle Columbia 11/4/2017 | 232.5 |
| M4 55-59 | Cheryl Kyle Columbia 9/1/2018 | 80 | Cheryl Kyle Columbia 9/1/2018 | 47.5 | Cheryl Kyle Columbia 9/1/2018 | 110 | Cheryl Kyle Columbia 9/1/2018 | 227.5 |
| M5 60-64 | Deb Hasten St. Louis 9/1/2018 | 72.5 | Deb Hasten St. Louis 9/1/2018 | 57.5 | Deb Hasten St. Louis 9/1/2018 | 115 | Deb Hasten St. Louis 9/1/2018 | 245 |
| M6 65-69 | Louise Miller Columbia 6/24/2017 | 65 | Louise Miller Columbia 6/24/2017 | 45 | Louise Miller Columbia 11/4/2017 | 102.5 | Louise Miller Columbia 11/4/2017 | 212.5 |
| M7 70-74 | | | | | | | | |
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |

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|-------|--|--|--|--|--|--|--|--|
| M10 | | | | | | | | |
| 85-89 | | | | | | | | |

| Women 70 kilograms | | | | | | | | |
|--------------------|--|-------|--|------|--|-------|--|-------|
| Division | Squat | | Bench Press | | Deadlift | | Total | |
| T1 14-15 | Esther Duncan Columbia 11/4/2017 | 105.5 | Esther Duncan Columbia 11/4/2017 | 52.5 | Esther Duncan Columbia 11/4/2017 | 117.5 | Esther Duncan Columbia 11/4/2017 | 267.5 |
| T2 16-17 | | | | | | | | |
| T3 18-19 | | | | | | | | |
| Junior 20-23 | | | | | | | | |
| Open 24-39 | Esther Duncan Columbia 11/4/2017 | 105.5 | Esther Duncan Columbia 11/4/2017 | 52.5 | Esther Duncan Columbia 11/4/2017 | 117.5 | Esther Duncan Columbia 11/4/2017 | 267.5 |
| M1 40-44 | Kristen Simms Columbia 8/17/2019 | 85 | Kristen Simms Columbia 8/17/2019 | 45 | Kristen Simms Columbia 8/17/2019 | 115 | Kristen Simms Columbia 8/17/2019 | 245 |
| M2 45-49 | | | | | | | | |
| M3 50-54 | | | | | | | | |
| M4 55-59 | Cheryl Kyle Columbia 10/10/2020 | 90 | Cheryl Kyle Columbia 10/10/2020 | 62.5 | Cheryl Kyle Columbia 10/10/2020 | 132.5 | Cheryl Kyle Columbia 10/10/2020 | 287.5 |
| M5 60-64 | | | | | | | | |
| M6 | Nina Hampton | | Nina Hampton | | Nina Hampton | | Nina Hampton | |

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|--------------|-------------------------------------|------|-------------------------------------|----|-------------------------------------|----|-------------------------------------|-------|
| M6 65-69 | Columbia 3/2/2019 | 32.5 | Columbia 3/2/2019 | 30 | Columbia 8/17/2019 | 65 | Columbia 3/2/2019 | 122.5 |
| M7 70-74 | Kate Walker Ashland 8/17/2019 | 60 | Kate Walker Ashland 8/17/2019 | 40 | Kate Walker Ashland 8/17/2019 | 85 | Kate Walker Ashland 8/17/2019 | 185 |
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |
| M10 85-89 | | | | | | | | |

