

NORCAL POWERLIFTING RAW – SUBMASTER/MASTER WOMEN

<b>SUB-MASTER WOMEN 35-39</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	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				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	Squat	97.5	214.9	Cara Young	11/15/15
	Bench	77.5	170.9	Hillary Harper	6/14
	Deadlift	137.5	303	Shirley Negron	11/5/17
	TOTAL	277.5	611.7	Shirley Negron	11/5/17
	P/P	172.5	380.5	Hillary Harper	6/14
<b>75 kg/165.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat	170	374.8	Mary Portwood	7/22/18



	Bench	87.5	192.9	Mary Portwood	10/28/18
	Deadlift	160	352.74	Mary Portwood	10/28/18
	TOTAL	412.5	909.41	Mary Portwood	10/28/18
	P/P	172.5	380	Christina Campbell	11/6/16
<b>90 kg/198.2 lbs</b>					
	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				
<b>100 kg/220 lbs</b>					
	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				
<b>110 kg/242 lbs</b>					
	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				
<b>125 kg/275 lbs</b>					
	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				
<b>125+ kg/275+ lbs</b>					
	Squat				
	Bench				
	Deadlift				
	Total				
	P/P				
<b>MASTER WOMEN 40-44</b>					
<b>Weight</b>	Lift	Kgs	Lbs	Name	Date
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>					
	Squat				
	Bench				
	Deadlift				
	TOTAL				

	P/P				
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<b>52 kg/114.5 lbs</b>	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				
<b>56 kg/123.5 lbs</b>	Squat	60	132.3	Denise Ashford	2/23/14
	Bench	40	88.2	Denise Ashford	2/23/14
	Deadlift	115	253.5	Denise Ashford	2/23/14
	TOTAL	215	474	Denise Ashford	2/23/14
	P/P				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	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				
<b>75 kg/165.2 lbs</b>	Squat	115	253.53	Francesca Burke	10/28/18
	Bench	57.5	126.77	Francesca Burke	10/28/18
	Deadlift	145	319.67	Francesca Burke	10/28/18
	TOTAL	317.5	699.97	Francesca Burke	10/28/18
	P/P	202.5	446.44	Francesca Burke	10/28/18
<b>82.5 kg/181.7 lbs</b>	Squat	100	220.5	Raquel Engelund	7/31/16
	Bench	65	143.30	Laurie Dargo	8/6/17
	Deadlift	152.5	336.2	Raquel Engelund	7/31/16
	TOTAL	315	694.4	Raquel Engelund	7/31/16
	P/P				
<b>90 kg/198.2 lbs</b>	Squat	102.5	226	Daniele Dale	11/15/15
	Bench	52.5	115.7	Daniele Dale	11/15.15
	Deadlift	120	264.6	Daniele Dale	11/15/15
	TOTAL	275	606.27	Daniele Dale	11/15/15
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				

	P/P				
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<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125+ kg/275+ lbs</b>	Squat				
	Bench				
	Deadlift				
	Total				
	P/P				
<b>MASTER WOMEN 45-49</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	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				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
<b>52 kg/114.5 lbs</b>	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				
<b>56 kg/123.5 lbs</b>	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				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				

	Deadlift				
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	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	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				
<b>75 kg/165.2 lbs</b>	Squat	47.5	104.7	Ana Sarver	2/23/14
	Bench	37.5	82.5	Ana Sarver	2/23/14
	Deadlift	80	176.4	Ana Sarver	2/23/14
	TOTAL	165	363.8	Ana Sarver	2/23/14
	P/P				
<b>82.5 kg/181.7 lbs</b>	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				
<b>90 kg/198.2 lbs</b>	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				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>MASTER WOMEN 50-54</b>					
<b>Weight</b>	Lift	Kgs	Lbs	Name	Date

44 kg/97.0 lbs	Squat				
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	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	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
<b>67.5 kg/148 lbs</b>	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				
<b>75 kg/165.2 lbs</b>	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				
<b>82.5 kg/181.7 lbs</b>	Squat	90	198.42	Camille Anderson	11/6/16
	Bench	45	99.21	Camille Anderson	11/6/16
	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				
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	Bench	45	99	Alison Schryuer	11/5/17
	Deadlift				
	TOTAL				
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>MASTER WOMEN 55-59</b>					
<b>Weight</b>	Lift	Kgs	Lbs	Name	Date
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	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				
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<b>60 kg/132.2 lbs</b>	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				
<b>67.5 kg/148 lbs</b>	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
<b>75 kg/165.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>90 kg/198.2 lbs</b>	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
<b>100 kg/220 lbs</b>	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
<b>110 kg/242 lbs</b>	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				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				

	P/P				
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<b>MASTER WOMEN 60-64</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	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				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	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				
<b>67.5 kg/148 lbs</b>	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
<b>75 kg/165.2 lbs</b>	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				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench	42.5	93.7	Deborah Braaten	6/13

	Deadlift				
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	TOTAL				
	P/P				
<b>90 kg/198.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>100 kg/220 lbs</b>	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				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>125 kg/275 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>MASTER WOMEN 65-69</b>					
<b>Weight</b>	<b>Lift</b>	<b>Kgs</b>	<b>Lbs</b>	<b>Name</b>	<b>Date</b>
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
<b>52 kg/114.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

56 kg/123.5 lbs	Squat				
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	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	Squat	32.5	71.65	Pattie Krebs	10/28/10
	Bench	27.5	60.63	Pattie Krebs	10/28/10
	Deadlift	62.5	137.79	Pattie Krebs	10/28/18
	TOTAL	122.5	270.07	Pattie Krebs	10/28/10
	P/P				
<b>75 kg/165.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>90 kg/198.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

125 kg/275 lbs	Squat				
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	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>MASTER WOMEN 70-74</b>					
<b>Weight</b>	Lift	Kgs	Lbs	Name	Date
<b>44 kg/97.0 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>48 kg/105.8 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>52 kg/114.5 lbs</b>	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				
<b>56 kg/123.5 lbs</b>	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				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>75 kg/165.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				

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

	Deadlift				
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	TOTAL				
	P/P				
<b>56 kg/123.5 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>60 kg/132.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>67.5 kg/148 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>75 kg/165.2 lbs</b>	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				
<b>82.5 kg/181.7 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>90 kg/198.2 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>100 kg/220 lbs</b>	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
<b>110 kg/242 lbs</b>	Squat				
	Bench				

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

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





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

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

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