

Tom Eldridge

CALIFORNIA STATE WOMEN'S POWERLIFT RECORDS  
JUNE 15, 1985

	lbs/kilos			
97 lb(44 kg) Class				
Squat	253.5/115	Nancy Belliveau	West Coast Fitness#1	12/1/84
Bench Press	143.3/65	Nancy Belliveau	West Coast Fitness#1	1/26/85
Deadlift	352.7/160	Nancy Belliveau	West Coast Fitness#1	1/26/85
TOTAL	749.6/340	Nancy Belliveau	West Coast Fitness#1	1/26/85
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	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	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	776.7/352.5	Karin Reagan	Olympic Power Team	6/8/85
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	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	396.8/180	*Danette Hartmann	Olympic Power Team	6/8/85
Bench Press	248.0/112.5	*Danette Hartmann	Olympic Power Team	5/11/85
Deadlift	440.9/200	*Danette Hartmann	Olympic Power Team	6/8/85
TOTAL	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	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	501.6/227.5	Loraine 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	Loraine Costanzo	Olympic Power Team	1/27/85
TOTAL	1190.5/540	Loraine Costanzo	Olympic Power Team	1/27/85
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