

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 221+# WEIGHT CLASS
 Effective up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|----------------------|---------------|-------------|
| 1 | Poha Henson | Hawaii | 545.5 |
| 2 | Poha Henson | Hawaii | 540.0 Raw |
| 3 | Lexi Harris | Texas | 512.5 |
| 4 | Makala Davis | Arizona | 502.6 |
| 5 | Tyara Straka | Washington | 501.5 Raw |
| 5 | Kayla Taueli | Washington | 501.5 |
| 7 | Donna Myers | California | 479.5 |
| 8 | Arletha Phillip | Arizona | 473.7 Raw |
| 9 | Dawn Richards | Utah | 451.7 |
| 10 | Nancy Edelson | Florida | 435.2 |
| 10 | Amy Moses | Texas | 435.2 |
| 10 | Leilana McKindra | Oklahoma | 435.2 |
| 10 | Stephanie Robbins | California | 435.2 |
| 14 | Meesta Davis | Arizona | 424.2 Raw |
| 14 | Kimberly Mills | Arizona | 424.2 Raw |
| 14 | Roberta Garcia | Texas | 424.2 Raw |
| 14 | Becky Gerst | Wisconsin | 424.2 Raw |
| 14 | Ashley Filimoeatu | Utah | 424.2 |
| 19 | Trisha Puou | Hawaii | 419.8 |
| 20 | Marquita Snow-Whiten | Illinois | 418.7 Raw |
| 20 | Sue Priver | Massachusetts | 418.7 |
| 20 | Keeya Sutherland | Texas | 418.7 |
| 23 | Sheri Wyatt | Washington | 416.5 |
| 24 | Rebecca Jordan | Alabama | 415.4 |
| 25 | Marquita Snow-Whiten | Illinois | 413.2 Raw |
| 25 | Regina Elizondo | Texas | 413.2 |
| 25 | Sarah Murray | Washington | 413.2 |
| 28 | Leilana McKindra | Oklahoma | 407.7 Raw |
| 28 | L. Janet Loveall | California | 407.7 |
| 28 | Michelle Williamson | Arizona | 407.7 |
| 28 | Leane Coetser | California | 407.7 |
| 32 | Annie Bowman | Washington | 402.2 Raw |
| 32 | Sarah Todd | Illinois | 402.2 |
| 32 | Sasha Martinez | Texas | 402.2 |
| 32 | Brandie Hirai | Hawaii | 402.2 |
| 32 | Daria Cal | Washington | 402.2 |
| 32 | Carrie Novikoff | Washington | 402.2 |
| 32 | Cheyenne Kennedy | Texas | 402.2 |
| 39 | Emily Yam | California | 396.7 Raw |
| 39 | Roxanne Martinez | Texas | 396.7 Raw |
| 39 | Ashley Neal | Arizona | 396.7 Raw |
| 39 | Anniina Vaaranmaa | Finland | 396.7 Raw |
| 39 | Krista Van Amerongen | Washington | 396.7 |
| 44 | Kelly Risky | Oregon | 392.3 |
| 45 | Abigail Hicks | Wisconsin | 391.2 Raw |
| 46 | Jae Rockwell | Illinois | 385.7 Raw |
| 46 | Jacquelyn Richardson | California | 385.7 |
| 46 | Melissa Wagner | New York | 385.7 |
| 49 | Savannah Helton | Oregon | 380.2 |
| 49 | Biz French | Montana | 380.2 |
| 49 | Kristin LaMonica | Louisiana | 380.2 |
| 52 | Shauna Russell | Hawaii | 374.7 Raw |

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| LIFTER | STATE | LIFT |
|------------------------------|---------------|-------------|
| 52 Mary Ann Reid | Massachusetts | 374.7 |
| 52 Leila Watson | Washington | 374.7 |
| 52 Cherrie Six | Washington | 374.7 |
| 52 Ashley Boykin | Illinois | 374.7 |
| 57 Rachelle Meidinger | Montana | 369.2 Raw |
| 57 Savannah Helton | Oregon | 369.2 Raw |
| 57 Ashley Ulmer | Washington | 369.2 |
| 57 Janina Siede | Germany | 369.2 |
| 57 Jennifer Gallien | Texas | 369.2 |
| 57 Crystal Hernandez | Texas | 369.2 |
| 63 Jacquelyn Richardson | California | 363.7 Raw |
| 63 Tiffany Capouch | Minnesota | 363.7 Raw |
| 63 Michelle Garrett | Texas | 363.7 Raw |
| 63 Juanita Maria Mangaoang | Washington | 363.7 |
| 63 Tracy Meyer | Washington | 363.7 |
| 68 Angelica Hugo | Utah | 358.0 Raw |
| 68 Kelly Risky | Oregon | 358.0 Raw |
| 68 Janessa Sturtz | Minnesota | 358.0 |
| 68 Priscilla Ortiz | Texas | 358.0 |
| 72 Dawn Russo | New Hampshire | 353.6 |
| 73 Megan Dutton | Texas | 352.5 Raw |
| 73 Rosario Mangaoang Brodine | Washington | 352.5 |
| 73 Marilyn Wilbur | Oregon | 352.5 |
| 73 Whitney Garner | Arkansas | 352.5 |
| 73 Alexa Rojas | Texas | 352.5 |
| 73 Brianne Stanley | California | 352.5 |
| 79 Leticia Perez | Texas | 347.0 |
| 79 Katie Sons | Texas | 347.0 |
| 81 Ericka Humphrey | Texas | 341.5 |
| 81 Kassandra Arce | Texas | 341.5 |
| 81 Kay Kadoun | Washington | 341.5 |
| 84 Brooklyn Hall | Hawaii | 337.1 Raw |
| 85 Debra Winkler | Minnesota | 336.0 Raw |
| 85 Trish Romano | Arizona | 336.0 Raw |
| 85 Crystal Hernandez | Texas | 336.0 Raw |
| 85 Elizabeth Guerra | Texas | 336.0 Raw |
| 85 Robin Martin | Illinois | 336.0 Raw |
| 85 Christine Maltere | Hawaii | 336.0 Raw |
| 85 Amy Vander Pol | Nevada | 336.0 |
| 85 Karla Carpenter | Washington | 336.0 |
| 85 Irene Dager | California | 336.0 |
| 85 Alyssa Greenwood | California | 336.0 |
| 95 MiMi Jordan | Arizona | 330.5 Raw |
| 95 Louise Dyble | California | 330.5 Raw |
| 95 Carly Grennor | Florida | 330.5 Raw |
| 95 Raquel Wells | Illinois | 330.5 Raw |
| 95 Bernice Valdez | Arizona | 330.5 Raw |
| 95 Bobby Denard | Texas | 330.5 |
| 95 Steffani Rivers | Texas | 330.5 |
| 95 Lindy Eubanks | Oregon | 330.5 |
| 95 Lakisha Campbell | Texas | 330.5 |
| 104 Amelia Sparks | Texas | 325.0 Raw |

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| LIFTER | STATE | LIFT |
|-----------------------------|--------------|-------------|
| 104 Shauna Williams | Montana | 325.0 Raw |
| 104 Janessa Sturtz | Minnesota | 325.0 Raw |
| 104 Anna Phinney | Washington | 325.0 Raw |
| 104 Alisha McGlothin | Washington | 325.0 |
| 104 Malielani Kaanapu | California | 325.0 |
| 110 Kira Oliver | Montana | 319.5 Raw |
| 110 Ellie Bundy | Montana | 319.5 Raw |
| 110 Tracy Rose | Michigan | 319.5 |
| 110 Denise Lane | Texas | 319.5 |
| 110 Lisa Hagelganz | Washington | 319.5 |
| 110 Rauarooha Joy Heta | New Zealand | 319.5 |
| 110 Virginia Ann Silk | Florida | 319.5 |
| 110 Marjorie Schalles | Minnesota | 319.5 |
| 118 Lynette Scriver-Colburn | Montana | 315.1 |
| 119 Jennifer Gallien | Texas | 314.0 Raw |
| 119 Christine Ruscher | Minnesota | 314.0 |
| 119 Katherine LaFollett | Montana | 314.0 |
| 119 Lexi Heizer | Texas | 314.0 |
| 123 Corina Sosa | Texas | 309.6 |
| 124 Rachael Richey | Texas | 308.5 |
| 124 Theresa Merenkov | California | 308.5 |
| 126 Mary Rubcic Tawzer | California | 304.1 |
| 127 Christine Ruscher | Minnesota | 303.0 Raw |
| 127 DyAnn Brown | Montana | 303.0 |
| 127 Renee Scott | California | 303.0 |
| 127 Tawanda Matthews | Texas | 303.0 |
| 127 Juana Kaanapu | California | 303.0 |
| 127 Christine Burk | Oregon | 303.0 |
| 133 Carly Grennor | Florida | 300.0 Raw |
| 133 Rebecca Lawrence | Florida | 300.0 |
| 135 Brittany Beckman | Oregon | 297.5 |
| 136 Meghan Toomey | California | 292.0 |
| 136 Mary Ann Cahill | Canada | 292.0 |
| 136 Malinda McCullough | Arizona | 292.0 |
| 139 Christina Everett | Florida | 286.5 Raw |
| 139 Julianna Sulzer | Ohio | 286.5 Raw |
| 139 Margaret Kolden | Texas | 286.5 |
| 142 Sue Vaterlaus | California | 282.1 |
| 143 Rebekah Garcia | Texas | 281.0 |
| 143 Denise Hodge | Texas | 281.0 |
| 143 Morgan Rosalez | Texas | 281.0 |
| 146 Veronica Hernandez | Arkansas | 275.5 Raw |
| 146 Kerri Hass | New York | 275.5 |
| 146 Tashika Sandoval | Texas | 275.5 |
| 146 Vickie Dell-Acqua | Nevada | 275.5 |
| 150 Megan Rosales | Texas | 270.0 |
| 152 Jeanne Canepa-Reve | California | 261.2 |
| 153 Carolyn Fay | Washington | 260.0 |
| 154 LaShenda Smith | Texas | 259.0 |
| 155 Samantha Moran | Texas | 253.5 |
| 155 Delia Chilgren | California | 253.5 |
| 157 Jamie McCarthy | Minnesota | 248.0 |

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| LIFTER | STATE | LIFT |
|------------------------|---------------|-------------|
| 157 Brianna Towey | Massachusetts | 248.0 |
| 157 Sharon Griswald | California | 248.0 |
| 160 Freyja Mersberg | Hawaii | 243.6 Raw |
| 161 Isess Kaleohano | Hawaii | 242.5 Raw |
| 161 Wendy Hussey | California | 242.5 |
| 161 Tracy Perry | Nevada | 242.5 |
| 164 Nancy Chinchor | Virginia | 240.0 |
| 151 Sarah Niemi | Montana | 263.7 Raw |
| 165 Kat Wiese | California | 231.2 Raw |
| 165 Dawn Ivey-Vick | Washington | 231.2 |
| 165 Linette Greene | Montana | 231.2 |
| 168 Fatima Akhtar | Oregon | 226.8 |
| 169 Alexis Payne | Washington | 225.7 Raw |
| 169 Amanda Coleman | Texas | 225.7 Raw |
| 169 Sarah Kribs | Oregon | 225.7 |
| 169 Tunya Sytsma | Hawaii | 225.7 |
| 169 Sharon Price | Texas | 225.7 |
| 174 Jacqueline Fendler | Minnesota | 220.2 |
| 175 Courtney Guest | California | 214.7 Raw |
| 175 Mariah McFarland | Texas | 214.7 Raw |
| 177 Jacqueline Fendler | Minnesota | 209.2 Raw |
| 178 Gloria Derfus | Minnesota | 203.7 |
| 178 Ashton Ashberry | Texas | 203.7 |
| 180 Jeanette Tardif | Maine | 198.2 |
| 180 Hannah Steen | California | 198.2 |
| 182 Jazzmine McGuire | Hawaii | 192.7 |
| 183 Diane Vellino | Massachusetts | 187.2 Raw |
| 184 Jackie Estes | Oregon | 143.2 Raw |

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| | LIFTER | STATE | LIFT |
|----|----------------------|--------------|-------------|
| 1 | Josefin Brander | Sweden | 540.0 |
| 2 | Alisha Howard | Washington | 534.5 |
| 3 | Susan Adkison | Florida | 479.5 |
| 3 | Holly Garner | Oregon | 479.5 |
| 5 | Karen Campbell | Maine | 473.7 |
| 6 | Linda Schaefer | Colorado | 468.2 |
| 6 | Kireen Ellis | Washington | 468.2 |
| 8 | Nicole Marie Jones | Texas | 451.7 |
| 8 | Makayla Davis | Arizona | 451.7 |
| 10 | Clara Castillo | California | 440.7 Raw |
| 11 | Tyara Straka | Washington | 435.2 Raw |
| 12 | Kari Sabin | Florida | 430.0 |
| 13 | Shayla Rubbani | Wisconsin | 424.2 Raw |
| 14 | Megan Dutton | Texas | 418.7 |
| 15 | Kari Snow | Florida | 415.0 |
| 16 | Jessica Blevins | Arkansas | 407.7 Raw |
| 16 | Jill Arnow | Washington | 407.7 |
| 18 | Maria Mersberg | Hawaii | 405.5 |
| 19 | Gayla Ha-Cabebe | Hawaii | 403.3 Raw |
| 20 | Stephanie Brown | Washington | 402.2 Raw |
| 20 | Maria Mersberg | Hawaii | 402.2 Raw |
| 20 | Linda Gerking | Washington | 402.2 |
| 20 | Jana Prothman | Washington | 402.2 |
| 20 | Susan Jackson | Washington | 402.2 |
| 20 | Patricia Magill | Washington | 402.2 |
| 20 | Gerika Kaaua-Acorda | Hawaii | 402.2 |
| 20 | Jescelia Durr | Illinois | 402.2 |
| 28 | Regina Magno | Colorado | 396.7 |
| 29 | Brooke Bourg | Louisiana | 392.3 |
| 30 | Mara Parks | Montana | 391.2 Raw |
| 30 | Kelli Sandoval | Oregon | 391.2 |
| 30 | Olympia Soto | California | 391.2 |
| 30 | Leane Coetser | California | 391.2 |
| 34 | Megan Dutton | Texas | 385.7 Raw |
| 34 | Shayla Rubbani | Wisconsin | 385.7 |
| 36 | Teresa Thompson | Idaho | 380.2 Raw |
| 36 | Rosanna Allen | Washington | 380.2 Raw |
| 36 | Roberta Garcia | Texas | 380.2 |
| 36 | Kayla Sua | Washington | 380.2 |
| 40 | Susan Johnson | Hawaii | 374.7 |
| 40 | Jennifer Donatelli | Idaho | 374.7 |
| 40 | Jessica Hurley | Hawaii | 374.7 |
| 43 | Marquita Snow-Whiten | Idaho | 363.7 Raw |
| 43 | Anna Phinney | Washington | 363.7 Raw |
| 43 | Kilia Chillingworth | Hawaii | 363.7 Raw |
| 43 | Janina Siede | Germany | 363.7 |
| 43 | Lauren Knott | Texas | 363.7 |
| 43 | Hoku Nohara | Hawaii | 363.7 |
| 43 | Jade Socoby | Maine | 363.7 |
| 50 | Katie Marema | Montana | 358.0 Raw |
| 50 | Lauwa'e Combis | Hawaii | 358.0 Raw |

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| LIFTER | STATE | LIFT |
|-----------------------|---------------|-------------|
| 50 Ashley Neal | Arizona | 358.0 Raw |
| 50 Ana Selena Galicla | Texas | 358.0 Raw |
| 50 Nicole Lucarotti | Texas | 358.0 |
| 50 Amanda Deckard | Ohio | 358.0 |
| 56 Emily Yam | California | 352.5 Raw |
| 56 Colette Lawlor | Ireland | 352.5 Raw |
| 56 Lauwa'e Combis | Hawaii | 352.5 Raw |
| 56 Felicia Thomas | Illinois | 352.5 Raw |
| 56 Alyssa Oberueiser | Montana | 352.5 Raw |
| 56 Lynelle Brode | Washington | 352.5 |
| 56 Tammy Geisick | California | 352.5 |
| 56 Michelle Verge | Maine | 352.5 |
| 56 Jane Morales Costa | Brazil | 352.5 |
| 56 Esmer Trevino | Texas | 352.5 |
| 56 Julia Armstrong | Oregon | 352.5 |
| 56 Kaena Apana | Hawaii | 352.5 |
| 56 Nichelle Gibbs | Texas | 352.5 |
| 56 Irene Peterson | Massachusetts | 352.5 |
| 70 Nubia Galvan | Oregon | 347.0 Raw |
| 70 Sue Priver | Massachusetts | 347.0 Raw |
| 72 Shania Wood | Washington | 341.5 Raw |
| 72 Sophie Larson | Wisconsin | 341.5 Raw |
| 72 Scharlotte Spencer | Texas | 341.5 |
| 75 Sandreka Sanders | Arizona | 336.0 Raw |
| 75 Shalynne Mc Cauley | Canada | 336.0 Raw |
| 75 Chloe Kaalund | California | 336.0 Raw |
| 75 Margie Huston | Washington | 336.0 |
| 75 Nicole Swick | Arkansas | 336.0 |
| 75 Amy Rudder | Tennessee | 336.0 |
| 75 Tara Walsh | California | 336.0 |
| 82 Melanie Stewart | Alabama | 330.5 Raw |
| 82 Tiffany Turner | Utah | 330.5 Raw |
| 82 Robin Martin | Illinois | 330.5 |
| 82 Janessa Sturtz | Minnesota | 330.5 |
| 82 Marilyn Lewis | Washington | 330.5 |
| 87 Jae Rockwell | Illinois | 325.0 Raw |
| 87 Caylen Gapusan | Hawaii | 325.0 |
| 87 Marisela Meyer | Texas | 325.0 |
| 87 Hannah Biddle | Indiana | 325.0 |
| 87 Wilma Lee Cadavona | Idaho | 325.0 |
| 87 Jana Major | Washington | 325.0 |
| 87 Sala Purcell-Tupea | Utah | 325.0 |
| 87 Heidi Norris | Oregon | 325.0 |
| 95 Abby Kreger | Wisconsin | 319.5 |
| 95 Carla Ugarte | California | 319.5 |
| 97 Katherine Pazda | Florida | 315.0 Raw |
| 97 Rebecca Lawrence | Florida | 315.0 Raw |
| 97 Katherine Pazda | Florida | 315.0 Raw |
| 97 Jackie Parrish | Florida | 315.0 |
| 101 Courtney Spear | Texas | 314.0 Raw |
| 101 Robin Martin | Illinois | 314.0 Raw |

