

2023 APF WOMEN'S ROCKY MOUNTAIN CHAMPIONSHIPS

Place	Name	Age	State	Div Code	Division	Bodyweightkg	Wt Class	Squat	Squat lbs	Bench	Bench lbs	Deadlift	Deadlift lbs	Total	Total lbs	Event
1	Hailey Allen	22	UT	F_JR	Women's Junior Raw APF: 20-23	93.8	100	135	297.6	87.5	192.9	157.5	347.2	380	837.7	SBD
1	Codie Talbot	22	UT	F_JR	Women's Junior Raw APF: 20-23	112.7	110+	167.5	369.3	87.5	192.9	190	418.9	445	981.0	SBD
1	Kenadi Beacham	21	UT	F_JR_A	Women's Junior Raw AAFP: 20-23	50.2	52	102.5	226.0	60	132.3	117.5	259.0	280	617.3	SBD
1	Heather Williams	22	UT	F_JR_A	Women's Junior Raw AAFP: 20-23	73.2	75	105	231.5	70	154.3	105	231.5	280	617.3	SBD
1	Codie Talbot	22	UT	F_JR_A	Women's Junior Raw AAFP: 20-23	112.7	110+	167.5	369.3	87.5	192.9	190	418.9	445	981.0	SBD
1	Lily Smith	24	UT	F_JR_SO	Women's Junior Raw Special Olympic	77.1	82.5	65	143.3	45	99.2	90	198.4	200	440.9	SBD
1	Victoria Byrd	40	ID	F_MR_1	Women's Master 1 Raw APF: 40-44	57.9	60	97.5	214.9	72.5	159.8	150	330.7	320	705.5	SBD
1	Heather Cristobal	44	ID	F_MR_1_A	Women's Master 1 Raw AAFP: 40-44	68.6	75	95	209.4	57.5	126.8	115	253.5	267.5	589.7	SBD
2	Lucille Johnson	44	UT	F_MR_1_A	Women's Master 1 Raw AAFP: 40-44	72	75	100	220.5	50	110.2	115	253.5	265	584.2	SBD
1	Sarah Paez-Long	41	UT	F_MR_1_A	Women's Master 1 Raw AAFP: 40-44	105.5	110	175	385.8	87.5	192.9	165	363.8	427.5	942.5	SBD
1	Heidi Scott	47	UT	F_MR_2_A	Women's Master 2 Raw AAFP: 45-49	58.5	60	75	165.3	35	77.2	97.5	214.9	207.5	457.5	SBD
1	Suzie Smith	60	UT	F_MR_5	Women's Master 5 Raw APF: 60-64	79.6	82.5	50	110.2	37.5	82.7	85	187.4	172.5	380.3	SBD
1	My Nguyen Nasson	32	UT	F_OR	Women's Open Raw APF	55.7	56	110	242.5	67.5	148.8	137.5	303.1	315	694.4	SBD
1	Rebecca Durrant	24	UT	F_OR	Women's Open Raw APF	58.8	60	75	165.3	60	132.3	110	242.5	245	540.1	SBD
1	Rebecca Tuft	32	UT	F_OR	Women's Open Raw APF	73.9	75	115	253.5	72.5	159.8	162.5	358.2	350	771.6	SBD
1	Breanne Gober	27	ID	F_OR	Women's Open Raw APF	81.7	82.5	122.5	270.1	62.5	137.8	147.5	325.2	332.5	733.0	SBD
1	Hailey Allen	22	UT	F_OR	Women's Open Raw APF	93.8	100	135	297.6	87.5	192.9	157.5	347.2	380	837.7	SBD
1	Roslyn Danford	36	UT	F_OR	Women's Open Raw APF	117.3	110+	157.5	347.2	87.5	192.9	227.5	501.5	472.5	1041.7	SBD
2	Crisann Christensen	36	UT	F_OR	Women's Open Raw APF	132.9	110+	125	275.6	75	165.3	150	330.7	350	771.6	SBD
