



DISTRICT OF COLUMBIA STATE DEADLIFT RECORDS

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7/2/2026

Weight Class: 30 / 66 Female			
Division	Deadlift	Name	Date
Open	22.5 kgs / 49.6 lbs	Adera Wright	3/2020
6-7	22.5 kgs / 49.6 lbs	Adera Wright	3/2020

Weight Class: 35 / 77 Female			
Division	Deadlift	Name	Date
Open	57.5 kgs / 126.7 lbs	Selah Quinn	3/2020
8-9	57.5 kgs / 126.7 lbs	Selah Quinn	3/2020

Weight Class: 48 / 105 Female			
Division	Deadlift	Name	Date
Open	111.1 kgs / 244.9 lbs	Krystle McKenzie	12/1999
10-11	50.0 kgs / 110.2 lbs	Zy'kera Tucker	3/2020
14-15	111.1 kgs / 244.9 lbs	Krystle McKenzie	12/1999
40-44	95.0 kgs / 209.4 lbs	Rebecca Kukla	3/2014

Weight Class: 52 / 114 Female			
Division	Deadlift	Name	Date
Open	150.0 kgs / 330.6 lbs	Jasmine McAdams	9/2019
10-11	52.5 kgs / 115.7 lbs	Neila Wright	3/2020
16-17	113.3 kgs / 249.7 lbs	Krystle McKenzie	2/2002
18-19	92.9 kgs / 204.8 lbs	Asia Scales	
20-24	125.0 kgs / 275.5 lbs	Jasmine McAdams	3/2019
25-29	150.0 kgs / 330.6 lbs	Jasmine McAdams	9/2019

Weight Class: 56 / 123 Female			
Division	Deadlift	Name	Date
Open	152.5 kgs / 336.2 lbs	Jasmine McAdams	11/2019
20-24	120.0 kgs / 264.5 lbs	Jasmine McAdams	12/2018
25-29	152.5 kgs / 336.2 lbs	Jasmine McAdams	11/2019

Weight Class: 60 / 132 Female			
Division	Deadlift	Name	Date
Open	132.5 kgs / 292.1 lbs	Sagira Brown	11/2023
12-13	70.0 kgs / 154.3 lbs	Amarie Jones	3/2020
25-29	132.5 kgs / 292.1 lbs	Sagira Brown	11/2023
30-34	102.5 kgs / 225.9 lbs	Rikkia Hicks	11/2025
35-39	112.5 kgs / 248.0 lbs	Jennifer Green	3/2020

Weight Class: 67.5 / 148 Female

Division	Deadlift	Name	Date
Open	147.5 kgs / 325.1 lbs	Ilona Price	10/2016
10-11	92.5 kgs / 203.9 lbs	Leigha Spraggins	3/2020
20-24	97.5 kgs / 214.9 lbs	Erica Barrera	6/2021
25-29	132.5 kgs / 292.1 lbs	Denna Jones	3/2019
30-34	147.5 kgs / 325.1 lbs	Ilona Price	10/2016
35-39	137.5 kgs / 303.1 lbs	Jumana Akroush	7/2014
40-44	145.5 kgs / 320.7 lbs	Bibiana Campos-Seijo	5/2016

Weight Class: 75 / 165 Female

Division	Deadlift	Name	Date
Open	157.5 kgs / 347.2 lbs	Janelle Ollivierre	11/2022
25-29	140.0 kgs / 308.6 lbs	April Spilde	12/2015
30-34	135.0 kgs / 297.6 lbs	Yasmeen Wynn	1/2016
35-39	142.5 kgs / 314.1 lbs	Maegan Sady	11/2019
40-44	150.0 kgs / 330.6 lbs	Janelle Ollivierre	4/2021
45-49	157.5 kgs / 347.2 lbs	Janelle Ollivierre	11/2022
50-54	90.0 kgs / 198.4 lbs	Tanya Renne	11/2024
65-69	65.0 kgs / 143.2 lbs	Cindy Morgan-Jaffe	6/2023