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| LIFTER | STATE | LIFT |
|--------------------------|---------------|-------------|
| 101 Christina Coughenour | Arizona | 314.0 Raw |
| 101 Yvette Esparza | Oregon | 314.0 Raw |
| 101 Lisa Carillo | California | 314.0 Raw |
| 101 Margaret Kolden | Texas | 314.0 |
| 101 Marjorie Schalles | Minnesota | 314.0 |
| 101 Gail Franklin | Minnesota | 314.0 |
| 101 Kathy Cash | Oregon | 314.0 |
| 110 Candice Jenkins | Florida | 310.0 Raw |
| 111 Makaiwa Kanui | Hawaii | 308.5 Raw |
| 111 Kay Berryman | Texas | 308.5 |
| 113 Maudie Roscoe | Washington | 304.1 Raw |
| 113 Tamara Perry | Hawaii | 304.1 |
| 115 Judith Young | Wisconsin | 303.0 Raw |
| 115 Brooklyn Hall | Hawaii | 303.0 Raw |
| 115 Tessa Thomas | Oklahoma | 303.0 Raw |
| 115 Dusti Winkle | Oregon | 303.0 Raw |
| 115 Kimberly Kohn | California | 303.0 |
| 120 Kathy Sells | California | 293.1 |
| 121 Crystal Luiz Jones | California | 292.0 Raw |
| 121 Zorelli Rio-Cid | California | 292.0 Raw |
| 121 Kaila Munkwitz | Florida | 292.0 Raw |
| 121 Lisa Paquette | California | 292.0 |
| 121 Randi Knutson | California | 292.0 |
| 126 Margie Huston | Washington | 286.5 Raw |
| 126 Carla Cogorni | Brazil | 286.5 Raw |
| 126 Peyton Holm | Texas | 286.5 Raw |
| 126 Alisha McGlothlin | Washington | 286.5 |
| 130 Tamara Perry | Hawaii | 281.0 Raw |
| 130 Cynthia Guerra | Texas | 281.0 |
| 130 Lisa Lopez | California | 281.0 |
| 130 Jazmine Hawkins | Texas | 281.0 |
| 134 Sue Vaterlaus | California | 276.6 |
| 135 Lana Butaud | Tennessee | 275.5 Raw |
| 135 Alyssa Raser | Montana | 275.5 Raw |
| 135 Faith Robinson | Arkansas | 275.5 Raw |
| 135 Sarah Sylvester | Washington | 275.5 |
| 135 Beth Smith | Washington | 275.5 |
| 135 Suzanne Dornquast | Florida | 275.5 |
| 135 Krista Williams | Georgia | 275.5 |
| 142 Kathy Sells | California | 270.0 Raw |
| 142 Lynette Hollins | Texas | 270.0 |
| 142 Meghan Toomey | California | 270.0 |
| 142 Lindsay Hood | California | 270.0 |
| 142 Adele Ullman | Oregon | 270.0 |
| 142 Meaghan Quigley | Michigan | 270.0 |
| 142 Angela Heins | Minnesota | 270.0 |
| 149 Kim Calden | Massachusetts | 264.5 Raw |
| 149 Kris Pruitt | Washington | 264.5 |
| 149 Heather Hunsaker | Utah | 264.5 |
| 152 Lauren Vaterlaus | California | 260.1 |
| 153 Allison Heardeay | California | 259.0 Raw |

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| LIFTER | STATE | LIFT |
|-----------------------------|--------------|-------------|
| 153 Lynette Scriver-Colburn | Montana | 259.0 |
| 155 Valerie Crowell | California | 253.5 |
| 155 Lucy Rutigliano | Oregon | 253.5 |
| 157 Kristen Bohr | Arkansas | 248.0 |
| 158 Denise Bailey | Hawaii | 242.5 Raw |
| 158 Kristy Kramer | Montana | 242.5 Raw |
| 158 Carrie Reese | California | 242.5 |
| 158 Norine Reeder | Michigan | 242.5 |
| 162 Kat Wiese | California | 236.7 Raw |
| 162 Victoria Willis | Illinois | 236.7 |
| 162 Jamie McCarthy | California | 236.7 |
| 165 Jenna Budke | Hawaii | 231.2 Raw |
| 165 Jacqueline Fendler | Minnesota | 231.2 |
| 167 Jessica Allred | Arkansas | 225.7 Raw |
| 167 Lynette Hollins | Texas | 225.7 Raw |
| 167 Kim Eckert | Texas | 225.7 |
| 170 Alonna Smith | Arkansas | 220.2 Raw |
| 170 Raissa Annanda Godoy | Brazil | 220.2 |
| 172 Amita Banerjee | Florida | 214.7 Raw |
| 172 Susan Arnett | Texas | 214.7 |
| 172 Mona Johnson | Washington | 214.7 |
| 172 Jessica Lowrance | Oregon | 214.7 |
| 176 Mary Mattson | Hawaii | 203.7 Raw |
| 176 Savannah Kuneth | Arkansas | 203.7 Raw |
| 176 Holley Matlock | California | 203.7 |
| 176 Carrie Heldt | Nevada | 203.7 |
| 176 Hilary Reeh | Texas | 203.7 |
| 181 Joan Gray | Hawaii | 198.2 Raw |
| 181 Jennifer Collomp | Arkansas | 198.2 |
| 183 Mary Downes | Florida | 181.7 Raw |
| 183 Rachel Homme | Washington | 181.7 |
| 183 Nancy Merrill | Arkansas | 181.7 |
| 186 Alyxa Conlee | Washington | 170.8 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
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 THE 198# WEIGHT CLASS
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| | LIFTER | STATE | LIFT |
|----|--------------------------|---------------|-------------|
| 1 | Alisha Howard | Washington | 513.6 |
| 2 | Karen Campbell | Maine | 512.5 |
| 3 | Anna Rosen | Sweden | 507.0 |
| 3 | Deborah Ester Dos Santos | Brazil | 507.0 |
| 5 | Minna Pajulahti | Finland | 468.2 |
| 6 | Jennifer Taylor | Oregon | 463.8 |
| 7 | Sarah Hartman | Washington | 457.2 Raw |
| 8 | Virpi Knuutila | Finland | 451.7 Raw |
| 9 | Susan Adkison | Florida | 440.7 |
| 9 | Anna Knapski | Ohio | 440.7 |
| 9 | Holly Garner | Oregon | 440.7 |
| 12 | Annie Bowman | Washington | 435.2 |
| 13 | Francesca Mangaoang | Washington | 425.3 |
| 13 | Jessica Hurley | Hawaii | 425.3 |
| 13 | Susan Jackson | Washington | 425.3 |
| 13 | Tiffany Lockett | Texas | 425.3 |
| 17 | Jill Arnow | Washington | 424.2 |
| 18 | Jessica Blevins | Arkansas | 418.7 Raw |
| 18 | Treena Anthony | Canada | 418.7 |
| 20 | Jacqueline Wickens | Nevada | 413.2 |
| 20 | Holly Oxford | Montana | 413.2 |
| 22 | Kayla Sua | Washington | 409.9 |
| 23 | Katie DuPont | Utah | 407.7 |
| 23 | Kari Sabin | Florida | 407.7 |
| 23 | Hoku Nohara | Hawaii | 407.7 |
| 26 | Michelle Kampen | Washington | 403.3 |
| 27 | Marquita Snow-Whitten | Illinois | 402.2 Raw |
| 27 | Lauren Sanchez | California | 402.2 Raw |
| 27 | Jessica Muskat | Hawaii | 402.2 Raw |
| 27 | Christine Hipa | Hawaii | 402.2 Raw |
| 27 | Maggie Castellano | Texas | 402.2 Raw |
| 27 | Kelli Sandoval | Oregon | 402.2 |
| 27 | Kirsten Shockman | Washington | 402.2 |
| 34 | L. Janet Loveall | California | 396.7 |
| 35 | Linda Gerking | Washington | 392.3 |
| 35 | Olympia Soto | Arizona | 392.3 |
| 37 | Teresa Thompson | Idaho | 391.2 Raw |
| 37 | Akondaye Fountain | Texas | 391.2 Raw |
| 37 | Karen Polansky | California | 391.2 |
| 37 | Amber Pontinen | Finland | 391.2 |
| 41 | Maria Merseberg | Hawaii | 385.7 Raw |
| 41 | Mirtha Delatorre | California | 385.7 Raw |
| 41 | Tyara Straka | Washington | 385.7 Raw |
| 41 | Linda Gerking | Washington | 385.7 |
| 41 | Jennifer Donatelli | Idaho | 385.7 |
| 41 | Marlita Pera | California | 385.7 |
| 47 | Arren Rosen | Maine | 381.3 |
| 48 | Stacy Domingo | Hawaii | 380.2 Raw |
| 48 | Agatha Cretzu | Massachusetts | 380.2 |
| 50 | Jane Wooldridge | Washington | 375.8 |
| 51 | Natasha Williams | Arizona | 374.7 Raw |

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| | LIFTER | STATE | LIFT |
|-----|-----------------------|---------------|-------------|
| 51 | Sanna Halenius | Finland | 374.7 Raw |
| 51 | Mary Thomas | Florida | 374.7 Raw |
| 51 | Pamela Michaels Olson | Washington | 374.7 |
| 51 | Tatiane Faria Lemos | Brazil | 374.7 |
| 51 | Kristin Coleman | Arizona | 374.7 |
| 51 | Brooke Bourg | Louisiana | 374.7 |
| 51 | Juliana Souza | Brazil | 374.7 |
| 59 | Patricia Magill | Washington | 370.0 |
| 60 | Kola Thompson | Oregon | 369.2 |
| 60 | Kayleigh McAviney | Nevada | 369.2 |
| 62 | Kyra Porter | Wisconsin | 363.7 Raw |
| 62 | Antoniette Rodriguez | Arizona | 363.7 Raw |
| 62 | Olympia Soto | California | 363.7 Raw |
| 62 | Maria Mersberg | Hawaii | 363.7 |
| 62 | Regina Magno | Idaho | 363.7 |
| 62 | Felicia Thomas | Illinois | 363.7 |
| 62 | Margie Huston | Washington | 363.7 |
| 69 | Alexandria Calvo | Texas | 358.0 |
| 70 | Irene Peterson | Massachusetts | 353.6 |
| 71 | Carys Cook | Nevada | 352.5 Raw |
| 71 | Niki Allen | Arkansas | 352.5 Raw |
| 71 | Patty Drake | Maine | 352.5 Raw |
| 71 | Jodi Steele | Washington | 352.5 |
| 71 | Heather Myers | Oregon | 352.5 |
| 71 | Marilyn Lewis | Washington | 352.5 |
| 71 | Kelly Womack | California | 352.5 |
| 71 | Susan Johnson | Hawaii | 352.5 |
| 71 | Amanda Deckard | Ohio | 352.5 |
| 71 | Donnie Rogers | Hawaii | 352.5 |
| 81 | Monalisa Durkan | Hawaii | 347.0 Raw |
| 81 | Jessica Luna | Texas | 347.0 |
| 81 | Itzayanni Martinez | Texas | 347.0 |
| 84 | Ashley Simpson | California | 341.5 Raw |
| 84 | Susan Righi | Washington | 341.5 |
| 84 | Frankie Thompson | Texas | 341.5 |
| 84 | Moses Enos | Washington | 341.5 |
| 88 | Ashley Neal | Arizona | 336.0 Raw |
| 88 | Bronte Warenski | Utah | 336.0 Raw |
| 88 | Terri Aiwohi | Hawaii | 336.0 Raw |
| 88 | Mesha Blackwell | Illinois | 336.0 Raw |
| 88 | Natalie Caughey | Utah | 336.0 |
| 88 | Crystal Luiz Jones | California | 336.0 |
| 88 | Michelle Williamson | Arizona | 336.0 |
| 88 | Wilma Lee Cadavona | Idaho | 336.0 |
| 88 | Shayla Rubbani | Wisconsin | 336.0 |
| 97 | Itzayanni Martinez | Texas | 330.5 Raw |
| 97 | Tasha Valdez | Texas | 330.5 Raw |
| 97 | Lili Martinez | Texas | 330.5 |
| 100 | Hannah Agudelo | Arkansas | 325.0 Raw |
| 100 | Crystal Luiz-Jones | California | 325.0 Raw |
| 100 | Amber Blankemeyer | Texas | 325.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 198# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|---------------------|--------------|-------------|
| 100 | Deanna Yost | Washington | 325.0 |
| 100 | Staci Jones | Washington | 325.0 |
| 100 | Rachel Seal | Washington | 325.0 |
| 100 | Amy Rudder | Tennessee | 325.0 |
| 107 | Faye Grossarth | Arizona | 319.5 |
| 107 | Scharlotte Spencer | Texas | 319.5 |
| 107 | Alissa Rowland | Oregon | 319.5 |
| 107 | Saija Kantola | Finland | 319.5 |
| 111 | Lauwa'e Ablao | Hawaii | 314.0 Raw |
| 111 | Asia Bell | Arizona | 314.0 Raw |
| 111 | Deanna Dutton | Washington | 314.0 |
| 111 | Naomi Leos | Idaho | 314.0 Raw |
| 111 | Abigail Biddle | Indiana | 314.0 |
| 111 | Kathy Cash | Oregon | 314.0 |
| 111 | Robin Martin | Illinois | 314.0 |
| 111 | Mindi Lamoreaux | Utah | 314.0 |
| 111 | Mary Denning | Washington | 314.0 |
| 120 | Rachel Pader | Wisconsin | 308.5 Raw |
| 120 | Faith Robinson | Arkansas | 308.5 Raw |
| 120 | Brooklyn Hall | Hawaii | 308.5 Raw |
| 120 | Jessica Brown | California | 308.5 |
| 120 | Rosangela Miranda | Brazil | 308.5 |
| 120 | Gail Franklin | Minnesota | 308.5 |
| 126 | Julie Venturi | California | 304.1 |
| 126 | Chloe Kaalund | California | 304.1 |
| 128 | Nicole Campbell | California | 303.0 Raw |
| 128 | Nancey Ann Dooley | California | 303.0 Raw |
| 128 | Linda Gerking | Washington | 303.0 Raw |
| 128 | Germanie James | Texas | 303.0 Raw |
| 128 | Brianna Connelly | Washington | 303.0 Raw |
| 128 | Atalie Garrish | Nevada | 303.0 |
| 128 | Heidi Miller | Oregon | 303.0 |
| 128 | Anette Sozzi | California | 303.0 |
| 128 | Royelle Hair | California | 303.0 |
| 128 | Michonne Berry | Illinois | 303.0 |
| 128 | Verinda Johnson | Texas | 303.0 |
| 128 | Sheila Southwood | Washington | 303.0 |
| 128 | Anna Rodriguez | Texas | 303.0 |
| 128 | Stephanie Chavez | California | 303.0 |
| 142 | Carly Grennor | Florida | 300.0 Raw |
| 142 | Caryn Baird | Florida | 300.0 |
| 144 | Karol Ann Carpenter | Washington | 297.5 |
| 145 | Michelle Campbell | California | 292.0 Raw |
| 145 | Larissa Holbrook | Montana | 292.0 Raw |
| 145 | Karisha McAfee | Texas | 292.0 Raw |
| 145 | Stephanie Boden | Oregon | 292.0 |
| 145 | Claudia Gomez | Texas | 292.0 |
| 145 | Tashika Sandoval | Texas | 292.0 |
| 145 | Diana Plank | California | 292.0 |
| 145 | Bianca Ramirez | Texas | 292.0 |
| 153 | Kuulei Mitchell | Hawaii | 286.5 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 198# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|----------------------------|---------------|-------------|
| 153 Alyssa Oberueiser | Montana | 286.5 Raw |
| 153 Jaklynn Fowler | California | 286.5 |
| 153 Beth Smith | Washington | 286.5 |
| 153 Nicole Barbour | California | 286.5 |
| 153 Amy Amber | California | 286.5 |
| 159 Christina Gale | Florida | 285.0 |
| 160 Stephanie Boden | Oregon | 281.0 Raw |
| 160 Ashley Simpson | California | 281.0 |
| 160 Crystal Nicholson | Arkansas | 281.0 |
| 160 Gina Strate | Louisiana | 281.0 |
| 160 Robyn Peterson | Arizona | 281.0 |
| 160 Stephanie Patterson | Oregon | 281.0 |
| 166 Winifred Pristell | Washington | 278.8 |
| 167 Courtney Whitworth | Utah | 275.5 Raw |
| 167 Rhiannon Aguilar | Arizona | 275.5 Raw |
| 167 Kelley Deverall | Utah | 275.5 Raw |
| 167 Staci Conboy | Washington | 275.5 Raw |
| 167 Randi Knutson | California | 275.5 |
| 167 Hannah Biddle | Indiana | 275.5 |
| 167 Heather Gibson | Utah | 275.5 |
| 167 Andrea Kent | Montana | 275.5 |
| 167 Lauren Knott | Texas | 275.5 |
| 176 Marlene Wexler | Minnesota | 270.0 Raw |
| 176 Amy Kalal | Minnesota | 270.0 Raw |
| 176 Olga Hernandez | Texas | 270.0 |
| 176 Suzanne Dornquast | Florida | 270.0 |
| 176 Pat Robey | Washington | 270.0 |
| 181 Helen Tolle | California | 265.6 Raw |
| 181 Kristina Bagayas | Hawaii | 265.6 |
| 183 Jacqueline Parrish | Florida | 265.0 |
| 184 Analia Zalopany | Hawaii | 264.5 Raw |
| 184 Ana Cardina Poderosa | Brazil | 264.5 Raw |
| 184 Marlene Wexler | Minnesota | 264.5 Raw |
| 184 Mary Goodwin | Washington | 264.5 |
| 184 Maylin Badiyo | Hawaii | 264.5 |
| 184 Lynelle Brode | Washington | 264.5 |
| 190 Janet Hase | California | 259.0 |
| 191 Deanna Bowes | Washington | 255.7 |
| 192 Thea Strom | California | 253.5 |
| 192 Kate Bachus | Massachusetts | 253.5 |
| 194 Sady Rogers | Utah | 250.2 |
| 195 Margie Brownlee | Florida | 250.0 |
| 196 Stephanie Potter | California | 248.0 Raw |
| 196 Delia Chilgren | California | 248.0 |
| 196 Destinee Nicole Pakani | Hawaii | 248.0 |
| 196 Kelly Wakayama | Montana | 248.0 |
| 200 Bridgett Brown | Georgia | 242.5 |
| 200 Ongilea Ross | Arkansas | 242.5 |
| 200 Samantha Hernandez | Texas | 242.5 |
| 200 LeeAnn Keating | Texas | 242.5 |
| 200 Amber VanRooyen | Minnesota | 242.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 198# WEIGHT CLASS

