

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	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				

	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	155	341.7	Karen Matthews	8/11/2007
	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
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	160	352.5	Rolanda Dixon	3/31/2007
	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
90kg/198.2lb	Squat	227.5	501.5	Janet Loveall	4/26/2009
	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
90+kg/UNL	Squat	255	562.1	Shanrekia Bower	9/24/2010
	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