

**ADFPF Full Power Unequipped 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](mailto:mcclurelauren2003@gmail.com) with your full name, the name of the meet and date where the record was set.

| Men 52.0 kilograms |                                        |      |                                        |    |                                        |     |                                        |       |
|--------------------|----------------------------------------|------|----------------------------------------|----|----------------------------------------|-----|----------------------------------------|-------|
| Division           | Squat                                  |      | Bench Press                            |    | Deadlift                               |     | Total                                  |       |
|                    |                                        |      |                                        |    |                                        |     |                                        |       |
| T1<br>14-15        | Grady Frazier<br>Mexico<br>10/204/2008 | 75   | Grady Frazier<br>Mexico<br>10/204/2008 | 45 | Grady Frazier<br>Mexico<br>10/204/2008 | 85  | Grady Frazier<br>Mexico<br>10/204/2008 | 205   |
| T2<br>16-17        |                                        |      |                                        |    |                                        |     |                                        |       |
| T3<br>18-19        |                                        |      |                                        |    |                                        |     |                                        |       |
| Junior<br>20-23    |                                        |      |                                        |    |                                        |     |                                        |       |
| Open<br>24-39      | Cody Walden<br>Columbia<br>8/17/2019   | 82.5 | Cody Walden<br>Columbia<br>8/17/2019   | 65 | Cody Walden<br>Columbia<br>8/17/2019   | 115 | Cody Walden<br>Columbia<br>8/17/2019   | 262.5 |
| M1<br>40-44        |                                        |      |                                        |    |                                        |     |                                        |       |
| M2<br>45-49        |                                        |      |                                        |    |                                        |     |                                        |       |
| M3<br>50-54        |                                        |      |                                        |    |                                        |     |                                        |       |
| M4<br>55-59        |                                        |      |                                        |    |                                        |     |                                        |       |
| M5<br>60-64        |                                        |      |                                        |    |                                        |     |                                        |       |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| M6<br>65-69  |  |  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 56.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>16-17        |       |  |             |  |          |  |       |  |
| T3<br>18-19        |       |  |             |  |          |  |       |  |
| Junior<br>20-23    |       |  |             |  |          |  |       |  |
| Open<br>24-39      |       |  |             |  |          |  |       |  |
| M1<br>40-44        |       |  |             |  |          |  |       |  |
| M2                 |       |  |             |  |          |  |       |  |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| M2<br>45-49  |  |  |  |  |  |  |  |  |
| M3<br>50-54  |  |  |  |  |  |  |  |  |
| M4<br>55-59  |  |  |  |  |  |  |  |  |
| M5<br>60-64  |  |  |  |  |  |  |  |  |
| M6<br>65-69  |  |  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 60.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>16-17        |       |  |             |  |          |  |       |  |
| T3                 |       |  |             |  |          |  |       |  |

|                 |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
|-----------------|---------------------------------------------------|-----|---------------------------------------------------|-------|---------------------------------------------------|-------|---------------------------------------------------|-----|
| 18-19           |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| Junior<br>20-23 | Matthew Hoosier<br>O'Fallon<br>6/26/2010          | 105 | Matthew Hoosier<br>O'Fallon<br>6/26/2010          | 85    | Matthew Hoosier<br>O'Fallon<br>6/26/2010          | 180   | Matthew Hoosier<br>O'Fallon<br>6/26/2010          | 370 |
| Open<br>24-39   | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 190 | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 127.5 | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 227.5 | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 545 |
| M1<br>40-44     | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 190 | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 127.5 | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 227.5 | Steve D'Alessandro<br>Jefferson City<br>6/24/2017 | 545 |
| M2<br>45-49     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M3<br>50-54     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M4<br>55-59     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M5<br>60-64     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M6<br>65-69     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M7<br>70-74     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M8<br>75-79     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M9<br>80-84     |                                                   |     |                                                   |       |                                                   |       |                                                   |     |
| M10<br>85-89    |                                                   |     |                                                   |       |                                                   |       |                                                   |     |

| Men 67.5 kilograms |                                             |       |                                             |       |                                             |       |                                             |       |
|--------------------|---------------------------------------------|-------|---------------------------------------------|-------|---------------------------------------------|-------|---------------------------------------------|-------|
| Division           | Squat                                       |       | Bench Press                                 |       | Deadlift                                    |       | Total                                       |       |
|                    |                                             |       |                                             |       |                                             |       |                                             |       |
| T1<br>14-15        | Jordan Jeffries<br>Versailles<br>7/13/2013  | 147.5 | Jordan Jeffries<br>Versailles<br>7/13/2013  | 87.5  |                                             |       |                                             |       |
| T2<br>16-17        |                                             |       |                                             |       |                                             |       |                                             |       |
| T3<br>18-19        |                                             |       |                                             |       |                                             |       |                                             |       |
| Junior<br>20-23    |                                             |       | Sam Mead<br>Florissant, MO<br>6/26/2010     | 97.5  | Sam Mead<br>Florissant, MO<br>6/26/2010     | 210   |                                             |       |
| Open<br>24-39      | Anchann Heng<br>Jefferson City<br>6/26/2010 | 182.5 | Anchann Heng<br>Jefferson City<br>6/26/2010 | 137.5 | Anchann Heng<br>Jefferson City<br>6/26/2010 | 205   | Anchann Heng<br>Jefferson City<br>6/26/2010 | 525   |
| M1<br>40-44        | Anchann Heng<br>Jefferson City<br>6/26/2010 | 182.5 | Anchann Heng<br>Jefferson City<br>6/26/2010 | 137.5 | Anchann Heng<br>Jefferson City<br>6/26/2010 | 205   | Anchann Heng<br>Jefferson City<br>6/26/2010 | 525   |
| M2<br>45-49        |                                             |       |                                             |       |                                             |       |                                             |       |
| M3<br>50-54        |                                             |       |                                             |       |                                             |       |                                             |       |
| M4<br>55-59        |                                             |       |                                             |       |                                             |       |                                             |       |
| M5<br>60-64        | Tom LaFontaine<br>Columbia<br>6/26/2010     | 110   |                                             |       |                                             |       |                                             |       |
| M6<br>65-69        | Tom Urani<br>St. Louis<br>7/13/2013         | 100   | Tom Urani<br>St. Louis<br>7/13/2013         | 95    | Tom Urani<br>St. Louis<br>7/13/2013         | 177.5 | Tom Urani<br>St. Louis<br>7/13/2013         | 372.5 |
| M7<br>70-74        |                                             |       |                                             |       |                                             |       |                                             |       |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 75.0 kilograms |                                               |       |                                               |       |                                               |       |                                               |       |
|--------------------|-----------------------------------------------|-------|-----------------------------------------------|-------|-----------------------------------------------|-------|-----------------------------------------------|-------|
| Division           | Squat                                         |       | Bench Press                                   |       | Deadlift                                      |       | Total                                         |       |
|                    |                                               |       |                                               |       |                                               |       |                                               |       |
| T1<br>14-15        | Brandon Acid<br>Mexico<br>3/1/2008            | 90    | Brandon Acid<br>Mexico<br>3/1/2008            | 92.5  | Brandon Acid<br>Mexico<br>3/1/2008            | 145   | Brandon Acid<br>Mexico<br>3/1/2008            | 327.5 |
| T2<br>16-17        | Jacob Hildenbrant<br>Waynesville<br>6/11/2016 | 157.5 | Jacob Hildenbrant<br>Waynesville<br>6/11/2016 | 122.5 | Jacob Hildenbrant<br>Waynesville<br>6/11/2016 | 222.5 | Jacob Hildenbrant<br>Waynesville<br>6/11/2016 | 502.5 |
| T3<br>18-19        |                                               |       |                                               |       |                                               |       |                                               |       |
| Junior<br>20-23    |                                               |       |                                               |       |                                               |       |                                               |       |
| Open<br>24-39      | Nikhil Gupta<br>Saint Louis<br>12/16/2019     | 212.5 | Nikhil Gupta<br>Saint Louis<br>12/16/2019     | 147.5 | Nikhil Gupta<br>Saint Louis<br>8/17/2019      | 235   | Nikhil Gupta<br>Saint Louis<br>12/16/2019     | 595   |
| M1<br>40-44        |                                               |       |                                               |       |                                               |       |                                               |       |
| M2<br>45-49        |                                               |       |                                               |       |                                               |       |                                               |       |
| M3<br>50-54        |                                               |       |                                               |       |                                               |       |                                               |       |
| M4                 |                                               |       |                                               |       |                                               |       |                                               |       |

|              |                                      |     |                                      |      |                                      |       |                                      |       |
|--------------|--------------------------------------|-----|--------------------------------------|------|--------------------------------------|-------|--------------------------------------|-------|
| 55-59        |                                      |     |                                      |      |                                      |       |                                      |       |
| M5<br>60-64  |                                      |     |                                      |      |                                      |       |                                      |       |
| M6<br>65-69  | Lynn Miller<br>Columbia<br>6/25/2017 | 100 | Lynn Miller<br>Columbia<br>6/25/2017 | 95.5 | Lynn Miller<br>Columbia<br>6/25/2017 | 188   | Lynn Miller<br>Columbia<br>6/25/2017 | 383.5 |
| M7<br>70-74  | Lynn Miller<br>Columbia<br>8/17/2019 | 90  | Lynn Miller<br>Columbia<br>8/17/2019 | 87.5 | Lynn Miller<br>Columbia<br>8/17/2019 | 180.5 | Lynn Miller<br>Columbia<br>8/17/2019 | 358   |
| M8<br>75-79  |                                      |     |                                      |      |                                      |       |                                      |       |
| M9<br>80-84  |                                      |     |                                      |      |                                      |       |                                      |       |
| M10<br>85-89 |                                      |     |                                      |      |                                      |       |                                      |       |

