

CALIFORNIA STATE WOMEN'S POWERLIFT RECORDS  
JANUARY 1, 1985

		lbs/kilos			
97 lb(44 kg)	Class				
Squat	253.5/115	Nancy Belliveau	West Coast Fitness#1	12/1/84	
Bench Press	137.7/62.5	Nancy Belliveau	West Coast Fitness#1	12/1/84	
Deadlift	336.2/152.5	Nancy Belliveau	West Coast Fitness#1	12/1/84	
TOTAL	727.5/330	Nancy Belliveau	West Coast Fitness#1	12/1/84	
105 lb(48 kg)	Class				
Squat	264.8/120	Kathy Tuite	Unatt., Oakland	2/21/82	
Bench Press	154.3/70	Betsy Huggin	Olympic Power Team	8/11/84	
Deadlift	330.7/150	Pam Meister	Unattached	1/26/80	
TOTAL	722.5/327.5	Nancy Belliveau	West Coast Fitness#1	11/3/84	
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	363.7/165	Evangeline Kizer	Unatt., Fresno	12/17/83	
TOTAL	832.2/377.5	Mary Ryan	Olympic Power Team	1/29/83	
123 lb(56 kg)					
Squat	292.1/132.5	Michelle Silva	Little "C" A.C.	12/4/82	
Bench Press	170.8/77.5	Agi Balogh	West Coast Fitness	12/17/83	
Deadlift	353.7/160	Vanessa Syas	World Gym	5/7/83	
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	Magnum Power Team	11/20/82	
Bench Press	209.3/95	Danette Hartmann	Magnum Power Team	7/7/82	
Deadlift	402.5/182.5	Danette Hartmann	Magnum Power Team	11/20/82	
TOTAL	964.5/437.5	Danette Hartmann	Magnum Power Team	11/20/82	
148 lb(67.5 kg)					
Squat	391.3/177.5	Debbie McElroy-P	Bernie's Power Team	10/20/84	
Bench Press	231.5/105	Jan Hensley	Unattached	10/20/84	
Deadlift	435/197.5	Debbie McElroy	Olympic Power Team	8/20/83	
TOTAL	1019.6/462.5	Danette Hartmann	Unattached	10/13/84	
165 lb(75 kg)					
Squat	407.8/185	Debbie McElroy-P	Olympic Power Team	1/29/84	
Bench Press	242.5/110	Susan Springsteen	West Coast Fitness#1	8/11/84	
Deadlift	457.5/207.5	Cathy Sulinsky	West Coast Fitness#2	12/1/84	
TOTAL	1063.7/482.5	Aloma Marquis	Olympic Power Team	6/21/84	
181 lb(82.5 kg)					
Squat	463/210	Vicky Gagne	Olympic Power Team	5/12/81	
Bench Press	270/122.5	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)					
Squat	435.4/197.5	Loraine Costanzo	Olympic Power Team	1/30/84	
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	1102.3/500	Chris Sorenson	Power Unlimited	12/1/84	
198+ lb(90+ kg)					
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 ONE DOLLAR: Dr. Alan M. Kirshner, P.O. Box 3292, Fremont, CA 94539

ADFP CALIFORNIA STATE WOMEN'S POWERLIFT RECORDS  
AS OF JANUARY 1, 1985

**NOTE: All ADFPA California State Women's Powerlift Records have been set in officially sanction American Drug Free Powerlifting Association contest in California or at the national level by California residents.**

97 lb(44 kilo) Class				
Squat	187.4/85	Cheryl Taylor	Mission Muscle Factory	5/5/84
Bench Press	121.3/55	Cheryl Taylor	Mission Muscle Factory	5/5/84
		Lynette Brewer	Pete's Power House	5/5/84
Deadlift	242.5/110	Lynette Brewer	Pete's Power House	5/5/84
TOTAL	545.6/247.5	Lynette Brewer	Pete's Power House	5/5/84
		Cheryl Taylor	Mission Muscle Factory	5/5/84
105 lb(47.5 kilo) Class				
Squat	209.4/95	Cynthia Rhodes	Power Unlimited	5/5/84
Bench Press	132.3/60	Cynthia Rhodes	Power Unlimited	5/5/84
Deadlift	220.5/100	Cynthia Rhodes	Power Unlimited	5/5/84
TOTAL	562.1/255	Cynthia Rhodes	Power Unlimited	5/5/84
114 lb(52 kilo) Class				
Squat	187.4/85	Michele McCoy	Mission Muscle Factory	5/5/84
Bench Press	93.7/42.5	Michele McCoy	Mission Muscle Factory	5/5/84
Deadlift	286.7/130	Michele McCoy	Mission Muscle Factory	5/5/84
TOTAL	567.7/257.5	Michele McCoy	Mission Muscle Factory	5/5/84
123 lb(56 kilo) Class				
Squat	220.5/100	Ila King	Pete's Power House	5/5/84
Bench Press	132.3/60	Ila King	Pete's Power House	5/5/84
Deadlift	281.1/127.5	Ila King	Pete's Power House	5/5/84
TOTAL	633.8/287.5	Ila King	Pete's Power House	5/5/84
132 lb(60 kilo) Class				
Squat	281.1/127.5	Pat Littler	Iron Horse	5/5/84
Bench Press	159.8/72.5	Pat Littler	Iron Horse	5/5/84
Deadlift	286.6/130	Pat Littler	Iron Horse	5/5/84
TOTAL	727.5/330	Pat Littler	Iron Horse	5/5/84
148 lb(67.5 kilo) Class				
Squat	314.2/142.5	Lisa Beaudette	Iron Horse	5/5/84
Bench Press	154.3/70	Pat Doler	Power Unlimited	5/21/83
Deadlift	347.2/157.5	Lisa Beaudette	Iron Horse	5/5/84
TOTAL	799.2/362.5	Lisa Beaudette	Iron Horse	5/5/84
165 lb(75 kilo) Class				
Squat	253.5/115	Robyn Watkyns	Power Unlimited	5/5/84
Bench Press	126.8/57.5	Robyn Watkyns	Power Unlimited	5/5/84
Deadlift	319.7/145	Mia Yellin	Mills College Power Team	5/5/84
TOTAL	672.4/305	Mia Yellin	Mills College Power Team	5/5/84
181 lb(82.5 kilo) Class				
Squat	226/102.5	Jill Wexler	Unattached	5/5/84
Bench Press	115.7/52.5	Jill Wexler	Unattached	5/5/84
Deadlift	259/117.5	Jill Wexler	Unattached	5/5/84
TOTAL	601/272.5	Jill Wexler	Unattached	5/5/84
198 lb(90 kilo) Class: NO RECORDS				
198+ lb(90+ kilo) Class: NO RECORDS				

