

Mens 40-44

Men USPF Oklahoma State Powerlifting Records--Ages 40-44

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb	Charles Wodraska	Oklahoma City	Mar-90	Squat	277.5	611.77
	Charles Wodraska	Oklahoma City	Mar-90	Bench Press	160	352.73
	Charles Wodraska	Oklahoma City	Mar-90	Deadlift	245	540.12
	Charles Wodraska	Oklahoma City	Mar-90	Total	682.5	1504.63
75 kg / 165.25 lb	Rickey Dale Crain	Shawnee	Oct-95	Squat	340	749.56
	Rickey Dale Crain	Shawnee	Oct-95	Bench Press	190	418.87
	Rickey Dale Crain	Shawnee	Oct-95	Deadlift	300	661.38
	Rickey Dale Crain	Shawnee	Oct-95	Total	830	1829.81
82.5 kg / 181.75 lb	Rickey Dale Crain	Shawnee	Feb-93	Squat	299.37	660
	Rickey Dale Crain	Shawnee	Sep-96	Bench Press	204.11	450
	Rickey Dale Crain	Shawnee	Mar-95	Deadlift	306.18	675
	Rickey Dale Crain	Shawnee	Feb-93	Total	780.18	1720
90 kg / 198.25 lb	Duane Madere	Edmond	Mar-04	Squat	275	606.26
	Duane Madere	Edmond	Jun-04	Bench Press	187.5	413.36
	Jason Smith	Okc	April-2011	Deadlift	276.69	610.00
	Ted Holt	Miami	Feb-96	Total	730	1609.35

100 kg / 220.25 lb	Wendall Snodgras	Sand Springs		Squat	290	639.33
	Kim Brownfield	Council Hills	Jun-04	Bench Press	235	518.08
	Wendall Snodgras	Sand Springs		Deadlift	270	595.24
	Wendall Snodgras	Sand Springs		Total	747.5	1647.94
110 kg / 242.5 lb	Randy Henshaw	Shawnee	Mar-03	Squat	294.83	650
	Kim Brownfield	Council Hills	Jan-05	Bench Press	240.4	530
	Randy Henshaw	Shawnee	Jun-01	Deadlift	249.47	550
	Randy Henshaw	Shawnee	Jun-01	Total	714.41	1575
125 kg / 275.5 lb	Randy Henshaw	Shawnee	Jun-03	Squat	290.3	640
	R.C. Talton Jr.	Shawnee	Mar-00	Bench Press	192.95	425
	Ray Lepley	Oklahoma City	Jul-07	Deadlift	297.5	655.86
	Randy Henshaw	Shawnee	Jun-03	Total	712.14	1570
140 kg / 308.5 lb				Squat		
	Ray Lepley	Oklahoma City	Feb-07	Bench Press	197.31	435
	Ray Lepley	Oklahoma City	Mar-07	Deadlift	320	705.47
			Total			
140+ kg / 308.5+ lb				Squat		
	Thomas A Guiney	Tulsa	Mar-07	Bench Press	220	485.01
	Ray Lepley	Yukon	Mar-09	Deadlift	294.84	650
				Total		

Mens 45-49

Men USPF Oklahoma State Powerlifting Records--Ages 45-49

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		

				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb	Charles Wodraska	Oklahoma City	Feb-92	Squat	262.5	578.7
	Glen Gill	Duncan		Bench Press	175	385.81
	Charles Wodraska	Oklahoma City	Feb-92	Deadlift	237.5	523.59
	Charles Wodraska	Oklahoma City	Feb-92	Total	650	1432.99
75 kg / 165.25 lb	Charles Wodraska	Oklahoma City	Feb-94	Squat	267.62	590
	Rickey Dale Crain	Shawnee		Bench Press	165.71	365
	Charles Wodraska	Oklahoma City	Feb-94	Deadlift	235.87	520
	Charles Wodraska	Oklahoma City	Feb-94	Total	653.17	1440
82.5 kg / 181.75 lb	Walter Thomas	Oklahoma City	May-94	Squat	305	672.4
	Walter Thomas	Oklahoma City	May-94	Bench Press	187.5	413.36
	Walter Thomas	Oklahoma City	May-94	Deadlift	3051	672.4
	Walter Thomas	Oklahoma City	May-94	Total	797.5	1758.16
90 kg / 198.25 lb	Dennis Wright	Miami	May-93	Squat	365	804.67
	Dennis Wright	Miami	May-93	Bench Press	192.5	424.38
	Dennis Wright	Miami	May-93	Deadlift	272.5	600.75
	Dennis Wright	Miami	May-93	Total	830	1829.81
100 kg / 220.25 lb	Harold Lehman	Broken Arrow	Oct-2010	Squat	265.35	585
	Harold Lehman	Broken Arrow	Oct-2010	Bench Press	215.45	475
	Harold Lehman	Broken Arrow	Oct-2100	Deadlift	256.28	565
	Harold Lehman	Broken Arrow	Oct-2010	Total	737.09	1625
110 kg / 242.5 lb	Charlie Ahhaity	Moore	Feb-94	Squat	267.62	590
	Ron Hood	Porum	Feb-92	Bench Press	207.5	457.45
	Richard Carlson	Shawnee	Mar-04	Deadlift	280	617.28
	Richard Carlson	Shawnee	Mar-03	Total	728.02	1605
125 kg / 275.5 lb	Randy Henshaw	Shawnee	Mar-04	Squat	260	573.19
	Randy Henshaw	Shawnee	Mar-04	Bench Press	157.5	347.22
	Randy Henshaw	Shawnee	Mar-04	Deadlift	230	507.05

