

**FLORIDA:  
WOMEN'S SINGLE LIFT STATE  
RECORDS  
R.A.W. UNITED POWERLIFTING  
FEDERATION**



**UPDATED: 05 AUGUST 2021**

# YOUTH SINGLE LIFT RECORDS, 13-Under

## Women's 66 lb. class

| <b>Age</b>   | <b>BENCH</b>                    | <b>DEADLIFT</b>                  |
|--------------|---------------------------------|----------------------------------|
| <b>7-U</b>   | <b>32</b><br><b>E. Johnson</b>  | <b>95</b><br><b>E. Johnson</b>   |
| <b>8-9</b>   | <b>47</b><br><b>A. Buitrago</b> | <b>125</b><br><b>A. Buitrago</b> |
| <b>10-11</b> | <b>65</b><br><b>A. Polacek</b>  | <b>142</b><br><b>A. Polacek</b>  |
| <b>12-13</b> | <b>OPEN</b>                     |                                  |

## Women's 77 lb. class

| <b>Age</b>   | <b>BENCH</b>                    | <b>DEADLIFT</b>                     |
|--------------|---------------------------------|-------------------------------------|
| <b>7-U</b>   | <b>40</b><br><b>E. Johnson</b>  | <b>100</b><br><b>E. Johnson</b>     |
| <b>8-9</b>   | <b>52</b><br><b>A. Buitrago</b> | <b>135</b><br><b>M. Spragis-McM</b> |
| <b>10-11</b> | <b>55</b><br><b>G. Decker</b>   | <b>135</b><br><b>G. Decker</b>      |
| <b>12-13</b> | <b>60</b><br><b>N. Norcross</b> | <b>135</b><br><b>N. Norcross</b>    |

**Women's 88 lb. class**

| <b>Age</b>   | <b>BENCH</b>                        | <b>DEADLIFT</b>                          |
|--------------|-------------------------------------|--|
| <b>7-U</b>   | <b>30</b><br><b>A. White</b>        | <b>65</b><br><b>A. White</b>             |
| <b>8-9</b>   | <b>55</b><br><b>M. Spragis-McMu</b> | <b>142</b><br><b>M. Spragis-McMullen</b> |
| <b>10-11</b> | <b>37</b><br><b>P. Myers</b>        | <b>115</b><br><b>N. Norcross</b>         |
| <b>12-13</b> | <b>72</b><br><b>N. Norcross</b>     | <b>177</b><br><b>N. Norcross</b>         |

# **WOMEN'S SINGLE LIFT RECORDS, ALL AGES**

## **Women's 97 lb. class**

| <b>Age</b>   | <b>BENCH</b>                    | <b>DEADLIFT</b>                  |
|--------------|---------------------------------|----------------------------------|
| <b>13-U</b>  | <b>65</b><br><b>N. Norcross</b> | <b>175</b><br><b>N. Norcross</b> |
| <b>14-15</b> | <b>OPEN</b>                     |                                  |
| <b>16-17</b> | <b>OPEN</b>                     |                                  |
| <b>18-19</b> | <b>OPEN</b>                     |                                  |
| <b>20-24</b> | <b>100</b><br><b>E. Parker</b>  |                                  |
| <b>OPN</b>   | <b>65</b><br><b>N. Norcross</b> | <b>175</b><br><b>N. Norcross</b> |
| <b>70-74</b> | <b>45</b><br><b>S. Bohling</b>  | <b>115</b><br><b>S. Bohling</b>  |
| <b>75-79</b> | <b>45</b><br><b>S. Bohling</b>  | <b>137</b><br><b>S. Bohling</b>  |

**Women's 105 lb. class**

| <b>Age</b>   | <b>BENCH</b>                     | <b>DEADLIFT</b>                   |
|--------------|----------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>75</b><br><b>G. Stapleton</b> | <b>220</b><br><b>L. Panchame</b>  |
| <b>14-15</b> | <b>100</b><br><b>K. Ratliff</b>  | <b>205</b><br><b>K. Ratliff</b>   |
| <b>16-17</b> | <b>OPEN</b>                      |                                   |
| <b>18-19</b> | <b>OPEM</b>                      |                                   |
| <b>20-24</b> | <b>OPEN</b>                      |                                   |
| <b>OPN</b>   | <b>75</b><br><b>G. Stapleton</b> | <b>202</b><br><b>G. Stapleton</b> |
| <b>40-44</b> | <b>OPEN</b>                      |                                   |

