

HIGHEST ALL-TIME 97# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Cosette Fernandez-Neely	California	214.7
2	Angelina Hong	Texas	203.7
3	Christine Moorman	Washington	161.9
3	Cheryl Anderson	Minnesota	161.9
5	Alexandria Vallejo	California	159.7
6	Nikki Williams	Georgia	154.2
6	Holland Bailey McArthur	Nevada	154.2
8	Jennifer Genato	California	150.9
9	Sally Thomas	Canada	148.7
9	Ekaterina Romanova	Russia	148.7
11	Anna James	California	147.7
12	Pamela Robinson	California	138.8
13	Taylor LaChapelle	Wisconsin	137.7
14	Diana Vallinoto	Argentina	132.2 Raw
14	Brandy Campbell	Texas	132.2
16	Carmela Baqui	Hawaii	130.0
17	Sandra Herring	Georgia	127.8
18	Jennifer Genato	California	126.7 Raw
19	Geri Cunningham	Utah	122.3
20	Hai Van Chung	Hawaii	121.2
20	Alayna Easterly	Wisconsin	121.2
22	Arrielle Villaruel	Florida	115.5
22	Noy Southichack	Hawaii	115.5
22	Elizabeth Cabe	Hawaii	115.5
25	Ana Cordova de Merino	Ecuador	110.0
25	Anne Villaruel	Florida	110.0
27	Pamela Robinson	California	107.8 Raw
28	Madison Hawkison	Florida	105.0 Raw
28	Cheyenne Tavares	Hawaii	105.6
30	Malia Weinress	California	104.5
30	Jayne Tanner	Georgia	104.5
32	Donna Aliminosa	New Hampshire	102.3
33	Chantal Garza	Texas	100.1
33	Sherry Abblett	California	100.1
35	Emily Guerra	Texas	99.0
36	Angel De Pineda	Oregon	95.0
37	Kierstin Uehara	Oregon	93.5 Raw
37	Desiree Estrada	Texas	93.5
37	Joslyn Pacheco	Texas	93.5
37	Payton Haymore	Arizona	93.5
37	Virginia Puentes	Texas	93.5
37	Mackenzie Cunningham	Washington	93.5
43	Jennifer Souders	Washington	91.3 Raw
44	Tianna Whorrall	Washington	90.2
45	Elizabeth Cabe	Hawaii	88.0 Raw
45	Candence Ricci	California	88.0 Raw
45	Makalea Ramil	Hawaii	88.0 Raw
45	Lauren Johnson	Georgia	88.0
45	Tianna Whorrall	Washington	88.0
45	Brianna Judd	Arizona	88.0
45	Maricel Bimbo	Hawaii	88.0
45	Alexandra Fraga	Texas	88.0
45	Aunja Norland	Washington	88.0
45	Angela Perez	Texas	88.0
45	Katherine Todd	Washington	88.0
45	Danielle Puentes	Texas	88.0
57	Lisa Marie Garcia	Washington	84.7

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
58	Kacie Padgett	Georgia	83.6
58	Katherine Cade	Washington	83.6
60	Vilma Aguilar	California	82.5
60	Ariana Wagner	Hawaii	82.5
62	Joleen Buckingham	Washington	82.0
63	Alexandria Dodds	Florida	80.0
64	Hope Fontenot	Louisiana	77.0
64	Kathleen Sitton	Oregon	77.0
64	Angela Barrera	Texas	77.0
64	Devyn Turner	Texas	77.0
68	Brynn Montgomery	Arizona	71.5
68	Margie Villamore	Hawaii	71.5
68	Autumn Allen	Oregon	71.5
71	Brenna Murray	Arizona	66.0
71	Sarah Keaweehu	Hawaii	66.0
71	Alyssa Gilmore	Idaho	66.0
71	Margaret LeBien	Minnesota	66.0
71	Samantha Guevara	Texas	66.0
76	Shirley Martine	Georgia	61.6
77	Samantha Stanfield	Washington	60.5
77	Abby Griffith	Washington	60.5
77	Tania Akina	Hawaii	60.5
77	Julie Johnson	Georgia	60.5
77	Risa Chrestenson	Oregon	60.5
77	Rian Berriman	Oregon	60.5
77	Yazmin Trujillo	Texas	60.5
84	Ali Miskinis	Ohio	56.0
85	Christa Ortega	Arizona	55.0
85	Evinley Bright	Arizona	55.0

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL  
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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Stacia Al-Mahoe	Hawaii	270.0
2	Cosette Fernandez-Neely	California	220.2
3	Angelina Hong	Texas	209.2
4	Lupe Aguilar	Oregon	203.7
5	Linda Barnes	California	192.7
6	Cailee Awa	Hawaii	189.4
7	Natalie Freed	Pennsylvania	188.3
8	Yuxin Hao	Ohio	187.2
9	Desiree Brown	California	181.7
10	Nikki Williams	Georgia	176.2
10	Soraya Cobb	California	176.2
12	Christine Moorman	Washington	172.9
13	Carin Fujisaki	California	171.8
14	Debbie Mclean	Hawaii	167.4
15	Alexandria Vallejo	California	166.3
16	Lori Watson	Hawaii	165.2
16	Donna Marie Anderson	Hawaii	165.2
18	Amanda Lopez	Texas	159.7
18	Anna James	California	159.7
18	Kristine Emry	California	159.7
18	Colleen Loo	Hawaii	159.7
18	Patricia Loera-Lewis	California	159.7
23	Pamela Robinson	California	155.3
24	Micaela Lopez	Argentina	154.2 Raw
24	Betty Lafferty	Alabama	154.2
24	Emily Kubiak	California	154.2
27	Teresa Schrank	Texas	149.8
27	Terese Gill	Ohio	149.8
29	Jade Bunk	Wisconsin	148.7 Raw
29	Brandy Campbell	Texas	148.7
29	Vanessa Garcia	Texas	148.7
29	Maria Davenport	Idaho	148.7
33	Carmela Baqui	Hawaii	143.2
34	Lynda Christopher	Arizona	137.7
34	Jonna Ocampo	Texas	137.7
36	Jennifer Genato	California	133.3
36	Karen Poyner	Virginia	133.3
38	Jessica Diana Vallinoto	Argentina	132.2 Raw
38	Jennifer Genato	California	132.2 Raw
38	Vickie McNeely	Alabama	132.2
38	Molly Jaeger	Texas	132.2
38	Taylor La Chapelle	Wisconsin	132.2
43	Kelly Watson	Oregon	130.0
43	Ashley Hudson	Louisiana	130.0
43	Vivian Kosak	Washington	130.0
46	Soledad Rosas	California	126.7
46	Sarah Moorman	Washington	126.7
46	Changer Mehedbasich	Colorado	126.7
46	Joann Clough	Maine	126.7
50	Sandra Herring	Georgia	126.0
51	Sarah Cruz	Texas	122.3
51	Kristie Esch	Wisconsin	122.3 Raw
53	Kelly LaCour	Texas	121.2
53	Danielle Columby	Arizona	121.2
53	Angela Rocha	Texas	121.2
53	Carla Costa	Brazil	121.2

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
53	Mia Howard	Hawaii	121.2
58	Ann Peterson	Mississippi	120.0
59	Jacqueline M Arelliano	Hawaii	115.5 Raw
59	Sharon Warner	Oregon	115.5
59	Chelsea Wright	Oregon	115.5
62	Devyn Turner	Texas	115.5
63	Cheyenne Tavares	Hawaii	111.1
63	Joleen Buckingham	Washington	111.1
65	Georgette Marshall	Washington	110.0
66	Robyn Nelson	Oregon	110.0
66	Kacie Padgett	Georgia	110.0
66	Jocelyn Coleman	Texas	110.0
66	Ashley Wilder	Texas	110.0
70	Sherry Abblett	California	105.6
70	Julie Bailleto	Florida	105.6
72	Krystie Payne	Texas	104.5 Raw
72	Tianna Whorrall	Washington	104.5
74	Hannah Furman	California	93.5 Raw
74	Rhyan Parrish	Florida	93.5 Raw
74	Liza Bimbo	Hawaii	93.5
74	Brianna Judd	Arizona	93.5
74	Marissa Barnett	Texas	93.5
74	Emma MacDonald	Washington	93.5
80	Alexis Marotta	Arizona	89.1
80	Debbie Rogers	Washington	89.1
82	Jennifer Souders	Washington	88.0 Raw
82	Emily Krause	Wisconsin	88.0 Raw
82	Nancy Georges	Florida	88.0 Raw
82	Mary Pederson	Washington	88.0
82	Tessa Campbell	California	88.0
82	Angela Perez	Texas	88.0
88	Alexandra Pecktol	Oregon	85.8
89	Katie Hutchinson	Florida	85.0
90	Maria Vermes	California	82.5
90	Christa Judd	Arizona	82.5
90	Rafaela de Andrade Ubertini	Brazil	82.5
90	Kamri Lindley	Texas	82.5
90	Lori Hirojosa	Texas	82.5
95	Ali Miskinis	Ohio	78.1
96	Hannah Best	Louisiana	77.0
97	Irene Pasciuta	Florida	75.0
98	Elizabeth Snook	Washington	71.5
98	Channel Lewis	Texas	71.5
98	Desiree Black	Washington	71.5
98	Sealeigh Ramsey	Texas	71.5
98	Jessica Welton	Colorado	71.5
103	Michele Lassiter	Florida	70.0
104	Maggie Bradley	Georgia	66.0
104	Julie Johnson	Georgia	66.0
106	Lynn Nakama	Hawaii	62.7 Raw
107	Kristin Bareng	Hawaii	60.5
107	Alexus Arispe	Texas	60.5
109	Jean Broyles	California	56.1

