



NEW HAMPSHIRE STATE POWERLIFTING RECORDS

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7/9/2023

Weight Class: 56 / 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	87.5 kgs / 192.9 lbs Jillian Provost 6/2017	62.5 kgs / 137.7 lbs Gayle Pollard	115.0 kgs / 253.5 lbs Gina Ledger	240.0 kgs / 529.1 lbs Jillian Provost 6/2017
25-29	87.5 kgs / 192.9 lbs Jillian Provost 6/2017	47.5 kgs / 104.7 lbs Jillian Provost 6/2017	105.0 kgs / 231.4 lbs Jillian Provost 6/2017	240.0 kgs / 529.1 lbs Jillian Provost 6/2017
35-39	85.0 kgs / 187.3 lbs Gina Ledger	35.0 kgs / 77.1 lbs Gina Ledger	115.0 kgs / 253.5 lbs Gina Ledger	235.0 kgs / 518.0 lbs Gina Ledger
45-49	52.5 kgs / 115.7 lbs Gayle Pollard	62.5 kgs / 137.7 lbs Gayle Pollard	102.5 kgs / 225.9 lbs Gayle Pollard	215.5 kgs / 475.0 lbs Gayle Pollard
50-54	37.5 kgs / 82.6 lbs Nancy Scott	32.5 kgs / 71.6 lbs Nancy Scott	80.0 kgs / 176.3 lbs Nancy Scott	150.0 kgs / 330.6 lbs Nancy Scott

Weight Class: 60 / 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	102.5 kgs / 225.9 lbs Kristi Juneau 6/2017	65.0 kgs / 143.2 lbs Debbie Banaian 2012	122.5 kgs / 270.0 lbs Kristi Juneau 6/2017	270.0 kgs / 595.2 lbs Kristi Juneau 6/2017
10-11	27.5 kgs / 60.6 lbs Olivia Toth 12/2008	27.5 kgs / 60.6 lbs Olivia Toth 12/2008	75.0 kgs / 165.3 lbs Olivia Toth	125.0 kgs / 275.5 lbs Olivia Toth 12/2008
20-24	102.5 kgs / 225.9 lbs Kristi Juneau 6/2017	47.5 kgs / 104.7 lbs Kristi Juneau 6/2017	122.5 kgs / 270.0 lbs Kristi Juneau 6/2017	270.0 kgs / 595.2 lbs Kristi Juneau 6/2017
45-49	65.0 kgs / 143.2 lbs Debbie Banaian 2012	65.0 kgs / 143.2 lbs Debbie Banaian 2012	118.0 kgs / 260.1 lbs Debbie Banaian 2012	235.0 kgs / 518.0 lbs Debbie Banaian 2012
50-54	40.5 kgs / 89.2 lbs Beverley Charland	42.5 kgs / 93.6 lbs Beverley Charland	80.0 kgs / 176.3 lbs Beverley Charland	163.0 kgs / 359.3 lbs Beverley Charland
Police/Fire/Mil	102.5 kgs / 225.9 lbs Kristi Juneau 6/2017	47.5 kgs / 104.7 lbs Kristi Juneau 6/2017	122.5 kgs / 270.0 lbs Kristi Juneau 6/2017	270.0 kgs / 595.2 lbs Kristi Juneau 6/2017

Weight Class: 67.5 / 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	107.5 kgs / 236.9 lbs Nona Hubbard	65.0 kgs / 143.2 lbs Nona Hubbard 12/2006	136.0 kgs / 299.8 lbs Nona Hubbard 12/2007	300.0 kgs / 661.3 lbs Nona Hubbard
40-44	100.0 kgs / 220.4 lbs Bonnie McDonald	65.0 kgs / 143.2 lbs Nona Hubbard 12/2006	129.0 kgs / 284.3 lbs Bonnie McDonald	289.0 kgs / 637.1 lbs Bonnie McDonald
45-49	107.5 kgs / 236.9 lbs Nona Hubbard	65.0 kgs / 143.2 lbs Nona Hubbard	136.0 kgs / 299.8 lbs Nona Hubbard 12/2007	300.0 kgs / 661.3 lbs Nona Hubbard
55-59	80.0 kgs / 176.3 lbs Elaine Neal	40.0 kgs / 88.1 lbs S. O'Leary	125.0 kgs / 275.5 lbs Elaine Neal	242.5 kgs / 534.6 lbs Elaine Neal
60-64	37.5 kgs / 82.6 lbs Carol Bowden	37.5 kgs / 82.6 lbs Bonnie Kershaw	75.0 kgs / 165.3 lbs Bonnie Kershaw	145.0 kgs / 319.6 lbs Bonnie Kershaw

