

Updated January, 2019

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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Women's Single Lift Records, R.A.W. United, January 2019 Update

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)

88 lb. class

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
JNR	E. Parker	77

<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

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

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

181 lb. class

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

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

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

105 lb. classes - OPEN

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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
<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

Women's Single Lift Records, R.A.W. United, January 2019 Update

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

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

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
<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

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	72
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
65-69	P. Winans	185

198 lb. class

OPEN

Women's Single Lift Records, R.A.W. United, January 2019 Update

198+ lb. class

Age Lifter SQUAT

40-44 P. Fuchs 203.9

55-59 S. Franklin 175

Age Lifter BENCH

40-44 P. Fuchs 132.3

50-54 N Hernandez 115

55-59 S. Franklin 140

Age Lifter DEADLIFT

40-44 P. Fuchs 303.1

50-54 N Hernandez 290

55-59 S. Franklin 285

Women's Junior

Handicap (Ages 20-24)

88 lb. class

Age Lifter BENCH

JNR E. Parker 77