

American Women

Powerlifting

Junior (13-15)

97lbs/44Kgs

Squat	Raelina Gibson	90.0	Kg	198.4	lbs	3/9/1985
Bench	Raelina Gibson	55.0	Kg	121.3	lbs	3/9/1985
Deadlift	Laura Jager	110.0	Kg	242.5	lbs	8/15/1981
Total	Raelina Gibson	252.5	Kg	556.7	lbs	3/9/1985

105lbs/48Kgs

Squat	Lori Jeffery	115.0	Kg	253.5	lbs	2/15/1992
Bench	Lori Jeffery	65.5	Kg	144.4	lbs	2/15/1992
Deadlift	Tammy Houghton	127.5	Kg	281.1	lbs	8/4/1990
Total	Lori Jeffery	295.0	Kg	650.4	lbs	2/15/1992

114lbs/52Kgs

Squat	Jennifer Moser	130.0	Kg	286.6	lbs	10/29/1993
Bench	Tina DiSalvo	75.0	Kg	165.3	lbs	3/31/1984
Deadlift	Jennifer Moser	140.0	Kg	308.6	lbs	10/29/1993
Total	Tina DiSalvo	335.0	Kg	738.5	lbs	3/31/1984

123lbs/56Kgs

Squat	Reni Kelly	135.0	Kg	297.6	lbs	4/2/1993
Bench	Lori Jeffrey	67.5	Kg	148.8	lbs	7/30/1988
Deadlift	Laura Savell	142.5	Kg	314.2	lbs	7/30/1988
Total	Reni Kelly	327.5	Kg	722.0	lbs	4/2/1993

132lbs/60Kgs

Squat	Michelle Feece	127.5	Kg	281.1	lbs	6/28/1985
Bench	Megan Cook	67.5	Kg	148.8	lbs	11/19/2005
Deadlift	Niki Robbins	144.0	Kg	317.5	lbs	10/8/1988
Total	Megan Cook	330.0	Kg	727.5	lbs	11/19/2005

148lbs/67.5Kgs

Squat	Miqua Goff	132.5	Kg	292.1	lbs	8/19/1984
Bench	Niki Robbins	72.5	Kg	159.8	lbs	7/29/1989
Deadlift	Kathy Lind	160.0	Kg	352.7	lbs	5/20/1979
Total	Kathy Lind	357.5	Kg	788.1	lbs	5/20/1979

165lbs/75Kgs

Squat	Michelle Feece	140.0	Kg	308.6	lbs	5/10/1986
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Bench	Michelle Feece	70.0	Kg	154.3	lbs	5/10/1986
Deadlift	Michelle Feece	162.5	Kg	358.2	lbs	5/10/1986
Total	Michelle Feece	370.0	Kg	815.7	lbs	5/10/1986

181lbs/82.5Kgs

Squat	Sandy LeBleu	142.5	Kg	314.2	lbs	7/30/1989
Bench	Sandy LeBleu	72.5	Kg	159.8	lbs	7/30/1989
Deadlift	Sandy LeBleu	127.5	Kg	281.1	lbs	7/30/1989
Total	Sandy LeBleu	342.5	Kg	755.1	lbs	7/30/1989

198lbs/90Kgs

Squat	A. Carlyle	137.5	Kg	303.1	lbs	7/25/1987
Bench	A. Carlyle	62.5	Kg	137.8	lbs	7/25/1987
Deadlift	A. Carlyle	155.0	Kg	341.7	lbs	7/25/1987
Total	A. Carlyle	355.0	Kg	782.6	lbs	7/25/1987

SHW/90+Kgs

Squat	Aimee Wrenn	130.0	Kg	286.6	lbs	8/19/1984
Bench	Aimee Wrenn	57.5	Kg	126.8	lbs	8/19/1984
Deadlift	Aimee Wrenn	110.0	Kg	242.5	lbs	8/19/1984
Total	Aimee Wrenn	297.5	Kg	655.9	lbs	8/19/1984

