

HIGHEST ALL-TIME 221+# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 40-46

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Donna Myers	California	40-46	462.7
2	Leilana McKindra	Oklahoma	40-46	435.2
2	Nancy Edelson	Florida	40-46	435.2
4	Kimberly Mills	Arizona	40-46	424.2 Raw
5	Trisha Puou	Hawaii	40-46	419.8
6	Sue Priver	Massachusetts	40-46	418.7
7	Leilana Mckindra	Oklahoma	40-46	407.7 Raw
7	Leane Coetser	California	40-46	407.7
9	Jae Rockwell	Illinois	40-46	402.0 Raw
10	Shauna Russell	Hawaii	40-46	374.7 Raw
11	Ashley Ulmer	Washington	40-46	369.2
12	Tracy Meyer	Washington	40-46	363.7
13	Dawn Russo	New Hampshire	40-46	353.6
14	Jae Rockwell	Illinois	40-46	352.5 Raw
15	Kristin LaMonica	Louisiana	40-46	347.0
16	Annie Bowman	Washington	40-46	341.5 Raw
16	Trish Romano	Arizona	40-46	341.5 Raw
18	Elizabeth Guerra	Texas	40-46	336.0 Raw
19	Steffani Rivers	Texas	40-46	330.5
20	Rauaroha Joy Heta	New Zealand	40-46	319.5
20	Lisa Hagelganz	Washington	40-46	319.5
22	Theresa Merenkov	California	40-46	308.5
23	Margaret Kolden	Texas	40-46	286.5
24	Denise Hodge	Texas	40-46	281.0
25	Vickie Dell-Acqua	Nevada	40-46	275.5
26	Wendy Hussey	California	40-46	242.5
27	Kat Wiese	California	40-46	231.2 Raw

HIGHEST ALL-TIME 221+# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 47-53

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Arletha Phillip	Arizona	47-53	473.7 Raw
2	Arletha Phillip	Arizona	47-53	426.4
3	Nancy Edelson	Florida	47-53	425.0
4	Juanita Maria Mangaoang	Washington	47-53	363.7
5	Christine Malterre	Hawaii	47-53	336.0 Raw
5	Robin Martin	Illinois	47-53	336.0 Raw
7	Louise Dyble	California	47-53	330.5 Raw
8	Jodie McLellan	Wisconsin	47-53	314.0 Raw
9	Mary Rubcic-Tawzer	California	47-53	304.1
10	Juana Kaanapu	California	47-53	303.0
11	Sue Vaterlaus	California	47-53	282.1
12	Cassandra Curry	Oregon	47-53	264.5
13	Jeanne Canepa-Reve	California	47-53	261.2
14	Carolyn Fay	Washington	47-53	260.0
15	Sharon Griswold	California	47-53	248.0
15	Jamie McCarthy	Minnesota	47-53	248.0

17	Linette Greene	Montana	47-53	231.2
18	Tunya Sytsma	Hawaii	47-53	225.7
19	Tunya Sytsma	Hawaii	47-53	143.2 Raw



HIGHEST ALL-TIME 221+# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Leila Watson	Washington	54-60	374.7
2	Marjorie Schalles	Minnesota	54-60	270.0
3	Delia Chilgren	California	54-60	253.5
4	Carolyn Fay	Florida	54-60	245.0
5	Nancy Chinchor	Virginia	54-60	240.0
6	Dawn Ivey Vick	Washington	54-60	231.2
7	Juana Kaanapu	California	54-60	220.2
8	Gloria Derfus	Minnesota	54-60	203.7
9	Gloria Caughey	Utah	54-60	176.2

HIGHEST ALL-TIME 221+# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61+  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Marjorie Schalles	Minnesota	61-67	319.5
2	Christine Burk	Oregon	61-67	303.0
3	Juana Kaanapu	California	61-67	259.0
4	Jacqueline Fendler	Minnesota	61-67	225.7
5	Jane Gerughty	California	61-67	220.2 Raw
6	Jacqueline Fendler	Minnesota	61-67	209.2 Raw
7	Jeanette Tardif	Maine	61-67	198.2
8	Diane Vellino	Massachusetts	61-67	187.2 Raw
9	Susan Fisher	Michigan	61-67	154.2
10	Magdalen Oien	Minnesota	80-84	144.3



HIGHEST ALL-TIME 220# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Alisha Howard	Washington	40-46	534.5
2	Karin Sabin	Florida	40-46	430.8
3	Susan Jackson	Washington	40-46	402.2
4	Olympia Soto	California	40-46	391.2
4	Kelli Sandoval	Oregon	40-46	391.2
6	Leane Coetser	California	40-46	385.7
7	Colette Lawlor	Ireland	40-46	353.0 Raw
8	Jane Morales Costa	Brazil	40-46	352.5
8	Julie Armstrong	Oregon	40-46	352.5
10	Tammy Geisick	California	40-46	352.5
11	Sue Priver	Massachusetts	40-46	347.0 Raw
12	Irene Peterson	Massachusetts	40-46	341.5
12	Scharlotte Spencer	Texas	40-46	341.5
14	Amy Rudder	Tennessee	40-46	336.0
15	Tamara Perry	Hawaii	40-46	330.5 Raw
16	Jana Major	Washington	40-46	325.0
16	Wilma Lee Cadavona	Idaho	40-46	325.0
18	Carla Ugarte	California	40-46	319.5
19	Faith Robinson	Arkansas	40-46	303.0 Raw
20	Zoreli Rijo-Cid	California	40-46	292.0 Raw
21	Margaret Kolden	Texas	40-46	286.5
22	Faith Robinson	Arkansas	40-46	275.5
22	Beth Smith	Washington	40-46	275.5
24	Angela Heins	Minnesota	40-46	270.0
25	Kris Pruitt	Washington	40-46	264.5
26	Lucy Rutigliano	Oregon	40-46	253.5
26	Lynette Hollins	Texas	40-46	253.5
28	Kristy Kramer	Montana	40-46	242.5 Raw
29	Hilary Reeh	Texas	40-46	203.7
30	Jennifer Collomp	Arkansas	40-46	198.2
31	Willa Lewis	Oklahoma	40-46	187.2

HIGHEST ALL-TIME 220# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Susan Adkison	Florida	47-53	479.5
2	Jill Arnow	Washington	47-53	407.7
3	Linda Gerking	Washington	47-53	402.2
4	Felicia Thomas	Illinois	47-53	352.5
5	Felicia Thomas	Illinois	47-53	337.1 Raw
6	Margie Huston	Washington	47-53	336.0
7	Leslie Miller	Canada	47-53	330.5
7	Robin Martin	Illinois	47-53	330.5
9	Gail Franklin	Minnesota	47-53	314.0
9	Margaret Kolden	Texas	47-53	314.0
11	Kay Berryman	Texas	47-53	308.5
12	Suzanne Dornquast	Florida	47-53	265.0
13	Valerie Crowell	California	47-53	253.5

14	Jamie McCarthy	Minnesota	47-53	236.7
48	Amy Amber	California	47-53	220.2 Raw





HIGHEST ALL-TIME 220# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1 Karen Campbell	Maine	54-60	473.7
2 Susan Johnson	Hawaii	54-60	374.7
3 Felicia Thomas	Indiana	54-60	363.7 Raw
3 Marilyn Lewis	Washington	54-60	330.5
5 Marjorie Schalles	Minnesota	54-60	314.0
5 Kathy Cash	Oregon	54-60	314.0
7 Kathy Sells	California	54-60	293.1
8 Randi Knutson	California	54-60	292.0
9 Lana Butaud	Tennessee	54-60	275.5 Raw
9 Susan Dornquast	Florida	54-60	275.5
11 Kathy Sells	California	54-60	270.0 Raw
11 Adele Ullman	Oregon	54-60	270.0
13 Sue Vaterlaus	California	54-60	259.0
14 Amita Banerjee	Florida	54-60	214.7 Raw
14 Mona Johnson	Washington	54-60	214.7
14 Susan Arnett	Hawaii	54-60	214.7
17 Nancy Merrill	Arkansas	54-60	181.7
18 Joan P Gray	Hawaii	54-60	148.7 Raw

HIGHEST ALL-TIME 220# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61-67  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1 Marjorie Schalles	Minnesota	61-67	292.0
2 Margie Huston	Washington	61-67	287.6 Raw
3 Sue Vaterlaus	California	61-67	276.6
4 Sue Vaterlaus	California	61-67	242.5 Raw
5 Jacqueline Fendler	Minnesota	61-67	231.2
6 Mary Mattson	Hawaii	61-67	203.9 Raw
7 Joan Gray	Hawaii	61-67	198.2 Raw

HIGHEST ALL-TIME 220# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 68+  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1 Judith Young	Wisconsin		303.0 Raw
2 Marlene Wexler	Minnesota	68-74	248.0 Raw
3 Carrie Reese	California	75-79	242.5
4 Jacqueline Fendler	Minnesota	68-74	220.2
5 Gloria Mighell	Oregon	68-74	104.5





HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Alisha Howard	Washington	40-46 513.6
2	Karen Campbell	Maine	40-46 462.7
3	Virpi Knuutila	Finland	40-46 451.7 Raw
4	Jennifer Taylor	Oregon	40-46 429.7
5	Susan Jackson	Washington	40-46 425.3
6	Jill Arnow	Washington	40-46 424.2
7	Kari Sabin	Florida	40-46 405.0
8	Maggie Castellano	Texas	40-46 402.2 Raw
8	Kelli Sandoval	Oregon	40-46 402.2
10	Olympia Soto	California	40-46 392.3
11	Stacy Domingo	Hawaii	40-46 380.2 Raw
12	Jane Wooldridge	Washington	40-46 375.8
13	Natasha Williams	Arizona	40-46 374.7 Raw
14	Antoniette Rodriguez	Arizona	40-46 363.7 Raw
15	Donnie Rogers	Hawaii	40-46 352.5
16	Akondaye Fountain	Texas	40-46 347.0 Raw
17	Jennifer Lopez	Florida	40-46 341.5 Raw
17	Ashley Simpson	California	40-46 341.5 Raw
19	Crystal Luiz Jones	California	40-46 330.5 Raw
20	Amy Rudder	Tennessee	40-46 325.0
21	Faye Grossarth	Arizona	40-46 319.5
21	Scharlotte Spencer	Texas	40-46 319.5
23	Crystal Luiz Jones	California	40-46 314.0 Raw
23	Asia Bell	Arizona	40-46 314.0 Raw
23	Mindy Lamoreaux	Utah	40-46 314.0
26	Faith Robinson	Arkansas	40-46 308.5 Raw
26	Rosangela Miranda	Brazil	40-46 308.5
28	Julie Venturi	California	40-46 304.1
29	Linda Gerking	Washington	40-46 303.0 Raw
29	Annette Sozzi	California	40-46 303.0
29	Virinda Johnson	Texas	40-46 303.0
29	Sheila Southwood	Washington	40-46 303.0
29	Heidi Miller	Oregon	40-46 303.0
29	Michonne Berry	Illinois	40-46 303.0
35	Kuulei Mitchell	Hawaii	40-46 286.5 Raw
35	Beth Smith	Washington	40-46 286.5
37	Mary Goodwin	Washington	40-46 264.5
38	Janet Hase	California	40-46 259.0
39	Kate Bachus	Massachusetts	40-46 253.5
40	Stephanie Potter	California	40-46 248.0 Raw
41	Candie Stubbs	New York	40-46 225.7
41	Krystal Morris	Texas	40-46 225.7
43	Angel North	Oregon	40-46 220.2
43	Hillary Reeh	Texas	40-46 220.2
45	Dana Barnes	Illinois	40-46 203.7 Raw
46	Beth Smith	California	40-46 198.2
47	Dana Barnes	Illinois	40-46 187.2
48	Jennifer Sampson	Montana	40-46 176.2 Raw

HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Karen Campbell	Maine	47-53	512.5
2	Susan Adkison	Florida	47-53	440.7
2	Jennifer Taylor	Oregon	47-53	440.7
4	Holly Oxford	Montana	47-53	413.2
5	Mirtha Delatorre	California	47-53	385.7 Raw
6	Akondaye Founta	Texas	47-53	391.2 Raw
7	Mirtha Delatorre	California	47-53	385.7 Raw
8	Linda Gerking	Washington	47-53	375.8
9	Mary Thomas	Florida	47-53	374.7 Raw
9	Pamela Michaels Olson	Washington	47-53	374.7
11	Olympia Soto	California	47-53	363.7 Raw
11	Mirtha Delatorre	California	47-563	363.7
11	Felicia Thomas	Illinois	47-53	363.7
14	Akondaye Fountain	Texas	47-53	358.0 Raw
15	Patty Drake	Maine	47-53	352.5 Raw
15	Susan Johnson	Idaho	47-53	352.5
17	Mesha Blackwell	Illinois	47-53	336.0 Raw
17	Wilma Lee Cadavona	Idaho	47-53	336.0
19	Margie Huston	Washington	47-53	325.0
19	Marilyn Lewis	Washington	47-53	325.0
21	Kathy Cash	Oregon	47-53	314.0
22	Gail Franklin	Minnesota	47-53	308.5
23	Diana Plank	California	47-53	292.0
24	Suzanne Dornquast	Florida	47-53	270.0
25	Amy Kalal	Minnesota	47-53	264.5
26	Deana Bowes	California	47-53	255.7
27	Amy Kalal	Minnesota	47-53	253.5 Raw
28	Kelly Wakayama	Montana	47-53	248.0
29	April Johnson	Hawaii	47-53	236.7 Raw
30	Karen Zscheck	Texas	47-53	231.2
31	Dawn Ivey-Vick	Washington	47-53	226.8
32	Ruth Bare	Washington	47-53	225.7
33	Laura Decanini	Texas	47-53	209.2 Raw
34	Jackie Eizensmits	Ohio	47-53	176.2

HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Linda Gerking	Washington	54-60	402.2
2	Karen Polansky	California	54-60	391.2
3	Margie Huston	Washington	54-60	363.7
4	Marilyn Lewis	Washington	54-60	352.5
5	Terri Aiwohi	Hawaii	54-60	336.0 Raw
6	Kathy Cash	Oregon	54-60	308.5
7	Carrie Manhart	California	54-60	303.0
8	Randi Knutson	California	54-60	275.5
9	Helen Tolle	California	54-60	265.6 Raw
10	Analia Zalopany	Hawaii	54-60	264.5 Raw
11	Thea Strom	California	54-60	253.7
12	Delia Chilgrin	California	54-60	248.0
13	Deborah Maxwell	California	54-60	231.2 Raw

13	Elaine May	Oregon	54-60	231.2
13	Rosalie Pearson	New Zealand	54-60	231.2
16	Sue Vaterlaus	California	54-60	225.7
17	Elizabeth Flores	Texas	54-60	192.7

HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 61-67

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Deanna Dutton	Washington	61-67	314.0
2	Nancy Ann Dooley	California	61-67	314.0 Raw
3	Mary Smoley	Wisconsin	61-67	270.0
4	Pat Robey	Washington	61-67	225.7
5	Margie Brownlee	Florida	61-67	250.0
6	Nancy Fong	California	61-67	199.3
7	Janice Hill	Washington	61-67	198.2
8	Elizabeth Flores	Texas	61-67	159.7
9	Sue Vaterlaus	California	61-67	143.2
10	Arlene Linton	Minnesota	61-67	137.7
11	Debbie Higa Alantant	Hawaii	61-67	121.2 Raw

HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 68-74

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gerda Shupe	California	68-74	292.0
2	Winifred Pristell	Washington	68-74	278.8
3	Pat Robey	Washington	68-74	271.1
4	Marlene Wexler	Minnesota	68-74	264.5 Raw
5	Dorothy Rawe	Texas	68-74	231.2
6	Deanna Brown	Nevada	68-74	209.2
7	Sandy Bonifield	California	68-74	172.2
8	Gloria Mighell	Oregon	68-74	88.0

HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 75-79

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Marlene Wexler	Montana	75-79	270.0 Raw
2	Carrie Reese	California	75-79	248.0
3	Barbara Meraz	California	75-79	150.9

HIGHEST ALL-TIME 198# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 80+

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Peggy Neal	oregon	80-84	99.0 Raw
2	Gloria Mighell	Oregon	80-84	80.3
3	Evelyn Kilgore	California	85-89	66.0







HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Jennifer Taylor	Oregon	40-46	459.4	
2	Karen Campbell	Maine	40-46	458.3	
3	Sophia Hussary	Arizona	40-46	440.7	Raw
	Alisha Howard	Washington	40-46	435.2	
4	Holly Snyder	Montana	40-46	413.2	Raw
5	Kari Sabin	Florida	40-46	402.2	
6	Jane Wooldridge	Washington	40-46	396.7	
7	Cindy Weber	Tennessee	40-46	391.2	
8	Natasha Williams	Arizona	40-46	381.3	Raw
9	Stacy Domingo	Hawaii	40-46	380.2	Raw
9	Olympia Soto	California	40-46	380.2	
11	Annette Sozzi	California	40-46	375.8	
12	Sofhia Hussary	Arizona	40-46	374.7	Raw
13	Pamela Michaels-Olson	Washington	40-46	363.7	
13	Kelli Sandoval	Oregon	40-46	363.7	
15	Stacy Domingo	Hawaii	40-46	358.0	
15	Susan Adkison	Florida	40-46	358.0	
17	Natasha Williams	Arizona	40-46	352.5	
17	Donnie Rogers	Hawaii	40-46	352.5	
17	Cathy Whitworth	Oregon	40-46	352.5	
20	Nadine Huxley	Washington	40-46	347.0	
20	C.J. McEwen	Oregon	40-46	347.0	
22	Crystal Luiz Jones	California	40-46	341.5	Raw
22	Sharlotte Spencer	Texas	40-46	341.5	Raw
24	Charlie Ritchie	Oregon	40-46	336.0	Raw
24	Millicent Jeffereies	Illinois	40-46	336.0	
24	Gion Prevard	Illinois	40-46	336.0	
27	Brenda Hermann	Wisconsin	40-46	330.5	
27	Theresa Russell	Louisiana	40-46	330.5	
29	Deb Kesper	Massachusetts	40-46	320.6	
30	Veronica Gutierrez	Texas	40-46	319.5	Raw
30	Keya Douglas	Texas	40-46	319.5	
30	Carla Ugarte	California	40-46	319.5	
33	Patricia Rusinek	Ohio	40-46	315.1	
33	Elizabeth Harwood	Washington	40-46	315.1	
35	Sarah Erwin	Montana	40-46	308.5	Raw
35	Mirtha Delatorre	California	40-46	308.5	
35	Brandi Kary	California	40-46	308.5	
38	Mindy Lamoreaux	Utah	40-46	305.2	
39	Jennifer Fahrney	Utah	40-46	304.1	
40	Roxanne Lemaire	California	40-46	303.0	Raw
40	Jody Tripp	Utah	40-46	303.0	
42	Alicia Valenzuela	Guatemala	40-46	292.0	
42	Kristi England	Texas	40-46	292.0	
44	Dawn Adams	Hawaii	40-46	286.5	
44	Heidi Miller	Oregon	40-46	286.5	
46	Valli Vance	Georgia	40-46	281.0	
47	Sheila Southwood	Washington	40-46	275.5	
48	Lauren Martin	Arkansas	40-46	270.0	Raw
49	Dee Jaye Backiel	Washington	40-46	264.5	
49	Penny Warwick	Oregon	40-46	264.5	
51	Monica Cook	Florida	40-46	251.0	

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

LIFTER	STATE	AGE GROUP	LIFT
52 Michelle Vieau	Illinois	40-46	248.0 Raw
52 Amy Burrell	Idaho	40-46	248.0
52 Karen Hubbard	Oregon	40-46	248.0
53 Brandy Kary	California	40-46	242.5 Raw
53 Anita Thomson	Oregon	40-46	242.5
55 Ildiko Novak	California	40-46	231.2
56 Emily Peterson-Boone	Minnesota	40-46	220.2
57 Natalie McChesney	California	40-46	214.7 Raw
57 Roxanne Johnston	Arizona	40-46	214.7
59 Michelle Emmons	Idaho	40-46	203.7
59 Lori Barlow	California	40-46	203.7
61 Josee Solleder	Texas	40-46	192.7
62 jennifer Sampson	Montana	40-46	187.2 Raw
63 Stacia Smith	California	40-46	88.0

