



MONTANA STATE POWERLIFTING RECORDS

Ed Kutin edkutin@gmail.com

10/26/2024

Weight Class: 52 / 114 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	65.0 kgs / 143.2 lbs Gwendolyn Kamowski 2/2016	35.0 kgs / 77.1 lbs Gwendolyn Kamowski 2/2016	105.0 kgs / 231.4 lbs Gwendolyn Kamowski 2/2016	205.0 kgs / 451.9 lbs Gwendolyn Kamowski 2/2016

Weight Class: 56 / 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	92.5 kgs / 203.9 lbs Deseree Reid 7/2015	67.5 kgs / 148.8 lbs Susan Nyquist 6/2013	115.0 kgs / 253.5 lbs Cindy Smith 8/2016	247.5 kgs / 545.6 lbs Cindy Smith 8/2016
14-15	70.0 kgs / 154.3 lbs Kaidyn Harris 8/2016	47.5 kgs / 104.7 lbs Kaidyn Harris 8/2016	92.5 kgs / 203.9 lbs Kaidyn Harris 8/2016	200.0 kgs / 440.9 lbs Kaidyn Harris 8/2016
45-49	67.5 kgs / 148.8 lbs Susan Nyquist 6/2013	67.5 kgs / 148.8 lbs Susan Nyquist 6/2013	102.5 kgs / 225.9 lbs Susan Nyquist 6/2013	237.5 kgs / 523.5 lbs Susan Nyquist 6/2013
50-54	75.0 kgs / 165.3 lbs Cindy Smith 8/2016	57.5 kgs / 126.7 lbs Cindy Smith 8/2016	115.0 kgs / 253.5 lbs Cindy Smith 8/2016	247.5 kgs / 545.6 lbs Cindy Smith 8/2016

Weight Class: 60 / 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	112.5 kgs / 248.0 lbs Julie Shepherd 8/2016	52.5 kgs / 115.7 lbs Caroline Zink 7/2015	117.5 kgs / 259.0 lbs Julie Shepherd 8/2016	282.5 kgs / 622.7 lbs Julie Shepherd 8/2016
16-17	112.5 kgs / 248.0 lbs Julie Shepherd 8/2016	52.5 kgs / 115.7 lbs Julie Shepherd 8/2016	117.5 kgs / 259.0 lbs Julie Shepherd 8/2016	282.5 kgs / 622.7 lbs Julie Shepherd 8/2016
60-64	47.5 kgs / 104.7 lbs Sandy Becker 7/2016	35.0 kgs / 77.1 lbs Sandy Becker 7/2016	80.0 kgs / 176.3 lbs Sandy Becker 7/2016	162.5 kgs / 358.2 lbs Sandy Becker 7/2016

Weight Class: 67.5 / 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	102.5 kgs / 225.9 lbs Alicia Simms 8/2016	57.5 kgs / 126.7 lbs Alicia Simms 2/2016	130.0 kgs / 286.5 lbs Alicia Simms 8/2016	290.0 kgs / 639.3 lbs Alicia Simms 8/2016
20-24	102.5 kgs / 225.9 lbs Alicia Simms 8/2016	57.5 kgs / 126.7 lbs Alicia Simms 2/2016	130.0 kgs / 286.5 lbs Alicia Simms 8/2016	290.0 kgs / 639.3 lbs Alicia Simms 8/2016
60-64	82.5 kgs / 181.8 lbs Chris Dover 7/2016	50.0 kgs / 110.2 lbs Chris Dover 7/2016	97.5 kgs / 214.9 lbs Chris Dover 7/2016	230.0 kgs / 507.0 lbs Chris Dover 7/2016

Weight Class: 75 / 165 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	177.5 kgs / 391.3 lbs Miki Cestnik 2/2016	87.5 kgs / 192.9 lbs Miki Cestnik 2/2016	200.0 kgs / 440.9 lbs Miki Cestnik 2/2016	465.0 kgs / 1025.1 lbs Miki Cestnik 2/2016

