

**USPF OREGON STATE RECORDS - Single Ply Division 1**

**MASTER - MEN 40-44**

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat		350.0	LARRY MUTH	1988
	Bench		245.0	LARRY MUTH	1988
	Deadlift		475.0	LARRY MUTH	1988
	TOTAL		1070.0	LARRY MUTH	1988
67.5kg/148lb	Squat		460.0	KERRY LONG	1993
	Bench		303.0	JOE BEBE	1994
	Deadlift		450.0	KERRY LONG	1993
	TOTAL		1140.0	KERRY LONG	1993
75kg/165.2lb	Squat		402.0	ART HATCH	1993
	Bench		314.0	L McCALLISTER	1994
	Deadlift		462.0	ART HATCH	1993
	TOTAL		1069.0	ART HATCH	1993
82.5kg/181.7lb	Squat		625.0	GORDON OLSON	1993
	Bench		330.0	GORDON OLSON	1993
	Deadlift		570.0	GORDON OLSON	1993
	TOTAL		1525.0	GORDON OLSON	1993
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat		562.0	W.CROSSEN	1995
	Bench		446.0	W.CROSSEN	1995
	Deadlift		637.0	C. SHANKS	1994
	TOTAL		1570.0	W.CROSSEN	1995
110kg/242lb	Squat		652.0	JERRY CAPELLO	1997
	Bench		402.5	JERRY CAPELLO	1997
	Deadlift		650.5	JERRY CAPELLO	1997
	TOTAL		1653.8	JERRY CAPELLO	1997
125kg/275lb	Squat		670.0	SAM PECKTOL	1996
	Bench		425.0	SAM PECKTOL	1996
	Deadlift		680.0	SAM PECKTOL	1996
	TOTAL		1775.0	SAM PECKTOL	1996
140kg/308.5lb	Squat		556.5	GEORGEWIK	1997
	Bench		385.8	GEORGEWIK	1997
	Deadlift		562.0	GEORGEWIK	1997
	TOTAL		1504.0	GEORGEWIK	1997
140+kg/ SHW	Squat		909.0	R. PATTERSON	1991
	Bench		573.0	R. PATTERSON	1991
	Deadlift		782.0	R. PATTERSON	1991

TOTAL

2242.5 R. PATTERSON

1991

MASTER - MEN 45-49					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat		341.5	LARRY MUTH	1995
	Bench		214.5	LARRY MUTH	1995
	Deadlift		396.8	LARRY MUTH	1995
	TOTAL		953.0	LARRY MUTH	1995
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat		325.0	G. J. THOMAS	1995
	Bench		225.8	G. J. THOMAS	1995
	Deadlift		352.5	G. J. THOMAS	1995
	TOTAL		903.0	G. J. THOMAS	1995
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat		391.3	SEKERMESTROVICH	1995
	Bench		347.0	SEKERMESTROVICH	1995
	Deadlift		446.3	SEKERMESTROVICH	1995
	TOTAL		1184.5	SEKERMESTROVICH	1995
100kg/220lb	Squat		545.3	GARY MILLER	1995
	Bench		369.0	GARY MILLER	1995
	Deadlift		556.0	GARY MILLER	1995
	TOTAL		1143.0	GARY MILLER	1995
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat		641.5	B. KOHLLEPPEL	1997
	Bench		413.0	JIM WELSHEIMER	1997
	Deadlift		600.0	B. BILLENBACH	1994
	TOTAL		1590.0	B. BILLENBACH	1994
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat		633.0	G. RETHWISCH	1997
	Bench		501.0	R. PATTERSON	1994
	Deadlift		705.0	R. PATTERSON	1994
	TOTAL		1597.0	G. RETHWISCH	1997

