

Updated December, 2018

R.A.W. UNITED WOMEN'S FULL POWER RECORDS

Find updates online: www.stronglife610.net

Women's Teenage

97, 105 lb. classes - OPEN

114 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
14-15	120	60	175	355
	S. Pliego	S. Pliego	S. Pliego	S. Pliego
16-17	125	72	140	337
	A. Johnson	A. Johnson	A. Johnson	A. Johnson
18-19	OPEN			

123 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
14-15	OPEN			
16-17	135	71.6	170.9	374.8
	A. Mechachonis	A. Mechachonis	A. Mechachonis	A. Mechachonis
18-19	OPEN			

132 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
14-15	159.8	88.2	176.4	424.4
	S. Heuett	S. Heuett	S. Heuett	S. Heuett
16-17	275	140	275	690
	K. Akuna	K. Akuna	K. Akuna	K. Akuna
18-19	OPEN			

148 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
14-15	132.3	66.1	192.9	391.3
	C. Peterson	C. Peterson	C. Peterson	C. Peterson
16-17	215	107	225	547
	C. Ingram	C. Ingram	C. Ingram	C. Ingram

18-19	180	115	252	524
	V. Linkenhoker	G. Swingle	V. Linkenhoker	V. Linkenhoker

165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
14-15	180	72	215	467
	M. Luu	M. Luu	M. Luu	M. Luu
16-17	OPEN			
18-19	140	80	215	435
	D. Reddy	D. Reddy	D. Reddy	D. Reddy

181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
16-17	200	87	225	512
	C. Lawson	C. Lawson	C. Lawson	C. Lawson
14-15 and 18-19	OPEN			

198 lb. class OPEN

198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
14-15	350	245	315	910
	L. Buchanon	L. Buchanon	L. Buchanon	L. Buchanon
16-19	OPEN			

Women's Junior 20-24

123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
JNR	170	145	240	555
	K. Venhorst	K. Venhorst	K. Venhorst	K. Venhorst

181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
JNR	205	85	260	550

K. Venhorst K. Venhorst K. Venhorst K. Venhorst

198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
JNR	180	120	260	560
	C. Hankins	C. Hankins	C. Hankins	C. Hankins

Women's Open 25-39

97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	60	45	135	235
	S. Bohling	S. Bohling	S. Bohling	S. Bohling

105 lb. class OPEN

114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	200	115	260	575
	B. Sheehan	C. Sheehan	C. Sheehan	C. Sheehan

123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	255	105	325	685
	T. Conyers	T. Conyers	T. Conyers	T. Conyers

132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	275	145	280	690
	K. Akuna	V. Wolf	V. Wolf	K. Akuna

148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	336.2	209.4	420	920.4
	S. LaForge	N. Morrison	S. LaForge	S. LaForge

165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	290	187	380	825
	M. Rochon	C. Muniz	M. Rochon	M. Rochon

181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	240	135	260	565
	R. Sheehan	R. Sheehan	M. Garcia	R. Sheehan

198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	245	165	360	770
	C. Glenn	C. Glenn	C. Glenn	C. Glenn

198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	275	175	370	820
	L. Abbott	L. Abbott	L. Abbott	L. Abbott

Women's Master

97 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
70-74	60	40	112	212
	S. Bohling	S. Bohling	S. Bohling	S. Bohling
75-79	55	45	135	235
	S. Bohling	S. Bohling	S. Bohling	S. Bohling

105 lb. class OPEN

114 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
45-49	170	100	220	490
	K. Roberts	K. Roberts	K. Roberts	K. Roberts

123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
60-64	150	90	240	480
	D. Sobel	D. Sobel	D. Sobel	D. Sobel
65-69	145	90	240	475
	D. Sobel	D. Sobel	D. Sobel	D. Sobel

132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	220	120	255	590
	E. Puisseau	C. Woldridge	E. Puisseau	E. Puisseau
45-49	245	165	315	725
	G. LaCagnina	G. LaCagnina	G. LaCagnina	G. LaCagnina
50-54	140	90	150	380
	L. Lockshin	L. Lockshin	L. Lockshin	L. Lockshin
60-64	90	77	160	327
	R. Berger	R. Berger	R. Berger	R. Berger

148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	300	190	275	765
	N. Hagstrom	N. Hagstrom	N. Hagstrom	N. Hagstrom
50-54	220	152	272	644
	E. Funchess	E. Funchess	E. Funchess	E. Funchess
55-59	336.2	209.4	420	920.4
	S. LaForge	N. Morrison	S. LaForge	S. LaForge
65-59	203.9	93.7	237.0	534.6
	S. Simmons	S. Simmons	S. Simmons	S. Simmons
75-79	125	95	205	425
	J. Reynolds	J. Reynolds	J. Reynolds	J. Reynolds

165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	264.6	154.3	341.7	760.6
	P. Harary	P. Harary	P. Harary	P. Harary
45-49	175	115	245	535
	J. Bourgelais	J. Bourgelais	J. Bourgelais	J. Bourgelais
55-59	85	100	175	360
	C. Sonne	C. Sonne	C. Sonne	C. Sonne
70-74	125	80	185	390
	K. Miller	K. Miller	K. Miller	K. Miller

181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
-----	-------	-------	----------	-------

Women's Full Power Records, R.A.W. United, December 2018 Update

65-69	66	70	160	330
	P. Winans	P. Winans	P. Winans	P. Winans

198+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	203.9	132.3	303.1	693.3
	P. Fuchs	P. Fuchs	P. Fuchs	P. Fuchs
45-49	240	155	300	665
	N. Hernandez	M. Veerasawmy	N. Hernandez	M. Veerasawmy
55-59	175	140	285	600
	S. Franklin	S. Franklin	S. Franklin	S. Franklin