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>	
1	Angelina Hong	Texas	242.5	Raw
1	Jamie Field	California	242.5	
3	Jackie Hong	Texas	226.8	
4	Ita Pantilat	Washington	225.7	
5	Kimberly Aanenson	California	220.2	
6	Sophia Walström	Sweden	214.7	
7	Hedy Miller	Utah	210.3	
8	Jessica Okimura	Hawaii	209.2	
9	Yuxin Hao	Ohio	205.9	
10	Valerie Tyree	Texas	203.7	
10	Amber Reyes	Utah	203.7	
10	Amparo Barajas	Texas	203.7	
13	Suzanne Hedman	California	199.3	
14	Jenny Macy	Idaho	198.2	
15	Morgan Young	Nevada	192.7	
15	Nikki Williams	Georgia	192.7	
15	Donna Arndt	California	192.7	
18	Julia Chapman	Texas	187.2	
18	Maria Davenport	Idaho	187.2	
20	Angelina Battige	Wisconsin	182.8	
21	Melissa Leach	Oklahoma	181.7	
21	Kayla Hew Len	Hawaii	181.7	
21	Jana Gedde	Washington	181.7	
21	Kali Schierl	Wisconsin	181.7	
25	Soraya Cobb	California	176.2	
25	Shelley Radcliffe	Oregon	176.2	
25	Leticia Rosales-Buie	California	176.2	
28	Maria Chim	Idaho	171.1	
29	Tamara Coulombe-Smith	Washington	170.7	
29	Donna Marie Anderson	Hawaii	170.7	
29	Claudia Salo	California	170.7	
29	Dawn Chapman	Texas	170.7	
33	Lori Watson	Hawaii	166.3	
34	Dana Snow	Washington	165.2	
34	Teresa Schrank	Texas	165.2	
34	Betty Lafferty	Alabama	165.2	
34	Claudia Rivera	California	165.2	
38	Cailee Awa	Hawaii	163.0	Raw
39	Kim Maslana	California	159.7	
39	Natalie Freed	Pennsylvania	159.7	
39	Brandy Campbell	Texas	159.7	
39	Yvette Flores	Texas	159.7	
43	Kumiko Katie Moore	Nevada	156.4	Raw
43	Josette Villegas	California	156.4	
45	Rebecca Moore	Washington	155.3	
46	Heidi Rodriguez	Guatemala	154.2	
46	Lisa Coleman	Alabama	154.2	
46	Alexandria Vallejo	California	154.2	
46	Carol Richardson	Texas	154.2	
46	Donna Gagliardi	Texas	154.2	
46	Amanda Lopez	Texas	154.2	
52	Jamie Doran	Florida	150.0	
53	Eda Hnatek	Texas	149.8	
54	Katee Peabody	California	148.7	
54	Anna James	California	148.7	
54	Lisa Merrigan	Arizona	148.7	
54	April Hamon	Texas	148.7	

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
54	Amanda Harris	Texas	148.7
54	Sarah Tal	Utah	148.7
54	Tyler Garcia	Texas	148.7
54	Selina May	Texas	148.7
54	Linda Barnes	California	148.7
54	Brianna Morelion	Texas	148.7
64	Renata Imamassu	Brazil	144.3 Raw
65	Jessica Rangel	Wisconsin	143.2 Raw
65	Cassie Embry	Utah	143.2
65	Sarah Hagedorn	California	143.2
65	Carolyn Schwarz	California	143.2
65	Katelyn Tobin	Minnesota	143.2
65	Brittany Burroughs	Georgia	143.2
65	Siu Whitehead	Hawaii	143.2
65	Sarah Moorman	Washington	143.2
65	Martha Godinez-Shim	Hawaii	143.2
65	Barbara Mahan	Texas	143.2
75	Autumn Allen	Oregon	137.7
75	Evelyn Avillanoza	Hawaii	137.7
75	Ren Yamashita	Hawaii	137.7
75	Lisa Nerio	Colorado	137.7
75	Jami Frenkel	Texas	137.7
80	Valesca Cristina Rocha	Brazil	132.2 Raw
80	Cindy Herrera	Texas	132.2
80	Dec Bernal	Texas	132.2
80	Mary Ellen Buchanan	Washington	132.2
80	Lynda Christopher	Arizona	132.2
80	JoAnn Clough	Maine	132.2
80	Leslie Levine	Texas	132.2
80	Mia Howard	Hawaii	132.2
80	Dana Deutsch	Texas	132.2
80	Emily Schneider	Oregon	132.2
80	Tonya Whitlock	Washington	132.2
91	Robyn Nelson	Oregon	127.8
91	Emma Stallings	Washington	127.8
93	Linda Barnes	California	126.7 Raw
93	Heather Johnson	Michigan	126.7
93	Joleen Buckingham	Washington	126.7
93	Chrysta Guerrero	Texas	126.7
93	Ali Miskinis	Ohio	126.7
93	Adriana Plumlee	Washington	126.7
93	Lizabeth Darling	California	126.7
93	Rommy Garcia	Ecuador	126.7
93	Eileen Frock	Utah	126.7
93	Chevelle Bertelmann	Hawaii	126.7
93	Britney Golladoy	Texas	126.7
93	Sonni Gehring	Texas	126.7
105	Louise Turner	Pennsylvania	125.0
106	Michael Lemes	Hawaii	123.4
107	Josette Villegas	California	122.3 Raw
107	Kaci Singh	California	122.3 Raw
109	Daiana Dos Santos	Brazil	121.2
109	Anna Cade	Washington	121.2
109	Rebecca Sexton	Washington	121.2
109	Georgette Marshall	Washington	121.2

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
109	Virginia Puentes	Texas	121.2
109	Shelley Ellis	Texas	121.2
109	Cheyenne Tavares	Hawaii	121.2
109	Merissa Baker	Texas	121.2
109	Jennifer Macquarrie	Nevada	121.2
109	Jennifer Lenius	Idaho	121.2
119	Suvi Jokela	Finland	115.5 Raw
119	Trulayna Ballo	Hawaii	115.5 Raw
119	Kelli Packard	Washington	115.5
119	Katelyn Rose Callahan	Washington	115.5
119	Angela Burkett	Texas	115.5
119	Sherri Taylor	Arizona	115.5
119	Bonnie Aerts	California	115.5
119	Brianna Judd	Arizona	115.5
119	Shauna Ferguson	Washington	115.5
119	Sharon Warner	Oregon	115.5
119	Anita Hoosan	Washington	115.5
119	Linh Ngo	Washington	115.5
119	Ronette Burns	Montana	115.5
119	Kailey Trice	Texas	115.5
133	Kim Maslana	California	110.0 Raw
133	Lisa Balestrini	California	110.0 Raw
133	Tina Whorrall	Washington	110.0 Raw
133	Iris Singleton	Washington	110.0 Raw
133	Olivia Trenino	Texas	110.0
133	Brynn Montgomery	Arizona	110.0
133	Veera Selkainaho	Finland	110.0
133	Lori Robinson	Minnesota	110.0
133	Vickie Holbrook	Wisconsin	110.0
142	Tammy Koltoff	Florida	105.0
142	Billie Breneiser	Florida	105.0
144	Carolyn Allred	Utah	104.5 Raw
144	Katee Peabody	California	104.5 Raw
144	Mari Makitalo	Finland	104.5 Raw
144	Rian Berriman	Oregon	104.5
144	Tina Dickson	Idaho	104.5
144	Danielle Puentes	Texas	104.5
144	B. Moore	Washington	104.5
144	Sealeigh Ramsey	Texas	104.5
152	Katie Hutchinson	Florida	101.2
153	Madison McKendrick	Utah	100.1
153	Alexis Marotta	Arizona	100.1
155	Payton Haymore	Arizona	99.0
155	Alexandra Pecktol	Oregon	99.0
155	Christa Judd	Arizona	99.0
155	Carmela Baqui	Hawaii	99.0
155	Luvi Kahumoku	Hawaii	99.0
155	Harmony Pacheco	Hawaii	99.0
155	Melody Younglove	Washington	99.0
162	Lisa Tuaolo	Hawaii	95.7
163	Kim Mortimer	Florida	95.0
164	Emma MacDonald	Washington	93.5 Raw
164	Jeanne Morris	Washington	93.5
164	Jacqueline Templer	Arizona	93.5
164	Anna Audia	Michigan	93.5
164	Brooke Caraccioli	California	93.5