Weight Class: 82.5 / 181 Female

Division	Deadlift	Name	Date
Open	157.5 kgs / 347.2 lbs	April Spilde	6/2015
25-29	157.5 kgs / 347.2 lbs	April Spilde	6/2015
30-34	117.5 kgs / 259.0 lbs	April Spilde	3/2017
35-39	122.5 kgs / 270.0 lbs	Denna Jones	10/2021
40-44	150.0 kgs / 330.6 lbs	Janelle Ollivierre	6/2021
45-49	142.5 kgs / 314.1 lbs	Janelle Ollivierre	11/2023
55-59	102.5 kgs / 225.9 lbs	Tanya Radford	6/2018
60-64	95.0 kgs / 209.4 lbs	Denise Morell	10/2021
Police/Fire/Mil	157.5 kgs / 347.2 lbs	April Spilde	6/2015

Weight Class: 90 / 198 Female

Division	Deadlift	Name	Date
Open	170.5 kgs / 375.8 lbs	Jenne Massie	11/2019
12-13	110.0 kgs / 242.5 lbs	Jamison Ford	6/2021
16-17	47.6 kgs / 104.9 lbs	Nicole Mitchell	4/2001
30-34	167.5 kgs / 369.2 lbs	Jenne Massie	3/2019
35-39	170.5 kgs / 375.8 lbs	Jenne Massie	11/2019
50-54	90.0 kgs / 198.4 lbs	Tanya Renne	6/2023
55-59	122.5 kgs / 270.0 lbs	Tanya Radford	3/2020
60-64	102.5 kgs / 225.9 lbs	Judy Ross	3/2019

Weight Class: 90+ / 198+ Female

Division	Deadlift	Name	Date
Open	175.0 kgs / 385.8 lbs	Shaundra Wood	6/2021
10-11	85.0 kgs / 187.3 lbs	Arianna Going	3/2020
14-15	87.5 kgs / 192.9 lbs	Elise Lyons	6/2021
25-29	120.0 kgs / 264.5 lbs	Ticara Evans	10/2017

30-34	152.5 kgs / 336.2 lbs	Jenne Massie	3/2018
35-39	175.0 kgs / 385.8 lbs	Shaundra Wood	6/2021
40-44	167.5 kgs / 369.2 lbs	Shaundra Wood	9/2018
50-54	107.5 kgs / 236.9 lbs	Charmaine Mitchell	3/2019

Weight Class: 30 / 66 Male

Division	Deadlift	Name	Date
Open	50.0 kgs / 110.2 lbs	Cormac Quinn	3/2020
6-7	50.0 kgs / 110.2 lbs	Cormac Quinn	3/2020
8-9	50.0 kgs / 110.2 lbs	Cameron Carroll	3/2020

Weight Class: 35 / 77 Male

Division	Deadlift	Name	Date
Open	55.0 kgs / 121.2 lbs	Peyton Wendt-White	3/2019
6-7	55.0 kgs / 121.2 lbs	Peyton Wendt-White	3/2019
10-11	50.0 kgs / 110.2 lbs	Cameron Carroll	10/2021

Weight Class: 44 / 97 Male

Division	Deadlift	Name	Date
Open	75.0 kgs / 165.3 lbs	Peyton Wendt-White	3/2020
8-9	75.0 kgs / 165.3 lbs	Peyton Wendt-White	3/2020

Weight Class: 48 / 105 Male

Division	Deadlift	Name	Date
Open	55.0 kgs / 121.2 lbs	Amarie Jones	3/2019
10-11	55.0 kgs / 121.2 lbs	Amarie Jones	3/2019

Weight Class: 52 / 114 Male

Division	Deadlift	Name	Date
Open	60.0 kgs / 132.2 lbs	Zakari Tucker	3/2020
12-13	60.0 kgs / 132.2 lbs	Zakari Tucker	3/2020

Weight Class: 56 / 123 Male

Division	Deadlift	Name	Date
Open	92.5 kgs / 203.9 lbs	Julian Spraggins	3/2020
14-15	92.5 kgs / 203.9 lbs	Julian Spraggins	3/2020

Weight Class: 67.5 / 148 Male

Division	Deadlift	Name	Date
Open	230.0 kgs / 507.0 lbs	Adam Silverman	10/2018
14-15	107.5 kgs / 236.9 lbs	Noah Wood	12/2018
16-17	115.0 kgs / 253.5 lbs	Steven Hughes	10/2021
20-24	230.0 kgs / 507.0 lbs	Adam Silverman	10/2018

