

2010 World Women's Results

Weight (Name	State	Age	Weight	Division	Squat	Bench	Deadlift	Total	Weight
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Int'l Bench Press-Raw

181	Tish Henderson	VA	37	185	Law/Fire/Military (35-39)		75.00		75.00
181	Avis Henderson	VA	59	176	Masters (55-59)		65.00		65.00

Int'l Deadlift-Assisted

220+	Linda Schaefer	CO	50	232	Open			200.00	200.00
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Int'l Deadlift-Raw

181	Avis Henderson	VA	59	176	Masters (55-59)			131.00	131.00
181	Tish Henderson	VA	37	185	Sub Masters (35-39)			175.00	175.00

Int'l Pushpull-Raw

097	Yadira Hawkins	VA	11	90	Kids (10-11)		22.50	27.50	50.00
123	Bridgette Perkins	VA	49	118	Law/Fire/ Military (45-49)		55.00	125.00	180.00
181	Lucy Hawkins	VA	55	174	Law/Fire/ Military (55-59)		52.50	105.00	157.50
181	Avis Henderson	VA	59	176	Masters (55-59)		65.00	131.00	196.00

World 3 Lift-Raw

181	Avis Henderson	VA	59	176	Masters (55-59)	75.00	65.00	131.00	271.00
181	Tish Henderson	VA	37	185	Sub Masters (35-39)	147.50	75.00	175.00	397.50