

These records are now **WNPF HISTORICAL RECORDS**,

This means they cannot be set or broken anymore. The

WNPF is starting a new chapter, divisions, records and rules

In 2016. Be a part of the new WNPF and set a record! Check

out the new WNPF records page in 2016. New WNPF Historical

Record certificates are available for all lifters with records.

WNPF MD. STATE RECORDS

SP- Single ply division, RC- Raw classic

WOMEN'S FULL POWERLIFTING				
114				
OPEN RC	180	100	190	470
132				
JUNIOR	308	137	303	749
OPEN RC	250 SAUERS	130 SAUERS	245 SAUERS	625 SAUERS
148				
OPEN RC	230 COOPER	115 COOPER	255 COOPER	600 COOPER
165				
JUNIOR RC	253	159	292	705
OPEN RC	290 COOPER	140 COOPER	340 COOPER	770 COOPER
LIFETIME RC	305 COOPER	145 COOPER	340 COOPER	785 COOPER
SUBS RAW	175 MAMMERI	95 MAMMERI	195 MAMMERI	465 MAMMERI
40-49	215	135	375	725

181				
SUBS RAW	175 MAMMERI	80 MAMMERI	225 MAMMERI	480 MAMMERI
OPEN RC	305 COOPER	145 COOPER	345 COOPER	795 COOPER
45-49	340	175	375	875
SHW				
17-19	340 PUSEY	205 PUSEY	320 PUSEY	865 PUSEY
WOMEN		WOMEN		
BENCH PRESS		DEADLIFT		
97		105		
13-16	95	OPEN	135	
		OPEN RAW	135	
114				
40-44 RAW	110 MILLER			
OPEN RAW	170 MILLER	114		
SUBS RAW	110 ROE	OPEN RAW	305 MILLER	
123		123		
OPEN RAW	175 SALAFIA	OPEN	240	
		SUBS	240	
132		JUNIOR RAW	365	
JUNIOR RAW	135 VILLANUEVA			
		165		
148		LIFETIME RAW	345 COOPER	
SPECIAL OLYM	80			
165		SHW		
OPEN RAW	150	LIFETIME RAW	325 RIVERS	
181				
SUBS	180			
SUBS RAW	120 ORR			
OPEN RAW	135 COOPER			
SHW		POWERCUR L		
SPECIAL OLYM.	70	114		
SUBS RAW	180	40-49	86 MILLER	
LIFETIME RAW	200 DACOSTA-PAUL			
40-44 RAW	125 ORR	123		
		OPEN	75 SALAFIA	

BENCH FOR REPS				
123		SHW		
OPEN	SALAFIA- 56 REPS	OPEN	90 DACOSTA- PAUL	
SHW				
POLICE/F/M	24- DACOSTA- PAUL			
MEN				
FULL MEET- POWERLIFTING	SQUAT	BENCH	DEADLIFT	TOTAL
114				
11-12	85 DANTZLER	60 DANTZLER	155 DANTZLER	300 DANTZLER
132				
17-19 RAW	255 MOHAMMED	185 MOHAMMED	355 MOHAMMED	795 MOHAMMED
148				
13-16 RC	225	180	405	810
17-19	405	235	375	1015
OPEN RC	405 SESAY	265 SESAY	495 SESAY	1165 SESAY
OPEN RAW	385 JAMES	225 JAMES	480 JAMES	1090 JAMES
45-49 RAW	290 CLEMONS	280 CLEMONS	450 CLEMONS	1020 CLEMONS
165				
13-16 RAW	275 SMITH	185 SMITH	275 SMITH	735 SMITH-
13-16 RC	320 AMITH	195 SMITH	320 SMITH	835 SMITH
17-19 RC	374	325	396	1074
55-59	225	170	310	705
JUNIOR RC	300	280	475	1055
JUNIOR RAW	335 MOHAMMED	270 MOHAMMED	425 MOHAMMED	1030 MOHAMMED
LIFETIME RC	360 JOHNSON	250 JOHNSON	500 JOHNSON	1110 JOHNSON
SUBS RC	485	320	450	1255
181				
40-44	455	290	455	1200
45-49 RAW	405 WILLIAMS	320 WILLIAMS	450 WILLIAMS	1175 WILLIAMS
OPEN	570	440	530	1540
OPEN RC	440 HARRELL	355	565	1355
POLICE/FIRE RC	325 DOERING	310 DOERING	455 DOERING	1090 DOERING
198				
JUNIOR RAW	415 MILBY	285 MILBY	500 MILBY	1200 MILBY
OPEN RC	475	370	615	1460
OPEN	615	415	645	1660