Weight Class: 75 / 165 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	100.0 kgs / 220.4 lbs Kim Furlong	67.5 kgs / 148.8 lbs Kim Furlong	147.5 kgs / 325.1 lbs Kim Furlong	315.0 kgs / 694.4 lbs Kim Furlong
40-44	92.5 kgs / 203.9 lbs Kim Furlong	62.5 kgs / 137.7 lbs Kim Furlong	137.5 kgs / 303.1 lbs Kim Furlong	292.5 kgs / 644.8 lbs Kim Furlong
45-49	100.0 kgs / 220.4 lbs Kim Furlong	67.5 kgs / 148.8 lbs Kim Furlong	147.5 kgs / 325.1 lbs Kim Furlong	315.0 kgs / 694.4 lbs Kim Furlong
55-59	90.0 kgs / 198.4 lbs Elaine Neal	38.5 kgs / 84.8 lbs Elaine Neal	135.0 kgs / 297.6 lbs Elaine Neal	263.5 kgs / 580.9 lbs Elaine Neal

Weight Class: 82.5 / 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	70.0 kgs / 154.3 lbs Lisa Meyer	37.5 kgs / 82.6 lbs Lisa Meyer	122.5 kgs / 270.0 lbs Lisa Meyer	230.0 kgs / 507.0 lbs Lisa Meyer
50-54	70.0 kgs / 154.3 lbs Lisa Meyer	37.5 kgs / 82.6 lbs Lisa Meyer	122.5 kgs / 270.0 lbs Lisa Meyer	230.0 kgs / 507.0 lbs Lisa Meyer

Weight Class: 90 / 198 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	131.5 kgs / 289.9 lbs E. Daly	72.5 kgs / 159.8 lbs E. Daly	152.5 kgs / 336.2 lbs E. Daly	356.5 kgs / 785.9 lbs E. Daly
20-24	131.5 kgs / 289.9 lbs E. Daly	72.5 kgs / 159.8 lbs E. Daly	152.5 kgs / 336.2 lbs E. Daly	56.5 kgs / 124.5 lbs E. Daly
45-49	68.0 kgs / 149.9 lbs Maryann Heath 4/2011	40.0 kgs / 88.1 lbs Maryann Heath 4/2011	122.5 kgs / 270.0 lbs Maryann Heath 4/2011	230.5 kgs / 508.1 lbs Maryann Heath 4/2011

Weight Class: 90+ / 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	117.5 kgs / 259.0 lbs Laurie Thackeray 2012	87.5 kgs / 192.9 lbs Laurie Thackeray 2012	147.5 kgs / 325.1 lbs Laurie Thackeray 2012	352.5 kgs / 777.1 lbs Laurie Thackeray 2012
45-49	117.5 kgs / 259.0 lbs Laurie Thackeray 2012	87.5 kgs / 192.9 lbs Laurie Thackeray 2012	147.5 kgs / 325.1 lbs Laurie Thackeray 2012	352.5 kgs / 777.1 lbs Laurie Thackeray 2012
65-69	40.0 kgs / 88.1 lbs Susan Shinn 3/2012	37.5 kgs / 82.6 lbs Susan Shinn 3/2012	102.5 kgs / 225.9 lbs Susan Shinn 3/2012	175.0 kgs / 385.8 lbs Susan Shinn 3/2012

Weight Class: 48 / 105 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	52.5 kgs / 115.7 lbs Nick Beebe	37.5 kgs / 82.6 lbs Nick Beebe	65.0 kgs / 143.2 lbs Nick Beebe	155.0 kgs / 341.7 lbs Nick Beebe
8-9	52.5 kgs / 115.7 lbs Nick Beebe	37.5 kgs / 82.6 lbs Nick Beebe	65.0 kgs / 143.2 lbs Nick Beebe	155.0 kgs / 341.7 lbs Nick Beebe

Weight Class: 67.5 / 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	205.0 kgs / 451.9 lbs Alex LaRoche 6/2017	127.5 kgs / 281.0 lbs Alex LaRoche 6/2017	250.0 kgs / 551.1 lbs Alex LaRoche 6/2017	582.5 kgs / 1284.1 lbs Alex LaRoche 6/2017
20-24	205.0 kgs / 451.9 lbs Alex LaRoche 6/2017	127.5 kgs / 281.0 lbs Alex LaRoche 6/2017	250.0 kgs / 551.1 lbs Alex LaRoche 6/2017	582.5 kgs / 1284.1 lbs Alex LaRoche 6/2017

