

**2007 USAPL Lifter Rankings****Women's Master**

<b>Squat</b>		<b>Bench Press</b>		<b>Dealift</b>		<b>Total</b>		
<b>Master 40-44</b>								
<b>105</b>								
1	Kim Ryman	220	1	Kim Ryman	135	1	Kim Ryman	635
2	Alexandra Vallejo	165	2	Alexandra Vallejo	138	2	Alexandra Vallejo	573
3	Kimberly Ryman	187	3	Kimberly Ryman	116	3	Kimberly Ryman	557
4	Julie Makin	198	4	Julie Makin	94	4	Julie Makin	540
<b>114</b>								
1	Joni Mach	276	1	Joni Mach	143	1	Joni Mach	667
2	Theresa Michaels-Ward	215	2	Theresa Michaels-Ward	94	2	Theresa Michaels-Ward	562
<b>123</b>								
1	Toni Kemper	287	1	Toni Kemper	171	1	Toni Kemper	799
2	Joni Mach	303	2	Joni Mach	132	2	Joni Mach	722
3	Patricia Tidmarsh	248	3	Patricia Tidmarsh	121	3	Patricia Tidmarsh	672
4	Theresa Michaels-Ward	225	4	Theresa Michaels-Ward	100	4	Theresa Michaels-Ward	585
<b>132</b>								
1	Alison Barnhill	215	1	Alison Barnhill	143	1	Alison Barnhill	678
2	Jill Strouse	200	2	Jill Strouse	135	2	Jill Strouse	535
<b>148</b>								
1	Sherry Franks	276	1	Sherry Franks	165	1	Sherry Franks	755
2	Caryn Daniel	259	2	Caryn Daniel	154	2	Caryn Daniel	728
3	Cheryl Gibson	237	3	Pamela Kelly	149	3	Cheryl Gibson	678
4	Pamela Kelly	231	4	Cheryl Gibson	143	4	Pamela Kelly	656
5	Suzanne Motsinger	204	5	Suzanne Motsinger	121	5	Suzanne Motsinger	551
<b>165</b>								
1	Rhonda Clark	364	1	Laura Styrlund	243	1	Rhonda Clark	998
2	Laura Styrlund	353	2	Rhonda Clark	198	2	Laura Styrlund	987
3	Barbara Kuehnl	281	3	Kim Beckwith	185	3	Barbara Kuehnl	678
4	Kim Beckwith	205	4	Paula Jurado	155	4	Kim Beckwith	645
5	Paula Jurado	115	5	Barbara Kuehnl	127	5	Paula Jurado	515
<b>181</b>								
1	Malinda Baum	402	1	Malinda Baum	265	1	Rhonda Clark	1047
2	Rhonda Clark	375	2	Rhonda Clark	204	2	Malinda Baum	1020
3	Natalie Harmon	320	3	Barbara Behm	204	3	Elizabeth Brown	805
4	Jo Ann Lerew	309	4	Natalie Harmon	165	4	Natalie Harmon	755
5	Barbara Behm	248	5	Jo Ann Lerew	143	5	Barbara Behm	678
6	Elizabeth Brown	225	6	Deb Kullerd	143	6	Jo Ann Lerew	670
7	Deb Kullerd	220	7	Elizabeth Brown	120	7	Deb Kullerd	623
<b>198</b>								
1	Lisa Yeager	341	1	Lisa Yeager	193	1	Lisa Yeager	804
2	Tracie Marquez	182	2	Tracie Marquez	127	2	Tracie Marquez	551
<b>SHW</b>								
1	Jeanne Harvey	182	1	Jeanne Harvey	110	1	Jeanne Harvey	518
<b>Master 45-49</b>								
<b>105</b>								
1	Catherine Solan	243	1	Catherine Solan	127	1	Catherine Solan	650
2	Keri Awada	77	2	Keri Awada	88	2	Keri Awada	391
<b>114</b>								
1	Jennifer Kingsley	248	1	Jennifer Kingsley	143	1	Jennifer Kingsley	678
<b>123</b>								
1	Kate Dingle-Craig	254	1	Kate Dingle-Craig	154	1	Kate Dingle-Craig	705
