

USPF WOMEN'S MASTERS' AMERICAN POWERLIFT RECORDS
AS OF JANUARY 1, 1988

NOTE: Where age and weight groups fail to appear on this list, records do not exist.

9/ 1b/44 kg Weight Class

40-44 Age Group

Squat	265.0/120.3	Judy Gedney	
Bench Press	154.2/70	Judy Gedney	1/21/85
Deadlift	311.0/140.9	Judy Gedney	
TOTAL	710.7/322.4	Judy Gedney	7/27/85

45-49 Age Group

Squat	259.0/117.5	Judy Gedney	2/1/86
Bench Press	149.0/67.6	Judy Gedney	2/1/86
Deadlift	308.9/140.1	Judy Gedney	2/1/86
TOTAL	717.2/325.3	Judy Gedney	2/1/86

105 1b/48 kg Weight Class

40-44 Age Group

Squat	259.0/117.5	Judy Gedney	
Bench Press	154.3/70	Judy Gedney	
Deadlift	297.6/135	Judy Gedney	
TOTAL	711.0/322.5	Judy Gedney	

114 1b/52 kg Weight Class

40-44 Age Group

Squat	264.6/120	Karin Reagan	5/11/85
Bench Press	159.8/72.5	Karin Reagan	5/11/85
Deadlift	336.2/152.5	Diane Frantz	
TOTAL	760.6/345	Karin Reagan	5/11/85

45-49 Age Group

Squat	286.6/130	Karin Reagan	12/14/85
Bench Press	159.8/72.5	Karin Reagan	
Deadlift	347.2/157.5	Karin Reagan	
TOTAL	782.6/355	Karin Reagan	12/14/85

50-54 Age Group

Squat	192.7/87.5	Ann Boyer	11//8/
Bench Press	137.7/62.5	Ann Boyer	11//8/
Deadlift	270.1/122.5	Ann Boyer	11//8/
TOTAL	600.7/272.5	Ann Boyer	11//8/

123 1b/56 kg Weight Class

40-44 Age Group

Squat	336.2/152.5	Diane Frantz	
Bench Press	170.9/77.5	Diane Frantz	
Deadlift	402.3/182.5	Diane Frantz	
TOTAL	881.8/400	Diane Frantz	

45-49 Age Group

Squat	347.2/157.5	Diane Frantz	
Bench Press	181.9/82.5	Karin Reagan	6/26/86
Deadlift	418.9/190	Diane Frantz	
TOTAL	936.9/425	Diane Frantz	

55-59 Age Group

Squat	83.0/37.5	Nancy Lawrence	
Bench Press	49.0/22.5	Nancy Lawrence	
Deadlift	126.0/57.5	Nancy Lawrence	
TOTAL	259.0/117.5	Nancy Lawrence	

(WOMEN'S AMERICAN MASTERS RECORDS CONTINUED)

65-69 Age Group

Squat	149.5/61.8	Minnie Roberts	
Bench Press	83.1/37.7	Minnie Roberts	
Deadlift	220.9/100.2	Minnie Roberts	
TOTAL	451.9/205	Minnie Roberts	

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	192.9/81.5	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	253.5/115	Danni Hartmann	3/22/81
Deadlift	457.7/207.6	Diane Frantz	
TOTAL	1102.3/500	Danni Hartmann	5/17/87

75-79 Age Group

Squat	131.8/62.5	Helen Zechmeister	5/5/84
Bench Press	93.1/42.5	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	341.2/151.5	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	

(WOMEN'S MASTERS RECORDS CONTINUED)

15-19 Age Group

Squat	121.3/55	Helen Zechmeister	2/13/83
Bench Press	88.2/40	Helen Zechmeister	2/13/83
Deadlift	214.9/91.5	Helen Zechmeister	2/13/83
TOTAL	424.4/192.5	Helen Zechmeister	2/13/83

181 lb/82.5 kg Weight Class

40-44 Age Group

Squat	362.9/164.6	Linda Rodriguez	
Bench Press	191.6/86.9	Linda Rodriguez	
Deadlift	451.9/205	Linda Rodriguez	
TOTAL	1008.6/457.5	Linda Rodriguez	

45-49 Age Group

Squat	154.3/70	Julia Washington	
Bench Press	93.7/42.5	Julia Washington	
Deadlift	231.5/105	Julia Washington	
TOTAL	479.5/217.5	Julia Washington	

55-59 Age Group

Squat	236.7/107.5	Gwen Patillo	6/21/86
Bench Press	137.8/62.5	Gwen Patillo	6/21/86
Deadlift	319.7/145	Gwen Patillo	6/21/86
TOTAL	694.4/315	Gwen Patillo	6/21/86

198 lb/90 kg Weight Class

40-44 Age Group

Squat	352.7/160	M. Trevithick	
Bench Press	132.3/60	B. Burns	
Deadlift	326.3/148	B. Burns	
TOTAL	782.6/355	B. Burns	

Unlimited Weight Class

40-44 Age Group

Squat	474.0/215	Carloss Lott	
Bench Press	259.0/117.5	Carloss Lott	
Deadlift	523.6/237.5	Carloss Lott	
TOTAL	1240.1/562.5	Carloss Lott	

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