

AAU Powerlifting Association

Final Report of Events

Female Lifters

Full Power - Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Sarah Wellcheck	OH	14	105	Teenage (14-15)	70.00		40.50		82.50		193.00
123	Haley Bird	ok	14	119	Teenage (14-15)	120.00		62.50		125.00		307.50
132	Jan Bowers	FL	22	132	Junior (20-23)	132.50		80.00		137.50		350.00
132	Ellen Stein	NY	54	128	Masters (50-54)	150.00	155.00	75.00		167.50		392.50
132	Jan Bowers	FL	22	132	Military/ Open	132.50		80.00		137.50		350.00
148	Patty Burnett	SC	45	136	Masters (45-49)	105.00		77.50		115.00		297.50
198	Anna McCloskey	PA	14	184	Teenage (14-15)	152.50		102.50		195.00		450.00
198	Tamara Maloun	NE	18	196	Teenage (18-19)	145.00		85.00		142.50		372.50

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Final Report of Events

Female Lifters

Full Power - Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Keri Awada	CO	46	102	Masters (45-49)	52.50		37.50		107.50		197.50
123	Adrienne Zimmerman	PA	15	116	Teenage (14-15)	77.50		47.50		115.00		240.00
123	Leslie Kutner	FL	17	120	Teenage (16-17)	102.50	105.00	67.50		110.00		280.00
148	Sarah Biddle	IN	15	145	Lifetime / Open	87.50		57.50		107.50		252.50
148	Jean Gardella	RI	42	148	Masters (40-44)	120.00		97.50		137.50		355.00
148	Jean Gardella	RI	42	148	Open	120.00		97.50		137.50		355.00
148	Sarah Biddle	IN	15	145	Open	87.50		57.50		107.50		252.50
148	Sarah Biddle	IN	15	145	Teenage (14-15)	87.50		57.50		107.50		252.50
148	Monique Dudley	FL	11	136	Youth (12-13)	55.00	57.50	30.00		77.50	82.50	162.50
165	Elaina Bolster	FL	64	165	Lifetime / Masters (60-64)	57.50		35.00		75.00		167.50
165	Elaina Bolster	FL	64	165	Masters (60-64)	57.50		35.00		75.00		167.50
165	Chelsea Rebman	PA	18	165	Open	135.00		65.00		145.00		345.00
165	Tammy Walker	NC	39	163	Sub Masters (35-39)	102.50		85.00		142.50		330.00
165	Chelsea Rebman	PA	18	165	Teenage (18-19)	135.00		65.00		145.00		345.00
181	Avis Henderson	VA	56	175	Masters (55-59)	80.00	82.50	65.50		125.50		271.00
198	Jamie Langdon	NC	31	183	Lifetime / Open	112.50	117.50	75.00		125.00		312.50
198	Lucy Hawkins	VA	52	188	Military/ Masters (50-54)	42.50		57.50		100.00	102.50	200.00
198	Jamie Langdon	NC	31	183	Open	112.50	117.50	75.00		125.00		312.50
198+	Hannah Biddle	IN	17	209	Lifetime / Open	110.00		60.00		125.00		295.00
198+	Hannah Biddle	IN	17	209	Open	110.00		60.00		125.00		295.00
198+	Hannah Biddle	IN	17	209	Teenage (16-17)	110.00		60.00		125.00		295.00

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Female Lifters

Push/pull-Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Lynda D. Christopher	AZ	44	127	Lifetime / Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Lifetime / Open	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Military/ Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Military/ Open	0.00		55.00	60.00	100.00		155.00
198	Anna McCloskey		14	184	Teenage (14-15)	0.00		102.50		195.00		297.50
198	Tamara Maloun	NE	18	196	Teenage (18-19)	145.00		85.00		142.50		372.50

