

**USPF AMERICAN RAW
WOMEN MASTER - 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	77.5	170.9	Michelle Turk	6/6/2014
	Bench	50.0	110.2	Michelle Turk	6/6/2014
	Deadlift	97.5	215.0	Michelle Turk	6/6/2014
	TOTAL	225.0	496.0	Michelle Turk	6/6/2014
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	92.5	203.9	Danielle Schueller	6/10/2017
	Bench	65.0	143.3	Danielle Schueller	6/10/2017
	Deadlift	140.0	308.6	Danielle Schueller	6/10/2017
	TOTAL	297.5	655.9	Danielle Schueller	6/10/2017
67.5kg/148.7lb	Squat	85.0	187.4	Emma Villa	5/21/2016
	Bench	62.5	137.8	Emma Villa	5/21/2016
	Deadlift	120.0	264.6	Emma Villa	5/21/2016
	TOTAL	267.5	589.7	Emma Villa	5/21/2016
75kg/165.2lb	Squat	105.0	231.2	Michelle Coile	3/24/2012
	Bench	70.0	154.2	Michelle Coile	3/24/2012
	Deadlift	130.0	286.5	Michelle Coile	3/24/2012
	TOTAL	305.0	672.2	Michelle Coile	3/24/2012
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat	175.0	385.8	Kristina Thoman	11/22/2015
	Bench	102.5	226.0	Kristina Thoman	11/22/2015
	Deadlift	170.0	374.8	Kristina Thoman	11/22/2015
	TOTAL	447.5	986.6	Kristina Thoman	11/22/2015
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 AMERICAN 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	4/5/2014
	Bench	45.0	99.2	Tamara Mack	4/5/2014
	Deadlift	127.5	281.1	Tamara Mack	4/5/2014
	TOTAL	270.0	595.2	Tamara Mack	4/5/2014
60kg/132.2lb	Squat	129.3	285.0	Misty Rendleman	11/14/2020
	Bench	77.1	170.0	Misty Rendleman	11/14/2020
	Deadlift	161.0	355.0	Misty Rendleman	11/14/2020
	TOTAL	367.4	810.0	Misty Rendleman	11/14/2020
67.5kg/148.7lb	Squat	60.0	132.3	Heidi Brelsford	10/18/2014
	Bench	42.5	93.7	Heidi Brelsford	10/18/2014
	Deadlift	102.5	226.0	Heidi Brelsford	10/18/2014
	TOTAL	205.0	451.9	Heidi Brelsford	10/18/2014
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 AMERICAN 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	10/30/2016
	Bench	55.0	121.3	Rachel Anaya	10/30/2016
	Deadlift	130.0	286.6	Rachel Anaya	10/30/2016
	TOTAL	287.5	633.8	Rachel Anaya	10/30/2016
60kg/132.2lb	Squat	102.5	226.5	Rachel Anaya	5/21/2016
	Bench	52.5	115.7	Rachel Anaya	5/21/2016
	Deadlift	125.0	275.6	Rachel Anaya	5/21/2016
	TOTAL	280.0	617.3	Rachel Anaya	5/21/2016
67.5kg/148.7lb	Squat	120.0	264.6	Heena Patel	7/30/2023
	Bench	72.5	159.9	Heena Patel	7/30/2023
	Deadlift	162.5	358.3	Heena Patel	7/30/2023
	TOTAL	340.0	749.6	Heena Patel	7/30/2023
75kg/165.2lb	Squat	100.0	220.5	Cathy Bowden	3/24/2012
	Bench	72.5	159.8	Cathy Bowden	3/24/2012
	Deadlift	130.0	286.6	Cathy Bowden	3/24/2012
	TOTAL	302.5	666.9	Cathy Bowden	3/24/2012
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

USPF AMERICAN 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	56.7	125.0	Kimberly Thompson	11/9/2019
	Bench	34.0	75.0	Kimberly Thompson	11/9/2019
	Deadlift	72.6	160.0	Kimberly Thompson	11/9/2019
	TOTAL	163.3	360.0	Kimberly Thompson	11/9/2019
60kg/132.2lb	Squat	54.4	120.0	Tanya Childress	11/9/2019
	Bench	27.2	60.0	Tanya Childress	11/9/2019
	Deadlift	95.3	210.0	Tanya Childress	11/9/2019
	TOTAL	176.9	390.0	Tanya Childress	11/9/2019
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	11/16/2014
	Bench	50.0	110.2	Diann Porter	11/16/2014
	Deadlift	127.5	281.1	Diann Porter	11/16/2014
	TOTAL	272.5	600.8	Diann Porter	11/16/2014

USPF AMERICAN 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	152.5	336.2	Ellen Stein	5/10/2013
	Bench	80.0	176.4	Ellen Stein	5/10/2013
	Deadlift	167.5	369.3	Ellen Stein	5/10/2013
	TOTAL	400.0	881.8	Ellen Stein	5/10/2013
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 AMERICAN RAW MASTER - WOMEN 65-69

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 AMERICAN 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 AMERICAN 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 AMERICAN 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				