



WASHINGTON STATE POWERLIFTING RECORDS

Ed Kutin

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7/3/2026

Weight Class: 56 / 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	81.6 kgs / 179.8 lbs Lisa Hoyt 6/2022	74.8 kgs / 164.9 lbs Lisa Hoyt 6/2022	117.9 kgs / 259.9 lbs Lisa Hoyt 6/2022	274.3 kgs / 604.7 lbs Lisa Hoyt 6/2022
55-59	81.6 kgs / 179.8 lbs Lisa Hoyt 6/2022	74.8 kgs / 164.9 lbs Lisa Hoyt 6/2022	117.9 kgs / 259.9 lbs Lisa Hoyt 6/2022	274.3 kgs / 604.7 lbs Lisa Hoyt 6/2022
75-79	57.5 kgs / 126.7 lbs Barbara Phillips 5/2026	30.0 kgs / 66.1 lbs Barbara Phillips 5/2026	92.5 kgs / 203.9 lbs Barbara Phillips 5/2026	180.0 kgs / 396.8 lbs Barbara Phillips 5/2026

Weight Class: 67.5 / 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	127.5 kgs / 281.0 lbs Kay Humpherys 4/2018	77.5 kgs / 170.8 lbs Kay Humpherys 4/2018	142.8 kgs / 314.8 lbs Melissa Painter 6/2022	345.0 kgs / 760.5 lbs Kay Humpherys 4/2018
30-34	113.3 kgs / 249.7 lbs Melissa Painter 6/2022	58.9 kgs / 129.8 lbs Melissa Painter 6/2022	142.8 kgs / 314.8 lbs Melissa Painter 6/2022	315.0 kgs / 694.4 lbs Melissa Painter 6/2022

Weight Class: 82.5 / 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	65.7 kgs / 144.8 lbs Karen McLaughlin 6/2022	63.5 kgs / 139.9 lbs Karen McLaughlin 6/2022	102.0 kgs / 224.8 lbs Karen McLaughlin 6/2022	231.2 kgs / 509.7 lbs Karen McLaughlin 6/2022
45-49	65.7 kgs / 144.8 lbs Karen McLaughlin 6/2022	63.5 kgs / 139.9 lbs Karen McLaughlin 6/2022	102.0 kgs / 224.8 lbs Karen McLaughlin 6/2022	231.2 kgs / 509.7 lbs Karen McLaughlin 6/2022

Weight Class: 60 / 132 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	110.5 kgs / 243.6 lbs Gary Peterson 11/2017	94.0 kgs / 207.2 lbs Gary Peterson 11/2017	160.5 kgs / 353.8 lbs Gary Peterson 11/2017	363.5 kgs / 801.3 lbs Gary Peterson 11/2017
40-44	110.5 kgs / 243.6 lbs Gary Peterson 11/2017	94.0 kgs / 207.2 lbs Gary Peterson 11/2017	160.5 kgs / 353.8 lbs Gary Peterson 11/2017	363.5 kgs / 801.3 lbs Gary Peterson 11/2017

Weight Class: 67.5 / 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	112.5 kgs / 248.0 lbs James Stefen 2013	75.0 kgs / 165.3 lbs James Stefen 2013	140.0 kgs / 308.6 lbs James Stefen 2013	327.5 kgs / 722.0 lbs James Stefen 2013
50-54	112.5 kgs / 248.0 lbs James Stefen 2013	75.0 kgs / 165.3 lbs James Stefen 2013	140.0 kgs / 308.6 lbs James Stefen 2013	327.5 kgs / 722.0 lbs James Stefen 2013

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	137.5 kgs / 303.1 lbs James Stefen 2011	100.0 kgs / 220.4 lbs James Stefen 2011	170.0 kgs / 374.7 lbs James Stefen 2011	407.5 kgs / 898.3 lbs James Stefen 2011
50-54	137.5 kgs / 303.1 lbs James Stefen 2011	100.0 kgs / 220.4 lbs James Stefen 2011	170.0 kgs / 374.7 lbs James Stefen 2011	407.5 kgs / 898.3 lbs James Stefen 2011
60-64	122.5 kgs / 270.0 lbs Rob Lawson 8/2024	97.5 kgs / 214.9 lbs Rob Lawson 8/2024	145.0 kgs / 319.6 lbs Rob Lawson 8/2024	365.0 kgs / 804.6 lbs Rob Lawson 8/2024

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	220.0 kgs / 485.0 lbs Josh Wireman 2012	150.0 kgs / 330.6 lbs Josh Wireman 2012	230.0 kgs / 507.0 lbs Josh Wireman 2012	600.0 kgs / 1322.7 lbs Josh Wireman 2012
18-19	220.0 kgs / 485.0 lbs Josh Wireman 2012	150.0 kgs / 330.6 lbs Josh Wireman 2012	230.0 kgs / 507.0 lbs Josh Wireman 2012	600.0 kgs / 1322.7 lbs Josh Wireman 2012