



POWERLIFTING FEDERATION

Updated by Ed Kutin

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Weight Class: 97 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open		36.0 kgs / 79.3 lbs Amanda Henson 2010		
14-15		36.0 kgs / 79.3 lbs Amanda Henson 2010		

Weight Class: 114 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	92.5 kgs / 203.9 lbs Donna McBurney 2008	72.5 kgs / 159.8 lbs Donna McBurney 2008	155.0 kgs / 341.7 lbs Donna McBurney 2007	317.5 kgs / 699.9 lbs Donna McBurney 2008
40-44	92.5 kgs / 203.9 lbs Donna McBurney 2008	72.5 kgs / 159.8 lbs Donna McBurney 2008	152.5 kgs / 336.2 lbs Donna McBurney 2008	317.5 kgs / 699.9 lbs Donna McBurney 2008

Weight Class: 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	87.5 kgs / 192.9 lbs Ashlee Jasak 6/2016	57.5 kgs / 126.7 lbs Ashlee Jasak 6/2016	132.5 kgs / 292.1 lbs Karen Cole	265.0 kgs / 584.2 lbs Ashlee Jasak 6/2016
20-24	52.5 kgs / 115.7 lbs Nicole Demato 3/2014	37.5 kgs / 82.6 lbs Nicole Demato 3/2014	102.5 kgs / 225.9 lbs Nicole Demato 3/2014	192.5 kgs / 424.3 lbs Nicole Demato 3/2014
30-34	87.5 kgs / 192.9 lbs Ashlee Jasak 6/2016	57.5 kgs / 126.7 lbs Ashlee Jasak 6/2016	120.0 kgs / 264.5 lbs Ashlee Jasak 6/2016	265.0 kgs / 584.2 lbs Ashlee Jasak 6/2016
40-44	80.0 kgs / 176.3 lbs Karen Cole	45.0 kgs / 99.2 lbs Karen Cole	132.5 kgs / 292.1 lbs Karen Cole	257.5 kgs / 567.6 lbs Karen Cole
Police/Fire/Mil	80.0 kgs / 176.3 lbs R. Miles	52.5 kgs / 115.7 lbs R. Miles	120.0 kgs / 264.5 lbs R. Miles	252.2 kgs / 556.0 lbs R. Miles

Weight Class: 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	122.5 kgs / 270.0 lbs Lindsay Ferzoco 6/2016	75.0 kgs / 165.3 lbs Lindsay Ferzoco 6/2016	145.0 kgs / 319.6 lbs Sarah Davis 11/2014	337.5 kgs / 744.0 lbs Lindsay Ferzoco 6/2016
30-34	122.5 kgs / 270.0 lbs Lindsay Ferzoco 6/2016	75.0 kgs / 165.3 lbs Lindsay Ferzoco 6/2016	140.0 kgs / 308.6 lbs Lindsay Ferzoco 6/2016	337.5 kgs / 744.0 lbs Lindsay Ferzoco 6/2016

Weight Class: 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	132.5 kgs / 292.1 lbs Suzanne LaForge 11/2014	72.5 kgs / 159.8 lbs Suzanne LaForge 11/2014	167.5 kgs / 369.2 lbs Suzanne LaForge 11/2014	372.5 kgs / 821.2 lbs Suzanne LaForge 11/2014
25-29	75.0 kgs / 165.3 lbs Ashley Falandys 6/2016	42.5 kgs / 93.6 lbs Ashley Falandys 6/2016	115.0 kgs / 253.5 lbs Ashley Falandys 6/2016	232.5 kgs / 512.5 lbs Ashley Falandys 6/2016
30-34	115.0 kgs / 253.5 lbs Jennifer Matos 6/2016	67.5 kgs / 148.8 lbs Jennifer Matos 6/2016	140.0 kgs / 308.6 lbs Jennifer Matos 6/2016	322.5 kgs / 710.9 lbs Jennifer Matos 6/2016
35-39	62.5 kgs / 137.7 lbs Sarah McClelland	47.5 kgs / 104.7 lbs Sarah McClelland	97.5 kgs / 214.9 lbs Sarah McClelland	207.5 kgs / 457.4 lbs Sarah McClelland
50-54	132.5 kgs / 292.1 lbs Suzanne LaForge 11/2014	72.5 kgs / 159.8 lbs Suzanne LaForge 11/2014	167.5 kgs / 369.2 lbs Suzanne LaForge 11/2014	372.5 kgs / 821.2 lbs Suzanne LaForge 11/2014

