













APF WOMEN - EQUIPPED													
Division	Wt. Cl. (kg)	Lifter	Squat (kg)	Date	Lifter	Bench (kg)	Date	Lifter	Deadlift (kg)	Date	Lifter	Total (kg)	Date
Open	44				Sally Thomas	77.5	3/29/2008						
Open	48	Kristin Floreno	82.5	10/11/2014	Kristin Floreno	32.5	10/11/2014	Kristin Floreno	97.5	10/11/2014	Kristin Floreno	212.5	10/11/2014
Open	52	M Skauradchun-Kiousis	102.5	12/8/2001	Julie Smith	70	3/29/2008	M Skauradchun-Kiousis	147.5	3/10/2001	Gael Wallace	277.5	12/8/2001
Open	56	Laura Wilson	142.5	10/12/2002	Laura Wilson	85	8/11/2001	Laura Wilson	142.5	3/22/2003	Laura Wilson	365	10/12/2002
Open	60	Renata DeFelice	147.5	9/26/1998	Natalie Sines	132.5	3/19/2011	Laura Wilson	137.5	3/23/2002	Laura Wilson	350	3/23/2002
Open	67.5	Beth LaPierre	190	11/13/2005	Beth LaPierre	100	11/13/2005	Amy Kozle	192.5	3/12/2017	Amy Kozle	462.5	3/12/2017
Open	75	Shelly Pier	197.5	11/13/2005	Darlyn Doddy	185	7/21/2012	Shelly Pier	165	11/13/2005	Shelly Pier	465	11/13/2005
Open	82.5	Kristy Reske	155	7/26/2003	Kristy Reske	102.5	7/26/2003	Kristy Reske	157.5	7/26/2003	Kristy Reske	412.5	7/26/2003
Open	90	Kristy Reske	207.5	3/13/2004	Jolynn Arvin	147.5	8/12/2000	Kristy Reske	210	3/13/2004	Kristy Reske	500	3/13/2004
Open	SHW	Jolynn Arvin	260	3/29/1997	Kristy Reske	162.5	6/4/2005	Jolynn Arvin	255	3/29/1997	Jolynn Arvin	672.5	3/29/1997
Teen 13-15	44												
Teen 13-15	48												
Teen 13-15	52												
Teen 13-15	56												
Teen 13-15	60												
Teen 13-15	67.5												
Teen 13-15	75												
Teen 13-15	82.5												
Teen 13-15	90												
Teen 13-15	SHW												
Teen 16-17	44												
Teen 16-17	48												
Teen 16-17	52												
Teen 16-17	56												
Teen 16-17	60												
Teen 16-17	67.5												
Teen 16-17	75	Kim Czerwiec	92.5	7/24/2004	Kim Czerwiec	62.5	7/24/2004	Kim Czerwiec	112.5	3/13/2004	Kim Czerwiec	250	7/24/2004
Teen 16-17	82.5												
Teen 16-17	90												
Teen 16-17	SHW												
Teen 18-19	44												
Teen 18-19	48												
Teen 18-19	52												
Teen 18-19	56												
Teen 18-19	60												
Teen 18-19	67.5	Heather Sterzick	127.5	5/19/2001	Heather Sterzick	67.5	5/19/2001	Heather Sterzick	150	5/19/2001	Heather Sterzick	345	5/19/2001
Teen 18-19	75				Darlyn Doddy	125	8/29/2009	Darlyn Doddy	160	3/21/2009			
Teen 18-19	82.5												
Teen 18-19	90												
Teen 18-19	SHW												
Jr 20-23	44												
Jr 20-23	48												
Jr 20-23	52	Taline Muskat	115	3/10/2001	Taline Muskat	60	3/10/2001	Taline Muskat	132.5	3/10/2001	Taline Muskat	307.5	3/10/2001
Jr 20-23	56				Stacey Stiltner	52.5	6/7/1998	Stacey Stiltner	100	6/7/1998			
Jr 20-23	60	Stacey Norton	97.5	10/2/1999	Stacey Norton	60	10/2/1999	Stacey Norton	135	10/2/1999	Stacey Norton	277.5	10/2/1999
Jr 20-23	67.5	Jessica Spittal	132.5	12/12/1999	Natalie Carr	75	8/26/2006	Jessica Spittal	142.5	12/12/1999	Jessica Spittal	337.5	12/12/1999
Jr 20-23	75	Kristy Reske	120	10/24/1998	Kristy Reske	85	10/24/1998	Kristy Reske	147.5	10/24/1998	Kristy Reske	352.5	10/24/1998
Jr 20-23	82.5												
Jr 20-23	90												
Jr 20-23	SHW												
Submaster	44												
Submaster	48												
Submaster	52	M Skauradchun-Kiousis	102.5	12/8/2001	Julie Smith	70	3/29/2008	M Skauradchun-Kiousis	147.5	3/10/2001	M Skauradchun-Kiousis	267.5	12/8/2001
Submaster	56	Laura Wilson	137.5	3/22/2003	Laura Wilson	85	8/11/2001	Laura Wilson	137.5	8/11/2001	Laura Wilson	350	8/11/2001
Submaster	60	Laura Wilson	127.5	3/23/2002	Natalie Sines	120	1/15/2011	Laura Wilson	137.5	3/23/2002	Laura Wilson	350	3/23/2002
