

2005 Squat Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet
1	185	D. Wofford	2005 World Powerlifting Championships
2	165	Lauren Fletcher	North Carolina Teenage State Championships
3	160	Karen Poyner	National Powerlifting Championships
4	150	Phelan Fletcher	North Carolina Teenage State Championships
5	130	Cynthia Gervais	National Powerlifting Championships

2005 Bench Press Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet
1	155	Kerry Self	Christmas Bench Press Classic
2	145	Sue Myers	Raleigh Bench Press Championships
3	140	D. Wofford	2005 World Powerlifting Championships
4	130	Karen Poyner	North American Bench Press
5	100	Phelan Fletcher	North Carolina Teenage State Championships
	100	Cynthia Gervais	National Powerlifting Championships
7	90	Lauren Fletcher	North Carolina Teenage State Championships
8	60	Diane Perry	Raleigh Bench Press Championships

2005 Deadlift Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet
1	245	D. Wofford	2005 World Powerlifting Championships
2	230	Lauren Fletcher	North Carolina Teenage State Championships
3	225	Phelan Fletcher	North Carolina Teenage State Championships
4	220	Karen Poyner	North American Bench Press
5	200	Cynthia Gervais	National Powerlifting Championships

2005 Total Rankings

Weight Class: 123 lb

Rank	Lift	Lifter	Meet
1	570	D. Wofford	2005 World Powerlifting Championships
2	505	Karen Poyner	North American Bench Press
3	485	Lauren Fletcher	North Carolina Teenage State Championships
4	475	Phelan Fletcher	North Carolina Teenage State Championships
5	430	Cynthia Gervais	National Powerlifting Championships

2005 Squat Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet
1	170.9	Diane Crampton	Hagerstown Tri-State Open
2	104.7	Ellen Steimling	Hagerstown Tri-State Open

2005 Bench Press Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet
1	150	Kelly Wescott	National Bench Press Championships
2	125	Teresa Monford	National Bench Press Championships
3	115.7	Diane Crampton	Hagerstown Tri-State Open
4	115	Autum Prois	National Bench Press Championships
5	82.7	Ellen Steimling	Hagerstown Tri-State Open

2005 Deadlift Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet
1	231.5	Diane Crampton	Hagerstown Tri-State Open
2	226	Ellen Steimling	Hagerstown Tri-State Open

2005 Total Rankings

Weight Class: 132 lb

Rank	Lift	Lifter	Meet
1	507.1	Diane Crampton	Hagerstown Tri-State Open
2	413.4	Ellen Steimling	Hagerstown Tri-State Open

2005 Squat Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Meet
1	235.5	Ruth Douglas	Hagerstown Tri-State Open
1	150	Megan Hollowell	North Carolina Teenage State Championships
2	88.2	Laura Hagman	Hagerstown Tri-State Open

2005 Bench Press Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Meet
1	155	Rebecca Howell	National Bench Press Championships
2	145	Trenita Stewart	Battle of the Border
3	137.8	Ruth Douglas	Hagerstown Tri-State Open
4	110	Delores Grimes	2005 World Bench Press Championships
5	95	Megan Hollowell	North Carolina Teenage State Championships
6	82.7	Laura Hagman	Hagerstown Tri-State Open

2005 Deadlift Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Meet
1	297.6	Ruth Douglas	Hagerstown Tri-State Open
2	230	Megan Hollowell	North Carolina Teenage State Championships
3	176.4	Laura Hagman	Hagerstown Tri-State Open

2005 Total Rankings

Weight Class: 148 lb

Rank	Lift	Lifter	Meet
1	688.9	Ruth Douglas	Hagerstown Tri-State Open

2	475	Megan Hollowell	North Carolina Teenage State Championships
3	347.2	Laura Hagman	Hagerstown Tri-State Open

2005 Squat Rankings

Weight Class: 165 lb			
Rank	Lift	Lifter	Meet
1	195	Amber Dikeman	North Carolina Teenage State Championships
	195	Angel Green	2005 World Powerlifting Championships
3	185	Barbara Roby	National Powerlifting Championships
4	165	Monica Mercer	North Carolina Teenage State Championships

2005 Bench Press Rankings

Weight Class: 165 lb			
Rank	Lift	Lifter	Meet
1	160	Michelle Omokaiye	Raleigh Bench Press Championships
2	150	Monica Mercer	North Carolina Teenage State Championships
3	140	Angel Green	2005 World Powerlifting Championships
4	135	Barbara Roby	National Powerlifting Championships
5	125	Amber Dikeman	North Carolina Teenage State Championships

2005 Deadlift Rankings

Weight Class: 165 lb			
Rank	Lift	Lifter	Meet
1	300	Monica Mercer	North Carolina Teenage State Championships
	300	Angel Green	2005 World Powerlifting Championships
3	290	Amber Dikeman	North Carolina Teenage State Championships
4	205	Barbara Roby	National Powerlifting Championships

2005 Total Rankings

Weight Class: 165 lb			
Rank	Lift	Lifter	Meet
1	635	Angel Green	2005 World Powerlifting Championships
2	615	Monica Mercer	North Carolina Teenage State Championships
3	610	Amber Dikeman	North Carolina Teenage State Championships
4	525	Barbara Roby	National Powerlifting Championships