Weight Class: 165 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	120.0 kgs / 264.5 lbs Kimberley Clark 10/2013	67.5 kgs / 148.8 lbs Katelyn Crogan 6/2015	177.5 kgs / 391.3 lbs Kimberley Clark 3/2014	352.5 kgs / 777.1 lbs Kimberley Clark 3/2014
20-24	120.0 kgs / 264.5 lbs Kimberley Clark 10/2013	67.5 kgs / 148.8 lbs Katelyn Crogan 6/2015	177.5 kgs / 391.3 lbs Kimberley Clark 3/2014	352.5 kgs / 777.1 lbs Kimberley Clark 3/2014
35-39	100.0 kgs / 220.4 lbs Kristen Walther	57.5 kgs / 126.7 lbs Kristen Walther	141.0 kgs / 310.8 lbs Kristen Walther 4/2013	298.5 kgs / 658.0 lbs Kristen Walther
40-44	97.5 kgs / 214.9 lbs Lisa Leary 3/2014	57.5 kgs / 126.7 lbs Lisa Leary 3/2014	117.5 kgs / 259.0 lbs Lisa Leary 3/2014	277.5 kgs / 611.7 lbs Lisa Leary 3/2014
Police/Fire/Mil	35.0 kgs / 77.1 lbs Brittney White-Gonzalez	50.0 kgs / 110.2 lbs Brittney White-Gonzalez	105.0 kgs / 231.4 lbs Brittney White-Gonzalez	187.5 kgs / 413.3 lbs Brittney White-Gonzalez

Weight Class: 181 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	80.0 kgs / 176.3 lbs Jozi Chappman 3/2014	52.5 kgs / 115.7 lbs Jozi Chappman 3/2014	115.0 kgs / 253.5 lbs Jozi Chappman 3/2014	247.5 kgs / 545.6 lbs Jozi Chappman 3/2014

Weight Class: 198 Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	120.0 kgs / 264.5 lbs Sarah Heminger 4/2014	72.5 kgs / 159.8 lbs Sarah Heminger 4/2014	147.5 kgs / 325.1 lbs Sarah Heminger 4/2014	340.0 kgs / 749.5 lbs Sarah Heminger 4/2014
35-39	120.0 kgs / 264.5 lbs Sarah Heminger 4/2014	72.5 kgs / 159.8 lbs Sarah Heminger 4/2014	147.5 kgs / 325.1 lbs Sarah Heminger 4/2014	340.0 kgs / 749.5 lbs Sarah Heminger 4/2014

Weight Class: 198+ Female / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	155.0 kgs / 341.7 lbs Sarah Heminger 10/2015	83.5 kgs / 184.0 lbs Sarah Heminger 10/2016	160.3 kgs / 353.3 lbs Gabriela Tortolano	387.5 kgs / 854.2 lbs Sarah Heminger 10/2015
20-24	115.8 kgs / 255.2 lbs Gabriela Tortolano	48.2 kgs / 106.2 lbs Gabriela Tortolano	160.3 kgs / 353.3 lbs Gabriela Tortolano	324.3 kgs / 714.9 lbs Gabriela Tortolano
35-39	155.0 kgs / 341.7 lbs Sarah Heminger 10/2015	83.5 kgs / 184.0 lbs Sarah Heminger 10/2016	157.5 kgs / 347.2 lbs Sarah Heminger 10/2016	387.5 kgs / 854.2 lbs Sarah Heminger 10/2015

Weight Class: 123 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	122.5 kgs / 270.0 lbs Josh Willis 6/2016	96.0 kgs / 211.6 lbs Benjamin Henson	146.0 kgs / 321.8 lbs Benjamin Henson	357.0 kgs / 787.0 lbs Benjamin Henson
14-15	115.0 kgs / 253.5 lbs Benjamin Henson	96.0 kgs / 211.6 lbs Benjamin Henson	146.0 kgs / 321.8 lbs Benjamin Henson	357.0 kgs / 787.0 lbs Benjamin Henson
18-19	122.5 kgs / 270.0 lbs Josh Willis 6/2016	82.5 kgs / 181.8 lbs Josh Willis 6/2016	125.0 kgs / 275.5 lbs Josh Willis 6/2016	330.0 kgs / 727.5 lbs Josh Willis 6/2016