1	Shallan Staheli	34	UT	F_OR_A	Women's Open Raw AAFP	41.5	44	85	187.4	45	99.2	105	231.5	235	518.1	SBD
1	Kaitlyn Anderson	28	UT	F_OR_A	Women's Open Raw AAFP	57.3	60	87.5	192.9	57.5	126.8	130	286.6	275	606.3	SBD
1	Bailee Facemyer	26	UT	F_OR_A	Women's Open Raw AAFP	73	75	105	231.5	72.5	159.8	147.5	325.2	325	716.5	SBD
2	Andrea Madsen	31	UT	F_OR_A	Women's Open Raw AAFP	69.3	75	90	198.4	57.5	126.8	117.5	259.0	265	584.2	SBD
3	Shanelle Lundell	32	UT	F_OR_A	Women's Open Raw AAFP	72.6	75	65	143.3	47.5	104.7	82.5	181.9	195	429.9	SBD
1	Rebekah Dawn	32	UT	F_OR_A	Women's Open Raw AAFP	80.3	82.5	140	308.6	80	176.4	162.5	358.2	382.5	843.3	SBD
1	Breanne Gober	27	ID	F_OR_A	Women's Open Raw AAFP	81.7	82.5	122.5	270.1	62.5	137.8	147.5	325.2	332.5	733.0	SBD
2	Mckinzie Poulsen	31	UT	F_OR_A	Women's Open Raw AAFP	89.9	90	137.5	303.1	72.5	159.8	137.5	303.1	347.5	766.1	SBD
1	Ashley Montgomery	25	ID	F_OR_A	Women's Open Raw AAFP	95.2	100	110	242.5	57.5	126.8	147.5	325.2	315	694.4	SBD
2	Kelcee Parish	26	UT	F_OR_A	Women's Open Raw AAFP	90.3	100	72.5	159.8	45	99.2	95	209.4	212.5	468.5	SBD
1	Sarah Paez-Long	41	UT	F_OR_A	Women's Open Raw AAFP	105.5	110	175	385.8	87.5	192.9	165	363.8	427.5	942.5	SBD
1	Bobbie Wright	32	UT	F_OR_A	Women's Open Raw AAFP	147	110+	147.5	325.2	85	187.4	182.5	402.3	415	914.9	SBD
2	Crisann Christensen	36	UT	F_OR_A	Women's Open Raw AAFP	132.9	110+	125	275.6	75	165.3	150	330.7	350	771.6	SBD
1	Lexus Reigh	25	ID	F_OR_LFM	Women's Open Raw Law Fire Mil	77.3	82.5	102.5	226.0	57.5	126.8	112.5	248.0	272.5	600.8	SBD
1	Crisann Christensen	36	UT	F_OR_LFM	Women's Open Raw Law Fire Mil	132.9	110+	125	275.6	75	165.3	150	330.7	350	771.6	SBD
1	Josefina Withers	34	UT	F_SR	Women's Sub-Master Raw APF: 33-39	73.2	75	112.5	248.0	65	143.3	152.5	336.2	330	727.5	SBD
1	Melissa Rasmussen	37	UT	F_SR	Women's Sub-Master Raw APF: 33-39	82	82.5	110	242.5	62.5	137.8	140	308.6	312.5	688.9	SBD
1	Roslyn Danford	36	UT	F_SR	Women's Sub-Master Raw APF: 33-39	117.3	110+	157.5	347.2	87.5	192.9	227.5	501.5	472.5	1041.7	SBD
2	Crisann Christensen	36	UT	F_SR	Women's Sub-Master Raw APF: 33-39	132.9	110+	125	275.6	75	165.3	150	330.7	350	771.6	SBD
1	Shallan Staheli	34	UT	F_SR_A	Women's Sub-Master Raw AAFP: 33-39	41.5	44	85	187.4	45	99.2	105	231.5	235	518.1	SBD
1	Jill Anderson	38	UT	F_SR_A	Women's Sub-Master Raw AAFP: 33-39	53.8	56	70	154.3	37.5	82.7	90	198.4	197.5	435.4	SBD