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
169	Nancy Georges	Florida	92.5
170	Vickie McNeely	Alabama	90.0
171	Rosalind Pierce	California	89.1
172	Jennifer Prado	Texas	88.0 Raw
172	Malia Fetsch	Hawaii	88.0
172	Sally Keathly	California	88.0
172	Leticia Neira	Texas	88.0
172	Tessa Campbell	California	88.0
172	Ashtyn DeFibaugh	Ohio	88.0
172	Janice Pontious	Arizona	88.0
172	Rosemary Dunbar	California	88.0
172	Glenda Egan	California	88.0
172	Rebecca Layman	Washington	88.0
172	Danyelle Cano	Hawaii	88.0
172	Jessica Spencer	Washington	88.0
184	Nancy Georges	Florida	87.5
185	Joni Craft	Alabama	82.5 Raw
185	Sonia Barnes	Arkansas	82.5 Raw
185	Natalie Massa	California	82.5 Raw
185	Tracie Andrews	Washington	82.5
185	Jessica Peyton	Washington	82.5
185	Courtney Wyre	Georgia	82.5
185	Amber Kaslar	California	82.5
185	Daniella Tipton	Idaho	82.5



HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Jamie Field	California	244.7
2	Jackie Hong	Texas	243.6
3	Ita Pantilat	Washington	242.5
4	Shelley Radcliffe	Oregon	237.8
5	Tamara Coulombe-Smith	Washington	231.2
6	Jennifer Lenius	Idaho	225.7
6	Amber Reyes	Utah	225.7
8	Donna Marie K Bareng	Hawaii	221.2
9	Angela Sweet	Pennsylvania	220.2
9	Hedy Miller	Utah	220.2
9	Carol Myers	Washington	220.2
9	Lupe Aguilar	Washington	220.2
13	Valerie Tyree	Texas	214.7
13	Kali Schierl	Wisconsin	214.7
15	Sabra Callahan	Nevada	209.2
15	Suzanne Hedman	California	209.2
15	Denise Ruff	Oregon	209.2
18	Kayla Hew Len	Hawaii	205.9
19	Margaret Kirkland	Florida	205.0
20	Nikki Williams	Georgia	204.8
20	Sarah Sanford	Minnesota	204.8
22	Lauri Lamp	Washington	203.7
22	Jill Remiticado	Hawaii	203.7
22	Jill Yamashita	Utah	203.7
25	Tasha Griffin	Montana	200.4
26	Jackie Hong	Texas	198.2 Raw
26	Jenny Macy	Idaho	198.2
26	Donna Arndt	California	198.2
29	Amanda Harris	Texas	192.7
29	Soraya Cobb	California	192.7
29	Rachele Unson	Washington	192.7
29	Brittany Flores	Texas	192.7
33	Joy Yamashita	Hawaii	187.2
34	Jeanne Braguine	California	182.8
35	Claudia Rivera	California	181.7
35	Julie Green	Nevada	181.7
35	Suzanne Davis	Arizona	181.7
38	Marianne Kosonen	Finland	176.2 Raw
38	Desirae Arelliano	Hawaii	176.2
38	Erica Haislar	Illinois	176.2
38	Luvi Agpaoa	Hawaii	176.2
38	Allison Barnhill	California	176.2
38	Autumn Allen	Oregon	176.2
38	Amparo Barajas	Texas	176.2
45	Diane Siveny	South Dakota	172.9
46	Karen Gordon	Illinois	171.8
47	Heidi Taubmann	France	170.7
47	Shae Bitton	Utah	170.7
47	Anna James	California	170.7
47	Gaye England	Georgia	170.7
47	Paige Fabela	Texas	170.7
47	Dru Amos	Alabama	170.7
47	Maria Lewis	Hawaii	170.7
47	Alicia Wiser	Oregon	170.7
47	Cheryl Edelstein	Washington	170.7
47	Andrea Windsheimer	Pennsylvania	170.7

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
47	Jenobia Chamberlain	Texas	170.7
47	Barbara Mahan	Texas	170.7
47	Taylor Klemmenson	Wisconsin	170.7
47	Misty Prado	Texas	170.7
61	Kumiko Katie Moore	Nevada	166.3
61	Cassandra Cordova	Texas	166.3
61	Karina Phipps	Nevada	166.3
64	Tatiana Brumaghim	Hawaii	165.2 Raw
64	Kim Maslana	California	165.2
64	Robin Davis	Idaho	165.2
64	Katherine Chwalek Clark	Washington	165.2
64	Erica Ansberry	California	165.2
64	Anna Rytivaara	Finland	165.2
64	Sue Lauver	Oregon	165.2
64	Dana Snow	Washington	165.2
64	Lacy Livingston	Texas	165.2
64	Patricia Cordova	California	165.2
64	Marla McElroy	Illinois	165.2
64	Pomaikai Yamaguchi	Hawaii	165.2
64	Martha Godinez-Shim	Hawaii	165.2
77	Cara Fong	Texas	162.9
78	Rebecca Moore	Washington	161.9
79	Leticia Rosales-Buie	California	160.8
80	Jamie Doran	Florida	160.0
81	Rocky Patten	California	159.7
81	Annette Wright	Alabama	159.7
81	Donna Marie Bareng	Hawaii	159.7
81	Lacey Sanchez	Oklahoma	159.7
81	Sandra Hayes	Mississippi	159.7
81	Sarah Moorman	Washington	159.7
81	Katelyn Tobin	Minnesota	159.7
81	April Svendsen	Nevada	159.7
81	Suzanne Davis	Arizona	159.7
81	Jill Porter	Texas	159.7
91	Jody Fischer	Arizona	155.3
92	Pat Bryant	Washington	154.2
92	Beth Deming	Oregon	154.2
92	Cindy Day	Texas	154.2
92	Bianca Sanders	California	154.2
92	Emily Deatrich	Texas	154.2
92	Gerri Shapiro	California	154.2
92	Sara Hagedorn	California	154.2
92	Beatriz Ribeiro	Brazil	154.2
92	Gina DaBenigno	New York	154.2
101	Rianna Medlin	Florida	148.7 Raw
101	Misty Prado	Texas	148.7 Raw
101	Michael Lemes	Hawaii	148.7
101	Jackie Steele	Washington	148.7
101	Katee Peabody	California	148.7
101	Kiara Kneer	Texas	148.7
101	Melissa Leach	Oklahoma	148.7
101	Julie Smith	Michigan	148.7
101	Deb Moretto	Montana	148.7
101	Ali Miskinis	Ohio	148.7
101	Kaila Fairchild	Idaho	148.7
101	Karon Denniston	Michigan	148.7
113	Griselda Soler	Argentina	143.2 Raw

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
113	Caitlin Ferreira	Hawaii	143.2
113	Jo Walker	Oregon	143.2
113	Jenny Souders	Washington	143.2
113	Bonnie Aerts	California	143.2
113	Tiffany Dean	Nevada	143.2
113	Pamela Jenkins	Washington	143.2
113	Bonnie Cushman	Washington	143.2
113	Heather Hughes	Texas	143.2
113	Katrina Lenius	Idaho	143.2
123	Lynda Christopher	Arizona	138.8
124	Alison Schaaf	Wisconsin	137.7 Raw
124	Tzu Hsuan Esther Yen	Arizona	137.7
124	Daniella Tipton	Oregon	137.7
124	Amanda Wenzel	Washington	137.7
124	Petra Villegas	Texas	137.7
124	Beth Higginbotham	Arizona	137.7
124	Wendy Wiesjahn	Wisconsin	137.7
124	Deb Johnson	Oregon	137.7
124	Selina May	Texas	137.7
124	Teresa Schrank	Texas	137.7
124	Nicole McCabe	California	137.7
124	Jami Frenkel	Texas	137.7
124	Katherine Welch	Maine	137.7
124	Carrie Sasynuik	Alabama	137.7
124	Carrie Maha	California	137.7
124	Lisa Merrigan	Alabama	137.7
124	Nan Helms	Oregon	137.7
124	Shelby Ducitt	Texas	137.7
124	Martine Acanfora	New Jersey	137.7
143	Brittany Rains	Florida	135.0
144	Gloria Camp	Oregon	133.2
145	Desirae Arelliano McBarnet	Hawaii	132.2 Raw
145	Abigail Aceves	Hawaii	132.2 Raw
145	Esther Koelbl	Oregon	132.2 Raw
145	Barbara Mahan	Texas	132.2 Raw
145	Jayci Robicheaux	Texas	132.2
145	Jazlynn Bennett	Washington	132.2
145	Selina Diaz	Texas	132.2
145	Chasitee Thompson	Texas	132.2
153	Robin Hinkle	Maine	126.7 Raw
153	Anna Tamez	Oregon	126.7 Raw
153	Jozee Hofman	Montana	126.7 Raw
153	Mary Kissel	Indiana	126.7
153	Sarah Bentley	Michigan	126.7
153	Rena Encarnacion	Hawaii	126.7
153	Siu Whitehead	Hawaii	126.7
153	Angela Burkett	Texas	126.7
153	Audrey Perez	Texas	126.7
153	Sharon Bertelmann	Hawaii	126.7
163	Kacie Anderson	Texas	125.0
164	Mykaela Krous	Washington	123.4
165	Joanne Saladino	Hawaii	121.2 Raw
165	Trulayna Ballo	Hawaii	121.2 Raw
165	Katee Peabody	California	121.2 Raw
165	Lisa Coleman	Alabama	121.2
165	Sarina Cook	Oregon	121.2
165	Deborah Brown	Washington	121.2