REGION 13 WOMEN'S MASTERS POWERLIFT RECORDS  
AS OF JANUARY 1, 1985

NOTE: No records exist in those weight classes and age groups not listed.

97 lb(44 kilo) Class

45-49 Age Group

Squat	143.3/65	Sally Jarvis	7/82
Bench Press	77/35	Sally Jarvis	7/82
Deadlift	198.3/90	Sally Jarvis	7/82
TOTAL	418.8/190	Sally Jarvis	7/82

105 lb(48 kilo) Class

45-49 Age Group

Squat	170.8/77.5	Sally Jarvis	11/81
Bench Press	88/40	Sally Jarvis	11/81
Deadlift	220.5/100	Sally Jarvis	11/81
TOTAL	479.5/217.5	Sally Jarvis	11/81

50-54 Age Group

Squat	181.9/82.5	Sally Jarvis	8/11/84
Bench Press	88.2/40	Sally Jarvis	8/11/84
Deadlift	220.5/100	Sally Jarvis	8/11/84
TOTAL	490.5/222.5	Sally Jarvis	8/11/84

114 lb(52 kilo) Class

40-44 Age Group

Squat	270.8/122.5	Evangeline Kizer	12/17/83
Bench Press	121.2/55	Evangeline Kizer	12/17/83
Deadlift	363.8/165	Evangeline Kizer	12/17/83
TOTAL	755/342.5	Evangeline Kizer	12/17/83

45-49 Age Group

Squat	176.4/80	Shirley Patterson	4/16/83
Bench Press	132.3/60	Shirley Patterson	4/16/83
Deadlift	231.5/105	Shirley Patterson	4/16/83
TOTAL	540.1/245	Shirley Patterson	4/16/83

123 lb(56 kilo) Class

40-44 Age Group

Squat	203.9/92.5	Evangeline Kizer	2/13/83
Bench Press	104.7/47.4	Evangeline Kizer	2/13/83
Deadlift	292.1/132.5	Evangeline Kizer	2/13/83
TOTAL	600.8/272.5	Evangeline Kizer	2/13/84

132 lb(60 kilo) Class

40-44 Age Group

Squat	352.5/160	Danette Hartmann	11/20/82
Bench Press	209.3/95	Danette Hartmann	7/7/82
Deadlift	402.5/182.5	Danette Hartmann	11/20/82
TOTAL	964.5/437.5	Danette Hartmann	11/20/82

148 lb(67.5 kilo) Class

40-44 Age Group

Squat	385.8/175	Danette Hartmann	10/13/84
Bench Press	215/97.5	Danette Hartmann	4/30/83
Deadlift	424.3/192.5	Danette Hartmann	6/30/83
TOTAL	1019.6/462.5	Danette Hartmann	10/13/84

75-79 Age Group

Squat	137.8/62.5	Helen Zechmeister	5/5/84
Bench Press	93.7/42.5	Helen Zechmeister	5/5/84
Deadlift	220.5/100	Helen Zechmeister	4/24/83
TOTAL	440.9/200	Helen Zechmeister	5/5/84

**(WOMEN'S MASTERS' RECORDS)**

**165 lb(75 kilo) Class**

40-44 Age Group

Squat 303/137.5  
Bench Press 176.3/80  
Deadlift 413.3/187.5  
TOTAL 876.3/397.5

Linda Rodriguez 3/82  
Linda Rodriguez 12/18/82  
Linda Rodriguez 12/18/82  
Linda Rodriguez 3/82

45-49 Age Group

Squat 121.3/55  
Bench Press 77/35  
Deadlift 198.3/90  
TOTAL 396.8/180

Edna Wallace 6/28/80  
Edna Wallace 6/28/80  
Edna Wallace 6/28/80  
Edna Wallace 6/28/80

75-79 Age Group

Squat 121.3/55  
Bench Press 88.2/40  
Deadlift 214.9/97.5  
TOTAL 424.4/192.5

Helen Zechmeister 2/13/83  
Helen Zechmeister 2/13/83  
Helen Zechmeister 2/13/83  
Helen Zechmeister 2/13/83

**181 lb(82.5 kilo) Class**

40-44 Age Group

Squat 369.3/167.5  
Bench Press 192.9/87.5  
Deadlift 451.9/205  
TOTAL 1014.1/460

Linda Rodriguez 1/30/83  
Linda Rodriguez 1/30/83  
Linda Rodriguez 1/30/83  
Linda Rodriguez 1/30/83

**198+ lb(90+ kilo) Class**

40-44 Age Group

Squat 176.3/80  
Bench Press 104.5/47.5  
Deadlift 264.5/120  
TOTAL 545.5/247.5

Dorothy Trunnell 10/80  
Dorothy Trunnell 10/80  
Dorothy Trunnell 10/80  
Dorothy Trunnell 10/80

CERTIFICATES ARE AVAILABLE FROM:

Dr. Alan M. Kirshner  
Mission Muscle Factory  
P.O. Box 3292  
Mission San Jose, CA 94539

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**1984 CALIFORNIA WOMEN'S POWERLIFTS RANKED BY WEIGHT CLASS AND LIFT**  
(ONLY INCLUDES CALIFORNIA COMPETITIONS)