MASTER - MEN 50-54					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat		440.0	ORIAN WIESE	1994
	Bench		270.0	ORIAN WIESE	1994
	Deadlift		475.0	ORIAN WIESE	1994
	TOTAL		1185.0	ORIAN WIESE	1994
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat		402.0	FRED BRADBURY	1993
	Bench		374.0	DARRELL TYNER	1993
	Deadlift		446.0	FRED BRADBURY	1993
	TOTAL		1140.0	FRED BRADBURY	1993
100kg/220lb	Squat		534.0	THOM SHEAR	1993
	Bench		308.0	THOM SHEAR	1993
	Deadlift		523.0	THOM SHEAR	1993
	TOTAL		1366.0	THOM SHEAR	1993
110kg/242lb	Squat		402.0	ED ANDERSON	1994
	Bench		341.0	ED ANDERSON	1994
	Deadlift		402.0	ED ANDERSON	1994
	TOTAL		1146.0	ED ANDERSON	1994
125kg/275lb	Squat		510.0	MYRON NELSON	1994
	Bench		523.5	GEORGE NELSON	1998
	Deadlift		405.0	MYRON NELSON	1994
	TOTAL		1235.0	MYRON NELSON	1994
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat		460.0	D. JAMES	1996
	Bench		375.0	D. JAMES	1996
	Deadlift		465.0	D. JAMES	1996
	TOTAL		1300.0	D. JAMES	1996

MASTER - MEN 55-59					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat		445.0	ROSS PHILLIPS	1989
	Bench		265.0	ROSS PHILLIPS	1989
	Deadlift		475.0	ROSS PHILLIPS	1989
	TOTAL		1185.0	ROSS PHILLIPS	1989
90kg/198.2lb	Squat		470.0	KEN TUTEN	1996
	Bench		330.0	KEN TUTEN	1997
	Deadlift		518.0	KEN TUTEN	1997
	TOTAL		1272.0	KEN TUTEN	1997
100kg/220lb	Squat		402.5	JIMMY YOUNG	1996
	Bench		325.0	JIMMY YOUNG	1997
	Deadlift		505.0	JIMMY YOUNG	1997
	TOTAL		1125.0	JIMMY YOUNG	1997
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat		501.5	DONALD JAMES	
	Bench		385.0	DONALD JAMES	
	Deadlift		501.5	DONALD JAMES	
	TOTAL		1388.0	DONALD JAMES	

MASTER - MEN 60-64					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat			ROSS PHILLIPS	1992
	Bench			ROSS PHILLIPS	1992
	Deadlift			ROSS PHILLIPS	1992
	TOTAL			ROSS PHILLIPS	1992
82.5kg/181.7lb	Squat		451.0	ROSS PHILLIPS	1994
	Bench		275.0	D. FROSLAND, SR	1994
	Deadlift		479.5	ROSS PHILLIPS	1994
	TOTAL		1135.0	ROSS PHILLIPS	1994
90kg/198.2lb	Squat		425.0	EARL COTTON	1998
	Bench		305.00	EARL COTTON	1998
	Deadlift		429.0	EARL COTTON	1998
	TOTAL		1145.0	EARL COTTON	1998
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat			JIM TAYLOR	1996
	Bench			JIM TAYLOR	1994
	Deadlift			JIM TAYLOR	1994
	TOTAL			JIM TAYLOR	1994
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				

MASTER - MEN 65-69					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat		325.0	D. FROSLAND, SR	1997
	Bench		225.8	D. FROSLAND, SR	1997
	Deadlift		352.5	D. FROSLAND, SR	1997
	TOTAL		903.3	D. FROSLAND, SR	1997
90kg/198.2lb	Squat		365	D. FROSLAND, SR	1996
	Bench		255.0	D. FROSLAND, SR	1996
	Deadlift		407.0	D. FROSLAND, SR	1998
	TOTAL		932.0	D. FROSLAND, SR	1998
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				

MASTER - MEN 70-74					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat		281.0	CECIL JOHNSON	1995
	Bench		121.0	CECIL JOHNSON	1995
	Deadlift		259.0	CECIL JOHNSON	1995
	TOTAL		661.0	CECIL JOHNSON	1995
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat		347.0	B. WOODS	1996
	Bench		205.0	B. WOODS	1996
	Deadlift		355.0	B. WOODS	1996
	TOTAL		870.0	B. WOODS	1996
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/ SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				



MASTER - MEN 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat Bench Deadlift TOTAL				
125kg/275lb	Squat Bench Deadlift TOTAL				
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/ SHW	Squat Bench Deadlift TOTAL				

MASTER - MEN 80+					
Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
100kg/220lb	Squat Bench Deadlift TOTAL				
110kg/242lb	Squat Bench Deadlift TOTAL				
125kg/275lb	Squat Bench Deadlift TOTAL				
140kg/308.5lb	Squat Bench Deadlift TOTAL				
140+kg/ SHW	Squat Bench Deadlift TOTAL				