

NORCAL POWERLIFTING RAW – OPEN/NOVICE WOMEN

OPEN WOMEN					
Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat	110	242.51	Jennifer Genato	4/14/19
	Bench	57.5	126.77	Jennifer Genato	4/14/19
	Deadlift	145	319.67	Jennifer Genato	4/14/19
	TOTAL	312.5	798.95	Jennifer Genato	4/14/19
	P/P	202.5	445.5	Jennifer Genato	4/14/19
48 kg/105.8 lbs	Squat	90	198.42	Sally French	8/6/17
	Bench	60	132.28	Sally French	3/26/17
	Deadlift	117.5	259.04	Sally French	8/6/17
	TOTAL	267.5	589.74	Sally French	8/6/17
52 kg/114.5 lbs	Squat	110	242.51	Helen Lau/Jessica Siasoco	11/5/17-11/10/19
	Bench	65	143.2	Helen Lau	11/5/17
	Deadlift	127.5	281	Helen Lau	11/5/17
	TOTAL	302.5	666.7	Helen Lau	11/5/17
	P/P				
56 kg/123.5 lbs	Squat	120	264.55	Nicky Sengchanh	8/3/19
	Bench	75	165.3	Christina Cooper	7/31/16
	Deadlift	147.5	325.18	Nicky Sengchanh	8/3/19
	TOTAL	327.5	722.01	Nicky Sengchanh	8/3/19
	P/P				
60 kg/132.2 lbs	Squat	127.5	281.1	Daphne Zhang	11/9/14
	Bench	75	165.3	Daphne Zhang/Aysha Pal	11/9/14-7/22/18
	Deadlift	177.5	391.32	Linda Chungchootairang	8/6/17
	TOTAL	367.5	810.20	Linda Chungchootairang	8/6/17
	P/P				
67.5 kg/148 lbs	Squat	140	308.65	Pamela Teding	8/3/19
	Bench	82.5	181.9	Ana Baker	7/22/18
	Deadlift	160/Lisa Peterson	352.7	Bernice Dea/Lisa Peterson	8/1/15-10/28/18
	TOTAL	350	771.62	Stephanie Miller	3/26/17
	P/P				
75 kg/165.2 lbs	Squat	142.5	314.16	Lisa Peterson/Pamela Teding	4/14/19-11/10/19
	Bench	80	176.4	Niki Sims/Sarah Fausto	8/1/15-7/22/18
	Deadlift	172.5	380.3	Niki Sims	8/1/15
	TOTAL	380	836	Lisa Peterson	4/14/19
	P/P				
82.5 kg/181.7 lbs	Squat	177.5	391.32	Melanie Ramos	10/28/18

	Bench	65	143.30	Melanie Ramos/ Tiffany Rafighi	10/28/18
	Deadlift	195	429.90	Melanie Ramos	10/28/18

	TOTAL	437.5	964.52	Melanie Ramos	10/28/18
	P/P	197.5	435.41	Tiffany Rafighi	11/10/19

90 kg/198.2 lbs	Squat	167.5	369.27	Jenelle Jayubo	4/14/19
	Bench	87.5	192.90	Hadas Lipman	11/6/16
	Deadlift	182.5	402.34	Jenelle Jayubo	4/14/19
	TOTAL	417.5	918.5	Jenelle Jayubo	4/14/19
	P/P				

100 kg/220 lbs	Squat	200	440.7	Thu Ngo	3/20/16
	Bench	82.5	181.88	Alexandra Bassett	8/3/19
	Deadlift	215	473.7	Thu Ngo	3/20/16
	TOTAL	490	1080.2	Thu Ngo	3/20/16
	P/P				

110 kg/242 lbs	Squat	165	363.8	Monique Bodie	7/31/16
	Bench	110	242.5	Monique Bodie	7/31/16
	Deadlift	172.5	380.3	Carly Watts	8/3/19
	TOTAL	437.5	964.5	Monique Bodie	7/31/16
	P/P				

125 kg/275 lbs	Squat	197.5	435.2	Cynthia Jimenez	3/20/16
	Bench	105	231.2	Cynthia Jimenez	3/20/16
	Deadlift	192.5	424.2	Cynthia Jimenez	3/20/16
	TOTAL	495	1091.2	Cynthia Jimenez	3/20/16
	P/P				

125+ kg/275+ lbs	Squat	220	485	Cynthia Jimenez	7/31/16
	Bench	110	242.51	Mary Ann Freitas	8/6/17
	Deadlift	205	451.9	Cynthia Jimenez	7/31/16
	Total	522.5	1149.5	Cynthia Jimenez	7/31/16
	P/P				