**44 KILO CLASS**

<u>Squat</u>	
115.0	Nancy Belliveau 12/01
95.0	Cheryl Taylor 10/07
87.5	Cheryl Taylor 12/01
87.5	Lynette Brewer 02/12
85.0	Cheryl Taylor 05/05
82.5	Lynette Brewer 05/05
82.5	Lynette Brewer 10/07
<u>Bench Press</u>	
87.5	Nancy Belliveau 12/01
57.5	Cheryl Taylor 10/07
55.0	Cheryl Taylor 05/05
55.0	Lynette Brewer 02/12
55.0	Lynette Brewer 05/05
55.0	Lynette Brewer 10/07
<u>Deadlift</u>	
152.5	Nancy Belliveau 12/01
120.0	Cheryl Taylor 10/07
112.5	Lynette Brewer 02/12
112.5	Lynette Brewer 10/07
110.0	Lynette Brewer 05/05
107.5	Cheryl Taylor 05/05
<u>TOTAL</u>	
330.0	Nancy Belliveau 12/01
272.5	Cheryl Taylor 10/07
255.0	Lynette Brewer 02/12
250.0	Lynette Brewer 10/07
247.5	Cheryl Taylor 05/05
247.5	Lynette Brewer 05/05

**48 KILO CLASS**

<u>Squat</u>	
112.5	Gayle Hall 08/11
112.5	S. Gutierrez 10/0
112.5	S. Gutierrez 08/11
110.0	Nancy Belliveau 08/11
110.0	S. Gutierrez 04/07
107.5	Nancy Belliveau 10/07
107.5	Nancy Belliveau 11/03
102.5	Betsy Huggin 06/02
102.5	Betsy Huggin 08/11
102.5	Betsy Huggin 11/11
102.5	S. Gutierrez 02/12
100.0	Lynn Sherman 05/12
95.0	Cynthia Rhodes 05/05
90.0	Betsy Huggin 09/23
87.5	Joy Hatfield 10/20
82.5	Sallie Jarvis 08/11
80.0	Karen Reagan 06/21
67.5	Lynette Brewer 11/03
52.5	Mary Madison 05/05
47.5	Lynette Brewer 08/04
<u>Bench</u>	
70.0	Betsy Huggin
70.0	Betsy Huggin 11/11
65.0	Betsy Huggin
65.0	Betsy Huggin
65.0	S. Gutierrez
65.0	S. Gutierrez
65.0	S. Gutierrez
62.5	S. Gutierrez
62.5	Betsy Huggin
60.0	Cheryl Rhodes 09/23
60.0	Nancy Belliveau
57.5	Nancy Belliveau
57.5	S. Gutierrez
55.0	Lynette Brewer
52.5	Lynette Brewer 11/03
50.0	Gayle Hall
50.0	Lynn Sherman
47.5	Joy Hatfield

**(48K BENCH CON'T)**

47.5	Karen Reagan
40.0	Sallie Jarvis
35.0	A. Gullicksen 7/1
25.0	Mary Madison
<u>Deadlift</u>	
150.0	Nancy Belliveau 11/03
145.0	Nancy Belliveau 10/07
140.0	Nancy Belliveau 08/11
137.5	S. Gutierrez 08/11
132.5	Betsy Huggin 06/02
132.5	Betsy Huggin 08/11
132.5	S. Gutierrez 04/07
132.5	S. Gutierrez 10/07
127.5	Betsy Huggin 04/16
127.5	S. Gutierrez 02/12
125.0	Lynn Sherman 06/02
122.5	Betsy Huggin 11/11
122.5	Gayle Hall 08/11
112.5	Karen Reagan 06/21
107.5	Lynette Brewer 11/03
100.0	Cynthia Rhodes 05/05
100.0	Sallie Jarvis 08/11
95.0	Joy Hatfield 10/20
92.5	Lynette Brewer 08/04
67.5	Mary Madison 05/05
<u>TOTAL</u>	
327.5	Nancy Belliveau 11/03
315.0	S. Gutierrez 08/11
310.0	Nancy Belliveau 10/07
310.0	S. Gutierrez 10/07
307.5	Nancy Belliveau 08/11
305.0	Betsy Huggin 08/11
300.0	Betsy Huggin 06/02
295.0	Betsy Huggin 11/11
292.5	S. Gutierrez 02/12
285.0	Gayle Hall 08/11
275.0	Lynn Sherman 05/12
275.0	S. Gutierrez 04/07
255.0	Cynthia Rhodes 05/05
240.0	Karen Reagan 06/21
230.0	Joy Hatfield 10/20
227.5	Lynette Brewer 11/03
222.5	Sallie Jarvis 08/11
195.0	Lynette Brewer 08/04
150.0	Mary Madison 05/05

**52 KILO CLASS**

107.5	Evangelina Kizer 12/15
102.5	Carla Gayla 10/20
97.5	Michelle Jones 12/01
95.0	Michelle Jones 10/07
92.5	Jane Golseth 10/07
92.5	Jane Golseth 12/01
90.0	Darlene Dumpit 12/01
87.5	Jeri Brown 05/12
87.5	Jeri Brown 08/11
85.0	Michelle Jones 05/05
85.0	Teresa Estrada 04/07
82.5	Darlene Dumpit 10/07
80.0	Margaret Lange 12/15
77.5	Karin Reagan 04/16
77.5	Natalie Kahn 08/11
72.5	Yvonne Hoover 12/15
70.0	Lonna Ruiz 12/01
<u>Bench</u>	
67.5	Carla Gayla 10/20
62.5	Evangelina Kizer 12/15
55.0	Darlene Dumpit 10/07
55.0	Darlene Dumpit 12/01
55.0	Jane Golseth 10/07
52.5	Jeri Brown 08/11
52.5	S. Scheffler 09/02

