

## 2007 Squat Rankings

**Weight Class: 123 lb**

Rank	Lift	Lifter	Meet	Site	
1	200	Donna McBurney	2007 National Powerlifting Championships	Richmond	VA
2	190	Shannon DeAtley	North Carolina State Powerlifting Championships	Jarvisburg	NC
	190	Leslie Kutner	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
4	150	Amanda Graham	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
5	137	Samantha Shores	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	135	Brianna Kissel	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
7	132	Daria Dermelev	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
8	126	Kristen Meisenheimer	2007 Nebraska State Powerlifting Championships	Omaha	NE
9	115	Nicole Sardino	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
10	105	E. Blackett	2007 High School Nationals & Florida Open	West Melbourne	FL
	105	C. Lozano	2007 High School Nationals & Florida Open	West Melbourne	FL
	105	Diana Kernoff	World Record Breakers - Last Lift 2007	Burlington	VT
13	100	Chelsea Koceski	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
14	85	R.Fernandez	2007 High School Nationals & Florida Open	West Melbourne	VT
15	82	Moriah Douglas	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
16	80	Katrina Thompson	2007 100% RAW World Powerlifting Championships	West Melbourne	FL

## 2007 Bench Press Rankings

**Weight Class: 123 lb**

Rank	Lift	Lifter	Meet	Site	
1	175	Kerry Self	2007 Old Dominion Bench Press Classic	Stanardsville	VA
	175	Gina Benton	2007 National Bench Press Championships	Richmond	VA
3	154	Donna McBurney	Supreme Fitness Challenge	Brattleboro	VT
4	140	Linda Richard	2007 National Bench Press Championships	Richmond	VA
	140	Leslie Kutner	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
6	130	Karen Poyner	Ironman/Ironwoman Nationals	Stanardsville	VA
7	125	Therese Gill	United States Open Bench Press	Stanardsville	VA
	125	Johli Carscallen	East Coast Bench Press Championships	Jacksonville	NC
	125	Marla McElroy	2007 Illinois State Powerlifting Championships	Bloomington	IL
10	115	Lauren Watson	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
11	112	Jessica McBride	100% RAW World Bench Press Championships	Currituck	NC
12	100	Shannon DeAtley	North Carolina State Powerlifting Championships	Jarvisburg	NC
	99	Kristen Meisenheimer	2007 Nebraska State Powerlifting Championships	Omaha	NE
14	93	Kristine Connelly	100% RAW World Bench Press Championships	Currituck	NC
15	90	Nicole Sardino	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
16	72	Amanda Graham	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
17	71	Diana Kernoff	Grantie City Iron Wars	Berlin	VT
18	70	Brianna Kissel	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
	70	Chelsea Koceski	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
20	66	Heidi Lassiter	100% RAW World Bench Press Championships	Currituck	NC
21	65	R.Fernandez	2007 High School Nationals & Florida Open	West Melbourne	FL
	65	C. Lozano	2007 High School Nationals & Florida Open	West Melbourne	FL
	65	Samantha Shores	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
24	60	E. Blackett	2007 High School Nationals & Florida Open	West Melbourne	FL
25	55	Samantha Shores	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
	55	Daria Dermelev	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
27	50	Moriah Douglas	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
	50	Samantha Montgomery	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
29	45	Katrina Thompson	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
30	35	Megan Gubbs	Christmas Classic	Stanardsville	VA

## 2007 Deadlift Rankings

**Weight Class: 123 lb**

Rank	Lift	Lifter	Meet	Site	
1	341	Donna McBurney	Supreme Fitness Challenge	Brattleboro	VT
2	260	Karen Poyner	Ironman/Ironwoman Nationals	Stanardsville	VA
3	248	Shannon DeAtley	North Carolina State Powerlifting Championships	Jarvisburg	NC
4	236	Kristen Meisenheimer	2007 Nebraska State Powerlifting Championships	Omaha	NE

