

**Bench Only | OPEN WOMEN**

Weight	Kgs	Lbs	Name	Date
44kg/97lb		52.5	115.5 Imelda Fowler	10/21/2006
48kg/105.7lb		70	154.2 Anna James	8/1/1992
52kg/114.5lb		92.5	203.7 Le N. Le	8/10/1996
56kg/123.5lb		140	308.5 Mari Asp	11/14/2009
60kg/132.2lb		107.5	236.7 Rachel Mathias	9/2/1990
67.5kg/148.7lb		140	308.5 Mari Asp	8/28/2004
75kg/165.2lb		157.5	347.2 Mari Asp	8/13/2005
82.5kg/181.7lb		150	330.5 Kelly Womack	10/23/2005
90kg/198.2lb		140	308.5 Angela Martinez	8/5/2006
90+kg/UNL		157.5	347.2 Janet Loveall	12/13/2008

**Bench Only | JUNIOR WOMEN 13 TO 15**

Weight	Kgs	Lbs	Name	Date
44kg/97lb		30	66 Brittney Keyes	6/12/1999
48kg/105.7lb				
52kg/114.5lb		45	99 Madison Cabuag	5/19/2007
56kg/123.5lb				
60kg/132.2lb		50	110.2 Madison James	1/25/2009
67.5kg/148.7lb		71	156.5 Madison James	9/25/2010
75kg/165.2lb		52.5	115.5 Priscilla Sanchez	2/5/2000
82.5kg/181.7lb		72.5	159.7 Margot O'Halloran	10/23/2005
90kg/198.2lb				
90+kg/UNL				

**Bench Only | JUNIOR WOMEN 16 TO 17**

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb		25	55.1 Lexi Seneney	6/7/2009
52kg/114.5lb				
56kg/123.5lb		55	121.2 Kendal Buffington	8/23/2003
60kg/132.2lb				
67.5kg/148.7lb		60	132.3 Sydney Mitchell	6/14/2008
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb		72.5	159.8 Heather Keola	9/27/2008
90+kg/UNL		70	154.3 Heather Keola	7/5/2009

**Bench Only | JUNIOR WOMEN 18 TO 19**

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb		40	88 Alex Decker	9/9/2006
56kg/123.5lb		45	99 Jodalyn Holland	9/9/2006
60kg/132.2lb				
67.5kg/148.7lb		35	77 Shannon Wheeler	6/10/2006

75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
90+kg/UNL	112.5	248	Griselda Gonzalez	2/21/2009

#### Bench Only | JUNIOR WOMEN 20 TO 23

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb	37.5	82.7	Jessica Rankin-Gee	6/9/2007
52kg/114.5lb				
56kg/123.5lb	45	99	Alex Decker	3/31/2007
60kg/132.2lb	77.5	170.7	Christina Henesian	5/22/2004
67.5kg/148.7lb	37.5	83	Shannon Wheeler	8/5/2006
75kg/165.2lb				
82.5kg/181.7lb	150	330.5	Kelly Womack	10/23/2005
90kg/198.2lb	45	99.2	Miranda Zambrano	9/5/2010
90+kg/UNL	110	242.5	Kate Radon	8/6/2005

#### Bench Only | SUBMASTER WOMEN 35 TO 39

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb				
56kg/123.5lb	135	297.6	Mari Asp	9/25/2010
60kg/132.2lb	75	165.3	Mondae Nunes	10/6/2007
67.5kg/148.7lb	90	198.4	Karen Matthews	11/25/2007
75kg/165.2lb	75	165.2	Lisa Denison	3/19/2005
82.5kg/181.7lb	80	176.2	Mary Pennington	5/6/2000
90kg/198.2lb	87.5	192.9	Nicki l'Anson	6/11/2005
90+kg/UNL	157.5	347.2	Janet Loveall	12/13/2008

#### Bench Only | MASTER WOMEN 40 TO 44

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb	70	154.2	Alexandra Vallejo	5/19/2007
52kg/114.5lb	85	187.2	Donna Arndt	7/20/2002
56kg/123.5lb	60	132.2	Georgiann Puckett	12/13/2008
60kg/132.2lb	75	165.3	Georgiann Puckett	7/5/2009
67.5kg/148.7lb	120	264.6	Monica Sparango	9/8/2007
75kg/165.2lb	105	231.2	Tanya Reed	3/25/2006
82.5kg/181.7lb	140	308.6	Tanya Reed	3/28/2009
90kg/198.2lb	140	308.5	Angela Martinez	8/5/2006
90+kg/UNL	117.5	259	Nicki l'Anson	11/14/2009

#### Bench Only | MASTER WOMEN 45 TO 49

Weight	Lift Kgs	Lbs	Name	Date
44kg/97lb	-	52.5	115.5 Imelda Fowler	10/21/2006

48kg/105.7lb	-				
52kg/114.5lb	-	58.5	128.9	Anne Larson	3/28/2009
56kg/123.5lb	-	59	130	Anne Larson	3/31/2007
60kg/132.2lb	-	88	194	Georgiann Puckett	5/30/2010
67.5kg/148.7lb	-	118	260.1	Brenda Nolen	9/5/2009
75kg/165.2lb	-	140	308.5	Cara Westin	11/14/2009
82.5kg/181.7lb	-	140	308.6	Tanya Reed	3/28/2009
90kg/198.2lb	-	72.5	159.8	Tracie Marquez	7/5/2009
90+kg/UNL	-	90	198.4	Valerie Crowell	12/8/2007

#### Bench Only | MASTER WOMEN 50 TO 54

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb	63.5	139.9	Bonnie Aerts	3/6/2010
56kg/123.5lb	67.5	148.7	Bonnie Aerts	3/27/2010
60kg/132.2lb	87.5	192.7	Gerrie Shapiro	7/10/2004
67.5kg/148.7lb	72.5	159.8	Karen Parnow	9/25/2010
75kg/165.2lb	70	154.3	Karen Parnow	6/26/2010
82.5kg/181.7lb	77.5	170.7	Karen Parnow	11/14/2009
90kg/198.2lb				
90+kg/UNL	75	165.2	Mary Rubcic-Tawzer	11/14/2009

#### Bench Only | MASTER WOMEN 55 TO 59

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb	60	132.2	Chris Baeta	5/20/2006
56kg/123.5lb				
60kg/132.2lb	55	121.2	Miriam Lindbeck	7/10/2004
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb	32.5	72	Sharon Pipes	11/9/1997
90kg/198.2lb	82.5	181.9	Karen Polansky	8/6/2005
90+kg/UNL	40	88.2	Susan O'Neill	8/23/2003

#### Bench Only | MASTER WOMEN 60 TO 64

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				

90+kg/UNL

**Bench Only | MASTER WOMEN 65 TO 69**

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb	42.5	93.7	Helene Tropp	9/8/2007
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb	30	66	Bunny Olds	6/9/2007
82.5kg/181.7lb				
90kg/198.2lb				
90+kg/UNL				

**Bench Only | MASTER WOMEN 70 TO 74**

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb	30	66	Ruth Wiltshire	3/25/2006
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
90+kg/UNL				

**Bench Only | MASTER WOMEN 75 TO 79**

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
90+kg/UNL				

**Bench Only | MASTER WOMEN 80+**

Weight	Kgs	Lbs	Name	Date
44kg/97lb				
48kg/105.7lb				
52kg/114.5lb				
56kg/123.5lb				

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

90+kg/UNL