

Powerlifting | MASTER WOMEN 40 TO 44

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat	85	187.2	Carol Meskew	5/4/1990
	Bench	50	110	Carol Meskew	10/14/1990
	Deadlift	112.5	248	Carol Meskew	5/4/1990
	TOTAL	245	540	Carol Meskew	5/4/1990
48kg/105.7lb	Squat	92.5	203.7	Alexandra Vallejo	5/19/2007
	Bench	70	154.2	Alexandra Vallejo	5/19/2007
	Deadlift	122.5	270	Alexandra Vallejo	5/19/2007
	TOTAL	285	628.2	Alexandra Vallejo	5/19/2007
52kg/114.5lb	Squat	122.5	270	Evangelina Kizer	12/17/1983
	Bench	72.5	159.5	Karin Reagan	5/11/1985
	Deadlift	165	363.7	Evangelina Kizer	12/17/1983
	TOTAL	345	760.5	Karin Reagan	5/11/1985
56kg/123.5lb	Squat	147.5	325	Evangelina Kizer	1/26/1985
	Bench	85	187.2	Karin Reagan	6/24/1988
	Deadlift	187.5	413.2	Evangelina Kizer	1/26/1985
	TOTAL	402.5	887.2	Evangelina Kizer	1/26/1985
60kg/132.2lb	Squat	160	352.5	Danette Hartmann (Danni Hawks)	11/20/1982
	Bench	95	209.2	Danette Hartmann (Danni Hawks)	7/7/1982
	Deadlift	185	407	Evangelina Kizer	10/5/1985
	TOTAL	437.5	964.5	Danette Hartmann (Danni Hawks)	11/20/1982
67.5kg/148.7lb	Squat	180	396.7	Danette Hartmann (Danni Hawks)	6/8/1985
	Bench	120	264.6	Monica Sparango	9/8/2007
	Deadlift	200	440.7	Danette Hartmann (Danni Hawks)	6/8/1985
	TOTAL	485	1069	Danette Hartmann (Danni Hawks)	6/8/1985
75kg/165.2lb	Squat	157.5	347	Danette Hartmann (Danni Hawks)	8/10/1986
	Bench	112.5	248	Danette Hartmann (Danni Hawks)	8/10/1986
	Deadlift	200	440	Danette Hartmann (Danni Hawks)	8/10/1986
	TOTAL	470	1036	Danette Hartmann (Danni Hawks)	8/10/1986
82.5kg/181.7lb	Squat	235	518	Nicolai Stern	9/24/2010
	Bench	132.5	292.1	Tanya Reed	2/16/2008
	Deadlift	227.5	501.5	Nicolai Stern	9/24/2010
	TOTAL	582.5	1284.1	Nicolai Stern	9/24/2010
90kg/198.2lb	Squat	245	540	Janet Loveall	1/23/2010
	Bench	150	330.6	Janet Loveall	7/3/2009
	Deadlift	220	485	Janet Loveall	11/11/2009
	TOTAL	585	1289.6	Janet Loveall	7/3/2009
90+kg/UNL	Squat	185	407.7	Nicki l'Anson	11/11/2009
	Bench	115	253.5	Nicki l'Anson	10/6/2007
	Deadlift	182.5	402.2	Nicki l'Anson	11/11/2009
	TOTAL	477.5	1052.5	Nicki l'Anson	11/11/2009

Powerlifting | MASTER WOMEN 45 TO 49

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat	85	187.2	Imelda Fowler	9/9/2006
	Bench	50	110	Imelda Fowler	9/9/2006