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

LIFTER	STATE	AGE GROUP	LIFT
1 Karen Campbell	Maine	47-53	504.8
2 Artemira Dede Sobrinho	Brazil	47-53	468.2 Raw
3 Cindy Shockman	Oregon	47-53	460.5
4 Virpi Knuutila	Finland	47-53	440.7
5 Theresa Holte	Oregon	47-53	429.7
6 Cindy Weber	Tennessee	47-53	424.2
7 Cindy Shockman	Oregon	47-53	397.8 Raw
8 Pamela Michaels-Olson	Washington	47-53	386.8
9 Olympia Soto	California	47-53	385.7 Raw
10 Brenda Hermann	Wisconsin	47-53	380.2
11 Mirtha DelaTorre	California	47-53	369.2
12 Mirtha Delatorre	California	47-53	363.7 Raw
13 Sylvia Nix	California	47-53	358.0
14 Jane Stabile	Massachusetts	47-53	353.6
15 Josefina Jackson	Texas	47-53	352.5
15 Dian Covington	Illinois	47-53	352.5
17 Terri Aiwohi	Hawaii	47-53	337.1 Raw
18 Marilyn Lewis	Washington	47-53	330.5
18 Gion Prevard	Illinois	47-53	330.5
20 CJ McEwen	Oregon	47-53	325.0
21 Gion Prevard	Illinois	47-53	314.0 Raw
21 Claire Ashton Heckathorn	Idaho	47-53	314.0
23 Sara Rosgen	Arizona	47-53	303.0 Raw
24 Rosemary Harrington	Oregon	47-53	292.0
25 Susan Johnson	Hawaii	47-53	286.5
26 Jane Pope	Oregon	47-53	281.0
26 Linda Dunn	Texas	47-53	281.0
26 Natalie McChesney	California	47-53	281.0 Raw
27 Iraci Fatima Fenner	Brazil	47-53	264.5
292 Deborah Maxwell	California	47-53	261.2
30 Maria Richards	Oregon	47-53	259.0

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 47-53  
Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
30	Valerie Strong	Michigan	47-53	259.0
30	Mary Ann Van Dam	California	47-53	259.0
33	Deana Bowes	California	47-53	249.1
34	Deana Bowes	California	47-53	242.5 Raw
34	Camellia Luprete	Texas	47-53	236.7 Raw
35	Ruth Anne Phillips	Arkansas	47-53	220.2 Raw
36	Tammy Clinton	Montana	47-53	210.3 Raw
37	April Johnson	Hawaii	47-53	209.2
38	Alane Fife	Nevada	47-53	187.2





HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Karen Campbell	Maine	54-60	418.7	
2	Theresa Holte	Oregon	54-60	402.0	
3	Betty Heriford	Oregon	54-60	371.4	
4	Margie Huston	Washington	54-60	365.9	
5	Josefina Jackson	Texas	54-60	363.7	
6	Deanna Dutton	Washington	54-60	341.5	
7	Karen Polansky	California	54-60	330.5	
8	Terri Aiwohi	Hawaii	54-60	325.0	Raw
9	Josefina Jackson	Texas	54-60	320.6	Raw
10	Monica Hagen	California	54-60	292.0	Raw
11	Marian Hughes	Florida	54-60	286.5	
11	Cindy Anderson	Oregon	54-60	286.5	
13	Claire Ashton Heckathorn	Idaho	54-60	275.0	
14	Helen Tolle	California	54-60	264.5	Raw
14	Elemai Lagahetau-Humm	New Zealand	54-60	264.5	
16	Patty Schaffer	Minnesota	54-60	259.0	
17	Helen Isaacs	California	54-60	253.3	Raw
17	Deborah Maxwell	California	54-60	253.5	
19	Hope Stockton Ross	Texas	54-60	242.5	
20	Deborah Maxwell	California	54-60	225.7	Raw
21	Becky Logan	Texas	54-60	220.2	Raw
22	Irene Wilkinson	Florida	54-60	215.0	Raw
23	Carey Cramer	Florida	54-60	170.7	Raw

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61-67  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Gayle Clawson	Arizona	61-67	341.5	
2	Dana Backiel	Washington	61-67	319.5	
2	Judith Petray	California	61-67	319.5	
4	Karen Harding	Massachusetts	61-67	308.5	
5	Mary Smoley	Wisconsin	61-67	286.5	
6	Grace Cloniger	Nevada	61-67	281.0	
7	Pat Robey	Washington	61-67	264.5	
8	Marlene Wexler	Minnesota	61-67	253.5	
9	Margie Brown Lee	Florida	61-67	240.0	
10	Jeannette Dow	California	61-67	236.7	Raw
11	Janis Herbert	California	61-67	225.7	Raw
12	Pat Robey	Washington	61-67	203.7	Raw

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 68-74  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Gerda Shupe	California	68-74	326.1	
2	Judith Petray	California	68-74	303.0	
3	Pat Robey	Washington	68-74	275.5	
4	Marlene Wexler	Minnesota	68-74	264.5	Raw
5	Winifred Pristell	Washington	68-74	253.5	
6	Terri Sorrell	Florida	68-74	225.7	Raw
7	Jacqueline Fendler	Minnesota	68-74	170.7	Raw

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 75-79

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Judith Petray	California	75-79	303.0
2	Marlene Wexler	Montana	75-79	253.5 Raw
3	Pat Robey	Washington	75-79	249.1
4	Gerda Shupe	California	75-79	248.0 Raw
5	Carrie Reese	California	75-79	229.0
6	Virginia Cornelius	Montana	75-79	165.2
7	Barbara Meraz	California	75-79	159.7
8	Virginia Brookins-Brown	California	75-79	143.2 Raw

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 80-84

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carrie Reese	California	80-84	203.7
2	Peggie Neal	Oregon	80-84	100.1

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 85-89

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Evelyn Kilgore	California	85-89	68.2

HIGHEST ALL-TIME 181# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 90+

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Evelyn Kilgore	California	90+	93.5 Raw





HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Cindy Shockman	Oregon	40-46	471.5
2	Rosha Whitaker	Arizona	40-46	435.2 Raw
2	Jennifer Sahy	Wisconsin	40-46	435.2
4	Teresa Jacobs	Washington	40-46	425.3
5	Lyn Silbert	Hawaii	40-46	418.7
6	Cindy Shockman	Oregon	40-46	409.9 Raw
7	Michelle Ivers	California	40-46	402.2
8	Ana Catia Portilho Couto	Brazil	40-46	391.2
9	Jamie Farmer	Montana	40-46	380.2
9	Cindy Weber	Tennessee	40-46	380.2
11	Jamie Rayburn	Oregon	40-46	364.8
12	Annette Sozzi	California	40-46	363.7
12	Gloria Koepke	Texas	40-46	363.7
14	Kuiulei Kamiko	Hawaii	40-46	358.0 Raw
14	Sheri Klocke	Oregon	40-46	358.0
16	Rachelle Unson	Washington	40-46	347.0
16	Natalie Harmon	Washington	40-46	347.0
16	Anastasia Tressler	Ohio	40-46	347.0
19	Nadine Huxley	Washington	40-46	343.7
20	C.J. McEwen	Oregon	40-46	341.5
20	Teresa Hughes	Washington	40-46	341.5
22	Rosa Ashley	Hawaii	40-46	336.0 Raw
22	Brandy Kary	California	40-46	336.0
22	Olympia Soto	California	40-46	336.0
22	Sylvia Mahere	California	40-46	336.0
26	Ling Tarr	Utah	40-46	332.7
27	Jamie Neussendorfer	Idaho	40-46	330.5 Raw
27	Leanne Shumaker	Arizona	40-46	330.5
27	Lucia Feraud Montenegro	Ecuador	40-46	330.5
27	Adriane Harris	Texas	40-46	330.5
31	Mirtha Delatorre	California	40-46	325.0 Raw
31	Brandi Kary	California	40-46	325.0
31	Brenda Hermann	Wisconsin	40-46	325.0
34	Sylvia Nix	California	40-46	314.0
34	Barbara McGowan	Oregon	40-46	314.0
36	Gina Anderson	California	40-46	308.5
37	Keya Douglas	Texas	40-46	303.0
37	Josifina Jackson	Texas	40-46	303.0
37	Wendy Hibbitts	Oregon	40-46	303.0
40	Tracey Jo Taylor	Hawaii	40-46	292.0
40	Sharon Bates	Texas	40-46	292.0
42	Kim Jones	Illinois	40-46	286.5 Raw
43	Barbara Workman	Oregon	40-46	281.0
44	Diane Allen	Oregon	40-46	275.5
45	Jill Costa	Texas	40-46	270.0
46	Laura Gonzalez	Texas	40-46	264.5
46	Mindi Lamoreaux	Utah	40-46	264.5
48	Lea Smith	Washington	40-46	260.0
49	Tami Buckner	Arkansas	40-46	259.0 Raw
49	Melissa Benson	Colorado	40-46	259.0
49	Heather Petri	Minnesota	40-46	259.0
52	Sarah Johnson	Montana	40-46	253.5 Raw
53	Stephanie Rainey	Oklahoma	40-46	248.0 Raw
53	Carla Kinney	Wisconsin	40-46	248.0
53	Shally Byers	Arizona	40-46	248.0
56	Michelle Richardson	California	40-46	242.5 Raw

