



DISTRICT OF COLUMBIA STATE POWERLIFTING RECORDS

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1/19/2025

Weight Class: 48 / 105 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	81.6 kgs / 179.8 lbs Krystle McKenzie 12/1999	38.5 kgs / 84.8 lbs Krystle McKenzie 12/1999	111.1 kgs / 244.9 lbs Krystle McKenzie 12/1999	231.3 kgs / 509.9 lbs Krystle McKenzie 12/1999
14-15	81.6 kgs / 179.8 lbs Krystle McKenzie 12/1999	38.5 kgs / 84.8 lbs Krystle McKenzie 12/1999	111.1 kgs / 244.9 lbs Krystle McKenzie 12/1999	231.3 kgs / 509.9 lbs Krystle McKenzie 12/1999

Weight Class: 52 / 114 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	90.7 kgs / 199.9 lbs Krystle McKenzie 2/2002	57.5 kgs / 126.7 lbs Jasmine McAdams 3/2019	125.0 kgs / 275.5 lbs Jasmine McAdams 3/2019	267.5 kgs / 589.7 lbs Jasmine McAdams 3/2019
16-17	90.7 kgs / 199.9 lbs Krystle McKenzie 2/2002		113.3 kgs / 249.7 lbs Krystle McKenzie 2/2002	226.1 kgs / 498.4 lbs Krystle McKenzie 2/2002
18-19	70.3 kgs / 154.9 lbs Asia Scales	40.8 kgs / 89.9 lbs Asia Scales	92.9 kgs / 204.8 lbs Asia Scales	192.7 kgs / 424.8 lbs Asia Scales
20-24	85.0 kgs / 187.3 lbs Maria Kalikas 10/2014	57.5 kgs / 126.7 lbs Jasmine McAdams 3/2019	125.0 kgs / 275.5 lbs Jasmine McAdams 3/2019	267.5 kgs / 589.7 lbs Jasmine McAdams 3/2019

Weight Class: 56 / 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	85.0 kgs / 187.3 lbs Jasmine McAdams 3/2020	57.5 kgs / 126.7 lbs Jasmine McAdams 12/2018	142.5 kgs / 314.1 lbs Jasmine McAdams 3/2020	285.0 kgs / 628.3 lbs Jasmine McAdams 3/2020
20-24	82.5 kgs / 181.8 lbs Jasmine McAdams 12/2018	57.5 kgs / 126.7 lbs Jasmine McAdams 12/2018	120.0 kgs / 264.5 lbs Jasmine McAdams 12/2018	260.0 kgs / 573.1 lbs Jasmine McAdams 12/2018
25-29	85.0 kgs / 187.3 lbs Jasmine McAdams 3/2020	57.5 kgs / 126.7 lbs Jasmine McAdams 3/2020	142.5 kgs / 314.1 lbs Jasmine McAdams 3/2020	285.0 kgs / 628.3 lbs Jasmine McAdams 3/2020

Weight Class: 60 / 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	85.0 kgs / 187.3 lbs Sagirah Brown 11/2023	55.0 kgs / 121.2 lbs Sagirah Brown 11/2023	132.5 kgs / 292.1 lbs Sagirah Brown 11/2023	272.5 kgs / 600.7 lbs Sagirah Brown 11/2023
25-29	85.0 kgs / 187.3 lbs Sagirah Brown 11/2023	55.0 kgs / 121.2 lbs Sagirah Brown 11/2023	132.5 kgs / 292.1 lbs Sagirah Brown 11/2023	272.5 kgs / 600.7 lbs Sagirah Brown 11/2023

35-39	72.5 kgs / 159.8 lbs Jennifer Green 3/2020	45.0 kgs / 99.2 lbs Jennifer Green 3/2020	112.5 kgs / 248.0 lbs Jennifer Green 3/2020	230.0 kgs / 507.0 lbs Jennifer Green 3/2020
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Weight Class: 67.5 / 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	87.5 kgs / 192.9 lbs Denna Jones 3/2019	72.5 kgs / 159.8 lbs Sarah Dolson 9/2001	132.5 kgs / 292.1 lbs Denna Jones 3/2019	270.0 kgs / 595.2 lbs Denna Jones 3/2019
18-19		72.5 kgs / 159.8 lbs Sarah Dolson 9/2001		
20-24	65.0 kgs / 143.2 lbs Veronica Robertson 3/2020	42.5 kgs / 93.6 lbs Veronica Robertson 3/2020	95.0 kgs / 209.4 lbs Veronica Robertson 3/2020	202.5 kgs / 446.4 lbs Veronica Robertson 3/2020
25-29	87.5 kgs / 192.9 lbs Denna Jones 3/2019	50.0 kgs / 110.2 lbs Denna Jones 3/2019	132.5 kgs / 292.1 lbs Denna Jones 3/2019	270.0 kgs / 595.2 lbs Denna Jones 3/2019

