



## MASSACHUSETTS STATE POWERLIFTING RECORDS

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2/28/2026

### Weight Class: 44 / 97 Female / Powerlifting

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

### Weight Class: 52 / 114 Female / Powerlifting

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

### Weight Class: 56 / 123 Female / Powerlifting

| Division        | Squat   | Bench Press                                   | Deadlift                                       | Total  |
|-----------------|---|---|--|--|
| Open            | 90.0 kgs / 198.4 lbs<br>Kaitlin Haddad 6/2017 | 57.5 kgs / 126.7 lbs<br>Ashlee Jasak 6/2016   | 132.5 kgs / 292.1 lbs<br>Karen Cole            | 265.0 kgs / 584.2 lbs<br>Ashlee Jasak 6/2016   |
| 20-24           | 52.5 kgs / 115.7 lbs<br>Nicole Demato 3/2014  | 37.5 kgs / 82.6 lbs<br>Nicole Demato 3/2014   | 102.5 kgs / 225.9 lbs<br>Nicole Demato 3/2014  | 192.5 kgs / 424.3 lbs<br>Nicole Demato 3/2014  |
| 25-29           | 90.0 kgs / 198.4 lbs<br>Kaitlin Haddad 6/2017 | 50.0 kgs / 110.2 lbs<br>Kaitlin Haddad 6/2017 | 120.0 kgs / 264.5 lbs<br>Kaitlin Haddad 6/2017 | 260.0 kgs / 573.1 lbs<br>Kaitlin Haddad 6/2017 |
| 30-34           | 87.5 kgs / 192.9 lbs<br>Ashlee Jasak 6/2016   | 57.5 kgs / 126.7 lbs<br>Ashlee Jasak 6/2016   | 120.0 kgs / 264.5 lbs<br>Ashlee Jasak 6/2016   | 265.0 kgs / 584.2 lbs<br>Ashlee Jasak 6/2016   |
| 40-44           | 80.0 kgs / 176.3 lbs<br>Karen Cole            | 45.0 kgs / 99.2 lbs<br>Karen Cole             | 132.5 kgs / 292.1 lbs<br>Karen Cole            | 257.5 kgs / 567.6 lbs<br>Karen Cole            |
| Police/Fire/Mil | 80.0 kgs / 176.3 lbs<br>R. Miles              | 52.5 kgs / 115.7 lbs<br>R. Miles              | 120.0 kgs / 264.5 lbs<br>R. Miles              | 252.2 kgs / 556.0 lbs<br>R. Miles              |

### Weight Class: 60 / 132 Female / Powerlifting

| Division | Squat   | Bench Press                                    | Deadlift  | Total   |
|----------|---|--|---|---|
| Open     | 122.5 kgs / 270.0 lbs<br>Lindsay Ferzoco 6/2016 | 75.0 kgs / 165.3 lbs<br>Lindsay Ferzoco 6/2016 | 145.0 kgs / 319.6 lbs<br>Sarah Davis 11/2014    | 337.5 kgs / 744.0 lbs<br>Lindsay Ferzoco 6/2016 |
| 20-24    | 82.5 kgs / 181.8 lbs<br>Payton Grande 6/2018    | 52.5 kgs / 115.7 lbs<br>Payton Grande 6/2018   | 137.5 kgs / 303.1 lbs<br>Payton Grande 6/2018   | 272.5 kgs / 600.7 lbs<br>Payton Grande 6/2018   |
| 30-34    | 122.5 kgs / 270.0 lbs<br>Lindsay Ferzoco 6/2016 | 75.0 kgs / 165.3 lbs<br>Lindsay Ferzoco 6/2016 | 140.0 kgs / 308.6 lbs<br>Lindsay Ferzoco 6/2016 | 337.5 kgs / 744.0 lbs<br>Lindsay Ferzoco 6/2016 |

