

Records are based on available information extrapolated from multiple meets in over multiple years. If you believe a record is missing or incorrect - please email mcclurelauren2003@gmail.com with your full name, the name of the meet and date where the record was set.

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

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

Women 47.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2								

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

Women 50.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3								

18-19								
Junior 20-23								
Open 24-39	Linda LaFontaine Columbia 11/4/2017	65	Linda LaFontaine Columbia 11/4/2017	47.5	Linda LaFontaine Columbia 11/4/2017	95	Linda LaFontaine Columbia 11/4/2017	207.5
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69	Linda LaFontaine Columbia 11/4/2017	65	Linda LaFontaine Columbia 8/17/2019	50	Linda LaFontaine Columbia 8/17/2019	100	Linda LaFontaine Columbia 8/17/2019	215
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 53.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39	Shellaine Frazier Columbia 6/24/2017	75	Shellaine Frazier Columbia 6/24/2017	75	Shellaine Frazier Columbia 6/24/2017	128	Shellaine Frazier Columbia 6/24/2017	278
M1 40-44								
M2 45-49	Shellaine Frazier Columbia 6/24/2017	75	Shellaine Frazier Columbia 6/24/2017	75	Shellaine Frazier Columbia 6/24/2017	128	Shellaine Frazier Columbia 6/24/2017	278
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								

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

Women 55.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23	Laura Baum St Louis 6/24/2017	107.5	Laura Baum St Louis 6/24/2017	67.5	Laura Baum St Louis 6/24/2017	132.5	Laura Baum St Louis 6/24/2017	307.5
Open 24-39	Laura Baum St Louis 6/24/2017	107.5	Laura Baum St Louis 6/24/2017	67.5	Laura Baum St Louis 6/24/2017	132.5	Laura Baum St Louis 6/24/2017	307.5
M1 40-44								
M2 45-49								
M3 50-54								
M4	Pat Okker		Pat Okker		Pat Okker		Pat Okker	

M4 55-59	Columbia 6/24/2017	75	Columbia 6/24/2017	50	Columbia 6/24/2017	110	Columbia 6/24/2017	235
M5 60-64								
M6 65-69								
M7 70-74	Anne Clark 8/17/2019	27.5	Anne Clark 8/17/2019	32.5	Anne Clark 8/17/2019	70	Anne Clark 8/17/2019	130
M8 75-79								
M9 80-84								
M10 85-89								

Women 58.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open	Kim Jones Columbia	88	Kim Jones Columbia	60.5	Kim Jones Columbia	115	Kim Jones Columbia	262.5

24-39	11/4/2017		11/4/2017		11/4/2017		11/4/2017	
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4	Cheryl Kyle Columbia 8/17/2019	85	Cheryl Kyle Columbia 8/17/2019	52.5	Cheryl Kyle Columbia 8/17/2019	128	Cheryl Kyle Columbia 8/17/2019	265.5
M5	Kim Jones Columbia 11/4/2017	88	Kim Jones Columbia 11/4/2017	60.5	Kim Jones Columbia 11/4/2017	115	Kim Jones Columbia 11/4/2017	262.5
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 63 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								

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

M10 85-89								
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Women 70 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Esther Duncan Columbia 11/4/2017	105.5	Esther Duncan Columbia 11/4/2017	52.5	Esther Duncan Columbia 11/4/2017	117.5	Esther Duncan Columbia 11/4/2017	267.5
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39	Esther Duncan Columbia 11/4/2017	105.5	Esther Duncan Columbia 11/4/2017	52.5	Esther Duncan Columbia 11/4/2017	117.5	Esther Duncan Columbia 11/4/2017	267.5
M1 40-44	Kristen Simms Columbia 8/17/2019	85	Kristen Simms Columbia 8/17/2019	45	Kristen Simms Columbia 8/17/2019	115	Kristen Simms Columbia 8/17/2019	245
M2 45-49								
M3 50-54								
M4 55-59	Cheryl Kyle Columbia 10/10/2020	90	Cheryl Kyle Columbia 10/10/2020	62.5	Cheryl Kyle Columbia 10/10/2020	132.5	Cheryl Kyle Columbia 10/10/2020	287.5
M5 60-64								
M6	Nina Hampton		Nina Hampton		Nina Hampton		Nina Hampton	

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

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

45-49	6/24/2017		6/24/2017		6/24/2017		6/24/2017	
M3								
50-54								
M4								
55-59								
M5	Beth Perrin Columbia	95	Bridget Bufford Columbia	62.5	Cheryl Kyle Columbia	115	Beth Perrin Columbia	262.5
60-64	8/17/2019		8/17/2019		8/5/2023		8/17/2019	
M6								
65-69								
M7	Myra Ventus Ballwin	37.5	Myra Ventus Ballwin	37.5	Myra Ventus Ballwin	70	Myra Ventus Ballwin	145
70-74	9/1/2018		9/1/2018		9/1/2018		9/1/2018	
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 90 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								
T2								
16-17								
T3								
18-19								

