

# **78-year-old grandmother from East Alton, IL deadlifts 245lbs**

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<http://fox2now.com/2016/03/31/78-year-old-grandmother-goes-viral-after-powerlifting-254lbs/>

<http://www.today.com/health/powerlifting-grandma-78-can-deadlift-245-pounds-t83016>

Here is a video of Shirley Webb setting the Missouri State record (97.5 kg, 215 lbs) in June 2015:

Shirley Webb's next competition is on June 4, where she hopes to set a personal best and another record with a 260-pound deadlift.

She trains at Club Fitness in Wood River, Illinois.

Great job Shirley, and good luck!