### Weight Class: 67.5 / 148 Female / Powerlifting

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

|       |   |   |  |  |
|-------|---|---|--|--|
| Open  | 132.5 kgs / 292.1 lbs<br>Suzanne LaForge<br>11/2014 | 72.5 kgs / 159.8 lbs<br>Suzanne LaForge 11/2014 | 167.5 kgs / 369.2 lbs<br>Suzanne LaForge 11/2014 | 372.5 kgs / 821.2 lbs<br>Suzanne LaForge 11/2014 |
| 25-29 | 85.0 kgs / 187.3 lbs<br>Emily Bourque 6/2018        | 50.0 kgs / 110.2 lbs<br>Emily Bourque 6/2018    | 115.0 kgs / 253.5 lbs<br>Ashley Falandys 6/2016  | 245.0 kgs / 540.1 lbs<br>Emily Bourque 6/2018    |
| 30-34 | 115.0 kgs / 253.5 lbs<br>Jennifer Matos 6/2016      | 67.5 kgs / 148.8 lbs<br>Jennifer Matos 6/2016   | 140.0 kgs / 308.6 lbs<br>Jennifer Matos 6/2016   | 322.5 kgs / 710.9 lbs<br>Jennifer Matos 6/2016   |
| 35-39 | 62.5 kgs / 137.7 lbs<br>Sarah McClelland            | 47.5 kgs / 104.7 lbs<br>Sarah McClelland        | 97.5 kgs / 214.9 lbs<br>Sarah McClelland         | 207.5 kgs / 457.4 lbs<br>Sarah McClelland        |
| 50-54 | 132.5 kgs / 292.1 lbs<br>Suzanne LaForge 11/2014    | 72.5 kgs / 159.8 lbs<br>Suzanne LaForge 11/2014 | 167.5 kgs / 369.2 lbs<br>Suzanne LaForge 11/2014 | 372.5 kgs / 821.2 lbs<br>Suzanne LaForge 11/2014 |

**Weight Class: 75 / 165 Female / Powerlifting**

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

**Weight Class: 82.5 / 181 Female / Powerlifting**

| Division | Squat  | Bench Press                                 | Deadlift                                     | Total  |
|----------|--|---|--|--|
| Open     | 105.0 kgs / 231.4 lbs<br>Allie Duclos 6/2017 | 77.5 kgs / 170.8 lbs<br>Allie Duclos 6/2017 | 147.5 kgs / 325.1 lbs<br>Allie Duclos 6/2017 | 330.0 kgs / 727.5 lbs<br>Allie Duclos 6/2017 |
| 25-29    | 105.0 kgs / 231.4 lbs<br>Allie Duclos 6/2017 | 77.5 kgs / 170.8 lbs<br>Allie Duclos 6/2017 | 147.5 kgs / 325.1 lbs<br>Allie Duclos 6/2017 | 330.0 kgs / 727.5 lbs<br>Allie Duclos 6/2017 |

**Weight Class: 90 / 198 Female / Powerlifting**

| Division | Squat  | Bench Press                                   | Deadlift                                       | Total  |
|----------|--|---|--|--|
| Open     | 120.0 kgs / 264.5 lbs<br>Sarah Heminger 4/2014 | 72.5 kgs / 159.8 lbs<br>Sarah Heminger 4/2014 | 147.5 kgs / 325.1 lbs<br>Sarah Heminger 4/2014 | 340.0 kgs / 749.5 lbs<br>Sarah Heminger 4/2014 |
| 35-39    | 120.0 kgs / 264.5 lbs<br>Sarah Heminger 4/2014 | 72.5 kgs / 159.8 lbs<br>Sarah Heminger 4/2014 | 147.5 kgs / 325.1 lbs<br>Sarah Heminger 4/2014 | 340.0 kgs / 749.5 lbs<br>Sarah Heminger 4/2014 |

