



MOUNTAIN SOUTH WSO RECORDS

TOP PERFORMANCES

From 1/1/2022 through 12/7/2025

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	290.862	63kg	Jenny	Clouse	AZ	50	Performance One Weightlifting	62.78	75	90	165	10/18/25
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	257.520	53kg	Cara	Farrell	NM	43	Fortis Weightlifting Club	52.40	65	81	146	10/18/25
5	251.066	+87kg	Deanna	McGillivray	NM	38	Strength Academy Weightlifting	92.40	92	115	207	3/24/24
6	249.744	49kg	Gretchen	Villa	AZ	35	ALEE Athletics	49.00	66	83	149	4/26/25
7	244.962	59kg	Christine	Galvin	NM	60	Miller Weightlifting	59.00	46	59	105	4/21/22
8	242.582	+87kg	Katelyn	Curtis	UT	37	KC Weightlifting	100.70	89	119	208	3/24/24
9	240.709	71kg	Jessica	Walters	AZ	45	Performance One Weightlifting	68.18	69	88	157	12/6/24
10	236.545	64kg	Tawny	Boyce	NM	41	Fortis Weightlifting Club	62.16	69	86	155	5/10/25
11	236.122	59kg	Patricia	Bennett	AZ	38	Sanctuary Barbell	58.16	70	84	154	3/23/24
12	233.416	59kg	Colleen	Maring	AZ	41	Unattached	57.24	63	82	145	12/6/24
13	233.353	71kg	Jillian	Nordmeyer	NV	35	Calavera Barbell	67.73	78	95	173	3/24/24
14	232.218	71kg	Amity	Livingston	NM	35	High Desert Athletic Club	70.52	75	101	176	5/10/25
15	227.907	55kg	Natalie Jean	Vezina	AZ	35	Sanctuary Barbell	54.40	65	82	147	4/23/22
16	227.536	64kg	Melinda	Golden	UT	36	Utah Barbell Club	61.79	70	88	158	12/7/24
17	225.837	55kg	Lisa	Riggs	UT	60	Praxis Weightlifting	51.50	38	50	88	4/21/22
18	224.569	59kg	Soupha	Jones	NV	48	Calavera Barbell	57.32	55	70	125	3/22/24
19	223.579	71kg	Patricia	Lee	UT	45	Zion Barbell	70.05	68	80	148	11/18/23
20	221.499	71kg	Jessica	Walters	AZ	41	Performance One Weightlifting	70.45	70	86	156	10/19/24
21	220.927	59kg	Natalie	Jonsson	UT	42	Unattached	59.00	60	78	138	11/18/23
22	220.469	77kg	Dolores	Triviz	AZ	68	Fifty-One Fifty Weightlifting Club	73.48	41	51	92	10/18/25
23	220.431	49kg	Noelle	Sallaz	AZ	42	Unattached	47.72	52	66	118	12/5/24
24	219.898	76kg	Mikaela	Dicome	NM	35	Strength Academy Weightlifting	75.00	78	94	172	3/19/23
25	219.889	81kg	Amy	Tunis	AZ	41	TNT Weightlifting	77.05	74	88	162	12/7/22
26	219.251	81kg	Amy	Tunis	AZ	42	Alee Athletics	80.05	74	88	162	12/10/23
27	219.141	71kg	Michelle	Ritter	UT	51	Vaughn Weightlifting	68.48	57	71	128	5/14/22
28	218.655	64kg	Vanessa	Alfaro	NV	46	Las Vegas Barbell	63.08	62	72	134	3/22/24
29	218.177	81kg	Emily	Merritt	AZ	35	SAS Weightlifting Club	79.10	77	98	175	4/24/22
30	217.235	71kg	Patricia	Lee	UT	44	Zion Barbell	71.00	69	78	147	10/8/22
31	217.235	59kg	Karie	Taylor	NM	42	Fortis Weightlifting Club	57.89	57	77	134	10/26/24
32	216.964	64kg	Flo	Ursua	NV	40	Las Vegas Barbell	62.13	62	82	144	12/6/24
33	216.762	81kg	Jennifer	Gerasimos	AZ	37	Unattached	79.20	72	98	170	12/7/24
34	215.773	64kg	Kelly	Kramer	NM	40	Unattached	59.94	65	75	140	10/30/22
35	215.415	58kg	Tea	Gluhak	UT	43	Praxis Weightlifting	57.25	60	70	130	12/5/25
36	214.005	77kg	Colleen	Moon	AZ	45	Project Lift	71.30	56	87	143	12/5/25
37	213.996	64kg	Jessie	Shedlock	AZ	37	Alee Athletics	61.90	67	80	147	10/8/22
38	213.262	58kg	Lucille	Lopez	NM	57	Able Strength Weightlifting	56.05	38	57	95	12/4/25
39	213.069	64kg	Breanna	Caywood	NM	38	Las Cruces Weightlifting	62.84	65	81	146	10/28/23
40	212.160	64kg	Baka	Lo	NV	44	Las Vegas Barbell	63.68	60	75	135	3/23/24
41	211.502	64kg	Jessica	Gentry	NM	45	High Desert Athletic Club	64.00	58	75	133	10/26/24
42	211.323	76kg	Lindsay	Perrizo	AZ	36	Performance One Weightlifting	74.57	73	90	163	12/6/24
43	211.185	55kg	Kim	Alderwick	NM	67	Miller Weightlifting	50.53	34	37	71	12/1/22
44	210.840	71kg	Maria	Bruno	NV	48	East Coast Gold WL Team	64.95	55	72	127	3/22/24
45	210.524	87kg	Jaime	Smith	UT	38	Unattached	82.35	71	95	166	11/18/23
46	208.857	53kg	Beth	DiFelice	AZ	59	Performance One Weightlifting	52.05	37	47	84	12/4/25
47	208.611	64kg	Tierney	Korotkin	NV	63	Team Aita	61.96	38	49	87	3/21/24
48	208.446	81kg	LaTreshia	Samuel	AZ	41	Olympia Weightlifting Center	78.60	63	92	155	4/23/22
49	206.984	64kg	Deanna	Montalbano	AZ	50	Unattached	61.56	50	66	116	10/28/23
50	206.404	53kg	Elizabeth	Weil	NM	59	Miller Weightlifting	51.20	35	47	82	12/4/25