| Men 82.5 kilograms |                                       |       |                                       |       |                                       |       |                                       |        |
|--------------------|---------------------------------------|-------|---------------------------------------|-------|---------------------------------------|-------|---------------------------------------|--------|
| Division           | Squat                                 |       | Bench Press                           |       | Deadlift                              |       | Total                                 |        |
|                    |                                       |       |                                       |       |                                       |       |                                       |        |
| T1<br>14-15        | Daniel Duncan<br>Mexico<br>3/21/2007  | 92.5  | Daniel Duncan<br>Mexico<br>3/21/2007  | 57.5  | Daniel Duncan<br>Mexico<br>3/21/2007  | 120   | Daniel Duncan<br>Mexico<br>3/21/2007  | 270    |
| T2<br>16-17        | Mason Hittler<br>NEED<br>9/1/2018     | 170   | Mason Hittler<br>NEED<br>9/1/2018     | 115   | Mason Hittler<br>NEED<br>9/1/2018     | 192.5 | Mason Hittler<br>NEED<br>9/1/2018     | 480    |
| T3<br>18-19        |                                       |       |                                       |       |                                       |       |                                       |        |
| Junior<br>20-23    | Jamar Wright<br>Columbia<br>1/24/2009 | 142.9 | Jamar Wright<br>Columbia<br>1/24/2009 | 108.9 | Jamar Wright<br>Columbia<br>1/24/2009 | 233.7 | Jamar Wright<br>Columbia<br>1/24/2009 | 485.3  |
| Open               | Nikhil Gupta<br>St. Louis             | 240   | Nikhil Gupta<br>St. Louis             | 150   | Jeff Houska                           | 257.5 | Jeff Houska                           | 882.39 |

|       |                  |       |                  |       |                  |       |                  |       |
|-------|------------------|-------|------------------|-------|------------------|-------|------------------|-------|
| 24-39 | 9/1/2018         |       | 9/1/2018         |       | 9/1/2018         |       | 9/1/2018         |       |
| M1    | Chris Koch       |       | Chris Koch       |       | Chris Koch       |       | Chris Koch       |       |
| 40-44 | Festus           | 205   | Festus           | 142.5 | Festus           | 227.5 | Festus           | 575   |
|       | 7/13/2013        |       | 7/13/2013        |       | 7/13/2013        |       | 7/13/2013        |       |
| M2    | Michael Jeffries |       | Michael Jeffries |       | Michael Jeffries |       | Michael Jeffries |       |
| 45-49 | Columbia         | 152.5 | Columbia         | 132.5 | Columbia         | 247.5 | Columbia         | 532.5 |
|       | 7/29/2014        |       | 7/29/2014        |       | 7/29/2014        |       | 7/29/2014        |       |
| M3    |                  |       |                  |       |                  |       |                  |       |
| 50-54 |                  |       |                  |       |                  |       |                  |       |
| M4    |                  |       |                  |       |                  |       |                  |       |
| 55-59 |                  |       |                  |       |                  |       |                  |       |
| M5    |                  |       |                  |       |                  |       |                  |       |
| 60-64 |                  |       |                  |       |                  |       |                  |       |
| M6    |                  |       |                  |       |                  |       |                  |       |
| 65-69 |                  |       |                  |       |                  |       |                  |       |
| M7    |                  |       | James Stovall    |       |                  |       |                  |       |
| 70-74 |                  |       | Smithton         | 87.5  |                  |       |                  |       |
|       |                  |       | 7/19/2014        |       |                  |       |                  |       |
| M8    |                  |       |                  |       |                  |       |                  |       |
| 75-79 |                  |       |                  |       |                  |       |                  |       |
| M9    |                  |       |                  |       |                  |       |                  |       |
| 80-84 |                  |       |                  |       |                  |       |                  |       |
| M10   |                  |       |                  |       |                  |       |                  |       |
| 85-89 |                  |       |                  |       |                  |       |                  |       |

| Men 90.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1                 |       |  |             |  |          |  |       |  |
| 14-15              |       |  |             |  |          |  |       |  |



|                 |                                         |       |                                         |       |                                         |       |                                         |       |
|-----------------|-----------------------------------------|-------|-----------------------------------------|-------|-----------------------------------------|-------|-----------------------------------------|-------|
| T2<br>16-17     |                                         |       |                                         |       |                                         |       |                                         |       |
| T3<br>18-19     |                                         |       |                                         |       |                                         |       |                                         |       |
| Junior<br>20-23 | Eli Burks<br>Columbia<br>1/24/2009      | 226.8 | Eli Burks<br>Columbia<br>1/24/2009      | 147.5 | Eli Burks<br>Columbia<br>1/24/2009      | 281.3 | Eli Burks<br>Columbia<br>1/24/2009      | 655.4 |
| Open<br>24-39   | Daniel Wade<br>Columbia<br>6/24/2017    | 250   | Daniel Wade<br>Columbia<br>6/24/2017    | 160   | Daniel Wade<br>Columbia<br>6/24/2017    | 300   | Daniel Wade<br>Columbia<br>6/24/2017    | 710   |
| M1<br>40-44     |                                         |       |                                         |       |                                         |       |                                         |       |
| M2<br>45-49     | Chris Koch<br>NEED<br>9/1/2018          | 217.5 | Chris Koch<br>NEED<br>9/1/2018          | 152.5 | Chris Koch<br>NEED<br>9/1/2018          | 237.5 | Chris Koch<br>NEED<br>9/1/2018          | 610   |
| M3<br>50-54     |                                         |       |                                         |       | Mark Leahy<br>Florissant<br>7/13/2013   | 130   |                                         |       |
| M4<br>55-59     | Mark Leahy<br>Florissant<br>6/24/2017   | 170   | Mark Leahy<br>Florissant<br>6/24/2017   | 148.5 | Mark Leahy<br>Florissant<br>6/24/2017   | 197.5 | Mark Leahy<br>Florissant<br>6/24/2017   | 516   |
| M5<br>60-64     |                                         |       |                                         |       |                                         |       |                                         |       |
| M6<br>65-69     | Jim Stovall<br>Smithton<br>7/11/2009    | 172.5 | Jim Stovall<br>Smithton<br>7/11/2009    | 100   | Jim Stovall<br>Smithton<br>7/11/2009    | 202.5 | Jim Stovall<br>Smithton<br>7/11/2009    | 465   |
| M7<br>70-74     |                                         |       |                                         |       |                                         |       |                                         |       |
| M8<br>75-79     | James Stovall<br>Simithton<br>7/10/2021 | 100   | James Stovall<br>Simithton<br>7/10/2021 | 77.5  | James Stovall<br>Simithton<br>7/10/2021 | 160   | James Stovall<br>Simithton<br>7/10/2021 | 337.5 |
| M9<br>80-84     |                                         |       |                                         |       |                                         |       |                                         |       |

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

| Men 100.0 kilograms |                                       |       |                                       |       |                                       |       |                                       |       |
|---------------------|---------------------------------------|-------|---------------------------------------|-------|---------------------------------------|-------|---------------------------------------|-------|
| Division            | Squat                                 |       | Bench Press                           |       | Deadlift                              |       | Total                                 |       |
|                     |                                       |       |                                       |       |                                       |       |                                       |       |
| T1<br>14-15         | Daniel Duncan<br>Mexico<br>10/4/2008  | 145   | Daniel Duncan<br>Mexico<br>10/4/2008  | 95    | Daniel Duncan<br>Mexico<br>10/4/2008  | 150   | Daniel Duncan<br>Mexico<br>10/4/2008  | 387.5 |
| T2<br>16-17         |                                       |       |                                       |       |                                       |       |                                       |       |
| T3<br>18-19         |                                       |       |                                       |       |                                       |       |                                       |       |
| Junior<br>20-23     | Eli Burks<br>Columbia<br>7/11/2009    | 232.5 | Eli Burks<br>Columbia<br>7/11/2009    | 157.5 | Eli Burks<br>Columbia<br>7/11/2009    | 297.5 | Eli Burks<br>Columbia<br>7/11/2009    | 687.5 |
| Open<br>24-39       | Steve Welch<br>St. Louis<br>6/24/2017 | 227.5 | Steve Welch<br>St. Louis<br>6/24/2017 | 142.5 | Eli Burks<br>Columbia<br>7/11/2009    | 297.5 | Steve Welch<br>St. Louis<br>6/24/2017 | 615   |
| M1<br>40-44         | Steve Welch<br>St. Louis<br>6/24/2017 | 227.5 | Steve Welch<br>St. Louis<br>6/24/2017 | 142.5 | Steve Welch<br>St. Louis<br>6/24/2017 | 245   | Steve Welch<br>St. Louis<br>6/24/2017 | 615   |
| M2<br>45-49         |                                       |       |                                       |       |                                       |       |                                       |       |
| M3<br>50-54         |                                       |       | Mark Leahy<br>St. Louis<br>7/29/2014  | 152.5 |                                       |       | Mark Leahy<br>St. Louis<br>7/29/2014  | 517.5 |
| M4<br>55-59         | James Bell<br>St. Louis<br>6/6/2015   | 182.5 | Mark Leahy<br>Florissant<br>6/25/2017 | 148.5 | James Bell<br>St. Louis<br>6/26/2010  | 200   | Mark Leahy<br>Florissant<br>6/25/2017 | 516   |
| M5<br>60-64         |                                       |       |                                       |       |                                       |       |                                       |       |
| M6                  |                                       |       |                                       |       |                                       |       |                                       |       |

