

Grantland and Jones earn gold at national powerlifting meet

Written by By Betsy Blevins, Managing Editor
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April 7, 2011 - This past weekend, Leonard High School state powerlifting medalists Cadi Grantland and April Jones traveled to Oklahoma City to compete in the Natural Athlete Strength Association's (NASA) national powerlifting meet. Both girls competed extremely well and claimed the gold prize in their respective weight divisions.



For this meet in particular, the weight was measured in kilograms and then converted to pounds for common understanding. Grantland competed in the 105 weight class and squatted 92.5 kilograms (203.6 pounds) and lifted 40 kilograms (88 pounds) in the bench press and 105 kilograms (231 pounds) in the dead lift. Her total weight was 237.50 kilograms, which converts to 523.59 pounds, which gave her the best overall in her weight class and a first place trophy.

Jones, who suffered a back injury at the state meet in Texas when she strained hard on one lift, put forth everything she had to try and reach her goal of lifting 1,000 pounds total. Jones did just that and also set a national record in the bench press. Jones' totals were 190 kilogram (420 pound) squat, 97.5 kilogram (215 pound) bench press and a 165 kilogram (365 pound) dead lift, for a total of 452.50 kilograms. That total converted to right at her goal in pounds. Her personal best in the dead lift is 415 pounds. This was her first time to lift quadruple digits in the three lifts total, and she retains the national bench press record for NASA at 215 pounds.

During the regular season, both girls climbed the ranks through the meets, making it to regionals and then finally to the state meet where Grantland placed fifth overall and Jones placed first. Grantland's squat at the national meet beat her regular season best of 200 pounds. She also out-lifted herself in the bench press, but fell a few pounds short of her season personal best of 250 pounds in the dead lift. Jones' personal bests during the regular season were 415

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pounds on squat, 225 pounds on bench press and 380 pounds on dead lift.

As both girls posted their accomplishments on Facebook, friends and family congratulated them on their hard work and efforts. They returned to their home state Sunday as national champions. This meet completes the powerlifting season for both girls, and Grantland's final season as a senior. Jones is a junior this year and looks forward to her senior year next year where she hopes to earn her third straight state championship.

(Pictured) Cadi Grantland (left) and April Jones (right) pose with their first place gold medals received at the NASA national powerlifting meet last weekend.