

NORCAL POWERLIFTING RAW – SUBMASTER/MASTER WOMEN

SUB-MASTER WOMEN 35-39					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat	87.5	192.7	Bianca Polovina	11/5/17
	Bench	50	110	Bianca Polovina	11/5/17
	Deadlift	120	264.5	Bianca Polovina	11/5/17
	TOTAL	257.5	567.5	Bianca Polovina	11/5/17
	P/P				
60 kg/132.2 lbs	Squat	77.5	170.86	Betty Thang	4/14/19 -8/3/19
	Bench	45	99.21	Betty Thang	4/14/19 -8/3/19
	Deadlift	90	198.42	Betty Thang	8/3/19
	TOTAL	212.5	468.48	Betty Thang	8/3/19
	P/P				
67.5 kg/148 lbs	Squat	140	308.65	Pamela Teding	8/3/19
	Bench	77.5	170.9	Hillary Harper	6/14
	Deadlift	140	308.65	Pamela Teding	8/3/19
	TOTAL	347.5	766.11	Pamela Teding	8/3/19
	P/P	172.5	380.5	Hillary Harper	6/14
75 kg/165.2 lbs	Squat	142.5	314.16	Pamela Teding	11/10/19
	Bench	72.5	159.83	Pamela Teding	11/10/19
	Deadlift	142.5	314.16	Pamela Teding	11/10/19
	TOTAL	357.5	788.15	Pamela Teding	11/10/19
	P/P				
82.5 kg/181.7 lbs	Squat	172.5	380.3	Mary Portwood	4/14/19

	Bench	92.5	203.93	Mary Portwood	4/14/19
	Deadlift	162.5	358.25	Mary Portwood	4/14/19
	TOTAL	427.5	942.48	Mary Portwood	4/14/19
	P/P	172.5	380	Christina Campbell	11/6/16
90 kg/198.2 lbs					
	Squat	125	275.58	Zelina Ramirez	3/26/17
	Bench	60	132.28	Zelina Ramirez	3/26/17
	Deadlift	160	352.74	Zelina Ramirez	3/26/17
	TOTAL	345	760.59	Zelina Ramirez	3/26/17
	P/P				
100 kg/220 lbs					
	Squat	105	231.5	Elaina Tancredy	3/15
	Bench	52.5	115.7	Elaina Tancredy	3/15
	Deadlift	117.5	259	Elaina Tancredy	3/15
	TOTAL	275	606.27	Elaina Tancredy	3/15
	P/P				
110 kg/242 lbs					
	Squat	105	231.2	Renee Ritchie	3/20/16
	Bench	50	110	Renee Ritchie	3/20/16
	Deadlift	140	308.5	Renee Ritchie	3/20/16
	TOTAL	295	650.2	Renee Ritchie	3/20/16
	P/P				
125 kg/275 lbs					
	Squat	132.5	292.1	Sonia Villegas	7/22/18
	Bench	62.5	137.8	Sonia Villegas	7/22/18
	Deadlift	125	275.58	Sonia Villegas	7/22/18
	TOTAL	320	705.48	Sonia Villegas	7/22/18
	P/P				
125+ kg/275+ lbs					
	Squat	175	385.81	Mandy Smith	11/10/19
	Bench	87.5	192.90	Mandy Smith	11/10/19
	Deadlift	152.5	336.20	Mandy Smith	11/10/19
	Total	415	914.92	Mandy Smith	11/10/19
	P/P				
MASTER WOMEN 40-44					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs					
	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