|              |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|
| M6<br>65-69  |  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |

| Men 110.0 kilograms |                                            |     |                                            |       |                                            |       |                                                   |
|---------------------|--------------------------------------------|-----|--------------------------------------------|-------|--------------------------------------------|-------|---------------------------------------------------|
| Division            | Squat                                      |     | Bench Press                                |       | Deadlift                                   |       | Total                                             |
|                     |                                            |     |                                            |       |                                            |       |                                                   |
| T1<br>14-15         |                                            |     |                                            |       |                                            |       |                                                   |
| T2<br>16-17         |                                            |     |                                            |       |                                            |       |                                                   |
| T3<br>18-19         |                                            |     |                                            |       |                                            |       |                                                   |
| Junior<br>20-23     |                                            |     |                                            |       |                                            |       |                                                   |
| Open<br>24-39       | Johnathon Pryor<br>Versailles<br>8/17/2019 | 175 | Johnathon Pryor<br>Versailles<br>8/17/2019 | 147.5 | Johnathon Pryor<br>Versailles<br>8/17/2019 | 202.5 | Johnathon Pryor<br>Versailles<br>8/17/2019<br>525 |
| M1<br>40-44         |                                            |     |                                            |       |                                            |       |                                                   |
| M2                  |                                            |     |                                            |       |                                            |       |                                                   |

|       |                                      |       |                                      |     |                                      |     |                                      |       |
|-------|--------------------------------------|-------|--------------------------------------|-----|--------------------------------------|-----|--------------------------------------|-------|
| 45-49 |                                      |       |                                      |     |                                      |     |                                      |       |
| M3    |                                      |       |                                      |     |                                      |     |                                      |       |
| 50-54 |                                      |       |                                      |     |                                      |     |                                      |       |
| M4    |                                      |       |                                      |     |                                      |     |                                      |       |
| 55-59 |                                      |       |                                      |     |                                      |     |                                      |       |
| M5    |                                      |       |                                      |     |                                      |     |                                      |       |
| 60-64 |                                      |       |                                      |     |                                      |     |                                      |       |
| M6    | Roger Horn<br>St. Louis<br>6/25/2017 | 137.5 | Roger Horn<br>St. Louis<br>6/25/2017 | 115 | Roger Horn<br>St. Louis<br>6/25/2017 | 190 | Roger Horn<br>St. Louis<br>6/25/2017 | 442.5 |
| 65-69 |                                      |       |                                      |     |                                      |     |                                      |       |
| M7    |                                      |       |                                      |     |                                      |     |                                      |       |
| 70-74 |                                      |       |                                      |     |                                      |     |                                      |       |
| M8    |                                      |       |                                      |     |                                      |     |                                      |       |
| 75-79 |                                      |       |                                      |     |                                      |     |                                      |       |
| M9    |                                      |       |                                      |     |                                      |     |                                      |       |
| 80-84 |                                      |       |                                      |     |                                      |     |                                      |       |
| M10   |                                      |       |                                      |     |                                      |     |                                      |       |
| 85-89 |                                      |       |                                      |     |                                      |     |                                      |       |

| Men 125.0 kilograms |                                          |       |                                          |      |                                          |       |                                          |       |
|---------------------|------------------------------------------|-------|------------------------------------------|------|------------------------------------------|-------|------------------------------------------|-------|
| Division            | Squat                                    |       | Bench Press                              |      | Deadlift                                 |       | Total                                    |       |
|                     |                                          |       |                                          |      |                                          |       |                                          |       |
| T1                  |                                          |       |                                          |      | Dakota Brake<br>Springfield<br>6/26/2010 | 187.5 |                                          |       |
| 14-15               |                                          |       |                                          |      |                                          |       |                                          |       |
| T2                  | Donald J. Stewart<br>Mexico<br>1/24/2009 | 181.5 | Donald J. Stewart<br>Mexico<br>1/24/2009 | 92.5 | Donald J. Stewart<br>Mexico<br>1/24/2009 | 163.3 | Donald J. Stewart<br>Mexico<br>1/24/2009 | 424.1 |
| 16-17               |                                          |       |                                          |      |                                          |       |                                          |       |
| T3                  |                                          |       |                                          |      |                                          |       |                                          |       |
| 18-19               |                                          |       |                                          |      |                                          |       |                                          |       |

|                 |                                          |       |                                      |     |                                      |       |                                      |       |
|-----------------|------------------------------------------|-------|--------------------------------------|-----|--------------------------------------|-------|--------------------------------------|-------|
| Junior<br>20-23 |                                          |       |                                      |     |                                      |       |                                      |       |
| Open<br>24-39   | Donald J. Stewart<br>Mexico<br>1/24/2009 | 181.5 | Roger Horn<br>St. Louis<br>6/11/2016 | 135 | Roger Horn<br>St. Louis<br>6/11/2016 | 187.5 | Roger Horn<br>St. Louis<br>6/11/2016 | 452.5 |
| M1<br>40-44     |                                          |       |                                      |     |                                      |       |                                      |       |
| M2<br>45-49     |                                          |       |                                      |     |                                      |       |                                      |       |
| M3<br>50-54     |                                          |       |                                      |     |                                      |       |                                      |       |
| M4<br>55-59     |                                          |       |                                      |     |                                      |       |                                      |       |
| M5<br>60-64     |                                          |       |                                      |     |                                      |       |                                      |       |
| M6<br>65-69     | Roger Horn<br>St. Louis<br>6/11/2016     | 147.5 | Roger Horn<br>St. Louis<br>6/11/2016 | 135 | Roger Horn<br>St. Louis<br>6/11/2016 | 187.5 | Roger Horn<br>St. Louis<br>6/11/2016 | 452.5 |
| M7<br>70-74     |                                          |       |                                      |     |                                      |       |                                      |       |
| M8<br>75-79     |                                          |       |                                      |     |                                      |       |                                      |       |
| M9<br>80-84     |                                          |       |                                      |     |                                      |       |                                      |       |
| M10<br>85-89    |                                          |       |                                      |     |                                      |       |                                      |       |

Men 145.0 kilograms

| Division        | Squat                                   |       | Bench Press                             |       | Deadlift                                |       | Total                                   |       |
|-----------------|-----------------------------------------|-------|-----------------------------------------|-------|-----------------------------------------|-------|-----------------------------------------|-------|
|                 |                                         |       |                                         |       |                                         |       |                                         |       |
| T1<br>14-15     |                                         |       |                                         |       |                                         |       |                                         |       |
| T2<br>16-17     | Andrew Crum<br>Marshall<br>11/22/2008   | 182.5 | Andrew Crum<br>Marshall<br>11/22/2008   | 115   | Andrew Crum<br>Marshall<br>11/22/2008   | 182.5 | Andrew Crum<br>Marshall<br>11/22/2008   | 480   |
| T3<br>18-19     |                                         |       |                                         |       |                                         |       |                                         |       |
| Junior<br>20-23 | Daniel Duncan<br>Mexico<br>6/6/2015     | 235   | Daniel Duncan<br>Mexico<br>6/6/2015     | 162.5 | Daniel Duncan<br>Mexico<br>6/6/2015     | 240   | Daniel Duncan<br>Mexico<br>6/6/2015     | 637.5 |
| Open<br>24-39   | Brian Willis<br>Fulton<br>6/25/2017     | 252.5 | Brian Willis<br>Fulton<br>6/25/2017     | 172.5 | Brian Willis<br>Fulton<br>6/25/2017     | 312.5 | Brian Willis<br>Fulton<br>6/25/2017     | 737.5 |
| M1<br>40-44     |                                         |       |                                         |       |                                         |       |                                         |       |
| M2<br>45-49     |                                         |       |                                         |       |                                         |       |                                         |       |
| M3<br>50-54     | Andrew Rikand<br>St. Louis<br>6/24/2017 | 155   | Andrew Rikand<br>St. Louis<br>6/24/2017 | 120   | Andrew Rikand<br>St. Louis<br>6/24/2017 | 190   | Andrew Rikand<br>St. Louis<br>6/24/2017 | 465   |
| M4<br>55-59     |                                         |       |                                         |       |                                         |       |                                         |       |
| M5<br>60-64     |                                         |       |                                         |       |                                         |       |                                         |       |
| M6<br>65-69     |                                         |       |                                         |       |                                         |       |                                         |       |
| M7<br>70-74     |                                         |       |                                         |       |                                         |       |                                         |       |
| M8              |                                         |       |                                         |       |                                         |       |                                         |       |