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

Women 90+ kilograms

Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Christina Mackey New Bloomfield 1/24/2009	97.55	Christina Mackey New Bloomfield 1/24/2009	47.64	Christina Mackey New Bloomfield 1/24/2009	124.8	Christina Mackey New Bloomfield 1/24/2009	269.9
T2 16-17	Clare Brown Columbia 4/22/2017	95	Clare Brown Columbia 4/22/2017	55	Clare Brown Columbia 4/22/2017	112.5	Clare Brown Columbia 4/22/2017	262.5
T3 18-19								
Junior 20-23								
Open 24-39	Ashley Bates Sedalia 8/17/2019	150	Ashley Bates Sedalia 11/20/2021	92.5	Sara Ringbauer Columbia 11/4/2017	172.5	Ashley Bates Sedalia 8/17/2019	400
M1 40-44								
M2 45-49	Sara Ringbauer Columbia 4/22/2017	130	Sara Ringbauer Columbia 11/4/2017	67.5	Sara Ringbauer Columbia 11/4/2017	172.5	Sara Ringbauer Columbia 11/4/2017	370
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8								

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

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

Full Power Equipped Missouri Records Updated 8/19/2025

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

M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 47.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3								

M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 50.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior								

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

Women 53.0 kilograms								
Division	Squat		Bench Press		Deadlift		Total	

T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								

M9 80-84								
M10 85-89								

Women 55.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5								

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

Women 58.5 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1								

40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 63 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								
T2								
16-17								

T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

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

70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 80 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3								

50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

Women 90 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								
14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								

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

Women 90+ kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1								

T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23								
Open 24-39								
M1 40-44								
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
Mo								

M10								
80-84								
M10								
85-89								

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

ADFPF Single Event Unequipped Missouri Records

Updated : Updated 8/19/2025

Records are based on available information extrapolated from multiple meets in over multiple years. If you believe a record is missing or incorrect - please email mcclurelauren2003@gmail.com with your full name, the name of the meet and date where the record was set.

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

M7 70-74					
M8 75-79					
M9 80-84					
M10 85-89					

Women 47.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3						

50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						

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

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Shellaine Frazier Columbia 4/22/2017	70	Shellaine Frazier Columbia 3/4/2017	72.5	Shellaine Frazier Columbia 3/4/2017	120
M1 40-44						
M2 45-49	Shellaine Frazier Columbia 4/22/2017	70	Shellaine Frazier Columbia 3/4/2017	72.5	Shellaine Frazier Columbia 3/4/2017	120
M3 50-54						
M4 55-59	Kerin Anderson Columbia 3/4/2017	60	Kerin Anderson Columbia 3/4/2017	52.5	Kerin Anderson Columbia 3/4/2017	80
M5 60-64						
M6 65-69	Linda LaFontaine Columbia 3/17/2018	65	Linda LaFontaine Columbia 3/17/2018	51	Linda LaFontaine Columbia 3/17/2018	92.5
M7 70-74						
M8 75-79						
M9						

M9						
80-84						
M10						
85-89						

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior					Nichole Neville Columbia 3/17/2018	105
20-23						
Open	Shellaine Frazier Columbia 3/17/2017	70	Shellaine Frazier Columbia 4/22/2017	72.5	Shellaine Frazier Columbia 4/22/2017	122.5
24-39						
M1						
40-44						
M2	Shellaine Frazier Columbia 3/17/2017	70	Shellaine Frazier Columbia 4/22/2017	72.5	Shellaine Frazier Columbia 4/22/2017	122.5
45-49						
M3						
50-54						
M4						
55-59						
M5						

60-64						
M6			Anne Clark		Anne Clark	
65-69			3/2/2019	32.5	3/2/2019	72.5
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 58.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Kim Morgan-Jones		Kim Morgan-Jones		Kim Morgan-Jones	
24-39	Columbia	91	Columbia	57.5	Columbia	119
	3/17/2017		3/17/2017		3/17/2017	
M1						
40-44						

M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64	Kim Morgan-Jones Columbia 3/17/2017	91	Kim Morgan-Jones Columbia 3/17/2017	57.5	Kim Morgan-Jones Columbia 3/17/2017	119
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3						