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	155.0 kgs / 341.7 lbs Andre Wood	125.0 kgs / 275.5 lbs Jake Freedman 6/2016	205.0 kgs / 451.9 lbs Andre Wood	452.5 kgs / 997.5 lbs Andre Wood
40-44	155.0 kgs / 341.7 lbs Andre Wood	125.0 kgs / 275.5 lbs Jake Freedman 6/2016	205.0 kgs / 451.9 lbs Andre Wood	452.5 kgs / 997.5 lbs Andre Wood

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	185.0 kgs / 407.8 lbs Jake Freedman	152.5 kgs / 336.2 lbs David Umstead	247.5 kgs / 545.6 lbs Jake Freedman	557.5 kgs / 1229.0 lbs Jake Freedman
18-19	175.0 kgs / 385.8 lbs Zach St. Hilaire 6/2021	100.0 kgs / 220.4 lbs Zach St. Hilaire 6/2021	210.0 kgs / 462.9 lbs Zach St. Hilaire 6/2021	477.5 kgs / 1052.6 lbs Zach St. Hilaire 6/2021
35-39	167.5 kgs / 369.2 lbs Jake Freedman	152.5 kgs / 336.2 lbs David Umstead	237.5 kgs / 523.5 lbs Jake Freedman	537.5 kgs / 1184.9 lbs Jake Freedman
40-44	185.0 kgs / 407.8 lbs Jake Freedman	135.0 kgs / 297.6 lbs Jake Freedman 3/2014	247.5 kgs / 545.6 lbs Jake Freedman	557.5 kgs / 1229.0 lbs Jake Freedman
50-54	45.0 kgs / 99.2 lbs Michael Folini	130.0 kgs / 286.5 lbs Michael Folini	170.0 kgs / 374.7 lbs Michael Folini	345.0 kgs / 760.5 lbs Michael Folini
55-59	122.5 kgs / 270.0 lbs P. Nadeau	85.0 kgs / 187.3 lbs P. Nadeau	150.0 kgs / 330.6 lbs P. Nadeau	357.5 kgs / 788.1 lbs P. Nadeau
70-74	65.0 kgs / 143.2 lbs Peter Hubbard	107.5 kgs / 236.9 lbs Peter Hubbard	137.5 kgs / 303.1 lbs Peter Hubbard	307.5 kgs / 677.9 lbs Peter Hubbard

Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	225.0 kgs / 496.0 lbs Nathanael Glines 10/2010	160.0 kgs / 352.7 lbs Jason Curry 4/2016	300.0 kgs / 661.3 lbs Nathanael Glines 10/2010	672.5 kgs / 1482.5 lbs Nathanael Glines 10/2010
18-19	150.0 kgs / 330.6 lbs Mike Delmore 6/2021	97.5 kgs / 214.9 lbs Mike Delmore 6/2021	142.5 kgs / 314.1 lbs Mike Delmore 6/2021	390.0 kgs / 859.7 lbs Mike Delmore 6/2021
20-24	225.0 kgs / 496.0 lbs Nathanael Glines 10/2010	155.0 kgs / 341.7 lbs Nathanael Glines 10/2010	300.0 kgs / 661.3 lbs Nathanael Glines 10/2010	672.5 kgs / 1482.5 lbs Nathanael Glines 10/2010
40-44	210.0 kgs / 462.9 lbs Jason Curry 4/2016	160.0 kgs / 352.7 lbs Jason Curry 4/2016	227.5 kgs / 501.5 lbs Jason Curry 4/2016	597.5 kgs / 1317.2 lbs Jason Curry 4/2016
45-49	137.5 kgs / 303.1 lbs Chris Beebe	135.0 kgs / 297.6 lbs Chris Beebe	185.0 kgs / 407.8 lbs Chris Beebe	457.5 kgs / 1008.6 lbs Chris Beebe
60-64	130.0 kgs / 286.5 lbs Brian Alexander 6/2021	100.0 kgs / 220.4 lbs Brian Alexander 6/2021	205.0 kgs / 451.9 lbs Brian Alexander 6/2021	435.0 kgs / 959.0 lbs Brian Alexander 6/2021
Police/Fire/Mil	225.0 kgs / 496.0 lbs Nathanael Glines 10/2010	155.0 kgs / 341.7 lbs Nathanael Glines 10/2010	300.0 kgs / 661.3 lbs Nathanael Glines 10/2010	672.5 kgs / 1482.5 lbs Nathanael Glines 10/2010

