



New York State Records



Masters Women: 35-39

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	43 kg	Amy Winn	12/4/2025	VW Finals & UMWF World Championships
	Clean and Jerk	53 kg	Amy Winn	10/4/2025	NYC Grand Prix
	Total	94 kg	Amy Winn	10/4/2025	NYC Grand Prix
53	Snatch	60 kg	Claire Weche	9/27/2025	NYS Championships
	Clean and Jerk	74 kg	Claire Weche	9/27/2025	NYS Championships
	Total	134 kg	Claire Weche	9/27/2025	NYS Championships
58	Snatch	72 kg	Record Standard	-	-
	Clean and Jerk	80 kg	Record Standard	-	-
	Total	152 kg	Record Standard	-	-
63	Snatch	64 kg	Record Standard	-	-
	Clean and Jerk	79 kg	Emily Miccio	5/2/2026	Hudson Valley Regional Open
	Total	140 kg	Emily Miccio	5/2/2026	Hudson Valley Regional Open
69	Snatch	70 kg	Chloe Starr	3/5/2026	Virus Weightlifting Series 1
	Clean and Jerk	94 kg	Chloe Starr	3/5/2026	Virus Weightlifting Series 1
	Total	164 kg	Chloe Starr	3/5/2026	Virus Weightlifting Series 1
77	Snatch	81 kg	Holly Crane	3/5/2026	Virus Weightlifting Series 1
	Clean and Jerk	101 kg	Holly Crane	10/4/2025	NYC Grand Prix
	Total	181 kg	Holly Crane	10/4/2025	NYC Grand Prix
86	Snatch	80 kg	Lola Lopez Guardone	12/4/2025	VW Finals & UMWF World Championships
	Clean and Jerk	95 kg	Record Standard	-	-
	Total	174 kg	Lola Lopez Guardone	12/4/2025	VW Finals & UMWF World Championships
86+	Snatch	79 kg	Huyen Chau	9/27/2025	NYS Championships
	Clean and Jerk	110 kg	Huyen Chau	9/27/2025	NYS Championships
	Total	189 kg	Huyen Chau	9/27/2025	NYS Championships



New York State Records



Masters Women: 40-44

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	44 kg	Amy Winn	4/9/2026	National Masters Championships
	Clean and Jerk	55 kg	Amy Winn	4/9/2026	National Masters Championships
	Total	99 kg	Amy Winn	4/9/2026	National Masters Championships
53	Snatch	55 kg	Zandra Pardo	9/27/2025	NYS Championships
	Clean and Jerk	68 kg	Zandra Pardo	9/27/2025	NYS Championships
	Total	123 kg	Zandra Pardo	9/27/2025	NYS Championships
58	Snatch	77 kg	Nidia Pardo	12/4/2025	VW Finals & UMWF World Championships
	Clean and Jerk	101 kg	Nidia Pardo	12/4/2025	VW Finals & UMWF World Championships
	Total	178 kg	Nidia Pardo	12/4/2025	VW Finals & UMWF World Championships
63	Snatch	80 kg	Record Standard	-	-
	Clean and Jerk	101 kg	Record Standard	-	-
	Total	181 kg	Record Standard	-	-
69	Snatch	67 kg	Record Standard	-	-
	Clean and Jerk	87 kg	Record Standard	-	-
	Total	154 kg	Record Standard	-	-
77	Snatch	77 kg	Lucille Murphy	3/5/2026	Virus Weightlifting Series 1
	Clean and Jerk	97 kg	Lucille Murphy	3/5/2026	Virus Weightlifting Series 1
	Total	174 kg	Lucille Murphy	3/5/2026	Virus Weightlifting Series 1
86	Snatch	78 kg	Lola Lopez Guardone	1/24/2026	NYC Regional & Open
	Clean and Jerk	94 kg	Lola Lopez Guardone	1/24/2026	NYC Regional & Open
	Total	172 kg	Lola Lopez Guardone	1/24/2026	NYC Regional & Open
86+	Snatch	75 kg	Amanda Cann	12/4/2025	VW Finals & UMWF World Championships
	Clean and Jerk	91 kg	Record Standard	-	-
	Total	164 kg	Amanda Cann	8/31/2025	Virus Weightlifting Series II



