

TOP LIFTERS BY YEAR

2025

Light Platform

Squat - Bethany Prior (390, 123 lb class)
Bench - Bethany Prior (245, 123 lb class)
Dead Lift - Bethany Prior (290, 123 lb class)
Overall - Bethany Prior (895, 123 lb class)

Heavy Platform

Squat - Holly Mullins (405, 181 lb class)
Bench - Holly Mullins (260, 181 lb class)
Dead Lift - Holly Mullins (385, 181 lb class)
Overall - Holly Mullins (1050, 181 lb class)

2024

Light Platform

Squat - Bethany Prior (310, 114 lb class)
Bench - Bethany Prior (195, 114 lb class)
Dead Lift - Bethany Prior (300, 114 lb class)
Overall - Bethany Prior (790, 114 lb class)

Heavy Platform

Squat - Holly Mullins (315, 165 lb class)
Bench - Holly Mullins (200, 165 lb class)
Dead Lift - Holly Mullins (325, 165 lb class)
Overall - Holly Mullins (840, 165 lb class)

2023

Light Platform

Squat - Kae'lyn Miller (280, 123 lb class)
Bench - Kae'lyn Miller (165, 123 lb class)
Dead Lift - Bethany Prior (255, 123 lb class)
Overall - Kae'lyn Miller (705, 123 lb class)

Heavy Platform