	US			RECORDS	
			SH / PULL N - WOME		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL	42.5 85.0 127.5	93.7 187.4 281.1	Lynn Gerald Lynn Gerald Lynn Gerald	11/16/2014 11/16/2014 11/16/2014
60kg/132.2lb	Bench Deadlift TOTAL	57.5 132.5 185.0	126.8 292.1 407.9	Gloria Valenzuela Jennifer Pusey Jennifer Pusey	11/16/2014 11/18/2017 11/18/2017
67.5kg/148lb	Bench Deadlift TOTAL	50.0 119.7 164.7	110.2 264.0 363.0	Jessica Rush Samantha Neeley Samantha Neeley	6/6/2014 3/8/2014 3/8/2014
75kg/165.2lb	Bench Deadlift TOTAL	72.1 149.7 222.3	159.0 330.0 490.0	Jamie Robinette Jamie Robinette Jamie Robinette	3/8/2014 3/8/2014 3/8/2014
82.5kg/181.7lb	Bench Deadlift TOTAL	110.0 157.5 267.5	242.5 347.2 589.7	Kylee Craig Kylee Craig Kylee Craig	7/10/2017 7/10/2017 7/10/2017
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench Deadlift TOTAL				
		MEN ~ TEE			
Weight 44kg/97lb	Lift Bench Deadlift TOTAL	Kgs	Lbs	Name	Date
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench				

	Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL	55.0 95.0 150.0	121.3 209.4 330.7	Alejandra Huerta Alejandra Huerta Alejandra Huerta	5/21/2016 5/21/2016 5/21/2016
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench				
90+Kg/ONL	Deadlift TOTAL				
SOTKY/ONL	Deadlift TOTAL WOMEN ~ 3		ER 35-3		
Weight	Deadlift TOTAL WOMEN ~ S Lift	SUBMAST Kgs	ER 35-3 Lbs	9 Name	Date
	Deadlift TOTAL WOMEN ~ 3				Date
Weight	Deadlift TOTAL WOMEN ~ Lift Bench Deadlift				Date
Weight 44kg/97lb	Deadlift TOTAL WOMEN ~ S Lift Bench Deadlift TOTAL Bench Deadlift				Date
Weight 44kg/97lb 48kg/105.7lb	Deadlift TOTAL WOMEN ~ 3 Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date
Weight 44kg/97lb 48kg/105.7lb 52kg/114.5lb	Deadlift TOTAL WOMEN ~ S Lift Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift TOTAL Bench Deadlift				Date

TOTAL

TOTAL

75kg/165.2lb	Bench	47.5	104.7	Bev Jones	12/8/2013
	Deadlift	137.5	303.1	Bev Jones	12/8/2013
	TOTAL	185.0	407.9	Bev Jones	12/8/2013
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench	82.5	182.0	Jamie Notch Francis	11/14/2020
	Deadlift	147.5	325.2	Jamie Notch Francis	11/14/2020
	TOTAL	230.0	507.1	Jamie Notch Francis	11/14/2020

	WOM	EN ~ MAST	ER 40-44	·	
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL	42.5 85.0 127.5	93.7 187.4 281.1	Lynn Gerald Lynn Gerald Lynn Gerald	11/16/2014 11/16/2014 11/16/2014
60kg/132.2lb	Bench Deadlift TOTAL	52.2 124.7 177.4	115.0 275.0 391.0	Heather Rider Heather Rider Heather Rider	3/8/2014 3/8/2014 3/8/2014
67.5kg/148lb	Bench Deadlift TOTAL	60.0 125.0 185.0	132.3 275.6 407.9	Emma Villa Emma Villa Emma Villa	10/30/2016 10/30/2016 10/30/2016
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift				

90+kg/UNL Bench Deadlift TOTAL

	WOMEN /	~ MASTER	45-49		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL	-			
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench Deadlift TOTAL				
	WOMEN	~ MASTER	50-54		