52 kg/114.5 lbs	Squat	65	143.30	Kara Kim	11/6/16
	Bench	47.5	104.72	Kara Kim	11/6/16
	Deadlift	105	231.49	Kara Kim	11/6/16
	TOTAL	217.5	479.51	Kara Kim	11/6/16
	P/P				
56 kg/123.5 lbs	Squat	82.5	181.88	Janel Bustamante	11/10/19
	Bench	50	110.23	Janel Bustamante	11/10/19
	Deadlift	130	286.60	Janel Bustamante	11/10/19
	TOTAL	262.5	578.71	Janel Bustamante	11/10/19
	P/P				
60 kg/132.2 lbs	Squat	67.5	148.81	Russelle McDermott	8/3/19
	Bench	42.5	93.70	Russelle McDermott	8/3/19
	Deadlift	110	242.51	Russelle McDermott	8/3/19
	TOTAL	220	485.02	Russelle McDermott	8/3/19
	P/P				
67.5 kg/148 lbs	Squat	110	242.5	Shirley Negron	7/22/18
	Bench	62.5	137.8	Shirley Negron	7/22/18
	Deadlift	152.5	336.2	Shirley Negron	7/22/18
	TOTAL	325	715	Shirley Negron	7/22/18
	P/P				
75 kg/165.2 lbs	Squat	130	286.60	Francesca Burke	4/14/19
	Bench	60	132.28	Francesca Burke	4/14/19
	Deadlift	147.5	325.18	Francesca Burke	4/14/19
	TOTAL	337.5	744.06	Francesca Burke	4/14/19
	P/P	202.5	446.44	Francesca Burke	10/28/18
82.5 kg/181.7 lbs	Squat	137.5	303.14	Tracy Burman	4/14/19
	Bench	70	154.32	Tracy Burman	4/14/19
	Deadlift	152.5	336.2	Raquel Englund	7/31/16
	TOTAL	352.5	793.66	Tracy Burman	4/14/19
	P/P	122.5	270.07	Priyanka Jain	8/31/19
90 kg/198.2 lbs	Squat	102.5	226	Daniele Dale	11/15/15
	Bench	52.5	115.7	Daniele Dale	11/15/15
	Deadlift	120	264.5	Daniele Dale	11/15/15
	TOTAL	275	606.27	Daniele Dale	11/15/15
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125+ kg/275+ lbs	Squat				
	Bench				
	Deadlift				
	Total				
	P/P				
MASTER WOMEN 45-49					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat	60	132.28	Diane Jo Reilly	3/26/17
	Bench	32.5	71.65	Diane Jo Reilly	11/6/16
	Deadlift	95	209.44	Diane Jo Reilly	11/6/16
	TOTAL	185	407.86	Diane Jo Reilly	11/6/16
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
52 kg/114.5 lbs	Squat	77.5	170.5	Meredith Martin	11/5/17
	Bench	40	88	Meredith Martin	11/5/17
	Deadlift	85	187.2	Meredith Martin	11/5/17
	TOTAL	197.5	425.2	Meredith Martin	11/5/17
	P/P				
56 kg/123.5 lbs	Squat	75	165.35	Kathleen Sousa	8/6/17
	Bench	45	99.2	Denise Ashford/Kathleen Sousa	6/14-8/6/17
	Deadlift	110	242.5	Denise Ashford	6/14
	TOTAL	227.5	501.55	Kathleen Sousa	8/6/17
	P/P				
60 kg/132.2 lbs	Squat	75	165.35	Elisa Zuniga	4/4/19
	Bench	42.5	93.70	Elisa Zuniga	4/14/19
	Deadllift	85	187.39	Elisa Zuniga	4/14/19

	TOTAL	202.5	446.44	Elisa Zuniga	4/14/19
	P/P				
67.5 kg/148 lbs	Squat	117.5	259	Bernice Dea	8/1/15
	Bench	57.5	126.8	Bernice Dea	8/1/15
	Deadlift	160	352.7	Bernice Dea	8/1/15
	TOTAL	335	738.54	Bernice Dea	8/1/15
	P/P				
75 kg/165.2 lbs	Squat	80	176.37	Roshni Mudgal	4/14/19
	Bench	40	88.18	Roshni Mudgal	4/14/19
	Deadlift	107.5	237	Roshni Mudgal	4/14/19
	TOTAL	227.5	501.55	Roshni Mudgal	4/14/19
	P/P				
82.5 kg/181.7 lbs	Squat	90	198.42	Laura Krieg	11/6/16
	Bench	50	110.23	Laura Krieg	11/6/16
	Deadlift	112.5	248.02	Laura Krieg	11/6/16
	TOTAL	252.5	556.67	Laura Krieg	11/6/16
	P/P				
90 kg/198.2 lbs	Squat	100	220.46	Laura Krieg	3/26/17
	Bench	55	121.25	Laura Krieg	3/26/17
	Deadlift	122.5	270.07	Laura Krieg	3/26/17
	TOTAL	277.5	611.78	Laura Krieg	3/26/17
	P/P				
100 kg/220 lbs	Squat	80	176.37	Denise McFarlane	4/14/19
	Bench	42.5	93.70	Denise McFarlane	4/4/19
	Deadlift	105	231.49	Denise McFarlane	4/14/19
	TOTAL	227.5	501.56	Denise McFarlane	4/14/19
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat	55	121.25	Julie Southern	11/10/19
	Bench	60	132.28	Julie Southern	8/3/19
	Deadlift	120	264.55	Julie Southern	11/10/19
	TOTAL	232.5	512.57	Julie Southern	11/10/19
	P/P				
MASTER WOMEN 50-54					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				

