

UNITED STATES POWERLIFTING FEDERATION

American Records -- Single Lift

Bench Press -- Women

Category: : Masters (40-44)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs	55.0/121.2	Chenger Mehmedbasich	12/18/98
48kg/105.7lbs	70.0/154.2	Alexandra Vallejo	05/19/07
52kg/114.5lbs	50.0/110.0	Angela Tronske	03/25/06
56kg/123.5lbs	65.0/143.2	Pamela Davis	07/14/90
60kg/132.2lbs	147.5/325.1	Christina Williams	01/31/09
67.5kg/148.7lbs	125.0/275.5	Christina Williams	04/14/07
75kg/165.2lbs	130.0/286.5	Christina Williams	06/03/07
82.5kg/181.7lbs	140.0/308.6	Tanya Reed	03/28/09
90kg/198.2lbs	140.0/308.5	Angela Martinez	08/05/06
90+kg/198.2+lbs	110.0/242.5	Nicki l'Anson	03/31/07

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American Records -- Single Lift

Bench Press -- Women

Category: : Masters (45-49)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs	52.5/115.5	Imelda Fowler	10/21/06
48kg/105.7lbs			
52kg/114.5lbs	58.5/128.9	Anne Larson	03/28/09
56kg/123.5lbs	92.5/203.9	Sabra Lucchesi	08/06/05
60kg/132.2lbs	55.0/121.2	Janet May	09/13/97
67.5kg/148.7lbs	85.0/187.3	Lani Powell	09/27/08
75kg/165.2lbs	95.0/209.4	Gia Blackwell	05/17/08
82.5kg/181.7lbs	140.0/308.6	Tanya Reed	03/28/09
90kg/198.2lbs	107.5/237.0	Karen Black	06/14/08
90+kg/198.2+lbs	90.0/198.4	Valerie Crowell	12/08/07

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American Records -- Single Lift

Bench Press -- Women

Category: : Masters (50-54)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs			
48kg/105.7lbs	50.0/110.0	Georgette Marshall	03/02/96
52kg/114.5lbs	80.5/177.5	Hedy Miller	12/09/06
56kg/123.5lbs	97.5/214.7	Sabra Callahan	09/09/06
60kg/132.2lbs	87.5/192.7	Gerrie Shapiro	07/10/04
67.5kg/148.7lbs	55.0/121.2	Bonnie McPeak	09/26/98
75kg/165.2lbs	87.5/192.7	Joyce Hamblin	11/12/94
82.5kg/181.7lbs	95.0/209.2	Joyce Hamblin	03/03/96
90kg/198.2lbs			
90+kg/198.2+lbs	65.0/143.2	Sue Vaterlaus	05/19/07

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American Records -- Single Lift

Bench Press -- Women

Category: : Masters (55-59)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs			
48kg/105.7lbs			
52kg/114.5lbs	85.0/187.3	Hedy Miller	03/29/08
56kg/123.5lbs			
60kg/132.2lbs	55.0/121.2	Miriam Lindbeck	07/10/04
67.5kg/148.7lbs			
75kg/165.2lbs	90.0/198.2	Marilynn Mathis	03/21/09
82.5kg/181.7lbs	90.0/198.2	Sue Ann Pack	09/26/98
90kg/198.2lbs	82.5/181.9	Karen Polansky	08/06/05
90+kg/198.2+lbs			

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American Records -- Single Lift

Bench Press -- Women

Category: : Masters (60-64)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs			
48kg/105.7lbs	27.5/61.0	E. Jones	05/18/92
52kg/114.5lbs			
56kg/123.5lbs			
60kg/132.2lbs			
67.5kg/148.7lbs			
75kg/165.2lbs	62.5/137.7	R. Bland	05/18/92
82.5kg/181.7lbs			
90kg/198.2lbs			
90+kg/198.2+lbs	55.0/121.2	Lita Verts	03/02/96

UNITED STATES POWERLIFTING FEDERATION

American Records -- Single Lift

Bench Press -- Women

Category: : Masters (65-69)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs			
48kg/105.7lbs	42.5/93.7	Helene Tropp	09/08/07
52kg/114.5lbs			
56kg/123.5lbs			
60kg/132.2lbs			
67.5kg/148.7lbs			
75kg/165.2lbs	57.5/126.7	Mary Webb	08/27/94
82.5kg/181.7lbs			
90kg/198.2lbs	47.5/104.7	Dorothy Rawe	08/13/05
90+kg/198.2+lbs			

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American Records -- Single Lift

Bench Press -- Women

Category: : Masters (70-74)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs			
48kg/105.7lbs			
52kg/114.5lbs			
56kg/123.5lbs			
60kg/132.2lbs	30.0/66.0	Ruth Wiltshire	03/25/06
67.5kg/148.7lbs	32.5/72.0	Ene Purre	08/19/06
75kg/165.2lbs			
82.5kg/181.7lbs			
90kg/198.2lbs			
90+kg/198.2+lbs			

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American Records -- Single Lift

Bench Press -- Women

Category: : Masters (75-79)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
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			

UNITED STATES POWERLIFTING FEDERATION

American Records -- Single Lift

Bench Press -- Women

Category: : Masters (80 + Over)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
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			