**Weight Class: 90+ / 198+ Female / Powerlifting**

| Division | Squat   | Bench Press                                   | Deadlift                                       | Total   |
|----------|---|---|--|---|
| Open     | 182.5 kgs / 402.3 lbs<br>Sarah Heminger 10/2018 | 92.5 kgs / 203.9 lbs<br>Sarah Heminger 6/2018 | 182.5 kgs / 402.3 lbs<br>Sarah Heminger 6/2018 | 447.5 kgs / 986.5 lbs<br>Sarah Heminger 10/2018 |
| 20-24    | 115.8 kgs / 255.2 lbs<br>Gabriela Tortolano     | 48.2 kgs / 106.2 lbs<br>Gabriela Tortolano    | 160.3 kgs / 353.3 lbs<br>Gabriela Tortolano    | 324.3 kgs / 714.9 lbs<br>Gabriela Tortolano     |

|       |   |  |   |   |
|-------|---|--|---|---|
| 35-39 | 155.0 kgs / 341.7 lbs<br>Sarah Heminger 10/2015 | 83.5 kgs / 184.0 lbs<br>Sarah Heminger 10/2016 | 157.5 kgs / 347.2 lbs<br>Sarah Heminger 10/2016 | 387.5 kgs / 854.2 lbs<br>Sarah Heminger 10/2015 |
| 40-44 | 182.5 kgs / 402.3 lbs<br>Sarah Heminger 10/2018 | 92.5 kgs / 203.9 lbs<br>Sarah Heminger 6/2018  | 182.5 kgs / 402.3 lbs<br>Sarah Heminger 6/2018  | 447.5 kgs / 986.5 lbs<br>Sarah Heminger 10/2018 |

**Weight Class: 56 / 123 Male / Powerlifting**

| Division | Squat                                       | Bench Press                                | Deadlift                                    | Total                                       |
|----------|---|--|---|---|
| Open     | 122.5 kgs / 270.0 lbs<br>Josh Willis 6/2016 | 96.0 kgs / 211.6 lbs<br>Benjamin Henson    | 146.0 kgs / 321.8 lbs<br>Benjamin Henson    | 357.0 kgs / 787.0 lbs<br>Benjamin Henson    |
| 14-15    | 115.0 kgs / 253.5 lbs<br>Benjamin Henson    | 96.0 kgs / 211.6 lbs<br>Benjamin Henson    | 146.0 kgs / 321.8 lbs<br>Benjamin Henson    | 357.0 kgs / 787.0 lbs<br>Benjamin Henson    |
| 18-19    | 122.5 kgs / 270.0 lbs<br>Josh Willis 6/2016 | 82.5 kgs / 181.8 lbs<br>Josh Willis 6/2016 | 125.0 kgs / 275.5 lbs<br>Josh Willis 6/2016 | 330.0 kgs / 727.5 lbs<br>Josh Willis 6/2016 |

**Weight Class: 60 / 132 Male / Powerlifting**

| Division | Squat  | Bench Press                                    | Deadlift                                       | Total  |
|----------|--|--|--|--|
| Open     | 122.5 kgs / 270.0 lbs<br>Anibal Pedroza 6/2017 | 115.0 kgs / 253.5 lbs<br>Anibal Pedroza 6/2017 | 160.0 kgs / 352.7 lbs<br>Anibal Pedroza 6/2017 | 397.5 kgs / 876.3 lbs<br>Anibal Pedroza 6/2017 |
| 14-15    |  | 96.0 kgs / 211.6 lbs<br>Benjamin Henson 3/2010 |  |  |
| 25-29    | 122.5 kgs / 270.0 lbs<br>Anibal Pedroza 6/2017 | 115.0 kgs / 253.5 lbs<br>Anibal Pedroza 6/2017 | 160.0 kgs / 352.7 lbs<br>Anibal Pedroza 6/2017 | 397.5 kgs / 876.3 lbs<br>Anibal Pedroza 6/2017 |