**(52K BENCH CON'T)**

50.0	Darlene Dumpit 07/01
50.0	Jane Golseth 12/01
50.0	Natalie Kahn 08/11
50.0	Teresa Estrada 04/07
47.5	Jeri Brown 05/12
47.5	Michelle Jones 12/01
45.0	Michelle Jones 10/07
45.0	Yvonne Hoover 12/15
42.5	Karin Reagan 04/16
42.5	Kelly Lee 09/02
42.5	Michelle Jones 05/05
42.5	Margaret Lange 12/15
35.0	Lonna Ruiz 12/01
<u>Deadlift</u>	
140.0	Evangelina Kizer 12/15
137.5	Michelle Jones 10/07
130.0	Michelle Jones 05/05
130.0	Teresa Estrada 04/07
125.0	Michelle Jones 12/01
122.5	Natalie Kahn 08/11
122.0	Darlene Dumpit 12/01
117.5	Carla Gayla 10/20
117.5	Darlene Dumpit 10/07
117.5	Jane Golseth 12/01
112.5	Jane Golseth 10/07
112.5	Margaret Lange 12/15
105.0	Karin Reagan 04/16
102.5	Lonna Ruiz 12/01
102.5	Yvonne Hoover 12/15
92.5	Jeri Brown 05/12
92.5	Jeri Brown 08/11
<u>TOTAL</u>	
310.0	Evangelina Kizer 12/15
287.5	Carla Gayla 10/20
277.5	Michelle Jones 10/07
270.0	Michelle Jones 12/01
267.5	Darlene Dumpit 12/01
265.0	Teresa Estrada 04/07
260.0	Jane Golseth 12/01
255.0	Michelle Jones 05/05
255.0	Darlene Dumpit 10/07
255.0	Jane Golseth 10/07
250.0	Natalie Kahn 08/11
235.0	Margaret Lange 12/15
232.5	Jeri Brown 08/11
227.5	Jeri Brown 05/12
225.0	Karin Reagan 04/16
225.0	Yvonne Hoover 12/15
207.5	Lonna Ruiz 12/01

**56 KILO CLASS**

<u>Squat</u>	
137.5	Lisa Harper 01/28
132.5	Dagmar Wang 06/02
132.5	Dagmar Wang 06/02
127.5	Agi Balogh 10/07
125.0	Michelle Silva 08/11
122.5	Fran Kraus 08/11
120.0	Judy Cain 11/11
120.0	Robyn Wischmann 12/01
117.5	Judy Cain 06/02
115.0	Fran Kraus 10/07
107.5	Fran Kraus 04/07
105.0	Jonna Wiltshire 06/21
100.0	Ila King 05/05
95.0	Ila King 02/12
92.5	Ila King 10/07
92.5	Marion Singer 04/07
92.5	Norma Piatt 02/12
92.5	Robin McClure 12/15
85.0	Marion Singer 04/14
82.5	Chris Taylor 10/20
80.0	Chris Taylor 12/15

**1984 CALIFORNIA WOMEN'S POWERLIFTS RANKED BY WEIGHT CLASS AND LIFT**  
(ONLY INCLUDES CALIFORNIA COMPETITIONS)

**(56K SQUAT CON'T)**

77.5	Jennifer Hoff	05/05
77.5	Sandra Lindsey	06/21
75.0	Gwenna Pollock	04/07
75.0	Shirley Sexton	11/03
72.5	Sandy Emerson	10/07
70.0	Chris Taylor	08/11
67.5	Jennifer Hoff	04/07
57.5	Katherine Safholm	11/03
<b>Bench</b>		
77.5	Agi Balogh	10/07
75.0	Robyn Wischmann	12/01
72.5	Michelle Silva	08/11
67.5	Judy Cain	06/02
65.0	Fran Kraus	04/07
65.0	Donna Wiltshire	06/21
65.0	Judy Cain	11/11
62.5	Fran Kraus	07/01
62.5	Fran Kraus	08/11
62.5	Fran Kraus	10/07
62.5	Ila King	10/07
60.0	Dagmar Wang	06/02
60.0	Ila King	02/12
60.0	Ila King	05/05
57.5	Nancy Freese	10/13
55.0	Lisa Harper	01/28
55.0	Marion Singer	04/14
52.5	Marion Singer	04/07
52.5	Chris Taylor	12/15
50.0	Chris Taylor	08/11
50.0	Gwenna Pollock	04/07
47.5	Robin McClure	12/15
45.0	Chris Taylor	10/20
42.5	Sandra Lindsey	06/21
42.5	Sandy Emerson	10/07
42.5	Shirley Sexton	11/03
40.0	Jennifer Hoff	05/05
40.0	Katherine Safholm	11/03
40.0	Norma Piatt	02/12
35.0	Jennifer Hoff	04/07
<b>Deadlift</b>		
152.5	Dagmar Wang	06/02
145.0	Agi Balogh	10/07
142.5	Fran Kraus	04/07
142.5	Donna Wiltshire	06/21
142.5	Robyn Wischmann	12/01
140.0	Fran Kraus	10/07
137.5	Fran Kraus	08/11
137.5	Michelle Silva	08/11
135.0	Judy Cain	11/11
130.0	Robin McClure	12/15
127.5	Ila King	05/05
127.5	Ila King	10/07
127.5	Lisa Harper	01/28
127.5	Theresa Estrada	03/18
125.0	Judy Cain	06/02
120.0	Ila King	02/12
120.0	Chris Taylor	12/15
117.5	Sandy Emerson	10/07
115.0	Chris Taylor	10/20
115.0	Gwenna Pollock	04/07
115.0	Jennifer Hoff	05/05
110.0	Chris Taylor	08/11
105.0	Sandra Lindsey	06/21
102.5	Marion Singer	04/07
102.5	Marion Singer	04/14
100.0	Jennifer Hoff	04/07
92.5	Norma Piatt	02/12
90.0	Jennifer Hoff	03/18
87.5	Shirley Sexton	11/03
75.0	Katherine Safholm	11/03
<b>TOTAL</b>		
350.0	Agi Balogh	10/07
345.0	Dagmar Wang	06/02

