

NORTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

REVISED: 2/19/10

97 LB. CLASS	SQUAT	255	DAWN WALKER	1995	WEST MONROE
	BENCH	105	NICHOLE BROWN	1996	WEST MONROE
	DEAD	275	ERICA ELLIS	2004	WEST MONROE
	TOTAL	625	STEFANIE McMILLIAN	1998	ALEXANDRIA
105 LB. CLASS	SQUAT	240	STEFANIE McMILLIAN	1998	ALEXANDRIA
	BENCH	120	BROWNWELL	1999	WEST MONROE
	DEAD	280	McCLENDON	1999	WEST MONROE
	TOTAL	600	ASHLEY THOMPSON	1996	TIOGA
114 LB. CLASS	SQUAT	270	NATAHSA LOWE	1993	ALEXANDRIA
	BENCH	130	KATHERINE CONWAY	1995	McCALL
	DEAD	315	ROXIE BELL	1994	VICTORY CHRISTIAN
	TOTAL	705	KATHERINE CONWAY	1995	McCALL
123 LB. CLASS	SQUAT	315	KATHERINE CONWAY	1995	McCALL
	BENCH	150	PAM LEWIS	2001	SWEENY (TX)
	DEAD	370	DANA WARREN	1994	SPRINGHILL
	TOTAL	795	JENNIFER KIRK	1994	ALEXANDRIA
132 LB. CLASS	SQUAT	310	PAM LEWIS	2001	SWEENY (TX)
	BENCH	175	COURTNEY GAMBURG	1999	ALEXANDRIA
	DEAD	370	ANGELLE MATT	2004	MENARD HIGH SCHOOL
	TOTAL	865	ANGELLE MATT	2004	MENARD HIGH SCHOOL
148 LB. CLASS	SQUAT	340	ANGELLE MATT	2004	MENARD HIGH SCHOOL
	BENCH	170	ANGELLE MATT	2004	MENARD HIGH SCHOOL
	DEAD	380	JAMAICA CHISLEY	2008	RICHWOOD
	TOTAL	815	POLLY ANN BELL	1995	VICTORY CHRISTIAN
165 LB. CLASS	SQUAT	360	KIMMY BARBERA	1998	ALEXANDRIA
	BENCH	165	KIMMY BARBERA	1998	ALEXANDRIA
	DEAD	390	JAMONTENAE TERRY	2008	ALEXANDRIA
	TOTAL	865	JESSICA MILAZZO	1997	ALEXANDRIA
181 LB. CLASS	SQUAT	365	MARY HOOPER	2010	NATCHITOCHEs CENTRAL
	BENCH	190	JESSICA MILAZZO	1997	ALEXANDRIA
	DEAD	400	ANNIE SIMMONS	1998	BOLTON
	TOTAL	920	TRACI TILL	2004	ALEXANDRIA
198 LB. CLASS	SQUAT	385	YUMECA HAMBURG	1997	WEST MONROE
	BENCH	200	TRACI TILL	2004	ALEXANDRIA
	DEAD	360	TONYA WHITE	1996	WEST MONROE
	TOTAL	900	TONYA WHITE	1996	WEST MONROE
220 LB. CLASS	SQUAT	380	JACKIE GOODMAN	1993	WEST MONROE
	BENCH	175	TONYA WHITE	1996	WEST MONROE
	DEAD	400	AMANDA SIMMONS	1998	BOLTON
	TOTAL	915	DANIELLE WRINKLE	2003	WEST MONROE
SUPERHEAVYWEIGHT	SQUAT	445	KENDRA THORTON	2010	PEABODY MAGNET
	BENCH	220	AMANDA SIMMONS	1998	BOLTON
	DEAD	400	TAKEIMA DIALS	2001	ALEXANDRIA
	TOTAL	1045	TAKEIMA DIALS	2001	ALEXANDRIA