

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (40-44)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	123.3	271.7	Judy Gedney	
	Bench	80.0	176.2	Ann Leverett	07/29/94
	Deadlift	152.5	336.0	Ann Leverett	07/21/95
	TOTAL	340.0	749.5	Ann Leverett	07/29/94
48kg/105.7lb	Squat	142.5	314.0	Ann Leverett	12/06/97
	Bench	83.0	182.7	Ann Leverett	05/06/94
	Deadlift	157.5	347.2	Ann Leverett	07/12/97
	TOTAL	367.5	810.2	Ann Leverett	07/12/97
52kg/114.5lb	Squat	132.5	292.0	Ann Leverett	12/05/98
	Bench	80.0	176.0	Ann Leverett	12/05/98
	Deadlift	153.0	337.0	Ann Leverett	12/05/98
	TOTAL	365.0	804.7	Ann Leverett	12/05/98
56kg/123.5lb	Squat	167.5	369.2	Kelii	07/21/95
	Bench	77.5	170.7	Diane Frantz	
	Deadlift	182.5	402.2	Diane Frantz	
	TOTAL	427.5	942.2	Kelii	07/21/95
60kg/132.2lb	Squat	190.9	420.7	Diane Frantz	
	Bench	95.0	209.2	Danni Eldridge	07/07/82
	Deadlift	195.0	429.0	Diane Frantz	
	TOTAL	467.5	1030.5	Diane Frantz	
67.5kg/148.7lb	Squat	205.0	451.7	Vicki Steenrod	07/26/91
	Bench	132.5	292.0	Vicki Steenrod	07/31/92
	Deadlift	207.5	457.2	Vicki Steenrod	12/08/90
	TOTAL	530.0	1168.2	Vicki Steenrod	07/31/92
75kg/165.2lb	Squat	207.5	457.2	Vicki Steenrod	07/30/94
	Bench	137.5	303.0	Vicki Steenrod	10/26/93
	Deadlift	210.0	462.7	Vicki Steenrod	07/30/94
	TOTAL	547.0	1205.7	Vicki Steenrod	07/30/94
82.5kg/181.7	Squat	187.5	413.3	Nicolai Stern	09/13/08
	Bench	132.5	292.1	Tanya Reed	02/16/08
	Deadlift	210.0	462.9	Nicolai Stern	09/13/08
	TOTAL	507.5	1118.8	Nicolai Stern	09/13/08
90kg/198.2lb	Squat	160.0	352.5	Mary Trevithick	10/15/83
	Bench	112.5	248.0	Sharylee Barbee	12/18/99
	Deadlift	182.5	402.2	Vicky Dupuis	03/17/07
	TOTAL	437.5	964.5	Sharylee Barbee	12/18/99
90+kg/UNL	Squat	215.0	473.7	Corloss Lott	05/11/85
	Bench	125.0	275.5	Shary Barbee	08/05/00
	Deadlift	237.5	523.5	Corloss Lott	
	TOTAL	562.5	1240.0	Corloss Lott	

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (45-49)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	125.0	275.5	Ann Leverett	07/23/99
	Bench	75.0	165.2	Ann Leverett	07/23/99
	Deadlift	150.0	330.5	Ann Leverett	07/23/99
	TOTAL	350.0	771.5	Ann Leverett	07/23/99
48kg/105.7lb	Squat	145.0	319.5	Ann Leverett	04/15/00
	Bench	65.0	143.2	Michele Bertoli	09/25/99
	Deadlift	136.3	300.0	Michele Bertoli	09/25/99
	TOTAL	377.5	832.0	Ann Leverett	04/15/00
52kg/114.5lb	Squat	130.0	286.5	Karin Reagan	12/14/85
	Bench	72.5	159.5	Karin Reagan	
	Deadlift	157.5	347.0	Karin Reagan	
	TOTAL	355.0	782.5	Karin Reagan	12/14/85
56kg/123.5lb	Squat	157.5	347.0	Diane Frantz	
	Bench	93.0	205.0	Suzanne Hedman	05/17/08
	Deadlift	190.0	418.7	Diane Frantz	
	TOTAL	425.0	936.7	Diane Frantz	
60kg/132.2lb	Squat	190.0	418.7	Diane Frantz	
	Bench	87.5	192.7	Diane Frantz	
	Deadlift	207.5	457.2	Diane Frantz	
	TOTAL	477.5	1052.5	Diane Frantz	
67.5kg/148.7lb	Squat	185.0	407.0	Danni Eldridge	05/14/88
	Bench	122.5	270.0	Danni Eldridge	03/09/91
	Deadlift	210.0	462.7	Danni Eldridge	03/09/91
	TOTAL	507.5	1118.7	Danni Eldridge	05/14/88
75kg/165.2lb	Squat	205.0	451.7	Vicki Steenrod	07/22/95
	Bench	145.0	319.5	Vicki Steenrod	10/21/95
	Deadlift	212.5	468.2	Vicki Steenrod	07/22/95
	TOTAL	555.0	1223.5	Vicki Steenrod	07/22/95
82.5kg/181.7	Squat	165.0	363.7	Donna Delleree	05/18/91
	Bench	140.0	308.6	Tanya Reed	03/28/09
	Deadlift	205.0	451.7	Linda Devaney	03/09/91
	TOTAL	485.0	1067.1	Tanya Reed	03/28/09
90kg/198.2lb	Squat	180.0	396.7	Sharylee Barbee	12/03/00
	Bench	120.0	264.5	Sharylee Barbee	12/03/00
	Deadlift	192.5	424.0	Sharylee Barbee	12/03/00
	TOTAL	492.5	1085.7	Sharylee Barbee	12/03/00
90+kg/UNL	Squat	117.5	259.0	Ruth Jolicoeur	05/15/92
	Bench	80.0	176.2	Linda Devaney	10/14/89
	Deadlift	172.5	380.2	Linda Devaney	10/14/89
	TOTAL	367.5	810.0	Linda Devaney	10/14/89