48kg/105.7lb	Deadlift	142.5	314	Imelda Fowler	9/9/2006
	TOTAL	277.5	611.7	Imelda Fowler	9/9/2006
	Squat	85	187.2	Nancy Jones	3/29/1997
	Bench	55	121.2	Nancy Jones	3/29/1997
	Deadlift	107.5	236.7	Nancy Jones	3/29/1997
52kg/114.5lb	TOTAL	247.5	545.5	Nancy Jones	3/29/1997
	Squat	142.5	314	Suzanne Hedman	1/23/2010
	Bench	92.5	203.7	Suzanne Hedman	1/23/2010
	Deadlift	152.5	336	Karin Reagan	12/14/1985
	TOTAL	385	848.7	Suzanne Hedman	1/23/2010
56kg/123.5lb	Squat	167.5	369.2	Cathlene Kelii	10/7/2000
	Bench	100	220.2	Cathlene Kelii	10/7/2000
	Deadlift	172.5	380.2	Cathlene Kelii	10/7/2000
	TOTAL	440	969.7	Cathlene Kelii	10/7/2000
	Squat	122.5	270	Georgiann Puckett	5/30/2010
60kg/132.2lb	Bench	88	194	Georgiann Puckett	5/30/2010
	Deadlift	140	308.5	Alison Barnhill	1/24/2009
	TOTAL	325.5	717.5	Georgiann Puckett	5/30/2010
	Squat	185	407	Danette Hartmann (Danni Hawks)	5/14/1987
	Bench	122.5	270	Danette Eldridge (Danni Hawks)	3/9/1991
67.5kg/148.7lb	Deadlift	210	462.7	Danette Eldridge (Danni Hawks)	3/9/1991
	TOTAL	507.5	1118.7	Danette Hartmann (Danni Hawks)	5/14/1987
	Squat	182.5	402.3	Cara Westin	1/24/2009
	Bench	132.5	292	Cara Westin	9/24/2010
	Deadlift	210	462.7	Danette Eldridge (Danni Hawks)	7/14/1990
75kg/165.2lb	TOTAL	490	1080.2	Danette Eldridge (Danni Hawks)	7/14/1990
	Squat	195	429.9	Tanya Reed	9/24/2010
	Bench	142.5	314.1	Tanya Reed	9/24/2010
	Deadlift	205	451.7	Linda Devaney	3/9/1991
	TOTAL	537.5	1184.9	Tanya Reed	9/24/2010
90kg/198.2lb	Squat	160	352.5	Linda Devaney	2/24/1990
	Bench	92.5	203.7	Linda Devaney	2/24/1990
	Deadlift	190	418.7	Linda Devaney	2/24/1990
	TOTAL	442.5	975.5	Linda Devaney	2/24/1990
	Squat	115	253.5	Linda Devaney	10/14/1989
90+kg/UNL	Bench	80	176.2	Linda Devaney	10/14/1989
	Deadlift	172.5	380.2	Linda Devaney	10/14/1989
	TOTAL	367.5	810	Linda Devaney	10/14/1989

Powerlifting | MASTER WOMEN 50 TO 54

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat	82.5	181.7	Sally Jarvis	8/11/1984
	Bench	42.5	94	Sally Jarvis	8/17/1985

52kg/114.5lb	Deadlift	102.5	225.7	Sally Jarvis	8/17/1985
	TOTAL	222.5	490.5	Sally Jarvis	8/11/1984
	Squat	97.5	214.9	Bonnie Aerts	3/6/2010
	Bench	63.5	139.9	Bonnie Aerts	3/6/2010
	Deadlift	126	277.7	Bonnie Aerts	3/6/2010
56kg/123.5lb	TOTAL	284.5	627.2	Bonnie Aerts	3/6/2010
	Squat	147.5	325	Suzanne Hedman	9/24/2010
	Bench	102.5	225.7	Suzanne Hedman	9/24/2010
	Deadlift	160	352.5	Suzanne Hedman	9/24/2010
	TOTAL	410	903.7	Suzanne Hedman	9/24/2010
60kg/132.2lb	Squat	97.5	214.7	Gerrie Shapiro	7/10/2004
	Bench	87.5	192.7	Gerrie Shapiro	7/10/2004
	Deadlift	115	253.5	Gerrie Shapiro	7/10/2004
	TOTAL	295	650.2	Gerrie Shapiro	7/10/2004
	Squat	117.5	259	Karin Reagan	8/13/1991
67.5kg/148.7lb	Bench	87.5	192.7	Karin Reagan	8/13/1991
	Deadlift	142.5	314	Karin Reagan	8/13/1991
	TOTAL	357.5	788	Karin Reagan	8/13/1991
	Squat	167.5	369.2	Gia Blackwell	9/24/2010
	Bench	110	242.5	Gia Blackwell	9/24/2010
75kg/165.2lb	Deadlift	165	363.7	Gretchen Buerki	11/19/1994
	TOTAL	437.5	964.5	Gia Blackwell	9/24/2010
	Squat	107.5	236.9	Karen Parnow	11/11/2009
	Bench	75	165.3	Karen Parnow	12/13/2008
	Deadlift	120	264.5	Karen Parnow	11/11/2009
90kg/198.2lb	TOTAL	295	650.3	Karen Parnow	11/11/2009
	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat	110	242.5	Lou Ella Niekery	5/4/1990
	Bench	75	165.2	Lou Ella Niekery	5/4/1990
	Deadlift	150	330.5	Lou Ella Niekery	5/4/1990
	TOTAL	335	782.5	Lou Ella Niekery	5/4/1990