20-24	75.0 kgs / 165.3 lbs Jocelyn Acheson 7/2015	50.0 kgs / 110.2 lbs Jocelyn Acheson 7/2015	102.5 kgs / 225.9 lbs Jocelyn Acheson 7/2015	227.5 kgs / 501.5 lbs Jocelyn Acheson 7/2015
25-29	90.0 kgs / 198.4 lbs Bekah Gasner 6/2014	50.0 kgs / 110.2 lbs Bekah Gasner 6/2014	135.0 kgs / 297.6 lbs Bekah Gasner 6/2014	275.0 kgs / 606.2 lbs Bekah Gasner 6/2014
40-44	112.5 kgs / 248.0 lbs Jenel Wiese 7/2015	65.0 kgs / 143.2 lbs Jenel Wiese 7/2015	137.5 kgs / 303.1 lbs Jenel Wiese 7/2015	315.0 kgs / 694.4 lbs Jenel Wiese 7/2015
55-59	92.5 kgs / 203.9 lbs Sheryl Shockley 10/2013	45.0 kgs / 99.2 lbs Sheryl Shockley 10/2013	127.5 kgs / 281.0 lbs Sheryl Shockley 10/2013	260.0 kgs / 573.1 lbs Sheryl Shockley 10/2013

Weight Class: 82.5 / 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	125.0 kgs / 275.5 lbs Michelle Williams 8/2016	67.5 kgs / 148.8 lbs Kelly McArdle 2/2016	157.5 kgs / 347.2 lbs Kelly McArdle 2/2016	342.5 kgs / 755.0 lbs Kelly McArdle 2/2016
40-44	125.0 kgs / 275.5 lbs Michelle Williams 8/2016	67.5 kgs / 148.8 lbs Kelly McArdle 2/2016	157.5 kgs / 347.2 lbs Kelly McArdle 2/2016	342.5 kgs / 755.0 lbs Kelly McArdle 2/2016
55-59	93.0 kgs / 205.0 lbs Sheryl Shockley 7/2015	47.5 kgs / 104.7 lbs Sheryl Shockley 7/2015	127.5 kgs / 281.0 lbs Sheryl Shockley 7/2015	268.0 kgs / 590.8 lbs Sheryl Shockley 7/2015
Spec. Oly.	40.0 kgs / 88.1 lbs Vivienne Shockley 7/2015	57.5 kgs / 126.7 lbs Vivienne Shockley 7/2015	135.0 kgs / 297.6 lbs Vivienne Shockley 7/2015	232.5 kgs / 512.5 lbs Vivienne Shockley 7/2015

Weight Class: 90 / 198 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	137.5 kgs / 303.1 lbs Suzanne Ady 7/2015	77.5 kgs / 170.8 lbs Suzanne Ady 7/2015	140.0 kgs / 308.6 lbs Suzanne Ady 7/2015	355.0 kgs / 782.6 lbs Suzanne Ady 7/2015
45-49	137.5 kgs / 303.1 lbs Suzanne Ady 7/2015	77.5 kgs / 170.8 lbs Suzanne Ady 7/2015	140.0 kgs / 308.6 lbs Suzanne Ady 7/2015	355.0 kgs / 782.6 lbs Suzanne Ady 7/2015

Weight Class: 90+ / 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	147.5 kgs / 325.1 lbs Suzanne Ady 8/2016	80.0 kgs / 176.3 lbs Suzanne Ady 7/2016	152.5 kgs / 336.2 lbs Kelly Smith 7/2015	375.0 kgs / 826.7 lbs Suzanne Ady 7/2016
45-49	147.5 kgs / 325.1 lbs Suzanne Ady 8/2016	75.0 kgs / 165.3 lbs Suzanne Ady 8/2016	150.0 kgs / 330.6 lbs Suzanne Ady 8/2016	372.5 kgs / 821.2 lbs Suzanne Ady 8/2016
50-54	105.0 kgs / 231.4 lbs Donna Wyatt 7/2015	65.0 kgs / 143.2 lbs Donna Wyatt 7/2015	135.0 kgs / 297.6 lbs Donna Wyatt 7/2015	305.0 kgs / 672.4 lbs Donna Wyatt 7/2015