Inclusive from January 1, 1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|-------------------|--------------|-------------|
| 205 | Madeline Drury | Michigan | 236.7 |
| 206 | Dorothy Rawe | Texas | 231.2 |
| 206 | Karen Zscheck | Texas | 231.2 |
| 206 | Jenny Chappell | Nevada | 231.2 |
| 206 | Antonio Maurer | Oregon | 231.2 |
| 206 | Rosalie Pearson | New Zealand | 231.2 |
| 206 | Elaine May | Oregon | 231.2 |
| 212 | Dawn Ivey-Vick | Washington | 226.8 |
| 213 | Dana Barnes | Illinois | 225.7 Raw |
| 213 | Krystal Morris | Texas | 225.7 |
| 213 | Ruth Bare | Washington | 225.7 |
| 213 | Lauren Vaterlaus | California | 225.7 |
| 217 | Emalee Graham | Utah | 220.2 Raw |
| 217 | Glenda Mendoza | Texas | 220.2 |
| 217 | Hillary Reeh | Texas | 220.2 |
| 217 | Hannah Hill | Texas | 220.2 |
| 221 | Lisa Dimick | Oregon | 214.7 |
| 222 | Deanna Brown | Nevada | 209.2 |
| 222 | Emily Matlock | California | 209.2 |
| 224 | Sheriese Apelu | Hawaii | 203.7 |
| 224 | Sara Duval | Washington | 203.7 |
| 224 | Cydney Gonzalez | Texas | 203.7 |
| 224 | Margot O'Halloran | California | 203.7 |
| 228 | Aleese Knight | Florida | 200.0 Raw |
| 229 | Hillary Shields | Louisiana | 198.2 |
| 229 | Janice Hill | Washington | 198.2 |
| 229 | Beth Smith | California | 198.2 |
| 232 | Elizabeth Flores | Texas | 192.7 |
| 233 | Jackie Eizensmits | Ohio | 176.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 181# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|-----------------------|----------------|-------------|
| 1 | Karen Campbell | Maine | 504.8 |
| 2 | Rebekah Schmidt | Minnesota | 502.6 |
| 3 | Kehaulani Richardson | Hawaii | 468.2 |
| 4 | Cindy Shockman | Oregon | 460.5 |
| 5 | Jennifer Taylor | Oregon | 459.4 |
| 6 | Christine Neff | Idaho | 457.2 |
| 7 | Joanne Warner | Pennsylvania | 451.7 |
| 8 | Alisha Howard | Washington | 446.2 |
| 8 | Cryssa Dragon | California | 446.2 |
| 10 | Sophia Hussary | Arizona | 440.7 Raw |
| 10 | Virpi Knuutila | Finland | 440.7 |
| 12 | Kayla Sua | Washington | 436.3 |
| 13 | Kristy Scott | Maine | 435.2 |
| 14 | Theresa Holte | Oregon | 429.7 |
| 15 | Sammi Johnson | California | 426.4 |
| 16 | Cindy Weber | Tennessee | 424.2 |
| 17 | Makaiwa Kanui | Hawaii | 418.7 |
| 18 | Holly Snyder | Montana | 413.2 Raw |
| 19 | Victoria Woods | California | 407.7 |
| 20 | Elizabeth Fuentes | Texas | 403.3 |
| 20 | Annie Bowman | Washington | 403.3 |
| 20 | Anetta Replogle | Nevada | 403.3 |
| 23 | Katie Dupont | Utah | 402.2 Raw |
| 23 | Raelyn Panzica | Arizona | 402.2 |
| 23 | Minna Pajulahti | Finland | 402.2 |
| 23 | Kari Sabin | Florida | 402.2 |
| 23 | Michelle Kampen | Washington | 402.2 |
| 23 | Courtney Gathright | Texas | 402.2 |
| 29 | Cindy Shockman | Oregon | 397.8 Raw |
| 30 | Agatha Cretzu | Massachusetts | 396.7 Raw |
| 30 | Jane Wooldridge | Washington | 396.7 |
| 32 | Jessica Muskat | Hawaii | 391.2 |
| 32 | Stacey Hammar | Idaho | 391.2 |
| 34 | Pamela Michaels Olson | Washington | 386.8 |
| 35 | Olympia Soto | California | 385.7 Raw |
| 35 | Emily Iacopi | California | 385.7 |
| 35 | Carrie Lynn McEwen | Oregon | 385.7 |
| 35 | Julie Kimoto | Hawaii | 385.7 |
| 35 | Arren Rosen | Maine | 385.7 |
| 40 | Natasha Williams | Arizona | 381.3 Raw |
| 41 | Megan Mckibben | California | 380.2 Raw |
| 41 | Stacy Domingo | Hawaii | 380.2 Raw |
| 41 | Lauren Lugdon | Maine | 380.2 |
| 41 | Scharlotte Spencer | Texas | 380.2 |
| 41 | Brenda Hermann | Wisconsin | 380.2 |
| 41 | Ashley Vasquez | Texas | 380.2 |
| 41 | Emma James | United Kingdom | 380.2 |
| 48 | Anette Sozzi | California | 375.8 |
| 49 | Jodi Steele | Washington | 374.7 |
| 50 | Betty Heriford | Oregon | 371.4 |
| 51 | Lisa Elliot | Oregon | 370.3 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 181# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT | |
|----|--------------------|---------------|-------------|-----|
| 52 | Makaiwa Kanui | Hawaii | 369.2 | Raw |
| 52 | Mirtha Delatorre | California | 369.2 | |
| 52 | Andrea Hubbard | California | 369.2 | |
| 52 | Suzanne LaForge | Massachusetts | 369.2 | |
| 56 | Margie Huston | Washington | 365.9 | |
| 57 | Amber Salvador | Hawaii | 363.7 | Raw |
| 57 | Mirtha Delatorre | California | 363.7 | Raw |
| 57 | Josefina Jackson | Texas | 363.7 | |
| 57 | Tara Maier | Arizona | 363.7 | |
| 57 | Anna Rosen | Sweden | 363.7 | |
| 57 | Brenda Herman | Wisconsin | 363.7 | |
| 57 | Kelli Sandoval | Oregon | 363.7 | |
| 64 | Sylvia Nix | California | 358.0 | |
| 64 | Stacy Domingo | Hawaii | 358.0 | |
| 64 | Nicole Camacho | Hawaii | 358.0 | |
| 64 | Susan Adkison | Florida | 358.0 | |
| 64 | Dana Bell | Ohio | 358.0 | |
| 69 | Jeanette Isaacson | Oregon | 355.5 | |
| 70 | Jane Stabile | Massachusetts | 353.6 | |
| 71 | Vanessa Bryant | California | 352.5 | Raw |
| 71 | Ayecia White | Florida | 352.5 | Raw |
| 71 | Kristy Gregory | California | 352.5 | Raw |
| 71 | Jennifer Mosher | Wisconsin | 352.5 | |
| 71 | Natasha Williams | Arizona | 352.5 | |
| 71 | Donnie Rogers | Hawaii | 352.5 | |
| 71 | Maggie Castellano | Texas | 352.5 | |
| 71 | Cynthia Crossland | Oklahoma | 352.5 | |
| 71 | Jacqueline Wickens | Nevada | 352.5 | |
| 71 | Angela Taylor | Washington | 352.5 | |
| 71 | Dian Covington | Illinois | 352.5 | |
| 71 | Cathy Whitworth | Oregon | 352.5 | |
| 71 | Amanda Wass | Oregon | 352.5 | |
| 84 | Tana Crouse | Ohio | 347.0 | Raw |
| 84 | Nadine Huxley | Washington | 347.0 | |
| 84 | Holly McCall | Utah | 347.0 | |
| 87 | Kristina Thoman | Arizona | 342.6 | |
| 88 | Crystal Luiz Jones | California | 341.5 | Raw |
| 88 | Sharlotte Spencer | Texas | 341.5 | Raw |
| 88 | Mallory Britton | Arkansas | 341.5 | Raw |
| 88 | Nicole Camacho | Hawaii | 341.5 | Raw |
| 88 | DeAnna Dutton | Washington | 341.5 | |
| 88 | Jamie Farmer | Montana | 341.5 | |
| 88 | Gayle Clawson | Arizona | 341.5 | |
| 88 | Ilesha Pompey | Illinois | 341.5 | |
| 96 | Terri Aiwohi | Hawaii | 337.1 | Raw |
| 96 | Brittany Milligan | Arkansas | 337.1 | |
| 98 | Charlie Ritchie | Oregon | 336.0 | Raw |
| 98 | DeAnna Dutton | Washington | 336.0 | Raw |
| 98 | Gwen Cables | Georgia | 336.0 | |
| 98 | Denis Martinez | Texas | 336.0 | |
| 98 | Esther Odamah | Texas | 336.0 | |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 181# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|---------------|--------------------------|----------------------|
| 98 | Gion Prevard | Illinois 336.0 |
| 98 | Millicent Jefferies | Illinois 336.0 |
| 105 | Claucimara Trintin | Brazil 330.5 Raw |
| 105 | Nicole Campbell | California 330.5 |
| 105 | Shayla Hancock | Arizona 330.5 |
| 105 | Marilyn Lewis | Washington 330.5 |
| 105 | Karen Polansky | California 330.5 |
| 105 | Nicole Cartwright | California 330.5 |
| 105 | Theresa Russell | Louisiana 330.5 |
| 105 | Kelly Womack | California 330.5 |
| 113 | Gerda Shupe | California 326.1 |
| 114 | Jessika Hurley | Hawaii 325.0 Raw |
| 114 | Lauren Lugdon | Maine 325.0 Raw |
| 114 | Briana Lacey | Arizona 325.0 Raw |
| 114 | Maria Bartoletti | Utah 325.0 |
| 114 | Sheila Southwood | Washington 325.0 |
| 114 | Denise Timbs | Tennessee 325.0 |
| 120 | Josefina Jackson | Texas 320.6 Raw |
| 120 | Deb Kesper | Massachusetts 320.6 |
| 122 | Elizabeth Lindquist | Montana 319.5 Raw |
| 122 | Melia Black | Arizona 319.5 Raw |
| 122 | Shania Wood | Washington 319.5 Raw |
| 122 | Deborah Kimball | Oregon 319.5 Raw |
| 122 | Veronica Gutierrez | Texas 319.5 Raw |
| 122 | Victoria Woods | California 319.5 Raw |
| 122 | Keya Douglas | Texas 319.5 |
| 122 | Deb Anderson | Minnesota 319.5 |
| 122 | Carla Ugarte | California 319.5 |
| 122 | Judith Petray | California 319.5 |
| 122 | Nicole Campbell | California 319.5 |
| 122 | Briana Lacey | Arizona 319.5 |
| 122 | Dana Backiel | Washington 319.5 |
| 122 | Elizabeth Couture | Massachusetts 319.5 |
| 136 | Sarah Biddle | Indiana 316.2 |
| 137 | Catie Preis | Finland 315.1 Raw |
| 137 | Amanda Doty | Texas 315.1 Raw |
| 137 | Elizabeth Harwood | Washington 315.1 |
| 137 | Patricia Rusinek | Ohio 315.1 |
| 141 | Danielle Cuttino | Montana 314.0 Raw |
| 141 | Lauren Needles | California 314.0 Raw |
| 141 | Gion Prevard | Illinois 314.0 Raw |
| 141 | Cynthia Allison | Utah 314.0 Raw |
| 141 | Carys Cook | Nevada 314.0 |
| 141 | Kirsten Shockman | Oregon 314.0 |
| 141 | Abigail Biddle | Indiana 314.0 |
| 141 | Claire Ashton Heckathorn | Idaho 314.0 |
| 141 | Anna Rodriguez | Texas 314.0 |
| 150 | Sarah Erwin | Montana 308.5 Raw |
| 150 | Brandi Kary | California 308.5 Raw |
| 150 | Sommer Joles | Texas 308.5 Raw |
| ##### | Nikki Perez | Wisconsin 308.5 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 181# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT | |
|-------|---------------------|---------------|-------------|-----|
| ##### | Emmalee Hodgkinson | Idaho | 308.5 | Raw |
| 150 | Brenna LeClaire | Oklahoma | 308.5 | |
| 150 | Melissa Nations | Utah | 308.5 | |
| 150 | Brianna Smith | Texas | 308.5 | |
| 150 | Jennifer Otto | Washington | 308.5 | |
| 150 | Karen Harding | Massachusetts | 308.5 | |
| 150 | Dawn Adams | Hawaii | 308.5 | |
| 159 | Mindy Lamoreaux | Utah | 305.2 | |
| 160 | Tiana Blakemore | Hawaii | 305.0 | |
| 161 | Julie Thompson | California | 304.1 | |
| 161 | Jennifer Fahrney | Utah | 304.1 | |
| 163 | Nicole Niblett | Arkansas | 303.0 | Raw |
| 163 | Trella Morales | Arizona | 303.0 | Raw |
| 163 | Roxanne Lemaire | California | 303.0 | Raw |
| 163 | Asia Bell | Arizona | 303.0 | Raw |
| 163 | Samantha Bailey | New York | 303.0 | |
| 163 | Margoth Moten | Texas | 303.0 | |
| 163 | Normandi Bender | California | 303.0 | |
| 163 | Patricia Guerra | Texas | 303.0 | |
| 163 | Rhonda Dunn | Oregon | 303.0 | |
| 163 | Jody Tripp | Utah | 303.0 | |
| 163 | Alicia Valenzuela | Guatemala | 303.0 | |
| 163 | Addie Langlois | Louisiana | 303.0 | |
| 163 | Robyn Peterson | Arizona | 303.0 | |
| 163 | Jamie Tanner | Kansas | 303.0 | |
| 163 | Ferleshare Starks | Texas | 303.0 | |
| 163 | Anna Meisner | Oregon | 303.0 | |
| 163 | Emily Jondron | Texas | 303.0 | |
| 180 | Jazzmin White | Hawaii | 297.5 | Raw |
| 180 | Liz Minor | Washington | 297.5 | |
| 182 | Kelley Deverall | Utah | 295.0 | Raw |
| 182 | Kelley Deverall | Utah | 295.0 | Raw |
| 184 | Monica Hagen | California | 292.0 | Raw |
| 184 | Jessica Brown | California | 292.0 | Raw |
| 184 | Jazmin Culpepper | Arkansas | 292.0 | Raw |
| 184 | Jazzmin White | Hawaii | 292.0 | Raw |
| 184 | Patricia Martinez | Washington | 292.0 | |
| 184 | Kristi England | Texas | 292.0 | |
| 184 | Amy Amber | California | 292.0 | |
| 184 | Rosemary Harrington | Oregon | 292.0 | |
| 184 | Jessica Mayberry | Texas | 292.0 | |
| 184 | Mary Denning | Washington | 292.0 | |
| 194 | Rebekah Platzer | California | 286.5 | |
| 194 | Heidi Miller | Oregon | 286.5 | |
| 194 | Cindy Anderson | Oregon | 286.5 | |
| 194 | Rosivane Moraes | Brazil | 286.5 | |
| 194 | Marian Hughes | Florida | 286.5 | |
| 194 | Bonnie Buckwood | Washington | 286.5 | |
| 194 | Kimberlynn Patzold | Texas | 286.5 | |
| 194 | Lee Itule | Arizona | 286.5 | |
| 194 | Deanna Pinkston | Texas | 286.5 | |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 181# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|-----------------------|--------------|-------------|
| 194 | Mary Smoley | Wisconsin | 286.5 |
| 194 | Pauliina Lansman | Finland | 286.5 |
| 205 | Jacci Tufts | Ohio | 284.3 |
| 206 | Mesha Blackwell | Illinois | 281.0 Raw |
| 206 | Jane Pope | Oregon | 281.0 |
| 206 | Grace Cloniger | Nevada | 281.0 |
| 206 | Keisha Johnston | Texas | 281.0 |
| 206 | Renee Oglesbee | Texas | 281.0 |
| 206 | Anna Cade | Washington | 281.0 |
| 206 | Linda Dunn | Texas | 281.0 |
| 206 | Valli Vance | Georgia | 281.0 |
| 206 | Sarah Shotwell | Hawaii | 281.0 |
| 206 | Jacee Cooper | Arizona | 281.0 |
| 206 | Tasia Thompson | Texas | 281.0 |
| 217 | Erica Tawney | Washington | 280.0 |
| 218 | Hannah Kuracina | Montana | 275.5 Raw |
| 218 | Hannah Hirsch | Maine | 275.5 |
| 218 | Megan Mckibben | California | 275.5 |
| 218 | Mayra Licea | California | 275.5 |
| 218 | Pat Robey | Washington | 275.5 |
| 218 | Nikki Allen | Arkansas | 275.5 |
| 218 | Stephanie Patterson | Oregon | 275.5 |
| 225 | Cari Kirkland | Florida | 275.0 |
| 226 | Lauren Martin | Arkansas | 270.0 Raw |
| 226 | Veronica Gutierrez | Texas | 270.0 Raw |
| 226 | Caitlin Greenwood | California | 270.0 |
| 226 | Candie Camarillo | Texas | 270.0 |
| 226 | Courtney Whitworth | Utah | 270.0 |
| 226 | Sandy Reyna | Texas | 270.0 |
| 226 | Rachael Roberts | Arizona | 270.0 |
| 226 | Mandy Proctor | Georgia | 270.0 |
| 234 | Ashlee Wright | Missouri | 264.5 |
| 234 | Natalie McChesney | California | 264.5 Raw |
| 234 | Marlene Wexler | Minnesota | 264.5 Raw |
| 234 | Anna Hitchcock | Arkansas | 264.5 Raw |
| 234 | Shelby Murphy | California | 264.5 Raw |
| 234 | Helen Tolle | California | 264.5 Raw |
| 234 | Tawni Hennefer | Utah | 264.5 |
| 234 | Stephanie Boden | Oregon | 264.5 |
| 234 | Iraci Fatima Fenner | Brazil | 264.5 |
| 234 | Dee Jaye Backiel | Washington | 264.5 |
| 234 | Hannah Biddle | Indiana | 264.5 |
| 234 | Karola Bond | Oregon | 264.5 |
| 234 | Penny Warwick | Oregon | 264.5 |
| 234 | Linda Bosas | Finland | 264.5 |
| 234 | Elemai Lagehetau Humm | New Zealand | 264.5 |
| 249 | Deborah Maxwell | California | 261.2 |
| 250 | Karen Caldwell | Washington | 260.0 |
| 251 | Patty Schaffer | Minnesota | 259.0 |
| 251 | Brianna Marie Judd | Arizona | 259.0 |
| 251 | Maria Richards | Oregon | 259.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
BY ALL FEMALE LIFTERS IN
THE 181# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|------------------------|--------------|-------------|
| 251 Valerie Strong | Michigan | 259.0 |
| 251 Mary Ann Van Dam | California | 259.0 |
| 251 Kristina Cavazos | Texas | 259.0 |
| 257 Helen Isaacs | California | 253.5 Raw |
| 257 Leslie Roberts | Ohio | 253.5 Raw |
| 257 Kamalio Kaleleiki | Hawaii | 253.5 Raw |
| 257 Linda Taylor | Oregon | 253.5 |
| 257 Winifred Pristell | Washington | 253.5 |
| 257 Julie Polk | Washington | 253.5 |
| 257 Aimee Priest | Oregon | 253.5 |
| 257 Shayla Rubbani | Wisconsin | 253.5 |
| 265 Dana Barnes | Illinois | 253.0 |
| 266 Monica Cook | Florida | 251.0 |
| 267 Deana Bowes | California | 249.1 Raw |
| 268 Gerda Shupe | California | 248.0 Raw |
| 268 Cydney Gonzalez | Texas | 248.0 |
| 268 Amy Burrell | Idaho | 248.0 |
| 268 Karen Hubbard | Oregon | 248.0 |
| 268 Megan Eveland | Oregon | 248.0 |
| 273 Brandi Kary | California | 242.5 Raw |
| 273 Anita Thomson | Oregon | 242.5 |
| 273 Jillian Bruno | California | 242.5 |
| 273 Hope Stockton-Ross | Texas | 242.5 |
| 277 Margie Brownlee | Florida | 240.0 |
| 278 Karen Bates | Utah | 237.8 |
| 279 Jeannette Dow | California | 236.7 Raw |
| 279 Crystal Luiz Jones | California | 236.7 Raw |
| 279 Camellia Luprete | Texas | 236.7 |
| 282 Chandle Dimick | Oklahoma | 214.7 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 165# WEIGHT CLASS

Inclusive from January1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|--------------------------|---------------|------------------|
| 1 | Cindy Shockman | Oregon | 490.5 |
| 2 | Junia Fernanda De Porta | Brazil | 485.0 |
| 3 | Linda Okoro | Texas | 479.5 |
| 4 | Rebekah Schmidt | Minnesota | 474.8 |
| 5 | Rikka Ylitalo | Finland | 457.2 |
| 6 | Imelda Zamora Andujo | Mexico | 451.7 |
| 7 | Cindy Shockman | Oregon | 446.2 Raw |
| 7 | Jenni Peltomaa | Finland | 446.2 |
| 9 | Rosa Whitaker | Arizona | 435.2 Raw |
| 9 | Janesa Yadao | Hawaii | 435.2 |
| 9 | Jennifer Sahy | Wisconsin | 435.2 |
| 12 | Theresa Holte | Oregon | 433.0 |
| 13 | Artemira Sobrinho | Brazil | 429.7 Raw |
| 14 | Teresa Jacobs | Washington | 425.3 |
| 15 | Shauna Perry | Hawaii | 424.2 |
| 15 | Kristy Scott | Washington | 424.2 |
| 17 | Suzanne La Forge | Massachusetts | 419.8 |
| 17 | Leonetta Richardson | Hawaii | 419.8 |
| 19 | Mirela Cruz Silva | Brazil | 418.7 Raw |
| 19 | Lyn Silbert | Hawaii | 418.7 |
| 19 | Janine Jadallah | California | 418.7 |
| 22 | Beverly Anolin | California | 413.2 |
| 22 | Courtney Gathright | Texas | 413.2 |
| 22 | Joanne Vargas | Arizona | 413.2 |
| 25 | Cindy Shockman | Oregon | 409.9 Raw |
| 26 | Jenni Erola | Finland | 407.7 |
| 27 | Sabrina Armstrong | California | 403.3 |
| 28 | Jeanne Nielsen | California | 402.2 |
| 28 | Marissa Bautista | Hawaii | 402.2 |
| 28 | Amber Kierstyn | Wisconsin | 402.2 |
| 28 | Michelle Ivers | California | 402.2 |
| 32 | Ana Catia Portilho Couto | Brazil | 391.2 |
| 32 | Mariam Power | Canada | 391.2 |
| 32 | Mary Jacobson | California | 391.2 |
| 32 | Brianna Jo Villarreal | Texas | 391.2 |
| 32 | Pristeen Perreira | Hawaii | 391.2 |
| 37 | Emily Iacopi | California | 386.8 |
| 38 | Erin Whipple | Wisconsin | 385.7 Raw |
| 38 | Kathy Caraccioli | California | 385.7 |
| 38 | Kat Girard | California | 385.7 |
| 38 | Dorothy Tran | Texas | 385.7 |
| 42 | Beverly Anolin | California | 381.3 |
| 42 | Carrie Lynn McEwen | Oregon | 381.3 |
| 44 | Priscilla Ribic | Washington | 380.2 |
| 44 | Cindy Weber | Tennessee | 380.2 |
| 44 | Suzanne Greathouse | Washington | 380.2 |
| 47 | Jane Stabile | Massachusetts | 375.8 |
| 48 | Carsyn Romano | Texas | 374.7 Raw |
| 48 | Shannon Arquitola | Hawaii | 374.7 Raw |
| 48 | Mirtha Dellatore | California | 374.7 Raw |
| 48 | Sheri Klocke | Oregon | 374.7 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 165# WEIGHT CLASS