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (50-54)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat	97.5	214.7	Norma Smith	05/04/90
	Bench	46.0	101.2	G. Marshall	05/19/95
	Deadlift	117.5	259.0	Norma Smith	05/04/90
	TOTAL	260.0	573.0	Norma Smith	05/04/90
52kg/114.5lb	Squat	110.0	242.5	Rosellen Kerr	05/14/93
	Bench	62.5	137.7	Ann Boyer	11/07/87
	Deadlift	125.0	275.5	Ann Boyer	08/19/89
	TOTAL	272.5	600.7	Ann Boyer	11/07/87
56kg/123.5lb	Squat	115.0	253.5		02/16/08
	Bench	97.5	214.9	Sabra Callahan	02/16/08
	Deadlift	135.0	297.5	Nancy Lango	05/14/88
	TOTAL	337.5	744.0	Sabra Callahan	02/16/08
60kg/132.2lb	Squat	120.0	264.5	Judy Hobbs	05/23/98
	Bench	95.0	209.4	Sabra Callahan	04/04/09
	Deadlift	135.0	297.5	Judy Hobbs	05/23/98
	TOTAL	327.5	722.0	Judy Hobbs	05/23/98
67.5kg/148.7lb	Squat	117.5	259.0	Karin Reagan	08/13/91
	Bench	87.5	192.7	Karin Reagan	08/13/91
	Deadlift	142.5	314.0	Karin Reagan	08/13/91
	TOTAL	347.5	766.0	Karin Reagan	08/13/91
75kg/165.2lb	Squat	135.0	297.5	Gretchen Buerki	11/19/94
	Bench	85.0	187.2	Joyce Hamblin	10/21/95
	Deadlift	162.5	358.0	Gretchen Buerki	05/10/96
	TOTAL	372.5	821.0	Gretchen Buerki	11/19/94
82.5kg/181.7	Squat	160.0	352.0	Gretchen Buerki	05/14/93
	Bench	87.5	192.7	Gretchen Buerki	05/14/93
	Deadlift	177.5	391.2	Gretchen Buerki	05/14/93
	TOTAL	425.0	936.7	Gretchen Buerki	05/14/93
90kg/198.2lb	Squat	110.0	242.5	Louella Niekirk	05/04/90
	Bench	75.0	165.2	Louella Niekirk	05/04/90
	Deadlift	150.0	330.5	Louella Niekirk	05/04/90
	TOTAL	335.0	738.5	Louella Niekirk	05/04/90
90+kg/UNL	Squat	75.0	165.4	Lora Keller	05/03/08
	Bench	55.0	115.7	Mary Rubcic-Tawzer	03/29/08
	Deadlift	125.0	275.6	Mary Rubcic-Tawzer	03/29/08
	TOTAL	250.0	551.2	Mary Rubcic-Tawzer	03/29/08

