

USPF WOMEN'S MASTERS' AMERICAN POWERLIFT RECORDS  
AS OF DECEMBER 15, 1986

**132 lb/60 kg Weight Class**

40-44 Age Group

Squat	420.8/190.9	Diane Frantz	
Bench Press	209.4/95	Danni Hartmann *	7/7/82
Deadlift	429.9/195	Diane Frantz	
TOTAL	1030.6/467.5	Diane Frantz	

45-49 Age Group

Squat	418.9/190	Diane Frantz
Bench Press	192.9/87.5	Diane Frantz
Deadlift	457.5/207.6	Diane Frantz
TOTAL	1052.7/477.5	Diane Frantz

60-64 Age Group

Squat	66.1/30	Fran Haley	4/5/86
Bench Press	55.1/25	Fran Haley	4/5/86
Deadlift	99.2/45	Fran Haley	4/5/86
TOTAL	220.0/100	Fran Haley	4/5/86

**148 lb/67.5 kg Weight Class**

40-44 Age Group

Squat	396.8/180	Danni Hartmann *	6/8/85
Bench Press	248/112.5	Danni Hartmann *	5/11/85
Deadlift	440.9/200	Danni Hartmann *	6/8/85
TOTAL	1069.2/485	Danni Hartmann *	6/8/85

45-49 Age Group

Squat	402.3/182.5	Diane Frantz	
Bench Press	<del>293.9/92.5</del> 253 1/2	<del>Diane Frantz</del> DANNI *	5-15 402 Squat (tied)
Deadlift	457.7/207.6	Diane Frantz	
TOTAL	<del>1052.7/477.5</del> 789 1/2	<del>Diane Frantz</del> DANNI *	5-15 1102 TOTAL

75-79 Age Group

Squat	137.8/62.5	Helen Zechmeister	5/5/84
Bench Press	93.7/42.5	Helen Zechmeister	5/5/84
Deadlift	220.5/100	Helen Zechmeister	4/24/83
TOTAL	440.9/200	Helen Zechmeister	5/5/84

**165 lb/75 kg Weight Class**

40-44 Age Group

Squat	347.2/157.5	Danette Hartmann *	8/10/86
Bench Press	248.0/112.5	Danette Hartmann *	8/10/86
Deadlift	440.9/200	Danette Hartmann *	8/10/86
TOTAL	1036.2/470	Danette Hartmann *	8/10/86

45-49 Age Group

Squat	353.8/160.5	Val Wooton	
Bench Press	226.0/102.5	Danette Hartmann	12/13/86
Deadlift	408.5/185.3	Val Wooton	
TOTAL	975.5/442.5	Danette Hartmann	12/13/86

50-54 Age Group

Squat	231.5/105	G. Patillo
Bench Press	132.3/60	G. Patillo
Deadlift	308.6/140	G. Patillo
TOTAL	672.4/305	G. Patillo