Weight Class: 75 / 165 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	102.5 kgs / 225.9 lbs Maegan Sady 3/2020	60.0 kgs / 132.2 lbs Maegan Sady 3/2019	140.0 kgs / 308.6 lbs Maegan Sady 12/2018	297.5 kgs / 655.8 lbs Maegan Sady 3/2019
25-29	87.5 kgs / 192.9 lbs Eman Mahmud 8/2017	47.5 kgs / 104.7 lbs Eman Mahmud 8/2017	100.0 kgs / 220.4 lbs Eman Mahmud 8/2017	235.0 kgs / 518.0 lbs Eman Mahmud 8/2017
35-39	102.5 kgs / 225.9 lbs Maegan Sady 3/2020	60.0 kgs / 132.2 lbs Maegan Sady 3/2019	140.0 kgs / 308.6 lbs Maegan Sady 12/2018	297.5 kgs / 655.8 lbs Maegan Sady 3/2019
50-54	45.0 kgs / 99.2 lbs Tanya Renne 11/2024	50.0 kgs / 110.2 lbs Tanya Renne 10/2024	90.0 kgs / 198.4 lbs Tanya Renne 11/2024	182.5 kgs / 402.3 lbs Tanya Renne 11/2024

Weight Class: 82.5 / 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	115.0 kgs / 253.5 lbs Brittany Turner 10/2018	77.5 kgs / 170.8 lbs April Spilde 3/2017	157.5 kgs / 347.2 lbs April Spilde 6/2015	330.0 kgs / 727.5 lbs April Spilde 6/2015
25-29	115.0 kgs / 253.5 lbs Brittany Turner 10/2018	67.5 kgs / 148.8 lbs April Spilde 6/2015	157.5 kgs / 347.2 lbs April Spilde 6/2015	330.0 kgs / 727.5 lbs April Spilde 6/2015
30-34	102.5 kgs / 225.9 lbs April Spilde 3/2017	77.5 kgs / 170.8 lbs April Spilde 3/2017	117.5 kgs / 259.0 lbs April Spilde 3/2017	297.5 kgs / 655.8 lbs April Spilde 3/2017
40-44	90.0 kgs / 198.4 lbs Joette James 6/2017	55.0 kgs / 121.2 lbs Joette James 6/2017	150.0 kgs / 330.6 lbs Janelle Ollivierre 6/2021	255.0 kgs / 562.1 lbs Joette James 6/2017
45-49	62.5 kgs / 137.7 lbs Nicole Green 3/2020	50.0 kgs / 110.2 lbs Nicole Green 3/2020	117.5 kgs / 259.0 lbs Nicole Green 3/2020	230.0 kgs / 507.0 lbs Nicole Green 3/2020
Police/Fire/Mil	105.0 kgs / 231.4 lbs April Spilde 6/2015	77.5 kgs / 170.8 lbs April Spilde 3/2017	157.5 kgs / 347.2 lbs April Spilde 6/2015	330.0 kgs / 727.5 lbs April Spilde 6/2015

Weight Class: 90+ / 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	132.5 kgs / 292.1 lbs Shaundra Wood 3/2019	72.5 kgs / 159.8 lbs Shaundra Wood 6/2021	175.0 kgs / 385.8 lbs Shaundra Wood 6/2021	375.0 kgs / 826.7 lbs Shaundra Wood 6/2021
30-34	82.5 kgs / 181.8 lbs Ticara Evans 6/2021	57.5 kgs / 126.7 lbs Ticara Evans 6/2021	137.5 kgs / 303.1 lbs Ticara Evans 6/2021	277.5 kgs / 611.7 lbs Ticara Evans 6/2021

35-39	132.5 kgs / 292.1 lbs Shaundra Wood 3/2019	72.5 kgs / 159.8 lbs Shaundra Wood 6/2021	175.0 kgs / 385.8 lbs Shaundra Wood 6/2021	375.0 kgs / 826.7 lbs Shaundra Wood 6/2021
40-44	115.0 kgs / 253.5 lbs Shaundra Wood 6/2018	70.0 kgs / 154.3 lbs Shaundra Wood 6/2018	167.5 kgs / 369.2 lbs Shaundra Wood 9/2018	350.0 kgs / 771.6 lbs Shaundra Wood 9/2018