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Final Report of Events

Female Lifters

Push/pull-Raw

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
148	Sarah Biddle	IN	15	145	Lifetime / Open	87.50		57.50		107.50		252.50
148	Delores Grimes	VA	34	148	Lifetime / Open	0.00		50.00		95.00	100.00	145.00
148	Delores Grimes	VA	34	148	Military/ Open	0.00		50.00		95.00	100.00	145.00
148	Sarah Biddle	IN	15	145	Open	87.50		57.50		107.50		252.50
148	Delores Grimes	VA	34	148	Open	0.00		50.00		95.00	100.00	145.00
148	Sarah Biddle	IN	15	145	Teenage (14-15)	87.50		57.50		107.50		252.50
181	Avis Henderson	VA	56	175	Masters (55-59)	80.00	82.50	65.50		125.50		271.00
198	Lucy Hawkins	VA	52	188	Military/ Masters (50-54)	42.50		57.50		100.00	102.50	200.00
198+	Hannah Biddle	IN	17	209	Lifetime / Open	110.00		60.00		125.00		295.00
198+	Hannah Biddle	IN	17	209	Open	110.00		60.00		125.00		295.00
198+	Hannah Biddle	IN	17	209	Teenage (16-17)	110.00		60.00		125.00		295.00

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Final Report of Events

Female Lifters

Bench Press - Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Lynda D. Christopher	AZ	44	127	Lifetime / Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Lifetime / Open	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Military/ Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Military/ Open	0.00		55.00	60.00	100.00		155.00
198	Anna McCloskey	PA	14	184	Teenage (14-15)	152.50		102.50		195.00		450.00

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Female Lifters

Bench Press - Raw

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
148	Delores Grimes	VA	34	148	Lifetime / Open	0.00		50.00		95.00	100.00	145.00
148	Monique Tanksley	VA	40	139	Military/ Masters (40-44)	0.00		52.50		0.00		52.50
148	Delores Grimes	VA	34	148	Military/ Open	0.00		50.00		95.00	100.00	145.00
148	June Hunte	VA	44	148	Military/ Sub Masters (35-39)	0.00		50.00		0.00		50.00
148	Jean Gardella	RI	42	148	Open	120.00		97.50		137.50		355.00
148	Delores Grimes	VA	34	148	Open	0.00		50.00		95.00	100.00	145.00
165	Tammy Walker	NC	39	163	Sub Masters (35-39)	102.50		85.00		142.50		330.00
181	Avis Henderson		56	175	Masters (55-59)	0.00		65.50		0.00		65.50
181	Tiffany Sisk	SC	14	180	Teenage (14-15)	0.00		63.00		112.50		175.50
198	Lucy Hawkins	VA	52	188	Military/ Masters (50-54)	42.50		57.50		100.00	102.50	200.00
198+	Rhonda Harris	VA	42	206	Military/ Masters (40-44)	0.00		67.50		0.00		67.50

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Final Report of Events

Female Lifters

Deadlift - Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
114	Karin Heindl	Austria	51	112	Masters (50-54)	0.00		0.00		95.00		95.00
114	Karin Heindl	Austria	51	112	Open	0.00		0.00		95.00		95.00
132	Lynda D. Christopher	AZ	44	127	Lifetime / Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Lifetime / Open	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Ellen Stein	NY	54	128	Masters (50-54)	150.00	155.00	75.00		167.50		392.50
132	Lynda D. Christopher	AZ	44	127	Military/ Masters (40-44)	0.00		55.00	60.00	100.00		155.00
132	Lynda D. Christopher	AZ	44	127	Military/ Open	0.00		55.00	60.00	100.00		155.00
148	Susan Sanaghan	IN	53	144	Masters (50-54)	0.00		0.00		130.00		130.00
198	Anna McCloskey	PA	14	184	Teenage (14-15)	152.50		102.50		195.00		450.00
198	Tamara Maloun	NE	18	196	Teenage (18-19)	145.00		85.00		142.50		372.50

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Female Lifters

Deadlift - Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Keri Awada	CO	46	102	Masters (45-49)	52.50		37.50		107.50		197.50
148	Delores Grimes	VA	34	148	Lifetime / Open	0.00		50.00		95.00	100.00	145.00
148	Jean Gardella	RI	42	148	Masters (40-44)	120.00		97.50		137.50		355.00
148	Delores Grimes	VA	34	148	Military/ Open	0.00		50.00		95.00	100.00	145.00
148	Delores Grimes	VA	34	148	Open	0.00		50.00		95.00	100.00	145.00
148	Monique Dudley	FL	11	136	Youth (12-13)	55.00	57.50	30.00		77.50	82.50	162.50
181	Avis Henderson	VA	56	175	Masters (55-59)	80.00	82.50	65.50		125.50		271.00
181	Tiffany Sisk	SC	14	180	Teenage (14-15)	0.00		63.00		112.50		175.50
198+	Florence Wilson	PA	13	216	Youth (12-13)	0.00		0.00		100.00		100.00