| Women 80 kilograms | | | | | | | | |
|--------------------|--|------|--|------|--|-----|--|-------|
| Division | Squat | | Bench Press | | Deadlift | | Total | |
| T1 14-15 | | | | | | | | |
| T2 16-17 | | | | | | | | |
| T3 18-19 | | | | | | | | |
| Junior 20-23 | | | | | | | | |
| Open 24-39 | Julie Krause Harrisburg 9/1/2018 | 135 | Julie Krause Harrisburg 9/1/2018 | 72.5 | Julie Krause Harrisburg 9/1/2018 | 170 | Julie Krause Harrisburg 9/1/2018 | 380 |
| M1 40-44 | Julie Krause Harrisburg 9/1/2018 | 135 | Julie Krause Harrisburg 9/1/2018 | 72.5 | Julie Krause Harrisburg 9/1/2018 | 170 | Julie Krause Harrisburg 9/1/2018 | 380 |
| M2 | Delsie Bonaparte Columbia | 67.5 | Delsie Bonaparte Columbia | 40 | Delsie Bonaparte Columbia | 93 | Delsie Bonaparte Columbia | 200.5 |

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|-----------------|---|------|---|------|---|------|---|-------|
| Junior 20-23 | | | | | | | | |
| Open 24-39 | Megan Kuno St. Louis 6/24/2017 | 140 | Megan Kuno St. Louis 6/24/2017 | 72.5 | Andrea Chappellear Columbia 6/24/2017 | 150 | Megan Kuno St. Louis 6/24/2017 | 360 |
| M1 40-44 | Andrea Chappellear Columbia 4/22/2017 | 85 | Andrea Chappellear Columbia 6/24/2017 | 57.5 | Andrea Chappellear Columbia 4/22/2017 | 155 | Andrea Chappellear Columbia 4/22/2017 | 295 |
| M2 45-49 | | | | | | | | |
| M3 50-54 | Beth Van Hove Columbia 6/24/2017 | 93 | Beth Van Hove Columbia 6/24/2017 | 60 | Beth Van Hove Columbia 6/24/2017 | 97.5 | Beth Van Hove Columbia 6/24/2017 | 250.5 |
| M4 55-59 | Beth Van Hove Columbia 3/2/2019 | 92.5 | Beth Van Hove Columbia 3/2/2019 | 60 | Beth Van Hove Columbia 3/2/2019 | 125 | Beth Van Hove Columbia 3/2/2019 | 277.5 |
| M5 60-64 | Rachel Brown Columbia 8/17/2019 | 95 | Rachel Brown Columbia 11/4/2017 | 63 | Rachel Brown Columbia 8/17/2019 | 140 | Rachel Brown Columbia 11/4/2017 | 287.5 |
| M6 65-69 | | | | | | | | |
| M7 70-74 | | | | | | | | |
| M8 75-79 | | | | | | | | |
| M9 80-84 | | | | | | | | |
| M10 85-89 | | | | | | | | |

Women 90+ kilograms

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

| Police, Military, Fire Unequipped | | | | | | | |
|-----------------------------------|-------|--|-------------|--|----------|--|-------|
| Weight | Squat | | Bench Press | | Deadlift | | Total |
| 58.5 | | | | | | | |

Full Power Equipped Missouri Records Updated 8/19/2025

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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 | | | | | | | | |

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|-----------------|--|--|--|--|--|--|--|--|
| 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 | | | | | | | | |

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|-----------------|--|--|--|--|--|--|--|--|
| 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 | | 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 | | | | | | | | |

| | | | | | | | | |
|-----------------|--|--|--|--|--|--|--|--|
| 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 | | | | | | | | |
| Mo | | | | | | | | |

ADFPF Single Event Unequipped Missouri Records

Updated : Updated 8/19/2025

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 mcclurelauren2003@gmail.com with your full name, the name of the meet and date where the record was set.

| 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 | | | | | | |

| | | | | | |
|--------------|--|--|--|--|--|
| 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 | Shellaine Frazier Columbia 4/22/2017 | 70 | Shellaine Frazier Columbia 3/4/2017 | 72.5 | Shellaine Frazier Columbia 3/4/2017 | 120 |
| 24-39 | | | | | | |
| M1 | | | | | | |
| 40-44 | | | | | | |
| M2 | Shellaine Frazier Columbia 4/22/2017 | 70 | Shellaine Frazier Columbia 3/4/2017 | 72.5 | Shellaine Frazier Columbia 3/4/2017 | 120 |
| 45-49 | | | | | | |
| M3 | | | | | | |
| 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 | Linda LaFontaine Columbia 3/17/2018 | 65 | Linda LaFontaine Columbia 3/17/2018 | 51 | Linda La-Fontaine Columbia 3/17/2018 | 92.5 |
| 65-69 | | | | | | |
| M7 | | | | | | |
| 70-74 | | | | | | |
| M8 | | | | | | |
| 75-79 | | | | | | |
| M9 | | | | | | |