Weight Class: 100 / 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	245.0 kgs / 540.1 lbs Nicholas Guidice	192.5 kgs / 424.3 lbs Nicholas Guidice	272.5 kgs / 600.7 lbs Nicholas Guidice	710.0 kgs / 1565.2 lbs Nicholas Guidice
20-24	245.0 kgs / 540.1 lbs Nicholas Guidice	192.5 kgs / 424.3 lbs Nicholas Guidice	272.5 kgs / 600.7 lbs Nicholas Guidice	710.0 kgs / 1565.2 lbs Nicholas Guidice

35-39	205.0 kgs / 451.9 lbs M. Lagasse	140.0 kgs / 308.6 lbs B. Litchfield	260.0 kgs / 573.1 lbs B. Litchfield	592.5 kgs / 1306.2 lbs B. Litchfield
40-44	202.5 kgs / 446.4 lbs B. Litchfield	147.5 kgs / 325.1 lbs B. Litchfield	250.0 kgs / 551.1 lbs B. Litchfield	600.0 kgs / 1322.7 lbs B. Litchfield

Weight Class: 110 / 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	245.0 kgs / 540.1 lbs M. Lagasse	155.0 kgs / 341.7 lbs B. Toth	252.5 kgs / 556.6 lbs M. Lagasse	647.5 kgs / 1427.4 lbs M. Lagasse
14-15	75.0 kgs / 165.3 lbs Chris Steidi	55.0 kgs / 121.2 lbs Chris Steidi	187.5 kgs / 413.3 lbs Chris Steidi	317.5 kgs / 699.9 lbs Chris Steidi
35-39	245.0 kgs / 540.1 lbs M. Lagasse	150.0 kgs / 330.6 lbs M. Lagasse	252.5 kgs / 556.6 lbs M. Lagasse	647.5 kgs / 1427.4 lbs M. Lagasse
40-44	215.0 kgs / 473.9 lbs B. Toth	155.0 kgs / 341.7 lbs B. Toth	232.5 kgs / 512.5 lbs B. Toth	602.5 kgs / 1328.2 lbs B. Toth
65-69	172.5 kgs / 380.2 lbs Carl Wallin	105.0 kgs / 231.4 lbs Carl Wallin 12/2006	229.0 kgs / 504.8 lbs Carl Wallin	504.0 kgs / 1111.1 lbs Carl Wallin

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	255.0 kgs / 562.1 lbs B. Toth	160.0 kgs / 352.7 lbs B. Toth	257.5 kgs / 567.6 lbs B. Toth	672.5 kgs / 1482.5 lbs B. Toth
18-19	195.0 kgs / 429.8 lbs Jacob Blouin 6/2021	145.0 kgs / 319.6 lbs Jacob Blouin 6/2021	207.5 kgs / 457.4 lbs Jacob Blouin 6/2021	547.5 kgs / 1207.0 lbs Jacob Blouin 6/2021
35-39	200.0 kgs / 440.9 lbs Jeff Brum 4/2011	155.0 kgs / 341.7 lbs Jeff Brum 4/2011	245.0 kgs / 540.1 lbs Jeff Brum 4/2011	600.0 kgs / 1322.7 lbs Jeff Brum 4/2011
40-44	255.0 kgs / 562.1 lbs B. Toth	160.0 kgs / 352.7 lbs B. Toth	257.5 kgs / 567.6 lbs B. Toth	672.5 kgs / 1482.5 lbs B. Toth

Weight Class: 140 / 308 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	227.5 kgs / 501.5 lbs Bernard Horton	175.0 kgs / 385.8 lbs Bernard Horton	285.0 kgs / 628.3 lbs Bernard Horton	687.5 kgs / 1515.6 lbs Bernard Horton
35-39	227.5 kgs / 501.5 lbs Bernard Horton	175.0 kgs / 385.8 lbs Bernard Horton	285.0 kgs / 628.3 lbs Bernard Horton	687.5 kgs / 1515.6 lbs Bernard Horton
60-64	161.5 kgs / 356.0 lbs Bill Carter	115.0 kgs / 253.5 lbs Bill Carter	170.5 kgs / 375.8 lbs Bill Carter	445.0 kgs / 981.0 lbs Bill Carter