Weight Class: 132 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open		96.0 kgs / 211.6 lbs Benjamin Henson 3/2010		
14-15		96.0 kgs / 211.6 lbs Benjamin Henson 3/2010		

Weight Class: 148 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	160.0 kgs / 352.7 lbs Ambrose DeMarco 6/2016	97.5 kgs / 214.9 lbs Ambrose DeMarco 6/2016	190.0 kgs / 418.8 lbs Ambrose DeMarco 6/2016	447.5 kgs / 986.5 lbs Ambrose DeMarco 6/2016
14-15	122.5 kgs / 270.0 lbs Jack McGrath 6/2016	70.0 kgs / 154.3 lbs Louis Shenker 3/2014	140.0 kgs / 308.6 lbs Jack McGrath 6/2016	330.0 kgs / 727.5 lbs Jack McGrath 6/2016
18-19	160.0 kgs / 352.7 lbs Ambrose DeMarco 6/2016	97.5 kgs / 214.9 lbs Ambrose DeMarco 6/2016	190.0 kgs / 418.8 lbs Ambrose DeMarco 6/2016	447.5 kgs / 986.5 lbs Ambrose DeMarco 6/2016
70-74	55.0 kgs / 121.2 lbs William Falla	72.5 kgs / 159.8 lbs William Falla	170.0 kgs / 374.7 lbs William Falla	192.5 kgs / 424.3 lbs William Falla

Weight Class: 165 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	172.5 kgs / 380.2 lbs Chad Stewart 3/2014	145.0 kgs / 319.6 lbs Daniel Henson 11/2014	227.5 kgs / 501.5 lbs Chad Stewart 3/2014	490.0 kgs / 1080.2 lbs Chad Stewart 3/2014
16-17	145.0 kgs / 319.6 lbs D. Luikey	80.0 kgs / 176.3 lbs D. Luikey	155.0 kgs / 341.7 lbs D. Luikey	380.0 kgs / 837.7 lbs D. Luikey
20-24	172.5 kgs / 380.2 lbs Chad Stewart 3/2014	92.5 kgs / 203.9 lbs Chad Stewart	227.5 kgs / 501.5 lbs Chad Stewart 3/2014	490.0 kgs / 1080.2 lbs Chad Stewart 3/2014
50-54	112.5 kgs / 248.0 lbs Daniel Henson 11/2014	145.0 kgs / 319.6 lbs Daniel Henson 11/2014	150.0 kgs / 330.6 lbs Daniel Henson 11/2014	407.5 kgs / 898.3 lbs Daniel Henson 11/2014
70-74	103.2 kgs / 227.5 lbs Eugene Richards	93.2 kgs / 205.4 lbs Eugene Richards 2013	150.3 kgs / 331.3 lbs Eugene Richards	346.7 kgs / 764.3 lbs Eugene Richards