Submaster	67.5	Loni Fortin	160	7/26/2003	Loni Fortin	72.5	7/26/2003	Loni Fortin	145	7/26/2003	Loni Fortin	370	7/26/2003
Submaster	75	Kamie Wade	80	10/18/1997	Kamie Wade	45	10/18/1997	Kamie Wade	112.5	10/18/1997	Kamie Wade	237.5	10/18/1997
Submaster	82.5	Pam Chica	130	3/22/2003	Pam Chica	37.5	3/22/2003	Pam Chica	152.5	3/22/2003	Pam Chica	320	
Submaster	90												
Submaster	SHW	Charisse Gilbert	192.5	3/19/2005	Charisse Gilbert	112.5	3/19/2005	Charisse Gilbert	182.5	3/19/2005	Charisse Gilbert	487.5	3/19/2005
Master 40-44	44												
Master 40-44	48												
Master 40-44	52	Gael Wallace	102.5	12/8/2001	Gael Wallace	55	12/8/2001	Gael Wallace	120	12/8/2001	Gael Wallace	277.5	12/8/2001
Master 40-44	56	Laura Wilson	142.5	10/12/2002	Laura Wilson	85	7/26/2003	Laura Wilson	142.5	7/26/2003	Laura Wilson	365	10/12/2002
Master 40-44	60				Brendy Woody	107.5	9/11/2004						
Master 40-44	67.5	Amy Kozle	175	3/12/2017	Amy Kozle	95	3/12/2017	Amy Kozle	192.5	3/12/2017	Amy Kozle	462.5	3/12/2017
Master 40-44	75	Mary Mercatante	85	10/11/2003	Jody White	47.5	3/13/2004	Jody White	102.5	3/13/2004	Mary Mercatante	217.5	10/11/2003
Master 40-44	82.5												
Master 40-44	90												
Master 40-44	SHW	Kathy Kleinert	47.5		Kathy Kleinert	40	10/2/1999	Kathy Kleinert	52.5	10/2/1999	Kathy Kleinert	140	10/2/1999
Master 45-49	44												
Master 45-49	48												
Master 45-49	52				Donna Ahrens	47.5	12/12/1999						
Master 45-49	56				Donna Ahrens	50	6/25/2000						
Master 45-49	60												
Master 45-49	67.5				Connie Randall	27.5	3/11/2000	Connie Randall	37.5	3/11/2000			
Master 45-49	75	Darlene Cairns	40	3/10/2001	Darlene Cairns	32.5	3/10/2001	Darlene Cairns	65	3/10/2001	Darlene Cairns	137.5	3/10/2001
Master 45-49	82.5				Sandy Lipinski	37.5	6/25/2000						
Master 45-49	90	Beverly Larr	60	5/19/2001	Beverly Larr	55	5/19/2001	Beverly Larr	90	5/19/2001	Beverly Larr	205	5/19/2001
Master 45-49	SHW	Mary Beth Irwin	42.5	9/23/2000	Mary Beth Irwin	40	9/23/2000	Mary Beth Irwin	75	9/23/2000	Mary Beth Irwin	157.5	9/23/2000
Master 50-54	44												
Master 50-54	48												
Master 50-54	52												
Master 50-54	56												
Master 50-54	60												
Master 50-54	67.5	Diane Hladun	60	10/11/2003	Diane Hladun	50	10/11/2003	Diane Hladun	87.5	10/11/2003	Diane Hladun	200	10/11/2003
Master 50-54	75	Betsy Lanman	57.5	10/12/2002	Betsy Lanman	57.5	10/12/2002	Betsy Lanman	105	10/12/2002	Betsy Lanman	217.5	10/12/2002
Master 50-54	82.5												
Master 50-54	90												
Master 50-54	SHW	Diane Diamond	85	10/23/2004	Diane Diamond	60	10/23/2004	Diane Diamond	115	10/23/2004	Diane Diamond	257.5	10/23/2004
Master 55-59	44												
Master 55-59	48												
Master 55-59	52												
Master 55-59	56												
Master 55-59	60												
Master 55-59	67.5	Jean Camilleri	30	3/11/2000	Jean Camilleri	30	3/11/2000	Jean Camilleri	30	3/11/2000	Jean Camilleri	90	3/11/2000
Master 55-59	75												
Master 55-59	82.5	Penny Wexelberg	90	10/2/1999	Penny Wexelberg	52.5	3/22/2003	Penny Wexelberg	117.5	12/12/1999	Penny Wexelberg	240	10/2/1999
Master 55-59	90												
Master 55-59	SHW												
Master 60-64	44												
Master 60-64	48												
Master 60-64	52												
Master 60-64	56												
Master 60-64	60												
Master 60-64	67.5	Dolly Ettenhofer	40	10/23/2004	Dolly Ettenhofer	30	10/23/2004	Dolly Ettenhofer	77.5	10/23/2004	Dolly Ettenhofer	145	10/23/2004
Master 60-64	75				Joanne Tirshnet	42.5	3/19/2005						





