**Weight Class: 67.5 / 148 Male / Powerlifting**

| Division        | Squat  | Bench Press                                    | Deadlift  | Total   |
|-----------------|--|--|---|---|
| Open            | 172.5 kgs / 380.2 lbs<br>Richard Bloom 4/2025      | 145.0 kgs / 319.6 lbs<br>Richard Bloom 4/2025  | 190.0 kgs / 418.8 lbs<br>Ambrose DeMarco 6/2016 | 490.0 kgs / 1080.2 lbs<br>Richard Bloom 4/2025  |
| 14-15           | 122.5 kgs / 270.0 lbs<br>Jack McGrath 6/2016       | 70.0 kgs / 154.3 lbs<br>Louis Shenker 3/2014   | 140.0 kgs / 308.6 lbs<br>Jack McGrath 6/2016    | 330.0 kgs / 727.5 lbs<br>Jack McGrath 6/2016    |
| 18-19           | 160.0 kgs / 352.7 lbs<br>Ambrose DeMarco<br>6/2016 | 97.5 kgs / 214.9 lbs<br>Ambrose DeMarco 6/2016 | 190.0 kgs / 418.8 lbs<br>Ambrose DeMarco 6/2016 | 447.5 kgs / 986.5 lbs<br>Ambrose DeMarco 6/2016 |
| 40-44           | 172.5 kgs / 380.2 lbs<br>Richard Bloom 4/2025      | 145.0 kgs / 319.6 lbs<br>Richard Bloom 4/2025  | 175.0 kgs / 385.8 lbs<br>Richard Bloom 4/2025   | 490.0 kgs / 1080.2 lbs<br>Richard Bloom 4/2025  |
| 70-74           | 55.0 kgs / 121.2 lbs<br>William Falla              | 72.5 kgs / 159.8 lbs<br>William Falla          | 170.0 kgs / 374.7 lbs<br>William Falla          | 192.5 kgs / 424.3 lbs<br>William Falla          |
| Police/Fire/Mil | 172.5 kgs / 380.2 lbs<br>Richard Bloom 4/2025      | 145.0 kgs / 319.6 lbs<br>Richard Bloom 4/2025  | 175.0 kgs / 385.8 lbs<br>Richard Bloom 4/2025   | 490.0 kgs / 1080.2 lbs<br>Richard Bloom 4/2025  |

**Weight Class: 75 / 165 Male / Powerlifting**

| Division | Squat  | Bench Press                                    | Deadlift                                     | Total   |
|----------|--|--|--|---|
| Open     | 192.5 kgs / 424.3 lbs<br>Todd Crawley 1/2026 | 165.0 kgs / 363.7 lbs<br>Richard Bloom 11/2025 | 227.5 kgs / 501.5 lbs<br>Chad Stewart 3/2014 | 545.0 kgs / 1201.5 lbs<br>Richard Bloom 11/2025 |
| 16-17    | 145.0 kgs / 319.6 lbs<br>D. Luikey           | 80.0 kgs / 176.3 lbs<br>D. Luikey              | 155.0 kgs / 341.7 lbs<br>D. Luikey           | 380.0 kgs / 837.7 lbs<br>D. Luikey              |
| 20-24    | 172.5 kgs / 380.2 lbs<br>Chad Stewart 3/2014 | 92.5 kgs / 203.9 lbs<br>Chad Stewart           | 227.5 kgs / 501.5 lbs<br>Chad Stewart 3/2014 | 490.0 kgs / 1080.2 lbs<br>Chad Stewart 3/2014   |

|                 |  |  |  |   |
|-----------------|--|--|--|---|
| 25-29           | 180.0 kgs / 396.8 lbs<br>Nick Stodolski 6/2017 | 95.0 kgs / 209.4 lbs<br>Nick Stodolski 6/2017  | 227.5 kgs / 501.5 lbs<br>Nick Stodolski 6/2017 | 502.5 kgs / 1107.8 lbs<br>Nick Stodolski 6/2017 |
| 35-39           | 192.5 kgs / 424.3 lbs<br>Todd Crawley 1/2026   | 117.5 kgs / 259.0 lbs<br>Todd Crawley 1/2026   | 215.0 kgs / 473.9 lbs<br>Todd Crawley 1/2026   | 525.0 kgs / 1157.4 lbs<br>Todd Crawley 1/2026   |
| 40-44           | 185.0 kgs / 407.8 lbs<br>Richard Bloom 11/2025 | 165.0 kgs / 363.7 lbs<br>Richard Bloom 11/2025 | 200.0 kgs / 440.9 lbs<br>Richard Bloom 11/2025 | 545.0 kgs / 1201.5 lbs<br>Richard Bloom 11/2025 |
| 50-54           | 112.5 kgs / 248.0 lbs<br>Daniel Henson 11/2014 | 145.0 kgs / 319.6 lbs<br>Daniel Henson 11/2014 | 150.0 kgs / 330.6 lbs<br>Daniel Henson 11/2014 | 407.5 kgs / 898.3 lbs<br>Daniel Henson 11/2014  |
| 70-74           | 103.2 kgs / 227.5 lbs<br>Eugene Richards       | 93.2 kgs / 205.4 lbs<br>Eugene Richards 2013   | 150.3 kgs / 331.3 lbs<br>Eugene Richards       | 346.7 kgs / 764.3 lbs<br>Eugene Richards        |
| Police/Fire/Mil | 185.0 kgs / 407.8 lbs<br>Richard Bloom 11/2025 | 165.0 kgs / 363.7 lbs<br>Richard Bloom 11/2025 | 200.0 kgs / 440.9 lbs<br>Richard Bloom 11/2025 | 545.0 kgs / 1201.5 lbs<br>Richard Bloom 11/2025 |