Junior (16-17)

97lbs/44Kgs

Squat	Claire Tuite	102.5	Kg	226.0	lbs	9/18/1982
Bench	Heather Couture	55.0	Kg	121.3	lbs	4/10/1993
Deadlift	Dana McLaughlin	122.5	Kg	270.1	lbs	7/30/1983
Total	Loie Hoadwonie	270.0	Kg	595.2	lbs	7/30/1983

105lbs/48Kgs

Squat	Jennifer Simon	120.0	Kg	264.6	lbs	11/2/1996
Bench	Jennifer Simon	60.0	Kg	132.3	lbs	11/2/1996
Deadlift	Jennifer Simon	130.0	Kg	286.6	lbs	11/2/1996
Total	Jennifer Simon	310.0	Kg	683.4	lbs	11/2/1996

114lbs/52Kgs

Squat	Lori Jeffrey	142.5	Kg	314.2	lbs	3/12/1995
Bench	Lori Jeffrey	77.5	Kg	170.9	lbs	3/12/1995
Deadlift	Lori Jeffrey	150.0	Kg	330.7	lbs	3/12/1995
Total	Lori Jeffrey	370.0	Kg	815.7	lbs	3/12/1995

123lbs/56Kgs

Squat	Sheila Ward	150.0	Kg	330.7	lbs	1/28/1984
Bench	Lori Jeffrey	81.0	Kg	178.6	lbs	4/11/1994
Deadlift	Sheila Ward	152.5	Kg	336.2	lbs	1/28/1984
Total	Sheila Ward	382.5	Kg	843.3	lbs	1/28/1984

132lbs/60Kgs

Squat	Michelle Parkinson	147.5	Kg	325.2	lbs	8/19/1984
Bench	Becky Beam	76.5	Kg	168.7	lbs	1/29/1983
Deadlift	Kathy Lind	165.0	Kg	363.8	lbs	2/7/1981
Total	Kathy Lind	367.5	Kg	810.2	lbs	2/7/1981

148lbs/67.5Kgs

Squat	Michelle Feece	155.0	Kg	341.7	lbs	5/15/1988
Bench	Shari Sanner	95.0	Kg	209.4	lbs	8/19/1984
Deadlift	Teri Ptomey	177.5	Kg	391.3	lbs	5/20/1979
Total	Michelle Feece	385.0	Kg	848.8	lbs	5/15/1988

165lbs/75Kgs

Squat	Janice Johnson	172.5	Kg	380.3	lbs	8/6/1982
Bench	Janice Johnson	87.5	Kg	192.9	lbs	2/20/1982
Deadlift	Janice Johnson	197.5	Kg	435.4	lbs	2/20/1982

Total	Janice Johnson	447.5	Kg	986.6	lbs	2/20/1982
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181lbs/82.5Kgs

Squat	Janice Johnson	170.0	Kg	374.8	lbs	1/8/1983
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Bench	Janice Johnson	92.5	Kg	203.9	lbs	1/8/1983
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Deadlift	Janice Johnson	192.5	Kg	424.4	lbs	1/8/1983
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Total	Janice Johnson	455.0	Kg	1003.1	lbs	1/8/1983
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198lbs/90Kgs

Squat	Heather Keola	170.5	Kg	375.9	lbs	9/27/2008
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Bench	Heather Keola	72.5	Kg	159.8	lbs	9/27/2008
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Deadlift	Leslie Look	170.0	Kg	374.8	lbs	2/10/1990
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Total	Krysta McClellan	477.5	Kg	1052.7	lbs	3/12/1995
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SHW/90+Kgs

Squat	Jennifer Oller	182.5	Kg	402.3	lbs	4/8/2000
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Bench	Wanda Sander	82.5	Kg	181.9	lbs	5/20/1979
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Deadlift	Aimee Wrenn	137.5	Kg	303.1	lbs	7/25/1987
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Total	Jennifer Oller	420.0	Kg	925.9	lbs	4/8/2000
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Junior (18-19)