New York State Records



Masters Women: 45-49

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	31 kg	Record Standard	-	-
	Clean and Jerk	39 kg	Record Standard	-	-
	Total	74 kg	Record Standard	-	-
53	Snatch	52 kg	Zandra Pardo	5/9/2026	Iron Bloom Classic
	Clean and Jerk	68 kg	Zandra Pardo	5/9/2026	Iron Bloom Classic
	Total	120 kg	Zandra Pardo	5/9/2026	Iron Bloom Classic
58	Snatch	46 kg	Alexandria Zikoyanis	9/27/2025	NYS Championships
	Clean and Jerk	64 kg	Alexandria Zikoyanis	9/27/2025	NYS Championships
	Total	110 kg	Alexandria Zikoyanis	9/27/2025	NYS Championships
63	Snatch	69 kg	Record Standard	-	-
	Clean and Jerk	86 kg	Record Standard	-	-
	Total	154 kg	Record Standard	-	-
69	Snatch	65 kg	Record Standard	-	-
	Clean and Jerk	85 kg	Record Standard	-	-
	Total	150 kg	Record Standard	-	-
77	Snatch	58 kg	Record Standard	-	-
	Clean and Jerk	70 kg	Record Standard	-	-
	Total	128 kg	Record Standard	-	-
86	Snatch	70 kg	Record Standard	-	-
	Clean and Jerk	87 kg	Record Standard	-	-
	Total	157 kg	Record Standard	-	-
86+	Snatch	51 kg	Record Standard	-	-
	Clean and Jerk	69 kg	Record Standard	-	-
	Total	120 kg	Record Standard	-	-



New York State Records



Masters Women: 50-54

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	30 kg	Record Standard	-	-
	Clean and Jerk	36 kg	Record Standard	-	-
	Total	66 kg	Record Standard	-	-
53	Snatch	32 kg	Record Standard	-	-
	Clean and Jerk	39 kg	Record Standard	-	-
	Total	71 kg	Record Standard	-	-
58	Snatch	38 kg	Record Standard	-	-
	Clean and Jerk	56 kg	Record Standard	-	-
	Total	94 kg	Record Standard	-	-
63	Snatch	68 kg	Record Standard	-	-
	Clean and Jerk	86 kg	Record Standard	-	-
	Total	154 kg	Record Standard	-	-
69	Snatch	62 kg	Record Standard	-	-
	Clean and Jerk	78 kg	Record Standard	-	-
	Total	139 kg	Record Standard	-	-
77	Snatch	48 kg	Record Standard	-	-
	Clean and Jerk	63 kg	Record Standard	-	-
	Total	109 kg	Record Standard	-	-
86	Snatch	43 kg	Record Standard	-	-
	Clean and Jerk	60 kg	Christy Saint	4/25/2026	ADK Regional Open
	Total	96 kg	Record Standard	-	-
86+	Snatch	45 kg	Record Standard	-	-
	Clean and Jerk	57 kg	Record Standard	-	-
	Total	99 kg	Record Standard	-	-



New York State Records



Masters Women: 55-59

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	25 kg	Record Standard	-	-
	Clean and Jerk	31 kg	Record Standard	-	-
	Total	56 kg	Record Standard	-	-
53	Snatch	27 kg	Record Standard	-	-
	Clean and Jerk	34 kg	Record Standard	-	-
	Total	61 kg	Record Standard	-	-
58	Snatch	50 kg	Record Standard	-	-
	Clean and Jerk	58 kg	Record Standard	-	-
	Total	108 kg	Record Standard	-	-
63	Snatch	41 kg	Jean Beattie	2/1/2026	Super Bowl Prediction Open
	Clean and Jerk	55 kg	Record Standard	-	-
	Total	94 kg	Record Standard	-	-
69	Snatch	45 kg	Record Standard	-	-
	Clean and Jerk	60 kg	Tatiana Nikitina	12/4/2025	VW Finals & UMWF World Championships
	Total	104 kg	Record Standard	-	-
77	Snatch	53 kg	Ramona Cadogan	12/4/2025	VW Finals & UMWF World Championships
	Clean and Jerk	64 kg	Ramona Cadogan	12/4/2025	VW Finals & UMWF World Championships
	Total	117 kg	Ramona Cadogan	12/4/2025	VW Finals & UMWF World Championships
86	Snatch	33 kg	Record Standard	-	-
	Clean and Jerk	47 kg	Record Standard	-	-
	Total	80 kg	Record Standard	-	-
86+	Snatch	34 kg	Record Standard	-	-
	Clean and Jerk	51 kg	Record Standard	-	-
	Total	85 kg	Record Standard	-	-



New York State Records



Masters Women: 60-64

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	22 kg	Record Standard	-	-
	Clean and Jerk	26 kg	Record Standard	-	-
	Total	48 kg	Record Standard	-	-
53	Snatch	23 kg	Record Standard	-	-
	Clean and Jerk	28 kg	Record Standard	-	-
	Total	51 kg	Record Standard	-	-
58	Snatch	44 kg	Record Standard	-	-
	Clean and Jerk	55 kg	Sheryl Yacalis	9/27/2025	NYS Championships
	Total	97 kg	Record Standard	-	-
63	Snatch	42 kg	Record Standard	-	-
	Clean and Jerk	56 kg	Record Standard	-	-
	Total	98 kg	Record Standard	-	-
69	Snatch	39 kg	Record Standard	-	-
	Clean and Jerk	48 kg	Record Standard	-	-
	Total	87 kg	Record Standard	-	-
77	Snatch	37 kg	Record Standard	-	-
	Clean and Jerk	53 kg	Record Standard	-	-
	Total	89 kg	Record Standard	-	-
86	Snatch	36 kg	Record Standard	-	-
	Clean and Jerk	49 kg	Record Standard	-	-
	Total	85 kg	Record Standard	-	-
86+	Snatch	40 kg	Doreen Bowens	5/31/2025	Murder of Crows Open
	Clean and Jerk	48 kg	Doreen Bowens	12/4/2025	VW Finals & UMWF World Championships
	Total	87 kg	Doreen Bowens	12/4/2025	VW Finals & UMWF World Championships