SUBS RC	450	315	415	1180
50-54 (RC)	440 WILLIAMS	330 WILLIAMS	480 WILLIAMS	1250 WILLIAMS
220				
13-16 RC	275 PEPPER	170 PEPPER	300 PEPPER	745 PEPPER
17-19 RC	280	170	370	820
40-44	450	360	570	1380
OPEN	480	415	550	1445
OPEN RC	460	315	550 DAVIS	1275 DAVIS
SUBS RC	350	245	405	1000
242				
17-19 RC	280 PEPPER	190 PEPPER	350 PEPPER	820 PEPPER
LIFETIME	617 COOPER	441 COOPER	733 COOPER	1791 COOPER
LIFETIME RC	584- COOPER	391-COOPER	749-COOPER	1725-COOPER
OPEN	620- COOPER	450-COOPER	760-COOPER	1830-COOPER
OPEN RC	584- COOPER	391-COOPER	749-COOPER	1725-COOPER
SUBS RAW	465 STRASSNER	275 STRASSNER	535 STRASSNER	1275 STRASSNER
SUBS RC	550 DAVIS	380- DAVIS	605-DAVIS	1525-DAVIS
NOVICE RC	370 MENDAT	285 MENDAT	470 MENDAT	1125 MENDAT
275				
13-16 RC	300	200	400	900
17-19 RC	335 FISHER	165 FISHER	385 FISHER	885 FISHER
40-44 RC	590 COOPER	390 COOPER	745 COOPER	1725 COOPER
40-44 RAW	475 HADDAWAY	135 HADDAWAY	545 HADDAWAY	1155 HADDAWAY
50-54 RC	410	325	455	1140
LIFETIME RC	640 BUSH	440 BUSH	740 COOPER	1790 COOPER
OPEN	705	479	683	1868
OPEN RAW	505 HADDAWAY	365 HADDAWAY	550 HADDAWAY	1405 HADDAWAY
OPEN RC	640 BUSH	440 BUSH	710 BUSH	1790 BUSH
SUBS	710	415	655	1780
300				
OPEN RC	640 BUSH	425 BUSH	675 BUSH	1740 BUSH
SHW				
17-19 RC	405 EVERNGAM	225 EVERNGAM	450 EVERNGAM	1080 EVERNGAM
OPEN RC	640 BUSH	425 BUSH	675 BUSH	1740 BUSH

BENCH PRESS ONLY		DEADLIFT ONLY		
		60		
		YOUTH 9-10	80-COOPER	
100		100		
YOUTH	60- DANTZLER	YOUTH	150-DANTZLER	
		114		
114		11-12 RAW	165-DANTZLER	
11-12 RAW	70 DANTZLER	13-16 RAW	181-DANTZLER	
13-16 RAW	85 LEWIS	LIFETIME RAW	181-DANTZLER	
123		123		
45-49 RAW	175	JUNIOR	400 FERGUSON	
45-49	215	OPEN	400 FERGUSON	
POLICE RAW	260			
OPEN RAW	260	132		
LIFETIME	270 CINTRON	OPEN RAW	190-DANTZLER	
132		148		
SPECIAL OLYMPIAN	130	OPEN RAW	505 SESAY	
		13-16 RAW	231 DANTZLER	
		45-49 RAW	450 CLEMONS	
148				
17-19 RAW	275	165		
OPEN RAW	295 SESAY	13-16 RAW	236 DANTZLER	
40-44	320- MUELLER	55-59	310	
40-44 RAW	315- MUELLER	35-39 RAW	470 JOHNSON	
45-49 RAW	280 CLEMONS			
55-59 RAW	225 GRIFFITH			
		181		
165		13-16 RAW	325	
13-16	195 SMITH	LIFETIME RAW	515- JOHNSON	
55-59	170	OPEN	600 GREEN	
SPECIAL OLYMPIAN	165	OPEN RAW	560 DUNGEY	
OPEN	325	40-44	600 GREEN	
		60-64 -RAW	400	
181		65-69 RAW	405 JENKINS	
OPEN	385	65-69	445 JENKINS	
OPEN RAW	375 RAMSEY	70-74	445 JENKINS	
40-44	315	70-74 RAW	445 JENKINS	
OPEN RAW	365 RAMSEY	POLICE/F/M RAW	560 DUNGEY	