18-19						
Junior 20-23						
Open 24-39	Cheryl Kyle Columbia 3/16/2019	80	Cheryl Kyle Columbia 3/16/2019	55	Cheryl Kyle Columbia 3/16/2019	126
M1 40-44						
M2 45-49	Angela Holloway Columbia 3/4/2017	60	Melissa Gavin Columbia 3/5/2023	50	Melissa Gavin Columbia 3/5/2023	95
M3 50-54	Cheryl Kyle Columbia 3/17/2018	75	Cheryl Kyle Columbia 3/17/2018	47.5	Cheryl Kyle Columbia 3/17/2018	115
M4 55-59	Patricia Urban Columbia 3/4/2017	65	Cheryl Kyle Columbia 9/1/2018	47.5	Cheryl Kyle Columbia 9/1/2018	110
M5 60-64	Cheryl Kyle Columbia 3/16/2019	80	Cheryl Kyle Columbia 3/16/2019	55	Cheryl Kyle Columbia 3/16/2019	126
M6 65-69	3/16/2019 Columbia 3/4/2017	62.5	Louise Miller Columbia 3/4/2017	40	Kate Walker Columbia 3/4/2017	95
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 70 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39	Cheryl Kyle Columbia 4/17/2021	90	Cheryl Kyle Columbia 4/17/2021	62.5	Cheryl Kyle Columbia 4/17/2021	137.5
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59	Cheryl Kyle Columbia 4/17/2021	90	Cheryl Kyle Columbia 4/17/2021	62.5	Cheryl Kyle Columbia 4/17/2021	137.5
M5 60-64						
M6 65-69	Terry Douglas Columbia 3/4/2017	37.5	Terry Douglas Columbia 3/4/2017	35	Terry Douglas Columbia 3/4/2017	82.5
M7			Kate Walker Ashland	42.5	Kate Walker Ashland	98

70-74			4/17/2021		4/17/2021	
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Beth Perrin Columbia 3/4/2017	95	Bridget Bufford Columbia 4/17/2021	65	Bridget Budford Columbia 4/17/2021	117.5
24-39						
M1						
40-44						
M2	Delsie Bonaparte Columbia 3/4/2017	75	Delsie Bonaparte Columbia 3/4/2017	45	Delsie Bonaparte Columbia 7/15/2017	95
45-49						
M3			Debbie Rosslan 3/2/2019	55	Debbie Rosslan 3/2/2019	
50-54						

M4 55-59						
M5 60-64	Beth Perrin Columbia 3/4/2017	95	Bridget Bufford Columbia 4/17/2021	65	Bridget Budford Columbia 4/17/2021	117.5
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open	Beth Van Hove		Beth Van Hove		Andrea Chappelear	

OPEN 24-39	Columbia 3/17/2018	92.5	Columbia 3/17/2018	62.5	Columbia 3/4/2017	160
M1 40-44	Andrea Chappellear Columbia 3/4/2017	75	Andrea Chappellear Columbia 3/4/2017	52.5	Andrea Chappellear Columbia 3/4/2017	160
M2 45-49	Delsie Bonaparte Columbia 3/17/2018	72.5	Delsie Bonaparte Columbia 3/17/2018	45	Delsie Bonaparte Columbia 3/17/2018	93
M3 50-54	Beth Van Hove Columbia 3/17/2018	92.5	Beth Van Hove Columbia 3/17/2018	62.5	Beth Van Hove Columbia 3/17/2018	119
M4 55-59			Beth Van Hove Columbia 3/2/2019	60	Beth Van Hove Columbia 3/2/2019	125
M5 60-64	Bridget Bufford Columbia 5/7/2022	90	Bridget Bufford Columbia 5/7/2022	66	Rachel Brown Columbia 3/4/2017	130.5
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2 16-17	Clare Brown Columbia 3/4/2017	100	Clare Brown Columbia 7/15/2017	60	Clare Brown Columbia 3/4/2017	125
T3 18-19						
Junior 20-23						
Open 24-39	Sara Ringbauer Columbia 3/4/2017	135	Ashley Bates Sedalia 3/2/2019	77.5	Sara Ringbauer Columbia 3/4/2017	172.5
M1 40-44						
M2 45-49	Sara Ringbauer Columbia 3/4/2017	135	Stephanie Wells Fulton 3/17/2018	65	Sara Ringbauer Columbia 3/4/2017	172.5
M3 50-54						
M4 55-59			Judy Naeger Warrenton 3/17/2018	45	Judy Naeger Warrenton 3/17/2018	130
M5 60-64						
M6 65-69			Mary Rapert Barnhart 9/1/2018	65	Mary Rapert Barnhart 9/1/2018	145
M7 70-74						
M8 75-79						
M9						

80-84						
M10						
85-89						

Police, Military, Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	

Single Event Equipped Missouri Records Updated 8/19/2025

Records are based on available information extrapolated from multiple meets in over multiple years. If you believe a record is missing or incorrect - please email mcclurelauren2003@gmail.com with your full name, the name of the meet and date where the record was set.

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

70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 47.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3						

50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						

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

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
Ma						

M9 80-84						
M10 85-89						

Women 55.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5						

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

Women 58.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						

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

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3						

18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

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

70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						

M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open						

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

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9						

80-84						
M10						
85-89						

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