	Randy Henshaw	Shawnee	Mar-04	Total	647.5	1427.47
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140 kg / 308.5 lb

Mens 50-54

Men USPF Oklahoma State Powerlifting Records--Ages 50-54

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
75 kg / 165.25 lb	Don Crain	Clayton		Squat	220	485.01
	Don Crain	Clayton		Bench Press	162.5	358.25
	Don Crain	Clayton		Deadlift	235	518.08
	Don Crain	Clayton		Total	615	1355.83
82.5 kg / 181.75 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.25 lb	Carmen Caputo	Midwest City	Jun-96	Squat	229.07	505
	Carmen Caputo	Midwest City	Jun-96	Bench Press	158.76	350

	Carmen Caputo	Midwest City	Jun-96	Deadlift	254.01	560
	Carmen Caputo	Midwest City	Jun-96	Total	641.84	1415
100 kg / 220.25 lb	Harold Lehman		Jan-2011	Squat	261.36	575
	Harold Lehman		Jan-2011	Bench Press	218.18	480
	Harold Lehman		Jan-2011	Deadlift	261.36	575
	Harold Lehman		Jan-2011	Total	740.90	1630
110 kg / 242.5 lb	Marc Nagele	Bartlesville	Jan-2011	Squat	251.74	555
	Nick Dwinell	Owasso	Mar-07	Bench Press	192.5	424.38
	Marc Nagele	Bartlesville	Jan-09	Deadlift	281.23	620
	Marc Nagele	Bartlesville	Jun-08	Total	687.19	1515
125 kg / 275.5 lb	Danny Burton	Duncan	Feb-95	Squat	367.41	810
	John McKay	Bristow	Mar-09	Bench Press	181.44	400
	Danny Burton	Duncan	Dec-94	Deadlift	294.83	650
	Danny Burton	Duncan	Feb-95	Total	816.47	1800
140 kg / 308.5 lb				Squat		
	Robert Wolf	Shawnee	Oct-2010	Bench Press	199.58	440
	Robert Wolf	Shawnee	Oct-2010	Deadlift	244.94	540
				Total		
140+ kg / 308.5+ lb	Jack Pugh	Oklahoma City	Jul-07	Squat	363	800.26
	Jack Pugh	Oklahoma City	Jul-07	Bench Press	227.5	501.54
	Jack Pugh	Oklahoma City	Jul-07	Deadlift	295	650.37
	Jack Pugh	Oklahoma City	Jul-07	Total	885.5	1952.17

Mens 55-59

Men USPF Oklahoma State Powerlifting Records-- Ages 55-59

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		

60 kg / 132.25 lb				Total		
				Squat		
				Bench Press		
				Deadlift		
67.5 kg / 148.75 lb				Total		
				Squat		
				Bench Press		
				Deadlift		
75 kg / 165.25 lb				Total		
				Squat		
				Bench Press		
				Deadlift		
82.5 kg / 181.75 lb				Total		
				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.25 lb	Bob Crouch	Shawnee	Jun-02	Squat	149.68	330
	Joseph Parsons	Oklahoma City	Jul-07	Bench Press	192.5	424.38
	Bob Crouch	Shawnee	Jun-02	Deadlift	188.24	415
	Bob Crouch	Shawnee	Jun-02	Total	410.5	905
100 kg / 220.25 lb	Carmen Caputo	Midwest City	Jun-05	Squat	222.5	490.52
	Carmen Caputo	Midwest City	Mar-04	Bench Press	165	363.75
	Marc Nagele	Bartlesville	July-2012	Deadlift	263.08	580
	Carmen Caputo	Midwest City	Mar-04	Total	627.5	1383.38
110 kg / 242.5 lb	Marc Nagele	Bartlesville	Oct-2011	Squat	261.36	575
	Marc Nagele	Bartlesville	Jan-2011	Bench Press	176.9	390
	Marc Nagele	Bartlesville	Jan-2011	Deadlift	272.15	600
	Marc Nagele	Bartlesville	Jan-2011	Total	707.61	1560
125 kg / 275.5 lb	Robert L Rainwater	Shawnee	Jun-04	Squat	115	253.53
	Gene Knight	Oklahoma City	Feb-06	Bench Press	210	462.96
	Scott McLure	Midwest City	Jun-08	Deadlift	165.56	365
	Robert L Rainwater	Shawnee	Jun-04	Total	357.5	788.14
140 kg / 308.5 lb	Charles Clonce	Oklahoma City	Feb-00	Squat	260.81	575
				Bench Press		
				Deadlift		
				Total		

