

APC Illinois Women Powerlifting Records

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt	200 kg	Michelle Moodie	2010
	bench	97.5 kg	Michelle Moodie	2009
	deadlift	175 kg	Michelle Moodie	2010
	total	470 kg	Michelle Moodie	2010
67.5kg	sqt			
	bench			
	deadlift			
	total			

75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt	90 kg	Jodi Parkhurst	2009
	bench	62.5 kg	Jodi Parkhurst	2009
	deadlift	100 kg	Jodi Parkhurst	2009
	total	252.5 kg	Jodi Parkhurst	2009
90+kg	sqt			
	bench			
	deadlift			
	total			

APC Teenage women 13-15

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			

56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
H. J. Biddle	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			
90+kg	sqt			
	bench			
	deadlift			
	total			

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			

82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			

APC Junior women

weight clas	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			

	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			

APC Sub-master women

weight clas	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			

52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt	90 kg	Jodi Parkhurst	2009
	bench	62.5 kg	Jodi Parkhurst	2009
	deadlift	100 kg	Jodi Parkhurst	2009
	total	252.5 kg	Jodi Parkhurst	2009

APC Master women 40-44

weight clas	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt	200 kg	Michelle Moodie	2010
	bench	97.5 kg	Michelle Moodie	2009
	deadlift	175 kg	Michelle Moodie	2010
	total	470 kg	Michelle Moodie	2010
75kg	sqt			
	bench			
	deadlift			

	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			

Master women 45-49

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			

	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			
90kg+	sqt			
	bench			
	deadlift			
	total			

Master women 50-54

weight class	lift	weight	name	date
44kg	sqt			
	bench			

	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			

90kg	sqt	60kg	H. Pardi	2007
	bench	102.5kg	H. Pardi	2007
	deadlift	182.5kg	H. Pardi	2007
	total	345kg	H. Pardi	2007
90+kg	sqt			
	bench			
	deadlift			
	total			

Master women 55-59

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			

	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			
90kg+	sqt			
	bench			
	deadlift			
	total			

APC Master women 60-64

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			

48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			

	bench			
	deadlift			
	total			

APC Master women 65-69

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			

75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			

APC Master women 70-74

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			

	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			

APC Master women 75-79

weight clas	lift	weight	name	date
44kg	sqt			

	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			
	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			

	total			
90kg	sqt			
	bench			
	deadlift			
	total			

APC Master women 80-84

weight class	lift	weight	name	date
44kg	sqt			
	bench			
	deadlift			
	total			
48kg	sqt			
	bench			
	deadlift			
	total			
52kg	sqt			
	bench			
	deadlift			
	total			
56kg	sqt			
	bench			
	deadlift			
	total			
60kg	sqt			
	bench			
	deadlift			
	total			
67.5kg	sqt			

	bench			
	deadlift			
	total			
75kg	sqt			
	brnch			
	deadlift			
	total			
82.5kg	sqt			
	bench			
	deadlift			
	total			
90kg	sqt			
	bench			
	deadlift			
	total			

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