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

| Men 145.0+ kilograms |                                        |       |                                        |       |                                        |       |                                        |       |
|----------------------|----------------------------------------|-------|----------------------------------------|-------|----------------------------------------|-------|----------------------------------------|-------|
| Division             | Squat                                  |       | Bench Press                            |       | Deadlift                               |       | Total                                  |       |
|                      |                                        |       |                                        |       |                                        |       |                                        |       |
| T1                   |                                        |       |                                        |       |                                        |       |                                        |       |
| 14-15                |                                        |       |                                        |       |                                        |       |                                        |       |
| T2                   | Andrew Crum<br>Marshall<br>6/21/2008   | 205   | Andrew Crum<br>Marshall<br>6/21/2008   | 125   | Andrew Crum<br>Marshall<br>1/24/2009   | 192.8 | Andrew Crum<br>Marshall<br>1/24/2009   | 503.5 |
| 16-17                |                                        |       |                                        |       |                                        |       |                                        |       |
| T3                   |                                        |       |                                        |       |                                        |       |                                        |       |
| 18-19                |                                        |       |                                        |       |                                        |       |                                        |       |
| Junior               |                                        |       |                                        |       |                                        |       |                                        |       |
| 20-23                |                                        |       |                                        |       |                                        |       |                                        |       |
| Open                 | William Duncan<br>Mexico<br>11/22/2008 | 242.5 | William Duncan<br>Mexico<br>11/22/2008 | 135   | William Duncan<br>Mexico<br>11/22/2008 | 235   | William Duncan<br>Mexico<br>11/22/2008 | 605   |
| 24-39                |                                        |       |                                        |       |                                        |       |                                        |       |
| M1                   |                                        |       |                                        |       |                                        |       |                                        |       |
| 40-44                |                                        |       |                                        |       |                                        |       |                                        |       |
| M2                   | William Duncan<br>Mexico<br>11/22/2008 | 242.5 | William Duncan<br>Mexico<br>10/4/2008  | 135   | William Duncan<br>Mexico<br>10/4/2008  | 235   | William Duncan<br>Mexico<br>10/4/2008  | 605   |
| 45-49                |                                        |       |                                        |       |                                        |       |                                        |       |
| M3                   | William Duncan<br>Mexico<br>7/11/2009  | 245   | William Duncan<br>Mexico<br>7/11/2009  | 130   | William Duncan<br>Mexico<br>7/11/2009  | 245   | William Duncan<br>Mexico<br>7/11/2009  | 620   |
| 50-54                |                                        |       |                                        |       |                                        |       |                                        |       |
| M4                   | William Duncan<br>Mexico<br>6/6/2015   | 230   | William Duncan<br>Mexico<br>6/6/2015   | 127.5 | William Duncan<br>Mexico<br>6/6/2015   | 222.5 | William Duncan<br>Mexico<br>6/6/2015   | 547.5 |
| 55-59                |                                        |       |                                        |       |                                        |       |                                        |       |

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

| Police, Military, Fire Unequipped |                                            |     |                                            |       |                                            |       |                                            |     |
|-----------------------------------|--------------------------------------------|-----|--------------------------------------------|-------|--------------------------------------------|-------|--------------------------------------------|-----|
| Weight                            | Squat                                      |     | Bench Press                                |       | Deadlift                                   |       | Total                                      |     |
|                                   |                                            |     |                                            |       |                                            |       |                                            |     |
| 108.2                             | Johnathon Pryor<br>Versailles<br>8/17/2019 | 175 | Johnathon Pryor<br>Versailles<br>8/17/2019 | 147.5 | Johnathon Pryor<br>Versailles<br>8/17/2019 | 202.5 | Johnathon Pryor<br>Versailles<br>8/17/2019 | 525 |



**ADFPF Full Power 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](mailto:mcclurelauren2003@gmail.com) with your full name, the name of the meet and date where the record was set.*

| Men 52.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>16-17        |       |  |             |  |          |  |       |  |
| T3<br>18-19        |       |  |             |  |          |  |       |  |
| Junior<br>20-23    |       |  |             |  |          |  |       |  |
| Open<br>24-39      |       |  |             |  |          |  |       |  |
| M1<br>40-44        |       |  |             |  |          |  |       |  |
| M2<br>45-49        |       |  |             |  |          |  |       |  |
| M3<br>50-54        |       |  |             |  |          |  |       |  |
| M4<br>55-59        |       |  |             |  |          |  |       |  |
| M5<br>60-64        |       |  |             |  |          |  |       |  |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| M6<br>65-69  |  |  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 56.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>16-17        |       |  |             |  |          |  |       |  |
| T3<br>18-19        |       |  |             |  |          |  |       |  |
| Junior<br>20-23    |       |  |             |  |          |  |       |  |
| Open<br>24-39      |       |  |             |  |          |  |       |  |
| M1<br>40-44        |       |  |             |  |          |  |       |  |
| M2                 |       |  |             |  |          |  |       |  |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| M12<br>45-49 |  |  |  |  |  |  |  |  |
| M3<br>50-54  |  |  |  |  |  |  |  |  |
| M4<br>55-59  |  |  |  |  |  |  |  |  |
| M5<br>60-64  |  |  |  |  |  |  |  |  |
| M6<br>65-69  |  |  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 60.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>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 |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>16-17        |       |  |             |  |          |  |       |  |
| T3<br>18-19        |       |  |             |  |          |  |       |  |
| Junior<br>20-23    |       |  |             |  |          |  |       |  |
| Open<br>24-39      |       |  |             |  |          |  |       |  |
| M1<br>40-44        |       |  |             |  |          |  |       |  |
| M2<br>45-49        |       |  |             |  |          |  |       |  |
| M3<br>50-54        |       |  |             |  |          |  |       |  |
| M4<br>55-59        |       |  |             |  |          |  |       |  |
| M5<br>60-64        |       |  |             |  |          |  |       |  |
| M6<br>65-69        |       |  |             |  |          |  |       |  |
| M7<br>70-74        |       |  |             |  |          |  |       |  |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 75.0 kilograms |                                           |  |             |  |          |  |       |  |
|--------------------|-------------------------------------------|--|-------------|--|----------|--|-------|--|
| Division           | Squat                                     |  | Bench Press |  | Deadlift |  | Total |  |
|                    |                                           |  |             |  |          |  |       |  |
| T1<br>14-15        |                                           |  |             |  |          |  |       |  |
| T2<br>16-17        |                                           |  |             |  |          |  |       |  |
| T3<br>18-19        |                                           |  |             |  |          |  |       |  |
| Junior<br>20-23    |                                           |  |             |  |          |  |       |  |
| Open<br>24-39      |                                           |  |             |  |          |  |       |  |
| M1<br>40-44        |                                           |  |             |  |          |  |       |  |
| M2<br>45-49        |                                           |  |             |  |          |  |       |  |
| M3<br>50-54        | Tim Fletcher<br>Holts Summit<br>6/26/2010 |  |             |  |          |  |       |  |
| M4                 |                                           |  |             |  |          |  |       |  |

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| 55-59        |  |  |  |  |  |  |  |  |
| M5<br>60-64  |  |  |  |  |  |  |  |  |
| M6<br>65-69  |  |  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |  |  |

| Men 82.5 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1<br>14-15        |       |  |             |  |          |  |       |  |
| T2<br>16-17        |       |  |             |  |          |  |       |  |
| T3<br>18-19        |       |  |             |  |          |  |       |  |
| Junior<br>20-23    |       |  |             |  |          |  |       |  |
| Open               |       |  |             |  |          |  |       |  |

|       |  |              |  |       |              |     |              |       |
|-------|--|--------------|--|-------|--------------|-----|--------------|-------|
| 24-39 |  |              |  |       |              |     |              |       |
| M1    |  |              |  |       |              |     |              |       |
| 40-44 |  |              |  |       |              |     |              |       |
| M2    |  |              |  |       |              |     |              |       |
| 45-49 |  |              |  |       |              |     |              |       |
| M3    |  |              |  |       |              |     |              |       |
| 50-54 |  |              |  |       |              |     |              |       |
| M4    |  |              |  |       |              |     |              |       |
| 55-59 |  |              |  |       |              |     |              |       |
| M5    |  | Eddie White  |  | 132.5 | Eddie White  | 260 | Eddie White  | 562.5 |
| 60-64 |  | Blue Springs |  |       | Blue Springs |     | Blue Springs |       |
|       |  | 7/13/2013    |  |       | 7/13/2013    |     | 7/13/2013    |       |
| M6    |  |              |  |       |              |     |              |       |
| 65-69 |  |              |  |       |              |     |              |       |
| M7    |  |              |  |       |              |     |              |       |
| 70-74 |  |              |  |       |              |     |              |       |
| M8    |  |              |  |       |              |     |              |       |
| 75-79 |  |              |  |       |              |     |              |       |
| M9    |  |              |  |       |              |     |              |       |
| 80-84 |  |              |  |       |              |     |              |       |
| M10   |  |              |  |       |              |     |              |       |
| 85-89 |  |              |  |       |              |     |              |       |

| Men 90.0 kilograms |       |  |             |  |          |  |       |  |
|--------------------|-------|--|-------------|--|----------|--|-------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  | Total |  |
|                    |       |  |             |  |          |  |       |  |
| T1                 |       |  |             |  |          |  |       |  |
| 14-15              |       |  |             |  |          |  |       |  |



|                 |  |  |  |  |  |  |  |  |
|-----------------|--|--|--|--|--|--|--|--|
| T2<br>16-17     |  |  |  |  |  |  |  |  |
| T3<br>18-19     |  |  |  |  |  |  |  |  |
| Junior<br>20-23 |  |  |  |  |  |  |  |  |
| Open<br>24-39   |  |  |  |  |  |  |  |  |
| M1<br>40-44     |  |  |  |  |  |  |  |  |
| M2<br>45-49     |  |  |  |  |  |  |  |  |
| M3<br>50-54     |  |  |  |  |  |  |  |  |
| M4<br>55-59     |  |  |  |  |  |  |  |  |
| M5<br>60-64     |  |  |  |  |  |  |  |  |
| M6<br>65-69     |  |  |  |  |  |  |  |  |
| M7<br>70-74     |  |  |  |  |  |  |  |  |
| M8<br>75-79     |  |  |  |  |  |  |  |  |
| M9<br>80-84     |  |  |  |  |  |  |  |  |