2005 Squat Rankings

Weight Class: 181 lb			
Rank	Lift	Lifter	Meet
1	225	B. Patrick	2005 World Powerlifting Championships
2	190	M. Omokaiye	2005 World Powerlifting Championships
3	165	B. Ressinger	2005 World Powerlifting Championships

2005 Bench Press Rankings

Weight Class: 181 lb			
Rank	Lift	Lifter	Meet
1	180	Jamie Kocher	Jacksonville Bench Press Open

	180	Karen Stone	Raleigh Bench Press Championships
3	170	M. Omokaiye	2005 World Powerlifting Championships
4	160	H. Isbell	2005 World Bench Press Championships
5	155	Nicole Miller	National Bench Press Championships
6	145	B. Patrick	2005 World Powerlifting Championships
	145	Angel Green	2005 World Bench Press Championships
8	120	B. Ressinger	2005 World Powerlifting Championships

2005 Deadlift Rankings

Weight Class:		181 lb	
Rank	Lift	Lifter	Meet
1	300	B. Patrick	2005 World Powerlifting Championships
2	220	M. Omokaiye	2005 World Powerlifting Championships
3	205	B. Ressinger	2005 World Powerlifting Championships

2005 Total Rankings

Weight Class:		181 lb	
Rank	Lift	Lifter	Meet
1	670	B. Patrick	2005 World Powerlifting Championships
2	580	M. Omokaiye	2005 World Powerlifting Championships
3	490	B. Ressinger	2005 World Powerlifting Championships

2005 Squat Rankings

Weight Class:		198 lb	
Rank	Lift	Lifter	Meet
1	250	A. Marrow	2005 World Powerlifting Championships

2005 Bench Press Rankings

Weight Class:		198 lb	
Rank	Lift	Lifter	Meet
1	190	A. Marrow	2005 World Powerlifting Championships
3	145	Angle Green	Raleigh Bench Press Championships
2	140	Deborah Newsome	National Bench Press Championships

2005 Deadlift Rankings

Weight Class:		198 lb	
Rank	Lift	Lifter	Meet
1	320	A. Marrow	2005 World Powerlifting Championships

2005 Total Rankings

Weight Class:		198 lb	
Rank	Lift	Lifter	Meet
1	760	A. Marrow	2005 World Powerlifting Championships

2005 Squat Rankings

Weight Class:		SHW lb	
----------------------	--	---------------	--

Rank	Lift	Lifter	Meet
1	300	L. Marrow	2005 World Powerlifting Championships

2005 Bench Press Rankings

Weight Class:		SHW 1b	
Rank	Lift	Lifter	Meet
1	195	L. Marrow	2005 World Powerlifting Championships
2	100	S. Stinnett	2005 World Bench Press Championships

2005 Deadlift Rankings

Weight Class:		SHW 1b	
Rank	Lift	Lifter	Meet
1	300	L. Marrow	2005 World Powerlifting Championships

2005 Total Rankings

Weight Class:		SHW 1b	
Rank	Lift	Lifter	Meet
1	795	L. Marrow	2005 World Powerlifting Championships

Site

Raleigh	NC
Barco	NC
Sanford	NC
Barco	NC
Sanford	NC

Site

Stanardsville	VA
Raleigh	NC
Raleigh	NC
Stanardsville	VA
Barco	NC
Sanford	NC
Barco	NC
Raleigh	NC

Site

Raleigh	NC
Barco	NC
Barco	NC
Stanardsville	VA
Sanford	NC

Site

Raleigh	NC
Stanardsville	VA
Barco	NC
Barco	NC
Sanford	NC

Site

Hagerstown	MD
Hagerstown	MD

Site

Sanford	NC
Sanford	NC
Hagerstown	MD
Sanford	NC
Hagerstown	MD

Site

Hagerstown	MD
Hagerstown	MD

Site

Hagerstown	MD
Hagerstown	MD

Site

Hagerstown	MD
Barco	NC
Hagerstown	MD

Site

Sanford	NC
Currituck	NC
Hagerstown	MD
Currituck	NC
Barco	NC
Hagerstown	MD

Site

Hagerstown	MD
Barco	NC
Hagerstown	MD

Site

Hagerstown	MD
------------	----

Barco	NC
Hagerstown	MD

Site

Barco	NC
Raleigh	NC
Sanford	NC
Barco	NC

Site

Raleigh	NC
Barco	NC
Raleigh	NC
Sanford	NC
Barco	NC

Site

Barco	NC
Raleigh	NC
Barco	NC
Sanford	NC

Site

Raleigh	NC
Barco	NC
Barco	NC
Sanford	NC

Site

Raleigh	NC
Raleigh	NC
Raleigh	NC

Site

Jacksonville	NC
--------------	----

Raleigh	NC
Raleigh	NC
Currituck	NC
Sanford	NC
Raleigh	NC
Currituck	NC
Raleigh	NC

Site

Raleigh	NC
Raleigh	NC
Raleigh	NC

Site

Raleigh	NC
Raleigh	NC
Raleigh	NC

Site

Raleigh	NC
---------	----

Site

Raleigh	NC
Raleigh	NC
Sanford	NC

Site

Raleigh	NC
---------	----

Site

Raleigh	NC
---------	----

Site

Raleigh NC

Site

Raleigh NC
Currituck NC

Site

Raleigh NC

Site

Raleigh NC