| | | | | | |
|-------|--|--|--|--|--|
| 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 | | | | | Nichole Neville Columbia 3/17/2018 | 105 |
| 20-23 | | | | | | |
| Open | Shellaine Frazier Columbia 3/17/2017 | 70 | Shellaine Frazier Columbia 4/22/2017 | 72.5 | Shellaine Frazier Columbia 4/22/2017 | 122.5 |
| 24-39 | | | | | | |
| M1 | | | | | | |
| 40-44 | | | | | | |
| M2 | Shellaine Frazier Columbia 3/17/2017 | 70 | Shellaine Frazier Columbia 4/22/2017 | 72.5 | Shellaine Frazier Columbia 4/22/2017 | 122.5 |
| 45-49 | | | | | | |
| M3 | | | | | | |
| 50-54 | | | | | | |
| M4 | | | | | | |
| 55-59 | | | | | | |
| M5 | | | | | | |

| | | | | | | |
|-------|--|--|------------|------|------------|------|
| 60-64 | | | | | | |
| M6 | | | Anne Clark | | Anne Clark | |
| 65-69 | | | 3/2/2019 | 32.5 | 3/2/2019 | 72.5 |
| 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 | Kim Morgan-Jones Columbia | 91 | Kim Morgan-Jones Columbia | 57.5 | Kim Morgan-Jones Columbia | 119 |
| 24-39 | 3/17/2017 | | 3/17/2017 | | 3/17/2017 | |
| M1 | | | | | | |
| 40-44 | | | | | | |

| | | | | | | |
|--------------|---|----|---|------|---|-----|
| M2 45-49 | | | | | | |
| M3 50-54 | | | | | | |
| M4 55-59 | | | | | | |
| M5 60-64 | 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 |
| 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 | Cheryl Kyle Columbia 3/16/2019 | 80 | Cheryl Kyle Columbia 3/16/2019 | 55 | Cheryl Kyle Columbia 3/16/2019 | 126 |
| M1 40-44 | | | | | | |
| M2 45-49 | Angela Holloway Columbia 3/4/2017 | 60 | Melissa Gavin Columbia 3/5/2023 | 50 | Melissa Gavin Columbia 3/5/2023 | 95 |
| M3 50-54 | Cheryl Kyle Columbia 3/17/2018 | 75 | Cheryl Kyle Columbia 3/17/2018 | 47.5 | Cheryl Kyle Columbia 3/17/2018 | 115 |
| M4 55-59 | Patricia Urban Columbia 3/4/2017 | 65 | Cheryl Kyle Columbia 9/1/2018 | 47.5 | Cheryl Kyle Columbia 9/1/2018 | 110 |
| M5 60-64 | Cheryl Kyle Columbia 3/16/2019 | 80 | Cheryl Kyle Columbia 3/16/2019 | 55 | Cheryl Kyle Columbia 3/16/2019 | 126 |
| M6 65-69 | 3/16/2019 Columbia 3/4/2017 | 62.5 | Louise Miller Columbia 3/4/2017 | 40 | Kate Walker Columbia 3/4/2017 | 95 |
| 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 | Cheryl Kyle Columbia 4/17/2021 | 90 | Cheryl Kyle Columbia 4/17/2021 | 62.5 | Cheryl Kyle Columbia 4/17/2021 | 137.5 |
| M1 40-44 | | | | | | |
| M2 45-49 | | | | | | |
| M3 50-54 | | | | | | |
| M4 55-59 | Cheryl Kyle Columbia 4/17/2021 | 90 | Cheryl Kyle Columbia 4/17/2021 | 62.5 | Cheryl Kyle Columbia 4/17/2021 | 137.5 |
| 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 | | | Kate Walker Ashland | 42.5 | Kate Walker Ashland | 98 |