Weight Class: 75 / 165 Male

Division	Deadlift	Name	Date
Open	209.0 kgs / 460.7 lbs	Adam Silverman	12/2016
16-17	140.0 kgs / 308.6 lbs	Noah Wood	6/2021
20-24	209.0 kgs / 460.7 lbs	Adam Silverman	12/2016

Weight Class: 82.5 / 181 Male

Division	Deadlift	Name	Date
Open	240.0 kgs / 529.1 lbs	Mike Decastro	3/2019
20-24	100.0 kgs / 220.4 lbs	Winchester Eubank	3/2016
25-29	197.5 kgs / 435.4 lbs	Michael Stakkeland	9/2019
30-34	202.5 kgs / 446.4 lbs	Marvin Moore	3/2024
35-39	240.0 kgs / 529.1 lbs	Mike Decastro	3/2019
40-44	192.5 kgs / 424.3 lbs	Marc Friedman	7/2015

Weight Class: 90 / 198 Male

Division	Deadlift	Name	Date
Open	265.0 kgs / 584.2 lbs	Matthew Shepperd	3/2019
14-15	182.5 kgs / 402.3 lbs	Julian Miller	1/2025
20-24	265.0 kgs / 584.2 lbs	Matthew Shepperd	3/2019
25-29	227.5 kgs / 501.5 lbs	James Baskkin	5/2016
30-34	237.5 kgs / 523.5 lbs	Michael Stakkeland	6/2022
35-39	257.5 kgs / 567.6 lbs	Kevin Street	6/2026
40-44	137.5 kgs / 303.1 lbs	James McDonell	12/2018
45-49	192.5 kgs / 424.3 lbs	Winfred Thomas	6/2022

Weight Class: 100 / 220 Male

Division	Deadlift	Name	Date
Open	265.0 kgs / 584.2 lbs	Lamar Arnold	9/2019
16-17	92.5 kgs / 203.9 lbs	Khalil Randall	11/2019
25-29	265.0 kgs / 584.2 lbs	Lamar Arnold	9/2019
30-34	205.0 kgs / 451.9 lbs	John Willis	5/2017

Weight Class: 110 / 242 Male

Division	Deadlift	Name	Date
Open	255.0 kgs / 562.1 lbs	Larry Carroll	2/2023
25-29	230.0 kgs / 507.0 lbs	Henry Spencer	12/2018
40-44	227.5 kgs / 501.5 lbs	Marcus Wood	1/2016
45-49	237.5 kgs / 523.5 lbs	Larry Carroll	1/2016
50-54	252.5 kgs / 556.6 lbs	Larry Carroll	2/2021
55-59	255.0 kgs / 562.1 lbs	Larry Carroll	2/2023
Police/Fire/Mil	230.0 kgs / 507.0 lbs	Henry Spencer	12/2018

Weight Class: 125 / 275 Male

Division	Deadlift	Name	Date
Open	275.0 kgs / 606.2 lbs	Larry Carroll	11/2025
14-15	155.0 kgs / 341.7 lbs	Dyguinnic Daniels	3/2020
20-24	207.5 kgs / 457.4 lbs	Lucas Franco	3/2020
30-34	182.5 kgs / 402.3 lbs	Cory Neal	3/2020
40-44	272.5 kgs / 600.7 lbs	Marcus Wood	12/2018
45-49	245.0 kgs / 540.1 lbs	Marcus Wood	6/2021
50-54	260.0 kgs / 573.1 lbs	Larry Carroll	6/2022
55-59	275.0 kgs / 606.2 lbs	Larry Carroll	11/2025

Weight Class: 140 / 308 Male

Division	Deadlift	Name	Date
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Open	280.0 kgs / 617.2 lbs	Kurtis Calloway	4/2014
35-39	250.0 kgs / 551.1 lbs	Darius Johnson	3/2017
40-44	280.0 kgs / 617.2 lbs	Kurtis Calloway	4/2014
Police/Fire/Mil	250.0 kgs / 551.1 lbs	Darius Johnson	3/2017

Unknown Class: SHW Male			
Division	Deadlift	Name	Date
Open	245.0 kgs / 540.1 lbs	Donavan Anderson	6/2021
16-17	155.0 kgs / 341.7 lbs	Joseph Lyons	6/2021
30-34	245.0 kgs / 540.1 lbs	Donavan Anderson	6/2021
35-39	237.5 kgs / 523.5 lbs	Donavan Anderson	7/2023