

2026 IPA CINCINNATI WOMEN'S PRO/AM POWERLIFTING

AMATEUR DAY RESULTS

APRIL 11, 2026

CINCINNATI, OHIO

NAME	WT. CLASS LBS.	DIVISION	SUBDIVISION	SQUAT	4th	BENCH	4th	DEAD	4th	TOTAL	4th	BWT LBS.	AGE
AMATEUR EQUIPPED WOMEN'S FULL POWER													
Jennah Johnson	198.25lbs (90kg)	Am Equip	Teenage (18-19)	300		130		305		735		189.4	19
Chelsea Benson	148.75lbs (67.5kg)	Am Equip	Open	350		155		345		850		147.1	39
Carly Chappell	165.25lbs (75kg)	Am Equip	Open	415		205		350		970		161.79	35
Lindsey Bolton	165.25lbs (75kg)	Am Equip	Open	365		205		350		920		151.8	36
Sarah Pulfrey	165.25lbs (75kg)	Am Equip	Open	380		150		325		855		159.61	34
Tabitha Dawn Potts	181.75lbs (82.5kg)	Am Equip	Open	465		270		390		1125		175.8	42
Caitlin Dunn	181.75lbs (82.5kg)	Am Equip	Open	465		260		390		1115		176.8	38
Katelyn Dillow	198.25lbs (90kg)	Am Equip	Open	530		230		365		1125		190.55	31
Elisabeth Womack	198.25lbs (90kg)	Am Equip	Open	470		210		320		1000		190.75	39
Kelsea Guckin	220.25lbs (100kg)	Am Equip	Open	475		265		405		1145		211	33
Sarah Voldness	220.25lbs (100kg)	Am Equip	Open	335		165		235		735		203.4	51
Tarra Farnham	275.50lbs (125kg)	Am Equip	Open	430		300		355		1085		250.8	39
Tabitha Dawn Potts	181.75lbs (82.5kg)	Am Equip	Master (40-44)	465		270		390		1125		175.8	42
Kendra Archer	198.25lbs (90kg)	Am Equip	Master (40-44)	485		0		0		485		190.64	44
PROFESSIONAL EQUIPPED WOMEN'S FULL POWER													
Connie Nightingale	165.25lbs (75kg)	Pro Equip	Open	455		270		370		1095		154.45	40
Hannah Lewis	165.25lbs (75kg)	Pro Equip	Open	355		195		275		825		162.5	27
Jonna Priester	220.25lbs (100kg)	Pro Equip	Open	545		155		400		1100		218.37	49
Connie Nightingale	165.25lbs (75kg)	Pro Equip	Master (40-44)	455		270		370		1095		154.45	40
AMATEUR RAW WOMEN'S FULL POWER													
Sophie Mostoller	114.50lbs (52kg)	Am Raw	Teenage (up to 13)	135	140	65	70	140	150	340	360	107	11
Syraha Childers	148.75lbs (67.5kg)	Am Raw	Teenage (14-15)	285		125		300		710		144	15
Kendall Niehaus	148.75lbs (67.5kg)	Am Raw	Teenage (16-17)	300		135		275		710		146.14	16
Annabella Puchmeyer	181.75lbs (82.5kg)	Am Raw	Teenage (18-19)	95		85		200		380		181.7	19
Joan Babich	148.75lbs (67.5kg)	Am Raw	Junior (20-23)	315		170		375		860		143.76	23
Brylye Manes	148.75lbs (67.5kg)	Am Raw	Junior (20-23)	210		115		280		605		145.8	22
Kylin Heidrich	165.25lbs (75kg)	Am Raw	Junior (20-23)	285		135		335		755		157.2	21
INDICATES AN IPA WORLD RECORD													