**Women's 114 lb. class**

| <b>Age</b>   | <b>BENCH</b>                     | <b>DEADLIFT</b>                  |
|--------------|----------------------------------|----------------------------------|
| <b>13-U</b>  | <b>80</b><br><b>E. Burrs</b>     | <b>180</b><br><b>E. Burrs</b>    |
| <b>14-15</b> | <b>OPEN</b>                      |                                  |
| <b>16-17</b> | <b>115</b><br><b>A. Thompson</b> | <b>200</b><br><b>A. Thompson</b> |
| <b>18-19</b> | <b>85</b><br><b>A. Rowley</b>    | <b>200</b><br><b>A. Rowley</b>   |
| <b>20-24</b> | <b>OPEN</b>                      |                                  |
| <b>OPN</b>   | <b>210</b><br><b>L. Frumer</b>   | <b>250</b><br><b>L. Frumer</b>   |
| <b>45-49</b> | <b>110</b><br><b>K. Roberts</b>  | <b>245</b><br><b>K. Roberts</b>  |

**Women's 123 lb. class**

| <b>Age</b>   | <b>BENCH</b>                     | <b>DEADLIFT</b>                  |
|--------------|----------------------------------|----------------------------------|
| <b>13-U</b>  | <b>57</b><br><b>S. Bennett</b>   | <b>170</b><br><b>S. Bennett</b>  |
| <b>14-15</b> | <b>OPEN</b>                      |                                  |
| <b>16-17</b> | <b>95</b><br><b>D. Sobel</b>     | <b>245</b><br><b>D. Sobel</b>    |
| <b>18-19</b> | <b>OPEN</b>                      |                                  |
| <b>20-24</b> | <b>145</b><br><b>K. Venhorst</b> | <b>240</b><br><b>K. Venhorst</b> |
| <b>OPN</b>   | <b>155</b><br><b>D. Lewis</b>    | <b>255</b><br><b>D. Lewis</b>    |
| <b>45-49</b> | <b>155</b><br><b>D. Lewis</b>    | <b>255</b><br><b>D. Lewis</b>    |
| <b>55-59</b> | <b>120</b><br><b>P. Jagar</b>    | <b>240</b><br><b>P. Jagar</b>    |
| <b>60-64</b> | <b>90</b><br><b>D. Sobel</b>     | <b>240</b><br><b>D. Sobel</b>    |
| <b>65-69</b> | <b>95</b><br><b>D. Sobel</b>     | <b>250</b><br><b>D. Sobel</b>    |

**Women's 132 lb. class**

| <b>Age</b>   | <b>BENCH</b>                          | <b>DEADLIFT</b>                       |
|--------------|---------------------------------------|---------------------------------------|
| <b>13-U</b>  | <b>60</b><br><b>L. Hirsche</b>        | <b>185</b><br><b>S. Bennett</b>       |
| <b>14-15</b> | <b>140</b><br><b>S. Heuett</b>        | <b>275</b><br><b>S. Heuett</b>        |
| <b>16-17</b> | <b>140</b><br><b>K. Akuna</b>         | <b>275</b><br><b>K. Akuna</b>         |
| <b>18-19</b> | <b>OPEN</b>                           | <b>300</b><br><b>M. Espina</b>        |
| <b>20-24</b> | <b>OPEN</b>                           |                                       |
| <b>OPN</b>   | <b>150</b><br><b>L. Burgess-Smith</b> | <b>300</b><br><b>M. Espina</b>        |
| <b>40-44</b> | <b>150</b><br><b>L. Burgess-Smith</b> | <b>290</b><br><b>L. Burgess Smith</b> |
| <b>45-49</b> | <b>175</b><br><b>T. Gold</b>          | <b>190</b><br><b>T. Gold</b>          |
| <b>50-54</b> | <b>OPEN</b>                           | <b>250</b><br><b>J. Davis</b>         |