Weight Class: 67.5 / 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	167.5 kgs / 369.2 lbs Adam Silverman 10/2018	115.0 kgs / 253.5 lbs Adam Silverman 10/2018	230.0 kgs / 507.0 lbs Adam Silverman 10/2018	512.5 kgs / 1129.8 lbs Adam Silverman 10/2018
14-15	82.5 kgs / 181.8 lbs Andre Jenkins 6/2018	35.0 kgs / 77.1 lbs Andre Jenkins 6/2018	105.0 kgs / 231.4 lbs Andre Jenkins 6/2018	222.5 kgs / 490.5 lbs Andre Jenkins 6/2018
16-17	55.0 kgs / 121.2 lbs Steven Hughes 6/2021	57.5 kgs / 126.7 lbs Steven Hughes 6/2021	115.0 kgs / 253.5 lbs Steven Hughes 10/2021	222.5 kgs / 490.5 lbs Steven Hughes 6/2021
20-24	167.5 kgs / 369.2 lbs Adam Silverman 10/2018	115.0 kgs / 253.5 lbs Adam Silverman 10/2018	230.0 kgs / 507.0 lbs Adam Silverman 10/2018	512.5 kgs / 1129.8 lbs Adam Silverman 10/2018

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	135.0 kgs / 297.6 lbs Adam Silverman 5/2016	107.5 kgs / 236.9 lbs Adam Silverman 5/2016	182.5 kgs / 402.3 lbs Adam Silverman 5/2016	425.0 kgs / 936.9 lbs Adam Silverman 5/2016
20-24	135.0 kgs / 297.6 lbs Adam Silverman 5/2016	107.5 kgs / 236.9 lbs Adam Silverman 5/2016	182.5 kgs / 402.3 lbs Adam Silverman 5/2016	425.0 kgs / 936.9 lbs Adam Silverman 5/2016

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	192.5 kgs / 424.3 lbs Mike Decastro 3/2019	132.5 kgs / 292.1 lbs Mike Decastro 3/2019	240.0 kgs / 529.1 lbs Mike Decastro 3/2019	565.0 kgs / 1245.5 lbs Mike Decastro 3/2019
30-34	147.5 kgs / 325.1 lbs Michael Stakkeland 3/2020	97.5 kgs / 214.9 lbs Michael Stakkeland 3/2020	200.0 kgs / 440.9 lbs Michael Stakkeland 3/2020	445.0 kgs / 981.0 lbs Michael Stakkeland 3/2020
35-39	192.5 kgs / 424.3 lbs Mike Decastro 3/2019	132.5 kgs / 292.1 lbs Mike Decastro 3/2019	240.0 kgs / 529.1 lbs Mike Decastro 3/2019	565.0 kgs / 1245.5 lbs Mike Decastro 3/2019

Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	217.5 kgs / 479.5 lbs Matthew Shepperd 3/2019	142.5 kgs / 314.1 lbs Matthew Shepperd 3/2019	265.0 kgs / 584.2 lbs Matthew Shepperd 3/2019	625.0 kgs / 1377.8 lbs Matthew Shepperd 3/2019
14-15	165.0 kgs / 363.7 lbs Julian Miller 1/2025	117.5 kgs / 259.0 lbs Julian Miller 1/2025	182.5 kgs / 402.3 lbs Julian Miller 1/2025	465.0 kgs / 1025.1 lbs Julian Miller 1/2025
20-24	217.5 kgs / 479.5 lbs Matthew Shepperd 3/2019	142.5 kgs / 314.1 lbs Matthew Shepperd 3/2019	265.0 kgs / 584.2 lbs Matthew Shepperd 3/2019	625.0 kgs / 1377.8 lbs Matthew Shepperd 3/2019
25-29	182.5 kgs / 402.3 lbs Will Flattery 9/2016	125.0 kgs / 275.5 lbs Will Flattery 9/2016	227.5 kgs / 501.5 lbs Will Flattery 9/2016	535.0 kgs / 1179.4 lbs Will Flattery 9/2016