NOVICE RAW	210 THOMAS			
198		198		
SUBS RAW	380 TWYMAN	35-39	570	
SUBS	340	OPEN	480	
OPEN RAW	355	17-19 RAW	331 WETZEL	
OPEN	445	13-16 RAW	275 DANTZLER	
JUNIOR RAW	315	50-54 RAW	480 WILLIAMS	
40-44	350	60-64 RAW	390 MURRAY	
45-49	300 SMITH	POLICE/F/M RAW	505 EDELEN	
50-54 RAW	305 LEE			
50-54	350	220		
60-64 RAW	230 MURRAY	SUBS	485	
60-64	300	40-44	400	
			500	
75-79 RAW	237	40-44 RAW	MATTHEWS	
		OPEN RAW	451	
			WASSENIUS	
		242		
220		45-49	550	
OPEN	515	OPEN RAW	635	
JUNIOR	320	LIFETIME RAW	760 COOPER	
LIFETIME RAW	314 SMITH	OPEN	745 COOPER	
OPEN (SP)	290 SHAKARIAN	OPEN RAW	455 SHUM	
OPEN RAW	314 SMITH			
SPEC. OLYMPIAN	95	275		
50-54 RAW	405	40-44 RAW	710 COOPER	
35-39	515	50-54	450	
40-44	520	LIFETIME RAW	800 COOPER	
40-44 RAW	350 J.SMITH	OPEN RAW	800 COOPER	
45-49 RAW	325 SMITH			
45-49 (SP)	315 SMITH	300		
45-49	325 SMITH	60-69 RAW	550 SCHNEPF	
		SHW		
		OPEN RAW	600 MEJIAS	
242		JUNIOR RAW	501 SIMMONS	
LIFETIME	500 BROWN	NOVICE RAW	501 SIMMONS	
65-69	330			
		POWERCUR		
50-54	360	L		
OPEN	500 BROWN	114		
65-69 RAW	310	OPEN	60 DANTZLER	
OPEN RAW	375	13-16	60 DANTZLER	

LIFETIME RAW	341 SMITH			
45-49 RAW	345 SMITH			
		132		
275		OPEN	55 DANTZLER	
		13-16	55 DANTZLER	
OPEN	530			
OPEN RAW	460	148		
40-44	410	13-16	70 DANTZLER	
40-44 RAW	405 SMITH	OPEN	160 SESAY	
50-54	365	165		
70-74	305 JOY	13-16	76 DANTZLER	
70-74 RAW	290 JOY	OPEN	160 SESAY	
50-54 RAW	375 SCHNEPH			
LIFETIME RAW	410 HADDAWAY	181		
65-69 RAW	310 PLUMMER	OPEN	175 WILHELM	
		40-49	175 WILHELM	
300		13-16	80 DANTZLER	
40-44 RAW	425 ORR			
60-64 RAW	350 SCHNEPF			
65-69 RAW	281 PLUMMER	198		
65-69 (SP)	314 PLUMMER	13-16	100-DANTZLER	
		17-19	105-DANTZLER	
SHW		40-49	130 TRINITE	
		50-59	175 ROLLINS	
OPEN RAW	605 MEJIAS	60-69	100 MURRAY	
45-49 RAW	325 MCDANIEL	OPEN	175 ROLLINS	
40-44 RAW	450 ORR			
50-54 RAW	340 SULLIVAN	220		
55-59 RAW	380 SCHNEPF	OPEN	170 ROLLINS	
NOVICE RAW	341 SIMMONS	50-59	170 ROLLINS	
JUNIOR RAW	341 SIMMONS			
		242		
		50-59	175 BOSLEY	
		40-49	130 LEE	
		60-69	150 BOSLEY	
		275		
		50-59	155 BOSLEY	
BENCH FOR REPS		300		
148		60-64 RAW	460 SCHNEPF	
45-49	22 CLEMONS			
		SHW		
		OPEN	220 MEJIAS	
181				
40-44	22-WILHELM			
OPEN	26-RAMSEY			
POLICE	16-THOMAS			
NOVICE	13- THOMAS			
220		SQUAT		

		ONLY		
		148		
		45-49 RAW	280 CLEMONS	
40-44	16-SMITH	165		
242		13-16 RAW	275 SMITH	
OPEN	25- SMITH			
40-44	25-SMITH			
275		220		
OPEN	19-SMITH	35-39 RC	505 SMITH	
40-44	19- SMITH	40-44 RC	510 SMITH	
300				
JUNIOR	8- SIMMONS			
SHW		SHW		
OPEN	15-MEJIAS	40-49 RC	405 MCDANIEL	
		OPEN RC	405 MCDANIEL	