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
56	Cheryl Hamilton	Texas	40-46	242.5
56	Terry Robertson	Michigan	40-46	242.5
59	Shiela Southwood	Washington	40-46	236.7
60	Cinara Alves	Brazil	40-46	225.7
60	Jane Fleming	Tennessee	40-46	225.7
62	Anita Thomson	Oregon	40-46	220.2
63	Josee Solleder	Texas	40-46	214.7
64	Molly Wenzel	Indiana	40-46	209.2 Raw
65	Natalie McChesney	California	40-46	203.7 Raw
66	Jennifer Sampson	Montana	40-46	198.2 Raw
66	Lori Dryer	Arkansas	40-46	198.2
68	Michelle Casery	Hawaii	40-46	187.2 Raw
68	Julia Moscol	Peru	40-46	187.2 Raw
68	Shelly Moore	California	40-46	187.2
68	Kelly Rolon	New York	40-46	187.2
72	Bobbie Smith	Arizona	40-46	165.2
73	Christina Currington	Oklahoma	40-46	159.7 Raw
74	Tammy Eppler	Texas	40-46	148.7

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Cindy Shockman	Oregon	47-53	490.5
2	Theresa Holte	Oregon	47-53	433.0
3	Artemira Sobrinho	Brazil	47-53	429.7 Raw
4	Suzanne LaForge	Massachusetts	47-53	419.8
5	Janine Jadallah	California	47-53	418.7
6	Cindy Shockman	Oregon	47-53	409.9 Raw
6	Cindy Shockman	Oregon	47-53	409.9 Raw
8	Mary Jacobson	California	47-53	391.2
9	Jeanne Watts	California	47-53	381.3
10	Suzanne Greathouse	Washington	47-53	380.2
10	Beverly Anolin	California	47-53	380.2
12	Mirtha Delatorre	California	47-53	374.7 Raw
12	Sheri Klocke	Oregon	47-53	374.7
12	Jane Stabile	Massachusetts	47-53	374.7
15	Pamela Michaels-Olson	Washington	47-53	369.2
16	Patricia Swab	Oregon	47-53	363.7
16	Patti Ehmen	Alabama	47-53	363.7
16	Eleanora Reeves	Tennessee	47-53	363.7
19	Dede Soekardi	California	47-53	358.0
19	Sylvia Maher	California	47-53	358.0
21	Ling Tarr	Utah	47-53	352.5 Raw
21	Nadine Huxley	Washington	47-53	352.5
23	C.J. McEwen	Oregon	47-53	347.0
24	Karrie Alexander	California	47-53	341.5 Raw
24	Deb Kesper	Massachusetts	47-53	341.5
24	Josefina Jackson	Texas	47-53	341.5
27	Terry Aiwohi	Hawaii	47-53	336.0 Raw
27	Jeanne Nielsen	California	47-53	336.0 Raw
27	Sylvia Nix	California	47-53	336.0
30	Dede Soekardi	California	47-53	330.5
30	Ling Tarr	Utah	47-53	330.5
30	Gion Prevard	Illinois	47-53	330.5

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
30	Elizabeth Harwood	Washington	47-53	330.5
34	Rosemary Harrington	Oregon	47-53	325.0
34	Sheila Southwood	Washington	47-53	325.0
36	Leena Stalsted	Finland	47-53	319.5 Raw
37	Sylvia Jones	Florida	47-53	315.0 Raw
38	Deb Kesper	Massachusetts	47-53	314.0 Raw
39	Wendy Hibbits	Oregon	47-53	308.5
40	Maria Villegas-Hoppe	California	47-53	303.0 Raw
40	Robby Wood	Oregon	47-53	303.0 Raw
42	Lucia Feraud Montenegro	Ecuador	47-53	297.5
43	Mari Damhof	Minnesota	47-53	286.5
43	Becky Mauney	Oregon	47-53	286.5
45	Marlo Mello	Hawaii	47-53	281.0 Raw
45	Camellia Luprete	Texas	47-53	281.0
47	Natalie MCChesney	California	47-53	275.5 Raw
47	Maria Villegas-Hoppe	California	47-53	275.5 Raw
47	Debra Kumm	Wisconsin	47-53	275.5 Raw
47	Claire Ashton Heckathorn	Idaho	47-53	275.5
51	Karma Mcmillian	Wisconsin	47-53	270.0 Raw
51	Deb Francis	Wisconsin	47-53	270.0
53	Diane McLeod	California	47-53	265.6
54	Jane Henner	California	47-53	264.5
54	Jill Struck	Utah	47-53	264.5
56	Monica Hagen	California	47-53	259.0 Raw
56	Lorene Robinson	Montana	47-53	259.0
58	Lynn Cook	Florida	47-53	255.0
59	Ginny McHale	Colorado	47-53	253.5
60	Tisha Rugg	California	47-53	248.0
61	Kara Tuttle	Montana	47-53	236.7 Raw
62	Charlene Watson	Arkansas	47-53	214.7
63	Margie Smith	California	47-53	203.7 Raw
63	Heidi Friery	California	47-53	203.7 Raw
63	Marsha Goodman	Arizona	47-53	203.7
66	Iraci Fatima Fenner	Brazil	47-53	198.2





HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 54-60

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Cindy Shockman	Oregon	54-60	446.2	Raw
2	Beverly Anolin	California	54-60	413.2	
3	Jeanne Nielson	California	54-60	402.2	
4	Kathy Caraccioli	California	54-60	385.7	
5	Suzane Greathouse	Washington	54-60	380.2	
6	Jane Stabile	Massachusetts	54-60	375.8	
7	Betty Heriford	Oregon	54-60	365.9	
8	Janine Jadallah	California	54-60	358.0	Raw
9	Nadine Brack	Washington	54-60	352.5	
10	Jeanne Nielson	California	54-60	330.5	
11	Nadine Brack	Washington	54-60	325.0	Raw
11	Dana Backiel	Washington	54-60	325.0	
13	Beverly Anolin	California	54-60	314.0	Raw
13	Gion Prevard	Illinois	54-60	314.0	
15	Marla Roffine	Arkansas	54-60	303.0	Raw
15	Josie Jackson	Texas	54-60	303.0	
15	DeAnna Dutton	Washington	54-60	303.0	
18	Juracy Borba De Souza	Brazil	54-60	298.6	
19	Claire Ashton Heckathorn	Idaho	54-60	297.5	
20	Judith Petray	California	54-60	293.1	
21	Monica Hagen	California	54-60	259.0	Raw
21	Cassy Krause	California	54-60	259.0	
21	Carol Hamilton	Maine	54-60	259.0	
24	Marian Hughes	Florida	54-60	256.0	
25	Patty Stover	Hawaii	54-60	248.0	Raw
25	Tisha Rugg	California	54-60	248.0	
27	Pamela Michaels	Washington	54-60	242.5	
28	Laura Gonnering	Alabama	54-60	231.2	
29	Heidi Friery	California	54-60	220.2	Raw
30	Irene Wilkinson	Florida	54-60	214.7	Raw
30	Mary Bisquera	California	54-60	214.7	
32	Mary Louise Coffey	Louisiana	54-60	209.2	
33	Victoria Evans	Indiana	54-60	200.4	
34	Diane Cormier	Massachusetts	54-60	187.2	Raw
35	Karen Soskin	California	54-60	187.2	
36	Sheela Rangen	Nevada	54-60	181.7	Raw
37	Trudy Siddle	Louisiana	54-60	170.7	

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 61-67

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Nadine Brack	Washington	61-67	358.0	
2	Peach Presley	California	61-67	354.7	
3	Peach Presley	California	61-67	336.0	Raw
3	Jane Stabile	Massachusetts	61-67	336.0	Raw
3	Karen Harding	Massachusetts	61-67	336.0	
6	Gayle Clawson	Arizona	61-67	319.5	
7	Dana Backiel	Washington	61-67	316.2	
8	Judith Petray	California	61-67	315.1	
9	Juracy Borba De Souza	Brazil	61-67	297.5	
10	Grace Cloninger	Nevada	61-67	281.0	
11	Cassy Krause	California	61-67	264.5	
12	Carol Hamilton	Maine	61-67	259.0	
13	Charlene Muscio	California	61-67	253.5	
14	Marlene Wexler	Minnesota	61-67	248.0	
15	Cassy Krause	California	61-67	242.5	Raw
15	Jeanne Morris	Washington	61-67	242.5	Raw
15	Pat Robey	Washington	61-67	242.5	

18	Kim Grimes	California	61-67	237.8
19	Charlene Muscio	California	61-67	225.7 Raw
20	Irene Wilkinson	Florida	61-67	220.0 Raw
21	Laura Gonnering	Alabama	61-67	203.7 Raw
22	Marcia Boatner	Florida	61-67	185.0 Raw
23	Anita Reagan	Arkansas	61-67	176.2 Raw
24	Kim Grimes	California	61-67	165.2 Raw
25	Patsy Parker	Alabama	61-67	125.0

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 68-74  
Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gerda Shupe	California	68-74	317.3
2	Judith Petray	California	68-74	309.6
3	Pat Robey	Washington	68-74	272.2
4	Charlene Muscio	California	68-74	270.0 Raw
4	Grace Cloninger	Nevada	68-74	270.0
6	Marlene Wexler	Minnesota	68-74	253.5
7	Jacqueline Fendler	Minnesota	68-74	215.8 Raw
8	Elaine Stroud	Wisconsin	68-74	206.0 Raw
9	Daisy Chase	Tennessee	68-74	170.7
10	Virginia Cornelius	Montana	68-74	148.7

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 75-79  
Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Judith Petray	California	75-79	303.0
2	Gerda Shupe	California	75-79	264.5 Raw
3	Gerda Shupe	California	75-79	260.1
4	Pat Robey	Washington	75-79	242.5
4	Judy Madsen	Oregon	75-79	242.5
6	Betsy McCarty	California	75-79	192.7 Raw
7	Joan "Mike" Sloan	Nevada	75-79	166.3
8	Romaine Harris	Oregon	75-79	165.2 Raw
9	Marianne Hunter-Chance	California	75-79	165.2 Raw
10	Marge Prothman	Washington	75-79	132.2

HIGHEST ALL-TIME 165# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 80+  
Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carrie Reese	California	80-84	209.2
2	Melicent Whinston	Oregon	80-84	171.8
3	Gloria Murchie	California	80-84	144.3
4	Ann Fornachon	California	80-84	143.2
5	Catherine Kuehn	Oregon	85-89	121.2







HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Heidi Gantz	Oregon	40-46	440.7	
2	Ana Catia Portlilho Couto	Brazil	40-46	429.7	
3	Jeanne Watts	California	40-46	424.2	
4	Teresa Jacobs	Washington	40-46	416.5	
5	Rachel Pradoa	Hawaii	40-46	385.7	Raw
5	Jennifer Sahy	Illinois	40-46	385.7	
7	Darnell Christie	Hawaii	40-46	380.2	
8	Michelle Moodie	Illinois	40-46	374.7	
9	Silvia Mahere	California	40-46	358.0	
9	Kelly Kennedy	Oregon	40-46	358.0	
9	Dru Amos	Alabama	40-46	358.0	
12	Joanie Porter	Texas	40-46	352.5	
13	kellie Hobbs	Oregon	40-46	347.0	Raw
13	Fayelyn Kamito	Hawaii	40-46	347.0	Raw
13	Suzanne Hedman	California	40-46	347.0	
16	Norma Garcia	California	40-46	341.5	
16	Brande Browne	Wisconsin	40-46	341.5	
18	Tricia Downing	Arizona	40-46	336.0	
18	Dede Soekardi	California	40-46	336.0	
18	Christine Hamp	Washington	40-46	336.0	
18	Teresa Hughes	Washington	40-46	336.0	
22	Maria Novais	Brazil	40-46	330.5	Raw
23	Rosa Ashley	Hawaii	40-46	325.0	Raw
23	Tonya Patrick	Arizona	40-46	325.0	Raw
23	Jody Fischer	California	40-46	325.0	
23	Brandi Kary	California	40-46	325.0	
23	Shawna Sheffield	California	40-46	325.0	
23	Barbara McGowan	Oregon	40-46	325.0	
23	Rachele Unson	Washington	40-46	325.0	
30	Holly Morello	California	40-46	314.0	
30	Shelly Adamczak	Michigan	40-46	314.0	
32	BJ Sagon	Hawaii	40-46	308.5	Raw
32	Maria Milsa Batista	Brazil	40-46	308.5	Raw
32	Latasia Anzai	Hawaii	40-46	308.5	
32	Robin Finnerty	California	40-46	308.5	
32	Keya Douglas	Texas	40-46	308.5	
37	Cindy Cameron	Oregon	40-46	304.1	
38	Wendy Spence	Texas	40-46	303.0	Raw
38	Heather Petri	Minnesota	40-46	303.0	Raw
38	Joanne Bauer	Oregon	40-46	303.0	
38	Paula Stone	Washington	40-46	303.0	
38	Jaime Rayburn	Oregon	40-46	303.0	
43	Pamela Harris	Wisconsin	40-46	292.0	
43	Sylvia Nix	California	40-46	292.0	
45	Dede Soekardi	California	40-46	286.5	Raw
45	Stacy Matsuyama-Sekioka	Hawaii	40-46	286.5	
45	Brenda Nolen	California	40-46	286.5	
48	Suzete Baker	Arkansas	40-46	281.0	
48	Niurka Palacios	Utah	40-46	281.0	
50	Josie Jackson	Texas	40-46	276.6	
51	Bonita Betz	Texas	40-46	275.5	
51	Althea Scott	Texas	40-46	275.5	

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53 Dee Sendrowski	Massachusetts	40-46	275.0
54 Tiffany Keeling	California	40-46	270.0
54 Arlene Jara	Nevada	40-46	270.0
56 Patsy Rowe	Alabama	40-46	265.0
57 Julie Tippetts	Utah	40-46	264.5
58 Jennifer Ogle	Florida	40-46	259.0 Raw
58 Lori Gonzales	California	40-46	259.0 Raw
58 Michelle Barclay	Washington	40-46	259.0
61 Russelle Ann McDermott	California	40-46	253.5 Raw
61 Tasjah Hall	Texas	40-46	253.5
63 Denise Wolbers	Canada	40-46	253.5
63 Lesa Dillon	Texas	40-46	253.5
65 Patricia Corns	Oregon	40-46	248.0
66 Susana Famini	Brazil	40-46	242.5 Raw
66 Kristina Montellese	California	40-46	242.5 Raw
66 Sheila Southwood	Washington	40-46	242.5
69 Stephanie Rainey	Oklahoma	40-46	238.9 Raw
70 Polly West	Arizona	40-46	236.5 Raw
70 Marcel Maas	Arizona	40-46	236.5
72 Kelly Verly	Idaho	40-46	231.2 Raw
72 Emma Whitney	California	40-46	231.2
72 Joanne Perry	Texas	40-46	231.2
75 Nyla Gallagher	California	40-46	225.7
76 Deedee Bradley	California	40-46	220.2
77 Stephanie Rainey	Oklahoma	40-46	214.7 Raw
77 Kathy Franks	Washington	40-46	214.7
77 Heather Petri	Minnesota	40-46	214.7
80 Cris Guerra	Texas	40-46	203.7 Raw
80 Leslie Johnson	Utah	40-46	203.7
80 Pam Edwards	Texas	40-46	203.7
80 Kathy Bolton	Washington	40-46	203.7
80 Reese Ott	Wisconsin	40-46	203.7
80 Marlesa Love	Texas	40-46	203.7
86 Angel Hernandez	California	40-46	192.7 Raw
87 Kelly Bitz	Nevada	40-46	176.2
88 Rafaela Quezada-Mendoza	California	40-46	165.2 Raw

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Debbie Damminga	Minnesota	47-53	457.0
2	Jane McCubbin	Wisconsin	47-53	424.2
3	Ana Catia Portilho Couto	Brazil	47-53	418.7
4	Suzanne LaForge	Massachusetts	47-53	407.7
5	Janine Jadallah	California	47-53	402.2
6	Christine Hamp	Washington	47-53	400.0
7	Teresa Jacobs	Washington	47-53	391.2
8	Beverly Anolin	California	47-53	385.7
9	Mary Jacobson	California	47-53	380.2
10	Tricia Downing	Arizona	47-53	374.7 Raw
10	Kelly Kennedy	Oregon	47-53	374.7
12	Tonya Patrick	Arizona	47-53	369.2 Raw
12	Annette McBride	Idaho	47-53	369.2
14	Kathy Caraccioli	California	47-53	363.7
14	Jeanne Watts	California	47-53	363.7
14	Darnell Criste	Hawaii	47-53	363.7
14	Patty Pendergast	Oregon	47-53	363.7
18	Dede Soekardi	California	47-53	352.5
18	Susan Gill	Oregon	47-53	352.5
18	Patty Ehman	Alabama	47-53	352.5
21	Susan Johnson	Idaho	47-53	347.0 Raw
22	Jeanne Nielsen	California	47-53	341.5 Raw
22	Nadine Huxley	Washington	47-53	341.5
24	Ling Tarr	Utah	47-53	336.0 Raw
25	Dede Soekardi	California	47-53	330.5
25	Rachele Unson	Washington	47-53	330.5
25	Deb Kesper	Massachusetts	47-53	330.5
28	Brandi Kary	California	47-53	325.0
29	Deb Kesper	Massachusetts	47-53	320.6 Raw
30	Sheila Southwood	Washington	47-53	319.5
31	Rachelle Killian	Washington	47-53	314.0
32	Terri Hall	Washington	47-53	309.6
33	Barndi Kary	California	47-53	308.5
34	Tonya Patrick	Arizona	47-53	303.0
35	Wendy Graack	Arizona	47-53	297.5 Raw
36	Maria Villegas-Hoppe	California	47-53	286.5 Raw
36	Sylvia Jones	Florida	47-53	286.5 Raw
38	Susan Sanaghan	Indiana	47-53	281.0
39	Alison Barnhill	California	47-53	275.5
40	Lynn Cook	Florida	47-53	275.0
41	Camellia Luprete	Texas	47-53	270.0
41	Katie Lynch	Nevada	47-53	270.0
43	Sagui Mendoza	California	47-53	265.6
43	Sagui Macias	California	47-53	265.6
45	Lori Lastufka	Washington	47-53	264.5
45	Karen Noble	Arizona	47-53	264.5
45	Kim Richardson	Oregon	47-53	264.5
48	Monica Hagen	California	47-53	259.0 Raw
48	Dede Soekardi	California	47-53	259.0 Raw

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 47-53  
Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
50	Sagui Mendoza	California	47-53	253.5 Raw
50	Monica Hagen	California	47-53	253.5 Raw
52	Ann Heitzman	Mississippi	47-53	250.0
53	Buffy Belin	Hawaii	47-53	248.0 Raw
53	Kim Davis	Oregon	47-53	248.0
53	Lynn Gallagher	Michigan	47-53	248.0
56	Holly Rios	California	47-53	242.5
57	Mary Makua	Hawaii	47-53	236.7 Raw
58	Becky Mauney	Idaho	47-53	231.2
59	Holly Rios	California	47-53	225.7 Raw
59	Patricia Stover	Hawaii	47-53	225.7
59	Margaret Morris	Texas	47-53	225.7
59	Suzanne Morris	Washington	47-53	225.7
63	Suzette Baker	Arkansas	47-53	220.2 Raw
63	Susan Rainville	California	47-53	220.2 Raw
63	Rebecca Moore	Washington	47-53	220.2 Raw
63	Cheryl Russell	Maine	47-53	220.2
67	Lori Barlow	California	47-53	214.7
67	Elsonia Peters	Hawaii	47-53	214.7
67	Kathy Waugh	Michigan	47-53	214.7
67	Latasia Anzai	Hawaii	47-53	214.7
71	Jeannette Russo	California	47-53	209.2 Raw
72	Tierney Korotkin	California	47-53	203.7
72	Marsha Goodman	Arizona	47-53	203.7
74	Karen Soskin	California	47-53	187.2









## HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 54-60

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jane McCubbin	Wisconsin	54-60	429.7
2	Suzanne Greathouse	Washington	54-60	413.2
2	Jeanne Nielsen	California	54-60	413.2
4	Beverly Anolin	California	54-60	403.3
5	Janine Jadallah	California	54-60	391.2 Raw
6	Dolores Garcia Munro	California	54-60	376.9 Raw
7	Kathy Caraccioli	California	54-60	374.7
8	Beverly Anolin	California	54-60	372.5
9	Betty Heriford	Oregon	54-60	371.4
10	Nadine Huxley	Washington	54-60	330.5
11	Peach Presley	California	54-60	316.2
12	Gail Okicich	Washington	54-60	314.0
12	Dolores Garcia Munro	California	54-60	314.0
14	Peach Presley	California	54-60	292.0 Raw
14	Barbara Anderson	Washington	54-60	292.0
16	Martha Godinez-Shim	Hawaii	54-60	281.0
17	Lori Lastufka	Washington	54-60	275.5
17	Claire Ashton Heckathorn	Idaho	54-60	275.5
19	Cheryl Russell	Maine	54-60	270.0
20	Sandy Butler	Washington	54-60	255.0
21	Patti Stover	Hawaii	54-60	253.5 Raw
21	Pat Thomas	Canada	54-60	253.5
21	Marsha Goodman	Arizona	54-60	253.5
24	Tierney Korotkin	California	54-60	248.0 Raw
24	Nancy Fisher	California	54-60	248.0
24	Rebecca Moore	Washington	54-60	248.0
27	Renee Minyard	California	54-60	242.5 Raw
27	Mary Bartlett Sweet	Wisconsin	54-60	242.5
29	Lisa Flannery	California	54-60	236.7
30	Teena Crotty	Arkansas	54-60	231.2 Raw
31	Patti Stover	Hawaii	54-60	225.7 Raw
31	Lynn Gallagher	Michigan	54-60	225.7
33	Mary Louise Coffee	Louisiana	54-60	225.0
34	Patricia Charles	Hawaii	54-60	220.2
35	Vicki Sharma	Oregon	54-60	214.7 Raw
36	Betty Hansen	California	54-60	209.2 Raw
37	Patti Davis	California	54-60	198.2 Raw
37	Marlene Centena Nardes	Brazil	54-60	198.2
39	Susan Bax	California	54-60	196.0
40	Storm Sermey	New Mexico	54-60	185.0
41	Arlene Okuno	Hawaii	54-60	181.7
42	Sheela Rangen	Nevada	54-60	176.2 Raw
43	Sherry Mueller	Wisconsin	54-60	170.7

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 61-67

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jame McCubbin	Wisconsin	61-67	402.2 Raw
1	Jame McCubbin	Wisconsin	61-67	402.2
1	Jane Stabile	Wisconsin	61-67	402.2
4	Nadine Brack	Washington	61-67	352.5
5	Peach Presley	California	61-67	348.1
6	Nadine Brack	Washington	61-67	336.0 Raw
7	Peach Presley	California	61-67	330.5 Raw
8	Angie Buschman	California	61-67	314.0 Raw
9	Karen Harding	Massachusetts	61-67	304.1
10	Jill Porter	Texas	61-67	303.0
11	Sue Clark	Texas	61-67	286.5
12	Charlene Muscio	California	61-67	275.5
13	Marsha Goodman	Arizona	61-67	265.6 Raw
14	Susan Chloupek	Washington	61-67	264.5

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 61-67

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
15	Nancy Fisher	California	61-67	253.5
16	Cassy Krause	California	61-67	236.7
17	Laura Gonnering	Alabama	61-67	231.2 Raw
17	Linda Read	Nevada	61-67	231.2
19	Carolyn Vanzlow-Edgar	Nevada	61-67	214.7
20	Marlene Wexler	Minnesota	61-67	203.7
21	Dawn Cole	California	61-67	154.2

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 68-74

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Susan Choulpek	Washington	68-74	264.5
2	Charlene Choy	Hawaii	68-74	214.7 Raw
3	Margie Matsumura	Hawaii	68-74	203.7
4	Carolyn Vanzlow-Edgar	Nevada	68-74	199.3 Raw
5	Lynn Ford	California	68-74	148.2
6	Jan Kocher	Florida	68-74	135.0

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 75-79

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Judy Madsen	Oregon	75-79	231.2
2	Gerda Shupe	California	75-79	220.2 Raw
3	Florence Combest	Ohio	75-79	187.2
4	Grace Cloninger	California	75-79	165.2

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 80-84

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carrie Reese	California	80-84	212.5 Raw
2	Carrie Reese	California	80-84	203.7
3	Melicent Whinston	Oregon	80-84	159.7

HIGHEST ALL-TIME 148# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 85+

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carrie Reese	California	85-89	203.7 Raw
2	Catherine Kuehn	Oregon	85-89	133.3
3	Lorna Belyea	Washington	85-89	132.2
4	Catherine Kuehn	Oregon	90+	115.5 Raw





HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Heidi Gantz	Oregon	40-46	391.2
2	Wendy Greig	Canada	40-46	374.7
3	Alene Brisbane	California	40-46	363.7
4	Antoinette Kemper	Hawaii	40-46	352.5
5	Leilani Felipe	Hawaii	40-46	336.0 Raw
5	Tricia Downing	Arizona	40-46	336.0 Raw
7	Leticia Rosales Buie	California	40-46	331.6
8	Leilani Felipe	Hawaii	40-46	330.5 Raw
9	Dede Griffith	California	40-46	325.0
10	Deanna Cassata	Illinois	40-46	319.5
10	Kelly Kennedy	Oregon	40-46	319.5
12	Jamie Field	California	40-46	314.0
12	Alison Barnhill	California	40-46	314.0
12	Jill Deuser	California	40-46	314.0
12	Velma Panlasigui	Hawaii	40-46	314.0
12	Arlene Jara	Nevada	40-46	314.0
17	Lynn Robinson	Washington	40-46	308.5
18	Wendy Spence	Texas	40-46	303.0 Raw
18	Jody Fischer	Washington	40-46	303.0
18	Michael Lemes	Hawaii	40-46	303.0
18	Sandy Gomez-Leon	Washington	40-46	303.0
18	Betty Cable	Illinois	40-46	303.0
23	Janet May	Oregon	40-46	286.5
24	Katie Lynch	Nevada	40-46	275.5
24	Lynda Christopher	Arizona	40-46	275.5
24	Sue Lilienthal	Oregon	40-46	275.5
27	Beverly Anolin	California	40-46	270.0
27	Stacy Matsuyama-Sekioka	Hawaii	40-46	270.0
29	Sagi Macias	California	40-46	264.5
29	Donna Hogg	Louisiana	40-46	264.5
31	Ruth Kirby	Washington	40-46	248.0
32	Sagi Macias	California	40-46	242.5
33	Sagi Macias	California	40-46	231.2 Raw
33	Evelyn Wimberly	Texas	40-46	231.2
33	Patricia Stephens	Texas	40-46	231.2
33	Christina Rodgers	California	40-46	231.2
37	Heather Fry	Wisconsin	40-46	225.7 Raw
37	Terry Smith	Alabama	40-46	225.7
37	Michelle Barclay	Washington	40-46	225.7
40	Suzanne Morris	Washington	40-46	220.2
41	Melissa Dawn Farris	Florida	40-46	203.7 Raw
41	Lori Rogers	Utah	40-46	203.7
43	Simone Fulginiti Pfitzenreuter	Brazil	40-46	199.8
44	Angela Corrington	Montana	40-46	192.7 Raw
44	Rebecca Cassady	California	40-46	192.7 Raw
46	Mariela Zarate	Argentina	40-46	187.2 Raw
46	Terri Hall	Washington	40-46	187.2
48	Maggie Cavanaugh	Minnesota	40-46	181.7
49	Stephanie Douglas	Florida	40-46	175.0

HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carol Myers	Washington	47-53	424.2
2	Ana Catia Portilho Couto	Brazil	47-53	407.7
3	Denise Ruff	Oregon	47-53	363.7
4	Janine Jadallah	California	47-53	359.1
5	Beverly Anolin	California	47-53	358.0
6	Patty Pendergast	Oregon	47-53	352.5
6	Jonnel Rivet	Minnesota	47-53	352.5
8	Patty Ehman	Alabama	47-53	349.2
9	K. C. Inlow	California	47-53	348.1
10	Vicky Anderson	Montana	47-53	347.0
11	Judy Vierra	Hawaii	47-53	336.0
12	Jeanne Nielsen	California	47-53	330.5 Raw
13	Martha Godinez Shim	Hawaii	47-53	315.1
14	Dolores Garcia Munro	California	47-53	304.1
15	Barbara Liss	California	47-53	303.0
15	Louise Turner	Pennsylvania	47-53	303.0
17	Alison Barnhill	California	47-53	292.0
17	Michelle Kahakalau	Hawaii	47-53	292.0
19	Sheila Southwood	Washington	47-53	286.5
20	Sagui Macias	California	47-53	281.0
21	Lainey Kelly	Hawaii	47-53	275.5 Raw
21	Leticia Rosales Buie	California	47-53	275.5
21	Donna Sanford	Texas	47-53	275.5
24	Rebecca Moore	Washington	47-53	264.5
25	Shellie Note-Gressard	Hawaii	47-53	259.0
26	Deirdre Harris	California	47-53	249.1 Raw
27	Sherrie Ferreira	Hawaii	47-53	232.3 Raw
28	Diane Vaughn	Washington	47-53	231.2
29	Jennifer Ferrante	California	47-53	225.7 Raw
29	Lori Barlow	California	47-53	225.7
31	Deirdre Harris	California	47-53	214.7
32	Sandra Mena	Colorado	47-53	209.2 Raw
32	Tammie Casper	California	47-53	209.2
34	Sharon Mae Bertelmann	Hawaii	47-53	203.7 Raw
35	Bernadette	California	47-53	192.7
36	Diana Sutton	Oregon	47-53	143.2







HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jane McCubbin	Wisconsin	54-60	446.2
2	Jo Walker	Oregon	54-60	419.8
3	Jeanne Nielsen	California	54-60	380.2
4	Annette McBride	Idaho	54-60	348.1 Raw
5	Delores Garcia Munro	California	54-60	311.8
6	Martha Godinez-Shim	Hawaii	54-60	292.0
6	Sherry Gilliland	Washington	54-60	292.0
8	Gail Okicich	Washington	54-60	281.0
9	Jill Porter	Texas	54-60	276.6
10	Angie Buschman	California	54-60	275.5
10	Patti Ehmen	Alabama	54-60	275.5
12	Tierney Korotkin	California	54-60	270.0 Raw
13	Martha Godinez-Shim	Hawaii	54-60	264.5 Raw
14	Ardith Stitt	Utah	54-60	254.6
15	Kim Maslana	California	54-60	253.5
16	Betty Hansen	California	54-60	250.2
17	Ardith Stitt	Utah	54-60	243.6 Raw
18	Sylvia Bahr	Ohio	54-60	242.5
19	Carolyn Paulson	Arizona	54-60	240.0
20	Leticia Rosales-Buie	California	54-60	220.2 Raw
21	Sharon Hughes	Nevada	54-60	209.2
22	Linda Mendell	California	54-60	187.2
23	Storm Sermay	New Mexico	54-60	185.0
24	Karon Denniston	Michigan	54-60	181.7
24	Renee Minyard	California	54-60	181.7
26	Sherri Rowland	California	54-60	165.2

HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61-67  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jo Walker	Oregon	61-67	440.7
2	Jane McCubbin	Wisconsin	61-67	424.2
3	Marilyn Gambardella	New York	61-67	303.0
4	Betty Hansen	California	61-67	293.1
5	Susan Chloupek	Washington	61-67	281.0
6	Faith Ireland	Washington	61-67	275.5
7	Martha Godinez-Shim	Hawaii	61-67	270.0
8	Jill Porter	Texas	61-67	264.5
9	Betty Hansen	California	61-67	253.5 Raw
10	Sue Clark	Texas	61-67	248.0
10	Sharee Olson	Washington	61-67	248.0
12	Sharia Matsumoto	Hawaii	61-67	242.5
13	Ali Reneer	California	61-67	220.2 Raw
14	Sylvia Bahr	Hawaii	61-67	203.7 Raw
15	Martha "Lloyd" Hopkins	Oregon	61-67	198.2
16	Naomi Sylvester	Nevada	61-67	176.2
17	Lynn Smith	California	61-67	159.7
18	Janeice Dean	California	61-67	154.2
18	Jane Van Fleet	Oregon	61-67	154.2
20	Lynn Ford	California	61-67	134.4

HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 68-74

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Faith Ireland	Washington	68-74	286.5
2	Sue Clark	Texas	68-74	270.0
3	Susan Choupek	Washington	68-74	264.5
4	Flo Robinson	California	68-74	248.0
5	Barbara Mahan	Texas	68-74	220.2 Raw
6	Leona Pereza	Hawaii	68-74	187.2 Raw
7	Pauli Forquer	California	68-74	176.2
8	Melicent Whinston	Oregon	68-74	148.7

HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 75-79

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Melicent Whinston	Oregon	75-79	165.2
2	Malvina Basso	Brazil	75-79	132.2

HIGHEST ALL-TIME 132# DEADLIFTS IN WABDL  
BY FEMALE MASTER LIFTERS Age 80+

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carrie Reese	California	80-84	216.9 Raw
2	Melicent Whinston	Oregon	80-84	143.2
3	Carrie Reese	California	80-84	159.7
4	Catherine Kuehn	Oregon	90-94	99.0 Raw
5	Dottie Ward	California	85-89	60.5



HIGHEST ALL-TIME 123# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Carol Myers	Washington	40-46	402.2
2	Valesca Cristina Rocha	Brazil	40-46	341.5
3	Margaret Kirkland	Florida	40-46	340.0
4	Jamie Field	California	40-46	337.1
5	Suzanne Hedman	California	40-46	336.0
6	Sandra Hayes	Mississippi	40-46	331.0
7	Brenda Gnerre	Minnesota	40-46	330.5
8	Dru Amos	Alabama	40-46	325.0
8	Leticia Rosales Buie	California	40-46	325.0
10	Wendy Greig	Canada	40-46	319.5
10	Annette Wright	Alabama	40-46	319.5
12	Denise Ruff	Oregon	40-46	315.1
13	Marla McElroy	Illinois	40-46	314.0
13	Allison Barnhill	California	40-46	314.0
15	Siu Whitehead	Hawaii	40-46	303.0
15	Deb Johnson	Oregon	40-46	303.0
17	Soraya Cobb	California	40-46	292.0
18	Diane Siveny	North Dakota	40-46	285.0
19	Rianna Medlin	Florida	40-46	281.0 Raw
19	Lynda Christopher	Arizona	40-46	281.0
21	Sagi Macias	California	40-46	264.5
21	Rebecca Moore	Washington	40-46	264.5
23	Melissa Nelson	Arkansas	40-46	259.0 Raw
23	Claudia Rivera	California	40-46	259.0
23	Laura Miller	Arizona	40-46	259.0
23	Barbara Fruzyna	California	40-46	259.0
23	Rilla Sanco	Texas	40-46	259.0
28	Sagui Macias	California	40-46	253.5 Raw
29	Ruth Kirby	Washington	40-46	253.5
29	Selina May	Texas	40-46	253.5
31	Teresa Tighe	Texas	40-46	242.5
31	Lauri Lamp	Washington	40-46	242.5
31	Cara Fong	Texas	40-46	242.5
34	Mary Kissell	Indiana	40-46	225.7
35	Luvi Agpaoa	Hawaii	40-46	220.2
35	Pauliina Lillberg	Finland	40-46	220.2
37	Melissa Wong Yuen	Hawaii	40-46	215.0 Raw
38	Sunday Spencer	California	40-46	209.2
38	Rebecca Cassady	California	40-46	209.2
39	Tracie Fretty	Texas	40-46	203.7
40	Joni Craft	Alabama	40-46	192.7 Raw
41	Amy Furman	California	40-46	187.2 Raw
42	Kathi Bolton	Washington	40-46	187.2
43	Lori Rogers	Utah	40-46	154.2

HIGHEST ALL-TIME 123# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Carol Myers	Washington	47-53	415.4	
2	Denise Ruff	Oregon	47-53	388.2	
3	Valesca Cristina Rocha	Brazil	47-53	374.7	Raw
4	Pat Bryant	Washington	47-53	341.5	
5	Winsome Panton	Illinois	47-53	330.5	
5	Jonnel Rivet	Minnesota	47-53	330.5	
7	Juliana Kasberg	Hawaii	47-53	308.5	
8	Martha Godinez-Shim	Hawaii	47-53	304.1	
9	Leticia Rosales Buie	California	47-53	303.0	
10	Cheri Lerma	Oregon	47-53	297.0	
11	Dolores Garcia-Munro	California	47-53	288.7	
12	Bonnie Aerts	California	47-53	287.6	
13	Beatriz Ribeiro	Brazil	47-53	286.5	
14	Patricia Fong	Illinois	47-53	275.5	
15	Cara Fong	Texas	47-53	260.1	
16	Carolyn Schwarz	California	47-53	259.0	
16	Felicia Sexton	Texas	47-53	259.0	
18	Bonnie Cushman	Oregon	47-53	253.5	
19	Linh Ngo	Washington	47-53	249.1	
20	Barbara Perris	Oregon	47-53	248.0	Raw
20	Rebecca Moore	Washington	47-53	248.0	
22	Jennifer Ferrante	California	47-53	231.2	Raw
22	Robin Hinkle	Maine	47-53	231.2	Raw
22	Karen Olson	Washington	47-53	231.2	
25	Cynthia Miller	Nevada	47-53	223.5	
26	Lori Robinson	Minnesota	47-53	214.7	
26	Jeanne Morris	Washington	47-53	214.7	
28	Amy Furman	California	47-53	209.2	Raw
28	Carrie Sasynuik	Washington	47-53	209.2	
30	Karon Denniston	Michigan	47-53	204.8	
31	Lori Barlow	California	47-53	203.7	Raw
31	Lori Barlow	California	47-53	203.7	Raw
31	Barbara McGuire	Washington	47-53	203.7	
34	Satu Sumia	Finland	47-53	187.2	Raw







HIGHEST ALL-TIME 123# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Denise Ruff	Oregon	54-60	385.7
2	Winsome Panton	Wisconsin	54-60	330.5
3	Lauren Stephensen	Wisconsin	54-60	325.0
4	Ita Pantilat	Washington	54-60	314.0
5	Martha Godinez-Shim	Hawaii	54-60	306.3
6	Griselda Soler	Argentina	54-60	281.0 Raw
7	Jill Porter	Texas	54-60	276.6
8	Martha Godinez-Shim	Hawaii	54-60	270.0
8	Crish Lydon	Oregon	54-60	270.0
10	Miriam Bucks	California	54-60	264.5
10	Sabra Callahan	Nevada	54-60	264.5
11	Kim Maslana	California	54-60	259.0
12	Patti Stover	Hawaii	54-60	254.6 Raw
13	Lori Robinson	Minnesota	54-60	236.7
14	Karon Denniston	Michigan	54-60	233.4
15	Michelle Graydon	California	54-60	231.2
16	Nancy Georges	Florida	54-60	220.0
17	Belinda Kramer	Florida	54-60	214.7 Raw
17	Jeanne Morris	Washington	54-60	214.7
17	Hedy Miller	Utah	54-60	214.7
20	Miriam Bucks	California	54-60	192.7 Raw
21	Christine Rich	Washington	54-60	192.7
22	Judy Veloz	California	54-60	170.7 Raw
23	Marie Layman	Washington	54-60	137.7

HIGHEST ALL-TIME 123# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61-67  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jo Walker	Oregon	61-67	391.2
2	Betty Hansen	California	61-67	275.5
3	Jane Honeycutt	Louisiana	61-67	259.0
4	Barbara Mahan	Texas	61-67	253.5
5	Betty Hansen	California	61-67	248.0 Raw
6	Ann Dorschel	Wisconsin	61-67	238.0 Raw
7	Paula Laudino	California	61-67	220.2
8	Barbara Mahan	Texas	61-67	214.7 Raw
9	Sylvia Bahr	Ohio	61-67	203.7 Raw
9	Sylvia Clark	Texas	61-67	203.7
11	Martha "Lloyd" Hopkins	Oregon	61-67	192.7
12	Rosalind Pierce	California	61-67	181.7