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

| Men 100.0 kilograms |                                         |       |                                         |       |                                         |     |                                         |       |
|---------------------|-----------------------------------------|-------|-----------------------------------------|-------|-----------------------------------------|-----|-----------------------------------------|-------|
| Division            | Squat                                   |       | Bench Press                             |       | Deadlift                                |     | Total                                   |       |
|                     |                                         |       |                                         |       |                                         |     |                                         |       |
| T1<br>14-15         |                                         |       |                                         |       |                                         |     |                                         |       |
| T2<br>16-17         |                                         |       |                                         |       |                                         |     |                                         |       |
| T3<br>18-19         |                                         |       |                                         |       |                                         |     |                                         |       |
| Junior<br>20-23     |                                         |       |                                         |       |                                         |     |                                         |       |
| Open<br>24-39       | Rodney Wood<br>West Plains<br>6/26/2010 | 305   | Rodney Wood<br>West Plains<br>6/26/2010 | 237.5 | Rodney Wood<br>West Plains<br>6/26/2010 | 265 | Rodney Wood<br>West Plains<br>6/26/2010 | 807.5 |
| M1<br>40-44         | Rodney Wood<br>West Plains<br>6/26/2010 | 305   | Rodney Wood<br>West Plains<br>6/26/2010 | 237.5 | Rodney Wood<br>West Plains<br>6/26/2010 | 265 | Rodney Wood<br>West Plains<br>6/26/2010 | 807.5 |
| M2<br>45-49         |                                         |       |                                         |       |                                         |     |                                         |       |
| M3<br>50-54         |                                         |       |                                         |       |                                         |     |                                         |       |
| M4<br>55-59         |                                         |       |                                         |       |                                         |     |                                         |       |
| M5<br>60-64         | Jim Bell<br>St. Louis<br>6/24/2017      | 212.5 | Jim Bell<br>St. Louis<br>6/24/2017      | 122.5 | Jim Bell<br>St. Louis<br>6/24/2017      | 215 | Jim Bell<br>St. Louis<br>6/24/2017      | 550   |
| M6                  |                                         |       |                                         |       |                                         |     |                                         |       |

|              |                                    |       |                                    |      |                                    |     |                                    |     |
|--------------|------------------------------------|-------|------------------------------------|------|------------------------------------|-----|------------------------------------|-----|
| M6<br>65-69  |                                    |       |                                    |      |                                    |     |                                    |     |
| M7<br>70-74  | Jim Bell<br>St. Louis<br>8/16/2025 | 200.5 | Jim Bell<br>St. Louis<br>8/16/2025 | 92.5 | Jim Bell<br>St. Louis<br>8/16/2025 | 165 | Jim Bell<br>St. Louis<br>8/16/2025 | 458 |
| M8<br>75-79  |                                    |       |                                    |      |                                    |     |                                    |     |
| M9<br>80-84  |                                    |       |                                    |      |                                    |     |                                    |     |
| M10<br>85-89 |                                    |       |                                    |      |                                    |     |                                    |     |

| Men 110.0 kilograms |                                    |       |                                     |       |                                     |       |                                    |     |
|---------------------|------------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|------------------------------------|-----|
| Division            | Squat                              |       | Bench Press                         |       | Deadlift                            |       | Total                              |     |
|                     |                                    |       |                                     |       |                                     |       |                                    |     |
| T1<br>14-15         |                                    |       |                                     |       |                                     |       |                                    |     |
| T2<br>16-17         |                                    |       |                                     |       |                                     |       |                                    |     |
| T3<br>18-19         |                                    |       |                                     |       |                                     |       |                                    |     |
| Junior<br>20-23     |                                    |       |                                     |       |                                     |       |                                    |     |
| Open<br>24-39       | Jim Bell<br>St. Louis<br>6/25/2017 | 212.5 | Roger Horn<br>St. Louis<br>9/1/2018 | 137.5 | Roger Horn<br>St. Louis<br>9/1/2018 | 182.5 | Jim Bell<br>St. Louis<br>6/25/2017 | 550 |
| M1<br>40-44         |                                    |       |                                     |       |                                     |       |                                    |     |
| M2                  |                                    |       |                                     |       |                                     |       |                                    |     |

|       |                                      |       |                                     |       |                                     |       |                                    |       |
|-------|--------------------------------------|-------|-------------------------------------|-------|-------------------------------------|-------|------------------------------------|-------|
| 45-49 |                                      |       |                                     |       |                                     |       |                                    |       |
| M3    |                                      |       |                                     |       |                                     |       |                                    |       |
| 50-54 |                                      |       |                                     |       |                                     |       |                                    |       |
| M4    | James Bell<br>St. Louis<br>7/27/2011 | 240   |                                     |       |                                     |       |                                    |       |
| 55-59 |                                      |       |                                     |       |                                     |       |                                    |       |
| M5    | Jim Bell<br>St. Louis<br>6/25/2017   | 212.5 | Jim Bell<br>St. Louis<br>6/25/2017  | 122.5 | Jim Bell<br>St. Louis<br>6/25/2017  | 215   | Jim Bell<br>St. Louis<br>6/25/2017 | 550   |
| 60-64 |                                      |       |                                     |       |                                     |       |                                    |       |
| M6    | Roger Horn<br>NEED<br>9/1/2018       | 191   | Roger Horn<br>St. Louis<br>9/1/2018 | 137.5 | Roger Horn<br>St. Louis<br>9/1/2018 | 182.5 | Roger Horn<br>NEED<br>9/1/2018     | 512.5 |
| 65-69 |                                      |       |                                     |       |                                     |       |                                    |       |
| 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               |       |  |             |  |          |  |       |  |
| T2                  |       |  |             |  |          |  |       |  |
| 16-17               |       |  |             |  |          |  |       |  |
| T3                  |       |  |             |  |          |  |       |  |
| 18-19               |       |  |             |  |          |  |       |  |

|                 |  |  |  |  |  |  |  |  |
|-----------------|--|--|--|--|--|--|--|--|
| Junior<br>20-23 |  |  |  |  |  |  |  |  |
| Open<br>24-39   |  |  |  |  |  |  |  |  |
| M1<br>40-44     |  |  |  |  |  |  |  |  |
| M2<br>45-49     |  |  |  |  |  |  |  |  |
| M3<br>50-54     |  |  |  |  |  |  |  |  |
| M4<br>55-59     |  |  |  |  |  |  |  |  |
| M5<br>60-64     |  |  |  |  |  |  |  |  |
| M6<br>65-69     |  |  |  |  |  |  |  |  |
| M7<br>70-74     |  |  |  |  |  |  |  |  |
| M8<br>75-79     |  |  |  |  |  |  |  |  |
| M9<br>80-84     |  |  |  |  |  |  |  |  |
| M10<br>85-89    |  |  |  |  |  |  |  |  |

Men 145.0 kilograms

| Division        | Squat                              |       | Bench Press                               |     | Deadlift                           |     | Total                              |       |
|-----------------|------------------------------------|-------|-------------------------------------------|-----|------------------------------------|-----|------------------------------------|-------|
|                 |                                    |       |                                           |     |                                    |     |                                    |       |
| T1<br>14-15     |                                    |       |                                           |     |                                    |     |                                    |       |
| T2<br>16-17     |                                    |       |                                           |     |                                    |     |                                    |       |
| T3<br>18-19     |                                    |       |                                           |     |                                    |     |                                    |       |
| Junior<br>20-23 |                                    |       |                                           |     |                                    |     |                                    |       |
| Open<br>24-39   | Bill Duncan<br>Mexico<br>6/25/2017 | 227.5 | David Beversdorf<br>Columbia<br>6/26/2010 | 275 | Bill Duncan<br>Mexico<br>6/25/2017 | 205 | Bill Duncan<br>Mexico<br>6/25/2017 | 592.5 |
| M1<br>40-44     |                                    |       |                                           |     |                                    |     |                                    |       |
| M2<br>45-49     |                                    |       | David Beversdorf<br>Columbia<br>6/26/2010 | 275 |                                    |     |                                    |       |
| M3<br>50-54     |                                    |       |                                           |     |                                    |     |                                    |       |
| M4<br>227.5     | Bill Duncan<br>Mexico<br>6/25/2017 | 227.5 | Bill Duncan<br>Mexico<br>6/25/2017        | 160 | Bill Duncan<br>Mexico<br>6/25/2017 | 205 | Bill Duncan<br>Mexico<br>6/25/2017 | 592.5 |
| M5<br>60-64     |                                    |       |                                           |     |                                    |     |                                    |       |
| M6<br>65-69     |                                    |       |                                           |     |                                    |     |                                    |       |
| M7<br>70-74     |                                    |       |                                           |     |                                    |     |                                    |       |
| MR              |                                    |       |                                           |     |                                    |     |                                    |       |

