



## MICHIGAN STATE POWERLIFTING RECORDS

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4/28/2026

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

| Division | Squat                                | Bench Press                          | Deadlift                              | Total                                  |
|----------|--------------------------------------|--------------------------------------|---------------------------------------|----------------------------------------|
| Open     | 24.9 kgs / 54.8 lbs<br>Josie Merrell | 22.6 kgs / 49.8 lbs<br>Josie Merrell | 54.4 kgs / 119.9 lbs<br>Josie Merrell | 102.0 kgs / 224.8 lbs<br>Josie Merrell |
| 75-79    | 24.9 kgs / 54.8 lbs<br>Josie Merrell | 22.6 kgs / 49.8 lbs<br>Josie Merrell | 54.4 kgs / 119.9 lbs<br>Josie Merrell | 102.0 kgs / 224.8 lbs<br>Josie Merrell |

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

| Division | Squat                                            | Bench Press                                      | Deadlift                                          | Total                                             |
|----------|--------------------------------------------------|--------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Open     | 87.5 kgs / 192.9 lbs<br>Jenelle Aspinwall 3/2025 | 57.5 kgs / 126.7 lbs<br>Jenelle Aspinwall 3/2025 | 127.5 kgs / 281.0 lbs<br>Jenelle Aspinwall 3/2025 | 272.5 kgs / 600.7 lbs<br>Jenelle Aspinwall 3/2025 |
| 40-44    | 87.5 kgs / 192.9 lbs<br>Jenelle Aspinwall 3/2025 | 57.5 kgs / 126.7 lbs<br>Jenelle Aspinwall 3/2025 | 127.5 kgs / 281.0 lbs<br>Jenelle Aspinwall 3/2025 | 272.5 kgs / 600.7 lbs<br>Jenelle Aspinwall 3/2025 |
| 75-79    | 22.6 kgs / 49.8 lbs<br>Josie Merrell 12/2001     | 15.9 kgs / 35.0 lbs<br>Josie Merrell 12/2001     | 36.2 kgs / 79.8 lbs<br>Josie Merrell 12/2001      | 74.8 kgs / 164.9 lbs<br>Josie Merrell 12/2001     |

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

| Division | Squat                                                | Bench Press                                       | Deadlift                                           | Total                                              |
|----------|------------------------------------------------------|---------------------------------------------------|----------------------------------------------------|----------------------------------------------------|
| Open     | 80.0 kgs / 176.3 lbs<br>Jenelle Aspinwall<br>11/2024 | 50.0 kgs / 110.2 lbs<br>Jenelle Aspinwall 11/2024 | 152.1 kgs / 335.3 lbs<br>Katelyn Aseltine 7/2009   | 315.2 kgs / 694.8 lbs<br>Katelyn Aseltine 7/2009   |
| 18-19    |                                                      |                                                   | 152.1 kgs / 335.3 lbs<br>Katelyn Aseltine 7/2009   | 315.2 kgs / 694.8 lbs<br>Katelyn Aseltine 7/2009   |
| 40-44    | 80.0 kgs / 176.3 lbs<br>Jenelle Aspinwall 11/2024    | 50.0 kgs / 110.2 lbs<br>Jenelle Aspinwall 11/2024 | 127.5 kgs / 281.0 lbs<br>Jenelle Aspinwall 11/2024 | 257.5 kgs / 567.6 lbs<br>Jenelle Aspinwall 11/2024 |

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

| Division | Squat                                            | Bench Press                                      | Deadlift | Total                                             |
|----------|--------------------------------------------------|--------------------------------------------------|----------|---------------------------------------------------|
| Open     | 90.7 kgs / 199.9 lbs<br>Jennifer Seyfried 9/2001 | 59.0 kgs / 130.0 lbs<br>Jennifer Seyfried 9/2001 |          | 244.9 kgs / 539.9 lbs<br>Jennifer Seyfried 9/2001 |
| 18-19    | 90.7 kgs / 199.9 lbs<br>Jennifer Seyfried 9/2001 | 59.0 kgs / 130.0 lbs<br>Jennifer Seyfried 9/2001 |          | 244.9 kgs / 539.9 lbs<br>Jennifer Seyfried 9/2001 |

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

| Division | Squat                                           | Bench Press                                     | Deadlift                                        | Total                                            |
|----------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------|
| Open     | 192.5 kgs / 424.3 lbs<br>Brad Smallridge 2/2017 | 117.5 kgs / 259.0 lbs<br>Brad Smallridge 2/2017 | 210.0 kgs / 462.9 lbs<br>Brad Smallridge 6/2016 | 520.0 kgs / 1146.3 lbs<br>Brad Smallridge 2/2017 |
| 20-24    | 192.5 kgs / 424.3 lbs<br>Brad Smallridge 2/2017 | 117.5 kgs / 259.0 lbs<br>Brad Smallridge 2/2017 | 210.0 kgs / 462.9 lbs<br>Brad Smallridge 6/2016 | 520.0 kgs / 1146.3 lbs<br>Brad Smallridge 2/2017 |

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

| Division        | Squat                                          | Bench Press                                    | Deadlift                                       | Total                                           |
|-----------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|-------------------------------------------------|
| Open            | 165.0 kgs / 363.7 lbs<br>Brandon Smith 10/2016 | 145.0 kgs / 319.6 lbs<br>Brandon Smith 10/2016 | 205.0 kgs / 451.9 lbs<br>Brandon Smith 10/2016 | 515.0 kgs / 1135.3 lbs<br>Brandon Smith 10/2016 |
| 20-24           | 165.0 kgs / 363.7 lbs<br>Brandon Smith 10/2016 | 145.0 kgs / 319.6 lbs<br>Brandon Smith 10/2016 | 205.0 kgs / 451.9 lbs<br>Brandon Smith 10/2016 | 515.0 kgs / 1135.3 lbs<br>Brandon Smith 10/2016 |
| Police/Fire/Mil | 165.0 kgs / 363.7 lbs<br>Brandon Smith 10/2016 | 145.0 kgs / 319.6 lbs<br>Brandon Smith 10/2016 | 205.0 kgs / 451.9 lbs<br>Brandon Smith 10/2016 | 515.0 kgs / 1135.3 lbs<br>Brandon Smith 10/2016 |

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

| Division | Squat                                    | Bench Press                              | Deadlift                                  | Total                                     |
|----------|------------------------------------------|------------------------------------------|-------------------------------------------|-------------------------------------------|
| Open     | 62.5 kgs / 137.7 lbs<br>Ron Evans 4/2026 | 92.5 kgs / 203.9 lbs<br>Ron Evans 4/2026 | 102.5 kgs / 225.9 lbs<br>Ron Evans 4/2026 | 257.5 kgs / 567.6 lbs<br>Ron Evans 4/2026 |
| 75-79    | 62.5 kgs / 137.7 lbs<br>Ron Evans 4/2026 | 92.5 kgs / 203.9 lbs<br>Ron Evans 4/2026 | 102.5 kgs / 225.9 lbs<br>Ron Evans 4/2026 | 257.5 kgs / 567.6 lbs<br>Ron Evans 4/2026 |