**Women's 148 lb. class**

| <b>Age</b>   | <b>BENCH</b>                     | <b>DEADLIFT</b>                   |
|--------------|----------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                      |                                   |
| <b>14-15</b> | <b>66</b><br><b>C. Peterson</b>  | <b>132</b><br><b>C. Peterson</b>  |
| <b>16-17</b> | <b>180</b><br><b>A. Mendes</b>   | <b>245</b><br><b>A. Mendes</b>    |
| <b>18-19</b> | <b>180</b><br><b>A. Mendes</b>   | <b>305</b><br><b>A. Mendes</b>    |
| <b>20-24</b> | <b>OPEN</b>                      |                                   |
| <b>OPN</b>   | <b>209</b><br><b>N. Morrison</b> | <b>420</b><br><b>S. LaForge</b>   |
| <b>40-44</b> | <b>190</b><br><b>N. Hagstrom</b> | <b>275</b><br><b>N. Hagstrom</b>  |
| <b>45-49</b> | <b>165</b><br><b>D. Lewis</b>    | <b>275</b><br><b>C. Woldridge</b> |
| <b>50-54</b> | <b>152</b><br><b>E. Funchess</b> | <b>272</b><br><b>E. Funchess</b>  |
| <b>55-59</b> | <b>176</b><br><b>S. LaForge</b>  | <b>420</b><br><b>S. LaForge</b>   |
| <b>60-64</b> | <b>135</b><br><b>S. LaForge</b>  | <b>360</b><br><b>S. LaForge</b>   |
| <b>70-74</b> | <b>65</b><br><b>C. Gutwirth</b>  | <b>175</b><br><b>C. Gutwirth</b>  |
| <b>75-79</b> | <b>107</b><br><b>J. Reynolds</b> | <b>205</b><br><b>J. Reynolds</b>  |

**Women's 148 lb. class (continued)**

| <b>Age</b>   | <b>BENCH</b>                    | <b>DEADLIFT</b>                  |
|--------------|---------------------------------|----------------------------------|
| <b>80-84</b> | <b>72</b><br><b>B. Thurston</b> | <b>202</b><br><b>B. Thurston</b> |
| <b>85-89</b> | <b>37</b><br><b>T. Daxon</b>    | <b>140</b><br><b>T. Daxon</b>    |
| <b>95-99</b> | <b>65</b><br><b>E. Traina</b>   | <b>135</b><br><b>E. Traina</b>   |

**Women's 165 lb. class**

| <b>Age</b>   | <b>BENCH</b>                       | <b>DEADLIFT</b>                    |
|--------------|------------------------------------|------------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                        |                                    |
| <b>14-15</b> | <b>72</b><br><b>M. Luu</b>         | <b>215</b><br><b>M. Luu</b>        |
| <b>16-17</b> | <b>150</b><br><b>A. McElroy</b>    | <b>265</b><br><b>A. McElroy</b>    |
| <b>18-19</b> | <b>80</b><br><b>D. Reddy</b>       | <b>215</b><br><b>D. Reddy</b>      |
| <b>20-24</b> | <b>125</b><br><b>N. Warden</b>     | <b>260</b><br><b>E. Petersen</b>   |
| <b>OPN</b>   | <b>187</b><br><b>C. Muniz</b>      | <b>360</b><br><b>M. Kithcart</b>   |
| <b>40-44</b> | <b>154</b><br><b>P. Harary</b>     | <b>342</b><br><b>P. Harary</b>     |
| <b>45-49</b> | <b>115</b><br><b>J. Bourgelais</b> | <b>245</b><br><b>J. Bourgelias</b> |
| <b>50-54</b> | <b>157</b><br><b>E. Funches</b>    | <b>285</b><br><b>E. Funches</b>    |
| <b>55-59</b> | <b>100</b><br><b>C. Sonne</b>      | <b>175</b><br><b>C. Sonne</b>      |
| <b>60-64</b> | <b>130</b><br><b>J. Montgomery</b> | <b>235</b><br><b>J. Montgomery</b> |
| <b>65-69</b> | <b>72</b><br><b>P. Winans</b>      | <b>185</b><br><b>P. Winans</b>     |
| <b>85-89</b> | <b>52</b><br><b>T. Daxon</b>       | <b>152</b><br><b>T. Daxon</b>      |