Inclusive from January1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|---------------------------|----------------|-------------|
| 48 | Amanda Wass | Oregon | 374.7 |
| 48 | Louzee Banaga | Texas | 374.7 |
| 48 | Marie Rochat | Oregon | 374.7 |
| 48 | Elizabeth Fuentes | Texas | 374.7 |
| 56 | Alycia Rodriguez | Arizona | 369.2 Raw |
| 56 | Samantha Panzeira | California | 369.2 |
| 56 | Ashton Burget | Texas | 369.2 |
| 56 | Pamela Michaels-Olson | Washington | 369.2 |
| 56 | Tiffany McKinney | Texas | 369.2 |
| 56 | Malinda Gustafson | Arizona | 369.2 |
| 56 | Zena Kiyota | Hawaii | 369.2 |
| 63 | Betty Heriford | Oregon | 365.9 |
| 64 | Carol Ann Myers | Florida | 365.0 |
| 64 | Tina Collins | North Carolina | 365.0 |
| 66 | Samantha Kasprzak | Wisconsin | 364.8 |
| 66 | Jamie Rayburn | Oregon | 364.8 |
| 68 | Taiane G Silva | Brazil | 363.7 Raw |
| 68 | Deana Tollefson | Arizona | 363.7 Raw |
| 68 | Katie Wallace | Idaho | 363.7 Raw |
| 68 | Stephanie Syrock | Arkansas | 363.7 Raw |
| 68 | Marisa Boyns | California | 363.7 |
| 68 | Patricia Swab | Oregon | 363.7 |
| 68 | Gloria Koepke | Texas | 363.7 |
| 68 | Anna Reel | Tennessee | 363.7 |
| 68 | Eleanora Reeves | Tennessee | 363.7 |
| 68 | Annette Sozzi | California | 363.7 |
| 68 | Patti Ehmen | Alabama | 363.7 |
| 68 | Lauren Lugdon | Maine | 363.7 |
| 80 | janine Jadallah | California | 358.0 Raw |
| 80 | Ku'ulei Kamiko | Hawaii | 358.0 Raw |
| 80 | Katherine Carpenter | Wisconsin | 358.0 |
| 80 | Kayla Krueger | Wisconsin | 358.0 |
| 80 | Sylvia Maher | California | 358.0 |
| 80 | Nadine Brack | Washington | 358.0 |
| 80 | Gloria Damron | Texas | 358.0 |
| 80 | Teresa Hughes | Washington | 358.0 |
| 80 | Jennifer Delgado | Nevada | 358.0 |
| 89 | Peach Presley | California | 354.7 |
| 90 | Shawna LeBlanc | Canada | 353.6 |
| 91 | Ling Tarr | Utah | 352.5 Raw |
| 91 | Kayla Krueger | Wisconsin | 352.5 Raw |
| 91 | Nicole Cartwright | California | 352.5 |
| 91 | Annie Bowman | Washington | 352.5 |
| 91 | Disarie Spencer | California | 352.5 |
| 91 | Marelena Da Silva Hensing | Brazil | 352.5 |
| 91 | Stacey Hammar | Idaho | 352.5 |
| 91 | Quincy Pearce | Utah | 352.5 |
| 91 | Anabel Mesquita | Brazil | 352.5 |
| 91 | Maaret Kirjonen | Finland | 352.5 |
| 101 | Amber Salvador | Hawaii | 347.0 Raw |
| 101 | Mataya Straka | Washington | 347.0 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 165# WEIGHT CLASS

Inclusive from January1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|-------------------------|---------------|-------------|
| 101 | Rosa Narikiyo | Hawaii | 347.0 |
| 101 | Natalie Harmon | Washington | 347.0 |
| 101 | Anastasia Tressler | Ohio | 347.0 |
| 101 | Rachelle Unson | Washington | 347.0 |
| 107 | Marissa Aguayo | Arizona | 342.6 |
| 107 | Zandra Brooks | Oregon | 342.6 |
| 109 | Karrie Alexander | California | 341.5 Raw |
| 109 | Josefina Jackson | Texas | 341.5 |
| 109 | Maria Souza | Brazil | 341.5 |
| 109 | Michelle Jagoda | Oregon | 341.5 |
| 109 | Melanie Mamerow | Texas | 341.5 |
| 109 | Patricia Corns | Oregon | 341.5 |
| 109 | Jessenia Tadeo | Oregon | 341.5 |
| 109 | Shasta Glotfelty | Washington | 341.5 |
| 109 | Debi Kesper | Massachusetts | 341.5 |
| 118 | Kelly Noblit | Florida | 340.0 |
| 119 | Joni Texeira | Oregon | 337.1 |
| 120 | Tanya Rono | Arizona | 336.0 Raw |
| 120 | Peach Presley | California | 336.0 Raw |
| 120 | Rosa Ashley | Hawaii | 336.0 Raw |
| 120 | Taylor Parsons | Alabama | 336.0 Raw |
| 120 | Jane Stabile | Massachusetts | 336.0 Raw |
| 120 | Jeanne Nielsen | California | 336.0 Raw |
| 120 | Terri Alwohi | Hawaii | 336.0 Raw |
| 120 | Sarah Shotwell | Hawaii | 336.0 |
| 120 | Sylvia Nix | California | 336.0 |
| 120 | Laura Ortega | Arizona | 336.0 |
| 120 | Brandi Kary | California | 336.0 |
| 120 | Karen Siemssen | Texas | 336.0 |
| 120 | Karen Harding | Massachusetts | 336.0 |
| 133 | Danielle Crossen | Washington | 330.5 Raw |
| 133 | Sam Hancock | Utah | 330.5 Raw |
| 133 | Dawn Harris | Arkansas | 330.5 Raw |
| 133 | Jamie Neussendorfer | Idaho | 330.5 Raw |
| 133 | Natalie Caughey | Utah | 330.5 |
| 133 | Dede Soekardi | California | 330.5 |
| 133 | Gion Prevard | Illinois | 330.5 |
| 133 | Leanne Shumaker | Arizona | 330.5 |
| 133 | Jamie Farmer | Montana | 330.5 |
| 133 | Christy Richer | Nevada | 330.5 |
| 133 | Elizabeth Couture | Massachusetts | 330.5 |
| 133 | Mandy Proctor | Georgia | 330.5 |
| 133 | Lucia Feraud Montenegro | Ecuador | 330.5 |
| 133 | Michelle Sheedy | Washington | 330.5 |
| 133 | Adriane Harris | Texas | 330.5 |
| 133 | Elizabeth Harwood | Washington | 330.5 |
| 149 | Nadine Brack | Washington | 325.0 Raw |
| 149 | Emily Carter | Texas | 325.0 Raw |
| 149 | Brandi Kary | California | 325.0 |
| 149 | Emily Jondron | Texas | 325.0 |
| 149 | Caroline Jarrett | Arkansas | 325.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 165# WEIGHT CLASS

Inclusive from January1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|------------------------|---------------|-------------|
| 149 | Kaley Bushman | Wisconsin | 325.0 |
| 149 | Suzanne Williams | Alabama | 325.0 |
| 149 | Nicole Campbell | California | 325.0 |
| 149 | Shayla Hancock | Arizona | 325.0 |
| 149 | Dana Bell | Ohio | 325.0 |
| 149 | Ferleshare Starks | Texas | 325.0 |
| 149 | Brenda Hermann | Wisconsin | 325.0 |
| 149 | Dana Backiel | Washington | 325.0 |
| 149 | Rosemary Harrington | Oregon | 325.0 |
| 149 | Ashley Wirt | Texas | 325.0 |
| 149 | Beth Mallory | Washington | 325.0 |
| 149 | Lyndsey Trejo | Texas | 325.0 |
| 149 | Shaunyani Weatherly | Arizona | 325.0 |
| 149 | Lisa Sanchez | Massachusetts | 325.0 |
| 149 | Sheila Southwood | Washington | 325.0 |
| 169 | Rebekah Schaefer | Montana | 319.5 Raw |
| 169 | Ciara Kahuoi Tamashiro | Hawaii | 319.5 Raw |
| 169 | Cindy Salcedo | Hawaii | 319.5 Raw |
| 169 | Mahealani Hiraoka | Hawaii | 319.5 Raw |
| 169 | Kate Wethal | Wisconsin | 319.5 Raw |
| 169 | Christina Robinson | California | 319.5 |
| 169 | Gayle Clawson | Arizona | 319.5 |
| 169 | Kristyn Yytlacil | Washington | 319.5 |
| 169 | Julie Rossi | Oregon | 319.5 |
| 169 | Dana Buxton | Oregon | 319.5 |
| 169 | Catherine Tristan | Texas | 319.5 |
| 169 | Sabrina Stacken | Wisconsin | 319.5 |
| 181 | Gerda Shupe | California | 317.3 |
| 182 | Judith Petray | California | 315.1 |
| 182 | Kelley Mahoney | Washington | 315.1 |
| 182 | Erica Tawney | Washington | 315.1 |
| 185 | Sylvia Jones | Florida | 315.0 Raw |
| 186 | Katie Redfield | Montana | 314.0 Raw |
| 186 | Nicole Stathatos | California | 314.0 Raw |
| 186 | Jazmin Culpepper | Arkansas | 314.0 Raw |
| 186 | Gion Prevard | Illinois | 314.0 Raw |
| 186 | Nicole Yong | Hawaii | 314.0 Raw |
| 186 | Chelsie Satterfield | California | 314.0 Raw |
| 186 | Tiffany Turner | Utah | 314.0 Raw |
| 186 | Deb Kesper | Massachusetts | 314.0 Raw |
| 186 | Julie Stevens | Tennessee | 314.0 Raw |
| 186 | Victoria Osuna | Oregon | 314.0 Raw |
| 186 | Kyla McCarty | California | 314.0 |
| 186 | Barbara McGowan | Oregon | 314.0 |
| 186 | Sophia Hussary | Arizona | 314.0 |
| 199 | Nyeala Herndon | Montana | 308.5 Raw |
| 199 | Davon Ley | Wisconsin | 308.5 Raw |
| 199 | Debora Bueno | Brazil | 308.5 Raw |
| 199 | Pauliina Loponen | Finland | 308.5 Raw |
| 199 | Carly Grennor | Florida | 308.5 Raw |
| 199 | Gina Anderson | California | 308.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 165# WEIGHT CLASS
 Inclusive from January1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT | |
|---------------|--------------------------|-------------|-----------|
| 199 | Wendy Hibbitts | Oregon | 308.5 |
| 199 | Breanne Potrie | California | 308.5 |
| 199 | Olga Nikolaychuk | California | 308.5 |
| 199 | Makayla Millbrook | Texas | 308.5 |
| 199 | Briana Lacey | Arizona | 308.5 |
| 210 | Jamie Clawson | Montana | 306.3 |
| 211 | Keilani Davis | Florida | 304.1 Raw |
| 211 | Emily Daniel | Texas | 304.1 |
| 213 | Marla Roffine | Arkansas | 303.0 Raw |
| 213 | Mesha Blackwell | Illinois | 303.0 Raw |
| 213 | Robby Wood | Oregon | 303.0 Raw |
| 213 | Brianna Lacey | Arizona | 303.0 Raw |
| 213 | Nicole Campbell | California | 303.0 Raw |
| 213 | Jessica Brown | California | 303.0 Raw |
| 213 | Mary Anne Martinez | Florida | 303.0 Raw |
| 213 | Sonja Grant | Washington | 303.0 |
| 213 | Alicia Pina | California | 303.0 |
| 213 | Laura Tarkon | Oregon | 303.0 |
| 213 | Querubin Rodriguez | Texas | 303.0 |
| 213 | Komaki Takekoshi | Oregon | 303.0 |
| 213 | Kimberlynn Patzold | Texas | 303.0 |
| 213 | Dawn Adams | Hawaii | 303.0 |
| 213 | Sarah Biddle | Indiana | 303.0 |
| 213 | Mandi Gast | Washington | 303.0 |
| 213 | Kelly Womack | California | 303.0 |
| 213 | Keya Douglas | Texas | 303.0 |
| 213 | Kya Sharron | Texas | 303.0 |
| 213 | Nicole Camacho | Hawaii | 303.0 |
| 213 | DeAnna Dutton | Washington | 303.0 |
| 234 | Juracy Borba DeSouza | Brazil | 298.6 |
| 235 | Elizabeth Fruits | Indiana | 297.5 Raw |
| 235 | Victoria Woods | California | 297.5 Raw |
| 235 | Jessica Brown | California | 297.5 Raw |
| 235 | Amra Halikovic | Finland | 297.5 Raw |
| 235 | Claire Ashton Heckathorn | Idaho | 297.5 |
| 235 | Nikki Williams | Georgia | 297.5 |
| 241 | Presley Pritchard | Montana | 292.0 Raw |
| 241 | Carys Cook | Nevada | 292.0 |
| 241 | Tracey Jo Taylor | Hawaii | 292.0 |
| 241 | Heather Davidson | Utah | 292.0 |
| 241 | Tasha Dotson | Washington | 292.0 |
| 241 | Christian Kaipo | Hawaii | 292.0 |
| 241 | Amira Hegazy | Michigan | 292.0 |
| 241 | Jennifer Fahrney | Utah | 292.0 |
| 241 | Kristi Van Aken | Texas | 292.0 |
| 241 | Sharon Bates | Texas | 292.0 |
| 251 | Cathy Chapman | Washington | 290.0 |
| 252 | Katrina Lonam | Idaho | 286.5 Raw |
| 252 | Josalynn Takamori | Hawaii | 286.5 Raw |
| 252 | Rocio Castrejon | California | 286.5 Raw |
| 252 | Lizabelle McGuire | Montana | 286.5 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 165# WEIGHT CLASS

Inclusive from January1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT | |
|-----|---------------------|--------------|-------------|-----|
| 252 | Kim Jones | Illinois | 286.5 | Raw |
| 252 | Marie Damhof | Minnesota | 286.5 | |
| 252 | Mayra Licea | California | 286.5 | |
| 252 | Rebekah Platzter | California | 286.5 | |
| 252 | Becky Mauney | Oregon | 286.5 | |
| 252 | Shariana Cazares | Arizona | 286.5 | |
| 252 | Sarah Poet | Oregon | 286.5 | |
| 263 | Sarah Delgado | Florida | 285.0 | Raw |
| 264 | Marlo Mello | Hawaii | 281.0 | Raw |
| 264 | Constance Garner | Tennessee | 281.0 | Raw |
| 264 | Monica Santillan | California | 281.0 | |
| 264 | Camellia Luprete | Texas | 281.0 | |
| 264 | Dana Ransbottom | Ohio | 281.0 | |
| 264 | Erica Crain | California | 281.0 | |
| 264 | Grace Cloninger | Nevada | 281.0 | |
| 264 | Barbara Workman | Oregon | 281.0 | |
| 264 | Kelly Buschke | Oregon | 281.0 | |
| 264 | Vanesza Farmer | Washington | 281.0 | |
| 264 | Cherie Nichols | Arizona | 281.0 | |
| 275 | Caryn Caswell | Oregon | 280.0 | |
| 276 | Dawn Levy | Wisconsin | 275.5 | Raw |
| 276 | Debra Kumm | Wisconsin | 275.5 | Raw |
| 276 | Ciara Thomas-Murphy | California | 275.5 | Raw |
| 276 | Crystal Luiz Jones | California | 275.5 | |
| 276 | Rosie McGill | Texas | 275.5 | |
| 276 | Erin Kuykendall | Texas | 275.5 | |
| 276 | Diane Allen | Florida | 275.5 | |
| 276 | Renee Oglesbee | Texas | 275.5 | |
| 276 | Jennifer Mosher | Wisconsin | 275.5 | |
| 276 | Bronte Warenski | Utah | 275.5 | |
| 276 | Tischia Gordon | Texas | 275.5 | |
| 276 | Maddie Burke | Texas | 275.5 | |
| 276 | Silene Schalanski | Brazil | 275.5 | |
| 276 | Julie Ortiz | California | 275.5 | |
| 276 | Aya Kwong | Hawaii | 275.5 | |
| 291 | Pat Robey | Washington | 272.2 | |
| 292 | Karma McMillian | Wisconsin | 270.0 | Raw |
| 292 | Charlene Muscio | California | 270.0 | Raw |
| 292 | Wendy Armas | California | 270.0 | Raw |
| 295 | Cassidy Eddy | Montana | 248.0 | |
| 296 | Landree Spears | Arkansas | 220.2 | |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 148# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|--------------------------|---------------|-------------|
| 1 | Linda Okoro | Texas | 501.5 |
| 2 | Judith Sverchek | Idaho | 479.5 |
| 3 | Rebekah Schmidt | Minnesota | 468.2 |
| 4 | Debbie Damminga | Minnesota | 457.2 |
| 4 | Victoria Reese | Washington | 457.2 |
| 6 | Andressa Lima | Brazil | 440.7 |
| 6 | Heidi Gantz | Oregon | 440.7 |
| 8 | Imelda Zamora Andujo | Mexico | 435.2 |
| 9 | Liisa Penttinen | Finland | 429.7 |
| 9 | Jane McCubbin | Wisconsin | 429.7 |
| 9 | Ana Catia Portilho Couto | Brazil | 429.7 |
| 12 | Shauna Perry | Hawaii | 424.2 |
| 12 | Jeanne Nielsen | California | 424.2 |
| 12 | Leslie Hofheins | Utah | 424.2 |
| 15 | Janessa Yadao | Hawaii | 418.7 |
| 16 | Teresa Jacobs | Washington | 416.5 |
| 17 | Janessa Yadao | Hawaii | 413.2 Raw |
| 17 | Suzanne Greathouse | Washington | 413.2 |
| 19 | Alyssa Turose | Arizona | 407.7 Raw |
| 19 | Cristal Cabral | Texas | 407.7 |
| 19 | Susanne LaForge | Massachusetts | 407.7 |
| 22 | Beverly Anolin | California | 403.3 |
| 23 | Natalie Holland | Texas | 402.2 Raw |
| 23 | Jane McCubbin | Wisconsin | 402.2 Raw |
| 23 | Janine Jadallah | California | 402.2 |
| 23 | Jane Stabile | Massachusetts | 402.2 |
| 27 | Christine Hamp | Washington | 400.0 |
| 28 | Samantha Panziera | California | 396.7 |
| 29 | Janine Jadallah | California | 391.2 Raw |
| 29 | Morgan Taylor | Utah | 391.2 |
| 31 | Rachel Prados | Hawaii | 385.7 Raw |
| 31 | Francell Andrade | Brazil | 385.7 |
| 31 | Marie Rochat | Oregon | 385.7 |
| 31 | Brianna Jo Villerreal | Texas | 385.7 |
| 31 | Jennifer Sahy | Illinois | 385.7 |
| 31 | Shani Alvarado | Hawaii | 385.7 |
| 37 | Morgan Taylor | Utah | 380.2 Raw |
| 37 | Mary Jacobson | California | 380.2 |
| 37 | Darnell Christie | Hawaii | 380.2 |
| 40 | Dolores Garcia Munro | California | 376.9 Raw |
| 41 | Kelle Lederman-Jordan | Arizona | 374.7 Raw |
| 41 | Trisha Downing | Arizona | 374.7 Raw |
| 41 | Kathy Caraccioli | California | 374.7 |
| 41 | Krystal Miller | Nevada | 374.7 |
| 41 | Levyann Magcalas | Hawaii | 374.7 |
| 41 | Jamie Tsuji | California | 374.7 |
| 41 | Tiffany McKinney | Texas | 374.7 |
| 41 | Jennifer Stam | Arizona | 374.7 |
| 41 | Michelle Moodie | Illinois | 374.7 |
| 41 | Leonetta Richardson | Hawaii | 374.7 |
| 41 | Kelly Kennedy | Oregon | 374.7 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 148# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|----------------------|--------------|-------------|
| 41 | Kimberly Phanthavong | Washington | 374.7 |
| 53 | Betty Heriford | Oregon | 371.4 |
| 54 | Aiyisha Tribble | Florida | 370.0 |
| 54 | Dani Myers | Oregon | 370.0 |
| 56 | Tonya Patrick | Arizona | 369.2 Raw |
| 56 | Kelly Hobbs | Oregon | 369.2 |
| 56 | Chelsie Satterfield | California | 369.2 Raw |
| 56 | Marissa Boyns | California | 369.2 |
| 56 | Zena Kiyota | Hawaii | 369.2 |
| 56 | Bonnie McMillion | Texas | 369.2 |
| 56 | Annette McBride | Idaho | 369.2 |
| 56 | Kristian Hernandez | Texas | 369.2 |
| 56 | Jennifer Delgado | Nevada | 369.2 |
| 65 | Susan Gill | Oregon | 364.8 |
| 66 | Kaylin Karn | Oklahoma | 363.7 Raw |
| 66 | Krystal Muro | Nevada | 363.7 Raw |
| 66 | Cheritha Miller | Ohio | 363.7 |
| 66 | Flozell Stewart | Washington | 363.7 |
| 66 | Patty Pendergast | Oregon | 363.7 |
| 66 | Kat Girard | California | 363.7 |
| 72 | Krystal Aleta | Hawaii | 358.0 Raw |
| 72 | Natalie Holland | Texas | 358.0 Raw |
| 72 | Marletta Boyd II | Washington | 358.0 |
| 72 | Silvia Maher | California | 358.0 |
| 72 | Dru Amos | Alabama | 358.0 |
| 72 | Bree Gossett | Texas | 358.0 |
| 78 | Doreen Trafton | Florida | 355.0 |
| 79 | Kassandra Mendiola | Texas | 352.5 Raw |
| 79 | Marianne Hartio | Finland | 352.5 Raw |
| 79 | Rebecca Carter | Idaho | 352.5 Raw |
| 79 | Dede Soekardi | California | 352.5 |
| 79 | Amanda Wass | Oregon | 352.5 |
| 79 | Jenni Vallasjoki | Finland | 352.5 |
| 79 | Patti Ehmen | Alabama | 352.5 |
| 79 | Jodi Jolma | Oregon | 352.5 |
| 79 | Nadine Brack | Washington | 352.5 |
| 79 | Joanie Porter | Texas | 352.5 |
| 79 | Queen Underwood | Washington | 352.5 |
| 79 | Shannon McKenzie | Pennsylvania | 352.5 |
| 79 | Tamarah Clemmens | Wisconsin | 352.5 |
| 79 | Harriet Lonquist | Sweden | 352.5 |
| 79 | Jonna Haapala | Finland | 352.5 |
| 94 | Marie Pritzel | Florida | 350.0 |
| 95 | Peach Presley | California | 348.1 |
| 96 | Susan Johnson | Idaho | 347.0 Raw |
| 96 | Fayelyn Kamiko | Hawaii | 347.0 Raw |
| 96 | Suzanne Hedman | California | 347.0 |
| 96 | Ashley Lutringer | Texas | 347.0 |
| 100 | Carol Ann Myers | Florida | 342.6 |
| 101 | Joanne Saladino | Hawaii | 341.5 Raw |
| 101 | Jeanne Nielsen | California | 341.5 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 148# WEIGHT CLASS

Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|-------------------------|---------------|-------------|
| 101 Rachel Paragas | Hawaii | 341.5 Raw |
| 101 Brande Brown | Wisconsin | 341.5 |
| 101 Suzanne Williams | Alabama | 341.5 |
| 101 Norma Garcia | California | 341.5 |
| 101 Kim Carter | Illinois | 341.5 |
| 101 Brittany Braguine | California | 341.5 |
| 101 Stacey Wallace | Texas | 341.5 |
| 101 Nida Namatthep | Arizona | 341.5 |
| 101 Jennifer Scott | Nevada | 341.5 |
| 101 Rosa Narikiyo | Hawaii | 341.5 |
| 113 Ling Tarr | Utah | 336.0 Raw |
| 113 Jennifer Ayala | California | 336.0 Raw |
| 113 Michelle Dodd | Arizona | 336.0 |
| 113 Laura Thierolf | Washington | 336.0 |
| 113 Teresa Hughes | Washington | 336.0 |
| 113 Angie McCarty | Arizona | 336.0 |
| 113 Ciara Balidoy | Hawaii | 336.0 |
| 113 Sarah Dopson | California | 336.0 |
| 121 Peach Presley | California | 330.5 Raw |
| 121 Marika Koskinen | Finland | 330.5 Raw |
| 121 Alexandria McCarthy | California | 330.5 Raw |
| 121 Maria Novais | Brazil | 330.5 Raw |
| 121 Lindsey Hagmaier | Montana | 330.5 Raw |
| 121 Bobbie-Jo Mac Nair | Canada | 330.5 |
| 121 Abigail Castillo | Texas | 330.5 |
| 121 Louzee Banaga | Texas | 330.5 |
| 121 Joni Texeira | Oregon | 330.5 |
| 121 Tammi Callahan | California | 330.5 |
| 121 Rachele Unson | Washington | 330.5 |
| 121 Marya Tracer | Oregon | 330.5 |
| 121 Deb Kesper | Massachusetts | 330.5 |
| 121 Nida Namatthep | Arizona | 330.5 |
| 121 Emma Ruotsalainen | Sweden | 330.5 |
| 136 Josalynn Takamori | Hawaii | 325.0 Raw |
| 136 Rosa Ashley | Hawaii | 325.0 Raw |
| 136 Brandi Kary | California | 325.0 Raw |
| 136 Sarah Brown | Hawaii | 325.0 Raw |
| 136 Havvy Ehrich | Washington | 325.0 Raw |
| 136 Aishling Murray | California | 325.0 |
| 136 Kristin Ohlson | Minnesota | 325.0 |
| 136 Ferleshare Starks | Texas | 325.0 |
| 136 Rosemary Panza | Oregon | 325.0 |
| 136 Erin Lyman | Washington | 325.0 |
| 136 Nancy Kim | Washington | 325.0 |
| 136 Zandra Cebuano | California | 325.0 |
| 136 Barbara McGowan | Oregon | 325.0 |
| 136 Shawna Sheffield | California | 325.0 |
| 136 Larissa Arnold | Texas | 325.0 |
| 136 Jessica Ewert | Washington | 325.0 |
| 136 Kayla Krueger | Wisconsin | 325.0 |
| 153 Deb Kesper | Massachusetts | 320.6 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 148# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|--------------------------|--------------|-------------|
| 154 Rayne Domingo | Hawaii | 319.5 Raw |
| 154 Peach Presley | California | 319.5 Raw |
| 154 Natalie Caughey | Utah | 319.5 |
| 154 Aiko Deguzman | California | 319.5 |
| 154 Sheila Southwood | Washington | 319.5 |
| 154 Jamie Grove | Utah | 319.5 |
| 154 Gabriela Solano | Wisconsin | 319.5 |
| 154 Brenda Clayton | Wyoming | 319.5 |
| 154 Aubrie Beard | Montana | 319.5 |
| 154 Claire Kuroda | California | 319.5 |
| 154 Katie Larsen | Washington | 319.5 |
| 154 Ariane Pacek | Canada | 319.5 |
| 154 Cherita Schaffer | Ohio | 319.5 |
| 154 Sarah Biddle | Indiana | 319.5 |
| 154 Elizabeth Fuentes | Texas | 319.5 |
| 169 Jennifer Rigby | Arizona | 314.0 Raw |
| 169 Angie Buschman | California | 314.0 Raw |
| 169 Frances Young | Hawaii | 314.0 Raw |
| 169 Stina Rock | Washington | 314.0 Raw |
| 169 Holly Morello | California | 314.0 Raw |
| 169 Kitanna Lopez | Idaho | 314.0 Raw |
| 169 Rachele Killian | Washington | 314.0 |
| 169 Dawn Harris | Arkansas | 314.0 |
| 169 Loren Nunez | Texas | 314.0 |
| 169 Gail Okicich | Washington | 314.0 |
| 169 Alma Rodriguez | Texas | 314.0 |
| 169 Dolores Garcia Munro | California | 314.0 |
| 169 Bianca Stone | California | 314.0 |
| 169 Robin Jones | California | 314.0 |
| 169 Machel Collier | Washington | 314.0 |
| 169 Shelly Adamczak | Michigan | 314.0 |
| 169 Sani Roseby | California | 314.0 |
| 169 Briana Williams | Texas | 314.0 |
| 187 Terri Hall | Washington | 309.6 |
| 188 Amber Salvador | Hawaii | 308.5 Raw |
| 188 BJ Sagon | Hawaii | 308.5 Raw |
| 188 Maria Milsa Batista | Brazil | 308.5 Raw |
| 188 Charmelei Bence | Hawaii | 308.5 Raw |
| 188 Anna-Maija Kosenen | Finland | 308.5 Raw |
| 188 Anna Karen Solis | Utah | 308.5 Raw |
| 188 Mahealani Hiraoka | Hawaii | 308.5 Raw |
| 188 Jessica Craig | Hawaii | 308.5 Raw |
| 188 Samantha Hernandez | Texas | 308.5 |
| 188 Kaitlynn Stuart | California | 308.5 |
| 188 Tracy Garcia | Arizona | 308.5 |
| 188 Latasia Anzai | Hawaii | 308.5 |
| 188 Jessie Adams | Iowa | 308.5 |
| 188 Robin Finnerty | California | 308.5 |
| 188 Alyssa Carver | Wisconsin | 308.5 |
| 188 Keya Douglas | Texas | 308.5 |
| 188 Kati Pasanen | Finland | 308.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 148# WEIGHT CLASS

Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|---------------|-------------------------|----------------------|
| 205 | Gracie Rodney | Hawaii 304.1 Raw |
| 205 | Lilia Chapman | California 304.1 Raw |
| 205 | Karen Harding | Massachusetts 304.1 |
| 205 | Kaila Fairchild | Idaho 304.1 |
| 205 | Cindy Cameron | Oregon 304.1 |
| 205 | Lynn Brault | Illinois 304.1 |
| 211 | Mary Ann Martinez | Florida 303.0 Raw |
| 211 | Madison Rayon | California 303.0 Raw |
| 211 | Tonyas Patrick | Arizona 303.0 Raw |
| 211 | Madison Rayon | California 303.0 Raw |
| 211 | Wendy Spence | Texas 303.0 Raw |
| 211 | Mataya Straka | Washington 303.0 Raw |
| 211 | Madeo Tadeo | Oregon 303.0 Raw |
| 211 | Tiffany Turner | Utah 303.0 Raw |
| 211 | Mary Barker | California 303.0 Raw |
| 211 | Samantha Panziera | California 303.0 Raw |
| 211 | Mary Ann Martinez | Florida 303.0 Raw |
| 211 | Danielle Moliassa | Washington 303.0 Raw |
| 211 | Angie Buschman | California 303.0 |
| 211 | Lori Scrima | Wisconsin 303.0 |
| 211 | Jill Porter | Texas 303.0 |
| 211 | Erin Michaud | Maine 303.0 |
| 211 | Jennifer Quinata | Hawaii 303.0 |
| 211 | Holly Morello | California 303.0 |
| 211 | Mandy Proctor | Georgia 303.0 |
| 211 | Miranda Machicek | Texas 303.0 |
| 211 | Joanne Bauer | Oregon 303.0 |
| 211 | Caroline Piatek | California 303.0 |
| 211 | Kuulani Koenig | Hawaii 303.0 |
| 211 | Paula Stone | Washington 303.0 |
| 211 | Christine Bean | Michigan 303.0 |
| 211 | Jaime Rayburn | Oregon 303.0 |
| 211 | Elizabeth Stevens | California 303.0 |
| 211 | Gina Gendotti | California 303.0 |
| 211 | Jessica Miller | Oregon 303.0 |
| 211 | Michaela Milesi | California 303.0 |
| 241 | Mandi Gast | Washington 298.6 |
| 242 | Wendy Graack | Arizona 297.5 Raw |
| 242 | Iris Singleton | Washington 297.5 Raw |
| 242 | Gennifer Delile Hindes | Arkansas 297.5 Raw |
| 242 | Stephanie Santos | California 297.5 |
| 242 | Megan Shoup | Washington 297.5 |
| 242 | Ashley Garza | Texas 297.5 |
| 242 | Teri Agenbroad | Nevada 297.5 |
| 242 | Annabel Zeigler | Montana 297.5 |
| 242 | Kayla McCurley | Alabama 297.5 |
| 242 | Dawn Bryant | Minnesota 297.5 |
| 252 | Jessica Krahn-Christian | Montana 292.0 Raw |
| 252 | Alex McCarthy | California 292.0 Raw |
| 252 | Brianna Bernard | Minnesota 292.0 |
| 252 | Sylvia Nix | California 292.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 148# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT | |
|---------------|-------------------------|----------------|-----------|
| 252 | Pamela Harris | Wisconsin | 292.0 |
| 252 | Brenda Gomez | Oregon | 292.0 |
| 252 | Katriana Cohen | California | 292.0 |
| 252 | Barbara Anderson | Washington | 292.0 |
| 252 | Jade Ordronneau | Ohio | 292.0 |
| 261 | Shannon Brinkley | Oregon | 290.0 |
| 261 | Tina Collins | North Carolina | 290.0 |
| 263 | Krystle Ventura | Hawaii | 288.7 |
| 264 | Sylvia Jones | Florida | 286.5 Raw |
| 264 | Kitanna Lopez | Idaho | 286.5 Raw |
| 264 | Rhonalynne Domingo | Hawaii | 286.5 Raw |
| 264 | Leigha Meredith | Hawaii | 286.5 Raw |
| 264 | Loni Morales | California | 286.5 Raw |
| 264 | Tabitha Burton | Illinois | 286.5 Raw |
| 264 | Stacy Matsuyama-Sekioka | Hawaa | 286.5 |
| 264 | Tiffany Turner | Utah | 286.5 |
| 264 | Sue Clark | Texas | 286.5 |
| 264 | Angela Rodriguez | Texas | 286.5 |
| 264 | Britney Rupley | California | 286.5 |
| 264 | Lee Itule | Arizona | 286.5 |
| 264 | Brenda Nolen | California | 286.5 |
| 264 | Samantha Lombardo | Connecticut | 286.5 |
| 264 | Christy Danielson | Utah | 286.5 |
| 264 | Madison James | California | 286.5 |
| 264 | English Rollins | California | 286.5 |
| 281 | Terry Campbell | Nevada | 282.1 |
| 282 | Alisa Mendez | Florida | 281.0 Raw |
| 282 | Wendy Pledger | California | 281.0 |
| 282 | Niurka Palacios | Utah | 281.0 |
| 282 | Jamie Blanes | Nevada | 281.0 |
| 282 | Martha Godinez-Shim | Hawaii | 281.0 |
| 282 | BreAnna Parmenter | Nevada | 281.0 |
| 282 | Lynn McKinley | Canada | 281.0 |
| 282 | Olivia Houseman | Washington | 281.0 |
| 282 | Emily Pritchett | California | 281.0 |
| 282 | Janae Hancock | Arizona | 281.0 |
| 282 | Cindy Kelly | Oregon | 281.0 |
| 282 | Emily Blaylock | California | 281.0 |
| 282 | Elise Brachtl | Nevada | 281.0 |
| 282 | Li Tan Wu | Taiwan | 281.0 |
| 282 | Sofia Valdez | Texas | 281.0 |
| 282 | Megan Abshire | Louisiana | 281.0 |
| 282 | Julie Winters | Oregon | 281.0 |
| 282 | Susan Sanaghan | Indiana | 281.0 |
| 282 | Suzete Baker | Arkansas | 281.0 |
| 301 | Samantha Solana | Florida | 242.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
BY ALL FEMALE LIFTERS IN
THE 132# WEIGHT CLASS