New York State Records



Masters Women: 65-69

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	21 kg	Record Standard	-	-
	Clean and Jerk	25 kg	Record Standard	-	-
	Total	47 kg	Record Standard	-	-
53	Snatch	22 kg	Record Standard	-	-
	Clean and Jerk	27 kg	Record Standard	-	-
	Total	50 kg	Record Standard	-	-
58	Snatch	19 kg	Record Standard	-	-
	Clean and Jerk	26 kg	Record Standard	-	-
	Total	45 kg	Record Standard	-	-
63	Snatch	20 kg	Mary Storch	6/22/2025	FLX Summer Open
	Clean and Jerk	29 kg	Mary Storch	6/22/2025	FLX Summer Open
	Total	49 kg	Mary Storch	6/22/2025	FLX Summer Open
69	Snatch	38 kg	Record Standard	-	-
	Clean and Jerk	47 kg	Record Standard	-	-
	Total	86 kg	Record Standard	-	-
77	Snatch	36 kg	Record Standard	-	-
	Clean and Jerk	52 kg	Record Standard	-	-
	Total	88 kg	Record Standard	-	-
86	Snatch	35 kg	Record Standard	-	-
	Clean and Jerk	48 kg	Record Standard	-	-
	Total	84 kg	Record Standard	-	-
86+	Snatch	39 kg	Record Standard	-	-
	Clean and Jerk	43 kg	Record Standard	-	-
	Total	83 kg	Record Standard	-	-



New York State Records



Masters Women: 70-74

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	20 kg	Record Standard	-	-
	Clean and Jerk	24 kg	Record Standard	-	-
	Total	46 kg	Record Standard	-	-
53	Snatch	21 kg	Record Standard	-	-
	Clean and Jerk	26 kg	Record Standard	-	-
	Total	49 kg	Record Standard	-	-
58	Snatch	18 kg	Record Standard	-	-
	Clean and Jerk	25 kg	Record Standard	-	-
	Total	49 kg	Record Standard	-	-
63	Snatch	19 kg	Record Standard	-	-
	Clean and Jerk	28 kg	Record Standard	-	-
	Total	48 kg	Record Standard	-	-
69	Snatch	30 kg	Record Standard	-	-
	Clean and Jerk	40 kg	Record Standard	-	-
	Total	70 kg	Record Standard	-	-
77	Snatch	35 kg	Record Standard	-	-
	Clean and Jerk	51 kg	Record Standard	-	-
	Total	87 kg	Record Standard	-	-
86	Snatch	34 kg	Record Standard	-	-
	Clean and Jerk	47 kg	Record Standard	-	-
	Total	83 kg	Record Standard	-	-
86+	Snatch	38 kg	Record Standard	-	-
	Clean and Jerk	42 kg	Record Standard	-	-
	Total	82 kg	Record Standard	-	-



New York State Records



Masters Women: 75-79

Wt. Class	Lift	Record	Name	Date	Event
48	Snatch	19 kg	Record Standard	-	-
	Clean and Jerk	23 kg	Record Standard	-	-
	Total	45 kg	Record Standard	-	-
53	Snatch	20 kg	Record Standard	-	-
	Clean and Jerk	24 kg	Record Standard	-	-
	Total	48 kg	Record Standard	-	-
58	Snatch	17 kg	Record Standard	-	-
	Clean and Jerk	24 kg	Record Standard	-	-
	Total	48 kg	Record Standard	-	-
63	Snatch	26 kg	Linda Reesman	9/27/2025	NYS Championships
	Clean and Jerk	34 kg	Linda Reesman	9/27/2025	NYS Championships
	Total	60 kg	Linda Reesman	9/27/2025	NYS Championships
69	Snatch	29 kg	Record Standard	-	-
	Clean and Jerk	39 kg	Record Standard	-	-
	Total	69 kg	Record Standard	-	-
77	Snatch	34 kg	Record Standard	-	-
	Clean and Jerk	50 kg	Record Standard	-	-
	Total	86 kg	Record Standard	-	-
86	Snatch	33 kg	Record Standard	-	-
	Clean and Jerk	46 kg	Record Standard	-	-
	Total	82 kg	Record Standard	-	-
86+	Snatch	37 kg	Record Standard	-	-
	Clean and Jerk	41 kg	Record Standard	-	-
	Total	81 kg	Record Standard	-	-