

# Womens 13-15

## Womens USPF Oklahoma State Powerlifting Records-- Ages 13-15

Class	Name	City	Date	Lift	Kilograms	Pounds
35 kg/77 LB	Taylor Goedecke	Kansas	May-08	Squat	72.57	160
	Taylor Goedecke	Kansas	May-08	Bench Press	31.75	70
	Taylor Goedecke	Kansas	May-08	Deadlift	72.57	165
	Taylor Goedecke	Kansas	May-08	Total	179.17	395
40 kg/ 88 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
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	Carla Oliver	Shawnee	Feb-89	Squat	107.5	236.99
	Carla Oliver	Shawnee	Feb-89	Bench Press	55	121.25
	Stephanie Cook	Henryetta	Jun-85	Deadlift	120	264.55
	Carla Oliver	Shawnee	Feb-89	Total	267.5	589.73
52 kg/ 114.64 LB	Shannon Cook	Shawnee	Oct-84	Squat	97.5	214.95
	Shannon Cook	Shawnee	Jun-85	Bench Press	45	99.21
	Shannon Cook	Shawnee	Jun-85	Deadlift	117	259.04
	Shannon Cook	Shawnee	Jun-85	Total	260	573.2
56 kg / 123.46 lb	Haley Bird	Kansas	Oct-07	Squat	120	264.55
	Haley Bird	Kansas	May-08	Bench Press	64.63	142.5
	Haley Bird	Kansas	Oct-07	Deadlift	125	275.57
	Haley Bird	Kansas	Oct-07	Total	307.25	677.91
60 kg / 132.28 lb	Jamie Harris	Chickasha	Feb-84	Squat	77.5	170.86
	Lisa Garret	Geary	May-82	Bench Press	42.5	93.7
	Jamie Harris	Chickasha	Feb-84	Deadlift	100	220.46
	Jamie Harris	Chickasha	Feb-84	Total	215	473.99
67.5 kg / 148.81 lb	Candy Castoe	Chickasha		Squat	77.5	170.86
	Jordan Patrick	Tulsa	Jul-07	Bench Press	65	143.29

	Emily Castoe	Broken Arrow	Jul-07	Deadlift	117.5	259.04
	Candy Castoe	Chickasha	Jul-07	Total	235	518.08
75 kg / 165.35 lb	Holly Murphy	Chickasha		Squat	60	132.28
	Holly Murphy	Chickasha		Bench Press	35	77.16
	Holly Murphy	Chickasha		Deadlift	77.5	170.86
	Holly Murphy	Chickasha		Total	167.5	369.27
82.5 kg / 181.88 lb	Barbara Helton	Kansas	May-08	Squat	117.93	260
	Barbara Helton	Kansas	May-08	Bench Press	58.96	130
	Barbara Helton	Kansas	May-08	Deadlift	136.07	300
	Barbara Helton	Kansas	May-08	Total	312.98	690
90 kg / 198.41 lb				Squat		
				Bench Press		
				Deadlift		
				Total		

Heavyweight

## Womens 16-17

### Womens USPF Oklahoma State Powerlifting Records-- Ages 16-17

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		
				Deadlift		
				Total		
48 kg/ 105.82 LB	Kristy Johnson	Oklahoma City	Feb-94	Squat	104.32	230
	Kristy Johnson	Oklahoma City	Feb-94	Bench Press	52.16	115
	Kristy Johnson	Oklahoma City	Feb-94	Deadlift	117.93	260
	Kristy Johnson	Oklahoma City	Feb-94	Total	274.42	605
52 kg/ 114.64 LB	Shannon Cook	Shawnee	May-87	Squat	110	242.51
	Chelsea Winfield	Kansas	May-08	Bench Press	45.81	101
	Shannon Cook	Shawnee	May-87	Deadlift	122.5	270.06
	Shannon Cook	Shawnee	May-87	Total	277.5	611.77
56 kg / 123.46 lb	Shannon Cook	Shawnee	Sep-86	Squat	107.5	236.99