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

| Men 145.0+ kilograms |                                         |       |                                         |     |                                         |     |                                         |       |
|----------------------|-----------------------------------------|-------|-----------------------------------------|-----|-----------------------------------------|-----|-----------------------------------------|-------|
| Division             | Squat                                   |       | Bench Press                             |     | Deadlift                                |     | Total                                   |       |
| T1                   |                                         |       |                                         |     |                                         |     |                                         |       |
| 14-15                |                                         |       |                                         |     |                                         |     |                                         |       |
| T2                   |                                         |       |                                         |     |                                         |     |                                         |       |
| 16-17                |                                         |       |                                         |     |                                         |     |                                         |       |
| T3                   |                                         |       |                                         |     |                                         |     |                                         |       |
| 18-19                |                                         |       |                                         |     |                                         |     |                                         |       |
| Junior               |                                         |       |                                         |     |                                         |     |                                         |       |
| 20-23                |                                         |       |                                         |     |                                         |     |                                         |       |
| Open                 | William Duncan<br>Columbia<br>6/24/2017 | 227.5 | William Duncan<br>Columbia<br>6/24/2017 | 160 | William Duncan<br>Columbia<br>6/24/2017 | 205 | William Duncan<br>Columbia<br>6/24/2017 | 592.5 |
| 24-39                |                                         |       |                                         |     |                                         |     |                                         |       |
| M1                   |                                         |       |                                         |     |                                         |     |                                         |       |
| 40-44                |                                         |       |                                         |     |                                         |     |                                         |       |
| M2                   |                                         |       |                                         |     |                                         |     |                                         |       |
| 45-49                |                                         |       |                                         |     |                                         |     |                                         |       |
| M3                   |                                         |       |                                         |     |                                         |     |                                         |       |
| 50-54                |                                         |       |                                         |     |                                         |     |                                         |       |
| M4                   | William Duncan<br>Columbia<br>6/24/2017 | 227.5 | William Duncan<br>Columbia<br>6/24/2017 | 160 | William Duncan<br>Columbia<br>6/24/2017 | 205 | William Duncan<br>Columbia<br>6/24/2017 | 592.5 |
| 55-59                |                                         |       |                                         |     |                                         |     |                                         |       |

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

| Police, Military, Fire Unequipped |                                                    |       |                                                    |     |                                                    |       |                                                    |     |
|-----------------------------------|----------------------------------------------------|-------|----------------------------------------------------|-----|----------------------------------------------------|-------|----------------------------------------------------|-----|
| Weight                            | Squat                                              |       | Bench Press                                        |     | Deadlift                                           |       | Total                                              |     |
|                                   |                                                    |       |                                                    |     |                                                    |       |                                                    |     |
| 110                               | Christopher Modlin<br>Warrensburg, MO<br>6/26/2010 | 282.5 | Christopher Modlin<br>Warrensburg, MO<br>6/26/2010 | 195 | Christopher Modlin<br>Warrensburg, MO<br>6/26/2010 | 272.5 | Christopher Modlin<br>Warrensburg, MO<br>6/26/2010 | 750 |



**ADFPF Single Event Unequipped 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](mailto:mcclurelauren2003@gmail.com) with your full name, the name of the meet and date where the record was set.

| Men 52.0 kilograms |       |  |             |  |          |  |
|--------------------|-------|--|-------------|--|----------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  |
|                    |       |  |             |  |          |  |
| T1<br>14-15        |       |  |             |  |          |  |
| T2<br>16-17        |       |  |             |  |          |  |
| T3<br>18-19        |       |  |             |  |          |  |
| Junior<br>20-23    |       |  |             |  |          |  |
| Open<br>24-39      |       |  |             |  |          |  |
| M1<br>40-44        |       |  |             |  |          |  |
| M2<br>45-49        |       |  |             |  |          |  |
| M3<br>50-54        |       |  |             |  |          |  |
| M4<br>55-59        |       |  |             |  |          |  |
| M5<br>60-64        |       |  |             |  |          |  |
| M6                 |       |  |             |  |          |  |

|              |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|
| M6<br>65-69  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |

| Men 56.0 kilograms |       |  |             |  |          |  |
|--------------------|-------|--|-------------|--|----------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  |
|                    |       |  |             |  |          |  |
| T1<br>14-15        |       |  |             |  |          |  |
| T2<br>16-17        |       |  |             |  |          |  |
| T3<br>18-19        |       |  |             |  |          |  |
| Junior<br>20-23    |       |  |             |  |          |  |
| Open<br>24-39      |       |  |             |  |          |  |
| M1<br>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<br>20-23 |                                         |    |                                         |    |                                         |       |
| Open<br>24-39   | Tom LaFontaine<br>Columbia<br>4/17/2021 | 80 | Tom LaFontaine<br>Columbia<br>4/17/2021 | 60 | Tom LaFonatine<br>Columbia<br>5/7/2022  | 125   |
| M1<br>40-44     |                                         |    |                                         |    |                                         |       |
| M2<br>45-49     |                                         |    |                                         |    |                                         |       |
| M3<br>50-54     |                                         |    |                                         |    |                                         |       |
| M4<br>55-59     |                                         |    |                                         |    |                                         |       |
| M5<br>60-64     |                                         |    |                                         |    |                                         |       |
| M6<br>65-69     |                                         |    |                                         |    |                                         |       |
| M7<br>70-74     | Tom LaFontaine<br>Columbia<br>4/17/2021 | 80 | Tom LaFontaine<br>Columbia<br>4/17/2021 | 60 | Tom LaFonatine<br>Columbia<br>4/17/2021 | 117.5 |
| M8<br>75-79     | Tom LaFontaine<br>Columbia<br>5/7/2022  | 85 | Tom LaFontaine<br>Columbia<br>5/7/2022  | 60 | Tom LaFonatine<br>Columbia<br>5/7/2022  | 125   |
| M9<br>80-84     |                                         |    |                                         |    |                                         |       |
| M10<br>85-89    |                                         |    |                                         |    |                                         |       |

**Men 67.5 kilograms**

| Division        | Squat                                  |     | Bench Press                         |     | Deadlift                            |       |
|-----------------|----------------------------------------|-----|-------------------------------------|-----|-------------------------------------|-------|
|                 |                                        |     |                                     |     |                                     |       |
| T1<br>14-15     |                                        |     |                                     |     |                                     |       |
| T2<br>16-17     |                                        |     |                                     |     |                                     |       |
| T3<br>18-19     |                                        |     |                                     |     |                                     |       |
| Junior<br>20-23 | David Wang<br>Columbia<br>3/17/2018    | 130 | David Wang<br>Columbia<br>3/17/2018 | 100 | David Wang<br>Columbia<br>3/17/2018 | 177.5 |
| Open<br>24-39   | David Wang<br>Columbia<br>3/17/2018    | 130 | David Wang<br>Columbia<br>3/17/2018 | 100 | David Wang<br>Columbia<br>3/17/2018 | 177.5 |
| M1<br>40-44     |                                        |     |                                     |     |                                     |       |
| M2<br>45-49     |                                        |     |                                     |     |                                     |       |
| M3<br>50-54     |                                        |     |                                     |     |                                     |       |
| M4<br>55-59     |                                        |     |                                     |     |                                     |       |
| M5<br>60-64     |                                        |     | Lon Kilgore<br>Half Way<br>5/7/2022 | 90  |                                     |       |
| M6<br>65-69     | Tom LaFontaine<br>Columbia<br>2/4/2012 |     |                                     |     |                                     |       |
| M7<br>70-74     |                                        |     |                                     |     |                                     |       |
| M8              |                                        |     |                                     |     |                                     |       |

|       |  |  |  |  |  |
|-------|--|--|--|--|--|
| 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               | Lynn Miller<br>Columbia<br>3/4/2017 | 107.5 | Lynn Miller<br>Columbia<br>3/4/2017 | 97.5 | Lynn Miller<br>Columbia<br>3/4/2017 | 183 |
| 24-39              |                                     |       |                                     |      |                                     |     |
| M1                 |                                     |       |                                     |      |                                     |     |
| 40-44              |                                     |       |                                     |      |                                     |     |
| M2                 |                                     |       |                                     |      |                                     |     |
| 45-49              |                                     |       |                                     |      |                                     |     |
| M3                 |                                     |       |                                     |      |                                     |     |
| 50-54              |                                     |       |                                     |      |                                     |     |
| M4                 |                                     |       |                                     |      |                                     |     |

|       |                         |       |                         |      |                         |     |
|-------|-------------------------|-------|-------------------------|------|-------------------------|-----|
| 55-59 |                         |       |                         |      |                         |     |
| M5    |                         |       |                         |      |                         |     |
| 60-64 |                         |       |                         |      |                         |     |
| M6    | Lynn Miller<br>Columbia | 107.5 | Lynn Miller<br>Columbia | 97.5 | Lynn Miller<br>Columbia | 183 |
| 65-69 | 3/4/2017                |       | 3/4/2017                |      | 3/4/2017                |     |
| 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<br>St. Peters | 202.5 |                           |      |                          |     |
| 18-19              | 3/7/2015                |       |                           |      |                          |     |
| Junior             |                         |       |                           |      |                          |     |
| 20-23              |                         |       |                           |      |                          |     |
| Open               | Ryan Lima<br>St. Peters | 202.5 | James Stovall<br>Smithton | 82.5 | James StovLL<br>Smithton | 170 |
| 24-39              | 3/7/2015                |       | 4/17/2021                 |      | 4/17/2021                |     |

|              |                                        |       |                                        |      |                                       |     |
|--------------|----------------------------------------|-------|----------------------------------------|------|---------------------------------------|-----|
| M1<br>40-44  |                                        |       |                                        |      |                                       |     |
| M2<br>45-49  |                                        |       |                                        |      |                                       |     |
| M3<br>50-54  |                                        |       |                                        |      |                                       |     |
| M4<br>55-59  |                                        |       |                                        |      |                                       |     |
| M5<br>60-64  |                                        |       |                                        |      |                                       |     |
| M6<br>65-69  |                                        |       |                                        |      |                                       |     |
| M7<br>70-74  |                                        |       |                                        |      |                                       |     |
| M8<br>75-79  | James Stovall<br>Smithton<br>4/17/2021 | 112.5 | James Stovall<br>Smithton<br>4/17/2021 | 82.5 | James StovLL<br>Smithton<br>4/17/2021 | 170 |
| M9<br>80-84  |                                        |       |                                        |      |                                       |     |
| M10<br>85-89 |                                        |       |                                        |      |                                       |     |

