

# American Women

## Single Lift Bench

### Masters (40-44)

97lbs/44Kgs

Bench

Chenger Mehmedbasich

55.0

Kg

121.3

lbs

12/18/1998

105lbs/48Kgs

Bench

Alexandra Vallejo

70.0

Kg

154.3

lbs

5/19/2007

114lbs/52Kgs

Bench

Angela Tronske

50.0

Kg

110.2

lbs

3/25/2006

123lbs/56Kgs

Bench

Pamela Davis

65.0

Kg

143.3

lbs

7/14/1990

132lbs/60Kgs

Bench

Christina Williams

147.5

Kg

325.2

lbs

1/31/2009

148lbs/67.5Kgs

Bench

Christina Williams

125.0

Kg

275.6

lbs

4/14/2007

165lbs/75Kgs

Bench

Christina Williams

130.0

Kg

286.6

lbs

6/3/2007

181lbs/82.5Kgs

Bench

Tanya Reed

140.0

Kg

308.6

lbs

3/28/2009

198lbs/90Kgs

Bench

Angela Martinez

140.0

Kg

308.6

lbs

8/5/2006

SHW/90+Kgs

Bench

Nicki l'Anson

110.0

Kg

242.5

lbs

3/31/2007

## Masters (45-49)

97lbs/44Kgs						
	Bench	Imelda Fowler	52.5	Kg	115.7	lbs 10/21/2006
105lbs/48Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
114lbs/52Kgs						
	Bench	Anne Larson	58.5	Kg	129.0	lbs 3/28/2009
123lbs/56Kgs						
	Bench	Sabra Lucchesi	92.5	Kg	203.9	lbs 8/6/2005
132lbs/60Kgs						
	Bench	Janet May	55.0	Kg	121.3	lbs 9/13/1997
148lbs/67.5Kgs						
	Bench	Monica DiGiuro	85.5	Kg	188.5	lbs 7/5/2009
165lbs/75Kgs						
	Bench	Cara Westin	127.5	Kg	281.1	lbs 6/7/2009
181lbs/82.5Kgs						
	Bench	Tanya Reed	140.0	Kg	308.6	lbs 3/28/2009
198lbs/90Kgs						
	Bench	Karen Black	107.5	Kg	237.0	lbs 6/14/2008
SHW/90+Kgs						
	Bench	Valerie Crowell	90.0	Kg	198.4	lbs 12/8/2007

## Masters (50-54)

97lbs/44Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
105lbs/48Kgs						
	Bench	Georgette Marshall	50.0	Kg	110.2	lbs 3/2/1996
114lbs/52Kgs						
	Bench	Hedy Miller	80.5	Kg	177.5	lbs 12/9/2006
123lbs/56Kgs						
	Bench	Sabra Callahan	97.5	Kg	214.9	lbs 9/9/2006
132lbs/60Kgs						
	Bench	Gerrie Shapiro	87.5	Kg	192.9	lbs 7/10/1994
148lbs/67.5Kgs						
	Bench	Betsy Spann	57.5	Kg	126.8	lbs 8/14/2010
165lbs/75Kgs						
	Bench	Joyce Hamblin	87.5	Kg	192.9	lbs 11/12/1994
181lbs/82.5Kgs						
	Bench	Joyce Hamblin	95.0	Kg	209.4	lbs 3/3/1996
198lbs/90Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
SHW/90+Kgs						
	Bench	Mary Rubcic-Tawzer	75.0	Kg	165.3	lbs 5/15/2010

## Masters (55-59)

97lbs/44Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
105lbs/48Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
114lbs/52Kgs	bench	Hedy Miller	85.0	Kg	187.4	lbs	3/29/2008
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Miriam Lindbeck	55.0	Kg	121.3	lbs	7/10/1994
148lbs/67.5Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
165lbs/75Kgs	Bench	Marilynn Mathis	90.0	Kg	198.4	lbs	3/21/2009
181lbs/82.5Kgs	Bench	Betty Heriford	112.5	Kg	248.0	lbs	2/20/2010
198lbs/90Kgs	Bench	Karen Polansky	82.5	Kg	181.9	lbs	8/6/2005
SHW/90+Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	

## Masters (60-64)

97lbs/44Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

105lbs/48Kgs

Bench

E. Jones

27.5

Kg

60.6

lbs

5/18/1992

114lbs/52Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

123lbs/56Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

132lbs/60Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

148lbs/67.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

165lbs/75Kgs

Bench

R. Bland

62.5

Kg

137.8

lbs

5/18/1992

181lbs/82.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

198lbs/90Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

SHW/90+Kgs

Bench

Lita Verts

55.0

Kg

121.3

lbs

3/2/1996

## Masters (65-69)

97lbs/44Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

105lbs/48Kgs

Bench

Helene Tropp

42.5

Kg

93.7

lbs

9/8/2007

114lbs/52Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

123lbs/56Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

132lbs/60Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

148lbs/67.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

165lbs/75Kgs

Bench

Mary Webb

57.5

Kg

126.8

lbs

8/27/1994

181lbs/82.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

198lbs/90Kgs

Bench

Dorothy Rawe

47.5

Kg

104.7

lbs

8/13/2005

SHW/90+Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

## Masters (70-74)

97lbs/44Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
105lbs/48Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Ruth Wiltshire	30.0	Kg	66.1	lbs	3/25/2006
148lbs/67.5Kgs	Bench	Ene Purre	32.5	Kg	71.6	lbs	8/19/2006
165lbs/75Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
181lbs/82.5Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
198lbs/90Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
SHW/90+Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	

## Masters (75-79)

97lbs/44Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

105lbs/48Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

114lbs/52Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

123lbs/56Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

132lbs/60Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

148lbs/67.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

165lbs/75Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

181lbs/82.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

198lbs/90Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

SHW/90+Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

## Masters (80+)

97lbs/44Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

105lbs/48Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

114lbs/52Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

123lbs/56Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

132lbs/60Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

148lbs/67.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

165lbs/75Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

181lbs/82.5Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

198lbs/90Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

SHW/90+Kgs

Bench

Record Open

0.0

Kg

0.0

lbs