**Weight Class: 82.5 / 181 Male / Powerlifting**

| Division        | Squat  | Bench Press  | Deadlift  | Total  |
|-----------------|--|--|---|--|
| <b>Open</b>     | <b>197.5 kgs / 435.4 lbs</b><br><b>Zachary Coopee 6/2017</b> | <b>165.0 kgs / 363.7 lbs</b><br><b>Daniel Henson</b> | <b>237.5 kgs / 523.5 lbs</b><br><b>Taran Richter 6/2017</b> | <b>572.5 kgs / 1262.1 lbs</b><br><b>Michael Napolitano</b> |
| 14-15           | 112.5 kgs / 248.0 lbs<br>T. Harrington                       | 82.5 kgs / 181.8 lbs<br>T. Harrington                | 145.0 kgs / 319.6 lbs<br>T. Harrington                      | 340.0 kgs / 749.5 lbs<br>T. Harrington                     |
| 16-17           | 105.0 kgs / 231.4 lbs<br>Brian Shea 6/2016                   | 65.0 kgs / 143.2 lbs<br>Brian Shea 6/2016            | 120.0 kgs / 264.5 lbs<br>Brian Shea 6/2016                  | 290.0 kgs / 639.3 lbs<br>Brian Shea 6/2016                 |
| 18-19           | 155.0 kgs / 341.7 lbs<br>Taran Richter 6/2017                | 107.5 kgs / 236.9 lbs<br>Taran Richter 6/2017        | 237.5 kgs / 523.5 lbs<br>Taran Richter 6/2017               | 500.0 kgs / 1102.3 lbs<br>Taran Richter 6/2017             |
| 20-24           | 197.5 kgs / 435.4 lbs<br>Zachary Coopee 6/2017               | 152.5 kgs / 336.2 lbs<br>Anthony Ott 3/2014          | 232.5 kgs / 512.5 lbs<br>Mike Derosa 3/2014                 | 572.5 kgs / 1262.1 lbs<br>Michael Napolitano               |
| 30-34           | 177.5 kgs / 391.3 lbs<br>Todd Crawley 6/2023                 | 105.0 kgs / 231.4 lbs<br>Todd Crawley 6/2023         | 187.5 kgs / 413.3 lbs<br>Todd Crawley 6/2023                | 470.0 kgs / 1036.1 lbs<br>Todd Crawley 6/2023              |
| 40-44           | 145.0 kgs / 319.6 lbs<br>Tim Keutzer 4/2011                  | 127.5 kgs / 281.0 lbs<br>Alan Robinson 3/2014        | 175.0 kgs / 385.8 lbs<br>Alan Robinson 3/2014               | 442.5 kgs / 975.5 lbs<br>Alan Robinson 3/2014              |
| 45-49           | 157.5 kgs / 347.2 lbs<br>Daniel Henson                       | 165.0 kgs / 363.7 lbs<br>Daniel Henson               | 182.5 kgs / 402.3 lbs<br>Daniel Henson                      | 505.0 kgs / 1113.3 lbs<br>Daniel Henson                    |
| 60-64           | 170.0 kgs / 374.7 lbs<br>Larry Emerson                       | 107.5 kgs / 236.9 lbs<br>Larry Emerson               | 225.0 kgs / 496.0 lbs<br>Larry Emerson                      | 502.5 kgs / 1107.8 lbs<br>Larry Emerson                    |
| 65-69           | 155.0 kgs / 341.7 lbs<br>Larry Emerson 6/2016                | 92.5 kgs / 203.9 lbs<br>Larry Emerson 6/2016         | 225.0 kgs / 496.0 lbs<br>Larry Emerson                      | 467.5 kgs / 1030.6 lbs<br>Larry Emerson 6/2016             |
| 70-74           | 150.0 kgs / 330.6 lbs<br>Larry Emerson 6/2018                | 112.5 kgs / 248.0 lbs<br>Arthur Gingrande 10/2015    | 215.0 kgs / 473.9 lbs<br>Larry Emerson 6/2018               | 452.5 kgs / 997.5 lbs<br>Larry Emerson 6/2018              |
| Police/Fire/Mil | 140.0 kgs / 308.6 lbs<br>Alan Robinson                       | 127.5 kgs / 281.0 lbs<br>Alan Robinson 3/2014        | 180.0 kgs / 396.8 lbs<br>R. Gonzalez                        | 442.5 kgs / 975.5 lbs<br>Alan Robinson 3/2014              |

