

NORTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

REVISED: 3/17/11

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	245	STEFANIE McMILLIAN	1998	ALEXANDRIA
	BENCH	120	BRANDI SMITH	2006	NATCHITOCHE CENTRAL
	DEAD	285	McCLENDON	1999	WEST MONROE
	TOTAL	640	BRANDI SMITH	2006	NATCHITOCHE CENTRAL
114 LB. CLASS	SQUAT	270	BRANDI SMITH	2006	NATCHITOCHE CENTRAL
	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	ANGELLE MATT	2004	MENARD HIGH SCHOOL
	TOTAL	815	ANGELLE MATT	2004	MENARD HIGH SCHOOL
165 LB. CLASS	SQUAT	340	JAMAICA CHISLEY	2008	RICHWOOD
	BENCH	170	POLLY ANN BELL	1995	VICTORY CHRISTIAN
	DEAD	380	KIMMY BARBERA	1998	ALEXANDRIA
	TOTAL	815	KIMMY BARBERA	1998	ALEXANDRIA
181 LB. CLASS	SQUAT	360	JAMONTENAE TERRY	2008	ALEXANDRIA
	BENCH	165	JESSICA MILAZZO	1997	ALEXANDRIA
	DEAD	390	MARY HOOPER	2010	NATCHITOCHE CENTRAL
	TOTAL	865	JESSICA MILAZZO	1997	ALEXANDRIA
198 LB. CLASS	SQUAT	365	ANNIE SIMMONS	1998	BOLTON
	BENCH	190	TRACI TILL	2004	ALEXANDRIA
	DEAD	400	YUMECA HAMBURG	1997	WEST MONROE
	TOTAL	920	TRACI TILL	2004	ALEXANDRIA
220 LB. CLASS	SQUAT	385	ANNIE SIMMONS	1998	BOLTON
	BENCH	200	TRACI TILL	2004	ALEXANDRIA
	DEAD	365	YUMECA HAMBURG	1997	WEST MONROE
	TOTAL	900	TRACI TILL	2004	ALEXANDRIA
SUPERHEAVYWEIGHT	SQUAT	445	TONYA WHITE	1996	WEST MONROE
	BENCH	220	TONYA WHITE	1996	WEST MONROE
	DEAD	400	RAISA HOWARD	2011	ALEXANDRIA
	TOTAL	1045	TONYA WHITE	1996	WEST MONROE
220 LB. CLASS	SQUAT	380	AMANDA SIMMONS	1998	BOLTON
	BENCH	175	DANIELLE WRINKLE	2003	WEST MONROE
	DEAD	400	KENDRA THORTON	2010	PEABODY MAGNET
	TOTAL	915	AMANDA SIMMONS	1998	BOLTON
SUPERHEAVYWEIGHT	SQUAT	445	TAKEIMA DIALS	2001	ALEXANDRIA
	BENCH	220	PATRICIA CALHOUN	2003	WEST MONROE
	DEAD	400	TAKEIMA DIALS	2001	ALEXANDRIA
	TOTAL	1045	TAKEIMA DIALS	2001	ALEXANDRIA