

USPF ARIZONA STATE RAW FULL POWER

MASTER - WOMEN 40-44

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	50.0	110.2	Lynn Gerald	11/16/2014
	Bench	42.5	93.7	Lynn Gerald	11/16/2014
	Deadlift	85.0	187.4	Lynn Gerald	11/16/2014
	TOTAL	177.5	391.3	Lynn Gerald	11/16/2014
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat	85.0	187.4	Emma Villa	05/21/16
	Bench	62.5	137.8	Emma Villa	05/21/16
	Deadlift	120.0	264.6	Emma Villa	05/21/16
	TOTAL	267.5	598.7	Emma Villa	05/21/16
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat	175.0	385.8	Kristina Thoman	11/22/15
	Bench	102.5	226.0	Kristina Thoman	11/22/15
	Deadlift	170.0	374.8	Kristina Thoman	11/22/15
	TOTAL	447.5	986.6	Kristina Thoman	11/22/15
90+kg/UNL	Squat	175.0	385.8	Kristina Thoman	5/21/2016
	Bench	107.5	237.0	Kristina Thoman	5/21/2016
	Deadlift	167.5	369.3	Kristina Thoman	5/21/2016
	TOTAL	450.0	992.1	Kristina Thoman	5/21/2016

USPF ARIZONA STATE RAW MASTER - WOMEN 45-49

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	97.5	215.0	Tamara Mack	04/05/14
	Bench	45.0	99.2	Tamara Mack	04/05/14
	Deadlift	127.5	281.1	Tamara Mack	04/05/14
	TOTAL	270.0	595.2	Tamara Mack	04/05/14
60kg/132.2lb	Squat	92.5	203.9	Rachel Anaya	08/22/15
	Bench	52.5	115.7	Rachel Anaya	08/22/15
	Deadlift	120.0	264.6	Rachel Anaya	08/22/15
	TOTAL	265.0	584.2	Rachel Anaya	08/22/15
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

USPF ARIZONA STATE RAW MASTER - WOMEN 50-54

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	102.5	226.0	Rachel Anaya	10/30/16
	Bench	55.0	121.3	Rachel Anaya	10/30/16
	Deadlift	130.0	286.6	Rachel Anaya	10/30/16
	TOTAL	287.5	633.8	Rachel Anaya	10/30/16
60kg/132.2lb	Squat	102.5	226.0	Rachel Anaya	05/21/16
	Bench	52.5	115.7	Rachel Anaya	05/21/16
	Deadlift	125.0	275.6	Rachel Anaya	05/21/16
	TOTAL	280.0	617.3	Rachel Anaya	05/21/16
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat	100.0	220.5	Cathy Bowden	03/24/12
	Bench	72.5	159.8	Cathy Bowden	03/24/12
	Deadlift	130.0	286.6	Cathy Bowden	03/24/12
	TOTAL	302.5	666.9	Cathy Bowden	03/24/12
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

USPF ARIZONA STATE RAW MASTER - WOMEN 55-59

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat	95.0	209.4	Diann Porter	11/16/14
	Bench	50.0	110.2	Diann Porter	11/16/14
	Deadlift	127.5	281.1	Diann Porter	11/16/14
	TOTAL	272.5	600.8	Diann Porter	11/16/14

USPF ARIZONA STATE RAW MASTER - WOMEN 60-64

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

USPF ARIZONA STATE RAW MASTER - WOMEN 65-69

<u>Weight</u>	<u>Lift</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

USPF ARIZONA STATE RAW MASTER - WOMEN 70-74

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

USPF ARIZONA STATE RAW MASTER - WOMEN 75-79

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				

USPF ARIZONA STATE RAW MASTER - WOMEN 80+

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat Bench Deadlift TOTAL				
48kg/105.7lb	Squat Bench Deadlift TOTAL				
52kg/114.5lb	Squat Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				