140+ kg / 308.5+
lb

Squat
Bench Press
Deadlift
Total

Mens 60-64

Men USPF Oklahoma State Powerlifting Records--Ages 60-64

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb	Bill Snyder	Oklahoma City		Squat	125	275.58
	Bill Snyder	Oklahoma City		Bench Press	82.5	181.88
	Bill Snyder	Oklahoma City		Deadlift	157.5	347.22
	Bill Snyder	Oklahoma City		Total	367.5	810.19
75 kg / 165.25 lb	Bill Snyder	Oklahoma City		Squat	122.5	270.06
	Don Crain	Clayton	Oct-91	Bench Press	125	275.51
	Don Crain	Clayton	Sep-91	Deadlift	226.79	500
	Bill Snyder	Oklahoma City		Total	375	826.73
82.5 kg / 181.75 lb	Glen Gill	Duncan	Feb-95	Squat	90.71	200
	Glen Gill	Duncan	Feb-95	Bench Press	131.54	290
	Glen Gill	Duncan	Feb-95	Deadlift	90.71	200
	Glen Gill	Duncan	Feb-95	Total	312.98	690
90 kg / 198.25 lb	Bob Crouch	Tecumseh	Jul-06	Squat	182.5	402.33

	Joe Parsons	Okc	Jul-2011	Bench Press	188.69	416
	Bob Crouch	Tecumseh	Oct-06	Deadlift	199.58	440
	Bob Crouch	Tecumseh	Mar-04	Total	457.5	1008.6
100 kg / 220.25 lb	Carmen Caputo	Midwest City	Jun-09	Squat	222.26	490
	Jose Parson	Okc	Jan-2011	Bench Press	197.31	435
	Carmen Caputo	Midwest City	Feb-06	Deadlift	255	562.17
	Carmen Caputo	Midwest City	Jun-09	Total	621.43	1370
110 kg / 242.5 lb				Squat		
				Bench Press		
	Al Warner	Oklahoma City	Jun-08	Deadlift	176.9	390
				Total		
125 kg / 275.5 lb	Robert Rainwater	Prague	Jun-04	Squat	115	253.53
	Ron Hood	Muskogee	Mar-07	Bench Press	230	507.05
	Robert Rainwater	Prague	Jun-04	Deadlift	147.5	325.18
	Robert Rainwater	Prague	Jun-04	Total	357.5	788.14
140 kg / 308.5 lb				Squat		
	Gene Knight	Oklahoma City	Jul-07	Bench Press	172.5	380.29
				Deadlift		
				Total		
140+ kg / 308.5+ lb				Squat		
				Bench Press		
				Deadlift		
				Total		

Mens 65-69

Men USPF Oklahoma State Powerlifting Records--Ages 65-69

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		

60 kg / 132.25 lb				Total		
				Squat		
				Bench Press		
				Deadlift		
67.5 kg / 148.75 lb				Total		
				Squat		
	Donald Neil Crain	Clayton	Jun-93	Bench Press	113.39	250
	Donald Neil Crain	Clayton	Dec-95	Deadlift	180	396.83
				Total		
75 kg / 165.25 lb				Squat		
	Bill Snyder	Oklahoma City	Jan-89	Squat	97.5	214.94
	Donald Neil Crain	Clayton	May-94	Bench Press	127.5	281.08
	Donald Neil Crain	Clayton	Dec-94	Deadlift	172.36	380
	Bill Snyder	Oklahoma City	Jan-89	Total	297.5	655.86
82.5 kg / 181.75 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.25 lb				Squat		
	Bob Crouch	Tecumseh	Mar-08	Squat	174.63	385
	Bob Crouch	Tecumseh	Jun-08	Bench Press	86.18	190
	Bob Crouch	Tecumseh	Oct-08	Deadlift	188.69	416
	Bob Crouch	Tecumseh	Jun-08	Total	446.79	985
100 kg / 220.25 lb				Squat		
	Carmen Caputo	Midwest City	April-2011	Squat	206.81	455
	Carmen Caputo	Midwest City	April-2011	Bench Press	150	330
	Carmen Caputo	Midwest City	Oct-2010	Deadlift	229.52	506
	Carmen Caputo	Midwest City	April-2011	Total	584.09	1285
110 kg / 242.5 lb				Squat		
	Gary Flood	Tulsa	April-2012	Squat	136.07	315
	Gary Flood	Tulsa	April-2012	Bench Press	97.52	215
	Gary Flood	Tulsa	April-2012	Deadlift	181.43	400
	Gary Flood	Tulsa	April-2012	Total	421.84	930
125 kg / 275.5 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
140 kg / 308.5 lb				Squat		
				Bench Press		