Inclusive from January 1, 1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|---------------------------|--------------|-------------|
| 1 | Jane McCubbin | Wisconsin | 446.2 |
| 2 | Jo Walker | Oregon | 440.7 |
| 3 | Carol Myers | Washington | 424.2 |
| 4 | Jerri Lynn Lippert | Pennsylvania | 413.2 |
| 5 | Anna Catia Portilho Couto | Brazil | 407.7 |
| 6 | Marie Rochat | Oregon | 403.3 |
| 7 | Ashley Carillo | Hawaii | 402.2 Raw |
| 7 | Jeanne Watts | California | 402.2 |
| 7 | Judith Sverchek | Idaho | 402.2 |
| 10 | Tracee Iranon | Hawaii | 391.2 |
| 10 | Lisa Dugan | Kentucky | 391.2 |
| 10 | Heidi Gantz | Oregon | 391.2 |
| 10 | Ellen Stein | New York | 391.2 |
| 14 | Amanda N Silva | Brazil | 374.7 Raw |
| 14 | Wendy Greig | Canada | 374.7 |
| 16 | Janesa Yadao | Hawaii | 369.2 Raw |
| 16 | Leslie Hofheins | Utah | 369.2 |
| 18 | Renee Miller | Maryland | 369.0 Raw |
| 19 | Jessica Luna | Texas | 363.7 |
| 19 | Denise Ruff | Oregon | 363.7 |
| 19 | Alene Brisbane | California | 363.7 |
| 22 | Janine Jadallah | California | 359.1 |
| 23 | Beverly Anolin | California | 358.0 |
| 24 | Shirley Dalila Mogollon | Peru | 352.5 |
| 24 | Natalie Spore-Otweil | Nevada | 352.5 |
| 24 | Jonnel Rivet | Minnesota | 352.5 |
| 24 | Lynn Brault | Illinois | 352.5 |
| 24 | Patty Pendergast | Oregon | 352.5 |
| 24 | Rachel Churchward | Washington | 352.5 |
| 24 | Jenna Neeley | Hawaii | 352.5 |
| 24 | Antoinette Kemper | Hawaii | 352.5 |
| 24 | Melissa Klundby | California | 352.5 |
| 24 | Mary Ann Hobbs | Washington | 352.5 |
| 24 | Bryanna Ramirez | Texas | 352.5 |
| 35 | Patty Ehmen | Alabama | 349.2 |
| 36 | Annette McBride | Idaho | 348.1 Raw |
| 36 | K. C. Inlow | California | 348.1 |
| 36 | Nicole Machado | Hawaii | 348.1 |
| 39 | Ciara Balidoy | Hawaii | 347.0 Raw |
| 39 | Davina Anderson | Wisconsin | 347.0 Raw |
| 39 | Vicky Anderson | Montana | 347.0 |
| 42 | Elizabeth Perdoza | Arizona | 341.5 Raw |
| 42 | Lisa Balestrini | California | 341.5 |
| 42 | Kimberly Phanthavong | Washington | 341.5 |
| 42 | Lean Foss | Iowa | 341.5 |
| 46 | Amanda Everhart | Arizona | 337.1 |
| 46 | Jennifer Scott | Nevada | 337.1 |
| 48 | Katherine Gilman | Wisconsin | 336.0 Raw |
| 48 | Leilani Felipe | Hawaii | 336.0 Raw |
| 48 | Tricia Downing | Arizona | 336.0 Raw |
| 48 | Judy Vierra | Hawaii | 336.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 132# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT | |
|---------------|----------------------|-------------|-----------|
| 48 | Angie Robertson | Arizona | 336.0 |
| 48 | Kim Price | Arizona | 336.0 |
| 54 | Alecia Cook | Michigan | 333.8 |
| 55 | Alex McCarthy | California | 332.7 Raw |
| 56 | Leticia Rosales-Buie | California | 331.6 |
| 56 | Inglish Rollins | California | 331.6 |
| 58 | Tiah Davidson | Hawaii | 330.5 Raw |
| 58 | Franciele Andrade | Brazil | 330.5 |
| 58 | Jill Yamashita | Utah | 330.5 |
| 58 | Jazzel Heya | Hawaii | 330.5 |
| 58 | Alexandra Pecktol | Oregon | 330.5 |
| 58 | Jordanne Panton | Wisconsin | 330.5 |
| 64 | Alcyon Archambault | Oregon | 330.0 |
| 65 | Lauren Johnson | Oregon | 325.0 |
| 65 | Jessica Dickel | Maine | 325.0 |
| 65 | Dede Griffith | California | 325.0 |
| 68 | Mia Joaquin | Hawaii | 319.5 Raw |
| 68 | Jamie Field | California | 319.5 |
| 68 | Yesenia Valdez | Texas | 319.5 |
| 68 | Wendy Spence | Texas | 319.5 |
| 68 | Hazel Green | Ireland | 319.5 |
| 68 | Brittany Flores | Texas | 319.5 |
| 68 | Kelly Kennedy | Oregon | 319.5 |
| 68 | Stacie Wallace | Texas | 319.5 |
| 68 | Deanna Cassata | Illinois | 319.5 |
| 77 | Martha Godinez Shim | Hawaii | 315.1 |
| 77 | LaDonne Olaivar | Hawaii | 315.1 |
| 79 | Joanne Saladino | Hawaii | 314.0 Raw |
| 79 | Natalie Day | Utah | 314.0 Raw |
| 79 | Shawn Coffey | Arizona | 314.0 |
| 79 | Alison Barnhill | California | 314.0 |
| 79 | Jessica Lenyard | Arizona | 314.0 |
| 79 | Hannah Barnhill | California | 314.0 |
| 79 | Erin Moore | Oregon | 314.0 |
| 79 | Jill Deuser | California | 314.0 |
| 79 | Bree Gossett | Texas | 314.0 |
| 79 | Kimberly Bendaris | Minnesota | 314.0 |
| 79 | Julia DeLissio | New York | 314.0 |
| 79 | Rachel Strauss | Hawaii | 314.0 |
| 79 | Arlene Jara | Nevada | 314.0 |
| 79 | Danielle Llamas | Oregon | 314.0 |
| 93 | Delores Garcia Munro | California | 311.8 |
| 94 | Shannon McVannel | California | 309.6 |
| 94 | Erica Haislar | Illinois | 309.6 |
| 94 | Tara Goins | Illinois | 309.6 |
| 94 | Amanda Wass | Oregon | 309.6 |
| 98 | Alexis Stephensen | Montana | 308.5 Raw |
| 98 | Elena Carter | Montana | 308.5 Raw |
| 98 | Aiko Deguzman | California | 308.5 |
| 98 | Mary Ann Sutton | California | 308.5 |
| 98 | Kaila Fairchild | Idaho | 308.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 132# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|-----------------------------|--------------|-------------|
| 98 Dede Leinwohl | California | 308.5 |
| 98 Lynn Robinson | Washington | 308.5 |
| 98 Penelope Villegas | Mexico | 308.5 |
| 98 Velma Panlasigui | Hawaii | 308.5 |
| 107 Miranda Barraza | Texas | 305.2 Raw |
| 108 Lauryn Etrenne | Wisconsin | 304.1 Raw |
| 108 Katrina Cohen | California | 304.1 |
| 110 Aquilina Loverde | Idaho | 303.0 Raw |
| 110 Wendy Spence | Texas | 303.0 Raw |
| 110 Tameka Beck | Arizona | 303.0 |
| 110 Amber Lewis | Texas | 303.0 |
| 110 Patricia Cordova | California | 303.0 |
| 110 Michael Lemes | Hawaii | 303.0 |
| 110 Makaya McDonald | Texas | 303.0 |
| 110 Megan Fied | Washington | 303.0 |
| 110 Emily Jones | Arizona | 303.0 |
| 110 Barbara Liss | California | 303.0 |
| 110 Sandy Gomez-Leon | Washington | 303.0 |
| 110 Louise Turner | Pennsylvania | 303.0 |
| 110 Michaela Milesi | California | 303.0 |
| 110 Betty Cable | Illinois | 303.0 |
| 110 Jody Fischer | Washington | 303.0 |
| 110 Marilyn Gambardella | New York | 303.0 |
| 110 Monica Agana | Idaho | 303.0 |
| 110 Amanda Vega | Texas | 303.0 |
| 128 Christie South | Alabama | 300.0 |
| 129 Tracy Cassinelli | Hawaii | 298.6 |
| 130 Lynn Puana | Hawaii | 297.5 |
| 131 Rachele Unson | Washington | 296.5 |
| 132 Betty Hansen | California | 293.1 |
| 133 Aya Leander | Hawaii | 292.0 Raw |
| 133 Michelle Kahakalau | Hawaii | 292.0 |
| 133 Susan Chloupek | Washington | 292.0 |
| 133 Connie Clifton | Texas | 292.0 |
| 133 Sherry Gillrand | Washington | 292.0 |
| 133 Clarissa DeLeon | Texas | 292.0 |
| 133 Gayle McCrossen | New York | 292.0 |
| 133 Lara Sanz | Texas | 292.0 |
| 133 Melissa Yampol | Ohio | 292.0 |
| 142 Laila Jackson | Texas | 286.5 Raw |
| 142 Molly Wysocky | Wisconsin | 286.5 |
| 142 Stacy Matsuyama-Sekioka | Hawaii | 286.5 |
| 142 Mitzy Hurtado | Texas | 286.5 |
| 142 Lucia Feraud Montenegro | Ecuador | 286.5 |
| 142 Krystal Miller | Nevada | 286.5 |
| 142 Janet May | Oregon | 286.5 |
| 142 Azure Skellington | Hawaii | 286.5 |
| 142 Faith Ireland | Washington | 286.5 |
| 142 Sarah Boussetot | California | 286.5 |
| 142 Lizzie Carey | Kansas | 286.5 |
| 142 Eda Hnatek | Texas | 286.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 132# WEIGHT CLASS

Inclusive from January 1, 1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|----------------------------|---------------|-------------|
| 142 Kristine Garcia Sierra | Oregon | 286.5 |
| 142 Sheila Southwood | Washington | 286.5 |
| 142 Nea Raisanen | Finland | 286.5 |
| 157 Karina Phipps | Nevada | 283.2 |
| 158 Shelbea Permenter | Texas | 282.1 |
| 159 Gracie Rodney | Hawaii | 281.0 Raw |
| 159 Kim Eklund | Oregon | 281.0 Raw |
| 159 Belinda Livers | Texas | 281.0 Raw |
| 159 Yesenia Valdez | Texas | 281.0 Raw |
| 159 Emily Wahl | Wisconsin | 281.0 Raw |
| 159 Sagui Macias | California | 281.0 |
| 159 Kady Chambless | Hawaii | 281.0 |
| 159 Savannah Dekeyser | California | 281.0 |
| 159 Janae Jackson | Washington | 281.0 |
| 159 Natalie McEwen | Oregon | 281.0 |
| 159 Gail Okicich | Washington | 281.0 |
| 159 Amanda Wright | Texas | 281.0 |
| 159 Ann Corron | Massachusetts | 281.0 |
| 172 Mackenzie Sanders | Washington | 278.8 |
| 173 Erica Ansberry | California | 277.7 |
| 174 Jill Porter | Texas | 276.6 |
| 175 Megan Carpenter | Montana | 275.5 Raw |
| 175 Pamela Arce | Texas | 275.5 Raw |
| 175 Emily Galligar | Oregon | 275.5 Raw |
| 175 Nicole Machado | Hawaii | 275.5 Raw |
| 175 Katie Lynch | Nevada | 275.5 |
| 175 Lynda Christopher | Arizona | 275.5 |
| 175 Donna Sanford | Texas | 275.5 |
| 175 Tiffany Sinay | Ohio | 275.5 |
| 175 Angie Buschman | California | 275.5 |
| 175 Christie Hansen | Oregon | 275.5 |
| 175 Sue Lilienthal | Oregon | 275.5 |
| 175 Karolina Liuska | Sweden | 275.5 |
| 187 Michelle Baltz | Florida | 275.0 |
| 188 Josie Jackson | Texas | 272.3 |
| 188 Noelia Renfro | Texas | 272.3 |
| 190 Karen Escalante | Arkansas | 270.0 Raw |
| 190 Tierney Korotkin | California | 270.0 Raw |
| 190 Alexia Trevino | Texas | 270.0 |
| 190 Crystal Luiz | California | 270.0 |
| 190 Sue Clark | Texas | 270.0 |
| 190 Chandra Armstead | Texas | 270.0 |
| 190 Colleen Zeka | Wisconsin | 270.0 |
| 190 Sarah Whitelaw | California | 270.0 |
| 198 Ninni Myohanen | Finland | 264.5 Raw |
| 198 Iris Singleton | Washington | 264.5 Raw |
| 198 Rebecca Moore | Washington | 264.5 |
| 198 Leilani Estores | California | 264.5 |
| 198 Jennifer Souders | Washington | 264.5 |
| 198 Lynn Hunter | California | 264.5 |
| 198 Ranelle Chisman | California | 264.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 132# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|---------------------------|--------------|-------------|
| 198 Madison James | California | 264.5 |
| 198 Robin Jones | California | 264.5 |
| 198 Donna Hogg | Louisiana | 264.5 |
| 198 Yvonne Peterson | Washington | 264.5 |
| 198 Daisy Adriatico | Nevada | 264.5 |
| 210 Tammy Roberts | Florida | 260.0 |
| 210 Alissa Sullivan | Florida | 260.0 |
| 212 Jasmine Hinshaw | Montana | 259.0 Raw |
| 212 Kaylee Luiz | California | 259.0 Raw |
| 212 Deanna Lothe | Wisconsin | 259.0 Raw |
| 212 Jozee Hofman | Montana | 259.0 Raw |
| 212 Macey Note | Hawaii | 259.0 |
| 212 Teresa Halvorson | California | 259.0 |
| 212 Shawna Stains | Oregon | 259.0 |
| 212 Jessica Miller | Oregon | 259.0 |
| 212 Shellie Note-Gressard | Hawaii | 259.0 |
| 212 Ashley Borba | California | 259.0 |
| 212 Brook Ray | Texas | 259.0 |
| 223 Jaden Brown | Montana | 254.6 Raw |
| 223 Stina Rock | Washington | 254.6 |
| 223 Ardith Stitt | Utah | 254.6 |
| 226 Natalie Barry | California | 253.5 Raw |
| 226 Betty Hansen | California | 253.5 Raw |
| 226 Carlie Gehrman | Montana | 253.5 Raw |
| 226 Esther Koelbl | Oregon | 253.5 Raw |
| 226 Kendyl Granger | Montana | 253.5 Raw |
| 226 Sabrina Hofland | Montana | 253.5 Raw |
| 226 Amira Hegazy | Michigan | 253.5 |
| 226 Kayla McCurley | Alabama | 253.5 |
| 226 Jessica Vasquez | Texas | 253.5 |
| 226 April Millrany | Tennessee | 253.5 |
| 226 Kim Maslana | California | 253.5 |
| 226 Susan Waterman | Oregon | 253.5 |
| 238 Petra Villegas | Texas | 250.2 |
| 239 Kathy Hernandez | Texas | 249.1 |
| 240 Chelsea Rojo | Hawaii | 248.0 Raw |
| 240 Deirdre Harris | California | 248.0 Raw |
| 240 Sharee Olson | Washington | 248.0 |
| 240 Ruth Kirby | Washington | 248.0 |
| 240 Victoria Roumbanis | California | 248.0 |
| 240 Rocio Ruiz | Mexico | 248.0 |
| 240 Mariah Garrett | Arkansas | 248.0 |
| 240 Molly Moore | Oregon | 248.0 |
| 240 Flo Robinson | California | 248.0 |
| 249 Rebecca Rhoades | Idaho | 245.8 Raw |
| 250 Ardith Stitt | Utah | 243.6 Raw |
| 251 Eleanor Gallaty | California | 242.5 Raw |
| 251 Sarah Stewart | Alabama | 242.5 Raw |
| 251 Brittany Brown | Tennessee | 242.5 Raw |
| 251 Isabella Theobald | Hawaii | 242.5 Raw |
| 251 Mackenzie Nelson | Hawaii | 242.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
BY ALL FEMALE LIFTERS IN
THE 132# WEIGHT CLASS
 Inclusive from January 1, 1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|-------------------------|--------------|-------------|
| 251 Sharla Matsumoto | Hawaii | 242.5 |
| 251 Rabecah Miller | Oregon | 242.5 |
| 251 Kristy Brown | California | 242.5 |
| 251 Betsy Schmeckpeper | Idaho | 242.5 |
| 251 Sarah Biddle | Indiana | 242.5 |
| 251 Alyssa Kuveke | Nevada | 242.5 |
| 262 Callie Nichols | Florida | 240.0 |
| 262 Michelle Lucas | Florida | 240.0 |
| 262 Carolyn Paulson | Arizona | 240.0 |
| 265 Susan Chloupek | Washington | 236.7 Raw |
| 265 Cara Cate | Washington | 236.7 Raw |
| 265 Jennifer Orr | Hawaii | 236.7 |
| 265 Jennifer Martindale | Nevada | 236.7 |
| 265 Brenda Clayton | Wyoming | 236.7 |
| 265 Kaylee Luiz | California | 236.7 |
| 265 Gayle McCrossen | New York | 236.7 |
| 265 Kelli Dari | Florida | 236.7 |
| 273 Sherrie Ferriea | Hawaii | 232.3 Raw |
| 274 Vicky Cotter | California | 231.2 Raw |
| 275 Melissa Dawn Farris | Florida | 203.7 Raw |
| 275 Lachelle Mansfield | Arkansas | 203.7 Raw |
| 277 Holly Gough | Utah | 192.7 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 123# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|----------------------------|--------------|-------------|
| 1 | Suzanne Davis | Arizona | 435.2 |
| 2 | Carol Myers | Washington | 415.4 |
| 3 | Valerie Tyree | Texas | 413.2 |
| 4 | Jo Walker | Oregon | 391.2 |
| 5 | Denise Ruff | Oregon | 388.2 |
| 6 | Valesca Cristina Rocha | Brazil | 374.7 |
| 6 | Marianne Kosonen | Finland | 374.7 |
| 6 | Jeanne Braguine | California | 374.7 |
| 9 | Brittany Flores | Texas | 365.9 |
| 10 | Karen Gordon | Illinois | 364.8 |
| 11 | Taylor Klemmensen | Wisconsin | 363.7 |
| 11 | Katelyn Tobin | Minnesota | 363.7 |
| 11 | Janaina Escouto Sonnenfelo | Brazil | 363.7 |
| 14 | Jill Yamashita | Utah | 354.7 |
| 15 | Gina DaBenigno | New York | 352.5 |
| 16 | Jamie Doran | Florida | 350.0 |
| 17 | April Hamon | Texas | 347.0 |
| 17 | Desirae Arelliano | Hawaii | 347.0 |
| 19 | Margaret Kirkland | Florida | 345.0 |
| 20 | Cheryl Edelstein | Minnesota | 341.5 Raw |
| 20 | Jenobia Chamberlain | Texas | 341.5 |
| 20 | Pat Bryant | Washington | 341.5 |
| 20 | Stacie Sakai | Maryland | 341.5 |
| 24 | Jamie Field | California | 337.1 |
| 25 | Jill Remiticado | Hawaii | 336.0 |
| 25 | Katherine Welch | Maine | 336.0 |
| 25 | Suzanne Hedman | California | 336.0 |
| 25 | Sarah Bentley | Michigan | 336.0 |
| 25 | Andrea Windsheimer | Pennsylvania | 336.0 |
| 30 | Sarina Cook | Oregon | 331.6 |
| 31 | Sandra Hayes | Mississippi | 331.0 |
| 32 | Winsome Panton | Illinois | 330.5 |
| 32 | Brenda Gnerre | Minnesota | 330.5 |
| 32 | Sueli Serrati | Brazil | 330.5 |
| 32 | Jonnel Rivet | Minnesota | 330.5 |
| 32 | Nichole Machado | Hawaii | 330.5 |
| 32 | Alcia Wiser | Oregon | 330.5 |
| 38 | Kristin Kraczkowsky | Montana | 326.1 Raw |
| 39 | Carmela Baqui | Hawaii | 326.0 |
| 40 | Cailee Ava | Hawaii | 325.0 Raw |
| 40 | Erica Haislar | Illinois | 325.0 |
| 40 | Valesca Cristina Rocha | Brazil | 325.0 Raw |
| 40 | Dru Amos | Alabama | 325.0 |
| 40 | Patricia Cordova | California | 325.0 |
| 40 | Leticia Rosales Buie | California | 325.0 |
| 46 | Julie Green | Nevada | 320.6 |
| 47 | Misty Prado | Texas | 319.5 Raw |
| 47 | Tzu Hsuan Esther Yen | Arizona | 319.5 |
| 47 | Susan Decker | Illinois | 319.5 |
| 47 | Sarah Bentley | Michigan | 319.5 |
| 47 | Dana Snow | Washington | 319.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 123# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|--------------------------------|--------------|-------------|
| 47 Wendy Greig | Canada | 319.5 |
| 47 Katherine Clark | Washington | 319.5 |
| 47 Annette Wright | Alabama | 319.5 |
| 47 Nicole Buck | Michigan | 319.5 |
| 47 Amparo Barajas | Texas | 319.5 |
| 57 Roberta Hunt | Oregon | 315.1 |
| 58 Trulayna Ballo | Hawaii | 314.0 Raw |
| 58 Christine Pham | Hawaii | 314.0 Raw |
| 58 Iliana Vasquez | Texas | 314.0 Raw |
| 58 Ita Pantilat | Washington | 314.0 |
| 58 Jenni Bechtold | Oregon | 314.0 |
| 58 Allison Barnhill | California | 314.0 |
| 58 Erica Tawney | Washington | 314.0 |
| 58 Heather Hughes | Texas | 314.0 |
| 58 Marla McElroy | Illinois | 314.0 |
| 67 Ashley Tanabe | Hawaii | 310.7 Raw |
| 67 Madison McKendrick | Utah | 310.7 |
| 69 Angela Sweet | Pennsylvania | 309.6 |
| 69 Pomaikai Yamaguchi | Hawaii | 309.6 |
| 71 Desirae Arelliano-McBarnett | Hawaii | 308.5 Raw |
| 71 Victoria Olivarez | Texas | 308.5 |
| 71 Juliana Kasberg | Hawaii | 308.5 |
| 71 Que Ellis | Texas | 308.5 |
| 71 Kiara Kneer | Texas | 308.5 |
| 71 Beatriz Ribeiro | Brazil | 308.5 |
| 77 Martha Godinez-Shim | Hawaii | 306.3 |
| 78 Trulayna Ballo | Hawaii | 303.0 Raw |
| 78 Jozee Hofman | Montana | 303.0 Raw |
| 78 Brenna Wolfert | Arizona | 303.0 Raw |
| 78 Myra Cabrera | Hawaii | 303.0 Raw |
| 78 Anna Tamez | Idaho | 303.0 Raw |
| 78 Chasitee Thompson | Texas | 303.0 |
| 78 Deb Johnson | Oregon | 303.0 |
| 78 Siu Whitehead | Hawaii | 303.0 |
| 78 Tamara Coulombe | Washington | 303.0 |
| 78 Joy Yamashita | Hawaii | 303.0 |
| 78 Cassandra Cordova | Texas | 303.0 |
| 78 Emily Oshiro | Oregon | 303.0 |
| 78 Jenny Macy | Idaho | 303.0 |
| 91 Robin Davis | Idaho | 297.5 |
| 91 Sarah Tal | Utah | 297.5 |
| 91 Cheri Lerma | Oregon | 297.5 |
| 91 Lauren Johnson | Oregon | 297.5 |
| 95 Renee Miller | Maryland | 292.0 Raw |
| 95 Katee Peabody | California | 292.0 |
| 95 Soraya Cobb | California | 292.0 |
| 98 Dolores Garcia Munro | California | 288.7 |
| 99 Bonnie Aerts | California | 287.6 |
| 100 Esther Koelbl | Oregon | 286.5 Raw |
| 100 Charissa Valles | Hawaii | 286.5 |
| 100 Beth Higginbotham | Arizona | 286.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 123# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|---------------|----------------------|----------------------|
| 100 | Lizzie Carey | Washington 286.5 |
| 104 | Diane Siveny | North Dakota 285.0 |
| 105 | Amanda Wass | Oregon 282.1 |
| 105 | Hannah Barnhill | California 282.1 |
| 107 | Elizabeth Blovir | Florida 281.0 Raw |
| 107 | Rianna Medlin | Florida 281.0 Raw |
| 107 | Rianna Medlin | Florida 281.0 Raw |
| 107 | Joanne Saladino | Hawaii 281.0 Raw |
| 107 | Cynthia Keyes | California 281.0 Raw |
| 107 | Griselda Soler | Argentina 281.0 Raw |
| 107 | Kylie Rodriguez | Wisconsin 281.0 |
| 107 | Wendy Wiesjahn | Wisconsin 281.0 |
| 107 | Lynda Christopher | Arizona 281.0 |
| 107 | Amanda Harris | Texas 281.0 |
| 107 | Amie Marx | Pennsylvania 281.0 |
| 107 | Minh Hahn | California 281.0 |
| 107 | Kasey Goldstein | Utah 281.0 |
| 120 | Jill Porter | Texas 276.6 |
| 121 | Betty Hansen | California 275.5 |
| 121 | Daniella Tipton | Idaho 275.5 |
| 121 | Janae Jackson | Washington 275.5 |
| 121 | Alaina Antoinette | Pennsylvania 275.5 |
| 121 | Anna Rytivaara | Finland 275.5 |
| 121 | Evellyn Costa | Brazil 275.5 |
| 121 | Patricia Fong | Illinois 275.5 |
| 121 | Daisy Adriatico | Nevada 275.5 |
| 129 | Rachel Long | Idaho 270.0 |
| 129 | Nicole McCabe | California 270.0 |
| 129 | Karina Phipps | Nevada 270.0 |
| 129 | Sharon Olson | Washington 270.0 |
| 129 | Crish Lydon | Oregon 270.0 |
| 129 | Sarah Hagedorn | California 270.0 |
| 129 | Beth Deming | Oregon 270.0 |
| 129 | Rachele Unson | Washington 270.0 |
| 129 | Kelly Bumgarner | Nevada 270.0 |
| 129 | Micah Wonyetye | Arizona 270.0 |
| 129 | Jobi McCarthy | Michigan 270.0 |
| 140 | Jackie Russell | Washington 265.6 |
| 141 | Renee Miller | Florida 265.0 Raw |
| 142 | Nicole Campbell | California 264.5 Raw |
| 142 | Evelina Lehto | Finland 264.5 Raw |
| 142 | Amber Wade | Utah 264.5 Raw |
| 142 | Sabra Callahan | Nevada 264.5 |
| 142 | Miriam Bucks | California 264.5 |
| 142 | Cathy Bramanti | California 264.5 |
| 142 | Rebecca Moore | Washington 264.5 |
| 142 | Katherina Nikolaisen | Washington 264.5 |
| 142 | Charlie Ackley | Washington 264.5 |
| 142 | Erica Ansberry | California 264.5 |
| 142 | Shelby Dueitt | Texas 264.5 |
| 142 | Gabrielle Murashova | Michigan 264.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 123# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|---------------|---------------------|----------------------|
| 154 | Stephanie Kowalski | Florida 260.0 |
| 155 | Cadee Carroll | Montana 259.0 Raw |
| 155 | Melissa Nelson | Arkansas 259.0 Raw |
| 155 | Kim Maslana | California 259.0 |
| 155 | Miia Jussila | Finland 259.0 |
| 155 | Molly Loysocky | Wisconsin 259.0 |
| 155 | Katrina Lenius | Idaho 259.0 |
| 155 | Jayci Robicheaux | Texas 259.0 |
| 155 | Jane Honeycutt | Louisiana 259.0 |
| 155 | Claudia Rivera | California 259.0 |
| 155 | Barbara Fruzyna | California 259.0 |
| 155 | Audrey Perez | Texas 259.0 |
| 155 | Carolyn Schwarz | California 259.0 |
| 155 | Rilla Sanco | Texas 259.0 |
| 155 | Felicia Sexton | Texas 259.0 |
| 169 | Maricela Perez | California 255.7 |
| 170 | Michele Synder | Florida 255.0 Raw |
| 171 | Megan Carpenter | Montana 253.5 Raw |
| 171 | Martha Godinez-Shim | Hawaii 253.5 Raw |
| 171 | Alison Schaaf | Wisconsin 253.5 Raw |
| 171 | Katee Peabody | California 253.5 Raw |
| 171 | Sagui Macias | California 253.5 Raw |
| 171 | Joni Patton | Oregon 253.5 |
| 171 | Mitzy Hurtado | Texas 253.5 |
| 171 | Daniella Moalem | Washington 253.5 |
| 171 | Barbara Mahan | Texas 253.5 |
| 171 | Kaila Fairchild | Idaho 253.5 |
| 171 | Ali Miskinis | Ohio 253.5 |
| 171 | Vicki Johnson | Alabama 253.5 |
| 171 | Selina May | Texas 253.5 |
| 171 | Ruth Kirby | Washington 253.5 |
| 171 | Bonnie Cushman | Washington 253.5 |
| 171 | Martine AcanFora | New Jersey 253.5 |
| 187 | Jody Fischer | Arizona 251.3 |
| 188 | Carrie McKeefer | Oklahoma 250.0 |
| 189 | Linh Ngo | Washington 249.1 |
| 190 | Betty Hanson | California 248.0 Raw |
| 190 | Barbara Perris | Oregon 248.0 Raw |
| 190 | Dyon Nakamura | Hawaii 248.0 |
| 190 | Petra Villegas | Texas 248.0 |
| 194 | Bailee Stoval | Tennessee 243.6 Raw |
| 194 | Rebecca Layman | Washington 243.6 |
| 196 | Barbara Chella | Brazil 242.5 Raw |
| 196 | Christy Verboom | California 242.5 Raw |
| 196 | Cara Fong | Texas 242.5 Raw |
| 196 | Autumn Allen | Oregon 242.5 |
| 196 | Laila Jackson | Texas 242.5 |
| 196 | Gabriela Damasceno | Brazil 242.5 |
| 196 | Teresa Tighe | Texas 242.5 |
| 196 | Sarah Moorman | Washington 242.5 |
| 196 | Lauri Lamp | Washington 242.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 123# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT | |
|---------------|-------------------|----------------|-----------|
| 196 | Jamie Iguchi | Montana | 242.5 |
| 196 | Selina Diaz | Texas | 242.5 |
| 196 | Rebecca Anderson | Washington | 242.5 |
| 208 | Katrina Folsom | Florida | 240.0 |
| 209 | Kylie Sandoval | Utah | 236.7 Raw |
| 209 | Jennifer Harper | California | 236.7 |
| 209 | Alexandra Pecktol | Oregon | 236.7 |
| 209 | Ashtyn Defibaugh | Ohio | 236.7 |
| 209 | Kelly Kassen | Arizona | 236.7 |
| 209 | Lori Robinson | Minnesota | 236.7 |
| 215 | Brooke Catrett | Florida | 235.0 |
| 216 | Lisa Coleman | Alabama | 233.4 |
| 216 | Karon Denniston | Michigan | 233.4 |
| 218 | Flo Robinson | California | 232.3 |
| 218 | Chelsea Winegar | Utah | 232.3 |
| 220 | Linda Barnes | California | 231.2 Raw |
| 220 | Robin Hinkle | Maine | 231.2 Raw |
| 220 | Sonia Barnes | Arkansas | 231.2 Raw |
| 220 | Molly Wysocky | Wisconsin | 231.2 |
| 220 | Delilah Burruel | California | 231.2 |
| 220 | Cynthia Keyes | California | 231.2 |
| 220 | Shelby Johnston | Pennsylvania | 231.2 |
| 220 | Karen Olson | Washington | 231.2 |
| 220 | Lorene Stone | Oregon | 231.2 |
| 220 | Payton Haymore | Arizona | 231.2 |
| 220 | Michelle Graydon | California | 231.2 |
| 220 | Juliana Van Kolck | Washington | 231.2 |
| 220 | Karla Lovos | California | 231.2 |
| 220 | Amy Kobus | Massachusettes | 231.2 |
| 220 | Valentine Insana | Nevada | 231.2 |
| 235 | Monecho McMillion | Washington | 230.0 |
| 236 | Carrie Reese | California | 225.7 Raw |
| 236 | Rommey Garcia | Ecuador | 225.7 Raw |
| 236 | Veera Selkainaha | Finland | 225.7 Raw |
| 236 | Mary Kissell | Indiana | 225.7 |
| 236 | Julie Smith | Michigan | 225.7 |
| 236 | Nora Smiriga | California | 225.7 |
| 242 | Cynthia Miller | Nevada | 223.7 |
| 243 | Tay Keolanui | California | 220.2 |
| 243 | Katherine DeLeon | Washington | 220.2 |
| 243 | Mercedes Castillo | California | 220.2 |
| 243 | Natalie Massa | California | 220.2 |
| 243 | Emily Dlugolinski | Ohio | 220.2 |
| 243 | Dawn Wehner | Texas | 220.2 |
| 243 | Luvi Agpaoa | Hawaii | 220.2 |
| 243 | Ally Dickensen | Ohio | 220.2 |
| 243 | Pauliina Lillberg | Finland | 220.2 |
| 243 | Ella Donaghey | Washington | 220.2 |
| 243 | Mckenna Holmes | Oregon | 220.2 |
| 243 | Jeanne Morris | Washington | 220.2 |
| 255 | Nancy Georges | Florida | 220.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 123# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|------------------------|--------------|-------------|
| 256 Sophia Olivarez | Texas | 215.8 Raw |
| 257 Belinda | Kramer | 214.7 Raw |
| 257 Barbara Mahan | Texas | 214.7 Raw |
| 257 Kayley Dombrigues | Hawaii | 214.7 Raw |
| 257 Deb Moretto | Montana | 214.7 |
| 257 Alysha Spring | Idaho | 214.7 |
| 257 Donna Samoylich | Colorado | 214.7 |
| 257 Kaisha Briery | Montana | 214.7 |
| 257 Lauri Choate | Tennessee | 214.7 |
| 257 Deborah Brown | Washington | 214.7 |
| 257 Hedy Miller | Utah | 214.7 |
| 267 Melissa Wong-Yuen | Hawaii | 210.3 Raw |
| 268 Grace Wahl | Wisconsin | 209.2 Raw |
| 268 Kelsey Makida | Hawaii | 209.2 Raw |
| 268 Sunday Spencer | California | 209.2 Raw |
| 268 Rebecca Cassady | California | 209.2 |
| 268 Paisley Fao | Washington | 209.2 |
| 268 Admanda Wenzel | Washington | 209.2 |
| 268 Joanna Sils | Oregon | 209.2 |
| 268 Carrie Sasynuik | Washington | 209.2 |
| 268 Rommey Garcia | Ecuador | 209.2 |
| 268 Veera Selkainaho | Finland | 209.2 |
| 268 Sydney Groenendaal | Oregon | 209.2 |
| 268 Rachel Talley | Washington | 209.2 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 114# WEIGHT CLASS

Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|------------------------|--------------|-----------|
| 1 | Valerie Tyree | Texas | 429.0 |
| 2 | Valesca Cristina Rocha | Brazil | 364.8 |
| 3 | Jane Gedde | Washington | 358.0 |
| 4 | Cheryl Anderson | Minnesota | 347.0 |
| 5 | Angelina Battige | Wisconsin | 341.5 |
| 6 | Cailee Awa | Hawaii | 336.0 Raw |
| 6 | Vanity Tuquero | Hawaii | 336.0 |
| 8 | Linda Barnes | California | 330.5 |
| 8 | Kati Durham | Texas | 330.5 |
| 8 | Suzanne Hedman | California | 330.5 |
| 8 | Tami McGonagle | Oregon | 330.5 |
| 12 | Donna Marie Anderson | Hawaii | 325.0 |
| 12 | Katelyn Tobin | Minnesota | 325.0 |
| 12 | April Hamon | Texas | 325.0 |
| 12 | Jamie Doran | Florida | 325.0 |
| 16 | Carmela Baqui | Hawaii | 322.0 |
| 17 | JoAnn Clough | Maine | 320.6 |
| 18 | Jamie Field | California | 319.5 |
| 18 | Dana Snow | Washington | 319.5 |
| 20 | Cindy Herrera | Texas | 314.0 |
| 20 | Soraya Cobb | California | 314.0 |
| 20 | Yuxin Hao | Ohio | 314.0 |
| 20 | Kris Leatherberry | California | 314.0 |
| 24 | Jenny Macy | Idaho | 308.5 |
| 25 | Siu Whitehead | Hawaii | 305.2 |
| 26 | Mindy Zierold | California | 304.1 |
| 26 | Kaila Hew Len | Hawaii | 304.1 |
| 28 | Leigha Carter | Montana | 303.0 Raw |
| 28 | Jessica Rangel | Wisconsin | 303.0 Raw |
| 28 | Ren Yamashita | Hawaii | 303.0 |
| 28 | Amparo Barajas | Texas | 303.0 |
| 28 | Brianna Morelion | Texas | 303.0 |
| 33 | Madison McKendrick | Utah | 300.8 |
| 33 | Ita Pantilat | Washington | 300.8 |
| 35 | Barbara Chella | Brazil | 297.5 |
| 36 | Jeanne Morris | Washington | 294.2 |
| 37 | Anita Hooson | Washington | 293.1 |
| 38 | Trulayna Ballo | Hawaii | 292.0 Raw |
| 38 | Jessica Okimura | Hawaii | 292.0 |
| 38 | Melissa Leach | Oklahoma | 292.0 |
| 38 | Sopohia Zadubera | California | 292.0 |
| 38 | Martha Godinez-Shim | Hawaii | 292.0 |
| 43 | Morgan Young | Nevada | 289.5 |
| 44 | Kaci Singh | California | 287.6 Raw |
| 45 | Carolyn Schwarz | California | 286.5 |
| 45 | Leticia Rosales Buie | California | 286.5 |
| 45 | Tajsha Jordan | Arizona | 286.5 |
| 48 | Vickie Holbrook | Wisconsin | 281.0 |
| 48 | Anna Cade | Washington | 281.0 |
| 48 | Cheyenne Tavares | Hawaii | 281.0 |
| 48 | Dana Shim-Palama | Hawaii | 281.0 |
| 48 | Natalie Freed | Pennsylvania | 281.0 |
| 48 | Julie Chapman | Texas | 281.0 |
| 54 | Eileen Frock | Utah | 276.6 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 114# WEIGHT CLASS

Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|------------------------------|--------------|-----------|
| 55 Trulayna Ballo-Saladino | Hawaii | 275.5 Raw |
| 55 Carolyn Allred | Utah | 275.5 |
| 55 Lynda Christopher | Arizona | 275.5 |
| 55 Sarah Tal | Utah | 275.5 |
| 55 Dee Bernal | Texas | 275.5 |
| 55 Selina May | Texas | 275.5 |
| 55 Leslie Guzman | Texas | 275.5 |
| 62 Tiare Misha Whitehead | Hawaii | 270.0 |
| 62 Karen Reed | Oregon | 270.0 |
| 62 Vickie McNeely | Alabama | 270.0 |
| 62 Claudia Rivera | California | 270.0 |
| 62 Carol Robins | Washington | 270.0 |
| 62 Charlene Nicholson | California | 270.0 |
| 62 Sara Hagedorn | California | 270.0 |
| 62 Alexandra Vallejo | California | 270.0 |
| 62 Jeannine Dawson | Oregon | 270.0 |
| 62 Michael Lemes | Hawaii | 270.0 |
| 72 Louise Turner | Pennsylvania | 265.0 |
| 73 Carolyn Allred | Utah | 264.5 Raw |
| 73 Louise Vogel | Wisconsin | 264.5 Raw |
| 73 Linda Barnes | California | 264.5 Raw |
| 73 Morgan Matteoni | Nevada | 264.5 |
| 73 Miriam Bucks | California | 264.5 |
| 73 Corina Ishikawa | Hawaii | 264.5 |
| 73 Amanda Harris | Texas | 264.5 |
| 73 Dawn Chapman | Texas | 264.5 |
| 73 Daniella Tipton | Idaho | 264.5 |
| 82 Kim Maslana | California | 259.0 |
| 82 Katee Peabody | California | 259.0 |
| 82 Jennifer Nerida | Hawaii | 259.0 |
| 82 Lisa Coleman | Alabama | 259.0 |
| 82 Tamara Coulombe | Washington | 259.0 |
| 82 Carmen Hatch | Oregon | 259.0 |
| 82 Britney Golladay | Texas | 259.0 |
| 89 Linh Ngo | Washington | 256.8 |
| 89 Shauna Ferguson | Washington | 256.8 |
| 91 Vanessa Block | California | 254.6 |
| 92 Rebecca Sexton | Washington | 253.5 |
| 92 Virginia Puentes | Texas | 253.5 |
| 92 Rosario Espinoza | Arizona | 253.5 |
| 92 Heidi Rodriguez | Guatemala | 253.5 |
| 92 Rebecca Moore | Washington | 253.5 |
| 92 Dana Deutsch | Texas | 253.5 |
| 92 Claudia Salo | California | 253.5 |
| 92 Roberta Hunt | Oregon | 253.5 |
| 92 Stephanie Henrise | Texas | 253.5 |
| 101 Liliane Carlota Carneiro | Brazil | 249.1 |
| 102 Amy Ospital | Utah | 248.0 |
| 102 Chris Baeta | Hawaii | 248.0 |
| 102 Juliana Van Kolck | Washington | 248.0 |
| 102 Tara Rivers | Louisiana | 248.0 |
| 102 Sonni Gehring | Texas | 248.0 |
| 107 Lisa Ballestrini | California | 242.5 Raw |
| 107 Diane Madamba | Hawaii | 242.5 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 114# WEIGHT CLASS

Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|--------|---------------------|----------------------|
| 107 | Cynthia Keyes | California 242.5 |
| 107 | Sealeigh Ramsey | Texas 242.5 |
| 107 | Merissa Baker | Texas 242.5 |
| 112 | Angela Draws | California 236.7 Raw |
| 112 | Suvi Jokela | Finland 236.7 Raw |
| 112 | Sharee Jackson | Washington 236.7 |
| 112 | Chrysta Guerro | Texas 236.7 |
| 112 | Ali Miskinis | Ohio 236.7 |
| 112 | Bonnie Aerts | California 236.7 |
| 112 | Mia Howard | Hawaii 236.7 |
| 119 | Autumn Allen | Oregon 232.3 |
| 120 | Rhyan Parrish | Florida 231.2 Raw |
| 120 | Shirley Lopez | California 231.2 Raw |
| 120 | Danielle Puentes | Texas 231.2 |
| 120 | Alexandra Pecktol | Oregon 231.2 |
| 120 | Jennifer MacQuarrie | Nevada 231.2 |
| 120 | Christine Kim | Canada 231.2 |
| 120 | Candy Ford | Hawaii 231.2 |
| 120 | Alexann Tureman | Washington 231.2 |
| 120 | Kailey Trice | Texas 231.2 |
| 129 | Iris Singleton | Washington 225.7 Raw |
| 129 | Lori Robinson | Minnesota 225.7 |
| 129 | Josette Villegas | California 225.7 |
| 129 | Peyton Garner | Texas 225.7 |
| 129 | Ronnette Burns | Montana 225.7 |
| 134 | Carys Urasaki | Hawaii 220.2 Raw |
| 134 | Angelina Battige | Wisconsin 220.2 Raw |
| 134 | Kimberly Tran | Texas 220.2 |
| 134 | Nevaeh Machado | Hawaii 220.2 |
| 134 | Rommy Garcia | Ecuador 220.2 |
| 134 | Payton Haymore | Arizona 220.2 |
| 134 | Eda Hnatek | Texas 220.2 |
| 134 | Paula Laudino | California 220.2 |
| 134 | Kathy Hilger | Minnesota 220.2 |
| 134 | Alexis Marotta | Arizona 220.2 |
| 144 | Betty Lafferty | Alabama 216.9 |
| 145 | Kim Maslana | California 215.8 Raw |
| 146 | Nancy Georges | Florida 215.0 |
| 147 | Sonia Barnes | Arkansas 214.7 Raw |
| 147 | Jade Fernandez | Oregon 214.7 |
| 147 | Janae Jackson | Alabama 214.7 |
| 147 | Kimberly Romero | Arizona 214.7 |
| 147 | Hope Polk | Arkansas 214.7 |
| 147 | Molly Moore | Oregon 214.7 |
| 147 | Mora Carpenter | Oregon 214.7 |
| 154 | Felisha Bell | Washington 209.2 Raw |
| 154 | Mari Makitalo | Finland 209.2 Raw |
| 154 | Kirby Giullo | Montana 209.2 Raw |
| 154 | Diana Fisler | Colorado 209.2 Raw |
| 154 | Natalia Massa | California 209.2 |
| 154 | Leticia Neira | Texas 209.2 |
| 154 | Sherri Taylor | Arizona 209.2 |
| 161 | Lisa Tualo | Hawaii 206.0 |
| 162 | Courtney Johnson | Arkansas 203.7 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 114# WEIGHT CLASS