| Men 90.0 kilograms |       |  |             |  |              |  |
|--------------------|-------|--|-------------|--|--------------|--|
| Division           | Squat |  | Bench Press |  | Deadlift     |  |
|                    |       |  |             |  |              |  |
| T1<br>14-15        |       |  |             |  |              |  |
| T2                 |       |  |             |  | Monta Melvin |  |



|                 |                                     |     |  |  |                                            |       |
|-----------------|-------------------------------------|-----|--|--|--------------------------------------------|-------|
| 12<br>16-17     |                                     |     |  |  | St. Peters<br>3/8/2014                     | 215   |
| T3<br>18-19     | Zac Korando<br>Columbia<br>2/4/2012 | 160 |  |  |                                            |       |
| Junior<br>20-23 |                                     |     |  |  | Andrew Huevelman<br>St. Peters<br>3/8/2014 | 247.5 |
| Open<br>24-39   | Zac Korando<br>Columbia<br>2/4/2012 | 160 |  |  | Andrew Huevelman<br>St. Peters<br>3/8/2014 | 247.5 |
| M1<br>40-44     |                                     |     |  |  |                                            |       |
| M2<br>45-49     |                                     |     |  |  |                                            |       |
| M3<br>50-54     |                                     |     |  |  |                                            |       |
| M4<br>55-59     |                                     |     |  |  |                                            |       |
| M5<br>60-64     |                                     |     |  |  |                                            |       |
| M6<br>65-69     |                                     |     |  |  |                                            |       |
| M7<br>70-74     |                                     |     |  |  |                                            |       |
| M8<br>75-79     |                                     |     |  |  |                                            |       |
| M9<br>80-84     |                                     |     |  |  |                                            |       |
| M10             |                                     |     |  |  |                                            |       |

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

| Men 100.0 kilograms |                                   |       |                                         |       |                                      |       |
|---------------------|-----------------------------------|-------|-----------------------------------------|-------|--------------------------------------|-------|
| Division            | Squat                             |       | Bench Press                             |       | Deadlift                             |       |
|                     |                                   |       |                                         |       |                                      |       |
| T1<br>14-15         |                                   |       |                                         |       |                                      |       |
| T2<br>16-17         |                                   |       |                                         |       |                                      |       |
| T3<br>18-19         | Ian Withrow<br>Fulton<br>3/5/2016 | 147.5 | Ian Withrow<br>Fulton<br>3/5/2016       |       | Ian Withrow<br>Fulton<br>3/5/2016    | 182.5 |
| Junior<br>20-23     |                                   |       | Ryan Drysdale<br>Arnold<br>3/17/2018    | 147.5 | Ryan Drysdale<br>Arnold<br>3/17/2018 | 227.5 |
| Open<br>24-39       | Ian Withrow<br>Fulton<br>3/5/2016 | 147.5 | Ryan Drysdale<br>Arnold<br>3/17/2018    | 147.5 | Benjamin Motl<br>3/17/2018           | 322.5 |
| M1<br>40-44         |                                   |       |                                         |       |                                      |       |
| M2<br>45-49         |                                   |       | Vance Wallace<br>St. Peters<br>9/1/2018 | 170   |                                      |       |
| M3<br>50-54         | Jim Bell<br>St. Louis<br>3/6/2010 |       |                                         |       |                                      |       |
| M4<br>55-59         |                                   |       |                                         |       |                                      |       |
| M5<br>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                  | Monta Melvin<br>St. Peters<br>3/7/2015 | 175 |                                       |     |                                      |     |
| 16-17               |                                        |     |                                       |     |                                      |     |
| T3                  | Nick DeJong<br>Columbia<br>2/4/2012    | 140 | Nick DeJong<br>Columbia<br>2/4/2012   | 95  | Nick DeJong<br>Columbia<br>2/4/2012  | 175 |
| 18-19               |                                        |     |                                       |     |                                      |     |
| Junior              |                                        |     | Chris Gard<br>Columbia<br>2/4/2012    | 165 |                                      |     |
| 20-23               |                                        |     |                                       |     |                                      |     |
| Open                | Monta Melvin<br>St. Peters<br>3/7/2015 | 175 | Chris Gard<br>Columbia<br>2/4/2012    | 165 | Roger Horn<br>St. Louis<br>3/17/2018 | 195 |
| 24-39               |                                        |     |                                       |     |                                      |     |
| M1                  |                                        |     |                                       |     |                                      |     |
| 40-44               |                                        |     |                                       |     |                                      |     |
| M2                  |                                        |     | Cary Calkins<br>Columbia<br>3/17/2018 |     |                                      |     |
| 45-49               |                                        |     |                                       |     |                                      |     |

|              |                                            |       |                                      |     |                                      |     |
|--------------|--------------------------------------------|-------|--------------------------------------|-----|--------------------------------------|-----|
| M3<br>50-54  |                                            |       |                                      |     |                                      |     |
| M4<br>55-59  |                                            |       |                                      |     |                                      |     |
| M5<br>60-64  |                                            |       |                                      |     |                                      |     |
| M6<br>65-69  | Rick Conkling III<br>St. Louis<br>2/4/2012 | 112.5 | Roger Horn<br>St. Louis<br>3/17/2018 | 140 | Roger Horn<br>St. Louis<br>3/17/2018 | 195 |
| M7<br>70-74  |                                            |       |                                      |     |                                      |     |
| M8<br>75-79  |                                            |       |                                      |     |                                      |     |
| M9<br>80-84  |                                            |       |                                      |     |                                      |     |
| M10<br>85-89 |                                            |       |                                      |     |                                      |     |

| Men 125.0 kilograms |       |  |             |  |          |  |
|---------------------|-------|--|-------------|--|----------|--|
| Division            | Squat |  | Bench Press |  | Deadlift |  |
|                     |       |  |             |  |          |  |
| T1<br>14-15         |       |  |             |  |          |  |
| T2<br>16-17         |       |  |             |  |          |  |
| T3<br>18-19         |       |  |             |  |          |  |
| Junior              |       |  |             |  |          |  |

|                 |  |  |  |  |  |
|-----------------|--|--|--|--|--|
| junior<br>20-23 |  |  |  |  |  |
| Open<br>24-39   |  |  |  |  |  |
| M1<br>40-44     |  |  |  |  |  |
| M2<br>45-49     |  |  |  |  |  |
| M3<br>50-54     |  |  |  |  |  |
| M4<br>55-59     |  |  |  |  |  |
| M5<br>60-64     |  |  |  |  |  |
| M6<br>65-69     |  |  |  |  |  |
| M7<br>70-74     |  |  |  |  |  |
| M8<br>75-79     |  |  |  |  |  |
| M9<br>80-84     |  |  |  |  |  |
| M10<br>85-89    |  |  |  |  |  |

| Men 145.0 kilograms |       |             |          |
|---------------------|-------|-------------|----------|
| Division            | Squat | Bench Press | Deadlift |

|                 |                                          |  |  |  |  |  |
|-----------------|------------------------------------------|--|--|--|--|--|
|                 |                                          |  |  |  |  |  |
| T1<br>14-15     |                                          |  |  |  |  |  |
| T2<br>16-17     |                                          |  |  |  |  |  |
| T3<br>18-19     |                                          |  |  |  |  |  |
| Junior<br>20-23 | Jonathan Jones<br>St. Peters<br>3/7/2015 |  |  |  |  |  |
| Open<br>24-39   |                                          |  |  |  |  |  |
| M1<br>40-44     |                                          |  |  |  |  |  |
| M2<br>45-49     |                                          |  |  |  |  |  |
| M3<br>50-54     |                                          |  |  |  |  |  |
| M4<br>55-59     |                                          |  |  |  |  |  |
| M5<br>60-64     |                                          |  |  |  |  |  |
| M6<br>65-69     |                                          |  |  |  |  |  |
| M7<br>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                   |       |  |             |  |          |  |

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

| Police, Military, Fire Unequipped |       |  |                           |       |          |
|-----------------------------------|-------|--|---------------------------|-------|----------|
| Weight                            | Squat |  | Bench Press               |       | Deadlift |
|                                   |       |  |                           |       |          |
| 129.34                            |       |  | Joseph Morrel<br>9/1/2018 | 157.5 |          |