Weight Class: 181 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	195.0 kgs / 429.8 lbs Michael Napolitano	165.0 kgs / 363.7 lbs Daniel Henson	232.5 kgs / 512.5 lbs Mike Derosa 3/2014	572.5 kgs / 1262.1 lbs Michael Napolitano
14-15	112.5 kgs / 248.0 lbs T. Harrington	82.5 kgs / 181.8 lbs T. Harrington	145.0 kgs / 319.6 lbs T. Harrington	340.0 kgs / 749.5 lbs T. Harrington
16-17	105.0 kgs / 231.4 lbs Brian Shea 6/2016	65.0 kgs / 143.2 lbs Brian Shea 6/2016	120.0 kgs / 264.5 lbs Brian Shea 6/2016	290.0 kgs / 639.3 lbs Brian Shea 6/2016
20-24	195.0 kgs / 429.8 lbs Michael Napolitano	152.5 kgs / 336.2 lbs Anthony Ott 3/2014	232.5 kgs / 512.5 lbs Mike Derosa 3/2014	572.5 kgs / 1262.1 lbs Michael Napolitano
40-44	145.0 kgs / 319.6 lbs Tim Keutzer 4/2011	127.5 kgs / 281.0 lbs Alan Robinson 3/2014	175.0 kgs / 385.8 lbs Alan Robinson 3/2014	442.5 kgs / 975.5 lbs Alan Robinson 3/2014
45-49	157.5 kgs / 347.2 lbs Daniel Henson	165.0 kgs / 363.7 lbs Daniel Henson	182.5 kgs / 402.3 lbs Daniel Henson	505.0 kgs / 1113.3 lbs Daniel Henson
60-64	170.0 kgs / 374.7 lbs Larry Emerson	107.5 kgs / 236.9 lbs Larry Emerson	225.0 kgs / 496.0 lbs Larry Emerson	502.5 kgs / 1107.8 lbs Larry Emerson
65-69	155.0 kgs / 341.7 lbs Larry Emerson 6/2016	92.5 kgs / 203.9 lbs Larry Emerson 6/2016	225.0 kgs / 496.0 lbs Larry Emerson	467.5 kgs / 1030.6 lbs Larry Emerson 6/2016
70-74	42.5 kgs / 93.6 lbs Arthur Gingrande 10/2016	112.5 kgs / 248.0 lbs Arthur Gingrande 10/2015	117.5 kgs / 259.0 lbs Arthur Gingrande 10/2015	262.5 kgs / 578.7 lbs Arthur Gingrande 10/2016
Police/Fire/Mil	140.0 kgs / 308.6 lbs Alan Robinson	127.5 kgs / 281.0 lbs Alan Robinson 3/2014	180.0 kgs / 396.8 lbs R. Gonzalez	442.5 kgs / 975.5 lbs Alan Robinson 3/2014

Weight Class: 198 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	210.0 kgs / 462.9 lbs David Mansfield	162.5 kgs / 358.2 lbs Daniel Henson	247.5 kgs / 545.6 lbs Nick Derosa 3/2014	577.5 kgs / 1273.1 lbs Nick Derosa 3/2014
16-17	182.5 kgs / 402.3 lbs James Grieves	137.5 kgs / 303.1 lbs James Grieves	205.0 kgs / 451.9 lbs James Grieves	525.0 kgs / 1157.4 lbs James Grieves
20-24	202.5 kgs / 446.4 lbs Chad Dakin 6/2016	142.5 kgs / 314.1 lbs Joshua Hurwitz 6/2016	230.0 kgs / 507.0 lbs Chad Dakin 6/2016	575.0 kgs / 1267.6 lbs Chad Dakin 6/2016
40-44	170.0 kgs / 374.7 lbs George Sousa 3/2014	130.0 kgs / 286.5 lbs George Sousa 3/2014	200.0 kgs / 440.9 lbs George Sousa 3/2014	500.0 kgs / 1102.3 lbs George Sousa 3/2014
45-49	135.0 kgs / 297.6 lbs Daniel Henson	162.5 kgs / 358.2 lbs Daniel Henson	162.5 kgs / 358.2 lbs Daniel Henson	460.0 kgs / 1014.1 lbs Daniel Henson
60-64	210.0 kgs / 462.9 lbs David Mansfield	107.5 kgs / 236.9 lbs David Mansfield	210.0 kgs / 462.9 lbs David Mansfield	527.5 kgs / 1162.9 lbs David Mansfield

Weight Class: 220 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	235.0 kgs / 518.0 lbs Joe Yurkunas	167.5 kgs / 369.2 lbs Joe Yurkunas	285.0 kgs / 628.3 lbs Joe Yurkunas	687.5 kgs / 1515.6 lbs Joe Yurkunas
18-19	190.7 kgs / 420.4 lbs James Grieves	150.0 kgs / 330.6 lbs James Grieves 3/2014	182.5 kgs / 402.3 lbs James Grieves 3/2014	522.5 kgs / 1151.9 lbs James Grieves 3/2014
20-24	170.0 kgs / 374.7 lbs JanCarlo Perez	145.0 kgs / 319.6 lbs JanCarlo Perez	190.0 kgs / 418.8 lbs JanCarlo Perez	505.0 kgs / 1113.3 lbs JanCarlo Perez
30-34	197.5 kgs / 435.4 lbs Mike Rossi 6/2016	142.5 kgs / 314.1 lbs Mike Rossi 6/2016	242.5 kgs / 534.6 lbs Mike Rossi 6/2016	582.5 kgs / 1284.1 lbs Mike Rossi 6/2016
40-44	190.7 kgs / 420.4 lbs Mike Malignaggi	128.3 kgs / 282.8 lbs Mike Malignaggi	230.3 kgs / 507.7 lbs Mike Malignaggi	549.3 kgs / 1210.9 lbs Mike Malignaggi
60-64	170.0 kgs / 374.7 lbs Richard Comito	125.0 kgs / 275.5 lbs Richard Comito	195.0 kgs / 429.8 lbs Richard Comito	485.0 kgs / 1069.2 lbs Richard Comito
Police/Fire/Mil	227.5 kgs / 501.5 lbs Peter Napolitano	150.0 kgs / 330.6 lbs Peter Napolitano	272.5 kgs / 600.7 lbs Peter Napolitano 2010	645.0 kgs / 1421.9 lbs Peter Napolitano