Inclusive from January 1,1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|--------|--------------------|----------------------|
| 162 | Samantha Ceja | California 203.7 Raw |
| 162 | Malia Fetsch | Hawaii 203.7 |
| 162 | Lilaine Jackson | Texas 203.7 |
| 162 | Shelby Stott | Washington 203.7 |
| 162 | Tania Akina | Hawaii 203.7 |
| 162 | Aldena Plumlee | Oregon 203.7 |
| 162 | Brianna Judd | Arizona 203.7 |
| 162 | Megan Bennett | Utah 203.7 |
| 162 | Cynthia Miller | Nevada 203.7 |
| 162 | Trinity Frisby | Washington 203.7 |
| 162 | Brynn Montgomery | Arizona 203.7 |
| 162 | Brooke Caraccioli | California 203.7 |
| 175 | Angie Ramsamooj | Oregon 200.0 |
| 176 | Sabrina Espinoza | Texas 198.2 |
| 176 | Veera Selkainaho | Finland 198.2 |
| 176 | Karina Gneck | Arizona 198.2 |
| 176 | Jessica Payton | Washington 198.2 |
| 176 | Michelle Boice | Montana 198.2 |
| 181 | Raven Chadwick | Arkansas 192.7 Raw |
| 181 | Lori Robinson | Minnesota 192.7 Raw |
| 181 | Emma Stallings | Washington 192.7 Raw |
| 181 | Ashtyn DeFibaugh | Ohio 192.7 |
| 181 | Brittany Burroughs | Georgia 192.7 |
| 181 | Christa Judd | Arizona 192.7 |
| 181 | Yancy Bond | Alabama 192.7 |
| 181 | Danyelle Cano | Hawaii 192.7 |
| 181 | Anna Audia | Michigan 192.7 |
| 190 | Juluanna Ferrante | California 187.2 Raw |
| 190 | Cora Ackerman | Montana 187.2 Raw |
| 190 | Mariam Bimbo | Hawaii 187.2 |
| 190 | Valerie Sanchez | Texas 187.2 |
| 194 | Sherry Ablett | California 183.9 Raw |
| 195 | Emma McDonald | Washington 182.8 Raw |
| 196 | Joni Craft | Alabama 181.7 Raw |
| 196 | Tianna Whorrall | Washington 181.7 Raw |
| 196 | Aubrey Post | Michigan 181.7 |
| 196 | Heather Tompkins | Texas 181.7 |
| 196 | Liz Sauvageau | Washington 181.7 |
| 196 | Lexi Kaczmarski | Wisconsin 181.7 |
| 202 | Vanessa Furman | California 176.2 Raw |
| 202 | Alyssa Loratta | Hawaii 176.2 |
| 202 | Luvi Kahumoku | Hawaii 176.2 |
| 202 | Tiffany Newnham | Texas 176.2 |
| 206 | Jenny Hamilton | Oregon 175.0 |
| 207 | Zoe Erickson | Washington 170.7 |
| 207 | Kayleb Horn | Hawaii 170.7 |
| 209 | Sunday Spencer | California 165.2 |
| 209 | Rachel Talley | Washington 165.2 |
| 211 | Zen Brooks | Arizona 159.7 |
| 211 | Sophie Stanchfield | Minnesota 159.7 |
| 213 | Jennifer Prado | Texas 154.2 Raw |
| 213 | Tasha Jackson | Washington 154.2 Raw |
| 213 | Jackie Anderberg | Oregon 154.2 |
| 216 | Nancy Phillips | California 143.2 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
BY ALL FEMALE LIFTERS IN
THE 114# WEIGHT CLASS

Inclusive from January 1, 1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT |
|--------|------------------|----------------------|
| 216 | Namita Nandan | California 143.2 Raw |
| 216 | Jill Sideman | California 143.2 |
| 219 | Tena DeCasper | Oklahoma 135.0 |
| 220 | Havion Prevard | Illinois 132.2 |
| 220 | Tessa Campbell | California 132.2 |
| 220 | Sunny Aparece | Washington 132.2 |
| 220 | Baylee Bradford | Florida 132.2 |
| 224 | Sophia Batchelor | Washington 126.7 Raw |
| 224 | Jessica Allred | Arkansas 126.7 |
| 226 | Bentley Burgon | Minnesota 115.5 Raw |
| 226 | Paige | Augustine 115.5 Raw |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 105# WEIGHT CLASS
 Inclusive from January 1, 1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|-------------------------|--------------|-------------|
| 1 | Stacia Al Mahoe | Hawaii | 413.2 |
| 2 | Jennifer Genato | California | 347.0 Raw |
| 3 | Cheryl Anderson | Minnesota | 343.7 |
| 4 | Carmela Baqui | Hawaii | 341.5 |
| 5 | Elizabeth Cabe | Hawaii | 336.0 |
| 5 | Linda Barnes | California | 336.0 |
| 7 | Colleen Loo | Hawaii | 333.8 |
| 8 | Cailee Awa | Hawaii | 319.5 |
| 9 | Makalea Ramil | Hawaii | 315.1 Raw |
| 10 | Yuxin Hao | Ohio | 309.6 |
| 11 | Jade Bunk | Hawaii | 308.5 Raw |
| 11 | Donna Marie Anderson | Hawaii | 308.5 |
| 13 | Alexandra Vallejo | California | 304.1 |
| 13 | JoAnn Clough | Maine | 304.1 |
| 15 | Natalie Freed | Pennsylvania | 303.0 |
| 16 | Amanda Lopez | Texas | 299.7 |
| 17 | Jessica Diana Vallinoto | Argentina | 297.5 Raw |
| 17 | Taylor LaChapelle | Wisconsin | 297.5 |
| 17 | Sarah Cruz | Texas | 297.5 |
| 20 | Kristie Esch | Wisconsin | 292.0 Raw |
| 20 | Elizabeth Cabe | Hawaii | 292.0 Raw |
| 22 | Debbie Rogers | Washington | 287.6 |
| 22 | Angela Rocha | Texas | 287.6 |
| 24 | Leigh-Ann Rivera | Hawaii | 286.5 Raw |
| 24 | Jonna Ocampo | Texas | 286.5 |
| 24 | Karen Poyner | Virginia | 286.5 |
| 27 | Michaela Lopez | Argentina | 281.0 Raw |
| 27 | Desiree Brown | California | 281.0 |
| 27 | Vanessa Garcia | Texas | 281.0 |
| 30 | Pamela Sampson | Montana | 275.5 |
| 31 | Cheyenne Tavares | Hawaii | 271.1 |
| 32 | Patricia Loera-Lewis | California | 270.0 |
| 32 | Sandra Herring | Georgia | 270.0 |
| 34 | Maria Vermes | California | 264.5 |
| 34 | Jocelyn Coleman | Texas | 264.5 |
| 34 | Kelly LaCour | Texas | 264.5 |
| 37 | Vickie McNeely | Alabama | 259.0 |
| 38 | Brenda Haller | Minnesota | 253.5 |
| 38 | Danielle Columby | Arizona | 253.5 |
| 38 | Megan Menear | Alabama | 253.5 |
| 41 | Lynda Christopher | Arizona | 249.1 |
| 42 | Olivia Markham | Illinois | 248.0 |
| 43 | Michele Lassiter | Florida | 245.0 |
| 44 | Vickie Paton | Texas | 242.5 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 105# WEIGHT CLASS
 Inclusive from January 1, 1995 up to and including July 1, 2023

| LIFTER | STATE | LIFT | |
|---------------|-----------------------------|-------------|-----------|
| 44 | Jeanne Morris | Washington | 242.5 |
| 44 | Liza Bimbo | Hawaii | 242.5 |
| 44 | Emily Kubiak | California | 242.5 |
| 44 | Carla Costa | Brazil | 242.5 |
| 49 | Ann Dorschel | Wisconsin | 236.7 Raw |
| 49 | Devyn Turner | Texas | 236.7 |
| 51 | Valerie Sanchez | Texas | 232.3 |
| 52 | Debbie Rogers | Washington | 231.2 Raw |
| 52 | Sara Esquivel | Texas | 231.2 |
| 52 | Ashleigh Wilder | Texas | 231.2 |
| 55 | Krystie Payne | Texas | 225.7 Raw |
| 55 | Esther Livingston | Arizona | 225.7 |
| 57 | Sealeigh Ramsey | Texas | 222.4 |
| 58 | Ali Miskinis | Ohio | 221.3 |
| 59 | Abigail Guenzi | California | 220.2 |
| 60 | Lisa Valentine | Florida | 215.0 |
| 61 | Emily Krause | Wisconsin | 214.7 Raw |
| 61 | Nancy Georges | Florida | 214.7 Raw |
| 61 | Pamela Robinson | California | 214.7 |
| 61 | Alexandra Pecktol | Oregon | 214.7 |
| 65 | Madison Mckendrick | Utah | 210.3 |
| 66 | Cadee Carroll | Montana | 209.2 Raw |
| 66 | Kelly Kassen | Arizona | 209.2 |
| 66 | Dylan Culwell | Montana | 209.2 Raw |
| 66 | Betty Lafferty | Alabama | 209.2 |
| 66 | Sophia Zadubera | California | 209.2 |
| 66 | Sierra Sloan | Utah | 209.2 |
| 66 | Micah Wonyetye | Arizona | 209.2 |
| 66 | Hannah Best | Louisiana | 209.2 |
| 74 | Sherry Abblett | California | 205.9 |
| 75 | Katie Hutchinson | Florida | 205.0 |
| 76 | Whitney Stansell | Texas | 203.7 Raw |
| 76 | Rafaela de Andrade Ubertini | Brazil | 203.7 |
| 76 | Molly Moore | Oregon | 203.7 |
| 76 | Lori Hirajosa | Texas | 203.7 |
| 76 | Janae Jackson | Alabama | 203.7 |
| 81 | Mahdika Jenkins | Washington | 200.0 |
| 82 | Carys Urasaki | Hawaii | 198.2 Raw |
| 82 | Jennifer Souders | Washington | 198.2 Raw |
| 82 | Tonia Barnes | Arkansas | 198.2 Raw |
| 82 | Tianna Whorrall | Washington | 198.2 |
| 82 | Angela Perez | Texas | 198.2 |
| 82 | Kelsee Derr | California | 198.2 |
| 82 | Chanel Lewis | Texas | 198.2 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 105# WEIGHT CLASS
 Inclusive from January 1, 1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|-----|-----------------------|--------------|-------------|
| 89 | Rhyan Parrish | Florida | 193.8 Raw |
| 90 | Savannah Sparkes | Arizona | 192.7 |
| 90 | Alicia Stubbs | Montana | 192.7 |
| 90 | Stephanie McFaul | Oregon | 192.7 |
| 90 | Kamri Lindley | Texas | 192.7 |
| 94 | Kristin Bareng | Hawaii | 189.4 |
| 95 | Mary Pederson | Washington | 187.2 |
| 95 | Brianna Judd | Arizona | 187.2 |
| 97 | Sabrina Espinoza | Texas | 181.7 |
| 97 | Janmy Saludo | Texas | 181.7 |
| 99 | Vanessa Furman | California | 176.2 Raw |
| 99 | Kimberly Ramey | Alabama | 176.2 |
| 99 | Elizabeth Snook | Washington | 176.2 |
| 102 | Hannah Furman | California | 170.7 Raw |
| 103 | Elizabeth Sirju | Texas | 165.2 |
| 104 | Christa Judd | Arizona | 159.7 |
| 105 | Betty Lafferty | Alabama | 154.2 Raw |
| 105 | Jacqueline Arrelliano | Hawaii | 154.2 Raw |
| 105 | Jenna Henkel | Ohio | 154.2 |
| 105 | Tara Rivers | Louisiana | 154.2 |
| 109 | Lynne T Nakama | Hawaii | 149.8 Raw |
| 110 | Emma MacDonald | Washington | 148.7 |
| 110 | Alexus Arispe | Texas | 148.7 |
| 110 | Alexis Marotta | Arizona | 148.7 |
| 113 | Kylee Ratliff | Florida | 143.2 Raw |
| 114 | Kayla Gutierrez | Texas | 139.9 |
| 115 | Riley Ross | Idaho | 137.7 |
| 116 | AJ Lavatay | Arizona | 132.2 Raw |
| 117 | Abby Griffith | Washington | 121.2 |
| 118 | Nichole Burke | Washington | 120.0 |
| 119 | Yuxuan Chen | Hawaii | 115.5 |
| 120 | Aaliyah Gray | Washington | 110.0 |
| 121 | Harley Garrett | Arkansas | 99.0 Raw |
| 121 | Jean Broyles | California | 99.0 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 97# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|-------------------------|---------------|-------------|
| 1 | Diana Vallinoto | Argentina | 347.0 Raw |
| 2 | Jennifer Genato | California | 342.6 |
| 3 | Elizabeth Cabe | Hawaii | 341.5 |
| 4 | Ana Santiago Ordonez | Guatemala | 330.5 |
| 5 | Jennifer Genato | California | 325.0 Raw |
| 5 | Cheryl Anderson | Minnesota | 325.0 |
| 7 | Elizabeth Cabe | Hawaii | 297.5 Raw |
| 8 | Alexandra Vallejo | California | 282.1 |
| 9 | Alayna Easterly | Wisconsin | 270.0 |
| 9 | Desiree Estrada | Texas | 270.0 |
| 11 | Sandra Herring | Georgia | 266.7 |
| 12 | Carmela Baqui | Hawaii | 264.5 |
| 13 | Taylor LaChapelle | Wisconsin | 259.0 |
| 14 | Joslyn Pacheco | Texas | 254.2 |
| 15 | Amanda Anderson | Utah | 253.5 |
| 15 | Noy Southichack | Hawaii | 253.5 |
| 15 | Maria Vermes | California | 253.5 |
| 18 | Donna Aliminosa | New Hampshire | 250.2 |
| 19 | Malia Weinress | California | 248.0 |
| 19 | Cheyenne Tavares | Hawaii | 248.0 |
| 21 | Ashley Aguas | California | 244.7 |
| 22 | Hai Van Chung | Hawaii | 242.5 |
| 23 | Arielle Villaruel | Florida | 240.0 |
| 24 | Chantel Garza | Texas | 236.7 |
| 25 | Emily Forner | Texas | 231.2 Raw |
| 25 | Valerie Sanchez | Texas | 231.2 |
| 27 | Emily Guerra | Texas | 225.7 |
| 27 | Kim Davis | Texas | 225.7 |
| 27 | Kate Gondales | Arizona | 225.7 |
| 27 | Sharee Jackson | Washington | 225.7 |
| 31 | Anne Villaruel | Florida | 225.0 |
| 32 | Ann Dorschel | Wisconsin | 220.2 |
| 32 | Danielle Puentes | Texas | 220.2 |
| 32 | Rebecca Ralston | Colorado | 220.2 |
| 35 | Karen Arakawa | Hawaii | 214.7 |
| 36 | Sherry Abblett | California | 210.3 |
| 37 | Ann Dorschel | Wisconsin | 209.2 Raw |
| 37 | Samantha Guevara | Texas | 209.2 |
| 37 | Virginia Puentes | Texas | 209.2 |
| 37 | Vilmar Aguilar | California | 209.2 |
| 41 | Lisa Marie Garcia | Washington | 203.7 |
| 42 | Jennifer Souders | Washington | 198.2 Raw |
| 42 | Katherine Todd | Washington | 198.2 |
| 44 | Alexandra Fraga | Texas | 192.7 |
| 44 | Aunja Norland | Washington | 192.7 |
| 44 | Angela Perez | Texas | 192.7 |
| 47 | Kierstin Uehara | Oregon | 187.2 Raw |
| 47 | Makalea Ramil | Hawaii | 187.2 |
| 47 | Holland Bailey-McArthur | Nevada | 187.2 |
| 47 | Sabrina Binotti | Brazil | 187.2 |
| 47 | Payton Haymore | Arizona | 187.2 |
| 52 | Alexandra Pecktol | Oregon | 181.7 |

HIGHEST ALL-TIME DEADLIFTS IN WABDL
 BY ALL FEMALE LIFTERS IN
 THE 97# WEIGHT CLASS
 Inclusive from January 1,1995 up to and including July 1, 2023

| | LIFTER | STATE | LIFT |
|----|-----------------------|--------------|-------------|
| 53 | Candence Ricci | California | 176.2 Raw |
| 53 | Makalea Ramil | Hawaii | 176.2 Raw |
| 53 | Tianna Whorrall | Washington | 176.2 |
| 53 | Elizabeth Sirju | Texas | 176.2 |
| 53 | Margie Villamore | Hawaii | 176.2 |
| 58 | Alyssa Gilmore | Idaho | 170.7 |
| 58 | Brianna Jackson | Washington | 170.7 |
| 58 | Angela Barrera | Texas | 170.7 |
| 61 | Tania Akina | Hawaii | 170.0 |
| 62 | Brianna Judd | Arizona | 165.2 |
| 62 | Savannah Sparkes | Arizona | 165.2 |
| 64 | Madison Hawkison | Florida | 160.0 Raw |
| 65 | Hannah Furman | California | 159.7 Raw |
| 65 | Katherine Cade | Washington | 159.7 |
| 65 | Monet Sachs | Arizona | 159.7 |
| 68 | Lillaine Jackson | Texas | 154.2 |
| 68 | Jolene Buckingham | Washington | 154.2 |
| 68 | Christa Ortega | Arizona | 154.2 |
| 71 | Shallaine Ramos | Hawaii | 148.7 Raw |
| 71 | Tonia Barnes | Arkansas | 148.7 Raw |
| 71 | Ava Carter | Montana | 148.7 Raw |
| 71 | Brynn Montgomery | Arizona | 148.7 |
| 71 | Kallie Mikesell | Washington | 148.7 |
| 76 | Kathleen Sitton | Oregon | 144.3 |
| 77 | Pamela Robinson | California | 143.2 Raw |
| 77 | Jazmin Trujillo | Texas | 143.2 |
| 77 | Autum Allen | Oregon | 143.2 |
| 80 | Grace Solleder | Texas | 137.7 |
| 80 | Brenna Murray | Arizona | 137.7 |
| 82 | Maya Gentry | Montana | 132.2 Raw |
| 82 | Evinley Bright | Arizona | 132.2 |
| 84 | Alexandria Dodds | Florida | 130.0 |
| 85 | Maya Gentry | Montana | 115.5 |
| 85 | Jasmine Whitaker | Arkansas | 115.5 |
| 87 | Sonia Vengley | Oregon | 110.0 Raw |
| 87 | Abby Griffith | Washington | 110.0 |
| 89 | Ali Miskinis | Ohio | 106.7 |
| 90 | Savananna Allred | Arkansas | 104.5 |
| 90 | Maria Maldonado | Texas | 104.5 |
| 90 | Kailey Gneck-Chartier | Arizona | 104.5 |
| 93 | Adessa Judd | Arizona | 99.0 |
| 93 | Aaliyah Gray | Washington | 99.0 |
| 95 | Aisley Gentry | Montana | 93.5 Raw |
| 95 | Victoria Eliason | Washington | 93.5 |
| 97 | Madison Weitz | Arizona | 88.0 |