	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench	45	99.21	Deidre Harris	3/26/17
	Deadlift	102.5	225.97	Deidre Harris	3/26/17
	TOTAL				
	P/P	147.5	325.18	Deidre Harris	3/26/17
67.5 kg/148 lbs	Squat	110	242.51	Francisca Schwedhelm	3/26/17
	Bench	60	132.3	Tierney Korotkin	6/14
	Deadlift	125	275.58	Francisca Schwedhelm	3/26/17
	TOTAL	287.5	633.83	Francisca Schwedhelm	3/26/17
	P/P				
75 kg/165.2 lbs	Squat	75	165.3	Pauline Machado	11/15/15
	Bench	55	121.2	Pauline Machado	3/20/16
	Deadlift	107.5	236.7	Pauline Machado	3/20/16
	TOTAL	237.5	303	Pauline Machado	3/20/16
	P/P				
82.5 kg/181.7 lbs	Squat	112.5	248.20	Camille Anderson	4/14/19
	Bench	50	110.23	Camille Anderson	4/14/19
	Deadlift	160	352.74	Camille Anderson	4/14/19
	TOTAL	322.5	711.17	Camille Anderson	4/14/19
	P/P				
90 kg/198.2 lbs	Squat	132.5	292.11	Rowena Moore	8/3/19

	Bench	55	121.25	Rowena Moore	8/3/19
	Deadlift	142.5	314.16	Rowena Moore	8/3/19
	TOTAL	330	727.52	Rowena Moore	8/3/19
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 55-59					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat	70	154.3	Karin Jeffry	7/31/16
	Bench	40	88.2	Karin Jeffry	7/31/16
	Deadlift	95	209.4	Karin Jeffry	7/31/16
	TOTAL	205	451.9	Karin Jeffry	7/31/16
	P/P				

60 kg/132.2 lbs	Squat	90	198.42	Tierney Korotkin	8/6/17
	Bench	62.5	137.79	Tierney Korotkin	8/6/17
	Deadlift	110	242.51	Tierney Korotkin	8/6/17
	TOTAL	262.5	578.71	Tierney Korotkin	8/6/17
	P/P				
67.5 kg/148 lbs	Squat	100	220.5	Agi Buck	8/1/15
	Bench	70	154.3	Agi Buck	8/1/15
	Deadlift	127.5	281.1	Agi Buck	8/1/15
	TOTAL	297.5	655.87	Agi Buck	8/1/15
	P/P	167.5	369	Tierney Korotkin	11/6/16
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat	60	132.28	Deborah Maxwell	4/14/19
	Bench	52.5	115.74	Deborah Maxwell	4/14/19
	Deadlift	92.5	209.44	Deborah Maxwell	4/14/19
	TOTAL	210	457.46	Deborah Maxwell	4/14/19
	P/P				
90 kg/198.2 lbs	Squat	67.5	148.8	Valerie Crowell	11/15/15
	Bench	77.5	170.9	Valerie Crowell	11/15/15
	Deadlift	105	231.5	Valerie Crowell	11/15/15
	TOTAL	247.5	545.64	Valerie Crowell	3/15
	P/P	177.5	391.3	Valerie Crowell	11/9/14
100 kg/220 lbs	Squat				
	Bench	55	121.3	Barbara Bridwell	6/14
	Deadlift	80	176.8	Barbara Bridwell	2/23/14
	TOTAL				
	P/P	132.5	292.1	Barbara Bridwell	2/23/14
110 kg/242 lbs	Squat	92.5	203.9	Annette Thorsen	7/22/18
	Bench	62.5	137.8	Annette Thorsen	7/22/18
	Deadlift	140	308.65	Annette Thorsen	7/22/18
	TOTAL	287.5	633.8	Annette Thorsen	7/22/18
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