97lbs/44Kgs

Squat	Alma Ramirez	107.5	Kg	237.0	lbs	4/8/2000
Bench	Alma Ramirez	55.0	Kg	121.3	lbs	4/8/2000
Deadlift	Heather Trotz	125.0	Kg	275.6	lbs	7/23/1994
Total	Lori Okami	297.5	Kg	655.9	lbs	1/11/1981

105lbs/48Kgs

Squat	Lisa Mellea	120.0	Kg	264.6	lbs	6/28/1985
Bench	Mary Ryan	68.5	Kg	151.0	lbs	1/26/1980
Deadlift	Lisa Mellea	130.0	Kg	286.6	lbs	6/28/1985
Total	Lisa Mellea	302.5	Kg	666.9	lbs	6/28/1985

114lbs/52Kgs

Squat	Tina DiSalvo	150.0	Kg	330.7	lbs	6/21/1986
Bench	Lori Okami	82.5	Kg	181.9	lbs	6/13/1982
Deadlift	Elisabeth Fisher	147.5	Kg	325.2	lbs	1/26/1985
Total	Tina DiSalvo	375.0	Kg	826.7	lbs	6/21/1986

123lbs/56Kgs

Squat	Elisabeth Fisher	160.0	Kg	352.7	lbs	6/28/1985
Bench	Candace Pardue	85.0	Kg	187.4	lbs	8/6/1982
Deadlift	Molly Jackson	170.0	Kg	374.8	lbs	7/29/1989
Total	Elisabeth Fisher	410.0	Kg	903.9	lbs	6/28/1985

132lbs/60Kgs

Squat	Debbie Candelaria	165.0	Kg	363.8	lbs	2/2/1982
Bench	Tina Gomez	85.0	Kg	187.4	lbs	8/4/1990
Deadlift	Amy Hoffman	167.5	Kg	369.3	lbs	1/30/1988
Total	Debbie Candelaria	410.0	Kg	903.9	lbs	2/20/1982

148lbs/67.5Kgs

Squat	Allison Bush	165.0	Kg	363.8	lbs	12/3/2000
Bench	Marika Litras	92.5	Kg	203.9	lbs	3/22/1987
Deadlift	Terri Ptomey	200.0	Kg	440.9	lbs	12/13/1980
Total	Terri Ptomey	470.0	Kg	1036.2	lbs	12/13/1980

165lbs/75Kgs

Squat	Terri Ptomey	200.0	Kg	440.9	lbs	2/20/1982
Bench	Jessica Porter	117.5	Kg	259.0	lbs	10/21/2006
Deadlift	Terri Ptomey	207.5	Kg	457.5	lbs	2/20/1982

Total	Terri Ptomey	490.0	Kg	1080.3	lbs	2/20/1982
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181lbs/82.5Kgs

Squat	Vicki Gagne	210.0	Kg	463.0	lbs	5/12/1981
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Bench	Vicki Gagne	122.5	Kg	270.1	lbs	5/12/1981
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Deadlift	Vicki Gagne	227.5	Kg	501.5	lbs	5/12/1981
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Total	Vicki Gagne	560.0	Kg	1234.6	lbs	5/12/1981
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198lbs/90Kgs

Squat	Leslie Look	200.0	Kg	440.9	lbs	5/1/1992
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Bench	Lisa Noble	100.0	Kg	220.5	lbs	7/30/1983
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Deadlift	Leslie Look	207.5	Kg	457.5	lbs	5/1/1992
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Total	Leslie Look	505.0	Kg	1113.3	lbs	5/1/1992
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SHW/90+Kgs

Squat	Wanda Sander	207.5	Kg	457.5	lbs	5/12/1981
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Bench	Wanda Sander	112.5	Kg	248.0	lbs	5/15/1981
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Deadlift	Wanda Sander	230.5	Kg	508.2	lbs	5/12/1981
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Total	Wanda Sander	550.0	Kg	1212.5	lbs	5/12/1981
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Junior (20-23)