Weight Class: 242 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	250.0 kgs / 551.1 lbs Jeff Lett 10/2016	170.0 kgs / 374.7 lbs Jeff Lett 6/2015	277.5 kgs / 611.7 lbs Jeff Lett 6/2016	692.5 kgs / 1526.6 lbs Jeff Lett 10/2016
18-19	170.0 kgs / 374.7 lbs John Bossi 11/2015	117.5 kgs / 259.0 lbs John Bossi 11/2015	205.0 kgs / 451.9 lbs John Bossi 11/2015	492.5 kgs / 1085.7 lbs John Bossi 11/2015
40-44	170.0 kgs / 374.7 lbs Anthony Burnham	142.5 kgs / 314.1 lbs Anthony Burnham	182.5 kgs / 402.3 lbs Anthony Burnham	490.0 kgs / 1080.2 lbs Anthony Burnham
45-49	160.0 kgs / 352.7 lbs Anthony Burnham 4/2011	137.5 kgs / 303.1 lbs Anthony Burnham 4/2011	190.0 kgs / 418.8 lbs Anthony Burnham 4/2011	487.5 kgs / 1074.7 lbs Anthony Burnham 4/2011
50-54	232.5 kgs / 512.5 lbs Jeff Lett 6/2015	170.0 kgs / 374.7 lbs Jeff Lett 6/2015	275.0 kgs / 606.2 lbs Jeff Lett 6/2015	677.5 kgs / 1493.6 lbs Jeff Lett 6/2015
55-59	250.0 kgs / 551.1 lbs Jeff Lett 10/2016	165.0 kgs / 363.7 lbs Jeff Lett 6/2016	277.5 kgs / 611.7 lbs Jeff Lett 6/2016	692.5 kgs / 1526.6 lbs Jeff Lett 10/2016
Police/Fire/Mil	215.0 kgs / 473.9 lbs Peter Napolitano	142.5 kgs / 314.1 lbs Peter Napolitano	262.5 kgs / 578.7 lbs Peter Napolitano	620.0 kgs / 1366.8 lbs Peter Napolitano

Weight Class: 275 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	255.0 kgs / 562.1 lbs Dan Driscoll	160.0 kgs / 352.7 lbs Dan Driscoll	260.0 kgs / 573.1 lbs Dan Driscoll	675.0 kgs / 1488.1 lbs Dan Driscoll
40-44	255.0 kgs / 562.1 lbs Dan Driscoll	160.0 kgs / 352.7 lbs Dan Driscoll	260.0 kgs / 573.1 lbs Dan Driscoll	675.0 kgs / 1488.1 lbs Dan Driscoll
60-64	182.5 kgs / 402.3 lbs Ray Cross	142.5 kgs / 314.1 lbs Ray Cross	195.0 kgs / 429.8 lbs Ray Cross	512.5 kgs / 1129.8 lbs Ray Cross

Weight Class: 308 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	305.0 kgs / 672.4 lbs Nick Chaprales 3/2014	210.0 kgs / 462.9 lbs Nick Chaprales 3/2014	325.0 kgs / 716.4 lbs Nick Chaprales 3/2014	810.0 kgs / 1785.7 lbs Nick Chaprales 3/2014
35-39	65.0 kgs / 143.2 lbs A. Heller	170.0 kgs / 374.7 lbs A. Heller	65.0 kgs / 143.2 lbs A. Heller	300.0 kgs / 661.3 lbs A. Heller