MASTER WOMEN 60-64					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat	70	154.32	Felice O’Ryan	3/26/17
	Bench	42.5	93.70	Felice O’Ryan	3/26/17
	Deadlift	105	231.49	Felice O’Ryan	8/6/17
	TOTAL	217.5	479.50	Felice O’Ryan	8/6/17
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat	77.5	170.86	Karin Jeffrey	8/6/17
	Bench	42.5	93.70	Karin Jeffrey	8/6/17
	Deadlift	97.5	214.95	Karin Jeffrey	8/6/17
	TOTAL	217.5	479.50	Karin Jeffrey	8/6/17
	P/P				
67.5 kg/148 lbs	Squat	65	143.2	Leslie Hart	3/20/16
	Bench	30	66	Leslie Hart	3/20/16
	Deadlift	75	165.2	Leslie Hart	3/20/16
	TOTAL	165	363.7	Leslie Hart	3/20/16
	P/P	87.5	192.9	Pattie Krebs	3/7/15
75 kg/165.2 lbs	Squat	90	198.4	Elizabeth Richie	11/15/15
	Bench	52.5	115.7	Elizabeth Richie	11/15/15
	Deadlift	117.5	259	Elizabeth Richie	11/15/15
	TOTAL	257.5	567.68	Elizabeth Ritchie	11/15/15
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench	42.5	93.7	Deborah Braaten	6/13
	Deadlift				

	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat	67.5	148.8	Barbara Ann Garcia	8/1/15
	Bench	72.5	159.8	Barbara Ann Garcia	8/1/15
	Deadlift	135	297.6	Barbara Ann Garcia	8/1/15
	TOTAL	275	606.27	Barbara Ann Garcia	8/1/15
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 65-69					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				

	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat	35	77.16	Pattie Krebs	11/10/19
	Bench	30	66.14	Pattie Krebs	11/10/19
	Deadlift	67.5	148.81	Pattie Krebs	11/10/19
	TOTAL	132.5	292.11	Pattie Krebs	11/10/19
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat	72.5	159.83	Sue Vaterlaus	4/14/19
	Bench	57.5	126.77	Sue Vaterlaus	4/14/19
	Deadlift	110	242.51	Sue Vaterlaus	4/14/19
	TOTAL	240	605.34	Sue Vaterlaus	4/14/19
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				

	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 70-74					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat	37.5	82.5	Carley Mikita	3/20/16
	Bench	40	88	Carley Mikita	3/20/16
	Deadlift	65	143.5	Carley Mikita	3/20/16
	TOTAL	142.5	314	Carley Mikita	3/20/16
	P/P				
56 kg/123.5 lbs	Squat	47.5	104.72	Carly Mikita	3/26/17
	Bench	42.5	93.70	Carly Mikita	3/26/17
	Deadlift	75	165.35	Carly Mikita	3/26/17
	TOTAL	165	363.76	Carly Mikita	3/26/17
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift	117.5	259.04	Charlene Muscio	4/14/19
	TOTAL				
	P/P				

82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
52 kg/114.5 lbs	Squat				
	Bench				

	Deadlift				
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	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat	40	88	Teresa Delao	3/20/16
	Bench	27.5	60.5	Teresa Delao	3/20/16
	Deadlift	67.5	148.7	Teresa Delao	3/20/16
	TOTAL	135	297.5	Teresa Delao	3/20/16
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				

	Deadlift				
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	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 80-84					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

75 kg/165.2 lbs	Squat				
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	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 85-89					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				



52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				

	P/P				
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110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER WOMEN 90-94					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				

	Deadlift				
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	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				