97lbs/44Kgs

Squat	Marsha McVey	110.0	Kg	242.5	lbs	10/9/1993
Bench	Marsha McVey	55.0	Kg	121.3	lbs	10/9/1993
Deadlift	Marsha McVey	112.5	Kg	248.0	lbs	10/9/1993
Total	Marsha McVey	287.5	Kg	633.8	lbs	10/9/1993

105lbs/48Kgs

Squat	Tammy Martin	122.5	Kg	270.1	lbs	5/1/1992
Bench	Natalie Freed	77.5	Kg	170.9	lbs	4/19/2008
Deadlift	Natalie Freed	125.0	Kg	275.6	lbs	4/19/2008
Total	Tammy Martin	307.5	Kg	677.9	lbs	5/1/1992

114lbs/52Kgs

Squat	Ren Yamshita	145.0	Kg	319.7	lbs	11/11/2009
Bench	Ren Yamshita	87.5	Kg	192.9	lbs	11/11/2009
Deadlift	Allison Bewley	142.5	Kg	314.2	lbs	3/23/1991
Total	Ren Yamshita	375.0	Kg	826.7	lbs	11/11/2009

123lbs/56Kgs

Squat	Jenna Neeley	142.5	Kg	314.2	lbs	4/10/2010
Bench	Jenna Neeley	77.5	Kg	170.9	lbs	4/10/2010
Deadlift	Jenna Neeley	145.5	Kg	320.8	lbs	4/10/2010
Total	Jenna Neeley	365.5	Kg	805.8	lbs	4/10/2010

132lbs/60Kgs

Squat	Ruth Walker	145.0	Kg	319.7	lbs	5/1/1992
Bench	Ruth Walker	90.0	Kg	198.4	lbs	5/1/1992
Deadlift	Ruth Walker	155.0	Kg	341.7	lbs	5/1/1992
Total	Ruth Walker	390.0	Kg	859.8	lbs	5/1/1992

148lbs/67.5Kgs

Squat	Ruth Walker	160.0	Kg	352.7	lbs	7/31/1992
Bench	Ruth Walker	102.5	Kg	226.0	lbs	7/31/1992
Deadlift	Ruth Walker	175.0	Kg	385.8	lbs	7/31/1992
Total	Ruth Walker	437.5	Kg	964.5	lbs	7/31/1992

165lbs/75Kgs

Squat	Renee Amour	131.0	Kg	288.8	lbs	6/3/2000
Bench	Renee Amour	80.0	Kg	176.4	lbs	6/3/2000
Deadlift	Renee Amour	142.5	Kg	314.2	lbs	6/3/2000

Total	Renee Amour	353.5	Kg	779.3	lbs	6/3/2000
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181lbs/82.5Kgs

Squat	Leslie Look	197.5	Kg	435.4	lbs	10/29/1993
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Bench	Leslie Look	100.0	Kg	220.5	lbs	4/10/1993
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Deadlift	Leslie Look	210.0	Kg	463.0	lbs	10/29/1993
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Total	Leslie Look	502.5	Kg	1107.8	lbs	10/29/1993
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198lbs/90Kgs

Squat	Leslie Look	177.5	Kg	391.3	lbs	9/5/1992
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Bench	Leslie Look	85.0	Kg	187.4	lbs	9/5/1992
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Deadlift	Leslie Look	197.5	Kg	435.4	lbs	9/5/1992
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Total	Leslie Look	460.0	Kg	1014.1	lbs	9/5/1992
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SHW/90+Kgs

Squat	Alosia Sellers	135.0	Kg	297.6	lbs	3/20/1993
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Bench	Alosia Sellers	67.5	Kg	148.8	lbs	3/20/1993
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Deadlift	Alosia Sellers	120.0	Kg	264.6	lbs	3/20/1993
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Total	Alosia Sellers	322.5	Kg	711.0	lbs	3/20/1993
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