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
165	Rachel Long	Idaho	121.2
165	Kelly Bumgarner	Nevada	121.2
165	Valentine Insana	Nevada	121.2
165	Joni Patton	Oregon	121.2
175	Rian Berriman	Oregon	116.6
175	Katherine Cade	Washington	116.6
177	Kayley Dombrigues	Hawaii	115.5
177	Maricela Perez	California	115.5
177	Karen Olson	Washington	115.5
177	Joni Wilson	Oregon	115.5
177	Payton Haymore	Arizona	115.5
177	Alexandra Pecktol	Oregon	115.5
177	Shelby O'Brien	Illinois	115.5
177	Carmela Baqui	Hawaii	115.5
177	Rebecca Layman	Washington	115.5
177	Tonya Gron	Alabama	115.5
177	Josette Villegas	California	115.5
177	Kelly Rogers	Oklahoma	115.5
177	Valesca Cristina Rocha	Brazil	115.5
177	Rebecca Anderson	Washington	115.5
191	Yazmine Lopez	Florida	110.0 Raw
191	Ruth Kirby	Washington	110.0
191	Sarah Biddle	Indiana	110.0
191	Myrissa Barnet	Texas	110.0
191	Angela Pate	Oklahoma	110.0
191	Madison McKendrick	Utah	110.0
197	Amie Marx	Pennsylvania	105.6
197	Anna Cade	Washington	105.6
199	Pamela Cornelio	Hawaii	104.5 Raw
199	Delilah Burruel	California	104.5 Raw
199	Sagi Macias	California	104.5
199	Que Ellis	Texas	104.5
199	Jessica Miller	Oregon	104.5
199	Brooke Kauluaau	Hawaii	104.5
199	Lorene Stone	Oregon	104.5
199	Charissa Vallesteros	Hawaii	104.5
199	Candy Ford	Hawaii	104.5
199	Charlene Nutt	Georgia	104.5
199	Kelly Kassen	Arizona	104.5
199	Sherri Rowland	California	104.5
211	Donna Samoylich	Colorado	100.1
211	Shelby Johnston	Pennsylvania	100.1
211	Romney Garcia	Ecuador	100.1
211	Pauliina Lillberg	Finland	100.1
215	Diane Strome	Oklahoma	100.0

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Jerri Lynn Lippert	Pennsylvania	319.5
2	Kristen Baril	Massachusetts	305.2
3	Victoria Real	California	292.0
4	Christie Luehrs	Oregon	286.5
5	Julia Goldstein	Utah	264.5
6	Krystal Miller	Nevada	253.5
7	Amy Hughes	Oregon	248.0
8	Sandy Gomez-Leon	Washington	242.5
8	Jeanne Watts	California	242.5
10	Britney Pasion-Almeida	Hawaii	236.7
10	Angela Root	Pennsylvania	236.7
12	Amanda Harris	Texas	231.2
13	Rachel Strauss	Hawaii	225.7
14	Vanessa Torres	Finland	222.4 Raw
15	Erica Haislar	Illinois	221.3
16	Tracee Iranon	Hawaii	220.2
16	Lisa Dugan	Kentucky	220.2
16	Kim Price	Arizona	220.2
19	Kali Schierl	Wisconsin	215.8
20	Nikki Williams	Georgia	214.7
20	Judith Sverchek	Idaho	214.7
20	Mary Ann Hobbs	Washington	214.7
23	Sabra Callahan	Nevada	209.2
23	Jenna Neeley	Hawaii	209.2
25	Lauri Lamp	Washington	205.9
26	Rachele Unson	Washington	204.8
27	Stacy Matsuyama-Sekioka	Hawaii	203.7
27	Pamela Arce	Texas	203.7
27	Lucia Feraud Montenegro	Ecuador	203.7
27	Leslie Hofheins	Utah	203.7
27	Carol Myers	Washington	203.7
27	Leticia Rosales-Buie	California	203.7
27	Erica Ansberry	California	203.7
27	Monique Hayes	Georgia	203.7
27	Eda Hnatek	Texas	203.7
36	Dede Soekardi	California	199.3
37	Alene Brisbane	California	198.2
37	Stacie Wallace	Texas	198.2
39	Jackie Hong	Texas	193.8 Raw
39	Christy Melton	Alabama	193.8
41	Nichole Machado	Hawaii	192.7
41	Christy Richer	Nevada	192.7
43	Cathey Welch	Louisiana	191.0
44	Betty Hansen	California	188.3
45	Martha Godinez Shim	Hawaii	187.2
45	Kadey Chambless	Hawaii	187.2
45	Marie Cannon	Maine	187.2
45	Denise Ruff	Oregon	187.2
45	Jill Deuser	California	187.2
45	Kathy Waugh	Michigan	187.2
45	Dawn Burdette	California	187.2
45	Paige Fabela	Texas	187.2
45	Jill Porter	Texas	187.2
54	Noemi Olivera	Texas	182.8
54	Deanna Cassata	Illinois	182.8
56	Ashley Carillo	Hawaii	181.7 Raw

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
56	Angie Robertson	Arizona	181.7
56	Britney Basilio	Hawaii	181.7
56	Mondae Nunes	California	181.7
56	Vicki Anderson	Montana	181.7
56	Antoinette Kemper	Hawaii	181.7
56	Ellen Stein	New York	181.7
63	Kim Maslana	California	178.4
63	Beverly Anolin	California	178.4
65	K.C. Inlow	California	177.3
66	Stacy Matsuyama-Sekioki	Hawaii	176.2 Raw
66	Jessica Lenyard	Arizona	176.2
66	Janet Chapoton	Texas	176.2
66	Susan Salazar	Hawaii	176.2
66	Chandra Armstead	Texas	176.2
66	Caroline Piatek	California	176.2
66	Rachel Churchward	Washington	176.2
66	Marie Rochat	Oregon	176.2
66	Abigail Garza	Texas	176.2
75	Tricia Downing	Arizona	170.7 Raw
75	Victoria Real	California	170.7 Raw
75	Rebecca Moore	Washington	170.7
75	Jo Walker	Oregon	170.7
75	Deanna Hurlburt	Michigan	170.7
75	Velma Panlasigui	Hawaii	170.7
75	Judy Rodriguez	California	170.7
75	Jill Yamashita	Utah	170.7
75	Shae Bitton	Utah	170.7
75	Ana Catia Portilho Couto	Brazil	170.7
85	Lainey Kelly	Hawaii	165.2 Raw
85	Leilana Felipe	Hawaii	165.2 Raw
85	Nicole Machado	Hawaii	165.2 Raw
85	Connie Clifton	Texas	165.2
85	Gerri Shapiro	California	165.2
85	Jody Fischer	Washington	165.2
85	Jennifer Scott	Nevada	165.2
85	Lean Foss	Iowa	165.2
93	Sue Lauver	Oregon	160.8
94	Jeanne Nielsen	California	159.7 Raw
94	Stephanie Guffie	Washington	159.7
94	Kristy Brown	California	159.7
94	Karina Phipps	Nevada	159.7
94	Shirley Dalila Mogollon	Peru	159.7
94	Meg Hudson	Washington	159.7
94	Jazzel Heya	Hawaii	159.7
94	Lisa Balestrini	California	159.7
94	Brittany Flores	Texas	159.7
94	Jonnel Rivet	Minnesota	159.7
94	Cindy Day	Texas	159.7
94	Cindy Shaw	California	159.7
94	Betty Cable	Illinois	159.7
94	Kimberly Phantavong	Washington	159.7
94	Bryanna Ramirez	Texas	159.7
94	Lynn Puana	Hawaii	159.7
110	Shawn Coffey	Arizona	154.2 Raw
110	Dede Leinwohl	California	154.2
110	Dawn Verret	Louisiana	154.2
110	Katie Lynch	Nevada	154.2