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AMATEUR RAW WOMEN'S FULL POWER CONTINUED: MAY 11, 2026													
Abigail Sharer	132.25lbs (60kg)	Am Raw	Open	230		125		295		650		125.25	29
Kristen Lassen	132.25lbs (60kg)	Am Raw	Open	190		145		240		575		131.1	33
Joan Babich	148.75lbs (67.5kg)	Am Raw	Open	315		170		375		860		143.76	23
Camila Perea	148.75lbs (67.5kg)	Am Raw	Open	270		155		315		740		137.28	24
Syraha Childers	148.75lbs (67.5kg)	Am Raw	Open	285		125		300		710		144	15
Kendall Niehaus	148.75lbs (67.5kg)	Am Raw	Open	300		135		275		710		146.14	16
Vanisa Patel	148.75lbs (67.5kg)	Am Raw	Open	250		110		310		670		141.45	30
Brittany Bear	165.25lbs (75kg)	Am Raw	Open	305		130		330		765		162.4	34
Kylin Heidrich	165.25lbs (75kg)	Am Raw	Open	285		135		335		755		157.2	21
Calen Campbell	165.25lbs (75kg)	Am Raw	Open	275		155		325		755		160.8	26
Sierra Shaffer	165.25lbs (75kg)	Am Raw	Open	280		120		305		705		161	29
Melissa Klamo	165.25lbs (75kg)	Am Raw	Open	245		130		265		640		157.82	44
Brittany Romanchek	165.25lbs (75kg)	Am Raw	Open	225		95		260		580		158.66	34
Emily Abbott	165.25lbs (75kg)	Am Raw	Open	155		95		190		440		163.9	29
Nicole Walters	181.75lbs (82.5kg)	Am Raw	Open	415		190		370		975		180.04	42
Brooke LaGrasso	181.75lbs (82.5kg)	Am Raw	Open	330		170		460		960		181.32	44
Melissa Thompson	181.75lbs (82.5kg)	Am Raw	Open	335		205		360		900		178.5	46
Carmen Maria Guyer	181.75lbs (82.5kg)	Am Raw	Open	335		175		335		845		180.3	27
CJ Crossett	198.25lbs (90kg)	Am Raw	Open	325		165		350		840		185.37	34
Abby Cross	198.25lbs (90kg)	Am Raw	Open	305		190		345		840		193.53	31
Justine Sheffer	198.25lbs (90kg)	Am Raw	Open	205		75		210		490		197.98	37
Rachel Ruehl	220.25lbs (100kg)	Am Raw	Open	310		185		365		860		216.9	32
Sydney Beck	242.50lbs (110kg)	Am Raw	Open	370		175		435		980		233.9	30
Molly K Kirk	242.50lbs (110kg)	Am Raw	Open	400		185		305		890		239.3	30
Kaitlynn Briggs	242.50lbs (110kg)	Am Raw	Open	185		120		280		585		224.1	25
Stacey Hartwig	275.50lbs (125kg)	Am Raw	Open	500		215		450		1165		270.1	28
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NAME	WT. CLASS LBS.	DIVISION	SUBDIVISION	SQUAT	4th	BENCH	4th	DEAD	4th	TOTAL	4th	BWT LBS.	AGE
AMATEUR RAW WOMEN'S FULL POWER CONTINUED: MAY 11, 2026													
Jessica Furgerson	181.75lbs (82.5kg)	Am Raw	Sub-Master (33-39)	255		120		335		710		174.6	37
Amanda Hardeman	198.25lbs (90kg)	Am Raw	Sub-Master (33-39)	240		200		405		845		182.27	36
Katie Simpson	275.50lbs (125kg)	Am Raw	Sub-Master (33-39)	365		170		400		935		255.7	37
Nichole Smith	165.25lbs (75kg)	Am Raw	Master (40-44)	380		180		340		900		162.08	40
Melissa Klamo	165.25lbs (75kg)	Am Raw	Master (40-44)	245		130		265		640		157.82	44
Brooke LaGrasso	181.75lbs (82.5kg)	Am Raw	Master (40-44)	330		170		460		960		181.32	44
Callista Puchmeyer	198.25lbs (90kg)	Am Raw	Master (40-44)	285		150		355		790		197.3	44
Erin Janowicz	148.75lbs (67.5kg)	Am Raw	Master (45-49)	270		120		350		740		137.6	49
LeeJae Wansing	165.25lbs (75kg)	Am Raw	Master (45-49)	280		145		300		725		155.3	46
Melissa Thompson	181.75lbs (82.5kg)	Am Raw	Master (45-49)	335		205		360		900		178.5	46
Shawna Phillips	165.25lbs (75kg)	Am Raw	Master (55-59)	275		165		315		755		159.94	57
Renee Murphy	165.25lbs (75kg)	Am Raw	Master (55-59)	140		85		225		450		149.3	58
Debbie Slovut	148.75lbs (67.5kg)	Am Raw	Master (60-64)	65		70		155		290		146.12	61
Lori Kraus	220.25lbs (100kg)	Am Raw	Master (60-64)	245		135		275		655		218	63
PROFESSIONAL RAW WOMEN'S FULL POWER													
Shawna Phillips	132.25lbs (60kg)	Pro Raw	Open	270		125		305		700		130.87	35
Malinda Hoffer	165.25lbs (75kg)	Pro Raw	Open	350		190		375		915		164.68	34
Peggy Horan	181.75lbs (82.5kg)	Pro Raw	Open	275		165		345		785		171.38	35
Gina Murphy	198.25lbs (90kg)	Pro Raw	Open	385		250		425		1060		195.4	56
Erica Locke	181.75lbs (82.5kg)	Pro Raw	Master (40-44)	230		135		270		635		175.7	42
Melissa Fowler	242.50lbs (110kg)	Pro Raw	Master (50-54)	225		140		285		650		235.56	50
Gina Murphy	198.25lbs (90kg)	Pro Raw	Master (55-59)	385		250		425		1060		195.4	56
Jan Fluchere	181.75lbs (82.5kg)	Pro Raw	Master (60-64)	115		100		175		390		181.3	60
WOMEN'S DIVISIONS - BENCH ONLY													
Nevaeh Mcintosh	242.50lbs (110kg)	Pro Raw	Teenage (14-15)			225				225		236.4	15
Baylee Meyer	165.25lbs (75kg)	Am Raw	Open			95				95		161	28
Nevaeh Mcintosh	242.50lbs (110kg)	Pro Raw	Open			225				225		236.4	15
Kris Fitz	275.50lbs (125kg)	Am Raw	Master (55-59)			120				120		253.65	57

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WOMEN'S DIVISIONS - PUSH/PULL ONLY													
Sara Villmore	220.25lbs (100kg)	Am Equip	Open			275		375		650		211	37
Sara Villmore	220.25lbs (100kg)	Am Equip	Sub-Master (33-39)			275		375		650		211	37
Lisa Fahy	165.25lbs (75kg)	Pro Equip	Open			270		315		585		162.87	59
Laura Kramer	275.50lbs (125kg)	Pro Equip	Master (45-49)			0		270		270		261.1	48
Lisa Fahy	165.25lbs (75kg)	Pro Equip	Master (55-59)			270		315		585		162.87	59
KelleyAnn Johnson	132.25lbs (60kg)	Raw Am	Teenage (18-19)			75		175		250		126.3	18
Pamela Yagiela	165.25lbs (75kg)	Raw Am	Master (70-74)			75		255		330		156.68	73
Taryna Heimuli	165.25lbs (75kg)	Pro Raw	Master (50-54)			125		250		375		154.91	51
INDICATES AN IPA WORLD RECORD													