**(56K TOTALS CON'T)**

337.5	Robyn Wischmann	12/01
335.0	Michelle Silva	08/11
322.5	Fran Kraus	08/11
320.0	Fran Kraus	04/07
320.0	Judy Cain	11/11
320.0	Lisa Harper	01/28
317.5	Fran Kraus	10/07
312.5	Donna Wiltshire	06/21
310.0	Judy Cain	06/02
287.5	Ila King	05/05
282.5	Ila King	10/07
275.0	Ila King	02/12
270.0	Robin McClure	12/15
252.5	Chris Taylor	12/15
247.5	Marion Singer	04/07
242.5	Chris Taylor	10/20
242.5	Marion Singer	04/14
240.0	Gwenna Pollock	04/07
232.5	Jennifer Hoff	05/05
232.5	Sandy Emerson	10/07
230.0	Chris Taylor	08/11
225.0	Norma Piatt	02/12
225.0	Sandra Lindsey	06/21
205.0	Shirley Sexton	11/03
202.5	Jennifer Hoff	04/07
172.5	Katherine Safholm	11/03

**60 KILO CLASS**

<b>Squat</b>		
147.5	Evangelina Kizer	10/07
140.0	Evangelina Kizer	12/01
137.5	Michelle Silva	04/07
132.5	Evangelina Kizer	05/12
130.0	P. Shepherd	09/23
127.5	Evangelina Kizer	03/24
127.5	Patricia Littler	05/05
125.0	Evangelina Kizer	04/16
125.0	Mimi Hitzman	08/11
122.5	Agi Balogh	08/11
120.0	Judy Cain	08/11
120.0	Pat Wagner	11/03
117.5	Fran Kraus	02/12
117.5	Judy Cain	06/02
115.0	Leia Kawaii	02/12
112.5	Mimi Hitzman	06/02
112.5	Vanessa Syas	05/12
110.0	Jeannette Batton	06/21
102.5	Janet Keyes	03/24
102.5	Joy Brown	09/08
102.5	Mimi Hitzman	04/16
97.5	Emily Schneider	10/07
92.5	Diane Robinson	06/21
92.5	Margaret Direnzo	02/12
85.0	Emily Schneider	02/12
80.0	Mary Hill	10/07
77.5	Heather Yates	05/05
77.5	Sandra Lindsay	06/02
75.0	Pat Briggs	10/20
72.5	Pat Brighton	08/11
62.5	Heather Yates	04/07
57.5	S. Campanella	12/15
<b>Bench</b>		
80.0	Mimi Hitzman	08/11
77.5	Agi Balogh	07/01
75.0	Mimi Hitzman	06/02
72.5	Michelle Silva	04/07
72.5	Pat Wagner	11/03
72.5	Patricia Littler	05/05
70.0	Evangelina Kizer	10/07
70.0	Judy Cain	08/11
70.0	Mimi Hitzman	04/16
67.5	Judy Cain	06/02
67.5	Leia Kawaii	02/12

**(60K BENCH CON'T)**

67.5	Evangelina Kizer	12/01
65.0	Fran Kraus	02/12
62.5	Evangelina Kizer	03/24
62.5	Evangelina Kizer	05/12
62.5	Joy Brown	09/08
62.5	P. Shepherd	09/23
60.0	Evangelina Kizer	04/16
60.0	Janet Keyes	03/24
60.0	Jeanette Batton	06/21
57.5	Margaret Direnzo	02/12
57.5	Vanessa Syas	05/12
50.0	Emily Schneider	10/07
45.0	Emily Schneider	02/12
45.0	Pat Briggs	10/20
42.5	Diane Robinson	06/21
40.0	Heather Yates	04/07
40.0	Heather Yates	05/05
40.0	Mary Hill	10/07
40.0	Sandra Lindsay	06/02
37.5	S. Campanella	12/15
32.5	Pat Brighton	08/11
<b>Deadlift</b>		
182.5	P. Shepherd	09/23
177.5	Evangelina Kizer	12/01
170.0	Evangelina Kizer	10/07
170.0	Evangelina Kizer	04/16
170.0	Vanessa Syas	05/12
165.0	Evangelina Kizer	03/24
155.0	Evangelina Kizer	05/12
150.0	Pat Wagner	11/03
145.0	Mimi Hitzman	08/11
142.5	Jeannette Batton	06/21
142.5	Joy Brown	09/08
142.5	Leia Kawaii	02/12
137.5	Fran Kraus	02/12
137.5	Michelle Silva	03/18
137.5	Michelle Silva	04/07
130.0	Judy Cain	08/11
130.0	Mimi Hitzman	06/02
130.0	Patricia Littler	05/05
127.5	Janet Keyes	03/24
127.5	Margaret Direnzo	02/12
125.0	Judy Cain	06/02
122.5	Mimi Hitzman	04/16
115.0	Gwenna Pollock	03/18
115.0	Heather Yates	05/05
115.0	Pat Brighton	08/11
110.0	Heather Yates	04/07
105.0	Sandra Lindsay	06/02
102.5	Diane Robinson	06/21
102.5	Pat Briggs	10/20
100.0	Mary Hill	10/07
92.5	Emily Schneider	10/07
90.0	Emily Schneider	02/12
67.5	S. Campanella	12/15
<b>TOTAL</b>		
395.0	Evangelina Kizer	10/07
390.0	Evangelina Kizer	12/01
375.0	P. Shepherd	09/23
355.0	Evangelina Kizer	03/24
350.0	Evangelina Kizer	05/12
350.0	Mimi Hitzman	08/11
347.5	Michelle Silva	04/07
342.5	Pat Wagner	11/03
340.0	Vanessa Syas	05/12
335.0	Evangelina Kizer	04/16
330.0	Leia Kawaii	02/12
330.0	Patricia Littler	05/05
320.0	Fran Kraus	02/12
320.0	Judy Cain	08/11
317.5	Mimi Hitzman	06/02
312.5	Jeannette Batton	06/21
310.0	Judy Cain	06/02