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
110	Judy Vierra	Hawaii	154.2
110	Natalie Spore-Otwell	Nevada	154.2
110	Stina Rock	Washington	154.2
110	Jackie Steele	Washington	154.2
110	Shawna Staines	California	154.2
110	Tiffany Dean	Nevada	154.2
110	Lauri Lyons	Oregon	154.2
110	Amanda Vega	Texas	154.2
110	Sara Hill	Washington	154.2
110	Christiane Kuniyoshi	Hawaii	154.2
110	Tammy Bedgood	Alabama	154.2
110	Danielle Llamas	Oregon	154.2
110	Michelle Kahakalau	Hawaii	154.2
127	Tierney Korotkin	California	150.9 Raw
127	Faith Ireland	Washington	150.9
127	Katherine Cade	Washington	150.9
130	Kaila Fairchild	Idaho	148.7
130	Kirsti Boehm	Georgia	148.7
130	Bree Gossett	Texas	148.7
130	Julane Jazzique	California	148.7
130	Toni Jones	California	148.7
130	Donna Sanford	Texas	148.7
130	Sara Ansberry	California	148.7
130	Sharon Bertelmann	Hawaii	148.7
130	Penelope Villegas	Mexico	148.7
130	Delores Garcia-Munro	California	148.7
140	Tia Davidson	Hawaii	143.2 Raw
140	Isabella Theobald	Hawaii	143.2 Raw
140	Elodia Womack	California	143.2
140	Beatriz Ribeiro	Brazil	143.2
140	Robin Jones	California	143.2
140	Leilani Felipe	Hawaii	143.2
140	Michael Lemes	Hawaii	143.2
140	Karon Denniston	Michigan	143.2
140	Amanda Wright	Texas	143.2
140	Azure Skellington	Hawaii	143.2
140	Alicia Cook	Michigan	143.2
140	Ali Miskinis	Ohio	143.2
140	Louise Turner	Pennsylvania	143.2
140	Lynn Hunter	Oregon	143.2
140	Sue Lilienthal	Oregon	143.2
140	Colleen Lesperance	Washington	143.2
140	Patricia Cordova	California	143.2
140	Karon Denniston	Michigan	143.2
158	Tamara Duenas	Arizona	138.8
159	Elisa Koikkalainen	Finland	137.7 Raw
159	Annette McBride	Idaho	137.7 Raw
159	Kendyl Granger	Montana	137.7 Raw
159	Iris Singleton	Washington	137.7 Raw
159	Jessica Luna	Texas	137.7
159	Emma MacDonald	Washington	137.7
159	Betsy Schmeckpeper	Idaho	137.7
159	Makayla McDonald	Texas	137.7
159	Brenda Clayton	Wyoming	137.7
159	Pamela Jenkins	Washington	137.7
159	Alexia Trevino	Texas	137.7

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
159	Janet May	Oregon	137.7
159	Erin Adams	Michigan	137.7
159	Petra Villegas	Texas	137.7
159	Lynda Christopher	Arizona	137.7
159	Kori Lee	Texas	137.7
175	Callie Nichols	Florida	135.0 Raw
175	Carrie McKeefer	Oklahoma	135.0
175	Christie South	Alabama	135.0
178	Susan Chloupek	Washington	134.4
179	Kylie Sandoval	Utah	133.3 Raw
180	Leilani Felipe	Hawaii	132.2 Raw
180	Rachel Strauss	Hawaii	132.2 Raw
180	Anna Tamez	Oregon	132.2 Raw
180	Bryanne Heald	Arizona	132.2 Raw
180	Barbara Mahan	Texas	132.2 Raw
180	Carlie Gehrman	Montana	132.2
180	Donna Hogg	Louisiana	132.2
180	Alexandra Pecktol	Oregon	132.2
180	Patti Reinelt	Georgia	132.2
180	Macey Note	Hawaii	132.2
180	Jenni Bechtold	Oregon	132.2
180	Susan Chloupek	Washington	132.2
180	Jessica Dickel	Maine	132.2
180	Clarissa DeLeon	Texas	132.2
180	Susan Rosenquist	California	132.2
180	Brittany Rains	Florida	132.2
180	Tameka Beck	Arizona	132.2
180	Kristine Garcia Sierra	Oregon	132.2
198	Arlene Tracy	Florida	130.0
198	Jenny Watt	California	127.8
200	Rian Berriman	Oregon	127.8
201	Leticia Rosales-Buie	Hawaii	126.7 Raw
201	Carolina Aftab	Finland	126.7 Raw
201	Lori Eldridge	Florida	126.7 Raw
201	Aubri Lucero	Oregon	126.7 Raw
201	Emily Galligar	Oregon	126.7 Raw
201	Esther Koelbl	Oregon	126.7 Raw
201	Suzette Baker	Arkansas	126.7
201	Mary Miller	Indiana	126.7
201	Robyn Briggs	California	126.7
201	Diana Sutton	Oregon	126.7
201	Mary Ann Sutton	California	126.7
201	Sherry Gilliand	Washington	126.7
201	April Schilt	Washington	126.7
201	Janet Montgomery	Oregon	126.7
201	Sarah Biddle	Indiana	126.7
201	Barbara Liss	California	126.7
201	Kathleen Girard	California	126.7
201	Shelbea Permenter	Texas	126.7
201	Shellie Gressard	Hawaii	126.7
201	Brook Ray	Texas	126.7
221	Michelle Baltz	Florida	122.5
222	Yesenia Valdez	Texas	121.2 Raw
222	Jessica Miller	Oregon	121.2
222	Patti Ehmen	Alabama	121.2
222	Julie Quinn	Hawaii	121.2



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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
222	Amy Graves	California	121.2
222	Amber Rhodes	Alabama	121.2
222	Christine Hamp	Washington	121.2
222	Megan Fied	Washington	121.2
222	Michaela Milesi	California	121.2
222	T. Miller	California	121.2
222	Leona Pereza	Hawaii	121.2
222	Karen Anderson	Idaho	121.2
222	Lorraine Leslie	Pennsylvania	121.2
222	Angelica Luiz	California	121.2
222	Cate Stowell	Texas	121.2
237	Betty Hansen	California	115.5 Raw

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Samantha Panziera	California	363.7
2	Linda Blackburn	Oklahoma	320.6
3	Anne Heikkila	Finland	319.5
4	Leonetta Richardson	Hawaii	314.0
5	Shauna Perry	Hawaii	303.0
5	Kandice Kinney	Hawaii	303.0
7	Christie Luehrs	Oregon	292.0
8	Kim Carter	Illinois	286.5
9	Virpi Pukkila	Finland	281.0
10	Krystal Miller	Nevada	275.5
10	Nadine Brack	Washington	275.5
12	Judith Sverchek	Idaho	270.0
12	Victoria Warshaw	Washington	270.0
14	Jeanne Watts	California	267.8
15	Jamie Tsuji	California	265.6
16	Beverly Anolin	California	264.5
16	Shani Alvarado	Hawaii	264.5
18	Zena Kiyota	Hawaii	263.5
19	Johanna Biesy	Finland	259.0 Raw
20	Suriane DeSouza	Brazil	253.5
20	Debbie Damminga	Minnesota	253.5
22	Marie Rochat	Oregon	248.0
22	Brenda Nolen	California	248.0
24	Dede Soekardi	California	242.5
24	Bernice Green	Canada	242.5
24	Liisa Penttinen	Finland	242.5
27	Marlane Welch	Oklahoma	240.0
28	Betty Heriford	Oregon	237.8
29	Jessica Radakovich	Hawaii	236.7
29	Cindy Shockman	Oregon	236.7
29	Jamie Grove	Utah	236.7
29	Sandy Gomez-Leon	Washington	236.7
33	Peach Presley	California	233.4
34	Tami Callahan	California	231.2
34	Nikki Williams	Georgia	231.2
34	Amanda Harriss	Texas	231.2
37	Christine Hamp	Washington	229.0
38	Ronelle Knouse	California	227.9
39	Katy Haller	Washington	225.7
39	Latasia Anzai	Hawaii	225.7
39	Mary-Ann Van Dam	California	225.7
39	Teresa Jacobs	Washington	225.7
39	Cristal Cabral	Texas	225.7
44	Wrynna Arruda	Hawaii	220.2 Raw
44	Sabrina Armstrong	California	220.2
44	Patricia Swab	Hawaii	220.2
44	Nancy Carpenter	Canada	220.2
44	Ellen Miller	Florida	220.2
49	Amy Hughes	Oregon	215.0
50	Marianne Hartio	Finland	214.7 Raw
50	Bobette Burdick	California	214.7
50	Rosa Narikiyo	Hawaii	214.7
50	Chelsea Miller	Oregon	214.7
50	Michelle Moodie	Illinois	214.7
55	Victoria Real	California	214.7
56	Lauren Lugdon	Maine	210.3