	Kimberly Crain	Shawnee		Bench Press	47.5	104.72
	Shannon Cook	Shawnee	Sep-86	Deadlift	120	264.55
	Shannon Cook	Shawnee	Sep-86	Total	270	595.24
60 kg / 132.28 lb	Karen Williams	Sulphur	Mar-85	Squat	107.5	236.99
	Jennifer A Rutledge	Red Oak	Jan-05	Bench Press	61.23	135
	Heather Craig		Dec-85	Deadlift	115	253.52
	Karen Williams	Sulphur	Mar-85	Total	247.5	545.64
67.5 kg / 148.81 lb	Erin Nalley	Kansas	May-08	Squat	108.86	240
	Erin Nalley	Kansas	May-08	Bench Press	45.36	100
	Erin Nalley	Kansas	May-08	Deadlift	92.98	205
	Erin Nalley	Kansas	May-08	Total	247.21	545
75 kg / 165.35 lb	Mary Ann Hill	Shawnee		Squat	62.5	137.79
	Mary Ann Hill	Shawnee		Bench Press	35	77.16
	Mary Ann Hill	Shawnee		Deadlift	100	220.46
	Mary Ann Hill	Shawnee		Total	197.5	435.41
82.5 kg / 181.88 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.41 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
Heavyweight				Squat		
				Bench Press		
				Deadlift		
				Total		

## Womens18-19

### Womens USPF Oklahoma State Powerlifting Records-- AGES 18-19

Class	Name	City	Date	Lift	Kilograms	Pounds
44 kg/ 97.00 LB				Squat		
				Bench Press		

				Deadlift		
				Total		
48 kg/ 105.82 LB	Kristy Johnson	Del City	Feb-95	Squat	102.05	225
	Kimberly Ann Crain	Shawnee	Jun-82	Bench Press	52.5	115.74
	Kristy Johnson	Del City	Feb-95	Deadlift	129.49	285
	Kristy Johnson	Del City	Feb-95	Total	283.49	625
52 kg/ 114.64 LB	Donna Stapleton	Norman	Mar-86	Squat	132.5	292.1
	Donna Stapleton	Norman	Mar-86	Bench Press	65	143.3
	Donna Stapleton	Norman	June-86	Deadlift	142.5	314.15
	Donna Stapleton	Norman	Mar-86	Total	335	738.54
56 kg / 123.46 lb	Gayla Crain-Dixon	Shawnee	Feb-80	Squat	155	341.71
	Gayla Crain-Dixon	Shawnee	Feb-80	Bench Press	70	154.32
	Gayla Crain-Dixon	Shawnee	Feb-80	Deadlift	165	363.75
	Gayla Crain-Dixon	Shawnee	Feb-80	Total	390	859.79
60 kg / 132.28 lb	Margie Brummet	Norman	Dec-82	Squat	117.5	259.04
	Molly Barnes	Tulsa	Jun-87	Bench Press	87.5	192.9
	Margie Brummet	Norman	Dec-82	Deadlift	130	286.6
	Margie Brummet	Norman	Dec-82	Total	297.5	655.86
67.5 kg / 148.81 lb	Toni Gray	Shawnee	Aug-83	Squat	77.5	170.86
	Tasha Crenshaw	Geary		Bench Press	40	88.18
	Toni Gray	Shawnee	Aug-83	Deadlift	117.5	259.04
	Toni Gray	Shawnee	Aug-83	Total	235	518.08
75 kg / 165.35 lb	Vikki Holland	Davis	Mar-85	Squat	120	264.55
	Vikki Holland	Davis	Mar-85	Bench Press	65	143.3
	Vikki Holland	Davis	Mar-85	Deadlift	155	341.71
	Vikki Holland	Davis	Mar-85	Total	340	749.56
82.5 kg / 181.88 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.41 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
Heavyweight				Squat		

Bench Press  
 Deadlift  
 Total

# Womens 20-23

## Womens USPF Oklahoma State Powerlifting Records-- AGES 20-23

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				Squat		
				Bench Press		
				Deadlift		
				Total		
60 kg / 132.28 lb	Jessica Leal	Oklahoma City	Mar-10	Deadlift	102.05	225
				Total		
	Jennifer Lowry	Mustang	Oct-91	Bench Press	57.5	126.76
	Jessica Leal	Oklahoma City	Jan-2011	Deadlift	108.86	240
67.5 kg / 148.81 lb				Total		
	Dorothy L Faas	Tulsa	Dec-95	Squat	85	187.39
	Dorothy L Faas	Tulsa	Dec-95	Bench Press	62.5	137.39
	Dorothy L Faas	Tulsa	Dec-95	Deadlift	122.5	270.06
75 kg / 165.35 lb	Dorothy L Faas	Tulsa	Dec-95	Total	270	595.24
	Louise Patchell	Oklahoma City	Jun-94	Squat	117.93	260

	Louise Patchell	Oklahoma City	Jun-94	Bench Press	63.5	140
	Kelly Simpson-Brown	Midwest City	Jun-04	Deadlift	132.5	292.11
	Louise Patchell	Oklahoma City	Jun-94	Total	310.71	685
82.5 kg / 181.88 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
90 kg / 198.41 lb				Squat		
				Bench Press		
				Deadlift		
				Total		
Heavyweight				Squat		
				Bench Press		