1	Josefina Withers	34	UT	F_SR_A	Women's Sub-Master Raw AAFP: 33-39	73.2	75	112.5	248.0	65	143.3	152.5	336.2	330	727.5	SBD
1	Sara Calderas	38	UT	F_SR_A	Women's Sub-Master Raw AAFP: 33-39	95.2	100	95	209.4	52.5	115.7	137.5	303.1	285	628.3	SBD
1	Crisann Christensen	36	UT	F_SR_A	Women's Sub-Master Raw AAFP: 33-39	132.9	110+	125	275.6	75	165.3	150	330.7	350	771.6	SBD
1	Sarah Hurst	23	UT	F_JCR	Women's Junior Classic Raw APF: 20-23	76	82.5	145	319.7	52.5	115.7	137.5	303.1	335	738.5	SBD
1	Kelsy Fernandez-Salazar	22	UT	F_JCR_A	Women's Junior Classic Raw AAFP: 20-23	65.7	67.5	102.5	226.0	62.5	137.8	120	264.6	285	628.3	SBD
1	Kandise Baird	22	UT	F_JCR_A	Women's Junior Classic Raw AAFP: 20-23	93.9	100	142.5	314.2	65	143.3	140	308.6	347.5	766.1	SBD
1	Emily Long	20	TX	F_JR_A	Women's Junior Raw APF: 20-23	76.5	82.5	80	176.4	45	99.2	102.5	226.0	227.5	501.5	SBD
1	Sarah Hansen	40	UT	F_MCR_1_A	Women's Master 1 Classic Raw AAFP: 40-44	59.2	60	97.5	214.9	52.5	115.7	112.5	248.0	262.5	578.7	SBD
1	Lynn Bassett	57	UT	F_MCR_4	Women's Master 4 Classic Raw APF: 55-59	120	110+	135	297.6	105	231.5	147.5	325.2	387.5	854.3	SBD
1	Lynn Bassett	57	UT	F_MCR_4_A	Women's Master 4 Classic Raw AAFP: 55-59	120	110+	135	297.6	105	231.5	147.5	325.2	387.5	854.3	SBD
1	Marissa Flann	16	CO	F_OCR	Women's Open Classic Raw APF	65.5	67.5	120	264.6	82.5	181.9	150	330.7	352.5	777.1	SBD
1	Leah Stamp	30	UT	F_OCR	Women's Open Classic Raw APF	90.2	100	120	264.6	97.5	214.9	152.5	336.2	370	815.7	SBD
1	Alicia Siragusa	25	UT	F_OCR_A	Women's Open Classic Raw AAFP	63	67.5	87.5	192.9	57.5	126.8	105	231.5	250	551.2	SBD
1	Elizabeth Boody Winky	29	UT	F_OCR_A	Women's Open Classic Raw AAFP	73.2	75	120	264.6	75	165.3	155	341.7	350	771.6	SBD
2	Faustine Saganey	25	UT	F_OCR_A	Women's Open Classic Raw AAFP	67.7	75	102.5	226.0	52.5	115.7	125	275.6	280	617.3	SBD
1	Tess Williams	26	ID	F_OCR_A	Women's Open Classic Raw AAFP	81.1	82.5	92.5	203.9	55	121.3	102.5	226.0	250	551.2	SBD
1	Heather Allen	32	UT	F_OCR_A	Women's Open Classic Raw AAFP	89.3	90	170	374.8	72.5	159.8	150	330.7	392.5	865.3	SBD
1	Kandise Baird	22	UT	F_OCR_A	Women's Open Classic Raw AAFP	93.9	100	142.5	314.2	65	143.3	140	308.6	347.5	766.1	SBD
1	Emily Long	20	TX	F_OR_A	Women's Open Raw AAFP	76.5	82.5	80	176.4	45	99.2	102.5	226.0	227.5	501.5	SBD
