

Womens Open

Womens USPF Oklahoma State Powerlifting Records-- OPEN

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB	Raelina Gibson	Shawnee	Mar-85	Squat	90	198.41
	Raelina Gibson	Shawnee	Mar-85	Bench Press	55	121.25
	Raelina Gibson	Shawnee	Mar-85	Deadlift	107.5	236.99
	Raelina Gibson	Shawnee	Mar-85	Total	252.5	556.66
48 kg/ 105.82 LB	Kristy Johnson	Del City	Feb-95	Squat	115.67	255
	Lynne Hardy	Enid	Feb-87	Bench Press	72.5	159.83
	Lynne Hardy	Enid	Feb-87	Deadlift	137	302.03
	Lynne Hardy	Enid	Feb-87	Total	315	694.45
52 kg/ 114.64 LB	Gayla Crain-Dixon	Shawnee	Jun-80	Squat	150	330.69
	Gayla Crain-Dixon	Shawnee	Jun-80	Bench Press	65	143.3
	Gayla Crain-Dixon	Shawnee	Jun-80	Deadlift	165	363.76
	Gayla Crain-Dixon	Shawnee	Jun-80	Total	372.5	821.21
56 kg / 123.46 lb	Juli Thomas	Midwest City	Jan-83	Squat	167.5	369.27
	Juli Thomas	Midwest City	Jan-83	Bench Press	107.5	236.99
	Juli Thomas	Midwest City	Jan-83	Deadlift	187.5	413.36
	Juli Thomas	Midwest City	Jan-83	Total	462.5	1019.63
60 kg / 132.28 lb	Gayla Crain-Dixon	Shawnee	Apr-80	Squat	172.5	380.29
	Karol Kourtis	Oklahoma City	Jun-92	Bench Press	95.26	210
	Gayla Crain-Dixon	Shawnee	Apr-80	Deadlift	185	407.85
	Gayla Crain-Dixon	Shawnee	Apr-80	Total	435	959
67.5 kg / 148.81 lb	Betsy Lough	Tulsa	Feb-86	Squat	147.5	325.18
	Eva Davis	Ada	May-92	Bench Press	86.18	190
	Althea Meget	Norman	May-91	Deadlift	160	352.73
	Althea Meget	Norman	May-91	Total	385	848.77
75 kg / 165.35 lb	Vikki Holland	Davis	May-85	Squat	120	264.55
	Linda Blackburn		Mar-00	Bench Press	129.39	285
	Vikki Holland	Davis	May-85	Deadlift	155	341.71
	Vikki Holland	Davis	May-85	Total	340	749.56
82.5 kg / 181.88 lb	Jessica Severson	Shawnee	April-2011	Squat	100	220
	Cyndi Crossland	Tulsa	Jul-07	Bench Press	147.5	325.17

	Cyndi Crossland	Tulsa	Jul-07	Deadlift	155	341.71
	Cyndi Crossland	Tulsa	Jul-07	Total	385	848.77
90 kg / 198.41 lb				Squat		
	Tammy Frizell	Stigler	Jan-05	Bench Press	88.45	195
				Deadlift		
				Total		
Heavyweight				Squat		
				Bench Press		
				Deadlift		
				Total		

Womens 35-39

Womens USPF Oklahoma State Powerlifting Records-- AGES 35-39

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
48 kg/ 105.82 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
52 kg/ 114.64 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
56 kg / 123.46 lb	Althea Napoli	Norman	Oct-91	Squat		
				Bench Press	80	176.36
				Deadlift		
				Total		
60 kg / 132.28 lb				Squat		
				Bench Press		
				Deadlift		

67.5 kg / 148.81 lb	Eva Davis	Ada	May-92	Total Squat Bench Press	86.18	190
				Deadlift		
75 kg / 165.35 lb	Linda Blackburn		Apr-00	Total Squat Bench Press	129.39	285
				Deadlift		
82.5 kg / 181.88 lb	Tanya Mulder	Stillwater	Mar-02	Total Squat Bench Press Deadlift	113.39	250
90 kg / 198.41 lb				Total Squat Bench Press Deadlift		
Heavyweight				Total Squat Bench Press Deadlift		