NOVICE WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44 kg/97.0 lbs	Squat	85	187.39	Estefania Zapata-Rodriguez	11/10/19
	Bench	55	121.25	Estefania Zapata-Rodriguez	11/10/19
	Deadlift	120	264.55	Estefania Zapata-Rodriguez	11/10/19
	TOTAL	260	573.20	Estefania Zapata-Rodriguez	11/10/19
	P/P				
48 kg/105.8 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				

	P/P				
52 kg/114.5 lbs	Squat	110	242.51	Helen Lau	3/26/17
	Bench	55	121.25	Helen Lau	3/26/17

	Deadlift	117.5	259.04	Annie Zaks	3/25/18
	TOTAL	280	617.29	Helen Lau	3/26/17
	P/P				

56 kg/123.5 lbs	Squat	115	253.53	Leslie Castillo-Ortiz	3/26/17
	Bench	65	143.30	Leslie Castillo-Ortiz	3/26/17
	Deadlift	130	286.60	Janel Bustamante	11/10/19
	TOTAL	305	672.41	Leslie Castillo-Ortiz	3/26/17
	P/P				

60 kg/132.2 lbs	Squat	102.5	226	Lindsay Epperly	11/15/15
	Bench	80	176.4	Christina Selover	2/23/14
	Deadlift	137.5	303.14	Patricia Lee	11/6/16
	TOTAL	300	661.2	Crystal Bungori	11/15/17
	P/P				

67.5 kg/148 lbs	Squat	135	297.5	Irene Sulchu	11/5/17
	Bench	82.5	181.88	Ana Baker	7/22/18
	Deadlift	172.5	380.2	Irene Sulchu	11/5/17
	TOTAL	377.5	832	Irene Sulchu	11/5/17
	P/P				

75 kg/165.2 lbs	Squat	125	275.6	Alexis Sciacqua	8/1/15
	Bench	67.5	148.81	Suzette Bradley	11/6/16
	Deadlift	157.5	347.2	Alexis Sciacqua	8/1/15
	TOTAL	345	760.59	Alexis Sciacqua	8/1/15
	P/P	207.5	456.5	Francesca Burke	4/14/19

82.5 kg/181.7 lbs	Squat	110	242.51	Yasmeen Lopez	8/6/17
	Bench	50	110.23	Christal Renteria/Y. Lopez	3/26/17-8/6/17
	Deadlift	147.5	325.18	Camille Anderson	11/6/16
	TOTAL	282.5	622.81	Camille Anderson	11/6/16
	P/P				

90 kg/198.2 lbs	Squat	122.5	270	Alexis Lira/Tiffany Rifighi	7/22/18-4/14/19
	Bench	65	143.30	Tiffany Rifighi	4/14/19
	Deadlift	147.5	325.2	Alexis Lira	7/22/18
	TOTAL	332.5	732.9	Alexis Lira/Tiffany Rifighi	7/22/18-4/14/19
	P/P				

100 kg/220 lbs	Squat	165	363.76	Jenelle Jayubo	10/28/18
	Bench	72.5	159.83	Geselle Strom	4/14/19

	Deadlift	182.5	402.34	Jenelle Jayubo	10/28/18
	TOTAL	417.5	920.43	Jenelle Jayubo	10/28/18
	P/P				
110 kg/242 lbs					
	Squat	82.5	181.7	Machaela Andrews/B. Thorsen	3/20/16-11/6/16
	Bench	62.5	137.8	Jessica Doklovic	8/1/15
	Deadlift	115	253.5	Jessica Doklovic/B. Thorsen	8/1/15/11/6/16

	TOTAL	245	540	Machaela Andrews/B. Thorsen	3/20/16-11/6/16
	P/P	177.5	391.3	Jessica Doklovic	8/1/15
125 kg/275 lbs					
	Squat	95	209.4	Natasha Medel	6/13
	Bench	50	110.2	Natasha Medel	6/13
	Deadlift	140	308.6	Natasha Medel	6/13
	TOTAL	285	628.31	Natasha Medel	6/13
	P/P				
125+ kg/275+ lbs					
	Squat	170	374.7	Mary Ann Freitas	11/5/17
	Bench	110	242.5	Mary Ann Freitas	11/5/17
	Deadlift	172.5	380.2	Mary Ann Freitas	11/5/17
	Total	452.5	997.5	Mary Ann Freitas	11/5/17
	P/P				