5	225	Leslie Kutner	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
6	210	Anna Lee	100% RAW National Deadlift Championships	Richmond	VA
7	200	Nicole Sardino	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
8	195	Samantha Shores	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
9	190	Amanda Graham	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
10	176	Diana Kernoff	World Record Breakers - Last Lift 2007	Burlington	VT
11	175	C. Lozano	2007 High School Nationals & Florida Open	West Melbourne	FL
12	170	Brianna Kissel	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
13	165	E. Blackett	2007 High School Nationals & Florida Open	West Melbourne	FL
14	155	Daria Dermelev	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
15	140	Lauren Watson	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
16	135	R.Fernandez	2007 High School Nationals & Florida Open	West Melbourne	FL
17	127	Moriah Douglas	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
18	115	Katrina Thompson	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
	115	Samantha Montgomery	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
20	25	Chelsea Koceski	2007 100% RAW World Powerlifting Championships	West Melbourne	FL

## 2007 Total Rankings

**Weight Class: 123 lb**

Rank	Lift	Lifter	Meet	Site	
1	685	Donna McBurney	2007 National Powerlifting Championships	Richmond	VA
2	555	Leslie Kutner	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
3	538	Shannon DeAtley	North Carolina State Powerlifting Championships	Jarvisburg	NC
4	461	Kristen Meisenheimer	2007 Nebraska State Powerlifting Championships	Omaha	NE
5	412	Amanda Graham	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	405	Nicole Sardino	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
7	397	Samantha Shores	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
8	375	Brianna Kissel	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
9	350	Samantha Shores	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
10	347	Diana Kernoff	World Record Breakers - Last Lift 2007	Burlington	VT
11	345	C. Lozano	2007 High School Nationals & Florida Open	West Melbourne	FL
12	342	Daria Dermelev	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
13	330	E. Blackett	2007 High School Nationals & Florida Open	West Melbourne	FL
14	285	R.Fernandez	2007 High School Nationals & Florida Open	West Melbourne	FL
15	259	Moriah Douglas	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
16	240	Katrina Thompson	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
17	195	Chelsea Koceski	2007 100% RAW World Powerlifting Championships	West Melbourne	FL

## 2007 Squat Rankings

**Weight Class: 132 lb**

Rank	Lift	Lifter	Meet	Site	
1	275	Ellen Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
2	205	Marcy Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
3	150	Brianna Kissel	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	135	Zena Cliff	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
5	115	Nicole Scardino	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
6	105	J. Goodwin	2007 High School Nationals & Florida Open	West Melbourne	FL
7	75	Mary Jane Quinn	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Bench Press Rankings

**Weight Class: 132 lb**

Rank	Lift	Lifter	Meet	Site	
1	180	Kerry Self	Ironman/Ironwoman Nationals	Stanardsville	VA
2	175	Kelly Wescott	Battle of the Border	Currituck	NC
3	140	Molly Brown	Battle of the Border	Currituck	NC
	140	Ellen Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
5	135	Marcy Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	130	Sam Baker	2007 Louisiana State Bench Press	Bridge City	LA
7	100	J. Goodwin	2007 High School Nationals & Florida Open	West Melbourne	FL
	100	Mary Jane Quinn	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
9	99	Delores Grimes	New England Bench Press Championships	Burlington	VT

10	90	Diane Crampton	2007 Virginia State Ironman	Stanardsville	VA
11	85	Nicole Scardino	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
12	80	Zena Cliff	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
	80	Brianna Kissel	2007 100% RAW World Powerlifting Championships	West Melbourne	FL

## 2007 Deadlift Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	335	Ellen Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
2	275	Kerry Self	2007 Virginia State Ironman	Stanardsville	VA
3	245	Marcy Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	230	J. Goodwin	2007 High School Nationals & Florida Open	West Melbourne	FL
5	215	Zena Cliff	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
6	200	Diane Crampton	2007 Virginia State Ironman	Stanardsville	VA
7	185	Nicole Scardino	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
	185	Brianna Kissel	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
9	150	Mary Jane Quinn	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Total Rankings

Weight Class:		132 lb			
Rank	Lift	Lifter	Meet	Site	
1	750	Ellen Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
2	585	Marcy Stein	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
3	475	J. Goodwin	2007 High School Nationals & Florida Open	West Melbourne	FL
4	430	Zena Cliff	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
5	415	Brianna Kissel	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	385	Nicole Scardino	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
7	325	Mary Jane Quinn	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Squat Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	275	Marie Pritzl	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
2	225	G. Ruth Douglas	2007 National Powerlifting Championships	Richmond	VA
3	210	Nona Hubbard	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	209	Amy Shedrick	World Record Breakers - Last Lift 2007	Burlington	VT
5	145	Nicole Heck	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	125	C. Viger	2007 High School Nationals & Florida Open	West Melbourne	FL
7	95	R. Lara	2007 High School Nationals & Florida Open	West Melbourne	FL
	95	MJ Quinn	2007 100% RAW World Powerlifting Championships	West Melbourne	FL

