



MOUNTAIN SOUTH WSO RECORDS

TOP PERFORMANCES



From 1/1/2022 through 12/8/2024

Ranked by SHMF from State/WSO Championship, National & International Competitions

Rank	SHMF	Cat	First Name	Last Name	State	Age	Team/Club	BW	Snatch	CJ	Total	Date
MASTERS WOMEN OVERALL - TOP 50 ALL-TIME PERFORMANCES												
1	277.563	64kg	Jenny	Clouse	AZ	48	Performance One Weightlifting	63.53	75	90	165	10/28/23
2	260.102	81kg	Amanda	Cook	NM	42	Calavera Barbell	80.82	88	105	193	3/23/24
3	258.568	71kg	Katrina	Rasmussen	UT	35	Coffee's Gym	70.54	84	112	196	12/9/22
4	251.066	+87kg	Deanna	McGillivray	NM	38	Strength Academy Weightlifting	92.40	92	115	207	3/24/24
5	244.962	59kg	Christine	Galvin	NM	60	Miller Weightlifting	59.00	46	59	105	4/21/22
6	242.582	+87kg	Katelyn	Curtis	UT	37	KC Weightlifting	100.70	89	119	208	3/24/24
7	240.709	71kg	Jessica	Walters	AZ	45	Performance One Weightlifting	68.18	69	88	157	12/6/24
8	240.134	55kg	Cara	Farrell	NM	42	Fortis Weightlifting Club	53.91	62	79	141	10/26/24
9	236.122	59kg	Patricia	Bennett	AZ	38	Sanctuary Barbell	58.16	70	84	154	3/23/24
10	233.416	59kg	Colleen	Maring	AZ	41	Unattached	57.24	63	82	145	12/6/24
11	233.353	71kg	Jillian	Nordmeyer	NV	35	Calavera Barbell	67.73	78	95	173	3/24/24
12	227.907	55kg	Natalie Jean	Vezina	AZ	35	Sanctuary Barbell	54.40	65	82	147	4/23/22
13	227.536	64kg	Melinda	Golden	UT	36	Utah Barbell Club	61.79	70	88	158	12/7/24
14	225.837	55kg	Lisa	Riggs	UT	60	Praxis Weightlifting	51.50	38	50	88	4/21/22
15	224.569	59kg	Soupha	Jones	NV	48	Calavera Barbell	57.32	55	70	125	3/22/24
16	223.579	71kg	Patricia	Lee	UT	45	Zion Barbell	70.05	68	80	148	11/18/23
17	221.499	71kg	Jessica	Walters	AZ	41	Performance One Weightlifting	70.45	70	86	156	10/19/24
18	220.927	59kg	Natalie	Jonsson	UT	42	Unattached	59.00	60	78	138	11/18/23
19	220.431	49kg	Noelle	Sallaz	AZ	42	Unattached	47.72	52	66	118	12/5/24
20	220.047	64kg	Tawny	Boyce	NM	40	Fortis Weightlifting Club	62.79	62	85	147	10/26/24
21	219.898	76kg	Mikaela	Dicome	NM	35	Strength Academy Weightlifting	75.00	78	94	172	3/19/23
22	219.889	81kg	Amy	Tunis	AZ	41	TNT Weightlifting	77.05	74	88	162	12/7/22
23	219.251	81kg	Amy	Tunis	AZ	42	Alee Athletics	80.05	74	88	162	12/10/23
24	219.141	71kg	Michelle	Ritter	UT	51	Vaughn Weightlifting	68.48	57	71	128	5/14/22
25	218.655	64kg	Vanessa	Alfaro	NV	46	Las Vegas Barbell	63.08	62	72	134	3/22/24
26	218.177	81kg	Emily	Merritt	AZ	35	SAS Weightlifting Club	79.10	77	98	175	4/24/22
27	217.235	71kg	Patricia	Lee	UT	44	Zion Barbell	71.00	69	78	147	10/8/22
28	217.235	59kg	Karie	Taylor	NM	42	Fortis Weightlifting Club	57.89	57	77	134	10/26/24
29	216.964	64kg	Flo	Ursua	NV	40	Las Vegas Barbell	62.13	62	82	144	12/6/24
30	216.762	81kg	Jennifer	Gerasimos	AZ	37	Unattached	79.20	72	98	170	12/7/24
31	216.237	76kg	Dolores	Triviz	AZ	67	Fifty-One Fifty Weightlifting Club	73.27	42	50	92	12/6/24
32	215.773	64kg	Kelly	Kramer	NM	40	Unattached	59.94	65	75	140	10/30/22
33	213.996	64kg	Jessie	Shedlock	AZ	37	Alee Athletics	61.90	67	80	147	10/8/22
34	213.069	64kg	Breanna	Caywood	NM	38	Las Cruces Weightlifting	62.84	65	81	146	10/28/23
35	212.160	64kg	Baka	Lo	NV	44	Las Vegas Barbell	63.68	60	75	135	3/23/24
36	211.502	64kg	Jessica	Gentry	NM	45	High Desert Athletic Club	64.00	58	75	133	10/26/24
37	211.323	76kg	Lindsay	Perrizo	AZ	36	Performance One Weightlifting	74.57	73	90	163	12/6/24
38	211.185	55kg	Kim	Alderwick	NM	67	Miller Weightlifting	50.53	34	37	71	12/1/22
39	210.840	71kg	Maria	Bruno	NV	48	East Coast Gold WL Team	64.95	55	72	127	3/22/24
40	210.524	87kg	Jaime	Smith	UT	38	Unattached	82.35	71	95	166	11/18/23
41	208.611	64kg	Tierney	Korotkin	NV	63	Team Aita	61.96	38	49	87	3/21/24
42	208.446	81kg	LaTreshia	Samuel	AZ	41	Olympia Weightlifting Center	78.60	63	92	155	4/23/22
43	206.984	64kg	Deanna	Montalbano	AZ	50	Unattached	61.56	50	66	116	10/28/23
44	206.144	55kg	Beth	DiFelice	AZ	58	Performance One Weightlifting	54.65	40	48	88	10/19/24
45	203.126	71kg	Teresa	Nystrom	NM	59	Unattached	70.36	42	57	99	10/27/24
46	200.222	76kg	Stephanie	Rosario	AZ	35	Alee Athletics	73.46	69	86	155	12/6/24
47	199.105	87kg	Heather	Kuusela	AZ	63	Alee Athletics	83.60	37	60	97	4/21/22
48	198.846	59kg	Erica	Chard	AZ	42	Catalyst Masters	58.85	55	69	124	12/7/23
49	198.595	55kg	Micaela	Hester	NM	43	Miller Weightlifting	54.61	54	62	116	3/17/23
50	197.804	87kg+	Leanda	Bevans	AZ	58	Alee Athletics	89.21	50	60	110	3/21/24