**Weight Class: 90 / 198 Male / Powerlifting**

| Division    | Squat   | Bench Press   | Deadlift  | Total  |
|-------------|---|---|---|--|
| <b>Open</b> | <b>222.5 kgs / 490.5 lbs</b><br><b>Michelle Tello 11/2017</b> | <b>165.0 kgs / 363.7 lbs</b><br><b>Michelle Tello 11/2017</b> | <b>247.5 kgs / 545.6 lbs</b><br><b>Nick Derosa 3/2014</b> | <b>625.0 kgs / 1377.8 lbs</b><br><b>Michelle Tello 11/2017</b> |
| 16-17       | 182.5 kgs / 402.3 lbs<br>James Grieves                        | 137.5 kgs / 303.1 lbs<br>James Grieves                        | 205.0 kgs / 451.9 lbs<br>James Grieves                    | 525.0 kgs / 1157.4 lbs<br>James Grieves                        |
| 20-24       | 222.5 kgs / 490.5 lbs<br>Michelle Tello 11/2017               | 165.0 kgs / 363.7 lbs<br>Michelle Tello 11/2017               | 237.5 kgs / 523.5 lbs<br>Michelle Tello 11/2017           | 625.0 kgs / 1377.8 lbs<br>Michelle Tello 11/2017               |
| 25-29       | 212.5 kgs / 468.4 lbs<br>Evan Berneche 6/2017                 | 130.0 kgs / 286.5 lbs<br>Evan Berneche 6/2017                 | 245.0 kgs / 540.1 lbs<br>Evan Berneche 6/2017             | 585.0 kgs / 1289.6 lbs<br>Evan Berneche 6/2017                 |
| 30-34       | 150.0 kgs / 330.6 lbs<br>Isa Abbaszade 3/2025                 | 142.5 kgs / 314.1 lbs<br>Isa Abbaszade 3/2025                 | 170.0 kgs / 374.7 lbs<br>Isa Abbaszade 3/2025             | 462.5 kgs / 1019.6 lbs<br>Isa Abbaszade 3/2025                 |