**1984 CALIFORNIA WOMEN'S POWERLIFTS RANKED BY WEIGHT CLASS AND LIFT**  
(ONLY INCLUDES CALIFORNIA COMPETITIONS)

**(60K TOTALS COM'T)**

307.5	Joy Brown	09/08
290.0	Janet Keyes	03/24
277.5	Margaret Dizenzo	02/12
240.0	Emily Schneider	10/07
232.5	Heather Yates	05/05
232.0	Mimi Hitzman	04/16
222.5	Pat Briggs	10/20
222.5	Sandra Lindsay	06/02
220.0	Emily Schneider	02/12
220.0	Mary Hill	10/07
220.0	Pat Brighton	08/11
212.5	Heather Yates	04/07
207.5	Diane Robinson	06/21
162.5	S. Campanella	12/15

**(67.5K BENCH COM'T)**

67.5	Janet Keais	12/01
67.5	Lisa Beaudette	12/01
67.5	D. Hollingworth	12/15
65.0	Jennifer Clark	
62.5	Debra Jackson	09/08
62.5	Lisa Beaudette	05/05
60.0	Debra Jackson	05/05
60.0	Vanessa Syas	12/01
57.5	Laura McGinn	12/01
55.0	Cindy French	02/12
55.0	Cindy French	05/05
55.0	Sandy Boulton	04/07
52.5	Eleanor Silberman	02/12
52.5	Karlai Silva	08/11
52.5	Kimber Selvidge	03/03
52.5	Laura McGinn	05/05
52.5	Laura McGinn	05/12
52.5	Laura McGinn	10/07
52.5	Nancy Golston	05/05
52.5	Susan Cox	04/16
50.0	Nancy Goldston	04/07
47.5	Jane Taylorson	02/12
45.0	Julianne Haro	12/15
42.5	Helen Zechmeister	05/05
35.0	Beth Robson	04/07
35.0	S. Campanella	10/20
32.5	Marybeth Robson	05/05

**67.5 TOTAL**

462.5	Danette Hartmann	10/13
460.0	Debbie Patton	10/20
435.0	Sue Springsteen	12/01
430.0	Christy Kling	08/11
425.0	Suzanne Free	12/01
417.5	Tegra Hill	08/11
412.5	Martha Daeri	12/01
410.0	Jan Hensley	10/20
402.5	Suzanne Free	08/11
387.5	Lisa Beaudette	12/01
387.5	Pat Wagner	12/01
367.5	D. Hollingworth	12/15
362.5	Lisa Beaudette	05/05
340.0	Vanessa Syas	12/01
325.0	Anette Barresse	08/11
325.0	Janet Keais	12/01
322.5	Laura McGinn	12/01
310.0	Pat Wagner	08/11
307.5	Brenda Fulcher	04/16
307.5	Cindy French	05/05
305.0	Debra Jackson	09/08
295.0	Cindy French	02/12
295.0	Laura McGinn	05/05
295.0	Nancy Goldston	05/05
280.0	Debra Jackson	05/05
277.5	Susan Cox	04/16
275.0	Sandy Boulton	04/07
272.5	Nancy Goldston	04/07
267.5	Laura McGinn	05/12
265.0	Kimber Selvidge	03/03
262.5	Karlai Silva	08/11
254.5	Jennifer Clark	10/20
240.0	Eleanor Silberman	02/12
225.0	Marybeth Robson	05/05
220.0	Julianne Haro	12/15
210.0	Beth Robson	04/07
200.0	Helen Zechmeister	05/05
192.5	Jane Taylorson	02/12
162.5	S. Campanella	10/20

**67.5 KILO CLASS**

**Squat**

177.5	Debbie Patton	10/20
175.0	Danette Hartmann	10/13
170.0	Sue Springsteen	12/01
167.5	Christy Kling	08/11
155.0	Suzanne Free	12/01
155.0	Tegra Hill	08/11
152.5	Martha Daeri	12/01
150.0	Lisa Beaudette	12/01
150.0	Suzanne Free	08/11
142.5	Jan Hensley	10/20
142.5	Lisa Beaudette	05/05
142.5	Pat Wagner	12/01
142.5	D. Hollingworth	12/15
135.0	Pat Wagner	10/07
130.0	Janet Keais	12/01
122.5	Anette Barresse	08/11
115.0	Pat Wagner	08/11
112.5	Debra Jackson	09/08
110.0	Laura McGinn	05/05
110.0	Laura McGinn	12/01
110.0	Nancy Golston	05/05
110.0	Vanessa Syas	12/01
105.0	Cindy French	05/05
105.0	Debra Jackson	05/05
102.5	Brenda Fulcher	04/16
102.5	Cindy French	02/12
100.0	Kimber Selvidge	03/03
100.0	Laura McGinn	10/06
95.0	Nancy Golston	04/07
92.5	Susan Cox	04/16
90.0	Karlai Silva	08/11
87.5	Laura McGinn	05/12
85.0	Sandy Boulton	04/07
82.5	Eleanor Silberman	02/12
80.0	Julianne Haro	12/15
77.5	Jennifer Clark	10/20
75.0	Marybeth Robson	05/05
67.5	Jane Taylorson	02/12
62.5	Beth Robson	04/07
62.5	Helen Zechmeister	05/05
60.0	S. Campanella	10/20

**Bench**

105.0	Jan Hensley	10/20
100.0	Sue Springsteen	12/01
95.0	Danette Hartmann	10/13
90.0	Martha Daeri	12/01
87.7	Suzanne Free	12/01
87.5	Christy Kling	08/11
87.5	Debbie Patton	10/20
87.5	Tegra Hill	08/11
82.5	Pat Wagner	10/07
82.5	Pat Wagner	12/01
80.0	Suzanne Free	08/11
77.5	Anette Barresse	08/11
77.5	Brenda Fulcher	04/16
70.0	Pat Wagner	08/11