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
57	Marie Pritzel	Florida	210.0
58	Janine Jadallah	California	209.2
58	Chelsie Satterfield	California	209.2
58	Anna-Maija Kosonen	Finland	209.2
58	Meghan McLeod	Texas	209.2
58	Tiffany McKinney	Texas	209.2
58	Rachele Unson	Washington	209.2
58	Rebecca Turner	Texas	209.2
58	Sari Ahola	Finland	209.2
58	Suzanne Hedman	California	209.2
58	Patti Eldridge	Washington	209.2
58	Heidi Gantz	Oregon	209.2
69	Debra Hofer	Oklahoma	203.7 Raw
69	Nadine Brack	Washington	203.7 Raw
69	Johanna Rasmussen	Finland	203.7 Raw
69	Kathleen Girard	California	203.7
69	Tracey Bryan	Washington	203.7
69	Mondae Nunes	California	203.7
69	Cortney Postell	Georgia	203.7
69	Marie Wheaton	Maine	203.7
69	Laura Thieroff	Washington	203.7
69	Renee Wilson	California	203.7
69	Brittany Braguine	California	203.7
69	Stacie Wallace	Texas	203.7
81	Sarah Brown	Hawaii	198.2 Raw
81	Kathy Waugh	Michigan	198.2
81	Darnell Criste	Hawaii	198.2
81	Bianca Stone	California	198.2
81	Marletta Boyd II	Washington	198.2
86	Janine Jadallah	California	192.7 Raw
86	Havvy Ehrich	Oregon	192.7 Raw
86	Carla Tupou	Oregon	192.7
86	Jody Fischer	Washington	192.7
86	Linda Okoro	Texas	192.7
86	Jodi Jolma	Oregon	192.7
86	Lani Powell	Washington	192.7
86	Susan Chloupek	Washington	192.7
86	Terry Lee	Washington	192.7
86	Mallory Burda	California	192.7
86	Bree Gossett	Texas	192.7
86	Nida Namathez	Arizona	192.7
98	Beth Deming	Oregon	190.0
99	Wrynn Arrada	Hawaii	187.2 Raw
99	Krystal Muro	Nevada	187.2 Raw
99	Morgan Taylor	Utah	187.2 Raw
99	Andrea Macauley	Oregon	187.2
99	Rebecca Moore	Washington	187.2
99	Maila Evangelista	Hawaii	187.2
99	Rebecca Plant	Hawaii	187.2
99	Lee Itule	Arizona	187.2
99	Ana Catia Portilho Couto	Brazil	187.2
99	Shawna Sheffield	California	187.2
99	Patti Ehmen	Alabama	187.2
99	Silvia Maher	California	187.2
99	Jennifer Stam	Arizona	187.2
99	Melissa Sizneroz	Texas	187.2

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
99	Louisa Appelt	California	187.2
99	Susan Gall	Oregon	187.2
99	Kristian Hernandez	Texas	187.2
116	Lynn Gilpin-Parks	Wisconsin	181.7 Raw
116	Susan Johnson	Idaho	181.7 Raw
116	Rebekah Schmidt	Minnesota	181.7
116	Holly Morello	California	181.7
116	Jill Porter	Texas	181.7
116	Joni Texeira	Washington	181.7
116	Cristina Munoz	California	181.7
116	Erin Lyman	Washington	181.7
116	Abigail Castillo	Texas	181.7
116	Gloria Koepke	Texas	181.7
116	Sharon Mckenzie	Pennsylvania	181.7
116	Carol Ann Meyers	Florida	181.7
128	Barbara Anderson	Washington	177.3
129	Lisa Staplin	Minnesota	176.2 Raw
129	Tonya Shaffer	Montana	176.2 Raw
129	Kimberly Phanthavong	Washington	176.2
129	Kimberly Agnew	Montana	176.2
129	Brenda Clayton	Wyoming	176.2
129	Sara Holley	Wisconsin	176.2
129	Elizabeth Stephens	California	176.2
129	Jane McCubbin	Wisconsin	176.2
129	Rosemary Panza	Oregon	176.2
129	Barbara McGowan	Oregon	176.2
129	Kati Pasanen	Finland	176.2
129	Cheritha Miller	Ohio	176.2
129	Lynn Gilpin-Parks	Wisconsin	176.2
142	Angela Rodriguez	Texas	171.8
143	Brandi Kary	California	170.7
143	Pamela Arce	Texas	170.7
143	Joyce Hamblin	Oregon	170.7
143	Jean Turic	Arkansas	170.7
143	Bridget Davenport	Wisconsin	170.7
143	Brianna Jo Villarreal	Texas	170.7
143	Sarah Biddle	Indiana	170.7
143	Dru Amos	Alabama	170.7
143	Sueli Serrati	Brazil	170.7
143	Joanne Bauer	Oregon	170.7
143	Camellia Luprete	Texas	170.7
143	Annette McBride	Idaho	170.7
155	Aiyasha Tribble	Florida	170.0
155	Cindy Wurdinger Kelly	Oregon	170.0
157	Nadia Rios	Oregon	167.4
158	Britney Pasion Almeida	Hawaii	166.3 Raw
158	Patsy Rowe	Alabama	166.3
	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
158	Rae Ballard	California	166.3
161	Anna-Maija Kosonen	Finland	165.2 Raw
161	Pauliina Lopenen	Finland	165.2 Raw
161	Mia Linamen	Florida	165.2 Raw
161	Frances Young	Hawaii	165.2 Raw
161	Natalie Holland	Texas	165.2 Raw
161	Suzanne Greathouse	Washington	165.2
161	Megan Abshire	Louisiana	165.2
161	Louzee Banaga	Texas	165.2

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
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Effective up to and Including October 8, 2020

161	Oona Ylitolonen	Finland	165.2
161	Carrie McKeefer	Oklahoma	165.2
161	Kelli Warren	Georgia	165.2
161	Deedee Bradley	California	165.2
161	Emily Dickman	Washington	165.2
161	Jennifer Bretney	California	165.2
161	Tamarah Clemmens	Wisconsin	165.2
161	Dana Ng	Hawaii	165.2
161	Kayla Krueger	Wisconsin	165.2
178	Kathy Caraccioli	California	163.0
179	Abigail Crahen	Washington	160.8
180	Tina Collins	North Carolina	160.0
181	Dede Sockardi	California	159.7 Raw
181	Joi Kiel	Hawaii	159.7 Raw
181	Alisa Mendez	Florida	159.7 Raw
181	Stina Rock	Oregon	159.7 Raw
181	Summer Swackhammer	California	159.7
181	Megan Shoup	Washington	159.7
181	Marlessa Love	Texas	159.7
181	Robin Finnerty	California	159.7
181	Madison James	California	159.7
181	Judy Rodriguez	Texas	159.7
181	Ellen Drewett	Michigan	159.7
181	Nancy Ryan	Oregon	159.7
193	Elise Brachtl	Nevada	155.3
194	Jacqueline Stone	Florida	155.0
195	Jane McCubbin	Wisconsin	154.2 Raw
195	MaryAnne Martinez	Florida	154.2 Raw
195	Katie Lynch	Nevada	154.2
195	Sierra Johnson	Michigan	154.2
195	Diane Rogers	Michigan	154.2
195	Sarah Yovetich	Montana	154.2
195	Lisa Saunders	California	154.2
195	Loren Nunez	Texas	154.2
195	Sarah Ange	Texas	154.2
195	Cheryl Von Arb	Texas	154.2
195	Elise Stickler	Nevada	154.2
195	Lisa Watson	Missouri	154.2
195	Alma Johnson	Texas	154.2
195	Aura Paz	Guatemala	154.2
195	Suzanne Williams	Alabama	154.2
195	Whitney Emma	California	154.2
195	Michaela Milesi	California	154.2
212	Ali Miskinis	Ohio	150.9
213	Megan Stolz	Georgia	149.8
214	Lacey Russel	Utah	148.7 Raw
214	Mataya Straka	Washington	148.7 Raw
214	Geneveve Sawyer	Washington	148.7 Raw
214	Rebecca Carter	Idaho	148.7 Raw
214	Alyssa Turose	Arizona	148.7 Raw
214	Lori Gonzales	California	148.7 Raw
214	Lindsey Hagmaier	Montana	148.7 Raw
214	Deb Kesper	Massachusetts	148.7 Raw
214	Anna Karen Solis	Utah	148.7 Raw
214	Jamie Blanes	Nevada	148.7
214	Elodia Womack	California	148.7
214	Timmi Simpson	California	148.7

