

CALIFORNIA STATE WOMEN'S POWERLIFT RECORDS
APRIL 1, 1987

		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	297.6/135	Shirley Gutierrez	West Coast Power	7/19/86	
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	325.2/147.5	Evangeline Kizer	West Coast Fitness	1/26/85	
Bench Press	181.9/82.5	Karin Reagan	Olympic Power Team	6/26/86	
Deadlift	413.4/187.5	Evangeline Kizer	West Coast Fitness	1/26/85	
TOTAL	897.4/402.5	Evangeline Kizer	West Coast Fitness	1/26/85	
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) Class					
Squat	5/15 402 396.8/180	* Danette Hartmann	Olympic Power Team	6/8/85	
Bench Press	253.5/115	* Danette Hartmann	Top Gun Power Team	3/22/87	
Deadlift	446.4/202.5	Danette Hartmann	Top Gun Power Team	3/22/87	
TOTAL	5/15 1102 1091.3/495	* Danette Hartmann	Top Gun Power Team	3/22/87	
165 lb(75 kg) Class					
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) Class					
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) Class					
Squat	522.9/237.2	Lorraine Costanzo	Bernie's Power Team	1/18/87	
Bench Press	259.0/117.5	Lorraine Costanzo	Bernie's Power Team	5/10/86	
Deadlift	468.5/212.5	Lorraine Costanzo	Olympic Power Team	1/27/85	
TOTAL	1251.1/567.5	Lorraine Costanzo	Bernie's Power Team	1/18/87	
198+ lb(90+ kg) Class					
Squat	556.7/252.5	Lorraine Costanzo	Bernie's Power Team	3/22/87	
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	1333.8/605	Lorraine Costanzo	Bernie's Power Team	3/22/87	