Powerlifting | MASTER WOMEN 55 TO 59

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat	70	154.2	Sheila Mann	6/14/2003
	Bench	50	110.2	Sheila Mann	6/14/2003

56kg/123.5lb	Deadlift	87.5	192.7	Sheila Mann	6/14/2003
	TOTAL	207.5	457.2	Sheila Mann	6/14/2003
	Squat				
	Bench				
	Deadlift				
60kg/132.2lb	TOTAL				
	Squat	75	165.2	Joyce Alcouloumre	5/13/1989
	Bench	47.5	104.5	Joyce Alcouloumre	5/4/1990
	Deadlift	100	220.2	Joyce Alcouloumre	5/13/1989
	TOTAL	217.5	479.5	Joyce Alcouloumre	5/13/1989
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
	Squat				
75kg/165.2lb	Bench				
	Deadlift				
	TOTAL				
	Squat				
	Bench				
82.5kg/181.7lb	Deadlift				
	TOTAL				
	Squat				
	Bench				
	Deadlift				
90kg/198.2lb	TOTAL				
	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				
	Squat				

Powerlifting | MASTER WOMEN 60 TO 64

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
	Squat				
48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
	Squat				
	Bench				
52kg/114.5lb	Deadlift				
	TOTAL				
	Squat				
	Bench				
	Deadlift				
56kg/123.5lb	TOTAL				
	Squat				
	Bench				

	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	30	66	Fran Haley	4/5/1986
	Bench	25	55	Fran Haley	4/5/1986
	Deadlift	45	99	Fran Haley	4/5/1986
	TOTAL	100	220.2	Fran Haley	4/5/1986
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				

Powerlifting | MASTER WOMEN 65 TO 69

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat	45	99.2	Helene Tropp	3/29/2008
	Bench	45	99.2	Helene Tropp	3/29/2008
	Deadlift	95	209.4	Helene Tropp	3/29/2008
	TOTAL	185	407.9	Helene Tropp	3/29/2008
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				

67.5kg/148.7lb	Deadlift
	TOTAL
	Squat
	Bench
75kg/165.2lb	Deadlift
	TOTAL
	Squat
	Bench
82.5kg/181.7lb	Deadlift
	TOTAL
	Squat
	Bench
90kg/198.2lb	Deadlift
	TOTAL
	Squat
	Bench
90+kg/UNL	Deadlift
	TOTAL
	Squat
	Bench

Powerlifting MASTER WOMEN 70 TO 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				

75kg/165.2lb	Deadlift
	TOTAL
	Squat
	Bench
82.5kg/181.7lb	Deadlift
	TOTAL
	Squat
	Bench
90kg/198.2lb	Deadlift
	TOTAL
	Squat
	Bench
90+kg/UNL	Deadlift
	TOTAL
	Squat
	Bench

Powerlifting | MASTER WOMEN 75 TO 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	52.5	115.7	Elma Beck	6/14/2003
	Bench	32.5	71.5	Elma Beck	6/14/2003
	Deadlift	82.5	181.7	Elma Beck	6/14/2003
	TOTAL	167.5	369.2	Elma Beck	6/14/2003
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat	62.5	137.7	Helen Zechmeister	5/5/1984
	Bench	42.5	94	Helen Zechmeister	5/5/1984
	Deadlift	100	220.2	Helen Zechmeister	4/24/1983
	TOTAL	200	440.7	Helen Zechmeister	5/5/1984
75kg/165.2lb	Squat	55	121.2	Helen Zechmeister	2/13/1983
	Bench	40	88	Helen Zechmeister	2/13/1983

	Deadlift	97.5	214.7	Helen Zechmeister	2/13/1983
	TOTAL	192.5	424.2	Helen Zechmeister	2/13/1983
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

Powerlifting | 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