Weight Class: 30 / 66 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	37.5 kgs / 82.6 lbs Billy Farmer 8/2016	20.0 kgs / 44.0 lbs Billy Farmer 8/2016	62.5 kgs / 137.7 lbs Billy Farmer 8/2016	120.0 kgs / 264.5 lbs Billy Farmer 8/2016
10-11	37.5 kgs / 82.6 lbs Billy Farmer 8/2016	20.0 kgs / 44.0 lbs Billy Farmer 8/2016	62.5 kgs / 137.7 lbs Billy Farmer 8/2016	120.0 kgs / 264.5 lbs Billy Farmer 8/2016

Weight Class: 60 / 132 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	142.5 kgs / 314.1 lbs Steve Ferestad 7/2015	125.0 kgs / 275.5 lbs Steve Ferestad 7/2015	155.0 kgs / 341.7 lbs Steve Ferestad 7/2015	422.5 kgs / 931.4 lbs Steve Ferestad 7/2015
20-24	142.5 kgs / 314.1 lbs Steve Ferestad 7/2015	125.0 kgs / 275.5 lbs Steve Ferestad 7/2015	155.0 kgs / 341.7 lbs Steve Ferestad 7/2015	422.5 kgs / 931.4 lbs Steve Ferestad 7/2015

Weight Class: 67.5 / 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	145.0 kgs / 319.6 lbs Dale Garlitz 6/2013	102.5 kgs / 225.9 lbs Alex Myers 7/2015	180.0 kgs / 396.8 lbs Alex Myers 7/2015	405.5 kgs / 893.9 lbs Dale Garlitz 6/2013
16-17	130.0 kgs / 286.5 lbs Nathan Hyvonen 7/2015	85.0 kgs / 187.3 lbs Nathan Hyvonen 7/2015	147.5 kgs / 325.1 lbs Nathan Hyvonen 7/2015	362.5 kgs / 799.1 lbs Nathan Hyvonen 7/2015
20-24	120.0 kgs / 264.5 lbs Alex Myers 7/2015	102.5 kgs / 225.9 lbs Alex Myers 7/2015	180.0 kgs / 396.8 lbs Alex Myers 7/2015	402.5 kgs / 887.3 lbs Alex Myers 7/2015
50-54	117.5 kgs / 259.0 lbs Ron Schell 6/2013	80.0 kgs / 176.3 lbs Ron Schell 6/2013	157.5 kgs / 347.2 lbs Ron Schell 6/2013	355.0 kgs / 782.6 lbs Ron Schell 6/2013
60-64	145.0 kgs / 319.6 lbs Dale Garlitz 6/2013	92.5 kgs / 203.9 lbs Dale Garlitz 6/2013	168.0 kgs / 370.3 lbs Dale Garlitz 6/2013	405.5 kgs / 893.9 lbs Dale Garlitz 6/2013
Police/Fire/Mil	120.0 kgs / 264.5 lbs Alex Myers 7/2015	102.5 kgs / 225.9 lbs Alex Myers 7/2015	180.0 kgs / 396.8 lbs Alex Myers 7/2015	402.5 kgs / 887.3 lbs Alex Myers 7/2015

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	142.5 kgs / 314.1 lbs Chris Jenson 7/2015	115.0 kgs / 253.5 lbs Garon Richardson 7/2015	185.0 kgs / 407.8 lbs Kevin Reeves 7/2016	407.5 kgs / 898.3 lbs Kevin Reeves 7/2016
16-17	127.5 kgs / 281.0 lbs Kevin Reeves 7/2016	95.0 kgs / 209.4 lbs Kevin Reeves 7/2016	185.0 kgs / 407.8 lbs Kevin Reeves 7/2016	407.5 kgs / 898.3 lbs Kevin Reeves 7/2016
18-19	100.0 kgs / 220.4 lbs Matt Brimmer 2009	95.0 kgs / 209.4 lbs Matt Brimmer 2009	150.0 kgs / 330.6 lbs Matt Brimmer 2009	345.0 kgs / 760.5 lbs Matt Brimmer 2009
20-24	122.5 kgs / 270.0 lbs Matthew Fortune 7/2016	95.0 kgs / 209.4 lbs Matthew Fortune 7/2016	167.5 kgs / 369.2 lbs Matthew Fortune 7/2016	385.0 kgs / 848.7 lbs Matthew Fortune 7/2016

