

CALIFORNIA STATE WOMEN'S POWERLIFT RECORDS
DECEMBER 31, 1985

7 Cal State

	lbs/kilos			
97 lb(44 kg) Class				
Squat	275.6/125	Nancy Belliveau	West Coast Fitness#1	6/1/85
Bench Press	143.3/65	Nancy Belliveau	West Coast Fitness#1	1/26/85
Deadlift	363.8/165	Nancy Belliveau	West Coast Fitness#1	6/1/85
TOTAL	760.6/345	Nancy Belliveau	West Coast Fitness#1	6/1/85
105 lb(48 kg) Class				
Squat	281.1/127.5	Shirley Gutierrez	West Coast Fitness	12/8/85
Bench Press	159.8/72.5	Shirley Gutierrez	West Coast Fitness	12/8/85
Deadlift	330.7/150	Pam Meister	Unattached	1/26/80
TOTAL	760.6/345	Shirley Gutierrez	West Coast Fitness	12/8/85
114 lb(52 kg) Class				
Squat	358.3/162.5	Mary Ryan	Olympic Power Team	1/26/85
Bench Press	225.9/102.5	Mary Ryan	Olympic Power Team	1/26/85
Deadlift	369.3/167.5	Nancy Belliveau	West Coast Fitness#1	3/30/85
TOTAL	936.9/425	Mary Ryan	Olympic Power Team	1/26/85
123 lb(56 kg)				
Squat	347.2/157.5	Evangeline Kizer	Unattached	12/14/85
Bench Press	170.8/77.5	Agi Balogh	West Coast Fitness	12/17/83
Deadlift	413.4/187.5	Evangeline Kizer	West Coast Fitness	1/26/85
TOTAL	920.4/417.5	Evangeline Kizer	Unattached	12/14/85
132 lb(60 kg) Class				
Squat	352.5/160	Danette Hartmann*	Magnum Power Team	11/20/82
Bench Press	209.3/95	Danette Hartmann*	Magnum Power Team	7/7/82
Deadlift	407.8/185	Evangeline Kizer	West Coast Fitness	10/5/85
TOTAL	964.5/437.5	Danette Hartmann*	Magnum Power Team	11/20/82
148 lb(67.5 kg)				
Squat	396.8/180	Danette Hartmann*	Olympic Power Team	6/8/85
Bench Press	253 248.0 /112.5	Danette Hartmann*	Olympic Power Team	5/11/85
Deadlift	440 440.9 /200	Danette Hartmann*	Olympic Power Team	6/8/85
TOTAL	1091 1069.2/485	Danette Hartmann*	Olympic Power Team	6/8/85
165 lb(75 kg)				
Squat	407.8/185	Debbie McElroy-P	Olympic Power Team	1/29/84
Bench Press	297.6/135	Jan Harrell	Unattached	5/25/85
Deadlift	457.5/207.5	Cathy Sulinsky	West Coast Fitness#2	12/1/84
TOTAL	1140.9/517.5	Jan Harrell	Unattached	5/25/85
181 lb(82.5 kg)				
Squat	463/210	Vicky Gagne	Olympic Power Team	5/12/81
Bench Press	319.6/145.5	Jan Harrell	Bernie's Power Team	12/14/85
Deadlift	501.5/227.5	Vicky Gagne	Olympic Power Team	5/12/81
TOTAL	1234.6/560	Vicky Gagne	Olympic Power Team	5/12/81
198 lb(90 kg)				
Squat	501.6/227.5	Lorraine Costanzo	Olympic Power Team	1/27/85
Bench Press	242.5/110	Wanda Sander	Olympic Power Team	2/7/82
Deadlift	468.5/212.5	Lorraine Costanzo	Olympic Power Team	1/27/85
TOTAL	1190.5/540	Lorraine Costanzo	Olympic Power Team	1/27/85
198+ lb(90+ kg)				
Squat	501.5/227.5	Annie McElroy	Bernie's Power Team	6/1/85
Bench Press	286.6/130	Wanda Sander	Olympic Power Team	1/30/83
Deadlift	507.1/230	Wanda Sander	Olympic Power Team	5/12/81
TOTAL	1262.1/572.5	Wanda Sander	Olympic Power Team	1/30/83

CERTIFICATES ONE DOLLAR: Dr. Alan M. Kirshner, P.O. Box 3292, Fremont, CA 94539