



North American Highlander Association™



Washington State NAHA Records

Updated August 30, 2009

WOMEN

<u>Axle Deadlift 2"</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	290	Melissa Webb	Kenmore Strength Extravaganza	8-30-09
<u>Log Press</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	135	Breanne Odden	Kenmore Strength Extravaganza	8-30-09
<u>Zercher Squat</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	205	Melissa Webb	Kenmore Strength Extravaganza	8-30-09
<u>WOB 28#</u>	<u>HEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	14'	Breanne Odden	Kenmore Strength Extravaganza	8-30-09
<u>HWFD 28#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	32'-3"	Breanne Odden	Kenmore Strength Extravaganza	8-30-09
<u>Open Stone 16#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	31'-6"	Breanne Odden	Kenmore Strength Extravaganza	8-30-09
<u>Braemar StonePut 70#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	11'	Breanne Odden	Kenmore Strength Extravaganza	8-30-09

LW

<u>Axle Deadlift 2"</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	475	Chris Doughty	Kenmore Strength Extravaganza	8-30-09
<u>Log Press</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	240	Chris Doughty	Kenmore Strength Extravaganza	8-30-09
<u>Zercher Squat</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	350	Chris Doughty	Kenmore Strength	8-30-09

Extravaganza

<u>WOB 42#</u>	<u>HEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	14'	Chris Doughty	Kenmore Strength Extravaganza	8-30-09
<u>HWFD 42#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	23'-5"	Chris Doughty	Kenmore Strength Extravaganza	8-30-09
<u>Open Stone 22#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	27'-10"	Chris Doughty	Kenmore Strength Extravaganza	8-30-09
<u>Braemar StonePut 110#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	10'-7 1/2"	Chris Doughty	Kenmore Strength Extravaganza	8-30-09

MW

<u>Axle Deadlift 2"</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	540	Mark Wechter	Kenmore Strength Extravaganza	8-30-09
<u>Log Press</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	300	Mark Wechter	Kenmore Strength Extravaganza	8-30-09
<u>Zercher Squat</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	420	Mark Wechter	Kenmore Strength Extravaganza	8-30-09
<u>WOB 56#</u>	<u>HEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	14'	Mark Wechter	Kenmore Strength Extravaganza	8-30-09
<u>HWFD 56#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	35'-11"	Mark Wechter	Kenmore Strength Extravaganza	8-30-09
<u>Open Stone 22#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	37'-1"	Mark Wechter	Kenmore Strength Extravaganza	8-30-09
<u>Braemar StonePut 110#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	14'-2 1/2"	Mark Wechter	Kenmore Strength Extravaganza	8-30-09

HW

<u>Axle Deadlift 2"</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	700	Matthew White	Kenmore Strength Extravaganza	8-30-09
<u>Log Press</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	280	Matthew White	Kenmore Strength Extravaganza	8-30-09

<u>Zercher Squat</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	480	Matthew White	Kenmore Strength Extravaganza	8-30-09
<u>WOB 56#</u>	<u>HEIGHT</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	12'	Matthew White	Kenmore Strength Extravaganza	8-30-09
<u>HWFD 56#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	26'-5"	Matthew White	Kenmore Strength Extravaganza	8-30-09
<u>Open Stone 22#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	33'-6"	Matthew White	Kenmore Strength Extravaganza	8-30-09
<u>Braemar StonePut 110#</u>	<u>DISTANCE</u>	<u>NAME</u>	<u>CONTEST</u>	<u>DATE SET</u>
	12'-7"	Matthew White	Kenmore Strength Extravaganza	8-30-09