**Deadlift**

195.0	Debbie Patton	10/20
192.5	Danette Hartmann	10/13
182.5	Suzanne Free	12/01
175.0	Christy Kling	08/11
175.0	Tegra Hill	08/11
172.5	Suzanne Free	08/11
172.5	Lisa Beaudette	12/01
170.0	Martha Daeri	12/01
170.0	Vanessa Syas	12/01
162.5	Jan Hensley	10/20
162.5	Pat Wagner	12/01
157.5	Lisa Beaudette	05/05
157.5	D. Hollingworth	12/15
150.0	Pat Wagner	10/07
147.5	Cindy French	05/05
145.0	Laura McGinn	12/01
140.0	Laura McGinn	10/07
137.5	Cindy French	02/12
135.0	Sandy Boulton	04/07
132.5	Laura McGinn	05/05
132.5	Nancy Golston	05/05
132.5	Susan Cox	04/16
130.0	Debra Jackson	09/08
127.5	Brenda Fulcher	04/16
127.5	Janet Keais	12/01
127.5	Laura McGinn	05/12
127.5	Nancy Goldston	04/07
125.0	Anette Barresse	08/11
125.0	Pat Wagner	08/11
120.0	Karlai Silva	03/18
120.0	Karlai Silva	08/11
120.0	Nancy Goldston	03/18
117.5	Linda Heidenrich	03/18
117.5	Marybeth Robson	05/05
117.5	Sandy Boulton	03/18
115.0	Debra Jackson	05/05
112.5	Beth Robson	04/07
112.5	Jennifer Clark	10/20
112.5	Kimber Selvidge	03/03
105.0	Eleanor Silberman	02/12
102.5	Beth Robson	03/18
95.0	Helen Zechmeister	05/05
95.0	Julianne Haro	12/15
77.5	Jane Taylor	02/12
67.5	S. Campanella	10/20

**75 KILO CLASS**

**SQUAT**

185.0	Christy Kling	12/01
177.5	Aloma Marquis	06/21
175.0	Christy Kling	05/12
162.5	Cathy Sulinsky	12/01
155.0	Martha Daeri	08/11
145.0	Maggie Sandoval	08/11
142.5	Sue Springsteen	08/11
140.0	Maggie Sandoval	04/16
137.5	Maggie Sandoval	03/24
122.5	Christine Ludwig	06/02
122.5	Martha Daeri	06/02
115.0	Robin Watkins	05/05
112.5	Christine Ludwig	08/11
112.5	Karin Williams	06/21
112.5	Mia Yellin	05/05
107.5	Sue Cox	06/21
105.0	V. Griffith	10/20
97.5	J. Richards	06/21
95.0	Mia Yellin	04/07
92.5	Virginia Gadzala	10/20
90.0	Jill Wexler	11/03
87.0	Carrollyn Brust	10/07
85.0	Cathy McNamara	09/23
85.0	Cherlyn Woods	12/01
82.5	Carrollyn Brust	04/07
75.0	Cherlyn Woods	05/05
72.5	Cherlyn Woods	02/12

**Bench**

100.0	Sue Springsteen	08/11
100.0	Aloma Marquis	06/21
92.5	Martha Daeri	06/02

1984 CALIFORNIA WOMEN'S POWERLIFTS RANKED BY WEIGHT CLASS AND LIFT  
(ONLY INCLUDES CALIFORNIA COMPETITIONS)

75 KILLO CLASS - BENCH Cont.

92.5	Martha Dacri	08/11			
90.0	Christy Kling	05/12	(75K TOTALS CONT)		
87.5	Christy Kling	12/01			
77.5	Cathy Sulinsky	12/01	225.0	Cathy McNamara	09/23
77.5	Christine Ludwig	06/02	222.5	Carolyn Brust	04/07
75.0	Christine Ludwig	08/11	220.0	Carolyn Brust	10/03
75.0	Maggie Sandoval	08/11			
72.5	Maggie Sandoval	03/24			
72.5	Maggie Sandoval	04/14	152.5	Karen Meade	08/11
70.0	Karen Williams	06/21	152.5	Marti Ruble	12/15
57.5	Robyn Watkins	05/05	140.0	Chris Sorenson	04/07
57.5	V. Griffith	10/20	120.0	Charlene DeBert	12/01
52.5	Virginia Gadzala	10/20	102.5	Carrie Quinnell	02/12
50.0	Sue Cox	06/21	102.5	Jill Wexler	05/05
47.5	Cherlyn Woods	05/05	97.5	Janine Couture	08/11
47.5	Jill Wexler	11/03			
47.5	Mia Yellin	05/05			
47.5	Cherlyn Woods	12/02	85.0	Karen Meade	08/11
45.0	Mia Yellin	04/07	85.0	Charlene DeBert	12/01
42.5	Carolyn Brust	04/07	57.5	Chris Sorensen	04/07
42.5	Cherlyn Woods	02/12	55.0	Marti Ruble	02/12
40.0	Cathy McNamara	09/23	52.5	Jill Wexler	05/05
30.0	Carolyn Brust	10/03	42.5	Janine Couture	08/11

Squat		Bench		90+ KILO CLASS	
207.5	Cathy Sulinsky	12/01	180.0	Marti Ruble	12/15
205.0	Aloma Marquis	06/21	165.0	Chris Sorensen	04/07
192.5	Christy Kling	12/01	155.0	Karen Meade	08/11
182.5	Christy Kling	05/12	140.0	Charlene DeBert	12/01
177.5	Sue Springsteen	08/11	130.0	Janine Couture	08/11
175.0	Maggie Sandoval	03/24	125.0	Carrie Quinnell	02/12
172.5	Maggie Sandoval	04/14	117.5	Jill Wexler	05/05
172.5	Maggie Sandoval	08/11			
165.0	Martha Dacri	08/11	TOTAL		
150.0	Martha Dacri	06/02	412.5	Karen Meade	08/11
145.0	Mia Yellin	05/05	390.0	Chris Sorensen	04/07
145.0	Sue Cox	06/11	387.5	Marti Ruble	12/15
137.5	Christine Ludwig	06/02	340.0	Charlene De Bert	12/01
137.5	Mia Yellin	04/07	285.0	Carrie Quinnell	02/12
132.5	Christine Ludwig	08/11	272.5	Jill Wexler	05/05
130.0	V. Griffith	10/20	270.0	Janine Couture	08/11