## 2007 Bench Press Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	187	Latrese Reames	2007 Brute Strength Open	VA Beach	VA
2	165	Marie Pritzl	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
3	145	G. Ruth Douglas	2007 National Powerlifting Championships	Richmond	VA
4	140	Nona Hubbard	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
5	132	Janet Wheastone	100% RAW World Bench Press Championships	Currituck	NC
6	110	Jenna Bracetty	Beau Moore Bench Press Classic	Tampa	FL
	110	Jennifer Zak	100% RAW World Bench Press Championships	Currituck	NC
8	103	Amy Shedrick	World Record Breakers - Last Lift 2007	Burlington	VT
9	100	MJ Quinn	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
10	90	Richie Jenkins	North Carolina State Bench Press Championship	Charlotte	NC
11	82	Teresa Wiles	Mid-Atlantic Bench Press	Central City	PA
12	80	Kathy McGee	2007 Virginia State Ironman	Stanardsville	VA
	80	C. Viger	2007 High School Nationals & Florida Open	West Melbourne	FL
	80	Nicole Heck	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
15	65	R. Lara	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Deadlift Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	

1	330	Latrese Reames	2007 Brute Strength Open	VA Beach	VA
2	320	Amy Shedrick	World Record Breakers - Last Lift 2007	Burlington	VT
3	315	Marie Pritzl	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
4	305	G. Ruth Douglas	2007 National Powerlifting Championships	Richmond	VA
5	300	Nona Hubbard	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	215	Nicole Heck	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
7	190	Kathy McGee	2007 Virginia State Ironman	Stanardsville	VA
8	180	C. Viger	2007 High School Nationals & Florida Open	West Melbourne	FL
	180	MJ Quinn	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
10	160	Teresa Wiles	2007 Virginia State Ironman	Stanardsville	VA
	160	R. Lara	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Total Rankings

Weight Class:		148 lb			
Rank	Lift	Lifter	Meet	Site	
1	755	Marie Pritzl	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
2	675	G. Ruth Douglas	2007 National Powerlifting Championships	Richmond	VA
3	650	Nona Hubbard	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	632	Amy Shedrick	World Record Breakers - Last Lift 2007	Burlington	VT
5	440	Nicole Heck	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
6	385	C. Viger	2007 High School Nationals & Florida Open	West Melbourne	FL
7	375	MJ Quinn	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
8	320	R. Lara	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Squat Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	170	Becky Kubiacyk	2007 Nebraska State Powerlifting Championships	Omaha	NE
2	165	Amanda Etheridge	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	165	Jan Montgomery	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
4	135	Courtney Viger	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Bench Press Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	214	Joan Gardner	2007 Outdoor Summer Powerlifting	Milton	VT
2	190	Tammy Walker	Jacksonville Open	Jacksonville	NC
3	185	Jaime Kocher	East Coast Bench Press Championships	Jacksonville	NC
4	145	Jan Montgomery	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
5	115	Emily Adams	100% RAW World Bench Press Championships	Currituck	NC
6	110	Amanda Etheridge	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
	110	Becky Kubiacyk	2007 Nebraska State Powerlifting Championships	Omaha	NE
8	105	Lynda Sandee	North Carolina State Bench Press Championship	Charlotte	NC
9	80	Courtney Viger	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Deadlift Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	340	Jan Montgomery	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
2	300	Amanda Etheridge	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	286	Becky Kubiacyk	2007 Nebraska State Powerlifting Championships	Omaha	NE
4	190	Courtney Viger	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Total Rankings

Weight Class:		165 lb			
Rank	Lift	Lifter	Meet	Site	
1	625	Jan Montgomery	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL
2	575	Amanda Etheridge	2007 North Carolina Teenage State Powerlifting Championships	Currituck	NC
3	566	Becky Kubiacyk	2007 Nebraska State Powerlifting Championships	Omaha	NE
4	420	Courtney Viger	2007 Teenage Ntls. & Florida State Championships	West Melbourne	FL