2	Vera Nelson	231	2	Oriah Sage	149	2	Christina Anderson	606
3	Christina Anderson	170	3	Vera Nelson	121	3	Vera Nelson	529
4	Oriah Sage	154	4	Christina Anderson	90	4	Oriah Sage	525
<b>132</b>								
1	Angela Simons	303	1	Angela Simons	209	1	Angela Simons	854

2	Lanette Lopez	281	2	Lanette Lopez	127	2	Lanette Lopez	309	2	Lanette Lopez	705
<b>148</b>											
1	Paula Houston	364	1	Paula Houston	237	1	Paula Houston	391	1	Paula Houston	992
2	Donna Marts	331	2	Donna Marts	220	2	Carol Burr	355	2	Donna Marts	898
3	Lanette Lopez	281	3	Carol Burr	160	3	Donna Marts	353	3	Carol Burr	765
4	Judy Drenth	259	4	Judy Drenth	154	4	Judy Drenth	325	4	Judy Drenth	739
5	Carol Burr	250	5	Julie Zohner	143	5	Lanette Lopez	314	5	Lanette Lopez	727
6	Julie Zohner	226	6	Diana Jeffrey	138	6	Julie Zohner	276	6	Julie Zohner	645
7	Gina Stepleton	209	7	Lanette Lopez	132	7	Barb Watzel	276	7	Barb Watzel	579
8	Barb Watzel	171	8	Barb Watzel	132	8	Gina Stepleton	243	8	Gina Stepleton	557
9	Diana Jeffrey	165	9	Gina Stepleton	105	9	Diana Jeffrey	226	9	Diana Jeffrey	529
<b>165</b>											
1	Donna Bryant	380	1	Donna Bryant	193	1	Donna Bryant	358	1	Donna Bryant	920
2	Teresa Merrick	204	2	Teresa Merrick	99	2	Teresa Merrick	287	2	Teresa Merrick	590
<b>181</b>											
1	Elizabeth Harwood	243	1	Elizabeth Harwood	165	1	Elizabeth Harwood	292	1	Elizabeth Harwood	700
<b>198</b>											
1	Jill Arnow	402	1	Jill Arnow	265	1	Jill Arnow	408	1	Jill Arnow	1069
2	Paulette Calhoun	176	2	Paulette Calhoun	204	2	Paulette Calhoun	220	2	Paulette Calhoun	601
<b>SHW</b>											
1	Susan Zubawa	132	1	Susan Zubawa	154	1	Susan Zubawa	319	1	Susan Zubawa	605
<b>50-54</b>											
<b>105</b>											
1	Ann Leverett	231	1	Ann Leverett	160	1	Ann Leverett	309	1	Ann Leverett	700
2	Stephanie Whiting	182	2	Stephanie Whiting	105	2	Stephanie Whiting	204	2	Stephanie Whiting	491
3	Susan Slater	132	3	Connie Stevenson	72	3	Connie Stevenson	160	3	Connie Stevenson	336
4	Connie Stevenson	105	4	Susan Slater	66	4	Susan Slater	127	4	Susan Slater	325
<b>114</b>											
1	Debra Hairston	132	1	Debra Hairston	154	1	Debra Hairston	276	1	Debra Hairston	562
2	Diane Crosby	185	2	Diann Nelson	143	2	Diann Nelson	204	2	Diane Crosby	510
3	Diann Nelson	138	3	Diane Crosby	125	3	Diane Crosby	200	3	Diann Nelson	485
<b>123</b>											
1	Barb Zintsmaster	287	1	Barb Zintsmaster	127	1	Barb Zintsmaster	320	1	Barb Zintsmaster	730
2	Kate Dingle-Craig	276	2	Kate Dingle-Craig	160	2	Kate Dingle-Craig	292	2	Kate Dingle-Craig	728
<b>132</b>											
1	Rita Carlson	309	1	Rita Carlson	143	1	Rita Carlson	353	1	Rita Carlson	799