Squat		Bench		90 KILO CLASS	
127.5	Karin Williams	06/21	192.5	Chris Sorensen	12/01
125.0	Cherlyn Woods	12/01	185.0	Janelle Gregory	12/01
122.5	Robyn Watkins	05/05	175.0	L. Costanzo	01/21
117.5	Cherlyn Woods	02/12	172.5	Janelle Gregory	04/07
115.0	Jill Wexler	11/03	165.0	Chris Sorensen	08/11
112.5	Cherlyn Woods	05/05	145.0	L. Costanzo	10/20
102.5	Carolyn Brust	10/03	110.0	Alkema Lulu	09/23
102.5	Virginia Gadzala	10/20			
100.0	Cathy McNamara	09/23			
97.5	Carolyn Brust	04/07			

TOTAL		Squat		Bench	
482.5	Aloma Marquis	06/21	105.0	Chris Sorensen	12/01
465.0	Christy Kling	12/01	100.0	Chris Sorensen	08/11
447.5	Cathy Sulinsky	12/01	95.0	Janelle Gregory	12/01
447.5	Christy Kling	05/12	90.0	Janelle Gregory	04/07
430.0	Sue Springsteen	08/11	85.0	L. Costanzo	01/21
412.5	Martha Dacri	08/11	85.0	L. Costanzo	10/20
385.0	Maggie Sandoval	03/24	52.5	Alkema Lulu	09/23
385.0	Maggie Sandoval	04/14			
382.5	Maggie Sandoval	08/11	TOTAL		
365.0	Martha Dacri	06/02	202.5	Chris Sorensen	12/01
337.5	Christine Ludwig	06/02	185.0	Chris Sorensen	08/11
320.0	Christine Ludwig	08/11	175.0	L. Costanzo	10/20
310.0	Karin Williams	06/21	170.0	L. Costanzo	01/21
305.0	Mia Yellin	05/05	165.0	Janelle Gregory	12/01
302.5	Sue Cox	06/21	162.5	Janelle Gregory	04/07
295.0	Robyn Watkins	05/05	150.0	Alkema Lulu	09/23
292.5	V. Griffith	10/20			
267.5	Mia Yellin	04/07	500.0	Chris Sorensen	12/01
257.5	Cherlyn Woods	12/01	450.0	Chris Sorensen	08/11
252.5	Jill Wexler	11/03	430.0	L. Costanzo	01/21
247.5	Virginia Gadzala	10/20	427.5	Janelle Gregory	12/01
232.5	Cherlyn Woods	02/12	425.0	Janelle Gregory	04/07
232.5	Cherlyn Woods	05/05	405.0	L. Costanzo	10/20
			312.5	Alkema Lulu	09/23

RESULTS COMPILED BY DR. ALAN M. KIRSHNER FROM MEET RESULTS HE RECEIVED. A NUMBER OF MEETS MAY BE MISSING. RESULTS MAY NOT BE COMPLETE. ANY CORRECTIONS OR ADDITIONS SHOULD BE FORWARDED TO HIM AT THE MISSION MUSCLE FACTORY, P.O. BOX 3292, MISSION SAN JOSE, CA 94539.



1984 CALIFORNIA POWERLIFTING SELECTIONS

MEN'S

	<u>STATE</u>	<u>NORCAL</u>
Powerlifter Of The Year	Lee Moran	Lee Moran
Outstanding Squat	Lee Moran	Lee Moran
Outstanding Bench Press	Sam Samaniego Lee Moran	Lee Moran
Outstanding Deadlift	John Carr Kevin Fisher	Rich Cirigliano
Teams:		
114 lb Class -	Gary Hunnicutt .....	Gary Hunnicutt
123 lb Class -	Joe Cunha .....	Joe Cunha
132 lb Class -	John Carr .....	Conrad Von Schoech
148 lb Class -	Ernie Hernandez .....	Sergio Zenobi
165 lb Class -	Bill Cavalier .....	Joe Bernazzani
181 lb Class -	Jim Lem .....	Jim Lem
198 lb Class -	Roger Estep .....	Dave Aggio
220 lb Class -	Dave Aggio .....	Steve Johnson
242 lb Class -	Ted Hamner .....	Mark Salansky
275 lb Class -	Fred Hatfield .....	Manuel Burruel
SUPERS -	Lee Moran .....	Lee Moran

WOMEN'S

Powerlifter Of The Year -	Nancy Belliveau .....	Nancy Belliveau
Outstanding Squat -	Debbie Patton .....	Christy Kling
Outstanding Bench Press -	Jan Hensley .....	Susan Springsteen
Outstanding Deadlift -	Shirley Scheffler .....	Shirley Scheffler
Teams:		
97 lb Class -	Nancy Belliveau .....	Shirley Scheffler
105 lb Class -	Shirley Gutierrez .....	Nancy Belliveau Shirley Gutierrez
114 lb Class -	None .....	None
123 lb Class -	Agi Balogh .....	Agi Balogh
132 lb Class -	Evangeline Kizer .....	Michelle Silva
148 lb Class -	Danette Hartmann .....	Sue Springsteen Debbie Patton
165 lb Class -	Aloma Marquis .....	Christy Kling Cathy Sulinsky
181 lb Class -	Karen Meade .....	Karen Meade
198 lb Class -	Chris Sorenson .....	Chris Sorenson
198+ lb Class -	Ann McElroy .....	None