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	195.0 kgs / 429.8 lbs Michael Wilcox 6/2013	142.5 kgs / 314.1 lbs Caleb Berglee 2/2016	235.0 kgs / 518.0 lbs Michael Wilcox 6/2013	565.0 kgs / 1245.5 lbs Michael Wilcox 6/2013
20-24		135.0 kgs / 297.6 lbs Michael Wilcox 6/2013	235.0 kgs / 518.0 lbs Michael Wilcox 6/2013	
25-29	175.0 kgs / 385.8 lbs Caleb Berglee 2/2016	142.5 kgs / 314.1 lbs Caleb Berglee 2/2016	182.5 kgs / 402.3 lbs Caleb Berglee 2/2016	500.0 kgs / 1102.3 lbs Caleb Berglee 2/2016
Police/Fire/Mil	147.5 kgs / 325.1 lbs Deshawn Lewis 7/2015	115.0 kgs / 253.5 lbs Deshawn Lewis 7/2015	217.5 kgs / 479.5 lbs Deshawn Lewis 7/2015	480.0 kgs / 1058.2 lbs Deshawn Lewis 7/2015

Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	227.5 kgs / 501.5 lbs Brennan Schram 2/2016	145.5 kgs / 320.7 lbs Tom Sly 2/2016	245.0 kgs / 540.1 lbs Jason Harmala 2/2016	605.0 kgs / 1333.7 lbs Jason Harmala 2/2016

20-24	227.5 kgs / 501.5 lbs Brennan Schram 2/2016	125.0 kgs / 275.5 lbs Brennan Schram 2/2016	217.5 kgs / 479.5 lbs Brennan Schram 2/2016	570.0 kgs / 1256.6 lbs Brennan Schram 2/2016
40-44	185.0 kgs / 407.8 lbs John Winterrowd 2009	117.5 kgs / 259.0 lbs John Winterrowd 2009	205.0 kgs / 451.9 lbs John Winterrowd 2009	507.5 kgs / 1118.8 lbs John Winterrowd 2009

Weight Class: 100 / 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	242.5 kgs / 534.6 lbs Eron Krpan 6/2013	182.5 kgs / 402.3 lbs Eron Krpan 6/2013	290.0 kgs / 639.3 lbs Eron Krpan 6/2013	715.0 kgs / 1576.2 lbs Eron Krpan 6/2013
16-17	160.0 kgs / 352.7 lbs Tyler Winterrowd 2009	110.0 kgs / 242.5 lbs Tyler Winterrowd 2009	150.0 kgs / 330.6 lbs Tyler Winterrowd 2009	420.0 kgs / 925.9 lbs Tyler Winterrowd 2009
18-19	235.0 kgs / 518.0 lbs Josh Winterrowd 2009	137.5 kgs / 303.1 lbs Josh Winterrowd 2009	245.0 kgs / 540.1 lbs Josh Winterrowd 2009	420.0 kgs / 925.9 lbs Josh Winterrowd 2009
20-24	205.0 kgs / 451.9 lbs Cody Palen 7/2016	125.0 kgs / 275.5 lbs Cody Palen 7/2016	242.5 kgs / 534.6 lbs Cody Palen 7/2016	572.5 kgs / 1262.1 lbs Cody Palen 7/2016
35-39	200.0 kgs / 440.9 lbs Kevin Coombs 2/2016	162.5 kgs / 358.2 lbs Kevin Coombs 2/2016	237.5 kgs / 523.5 lbs Kevin Coombs 2/2016	600.0 kgs / 1322.7 lbs Kevin Coombs 2/2016
40-44	205.0 kgs / 451.9 lbs Kevin Coombs 8/2016	167.5 kgs / 369.2 lbs Kevin Coombs 8/2016	230.0 kgs / 507.0 lbs Kevin Coombs 8/2016	602.5 kgs / 1328.2 lbs Kevin Coombs 8/2016
50-54	215.0 kgs / 473.9 lbs Mark Salansky 6/2013	167.5 kgs / 369.2 lbs Mark Salansky 6/2013	227.5 kgs / 501.5 lbs Mark Salansky 6/2013	610.0 kgs / 1344.8 lbs Mark Salansky 6/2013
55-59	200.0 kgs / 440.9 lbs Brian May 6/2013	155.0 kgs / 341.7 lbs Brian May 6/2013	245.0 kgs / 540.1 lbs Brian May 6/2013	600.0 kgs / 1322.7 lbs Brian May 6/2013
Police/Fire/Mil	200.0 kgs / 440.9 lbs Brian May 6/2013	155.0 kgs / 341.7 lbs Brian May 6/2013	245.0 kgs / 540.1 lbs Brian May 6/2013	600.0 kgs / 1322.7 lbs Brian May 6/2013