## 2007 Squat Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	330	Kacie Sharp	2007 National Powerlifting Championships	Richmond	VA
2	285	Kari Sabin	2007 National Powerlifting Championships	Richmond	VA
3	225	Simone Wyatt	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	110	S. Warren	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Bench Press Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	235	LaToya Parrish	Christmas Classic	Stanardsville	VA
2	230	Kethy Roberts	Ironman/Ironwoman Nationals	Stanardsville	VA
3	200	Kari Sabin	2007 National Powerlifting Championships	Richmond	VA
4	180	Kacie Sharp	2007 National Powerlifting Championships	Richmond	VA
5	170	Aisha DaCosta	2007 Nebraska State Powerlifting Championships	Omaha	NE
6	150	Melody Stocks	2007 Virginia State Ironman	Stanardsville	VA
7	115	Simone Wyatt	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
8	100	Janelle Aikey	World Record Breakers - Last Lift 2007	Burlington	VT
9	95	Brooke Haines	2007 National Bench Press Championships	Richmond	VA
10	77	Carol Pacetti	Supreme Fitness Challenge	Brattleboro	VT
11	75	S. Warren	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Deadlift Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	390	Kethy Roberts	Ironman/Ironwoman Nationals	Stanardsville	VA
2	390	Kari Sabin	2007 National Powerlifting Championships	Richmond	VA
3	370	Kacie Sharp	2007 National Powerlifting Championships	Richmond	VA
4	270	Simone Wyatt	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
5	240	Melody Stocks	2007 Virginia State Ironman	Stanardsville	VA
6	220	Carol Pacetti	Supreme Fitness Challenge	Brattleboro	VT
7	203	Janelle Aikey	World Record Breakers - Last Lift 2007	Burlington	VT
8	175	S. Warren	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Total Rankings

Weight Class:		181 lb			
Rank	Lift	Lifter	Meet	Site	
1	880	Kacie Sharp	2007 National Powerlifting Championships	Richmond	VA
2	875	Kari Sabin	2007 National Powerlifting Championships	Richmond	VA
3	610	Simone Wyatt	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	360	S. Warren	2007 High School Nationals & Florida Open	West Melbourne	FL

## 2007 Bench Press Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	250	Latoya Parrish	2007 National Bench Press Championships	Richmond	VA
2	225	America Marrow	Freedom USA Open	Stanardsville	VA
3	215	Kari Sabin	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
4	181	Kacie Sharp	2007 Nebraska State Powerlifting Championships	Omaha	NE
5	121	Lucy Hawkins	New England Bench Press Championships	Burlington	VT

## 2007 Deadlift Rankings

Weight Class:		198 lb			
Rank	Lift	Lifter	Meet	Site	
1	400	Kari Sabin	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
2	374	Kacie Sharp	2007 Nebraska State Powerlifting Championships	Omaha	NE
3	340	America Marrow	Freedom USA Open	Stanardsville	VA

## 2007 Total Rankings

**Weight Class: 198 lb**

Rank	Lift	Lifter	Meet	Site	
1	925	Kari Sabin	2007 100% RAW World Powerlifting Championships	West Melbourne	FL
2	880	Kacie Sharp	2007 Nebraska State Powerlifting Championships	Omaha	NE

**2007 Squat Rankings****Weight Class: SHW lb**

Rank	Lift	Lifter	Meet	Site	
1	270	Alicia Van Western	2007 Nebraska State Championships	Omaha	NE

**2007 Bench Press Rankings****Weight Class: SHW lb**

Rank	Lift	Lifter	Meet	Site	
1	187	Susan Zabawa	2007 Brute Strength Open	VA Beach	VA
2	159	Patricia McCauley	New England Bench Press Championships	Burlington	VT
3	121	Alicia Van Western	2007 Nebraska State Championships	Omaha	NE

**2007 Deadlift Rankings****Weight Class: SHW lb**

Rank	Lift	Lifter	Meet	Site	
1	336	Susan Zabawa	2007 Brute Strength Open	VA Beach	VA
2	286	Alicia Van Western	2007 Nebraska State Championships	Omaha	NE

**2007 Total Rankings****Weight Class: SHW lb**

Rank	Lift	Lifter	Meet	Site	
1	677	Alicia Van Western	2007 Nebraska State Championships	Omaha	NE