1	Kaitlin Cardenas	34	UT	F_SCR	Women's Sub-Master Classic Raw APF: 33-39	86.1	90	87.5	192.9	45	99.2	92.5	203.9	225	496.0	SBD
1	Marissa Flann	16	CO	F_TCR_2	Women's Teen 2 Classic Raw APF: 16-17	65.5	67.5	120	264.6	82.5	181.9	150	330.7	352.5	777.1	SBD
1	Alyssa Musselman	32	UT	F_OEM	Women's Open Equipped Multiply APF	81.7	82.5	205	451.9	112.5	248.0	170	374.8	487.5	1074.7	SBD
1	Tallulah Schweitz	20	UT	F_JR	Women's Junior Raw APF: 20-23	79.8	82.5			87.5	192.9					B
1	Victoria Byrd	40	ID	F_MR_1	Women's Master 1 Raw APF: 40-44	57.9	60			72.5	159.8					B
1	Lisa Fulton	67	UT	F_MR_6	Women's Master 6 Raw APF: 65-69	77.7	82.5			40	88.2					B
1	Rebecca Durrant	24	UT	F_OR	Women's Open Raw APF	58.8	60			60	132.3					B
1	Lynnsey Eldridge	35	UT	F_OR	Women's Open Raw APF	65.6	67.5			87.5	192.9					B
1	Roslyn Danford	36	UT	F_OR	Women's Open Raw APF	117.3	110+			87.5	192.9					B
1	Mckinzie Poulsen	31	UT	F_OR_A	Women's Open Raw AAFP	89.9	90			72.5	159.8					B
1	Kelcee Parish	26	UT	F_OR_A	Women's Open Raw AAFP	90.3	100			45	99.2					B
1	Roslyn Danford	36	UT	F_SR	Women's Sub-Master Raw APF: 33-39	117.3	110+			87.5	192.9					B
1	Sophie Lassiter	17	UT	F_TR_2	Women's Teen 2 Raw APF: 16-17	47.5	48			55	121.3					B
1	Faustine Saganey	25	UT	F_OCR_A	Women's Open Classic Raw AAFP	67.7	75			52.5	115.7					B
1	Teri Read	51	UT	F_MEM_3	Women's Master 3 Equipped Multiply APF: 50-54	103.7	110			145	319.7					B
1	Teri Read	51	UT	F_OEM	Women's Open Equipped Multiply APF	103.7	110			145	319.7					B
1	Tallulah Schweitz	20	UT	F_JR	Women's Junior Raw APF: 20-23	79.8	82.5					160	352.7			D
1	Victoria Byrd	40	ID	F_MR_1	Women's Master 1 Raw APF: 40-44	57.9	60					150	330.7			D
1	Lucille Johnson	44	UT	F_MR_1_A	Women's Master 1 Raw AAFP: 40-44	72	75					115	253.5			D
1	Lisa Fulton	67	UT	F_MR_6	Women's Master 6 Raw APF: 65-69	77.7	82.5					107.5	237.0			D
1	Myia Aiges	27	UT	F_OR	Women's Open Raw APF	59.1	60					157.5	347.2			D
2	Rebecca Durrant	24	UT	F_OR	Women's Open Raw APF	58.8	60					110	242.5			D
1	Lynnsey Eldridge	35	UT	F_OR	Women's Open Raw APF	65.6	67.5					160	352.7			D
2	Stefhanie Iliff	35	UT	F_OR	Women's Open Raw APF	66.2	67.5					110	242.5			D
2	Roslyn Danford	36	UT	F_OR	Women's Open Raw APF	117.3	110+					227.5	501.5			D
1	Danielle Tracy	28	UT	F_OR	Women's Open Raw APF	118.3	110+									