

CALIFORNIA STATE WOMEN'S POWERLIFT RECORDS  
As of February 25, 1983

		lbs /kilos	
97 lb(44 kg) Class			
Squat	209.4/95	Jill Ganger	Olympic Power Team 3/7/81
Bench Press	126.8/57.5	Carin Fujisaki	Unatt., Los Angeles 5/15/82
Deadlift	297.6/135	Shirley Scheffler	West Coast Fitness 10/3/82
TOTAL	595.1/270	Shirley Scheffler	West Coast Fitness 10/3/82
105 lb(48 kg) Class			
Squat	264.8/120	Kathy Tuite	Unatt.,Oakland 2/21/82
Bench Press	148.8/67.5	Mary Ryan	Unatt.,Bakersfield 1/26/80
Deadlift	330.7/150	Pam Meister	Unattached 1/26/80
TOTAL	711 /322.5	Pam Meister	Unattached 1/26/80
114 lb(52 kg) Class			
Squat	303.1/137.5	Mary Ryan	Olympic Power Team 1/29/83
Bench Press	192.9/87.5	Mary Ryan	Olympic Power Team 1/29/83
Deadlift	336.2/152.5	Mary Ryan	Olympic Power Team 1/29/83
TOTAL	832.2/377.5	Mary Ryan	Olympic Power Team 1/29/83
123 lb(56 kg) Class			
Squat	292.1/132.5	Michelle Silva	Little "C" A.C. 12/4/82
Bench Press	165.3/75	Michelle Silva	Win's Gym 3/28/81
Deadlift	347.2/157.5	Beth Ballas	Unatt., Upland 8/23/80
TOTAL	766.1/347.5	Michelle Silva	Little "C" A.C. 1/29/83
132 lb(60 kg) Class			
Squat	352.5/160	* Danette Hartmann	Unatt.,El Monte 11/20/82
Bench Press	209.3/95	* Danette Hartmann	Unatt.,El Monte 7/7/82
Deadlift	402.5/182.5	* Danette Hartmann	Unatt.,El Monte 11/20/83
TOTAL	964.5/437.5	* Danette Hartmann	Unatt.,El Monte 11/20/82
148 lb(67.5 kg) Class			
Squat	369.8/167.7	Glenda Ford	Mission Muscle Fac. 2/13/83
Bench Press	198.4/90	Annette Jackson	Olympic Power Team 2/28/81
Deadlift	429.9/195	Annette Jackson	Olympic Power Team 2/28/81
TOTAL	981 /445	Annette Jackson	Olympic Power Team 2/28/81
165 lb(75 kg) Class			
Squat	374.8/170	Aloma Marquis	Olympic Power Team 1/30/83
Bench Press	214.9/97.5	Aloma Marquis	Olympic Power Team 1/30/83
Deadlift	418.8/190	Aloma Marquis	Olympic Power Team 1/30/83
TOTAL	997.7/452.5	Aloma Marquis	Olympic Power Team 1/30/83
181 lb(82.5 kg) Class			
Squat	463 /210	Vicky Gagne	Olympic Power Team 5/12/81
Bench Press	270.1/122.5	Vicky Gagne	Olympic Power Team 5/12/81
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	402.3/182.5	Wanda Sander	Olympic Power Team 2/7/82
Bench Press	242.5/110	Wanda Sander	Olympic Power Team 2/7/82
Deadlift	451.8/205	Lorna Griffin	Olympic Power Team 2/21/82
TOTAL	1069.2/485	Wanda Sander	Olympic Power Team 2/7/82
Unlimited			
Squat	474/215	Wanda Sander	Olympic Power Team 1/30/83
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 AVAILABLE FOR ONE DOLLAR FROM:

DR. ALAN M. KIRSHNER, P.O. BOX 3292, MISSION SAN JOSE, CA 94539

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