

Updated December, 2018

# R.A.W. UNITED WOMEN'S SINGLE LIFT RECORDS

## Women's Youth (Ages 19 and under)

### 114 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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14-15	S. Pliego	120
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16-17	A. Johnson	125
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<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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14-15	S. Pliego	60
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16-17	A. Johnson	72
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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14-15	S. Pliego	175
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16-17	A. Johnson	140
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### 123 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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16-17	A. Mechachonis	135
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<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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16-17	A. Mechachonis	71
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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16-17	A. Mechachonis	171
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### 132 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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14-15	S. Heuett	160
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16-17	K. Akuna	275
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<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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14-15	S. Heuett	140
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16-17	K. Akuna	140
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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14-15	S. Heuett	275
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16-17	K. Akuna	275
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### 148 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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14-15	C. Peterson	132
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16-17	C. Ingram	215
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18-19	V. Linkenhoker	180
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<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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14-15	C. Peterson	66
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16-17	C. Ingram	107
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18-19	G. Swingle	115
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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14-15	C. Peterson	132
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16-17	C. Ingram	107
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18-19	G. Swingle	275
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### 165 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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14-15	M. Luu	180
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18-19	D. Reddy	140
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<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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14-15	M. Luu	72
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18-19	D. Reddy	80
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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14-15	M. Luu	215
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18-19	D. Reddy	215
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### 181 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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16-17	C. Lawson	200
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<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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16-17	C. Lawson	87
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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16-17	C. Lawson	225
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### 198 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
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OPEN

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
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14-15	C. Lawson	70
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<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
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14-15	C. Lawson	190
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### 198+ lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
14-15	L. Buchanon	350

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
14-15	L. Buchanon	245

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
14-15	L. Buchanon	315

## Women's Junior (Ages 20-24)

### 123 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
JNR	K. Venhorst	170

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
JNR	K. Venhorst	145

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
JNR	K. Venhorst	240

### 181 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
JNR	M. Garcia	205

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
JNR	M. Garcia	85

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
JNR	M. Garcia	260

### 198+ lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
JNR	C. Hankins	180

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
JNR	C. Hankins	120

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
JNR	C. Hankins	260

**Other weight classes: OPEN**

## Women's Open (Ages 25-39)

### 97 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
70-74	S. Bohling	60

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
70-74	S. Bohling	45
75-79	S. Bohling	45

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
70-74	S. Bohling	115
75-79	S. Bohling	135

**105 lb. classes - OPEN**

### 114 lb. class

<u>Lifter</u>	<u>SQUAT</u>
K. Roberts	170

<u>Lifter</u>	<u>BENCH</u>
K. Roberts	110

<u>Lifter</u>	<u>DEADLIFT</u>
K. Roberts	230

### 123 lb. class

<u>Lifter</u>	<u>SQUAT</u>
D. Sobel	150

<u>Lifter</u>	<u>BENCH</u>
K. Venhorst	140

<u>Lifter</u>	<u>DEADLIFT</u>
D. Sobel	240

### 132 lb. class

<u>Lifter</u>	<u>SQUAT</u>
K. Akuna	275

<u>Lifter</u>	<u>BENCH</u>
V. Wolf	145

Women's Single Lift Records, R.A.W. United, December 2018 Update

<u>Lifter</u>	<u>DEADLIFT</u>
V. Wolf	280

**148 lb. class**

<u>Lifter</u>	<u>SQUAT</u>
S. LaForge	336

<u>Lifter</u>	<u>BENCH</u>
N. Morrison	209

<u>Lifter</u>	<u>DEADLIFT</u>
S. LaForge	420

**165 lb. class**

<u>Lifter</u>	<u>SQUAT</u>
M. Dougherty	280

<u>Lifter</u>	<u>BENCH</u>
C. Muniz	187

<u>Lifter</u>	<u>DEADLIFT</u>
M. Kithcart	360

**181 lb. class**

<u>Lifter</u>	<u>DEADLIFT</u>
D. Mishler	220

**198 lb. class**

<u>Lifter</u>	<u>SQUAT</u>
C. Glenn	245

<u>Lifter</u>	<u>BENCH</u>
C. Glenn	165

<u>Lifter</u>	<u>DEADLIFT</u>
C. Glenn	360

**198+ lb. class**

<u>Lifter</u>	<u>SQUAT</u>
L. Abbott	275

<u>Lifter</u>	<u>BENCH</u>
L. Abbott	175

<u>Lifter</u>	<u>DEADLIFT</u>
L. Abbott	370

**Women's Master (Ages 40+)**

**97 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
70-74	S. Bohling	60

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
70-74	S. Bohling	45
75-79	S. Bohling	45

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
70-74	S. Bohling	115
75-79	S. Bohling	135

**105 lb. class - OPEN**

**114 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
45-49	K. Roberts	170

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
45-49	K. Roberts	110

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
45-49	K. Roberts	245

**123 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
60-64	D. Sobel	150

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
45-49	D. Lewis	140
55-59	P. Jager	120
60-64	D. Sobel	90

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
45-49	D. Lewis	240
55-59	P. Jager	240
60-64	D. Sobel	240

**132 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
40-44	E. Puisseau	215
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
40-44	C. Woldridge	120
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
40-44	E. Puisseau	255
45-49	T. Gold	175

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
40-44	P. Harary	341.7
45-49	J. Bourgelais	245
55-59	C. Sonne	175
65-69	P. Winans	185
85-89	T. Daxon	150
95-99	E. Traina	145

**148 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
40-44	N. Hagstrom	300
50-54	E. Funchess	220
55-59	S. LaForge	336.2
75-59	J. Reynolds	125
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
40-44	N. Hagstrom	190
50-54	E. Funchess	152
55-59	S. LaForge	176.4
60-64	C. Myers	75
70-74	C. Gutwirth	65
75-79	J. Reynolds	107
95-99	E. Traina	65
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
40-44	N. Hagstrom	275
45-49	A. Diaz	205
50-54	E. Funchess	272
55-59	S. LaForge	420
60-64	C. Myers	190
70-74	C. Gutwirth	175
75-79	J. Reynolds	205
95-99	E. Traina	135

**181 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
65-69	P. Winans	80
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
65-69	M.C. McCaffrey	70
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
65-69	P. Winans	185

**198 lb. class**

OPEN

**198+ lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
40-44	P. Fuchs	203.9
55-59	S. Franklin	175
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
40-44	P. Fuchs	132.3
50-54	N Hernandez	115
55-59	S. Franklin	140
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
40-44	P. Fuchs	303.1
50-54	N Hernandez	290
55-59	S. Franklin	285

**165 lb. class**

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
40-44	P. Harary	264.6
45-49	J. Bourgelais	175
55-59	C. Sonne	85
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
40-44	P. Harary	154.3
45-49	J. Bourgelais	115
55-59	C. Sonne	100
65-69	P. Winans	72
85-89	T. Daxon	52
95-99	E. Traina	65