|       |   |  |   |   |
|-------|---|--|---|---|
| 40-44 | 170.0 kgs / 374.7 lbs<br>George Sousa 3/2014        | 130.0 kgs / 286.5 lbs<br>George Sousa 3/2014     | 200.0 kgs / 440.9 lbs<br>George Sousa 3/2014      | 500.0 kgs / 1102.3 lbs<br>George Sousa 3/2014     |
| 45-49 | 135.0 kgs / 297.6 lbs<br>Daniel Henson              | 162.5 kgs / 358.2 lbs<br>Daniel Henson           | 162.5 kgs / 358.2 lbs<br>Daniel Henson            | 460.0 kgs / 1014.1 lbs<br>Daniel Henson           |
| 60-64 | 210.0 kgs / 462.9 lbs<br>David Mansfield            | 107.5 kgs / 236.9 lbs<br>David Mansfield         | 210.0 kgs / 462.9 lbs<br>David Mansfield          | 527.5 kgs / 1162.9 lbs<br>David Mansfield         |
| 70-74 | 47.5 kgs / 104.7 lbs<br>Arthur Gingrande<br>10/2017 | 107.5 kgs / 236.9 lbs<br>Arthur Gingrande 9/2017 | 115.0 kgs / 253.5 lbs<br>Arthur Gingrande 10/2017 | 270.0 kgs / 595.2 lbs<br>Arthur Gingrande 10/2017 |

**Weight Class: 100 / 220 Male / Powerlifting**

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

**Weight Class: 110 / 242 Male / Powerlifting**

| Division        | Squat  | Bench Press  | Deadlift   | Total   |
|-----------------|--|--|--|---|
| <b>Open</b>     | <b>250.0 kgs / 551.1 lbs</b><br><b>Jeff Lett 10/2016</b> | <b>175.0 kgs / 385.8 lbs</b><br><b>Joe Yurkunas 4/2013</b> | <b>292.5 kgs / 644.8 lbs</b><br><b>Joe Yurkunas 4/2013</b> | <b>710.0 kgs / 1565.2 lbs</b><br><b>Joe Yurkunas 4/2013</b> |
| 18-19           | 170.0 kgs / 374.7 lbs<br>John Bossi 11/2015              | 117.5 kgs / 259.0 lbs<br>John Bossi 11/2015                | 205.0 kgs / 451.9 lbs<br>John Bossi 11/2015                | 492.5 kgs / 1085.7 lbs<br>John Bossi 11/2015                |
| 40-44           | 170.0 kgs / 374.7 lbs<br>Anthony Burnham                 | 142.5 kgs / 314.1 lbs<br>Anthony Burnham                   | 182.5 kgs / 402.3 lbs<br>Anthony Burnham                   | 490.0 kgs / 1080.2 lbs<br>Anthony Burnham                   |
| 45-49           | 160.0 kgs / 352.7 lbs<br>Anthony Burnham 4/2011          | 137.5 kgs / 303.1 lbs<br>Anthony Burnham 4/2011            | 190.0 kgs / 418.8 lbs<br>Anthony Burnham 4/2011            | 487.5 kgs / 1074.7 lbs<br>Anthony Burnham 4/2011            |
| 50-54           | 232.5 kgs / 512.5 lbs<br>Jeff Lett 6/2015                | 170.0 kgs / 374.7 lbs<br>Jeff Lett 6/2015                  | 275.0 kgs / 606.2 lbs<br>Jeff Lett 6/2015                  | 677.5 kgs / 1493.6 lbs<br>Jeff Lett 6/2015                  |
| 55-59           | 250.0 kgs / 551.1 lbs<br>Jeff Lett 10/2016               | 165.0 kgs / 363.7 lbs<br>Jeff Lett 6/2016                  | 277.5 kgs / 611.7 lbs<br>Jeff Lett 6/2016                  | 692.5 kgs / 1526.6 lbs<br>Jeff Lett 10/2016                 |
| Police/Fire/Mil | 215.0 kgs / 473.9 lbs<br>Peter Napolitano                | 142.5 kgs / 314.1 lbs<br>Peter Napolitano                  | 262.5 kgs / 578.7 lbs<br>Peter Napolitano                  | 620.0 kgs / 1366.8 lbs<br>Peter Napolitano                  |