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
214	Ashley Lutringer	Texas	148.7
214	Lisa Saleh	Washington	148.7
214	Brandi Collins	Ohio	148.7
214	Jessica Trundy	Maine	148.7
214	Kaila Fairchild	Idaho	148.7
214	Nancy Ryan	Oregon	148.7
214	Marya Tracer	Oregon	148.7
233	Peach Presley	California	144.3 Raw
234	Tonya Patrick	Arizona	143.2 Raw
234	Angelica Khaniyan	Finland	143.2 Raw
234	Tierney Korotkin	California	143.2 Raw
234	Janesa Yadao	Hawaii	143.2 Raw
234	Bobbie Jo Mac Nair	Canada	143.2
234	Stephanie Santos	California	143.2
234	Sylvia Nix	California	143.2
234	Karen Noble	Arizona	143.2
234	Jessica Luna	Texas	143.2
234	Sofia Valdez	Texas	143.2
234	Bonita Betz	Texas	143.2
234	Martha Godinez-Shim	Hawaii	143.2
234	Jadine Pereza	Hawaii	143.2
234	Yasuko Hacking	Hawaii	143.2
234	Sara Gwaltney	Alabama	143.2
234	Courtney Albright	California	143.2
234	Lori Lastufka	Washington	143.2
234	Lori Scrima	Wisconsin	143.2
234	Joanie Porter	Texas	143.2
234	Amanda Proctor	Georgia	143.2
234	Abigail Crahen	Washington	143.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Virpi Pukkila	Finland	352.5
2	Cindy Shockman	Oregon	348.5
3	Leonetta Richardson	Hawaii	336.0
4	Sheri Klocke	Oregon	330.5
4	Linda Blackburn	Oklahoma	330.5
6	Courtney Gathright	Texas	325.0
7	Kelly Womack	California	314.0
7	Lyn Silbert	Hawaii	314.0
9	Nicole Campbell	California	308.5
10	Bonny Priest	Texas	303.0
11	Emily Jondron	Texas	297.5
12	Nadine Brack	Washington	292.0
13	Marie Rochat	Oregon	286.5
13	Kandice Kinney	Hawaii	286.5
15	Cindy Shockman	Oregon	275.5 Raw
15	Brenda Nolen	California	275.5
17	Marissa Bautista	Hawaii	264.5
17	Nikki Williams	Georgia	264.5
17	Fernanda DePorte	Brazil	264.5
17	Zena Kiyota	Hawaii	264.5
21	Lisa Staplin	Minnesota	259.0
22	Beverly Anolin	California	256.8
23	Sabrina Armstrong	California	255.7
24	Mary Jacobson	California	254.6
25	Shauna Perry	Hawaii	253.5
25	Anna Reel	Tennessee	253.5
25	Michelle Ivers	California	253.5
25	Cyndi Crossland	Oklahoma	253.5
25	Elizabeth Couture	Massachusetts	253.5
30	Candace Camlin	Washington	250.2
31	Kim Jones	Illinois	249.1
31	Shawna LeBlanc	Canada	249.1
33	Daniele McCollum	California	248.0
34	Marlane Welch	Oklahoma	246.0
35	Dede Soekardi	California	245.8
35	Betty Ann Herlford	Oregon	245.8
37	Jeanne Watts	California	244.7
38	Patricia Swab	Oregon	242.5
38	Mariam Power	Canada	242.5
38	Brenda Hermann	Wisconsin	242.5
41	Karen Siemssen	Texas	236.7
41	Denise Timbs	Tennessee	236.7
41	Anastassia Tresler	Ohio	236.7
41	Rachelle Unson	Washington	236.7
45	Lauren Lugdon	Maine	232.3
46	Rachael Malott	Finland	231.2 Raw
46	Sara Rowse	Washington	231.2
46	Gina Anderson	California	231.2
46	Dorothy Tran	Texas	231.2
46	Ellen Shanley	Oregon	231.2
46	Anna Catia Portillo Couto	Brazil	231.2
46	Lynn Gilpin-Parks	Wisconsin	231.2
46	Teresa Jacobs	Washington	231.2
46	Rikka Ylitalo	Finland	231.2
46	Minna Pajulahti	Finland	231.2
46	Gion Prevard	Illinois	231.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
57	Kandice Kinney	Hawaii	225.7 Raw
57	Kat Girard	California	225.7
57	Rowena Bagayas	Hawaii	225.7
57	Louzee Banaga	Texas	225.7
57	Rebecca Plant	Hawaii	225.7
62	Pamela Michaels-Olson	Washington	221.3
63	Linda Okoro	Texas	220.2
63	Melissa De Veau	Oklahoma	220.2
63	C.J. McEwen	Oregon	220.2
63	Eleanora Reeves	Tennessee	220.2
67	Jane Stabile	Massachusetts	215.8
68	Joyce Hamblin	Oregon	215.0
69	Janine Jadallah	California	214.7
69	Peach Presley	California	214.7
69	Shauna Dutton	Montana	214.7
69	Pat Robey	Washington	214.7
69	Amber Kierstyn	Wisconsin	214.7
69	Stephanie Romeo	Pennsylvania	214.7
75	Carolyn Jarrett	Arkansas	209.2
75	Donna Delleree	Washington	209.2
75	Debbie Damminga	Washington	209.2
75	Kelley Mahoney	Washington	209.2
79	Amber Kossak	Florida	205.0
80	Nadine Brack	Washington	203.7 Raw
80	Renee Wilson	California	203.7
80	Nancy Carpenter	Canada	203.7
80	Linette Vasquez	California	203.7
80	Brittany Santee	Oregon	203.7
80	Adriana Thompson	Washington	203.7
80	Rhonda Dunn	Oregon	203.7
80	Danielle Turner	Oregon	203.7
88	Sylvia Maher	California	199.3
89	Marianne Hartio	Finland	198.2 Raw
89	Virpi Pukkila	Finland	198.2 Raw
89	Leena Stalsted	Finland	198.2 Raw
89	Kayla Krueger	Wisconsin	198.2 Raw
89	Mary-Ann Van Dam	California	198.2
89	Lucia Feraud Montenegro	Ecuador	198.2
89	Teresa Nummi	Idaho	198.2
96	Lisa Gross	Florida	195.0
96	Brooke Palmer	Florida	195.0
98	Josefina Jackson	Texas	193.8
98	Ashtyn Burget	Texas	193.8
100	RoshaLee Whitaker	Arizona	192.7 Raw
100	Sylvia Nix	California	192.7
100	Lyndsey Trejo	Texas	192.7
100	Jenni Erola	Finland	192.7
100	Katherine Carpenter	Wisconsin	192.7
105	Brandi Kary	California	188.3
106	Anabel Mesquita	Brazil	187.2 Raw
106	Satu Lampikari-Olli	Finland	187.2 Raw
106	Joni Teixeira	Oregon	187.2 Raw
106	Deana Tollefson	California	187.2 Raw
106	Christy Richer	Nevada	187.2
106	Lee Itule	Arizona	187.2
112	Abigail Crahen	Washington	182.8



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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
113	Alycia Rodriguez	Arizona	181.7 Raw
113	Jeanne Nielsen	California	181.7 Raw
113	Cyndi Crossland	Oklahoma	181.7 Raw
113	Cristina Munoz	California	181.7
113	Gloria Koepke	Texas	181.7
113	Elizabeth Harwood	Washington	181.7
113	Dina Digrazia	Georgia	181.7
113	Renee Oglesbee	Texas	181.7
113	Julie Orr	Washington	181.7
122	Sam Hancock	Utah	176.2 Raw
122	Artemira De Sobrinho	Brazil	176.2 Raw
122	Chelsie Satterfield	California	176.2 Raw
122	Anni Vuorio	Finland	176.2 Raw
122	Pauliina Lopenen	Finland	176.2 Raw
122	Janesa Yadao	Hawaii	176.2
122	Dana Ransbottom	Ohio	176.2
122	Barbara McGowan	Oregon	176.2
122	Sarah Biddle	Indiana	176.2
122	Leanne Ngai	Hawaii	176.2
122	Melanie Mamerow	Texas	176.2
122	Carrie Lynn McEwen	Washington	176.2
122	Cindy Weber	Tennessee	176.2
122	Miranda Williamson	Oregon	176.2
122	Kiana Lopez	Texas	176.2
122	Pristeen Perreira	Hawaii	176.2
138	Tina Collins	North Carolina	175.0
139	Jocelyn Blanco	Washington	171.7
140	Emily Carter	Texas	170.7 Raw
140	Tiffany Turner	Utah	170.7 Raw
140	Tracey Jo Taylor	Hawaii	170.7
140	Becky Mauney	Oregon	170.7
140	Jennifer Sahy	Wisconsin	170.7
140	Teresa Hughes	Washington	170.7
140	Briana Jo Villarreal	Texas	170.7
140	Barbara Anderson	Washington	170.7
140	Amy Bladow	Oregon	170.7
140	Camellia Luprete	Texas	170.7
140	Mandy Proctor	Georgia	170.7
140	Kristina Warren	Georgia	170.7
140	Catherine Tristan	Texas	170.7
140	Lisa Ortiz	California	170.7
140	Lisa Pollari	Washington	170.7
140	Ann Wolverton	Florida	170.7
140	Quincey Pearce	Utah	170.7
140	Victoria Osuna	Oregon	170.7
158	Margot O'Halloran	California	166.3
159	Mirtha Delatorre	California	165.2 Raw
159	Jamie Neussendorfer	Idaho	165.2 Raw
159	Erin Kuykendall	Texas	165.2
159	Carla Kinney	Wisconsin	165.2
159	Maria Souza	Brazil	165.2
159	Janete Sonnerborn	Brazil	165.2
159	Aroha Heta	New Zealand	165.2
159	Malinda Gustafson	Arizona	165.2
159	Dawn Adams	Hawaii	165.2
159	Ashlee Munsey	Washington	165.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
159	Lauren Vaterlaus	California	165.2
159	Debra Cavinta	Washington	165.2
159	Emily Daniel	Texas	165.2
159	Kya Sharron	Texas	165.2
173	Debbie Kesper	Massachusetts	160.8
174	Suzanne Williams	Alabama	160.0
175	Victoria Osuna	Oregon	159.7 Raw
175	Sarah Johnson	Montana	159.7 Raw
175	Amber Kierstyn	Wisconsin	159.7 Raw
175	Carys Cook	Nevada	159.7
175	Emily Brown	California	159.7
175	Carol Hamilton	Maine	159.7
175	Suzanne Greathouse	Washington	159.7
175	Sue Ann Pack	West Virginia	159.7
175	Rosie McGill	Texas	159.7
175	Suzanne Spero	Massachusetts	159.7
175	Natalie Harmon	Washington	159.7
175	Emily Denham	Washington	159.7
175	Whitny Emma	California	159.7
175	Wendy Hibbits	Oregon	159.7
189	Terri Aiwohi	Hawaii	155.3 Raw
190	Susan Thompson	Florida	155.0
191	Maiju Hilander	Finland	154.2 Raw
191	Deb Kesper	Massachusetts	154.2 Raw
191	Mirela Silva	Brazil	154.2 Raw
191	Cindy Salcedo	Hawaii	154.2 Raw
191	Marlo Mello	Hawaii	154.2
191	Jamie Farmer	Montana	154.2
191	Georgianna Ramey	Georgia	154.2
191	Sarah Shotwell	Hawaii	154.2
191	Catherine Purcell	Texas	154.2
191	Gaye England	Georgia	154.2
191	Victoria Vasquez	Texas	154.2
191	Rachael Bennett	Washington	154.2
191	Julie Rossi	Oregon	154.2
191	Vanesza Farmer	California	154.2
191	Rebekah Schmidt	Minnesota	154.2
191	Alison Van Zandt	Washington	154.2
191	Mindi Lamoreaux	Utah	154.2
191	Laura Ortega	Arizona	154.2
191	Anabel Mesquita	Brazil	154.2
191	Lisa Flannery	California	154.2
191	Sabrina Stacken	Wisconsin	154.2
212	Ally Dodds	Florida	150.0 Raw
212	Linda Lee Herdering	Florida	150.0
214	Alexis Moore	Texas	149.8
215	Lisa Flannery	California	148.7 Raw
215	Mesha Blackwell	Illinois	148.7 Raw
215	Mataya Straka	Washington	148.7 Raw
215	Cassy Krause	California	148.7
215	Natalie Caughey	Utah	148.7
215	Erin Whipple	Wisconsin	148.7
215	Kyla McCarty	California	148.7
215	Fontella Addo	Massachusetts	148.7
215	Virginia Emond	Nevada	148.7
215	Lisa Spence	Washington	148.7