**ADFPF 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](mailto:mcclurelauren2003@gmail.com) with your full name, the name of the meet and date where the record was set.*

| Men 52.0 kilograms |       |  |             |  |          |  |
|--------------------|-------|--|-------------|--|----------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  |
|                    |       |  |             |  |          |  |
| T1<br>14-15        |       |  |             |  |          |  |
| T2<br>16-17        |       |  |             |  |          |  |
| T3<br>18-19        |       |  |             |  |          |  |
| Junior<br>20-23    |       |  |             |  |          |  |
| Open<br>24-39      |       |  |             |  |          |  |
| M1<br>40-44        |       |  |             |  |          |  |
| M2<br>45-49        |       |  |             |  |          |  |
| M3<br>50-54        |       |  |             |  |          |  |
| M4<br>55-59        |       |  |             |  |          |  |
| M5<br>60-64        |       |  |             |  |          |  |
| M6                 |       |  |             |  |          |  |

|              |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|
| M6<br>65-69  |  |  |  |  |  |  |
| M7<br>70-74  |  |  |  |  |  |  |
| M8<br>75-79  |  |  |  |  |  |  |
| M9<br>80-84  |  |  |  |  |  |  |
| M10<br>85-89 |  |  |  |  |  |  |

| Men 56.0 kilograms |       |  |             |  |          |  |
|--------------------|-------|--|-------------|--|----------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  |
|                    |       |  |             |  |          |  |
| T1<br>14-15        |       |  |             |  |          |  |
| T2<br>16-17        |       |  |             |  |          |  |
| T3<br>18-19        |       |  |             |  |          |  |
| Junior<br>20-23    |       |  |             |  |          |  |
| Open<br>24-39      |       |  |             |  |          |  |
| M1<br>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<br>20-23 |  |  |  |  |  |  |
| Open<br>24-39   |  |  |  |  |  |  |
| M1<br>40-44     |  |  |  |  |  |  |
| M2<br>45-49     |  |  |  |  |  |  |
| M3<br>50-54     |  |  |  |  |  |  |
| M4<br>55-59     |  |  |  |  |  |  |
| M5<br>60-64     |  |  |  |  |  |  |
| M6<br>65-69     |  |  |  |  |  |  |
| M7<br>70-74     |  |  |  |  |  |  |
| M8<br>75-79     |  |  |  |  |  |  |
| M9<br>80-84     |  |  |  |  |  |  |
| M10<br>85-89    |  |  |  |  |  |  |

**Men 67.5 kilograms**

| Division        | Squat |  | Bench Press                         |    | Deadlift |  |
|-----------------|-------|--|-------------------------------------|----|----------|--|
|                 |       |  |                                     |    |          |  |
| T1<br>14-15     |       |  |                                     |    |          |  |
| T2<br>16-17     |       |  |                                     |    |          |  |
| T3<br>18-19     |       |  |                                     |    |          |  |
| Junior<br>20-23 |       |  |                                     |    |          |  |
| Open<br>24-39   |       |  |                                     |    |          |  |
| M1<br>40-44     |       |  |                                     |    |          |  |
| M2<br>45-49     |       |  |                                     |    |          |  |
| M3<br>50-54     |       |  |                                     |    |          |  |
| M4<br>55-59     |       |  |                                     |    |          |  |
| M5<br>60-64     |       |  | Lon Kilgore<br>Half Way<br>5/7/2022 | 90 |          |  |
| M6<br>65-69     |       |  |                                     |    |          |  |
| M7<br>70-74     |       |  |                                     |    |          |  |
| MR              |       |  |                                     |    |          |  |

|       |  |  |  |  |  |  |
|-------|--|--|--|--|--|--|
| M9    |  |  |  |  |  |  |
| 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               | Tom LaFontaine |    | Tom LaFontaine |    | Tom LaFontaine |     |
| 24-39              | Columbia       | 85 | Columbia       | 60 | Columbia       | 125 |
|                    | 5/7/2022       |    | 5/7/2022       |    | 5/7/2022       |     |
| M1                 |                |    |                |    |                |     |
| 40-44              |                |    |                |    |                |     |
| M2                 |                |    |                |    |                |     |
| 45-49              |                |    |                |    |                |     |
| M3                 |                |    |                |    |                |     |
| 50-54              |                |    |                |    |                |     |
| M4                 |                |    |                |    |                |     |

|       |                                        |    |                                        |    |                                        |     |
|-------|----------------------------------------|----|----------------------------------------|----|----------------------------------------|-----|
| 55-59 |                                        |    |                                        |    |                                        |     |
| M5    |                                        |    |                                        |    |                                        |     |
| 60-64 |                                        |    |                                        |    |                                        |     |
| M6    |                                        |    |                                        |    |                                        |     |
| 65-69 |                                        |    |                                        |    |                                        |     |
| M7    |                                        |    |                                        |    |                                        |     |
| 70-74 |                                        |    |                                        |    |                                        |     |
| M8    | Tom LaFontaine<br>Columbia<br>5/7/2022 | 85 | Tom LaFontaine<br>Columbia<br>5/7/2022 | 60 | Tom LaFontaine<br>Columbia<br>5/7/2022 | 125 |
| 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               | James Stovall<br>Simithton<br>7/10/2021 | 100 | James Stovall<br>Simithton<br>7/10/2021 | 77.5 | James Stovall<br>Simithton<br>7/10/2021 | 160 |
| 24-39              |                                         |     |                                         |      |                                         |     |

|              |                                         |     |                                         |      |                                         |     |
|--------------|-----------------------------------------|-----|-----------------------------------------|------|-----------------------------------------|-----|
| M1<br>40-44  |                                         |     |                                         |      |                                         |     |
| M2<br>45-49  |                                         |     |                                         |      |                                         |     |
| M3<br>50-54  |                                         |     |                                         |      |                                         |     |
| M4<br>55-59  |                                         |     |                                         |      |                                         |     |
| M5<br>60-64  |                                         |     |                                         |      |                                         |     |
| M6<br>65-69  |                                         |     |                                         |      |                                         |     |
| M7<br>70-74  |                                         |     |                                         |      |                                         |     |
| M8<br>75-79  | James Stovall<br>Simithton<br>7/10/2021 | 100 | James Stovall<br>Simithton<br>7/10/2021 | 77.5 | James Stovall<br>Simithton<br>7/10/2021 | 160 |
| M9<br>80-84  |                                         |     |                                         |      |                                         |     |
| M10<br>85-89 |                                         |     |                                         |      |                                         |     |

| Men 90.0 kilograms |       |  |             |  |          |  |
|--------------------|-------|--|-------------|--|----------|--|
| Division           | Squat |  | Bench Press |  | Deadlift |  |
|                    |       |  |             |  |          |  |
| T1<br>14-15        |       |  |             |  |          |  |
| T2                 |       |  |             |  |          |  |



|        |  |  |  |  |  |  |
|--------|--|--|--|--|--|--|
| 12     |  |  |  |  |  |  |
| 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<br>14-15         |                                   |       |             |  |          |  |
| T2<br>16-17         |                                   |       |             |  |          |  |
| T3<br>18-19         |                                   |       |             |  |          |  |
| Junior<br>20-23     |                                   |       |             |  |          |  |
| Open<br>24-39       | Jim Bell<br>St. Louis<br>3/6/2010 | 237.5 |             |  |          |  |
| M1<br>40-44         |                                   |       |             |  |          |  |
| M2<br>45-49         |                                   |       |             |  |          |  |
| M3<br>50-54         | Jim Bell<br>St. Louis<br>3/6/2010 | 237.5 |             |  |          |  |
| M4<br>55-59         |                                   |       |             |  |          |  |
| M5<br>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<br>50-54  |  |  |                                      |  |  |  |
| M4<br>55-59  |  |  |                                      |  |  |  |
| M5<br>60-64  |  |  |                                      |  |  |  |
| M6<br>65-69  |  |  | Roger Horn<br>St. Louis<br>3/17/2018 |  |  |  |
| M7<br>70-74  |  |  |                                      |  |  |  |
| M8<br>75-79  |  |  |                                      |  |  |  |
| M9<br>80-84  |  |  |                                      |  |  |  |
| M10<br>85-89 |  |  |                                      |  |  |  |

| Men 125.0 kilograms |       |  |             |  |          |  |
|---------------------|-------|--|-------------|--|----------|--|
| Division            | Squat |  | Bench Press |  | Deadlift |  |
|                     |       |  |             |  |          |  |
| T1<br>14-15         |       |  |             |  |          |  |
| T2<br>16-17         |       |  |             |  |          |  |
| T3<br>18-19         |       |  |             |  |          |  |
| Junior              |       |  |             |  |          |  |

|                 |  |  |  |  |  |  |
|-----------------|--|--|--|--|--|--|
| Junior<br>20-23 |  |  |  |  |  |  |
| Open<br>24-39   |  |  |  |  |  |  |
| M1<br>40-44     |  |  |  |  |  |  |
| M2<br>45-49     |  |  |  |  |  |  |
| M3<br>50-54     |  |  |  |  |  |  |
| M4<br>55-59     |  |  |  |  |  |  |
| M5<br>60-64     |  |  |  |  |  |  |
| M6<br>65-69     |  |  |  |  |  |  |
| M7<br>70-74     |  |  |  |  |  |  |
| M8<br>75-79     |  |  |  |  |  |  |
| M9<br>80-84     |  |  |  |  |  |  |
| M10<br>85-89    |  |  |  |  |  |  |

| Men 145.0 kilograms |       |             |          |
|---------------------|-------|-------------|----------|
| Division            | Squat | Bench Press | Deadlift |

|                 |  |  |                                         |     |  |  |
|-----------------|--|--|-----------------------------------------|-----|--|--|
|                 |  |  |                                         |     |  |  |
| T1<br>14-15     |  |  |                                         |     |  |  |
| T2<br>16-17     |  |  |                                         |     |  |  |
| T3<br>18-19     |  |  |                                         |     |  |  |
| Junior<br>20-23 |  |  |                                         |     |  |  |
| Open<br>24-39   |  |  | Dave Beversdorf<br>Columbia<br>2/4/2012 | 245 |  |  |
| M1<br>40-44     |  |  |                                         |     |  |  |
| M2<br>45-49     |  |  | Dave Beversdorf<br>Columbia<br>2/4/2012 | 245 |  |  |
| M3<br>50-54     |  |  |                                         |     |  |  |
| M4<br>55-59     |  |  |                                         |     |  |  |
| M5<br>60-64     |  |  |                                         |     |  |  |
| M6<br>65-69     |  |  |                                         |     |  |  |
| M7<br>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                   |       |  |             |  |          |  |

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

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