**Weight Class: 125 / 275 Male / Powerlifting**

| Division    | Squat   | Bench Press   | Deadlift   | Total   |
|-------------|---|---|--|---|
| <b>Open</b> | <b>255.0 kgs / 562.1 lbs</b><br><b>Dan Driscoll</b> | <b>175.0 kgs / 385.8 lbs</b><br><b>Jeff Lett 6/2017</b> | <b>285.0 kgs / 628.3 lbs</b><br><b>Jeff Lett 10/2017</b> | <b>707.5 kgs / 1559.7 lbs</b><br><b>Jeff Lett 10/2017</b> |
| 25-29       | 180.0 kgs / 396.8 lbs<br>Brian Snell 6/2018         | 117.5 kgs / 259.0 lbs<br>Brian Snell 6/2018             | 215.0 kgs / 473.9 lbs<br>Brian Snell 6/2018              | 512.5 kgs / 1129.8 lbs<br>Brian Snell 6/2018              |

|       |  |   |  |   |
|-------|--|---|--|---|
| 40-44 | 255.0 kgs / 562.1 lbs<br>Dan Driscoll      | 160.0 kgs / 352.7 lbs<br>Dan Driscoll     | 260.0 kgs / 573.1 lbs<br>Dan Driscoll      | 675.0 kgs / 1488.1 lbs<br>Dan Driscoll      |
| 55-59 | 247.5 kgs / 545.6 lbs<br>Jeff Lett 10/2017 | 175.0 kgs / 385.8 lbs<br>Jeff Lett 6/2017 | 285.0 kgs / 628.3 lbs<br>Jeff Lett 10/2017 | 707.5 kgs / 1559.7 lbs<br>Jeff Lett 10/2017 |
| 60-64 | 182.5 kgs / 402.3 lbs<br>Ray Cross         | 142.5 kgs / 314.1 lbs<br>Ray Cross        | 195.0 kgs / 429.8 lbs<br>Ray Cross         | 512.5 kgs / 1129.8 lbs<br>Ray Cross         |

**Weight Class: 140 / 308 Male / Powerlifting**

| Division | Squat  | Bench Press                                    | Deadlift                                       | Total   |
|----------|--|--|--|---|
| Open     | 305.0 kgs / 672.4 lbs<br>Nick Chaprales 3/2014 | 210.0 kgs / 462.9 lbs<br>Nick Chaprales 3/2014 | 325.0 kgs / 716.4 lbs<br>Nick Chaprales 3/2014 | 810.0 kgs / 1785.7 lbs<br>Nick Chaprales 3/2014 |
| 35-39    | 65.0 kgs / 143.2 lbs<br>A. Heller              | 170.0 kgs / 374.7 lbs<br>A. Heller             | 65.0 kgs / 143.2 lbs<br>A. Heller              | 300.0 kgs / 661.3 lbs<br>A. Heller              |

**Unknown Class: SHW Male / Powerlifting**

| Division        | Squat   | Bench Press                                    | Deadlift                                       | Total  |
|-----------------|---|--|--|--|
| Open            | 277.5 kgs / 611.7 lbs<br>Zac Gorra 11/2023    | 200.0 kgs / 440.9 lbs<br>Zac Gorra 11/2023     | 245.0 kgs / 540.1 lbs<br>Zac Gorra 11/2023     | 722.5 kgs / 1592.8 lbs<br>Zac Gorra 11/2023    |
| 35-39           | 277.5 kgs / 611.7 lbs<br>Zac Gorra 11/2023    | 200.0 kgs / 440.9 lbs<br>Zac Gorra 11/2023     | 245.0 kgs / 540.1 lbs<br>Zac Gorra 11/2023     | 722.5 kgs / 1592.8 lbs<br>Zac Gorra 11/2023    |
| 45-49           | 62.5 kgs / 137.7 lbs<br>Jason Campbell 4/2021 | 100.0 kgs / 220.4 lbs<br>Jason Campbell 4/2021 | 200.0 kgs / 440.9 lbs<br>Jason Campbell 4/2021 | 362.5 kgs / 799.1 lbs<br>Jason Campbell 4/2021 |
| Police/Fire/Mil | 277.5 kgs / 611.7 lbs<br>Zac Gorra 11/2023    | 200.0 kgs / 440.9 lbs<br>Zac Gorra 11/2023     | 245.0 kgs / 540.1 lbs<br>Zac Gorra 11/2023     | 722.5 kgs / 1592.8 lbs<br>Zac Gorra 11/2023    |