<b>148</b>											
1	Ruth Welding	314	1	Deb Duffy-Smet	190	1	Ruth Welding	353	1	Ruth Welding	832
2	Christine Bridges	226	2	Ruth Welding	165	2	Deb Duffy-Smet	300	2	Deb Duffy-Smet	705
3	Deb Duffy-Smet	215	3	Anne Marie Kemmerer	105	3	Christine Bridges	259	3	Christine Bridges	573
4	Nancy Marshall	198	4	Nancy Marshall	99	4	Anne Marie Kemmerer	204	4	Nancy Marshall	496
5	Anne Marie Kemmerer	132	5	Christine Bridges	88	5	Nancy Marshall	198	5	Anne Marie Kemmerer	441
<b>165</b>											
1	Terry Lee	292	1	Terry Lee	196	1	Marsha Serre	325	1	Terry Lee	799
2	Deb Kullerd	231	2	Deborah Mason	140	2	Terry Lee	314	2	Marsha Serre	661
3	Marsha Serre	231	3	Deb Kullerd	138	3	Teresa Merrick	298	3	Deborah Mason	650
4	Deborah Mason	230	4	Teresa Merrick	105	4	Deborah Mason	280	4	Deb Kullerd	612
5	Teresa Merrick	193	5	Marsha Serre	105	5	Deb Kullerd	243	5	Teresa Merrick	595
<b>198</b>											
1	Juanita Mangaoang	231	1	Juanita Mangaoang	187	1	Juanita Mangaoang	336	1	Juanita Mangaoang	755
<b>SHW</b>											
1	Sue Hallen	364	1	Sue Hallen	287	1	Sue Hallen	353	1	Sue Hallen	1003
2	Shirley Cole	209	2	Shirley Cole	154	2	Shirley Cole	303	2	Shirley Cole	667
<b>65-69</b>											
<b>105</b>											
1	Donna Aliminosa	209	1	Donna Aliminosa	99	1	Donna Aliminosa	243	1	Donna Aliminosa	551

<b>132</b>											
1	Rita Carlsson	276	1	Rita Carlsson	132	1	Rita Carlsson	347	1	Rita Carlsson	761
2	Mary Lou Brigham	259	2	Garriel Keeble	121	2	Mary Lou Brigham	314	2	Mary Lou Brigham	683
3	Garriel Keeble	171	3	Mary Lou Brigham	110	3	Garriel Keeble	231	3	Garriel Keeble	524
<b>148</b>											
1	Gail Moore	248	1	Gail Moore	143	1	Gail Moore	265	1	Gail Moore	656
<b>165</b>											
1	Chris Grekoff	243	1	Chris Grekoff	132	1	Chris Grekoff	292	1	Chris Grekoff	667
<b>181</b>											
1	Regina Hackney	259	1	Regina Hackney	165	1	Regina Hackney	292	1	Regina Hackney	711
<b>SHW</b>											
1	Harriet Hall	408	1	Harriet Hall	303	1	Harriet Hall	430	1	Harriet Hall	1141
<b>70-74</b>											
<b>132</b>											
1	Faith Ireland	226	1	Faith Ireland	136	1	Faith Ireland	281	1	Faith Ireland	643
<b>148</b>											
1	Gail Moore	281	1	Gail Moore	160	1	Gail Moore	303	1	Gail Moore	744
<b>181</b>											
1	Mallory Anspach	185	1	Mallory Anspach	145	1	Mallory Anspach	215	1	Mallory Anspach	545
<b>75-79</b>											
<b>123</b>											
1	Erika Trubic	75	1	Erika Trubic	75	1	Erika Trubic	155	1	Erika Trubic	305
<b>148</b>											
1	Marge Conte	116	1	Marge Conte	127	1	Marge Conte	182	1	Marge Conte	408
<b>181</b>											
1	Nora Langdon	310	1	Nora Langdon	115	1	Nora Langdon	330	1	Nora Langdon	755