140+ kg / 308.5+
lb

Deadlift
Total
Squat
Bench Press
Deadlift
Total

Mens 70-74

Men USPF Oklahoma State Powerlifting Records--Ages 70-74

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
75 kg / 165.25 lb				Squat		
	Donald Crain	Clayton	Mar-00	Bench Press	104.42	230
				Deadlift		
				Total		
82.5 kg / 181.75 lb	Dick Burke	Oklahoma City		Squat	140	308.64
	Dick Burke	Oklahoma City		Bench Press	97.5	214.95
	Dick Burke	Oklahoma City		Deadlift	167.5	369.27

90 kg / 198.25 lb	Dick Burke	Oklahoma City		Total	400	881.84
				Squat		
100 kg / 220.25 lb	Bill Hamilton	Oklahoma City	Oct-94	Bench Press	88.45	195
				Deadlift		
				Total		
				Squat		
110 kg / 242.5 lb	Dick Burke	Oklahoma City		Bench Press		
	Dick Burke	Oklahoma City		Deadlift		
	Dick Burke	Oklahoma City		Total	90	198.41
	Dick Burke	Oklahoma City		Squat	90	198.41
125 kg / 275.5 lb				Deadlift	135	297.62
				Total	315	694.45
				Squat		
				Bench Press		
140 kg / 308.5 lb				Deadlift		
				Total		
				Squat		
				Bench Press		
140+ kg / 308.5+ lb				Deadlift		
				Total		
				Squat		
				Bench Press		

Mens 75-79

Men USPF Oklahoma State Powerlifting Records--Ages 75-79

Class	Name	City	Date	Lift	Kilograms	Pounds
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		

				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
75 kg / 165.25 lb				Squat		
	Don Crain	Clayton	Mar-02	Bench Press	95.22	210
	Don Crain	Clayton	Mar-02	Deadlift	154.22	340
				Total		
82.5 kg / 181.75 lb				Squat		
				Bench Press		
				Deadlift	95.22	210
				Total		
90 kg / 198.25 lb	Max Rountree	Chickasha	Oct-93	Squat	105	231.48
	Max Rountree	Chickasha	Oct-93	Bench Press	87.5	192.9
	Max Rountree	Chickasha	Oct-93	Deadlift	110	242.5
	Max Rountree	Chickasha	Oct-93	Total	302.5	666.89
100 kg / 220.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
110 kg / 242.5 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
125 kg / 275.5 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
140 kg / 308.5 lb				Squat		

140+ kg / 308.5+ lb

Bench Press
Deadlift
Total
Squat
Bench Press
Deadlift
Total

Mens 80 and over

Men USPF Oklahoma State Powerlifting Records--Ages 80 and up

Class	Name	City	Date	Lift	Kilograms Pounds	
52 kg / 114.50 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.25 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
67.5 kg / 148.75 lb	Paul Rainwater	Oklahoma City	Jun-04	Squat	55	121.25
	Paul Rainwater	Oklahoma City	Mar-04	Bench Press	47.5	104.71
	Paul Rainwater	Oklahoma City	Jun-04	Deadlift	112.5	248.02
	Paul Rainwater	Oklahoma City	Mar-04	Total	207.5	457.45
75 kg / 165.25 lb	Paul Rainwater	Oklahoma City	Jun-05	Squat	25	55.12
	Paul Rainwater	Oklahoma City	Jun-05	Bench Press	47.5	104.72
	Paul Rainwater	Oklahoma City	Jun-05	Deadlift	110	242.51
	Paul Rainwater	Oklahoma City	Jun-05	Total	180	396.83
82.5 kg / 181.75 lb				Squat		
				Bench Press		
				Deadlift		

90 kg / 198.25 lb

Total
Squat
Bench Press
Deadlift

100 kg / 220.25 lb

Total
Squat
Bench Press
Deadlift

110 kg / 242.5 lb

Total
Squat
Bench Press
Deadlift

125 kg / 275.5 lb

Total
Squat
Bench Press
Deadlift

140 kg / 308.5 lb

Total
Squat
Bench Press
Deadlift

140+ kg / 308.5+ lb

Total
Squat
Bench Press
Deadlift
Total