**Women's 165 lb. class (continued)**

| <b>Age</b>   | <b>BENCH</b>                  | <b>DEADLIFT</b>                |
|--------------|-------------------------------|--------------------------------|
| <b>90-94</b> | <b>32</b><br><b>T. Daxon</b>  | <b>115</b><br><b>T. Daxon</b>  |
| <b>95-99</b> | <b>65</b><br><b>E. Traina</b> | <b>145</b><br><b>E. Traina</b> |

**Women's 181 lb. class**

| <b>Age</b>   | <b>BENCH</b>              | <b>DEADLIFT</b>             |
|--------------|---------------------------|-----------------------------|
| <b>13-U</b>  | <b>110<br/>E. Haner</b>   | <b>190<br/>E. Haner</b>     |
| <b>14-15</b> | <b>110<br/>E. Haner</b>   | <b>230<br/>E. Haner</b>     |
| <b>16-17</b> | <b>87<br/>C. Lawson</b>   | <b>225<br/>C. Lawson</b>    |
| <b>18-19</b> | <b>OPEN</b>               |                             |
| <b>20-24</b> | <b>85<br/>M. Garcia</b>   | <b>260<br/>M. Garcia</b>    |
| <b>OPN</b>   | <b>175<br/>B. Bennett</b> | <b>500<br/>T. Stallings</b> |
| <b>40-44</b> | <b>165<br/>B. Bennett</b> | <b>315<br/>B. Bennett</b>   |
| <b>45-49</b> | <b>175<br/>B. Bennett</b> | <b>315<br/>B. Bennett</b>   |
| <b>65-69</b> | <b>77<br/>P. Winans</b>   | <b>212<br/>P. Winans</b>    |

**Women's 198 lb. class**

| <b>Age</b>   | <b>BENCH</b>                         | <b>DEADLIFT</b>                      |
|--------------|--------------------------------------|--------------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                          |                                      |
| <b>14-15</b> | <b>100</b><br><b>E. Christiansen</b> | <b>225</b><br><b>E. Christiansen</b> |
| <b>16-17</b> | <b>OPEN</b>                          |                                      |
| <b>18-19</b> | <b>OPEN</b>                          |                                      |
| <b>20-24</b> | <b>OPEN</b>                          |                                      |
| <b>OPN</b>   | <b>165</b><br><b>C. Glenn</b>        | <b>360</b><br><b>C. Glenn</b>        |
| <b>40-44</b> | <b>OPEN</b>                          |                                      |
| <b>60-64</b> | <b>60</b><br><b>H. Omundson</b>      | <b>160</b><br><b>H. Omundson</b>     |
| <b>65-69</b> | <b>95</b><br><b>L. Petersen</b>      | <b>182</b><br><b>H. Omundson</b>     |

**Women's 198+ lb. class**

| <b>Age</b>   | <b>BENCH</b>                     | <b>DEADLIFT</b>                   |
|--------------|----------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>75</b><br><b>M. Hirsche</b>   | <b>205</b><br><b>M. Hirsche</b>   |
| <b>14-15</b> | <b>245</b><br><b>L. Buchanon</b> | <b>315</b><br><b>L. Buchanon</b>  |
| <b>16-17</b> | <b>OPEN</b>                      |                                   |
| <b>18-19</b> | <b>OPEN</b>                      |                                   |
| <b>20-24</b> | <b>120</b><br><b>C. Hankins</b>  | <b>260</b><br><b>C. Hankins</b>   |
| <b>OPN</b>   | <b>182</b><br><b>S. Lowman</b>   | <b>375</b><br><b>A. Stamets</b>   |
| <b>40-44</b> | <b>150</b><br><b>L. Ferguson</b> | <b>350</b><br><b>L. Ferguson</b>  |
| <b>45-49</b> | <b>185</b><br><b>A. Stamets</b>  | <b>405</b><br><b>A. Stamets</b>   |
| <b>50-54</b> | <b>155</b><br><b>R. Bouie</b>    | <b>290</b><br><b>N. Hernandez</b> |
| <b>55-59</b> | <b>140</b><br><b>S. Franklin</b> | <b>285</b><br><b>S. Franklin</b>  |
| <b>65-69</b> | <b>80</b><br><b>L. Peterson</b>  | <b>150</b><br><b>L. Peterson</b>  |
| <b>75-79</b> | <b>100</b><br><b>B. Temple</b>   | <b>280</b><br><b>B. Temple</b>    |