

Powerlifting | OPEN WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat	125	275.6	Nancy Belliveau	6/1/1985
	Bench	65	143.3	Nancy Belliveau	1/26/1985
	Deadlift	165	363.8	Nancy Belliveau	6/1/1985
	TOTAL	345	760.6	Nancy Belliveau	6/1/1985
48kg/105.7lb	Squat	135	297.6	Shirley Gutierrez	7/19/1986
	Bench	72.5	159.8	Shirley Gutierrez	12/8/1985
	Deadlift	150	330.7	Pam Meister	1/26/1980
	TOTAL	345	760.6	Shirley Gutierrez	12/8/1985
52kg/114.5lb	Squat	162.5	358.3	Mary Ryan	1/26/1985
	Bench	102.5	225.9	Mary Ryan	1/26/1985
	Deadlift	167.5	369.3	Nancy Belliveau	3/30/1985
	TOTAL	425	936.9	Mary Ryan	1/26/1985
56kg/123.5lb	Squat	167.5	369.2	Cathlene Kelii	10/7/2000
	Bench	102.5	225.9	Suzanne Hedman	9/24/2010
	Deadlift	187.5	413.2	Evangeline Kizer	1/26/1985
	TOTAL	440	970	Cathlene Kelii	10/7/2000
60kg/132.2lb	Squat	170	374.7	LeaAnn Adams	4/22/1995
	Bench	107.5	237	Janice Roge	11/4/1990
	Deadlift	187.5	413.2	LeaAnn Adams	4/22/1995
	TOTAL	440	970	LeaAnn Adams	4/22/1995
67.5kg/148.7lb	Squat	190	418.9	Debbie McElroy	4/18/1987
	Bench	122.5	270.1	Debbie McElroy	4/18/1987
	Deadlift	210	463	Danni Eldridge (Danni Hawks)	3/9/1991
	TOTAL	517.5	1140.9	Debbie McElroy	4/18/1987
75kg/165.2lb	Squat	210	462.7	Liz Freel	3/27/2010
	Bench	152.5	336	Liz Freel	3/27/2010
	Deadlift	227.5	501.5	Liz Freel	3/27/2010
	TOTAL	590	1300.7	Liz Freel	3/27/2010
82.5kg/181.7lb	Squat	235	518	Nicolai Stern	9/24/2010
	Bench	145	319.6	Jan Harrell	12/14/1985
	Deadlift	227.5	501.5	Vicky Gagne	5/12/1981
	TOTAL	582.5	1284.1	Nicolai Stern	9/24/2010
90kg/198.2lb	Squat	252.5	556.7	Loraine Costanzo	5/8/1988
	Bench	165	363.8	Jan Harrell	11/15/1987
	Deadlift	227.5	501.6	Loraine Costanzo	1/31/1988
	TOTAL	607.5	1339.3	Loraine Costanzo	1/31/1988
90+kg/UNL	Squat	272.5	600.8	Loraine Costanzo	11/15/1987
	Bench	157.5	347.2	Janet Loveall	12/13/2008
	Deadlift	237.5	523.6	Loraine Costanzo	6/1/1987
	TOTAL	622.5	1372.4	Loraine Costanzo	6/1/1987

Powerlifting | SUBMASTER WOMEN 35 TO 39

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				

48kg/105.7lb	Bench				
	Deadlift				
	TOTAL				
	Squat				
52kg/114.5lb	Bench				
	Deadlift				
	TOTAL				
	Squat				
56kg/123.5lb	Bench				
	Deadlift				
	TOTAL				
	Squat				
60kg/132.2lb	Bench				
	Deadlift				
	TOTAL				
	Squat				
67.5kg/148.7lb	Bench				
	Deadlift				
	TOTAL				
	Squat	155	341.7	Karen Matthews	8/11/2007
75kg/165.2lb	Bench	80	176.2	Karen Matthews	3/31/2007
	Deadlift	160	352.5	Karen Matthews	3/31/2007
	TOTAL	392.5	865.3	Karen Matthews	8/11/2007
	Squat	210	462.7	Liz Freel	3/27/2010
82.5kg/181.7lb	Bench	152.5	336	Liz Freel	3/27/2010
	Deadlift	227.5	501.5	Liz Freel	3/27/2010
	TOTAL	590	1300.7	Liz Freel	3/27/2010
	Squat	160	352.5	Rolanda Dixon	3/31/2007
90kg/198.2lb	Bench	102.5	225.7	Rolanda Dixon	3/31/2007
	Deadlift	175	385.7	Rolanda Dixon	3/31/2007
	TOTAL	437.5	964.5	Rolanda Dixon	3/31/2007
	Squat	227.5	501.5	Janet Loveall	4/26/2009
90+kg/UNL	Bench	145	319.6	Janet Loveall	1/24/2009
	Deadlift	210	462.9	Janet Loveall	4/26/2009
	TOTAL	582.5	1284.1	Janet Loveall	4/26/2009
	Squat	255	562.1	Shanrekia Bower	9/24/2010
90+kg/UNL	Bench	157.5	347.2	Janet Loveall	12/13/2008
	Deadlift	195	429.8	Janet Loveall	12/13/2008
	TOTAL	587.5	1295.2	Shanrekia Bower	9/24/2010