HIGHEST ALL-TIME 123# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 68-74  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Flo Robinson	California	68-74	232.3
2	Linda Barnes	California	68-74	231.2 Raw
3	Nora Smiriga	California	68-74	225.7
4	Malvina Basso	Brazil	68-74	187.2
5	Leona Pereza	Hawaii	68-74	182.8 Raw
6	Sherry Ablett	California	68-74	181.7 Raw
7	Lois Hall	Florida	68-74	176.2 Raw

8	Rae McEwen	California	68-74	174.0
9	Jean Santivaschi	Nevada	68-74	148.7 Raw
10	Patricia Hamamoto	Hawaii	68-74	137.7 Raw

HIGHEST ALL-TIME 123# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 75+

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Carrie Reese	California	80-84	225.7	Raw
2	Nora Smiriga	California	75-79	209.2	
3	Leona Pereza	Hawaii	75-79	159.8	Raw
4	Patricia Hamamoto	Hawaii	75-79	132.2	Raw
5	Helen Herring	Alabama	80-84	110.0	
6	Dottie Ward	California	85-89	104.5	





HIGHEST ALL-TIME 114# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 40-46

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Valesca Cristina Rocha	Brazil	40-46	364.8
2	Jana Gedde	Washington	40-46	358.0
3	Suzanne Hedman	California	40-46	330.5
4	Soraya Cobb	California	40-46	314.0
4	Yuxin Hao	Ohio	40-46	314.0
4	Kris Leatherberry	California	40-46	314.0
7	Jamie Field	California	40-46	297.5
8	Leticia Rosales Buie	California	40-46	286.5
9	Selina May	Texas	40-46	270.0
9	Karen Reed	Oregon	40-46	270.0
9	Vickie McNeely	Alabama	40-46	270.0
9	Claudia Rivera	California	40-46	270.0
9	Charlene Nicholson	California	40-46	270.0
14	Lynda Christopher	Arizona	40-46	259.0
14	Carmen Hatch	Oregon	40-46	259.0
16	Shauna Ferguson	Washington	40-46	256.6
17	Dana Deutsch	Texas	40-46	253.5
17	Claudia Salo	California	40-46	253.5
17	Josette Villegas	California	40-46	253.5
20	Tara Rivers	Louisiana	40-46	248.0
21	Angela Draws	California	40-46	236.7 Raw
22	Cara Fong	Texas	40-46	214.7
23	Rebecca Moore	Washington	40-46	203.7
24	Joni Craft	Alabama	40-46	181.7 Raw
25	Luvi Kahumoku	Hawaii	40-46	176.2
26	Sunday Spencer	California	40-46	165.2
27	Jackie Anderberg	Oregon	40-46	154.2

HIGHEST ALL-TIME 114# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 47-53

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Valesca Cristina Rocha	Brazil	47-53	363.7
2	Siu Whitehead	Hawaii	47-53	305.0
3	Jeannie Morris	Washington	47-53	294.2
4	Anita Hooson	Washington	47-53	293.1
5	Sophia Zadubera	California	47-53	292.0
5	Yuxin Hao	Ohio	47-53	292.0
7	Carolyn Schwarz	California	47-53	286.5
7	Martha Godinez-Shim	Hawaii	47-53	286.5
9	Dana Shim-Palama	Hawaii	47-53	281.0
10	Carolyn Allred	Utah	47-53	275.5
11	Alexandra Vallejo	Illinois	47-53	270.0
12	Louise Turner	Pennsylvania	47-53	265.0
13	Carolyn Alfred	Utah	47-53	264.5 Raw
13	Louise Vogel	Wisconsin	47-53	264.5 Raw
15	Rebecca Moore	Washington	47-53	253.5
15	Heidi Rodriguez	Guatemala	47-53	253.5
17	Yuxin Hao	Ohio	47-53	242.5 Raw
17	Lisa Balestrini	California	47-53	242.5 Raw
19	Bonnie Aerts	California	47-53	236.7
20	Rommy Garcia	Ecuador	47-53	220.2
20	Lisa Balestrini	California	47-53	220.2
22	Cynthia Miller	Nevada	47-53	203.7

HIGHEST ALL-TIME 114# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Denise Ruff	Oregon	54-60	314.0	
2	Ita Pantilat	Washington	54-60	300.8	
3	Martha Godinez-Shim	Hawaii	54-60	292.0	
4	Miriam Bucks	California	54-60	264.5	
5	Kim Maslana	California	54-60	259.0	
6	Chris Baeta	Hawaii	54-60	248.0	
7	Shirley Lopez	California	54-60	231.2	Raw
7	Heidi Rodriguez	Guatemala	54-60	231.2	
7	Jeanne Morris	Washington	54-60	231.2	
10	Lori Robinson	Minnesota	54-60	225.7	
11	Kim Maslana	California	54-60	215.8	Raw
12	Nancy Georges	Florida	54-60	215.0	
13	Paula Laudino	California	54-60	209.2	
13	Kathy Hilger	Minnesota	54-60	209.2	
15	Lori Robinson	Minnesota	54-60	192.7	Raw

HIGHEST ALL-TIME 114# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61-67  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Linda Barnes	California	61-67	330.5	
2	JoAnn Clough	Maine	61-67	320.6	
3	Linda Barnes	California	61-67	264.5	Raw
4	Barbara Mahan	Texas	61-67	231.2	
5	Kathy Hilger	Minnesota	61-67	220.2	
5	Paula Laudino	California	61-67	220.2	
7	Nancy Georges	Florida	61-67	215.0	
8	Betty Lafferty	Alabama	61-67	214.7	
9	Zoe Erickson	Washington	61-67	170.7	
10	Nancy Phillips	California	61-67	143.2	Raw

HIGHEST ALL-TIME 114# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 68-79  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Betty Lafferty	Alabama	68-74	216.9	
2	Sherry Ablett	California	68-74	183.9	Raw
3	Jill Sideman	California	75-79	143.2	
4	Melody Younglove	Washington	68-74	121.2	Raw







HIGHEST ALL-TIME 105# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 40-46  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Elizabeth Cabe	Hawaii	40-46	336.0
2	Yuxin Hao	Ohio	40-46	309.6
3	Alexandra Vallejo	California	40-46	304.1
4	Desiree Brown	California	40-46	281.0
5	Sandra Herring	Georgia	40-46	270.0
5	Vickie McNeely	Alabama	40-46	259.0
7	Brenda Haller	Minnesota	40-46	253.5
8	Sophia Zadubera	California	40-46	209.2
9	Elizabeth Sirju	Texas	40-46	165.2

HIGHEST ALL-TIME 105# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 47-53  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Elizabeth Cabe	Hawaii	47-53	336.0
2	Elizabeth Cabe	Hawaii	47-53	292.0 Raw
3	Karen Poyner	Virginia	47-53	286.5
3	Yuxin Hao	Ohio	47-53	286.5
5	Maria Vermes	California	47-53	264.5
6	Yuxin Hao	Ohio	47-53	247.3 Raw
7	Jeanne Morris	Washington	47-53	242.5

HIGHEST ALL-TIME 105# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 54-60  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Debbie Rogers	Washington	54-60	287.6
2	Yuxin Hao	Ohio	54-60	242.5 Raw
3	Ann Dorschel	Wisconsin	54-60	225.7
4	Pamela Robinson	California	54-60	214.7
5	Sherry Abblett	California	54-60	205.9
6	Jennifer Souders	Washington	54-60	198.2 Raw
7	Mary Pederson	Washington	54-60	187.2

HIGHEST ALL-TIME 105# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 61-67  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Linda Barnes	California	61-67	336.0
2	JoAnn Clough	Maine	61-67	304.1
3	Debbie Rogers	Washington	61-67	275.5
4	Ann Dorschel	Wisconsin	61-67	236.7 Raw
5	Debbie Rogers	Washington	61-67	231.2 Raw
6	Nancy Georges	Florida	61-67	214.7 Raw
7	Betty Lafferty	Alabama	61-67	209.2
8	Sherry Abblett	California	61-67	192.7
9	Lynne T Nakama	Hawaii	61-67	149.8 Raw

HIGHEST ALL-TIME 105# DEADLIFTS IN WABDL  
 BY FEMALE MASTER LIFTERS Age 68+  
 Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Nancy Georges	Florida	68-74	209.2 Raw
2	Betty Lafferty	Alabama	68-74	203.7

4	Jean Broyles	California	75-79	99.0
5	Jean Broyles	California	68-74	80.3



HIGHEST ALL-TIME 97# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 40-46

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Elizabeth Cabe	Hawaii	40-46	339.3
2	Alexandra Vallejo	California	40-46	282.1
3	Sandra Herring	Georgia	40-46	266.7
4	Elizabeth Sirju	Texas	40-46	176.2

HIGHEST ALL-TIME 97# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 47-53

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Elizabeth Cabe	Hawaii	47-53	341.5
2	Elizabeth Cabe	Hawaii	47-53	297.5 Raw
3	Maria Vermes	California	47-53	253.5
4	Karen Arakawa	Hawaii	47-53	214.7
5	Velma Aguilar	California	47-53	209.2

HIGHEST ALL-TIME 97# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 54-60

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Donna Aliminosa	New Hampshire	54-60	250.2
2	Sherry Abblett	California	54-60	210.3
3	Jennifer Souders	Washington	54-60	198.2 Raw

HIGHEST ALL-TIME 97# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 61-67

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Ann Dorschel	Wisconsin	61-67	220.2
2	Ann Dorschel	Wisconsin	61-67	209.2 Raw
3	Donna Aliminosa	New Hampshire	61-67	194.9
4	Sherry Abblett	California	61-67	187.2
5	Pamela Robinson	California	61-67	143.2 Raw

HIGHEST ALL-TIME 97# DEADLIFTS IN WABDL

BY FEMALE MASTER LIFTERS Age 68-74

Includes LAW/FIRE MASTERS

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

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Donna Aliminosa	New Hampshire	68-74	187.2