Weight Class: 110 / 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	260.0 kgs / 573.1 lbs Josh Winterrowd 6/2013	180.0 kgs / 396.8 lbs Josh Winterrowd 6/2013	275.0 kgs / 606.2 lbs Jamey Woolridge 2009	712.5 kgs / 1570.7 lbs Josh Winterrowd 6/2013
16-17	137.5 kgs / 303.1 lbs Ryan Thomas 7/2016	105.0 kgs / 231.4 lbs Ryan Thomas 7/2016	185.0 kgs / 407.8 lbs Ryan Thomas 7/2016	427.5 kgs / 942.4 lbs Ryan Thomas 7/2016
20-24	260.0 kgs / 573.1 lbs Josh Winterrowd 6/2013	180.0 kgs / 396.8 lbs Josh Winterrowd 6/2013	272.5 kgs / 600.7 lbs Josh Winterrowd 6/2013	712.5 kgs / 1570.7 lbs Josh Winterrowd 6/2013
55-59	62.5 kgs / 137.7 lbs Billy Ray Powell 2010	137.5 kgs / 303.1 lbs Billy Ray Powell 2010	142.5 kgs / 314.1 lbs Billy Ray Powell 2010	342.5 kgs / 755.0 lbs Billy Ray Powell 2010
Police/Fire/Mil	62.5 kgs / 137.7 lbs Billy Ray Powell 2010	137.5 kgs / 303.1 lbs Billy Ray Powell 2010	142.5 kgs / 314.1 lbs Billy Ray Powell 2010	342.5 kgs / 755.0 lbs Billy Ray Powell 2010

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	222.5 kgs / 490.5 lbs John Danielson 6/2013	177.5 kgs / 391.3 lbs John Danielson 6/2013	250.0 kgs / 551.1 lbs John Danielson 6/2013	650.0 kgs / 1432.9 lbs John Danielson 6/2013
20-24	205.0 kgs / 451.9 lbs Austin Wicorek 8/2016	160.0 kgs / 352.7 lbs Austin Wicorek 8/2016	227.5 kgs / 501.5 lbs Austin Wicorek 8/2016	585.0 kgs / 1289.6 lbs Austin Wicorek 8/2016

Weight Class: 140 / 308 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
----------	-------	-------------	----------	-------

Open	187.5 kgs / 413.3 lbs Jared Standing 7/2016	150.0 kgs / 330.6 lbs Tom Gomez 6/2013	260.0 kgs / 573.1 lbs Jared Standing 7/2016	552.5 kgs / 1218.0 lbs Jared Standing 7/2016
35-39	170.0 kgs / 374.7 lbs Tom Gomez 6/2013	150.0 kgs / 330.6 lbs Tom Gomez 6/2013	195.0 kgs / 429.8 lbs Tom Gomez 6/2013	515.0 kgs / 1135.3 lbs Tom Gomez 6/2013
40-44	183.0 kgs / 403.4 lbs Rock Henderson 2/2016	145.0 kgs / 319.6 lbs Rock Henderson 2/2016	210.0 kgs / 462.9 lbs Rock Henderson 2/2016	538.0 kgs / 1186.0 lbs Rock Henderson 2/2016
Police/Fire/Mil	170.0 kgs / 374.7 lbs Tom Gomez 6/2013	150.0 kgs / 330.6 lbs Tom Gomez 6/2013	195.0 kgs / 429.8 lbs Tom Gomez 6/2013	515.0 kgs / 1135.3 lbs Tom Gomez 6/2013

Unknown Class: SHW Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	190.0 kgs / 418.8 lbs Nathan Goodluck 7/2016	170.0 kgs / 374.7 lbs Nathan Goodluck 7/2015	207.5 kgs / 457.4 lbs Nathan Goodluck 8/2016	550.0 kgs / 1212.5 lbs Nathan Goodluck 8/2016