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (55-59)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL	95.0 47.5 107.5 250.0	209.2 104.5 236.7 551.0	N. Smith N. Smith N. Smith N. Smith	05/06/94 05/06/94 05/06/94 05/06/94
52kg/114.5lb	Squat Bench Deadlift TOTAL	82.5 60.0 117.5 257.5	181.7 132.2 259.0 567.5	N. Smith Ann Boyer Ann Boyer Ann Boyer	05/19/95 05/15/92 05/15/92 05/15/92
56kg/123.5lb	Squat Bench Deadlift TOTAL	37.5 37.5 82.5 142.5	83.0 82.7 181.7 314.2	Nancy Lawrence Shirley Cunningham Shirley Cunningham Shirley Cunningham	 09/25/99 09/25/99 09/25/99
60kg/132.2lb	Squat Bench Deadlift TOTAL	110.0 57.5 122.5 285.0	242.5 126.7 270.0 628.2	Jeanne Burchett Deb Barnette Jeanne Burchett Jeanne Burchett	05/10/96 03/22/08 05/10/96 05/10/96
67.5kg/148.7lb	Squat Bench Deadlift TOTAL	72.5 55.0 122.5 250.0	159.5 121.2 270.0 551.0	Gwen Patillo Gwen Patillo Gwen Patillo Gwen Patillo	05/13/89 05/13/89 05/13/89 05/13/89
75kg/165.2lb	Squat Bench Deadlift TOTAL	147.5 90.0 155.0 392.5	325.1 198.2 341.7 865.0	Marilynn Mathis Marilynn Mathis Marilynn Mathis Marilynn Mathis	03/21/09 03/21/09 03/21/09 03/21/09
82.5kg/181.7	Squat Bench Deadlift TOTAL	122.5 97.5 145.0 364.2	270.0 214.0 319.0 803.0	Sue Ann Pack Sue Ann Pack Sue Ann Pack Sue Ann Pack	03/25/00 03/25/00 03/25/00 03/25/00
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (60-64)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL	30.0 25.0 45.0 100.0	66.0 55.0 99.0 220.2	Fran Haley Fran Haley Fran Haley Fran Haley	04/05/86 04/05/86 04/05/86 04/05/86
67.5kg/148.7lb	Squat Bench Deadlift TOTAL	65.0 37.5 92.5 195.0	143.2 83.0 203.7 429.0	Arlene Comber Arlene Comber Arlene Comber Arlene Comber	05/14/93 05/14/93 05/14/93 05/14/93
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (65-69)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat	45.0	99.2	Helene Tropp	03/29/08
	Bench	45.0	99.2	Helene Tropp	03/29/08
	Deadlift	95.0	209.4	Helene Tropp	03/29/08
	TOTAL	185.0	407.9	Helene Tropp	03/29/08
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat	75.0	165.2	Bettye Shepard	05/14/93
	Bench	45.0	99.0	Bettye Shepard	05/14/93
	Deadlift	110.0	242.5	Bettye Shepard	05/14/93
	TOTAL	230.0	507.0	Bettye Shepard	05/14/93
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (70-74)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat	50.0	110.0	Vera Moser	05/19/95
	Bench	37.5	83.0	Vera Moser	05/19/95
	Deadlift	80.0	176.2	Vera Moser	05/19/95
	TOTAL	167.5	369.2	Vera Moser	05/19/95
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat	121.0	266.7	Joy Kles	06/26/99
	Bench	66.0	145.5	Joy Kles	06/26/99
	Deadlift	127.5	281.0	Joy Kles	06/26/99
	TOTAL	413.5	911.0	Joy Kles	06/26/99
82.5kg/181.7	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Masters (75-79)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL	52.5 32.5 82.5 167.5	115.5 72.0 181.7 369.2	Elma Beck Elma Beck Elma Beck Elma Beck	06/14/03 06/14/03 06/14/03 06/14/03
60kg/132.2lb	Squat Bench Deadlift TOTAL	40.0 50.0 80.0 170.0	88.0 110.0 176.2 374.7	Josie Merrell Josie Merrell Josie Merrell Josie Merrell	05/12/01 05/12/01 05/12/01 05/12/01
67.5kg/148.7lb	Squat Bench Deadlift TOTAL	62.5 42.5 100.0 200.0	137.7 94.0 220.2 440.7	Helen Zechmeister Helen Zechmeister Helen Zechmeister Helen Zechmeister	05/05/84 05/05/84 04/24/83 05/05/84
75kg/165.2lb	Squat Bench Deadlift TOTAL	55.0 40.0 97.5 192.5	121.2 88.0 214.7 424.2	Helen Zechmeister Helen Zechmeister Helen Zechmeister Helen Zechmeister	02/13/83 02/13/83 02/13/83 02/13/83
82.5kg/181.7	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

UNITED STATES POWERLIFTING FEDERATION
American Records - Women

Category: Masters (80 + Over)

<u>WEIGHT</u>	<u>LIFT</u>	<u>KGS</u>	<u>LBS</u>	<u>NAME</u>	<u>DATE</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				