

USPF AMERICAN RAW SINGLE LIFT RECORDS
BENCH PRESS
WOMEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs	52.5	115.7	Karisa Lambert	12/3/2016
60kg/132.2lbs	77.5	170.9	Patti McKee	11/16/2014
67.5kg/148.7lbs	70.0	154.3	Kellie Snyder	6/6/2014
75kg/165.2lbs				
82.5kg/181.7lbs	97.5	215.0	Jessica White	2/25/2017
90kg/198.2lbs				
90+kg/198.2+lbs				

BENCH PRESS ~ WOMEN - Juniors 13-15

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

BENCH PRESS ~ WOMEN - Juniors (16-17)

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

BENCH PRESS ~ WOMEN - Juniors (18-19)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				

48kg/105.7lbs
52kg/114.5lbs
56kg/123.5lbs
60kg/132.2lbs
67.5kg/148.7lbs
75kg/165.2lbs
82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

BENCH PRESS ~ WOMEN - Juniors (20-23)

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

BENCH PRESS ~ WOMEN - Submasters (35-39)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs	70.0	154.2	Michelle Rush	12/8/2012

BENCH PRESS ~ WOMEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs	42.5	93.7	Lynn Gerald	11/16/2014
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				

90kg/198.2lbs
90+kg/198.2+lbs

BENCH PRESS ~ WOMEN - Masters (45-49)

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

BENCH PRESS ~ WOMEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs	77.5	170.9	Patti McKee	11/16/2014
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

BENCH PRESS ~ WOMEN - Masters (55-59)

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

BENCH PRESS ~ WOMEN - Masters (60-64)

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

BENCH PRESS ~ WOMEN - Masters (65-69)

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

BENCH PRESS ~ WOMEN - Masters (70-74)

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

BENCH PRESS ~ WOMEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				

82.5kg/181.7lbs
90kg/198.2lbs
90+kg/198.2+lbs

BENCH PRESS ~ WOMEN - Masters (80+ Over)

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