	WOMEN ~ MASTER 50-54					
Weight	Lift	Kgs	Lbs	Name	Date	
44kg/97lb	Bench					
	Deadlift					
	TOTAL					
48kg/105.7lb	Bench					
	Deadlift					

	TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL	47.5 122.5 170.0	104.7 270.1 374.8	Cristina Ramirez Cristina Ramirez Cristina Ramirez	5/1/2015 5/1/2015 5/1/2015
90+kg/UNL	Bench Deadlift TOTAL				

	WOMEN	~ MASTER	55-5 <u>9</u>		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				

67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
90+kg/UNL	Bench Deadlift TOTAL

	WOMEN	~ MASTER	60-64		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				

90kg/198.2lb	Bench
	Deadlift
	TOTAL

90+kg/UNL Bench Deadlift TOTAL

44kg/97lbBench Deadlift TOTAL48kg/105.7lbBench Deadlift TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL			~ MASTER			
Deadlift TOTAL48kg/105.7lbBench Deadlift TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	Weight		Kgs	Lbs	Name	Date
TOTAL48kg/105.7lbBench Deadlift TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	44kg/97lb					
48kg/105.7lbBench Deadlift TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL						
Deadlift TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL		TOTAL				
Deadlift TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL	48ka/105 7lb	Bench				
TOTAL52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	40Kg/100.710					
52kg/114.5lbBench Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL						
Deadlift TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL						
TOTAL56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	52kg/114.5lb	Bench				
56kg/123.5lbBench Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL		Deadlift				
Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift		TOTAL				
Deadlift TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift						
TOTAL60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	56kg/123.5lb					
60kg/132.2lbBench Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL						
Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL		TOTAL				
Deadlift TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	60ka/132 2lb	Bench				
TOTAL67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift TOTAL	001(g/ 102.215					
67.5kg/148lbBench Deadlift TOTAL75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift Deadlift						
Deadlift TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift						
TOTAL 75kg/165.2lb Bench Deadlift TOTAL 82.5kg/181.7lb Bench Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift	67.5kg/148lb	Bench				
75kg/165.2lbBench Deadlift TOTAL82.5kg/181.7lbBench Deadlift TOTAL90kg/198.2lbBench Deadlift TOTAL90+kg/UNLBench Deadlift Deadlift						
Deadlift TOTAL 82.5kg/181.7lb Bench Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift		TOTAL				
Deadlift TOTAL 82.5kg/181.7lb Bench Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift		D				
TOTAL 82.5kg/181.7lb Bench Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift	75Kg/165.21D					
 82.5kg/181.7lb Bench Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift 						
Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift		TOTAL				
Deadlift TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift	82.5kg/181.7lb	Bench				
TOTAL 90kg/198.2lb Bench Deadlift TOTAL 90+kg/UNL Bench Deadlift	o_ioi.g, ioiii.a					
Deadlift TOTAL 90+kg/UNL Bench Deadlift						
Deadlift TOTAL 90+kg/UNL Bench Deadlift						
TOTAL 90+kg/UNL Bench Deadlift	90kg/198.2lb					
90+kg/UNL Bench Deadlift						
Deadlift		TOTAL				
Deadlift	00.1.7/10.11	Devel				
	90+kg/UNL					
TOTAL						
		IUTAL				

WOMEN ~ MASTER 70-74					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench				
	Deadlift				
	TOTAL				

48kg/105.7lb	Bench Deadlift TOTAL
52kg/114.5lb	Bench Deadlift TOTAL
56kg/123.5lb	Bench Deadlift TOTAL
60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				

60kg/132.2lb	Bench Deadlift TOTAL	
67.5kg/148lb	Bench Deadlift TOTAL	
75kg/165.2lb	Bench Deadlift TOTAL	
82.5kg/181.7lb	Bench Deadlift TOTAL	
90kg/198.2lb	Bench Deadlift TOTAL	
90+kg/UNL	Bench Deadlift TOTAL	

WOMEN ~ MASTER 80+					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench				

	Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
90+kg/UNL	Bench Deadlift TOTAL