

WEST REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

REVISED: 2-10-10

97 LB. CLASS	SQUAT	160	LAUREN BOUDREAUX	2001	LAKE ARTHUR
	BENCH	75	FALLON FONTENOT	2010	CROWLEY
	DEAD	200	LAUREN BOUDREAUX	2001	LAKE ARTHUR
	TOTAL	425	MONICA WITHERSPOON	2004	LEESVILLE
			LAUREN BOUDREAUX	2001	LAKE ARTHUR
105 LB. CLASS	SQUAT	205	AMANDA ISTRE	2008	CROWLEY
	BENCH	100	MARSHALA JONES	2004	WASHINGTON-MARION
	DEAD	250	LAUREN BOUDREAUX	2002	LAKE ARTHUR
	TOTAL	520	LAUREN BOUDREAUX	2002	LAKE ARTHUR
114. LB. CLASS	SQUAT	240	SARA BROUSSARD	2001	LAKE ARTHUR
	BENCH	140	JENNIFER DESHOTEL	2007	CHURCH POINT
	DEAD	260	LAUREN BOUDREAUX	2003	LAKE ARTHUR
	TOTAL	585	SARA BROUSSARD	2001	LAKE ARTHUR
123 LB. CLASS	SQUAT	230	ANN MITCHELL	2000	PICKERING
	BENCH	135	JENNIFER DESHOTEL	2006	CHURCH POINT
	DEAD	270	LYNEE' LaLONDE	2003	BEAU CHENE
	TOTAL	595	LYNEE' LaLONDE	2003	BEAU CHENE
132 LB. CLASS	SQUAT	275	KAMILAH TODD	1998	LEESVILLE
	BENCH	135	KAMILAH TODD	1998	LEESVILLE
	DEAD	375	KAMILAH TODD	1998	LEESVILLE
	TOTAL	785	KAMILAH TODD	1998	LEESVILLE
148 LB. CLASS	SQUAT	280	RONNY MELANCON	2003	RAYNE
	BENCH	170	RONNY MELANCON	2003	RAYNE
	DEAD	320	MEGAN LAGRANGE	2004	BEAU CHENE
	TOTAL	750	RONNY MELANCON	2003	RAYNE
165 LB. CLASS	SQUAT	275	HEATHER LANDRY	2002	BEAU CHENE
	BENCH	150	HEATHER LANDRY	2004	BEAU CHENE
	DEAD	320	HEATHER LANDRY	2004	BEAU CHENE
	TOTAL	745	HEATHER LANDRY	2004	BEAU CHENE
181 LB. CLASS	SQUAT	305	AMANDA OLIVIER	2005	BEAU CHENE
	BENCH	145	SHANNA SIMMONS	1999	ROSEFINE
	DEAD	325	AMANDA OLIVIER	2005	BEAU CHENE
	TOTAL	755	AMANDA OLIVIER	2005	BEAU CHENE
198 LB. CLASS	SQUAT	275	AMY ABSHIRE	2008	CROWLEY
	BENCH	120	KIM GASPARD	2003	LAKE ARTHUR
	DEAD	300	KIM GASPARD	2003	LAKE ARTHUR
	TOTAL	685	KIM GASPARD	2003	LAKE ARTHUR
220 LB. CLASS	SQUAT	290	KATY McKELLAR	2008	PICKERING
	BENCH	155	TAMEKA STANLEY	1999	LEESVILLE
	DEAD	325	KATY McKELLAR	2007	PICKERING
	TOTAL	165	TAMEKA STANLEY	1999	LEESVILLE
			TAMEKA STANLEY	1999	LEESVILLE
SHW CLASS	SQUAT	285	TIFFANY ELEAZER	1999	LEESVILLE
	BENCH	155	TIFFANY ELEAZER	1999	LEESVILLE
	DEAD	330	KARA CASSELS	2000	ROSEFINE
	TOTAL	685	KARA CASSELS	2000	ROSEFINE