30-34	180.0 kgs / 396.8 lbs Michael Stakkeland 6/2022	117.5 kgs / 259.0 lbs Michael Stakkeland 11/2023	237.5 kgs / 523.5 lbs Michael Stakkeland 6/2022	532.5 kgs / 1173.9 lbs Michael Stakkeland 11/2023
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Weight Class: 100 / 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	205.0 kgs / 451.9 lbs John Willis 5/2017	152.5 kgs / 336.2 lbs John Willis 5/2017	207.5 kgs / 457.4 lbs Daniel Birmingham 9/2014	562.5 kgs / 1240.0 lbs John Willis 5/2017
30-34	205.0 kgs / 451.9 lbs John Willis 5/2017	152.5 kgs / 336.2 lbs John Willis 5/2017	205.0 kgs / 451.9 lbs John Willis 5/2017	562.5 kgs / 1240.0 lbs John Willis 5/2017

Weight Class: 110 / 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	215.0 kgs / 473.9 lbs Larry Carroll 11/2022	150.0 kgs / 330.6 lbs Larry Carroll 4/2021	250.0 kgs / 551.1 lbs Larry Carroll 4/2021	612.5 kgs / 1350.3 lbs Larry Carroll 11/2022
25-29	192.5 kgs / 424.3 lbs Henry Spencer 3/2019	137.5 kgs / 303.1 lbs Henry Spencer 12/2018	230.0 kgs / 507.0 lbs Henry Spencer 12/2018	555.0 kgs / 1223.5 lbs Henry Spencer 12/2018
45-49	160.0 kgs / 352.7 lbs Larry Carroll 4/2017	125.0 kgs / 275.5 lbs Larry Carroll 4/2017	227.5 kgs / 501.5 lbs Larry Carroll 4/2017	512.5 kgs / 1129.8 lbs Larry Carroll 4/2017
50-54	215.0 kgs / 473.9 lbs Larry Carroll 11/2022	150.0 kgs / 330.6 lbs Larry Carroll 4/2021	250.0 kgs / 551.1 lbs Larry Carroll 4/2021	612.5 kgs / 1350.3 lbs Larry Carroll 11/2022
Police/Fire/Mil	192.5 kgs / 424.3 lbs Henry Spencer 3/2019	137.5 kgs / 303.1 lbs Henry Spencer 12/2018	230.0 kgs / 507.0 lbs Henry Spencer 12/2018	555.0 kgs / 1223.5 lbs Henry Spencer 12/2018

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	240.0 kgs / 529.1 lbs Larry Carroll 11/2023	160.0 kgs / 352.7 lbs Larry Carroll 11/2023	260.0 kgs / 573.1 lbs Larry Carroll 6/2022	650.0 kgs / 1432.9 lbs Larry Carroll 6/2022
20-24	182.5 kgs / 402.3 lbs Lucas Franco 3/2020	122.5 kgs / 270.0 lbs Lucas Franco 3/2020	207.5 kgs / 457.4 lbs Lucas Franco 3/2020	512.5 kgs / 1129.8 lbs Lucas Franco 3/2020
30-34	137.5 kgs / 303.1 lbs Cory Neal 3/2020	95.0 kgs / 209.4 lbs Cory Neal 3/2020	182.5 kgs / 402.3 lbs Cory Neal 3/2020	415.0 kgs / 914.9 lbs Cory Neal 3/2020
50-54	237.5 kgs / 523.5 lbs Larry Carroll 6/2022	152.5 kgs / 336.2 lbs Larry Carroll 6/2022	260.0 kgs / 573.1 lbs Larry Carroll 6/2022	650.0 kgs / 1432.9 lbs Larry Carroll 6/2022
55-59	240.0 kgs / 529.1 lbs Larry Carroll 11/2023	160.0 kgs / 352.7 lbs Larry Carroll 11/2023	250.0 kgs / 551.1 lbs Larry Carroll 11/2024	647.5 kgs / 1427.4 lbs Larry Carroll 11/2024

Unknown Class: SHW Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	227.5 kgs / 501.5 lbs Donavan Anderson 6/2021	157.5 kgs / 347.2 lbs Donavan Anderson 6/2021	245.0 kgs / 540.1 lbs Donavan Anderson 6/2021	630.0 kgs / 1388.8 lbs Donavan Anderson 6/2021
30-34	227.5 kgs / 501.5 lbs Donavan Anderson 6/2021	157.5 kgs / 347.2 lbs Donavan Anderson 6/2021	245.0 kgs / 540.1 lbs Donavan Anderson 6/2021	630.0 kgs / 1388.8 lbs Donavan Anderson 6/2021