| | | | | | | |
|-------|--|--|-----------|--|-----------|--|
| 70-74 | | | 4/17/2021 | | 4/17/2021 | |
| 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 | Beth Perrin Columbia 3/4/2017 | 95 | Bridget Bufford Columbia 4/17/2021 | 65 | Bridget Budford Columbia 4/17/2021 | 117.5 |
| 24-29 | | | | | | |
| 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 |
| 45-49 | | | | | | |
| M3 | | | Debbie Rosslan | 55 | Debbie Rosslan | |
| 50-54 | | | 3/2/2019 | | 3/2/2019 | |

| | | | | | | |
|--------------|-------------------------------------|----|--|----|--|-------|
| M4 55-59 | | | | | | |
| M5 60-64 | Beth Perrin Columbia 3/4/2017 | 95 | Bridget Bufford Columbia 4/17/2021 | 65 | Bridget Budford Columbia 4/17/2021 | 117.5 |
| 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 | Beth Van Hove | | Beth Van Hove | | Andrea Chappellear | |

| | | | | | | |
|---------------|--|------|--|------|--|-------|
| OPEN 24-39 | Columbia 3/17/2018 | 92.5 | Columbia 3/17/2018 | 62.5 | 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 | | | Beth Van Hove Columbia 3/2/2019 | 60 | Beth Van Hove Columbia 3/2/2019 | 125 |
| M5 60-64 | Bridget Bufford Columbia 5/7/2022 | 90 | Bridget Bufford Columbia 5/7/2022 | 66 | Rachel Brown Columbia 3/4/2017 | 130.5 |
| 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 | Clare Brown Columbia 3/4/2017 | 100 | Clare Brown Columbia 7/15/2017 | 60 | Clare Brown Columbia 3/4/2017 | 125 |
| T3 18-19 | | | | | | |
| Junior 20-23 | | | | | | |
| Open 24-39 | Sara Ringbauer Columbia 3/4/2017 | 135 | Ashley Bates Sedalia 3/2/2019 | 77.5 | Sara Ringbauer Columbia 3/4/2017 | 172.5 |
| M1 40-44 | | | | | | |
| M2 45-49 | Sara Ringbauer Columbia 3/4/2017 | 135 | Stephanie Wells Fulton 3/17/2018 | 65 | Sara Ringbauer Columbia 3/4/2017 | 172.5 |
| M3 50-54 | | | | | | |
| M4 55-59 | | | Judy Naeger Warrenton 3/17/2018 | 45 | Judy Naeger Warrenton 3/17/2018 | 130 |
| M5 60-64 | | | | | | |
| M6 65-69 | | | Mary Rapert Barnhart 9/1/2018 | 65 | Mary Rapert Barnhart 9/1/2018 | 145 |
| M7 70-74 | | | | | | |
| M8 75-79 | | | | | | |
| M9 | | | | | | |

| | | | | | |
|-------|--|--|--|--|--|
| 80-84 | | | | | |
| M10 | | | | | |
| 85-89 | | | | | |

| Police, Military, Fire Unequipped | | | | | | |
|-----------------------------------|-------|--|-------------|--|----------|--|
| Weight | Squat | | Bench Press | | Deadlift | |
| | | | | | | |
| | | | | | | |

Single Event Equipped Missouri Records Updated 8/19/2025

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 mcclurelauren2003@gmail.com with your full name, the name of the meet and date where the record was set.

| 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 | | | | | | |

| | | | | | | |
|-----------------|--|--|--|--|--|--|
| 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 | | | | | | |
| Mo | | | | | | |

| | | | | | | |
|-------|--|--|--|--|--|--|
| 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 | | | | | | |

| | | | | | |
|-------|--|--|--|--|--|
| 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 | | | | | | |