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
215	Kaley Bushman	Wisconsin	148.7
215	Elizabeth Fuentes	Texas	148.7
215	Sonja Grant	Washington	148.7
215	Jill Struck	Utah	148.7
215	Ferleshare Starks	Texas	148.7
215	Stacy Moody	Washington	148.7
215	Melissa Benson	Colorado	148.7
215	Imelda Zamora Andujo	Mexico	148.7
215	Jadine Perez	Hawaii	148.7
215	Dana Buxton	Oregon	148.7
215	Dana Bell	Ohio	148.7
215	Marley Chambers	Idaho	148.7
215	DeAnna Dutton	Washington	148.7
215	Makayla Millbrook	Texas	148.7

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Karen Campbell	Maine	453.9
2	Kelly Womack	California	353.6
3	Courtney Gathright	Texas	347.0
4	Sheri Klocke	Oregon	342.6
5	Cindy Shockman	Oregon	341.5
6	Joanne Warner	Pennsylvania	336.0
7	Nicole Campbell	California	304.1
7	Lauren Lugdon	Maine	304.1
7	Emily Jondron	Texas	304.1
10	Kelli Sandoval	Oregon	303.0
10	Leonetta Richardson	Hawaii	303.0
10	Lyn Silbert	Hawaii	303.0
10	Denise Timbs	Tennessee	303.0
10	Alisha Howard	Washington	303.0
10	Brenda Hermann	Wisconsin	303.0
16	Mary Denning	Washington	286.5
17	Cindi Shockman	Oregon	281.0 Raw
17	Annie Bowman	Washington	281.0
19	Rowena Bagayas	Hawaii	275.5
20	Amy Rudder	Tennessee	270.0
20	Britney Braguine	California	270.0
20	Maguena Aragon De Caballeros	Guatemala	270.0
23	Cindy Weber	Tennessee	264.5
23	Anna Rosen	Sweden	264.5
23	Elizabeth Couture	Massachusetts	264.5
26	Anetta Replogle	Nevada	259.0
26	Julie Kimoto	Hawaii	259.0
26	Kelley Mahoney	Washington	259.0
29	Gwen Cables	Georgia	256.8
30	Christine Neff	Idaho	253.5
30	Jamie Tanner	Kansas	253.5
30	Dana Bell	Ohio	253.5
33	Pat Robey	Washington	248.0
33	Virpi-Sisko Knuutila	Finland	248.0
33	Kayla Sua	Washington	248.0
36	Annette Sozzi	California	243.6
37	C.J. McEwen	Oregon	242.5
37	Betty Heriford	Oregon	242.5
37	Arren Rosen	Maine	242.5
37	Jeanette Isaacson	Oregon	242.5
41	Lauri Feusi	Idaho	240.0
41	Tammy Frizell	Oklahoma	240.0
43	Missy Gentry	Montana	236.7 Raw
43	Stacey Hammar	Idaho	236.7
43	Jennifer Taylor	Oregon	236.7
43	Rita Lewis	North Carolina	236.7
47	Minna Pajulahti	Finland	231.2 Raw
47	Sarah Erwin	Montana	231.2
47	Rhonda Dunn	Oregon	231.2
47	Eleanora Reeves	Tennessee	231.2
51	Pamela Michaels-Olson	Washington	229.0
52	Nadine Huxley	Washington	226.8
53	Gion Prevard	Illinois	225.7
53	Donna Dellerree	Washington	225.7
53	Kari Sabin	Florida	225.7
53	Janet Hase	California	225.7

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 BY FEMALE LIFTERS  
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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
53	Kehaulani Richardson	Hawaii	225.7
53	Julie Havelka	Oregon	225.7
59	Artemira Sobrinho	Brazil	220.2 Raw
59	Amina Boulahna	Finland	220.2 Raw
59	Sharon Manarpaac	Hawaii	220.2
59	Nicole Camacho	Hawaii	220.2
59	Laura Simpson	Oregon	220.2
59	Julie Orr	Washington	220.2
65	Sue Pack	West Virginia	215.0
66	Gayle Clawson	Arizona	214.7
66	Olympia Soto	California	214.7
66	Katie Dupont	Utah	214.7
66	Jody Tripp	Utah	214.7
66	Tara Maier	Arizona	214.7
66	Jessica Muskat	Hawaii	214.7
72	DeAnna Dutton	Washington	210.3
72	Mary-Ann Van Dam	California	210.3
74	Joyce Hamblin	Oregon	209.2
74	Kristina Thoman	Arizona	209.2
74	Wilma Lee Cadavona	Idaho	209.2
74	Cheryl Williams	Georgia	209.2
74	Carolyn Sterling	Alabama	209.2
74	Margi Huston	Washington	209.2
80	Sharon Allen	Oregon	203.7
80	Linette Vasquez	California	203.7
80	Brandie Hirai	Hawaii	203.7
80	Mindi Lamoreaux	Utah	203.7
80	Hoku Nohara	Hawaii	203.7
85	Kristy Gregory	California	198.2 Raw
85	Sylvia Nix	California	198.2
85	Josefina Jackson	Texas	198.2
85	Patricia Rusinek	Ohio	198.2
85	Angela Taylor	Washington	198.2
85	Linda Taylor	Oregon	198.2
91	Charlie Ritchie	Oregon	192.7 Raw
91	Carys Crook	Nevada	192.7
91	Melissa Nations	Utah	192.7
91	Renee Oglesbee	Texas	192.7
95	Brooke Palmer	Florida	190.0
96	Natasha Williams	Arizona	187.2 Raw
96	Jennifer Otto	Washington	187.2
96	Amy Bladow	Oregon	187.2
96	Maria Bartoletti	Utah	187.2
96	Ciara Frost	Washington	187.2
96	Ashley Vasquez	Texas	187.2
96	Rachel Messer	Washington	187.2
96	Holly Boob	Washington	187.2
96	Kim Meeder	Oregon	187.2
96	Elizabeth Harwood	Washington	187.2
96	Denis Martinez	Texas	187.2
96	Sophia Hussary	Arizona	187.2
96	Brittany Milligan	Arkansas	187.2
109	Deborah Maxwell	California	183.9
110	Joni Harriss	Nevada	181.7 Raw
110	Terri Aiwohi	Hawaii	181.7
110	Anna Rodriguez	Texas	181.7

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
110	Marilyn Lewis	Washington	181.7
110	Cindy Lane	Oregon	181.7
110	Savannan Espinoza	Texas	181.7
110	Esther Odamah	Texas	181.7
110	Karola Bond	Oregon	181.7
110	Erika Grill	Arizona	181.7
110	Patricia Beasock	Washington	181.7
120	Agatha Cretzu	Massachusetts	176.2 Raw
120	Candis Sarver	Michigan	176.2 Raw
120	Roxanne LeMaire	California	176.2 Raw
120	Maggie Castellano	Texas	176.2
120	Jodi Steele	Washington	176.2
120	Heidi Miller	Oregon	176.2
120	Lauren Vaterlaus	California	176.2
120	Margot O'Halloran	California	176.2
120	Brianna Smith	Texas	176.2
120	Patty Schaffer	Minnesota	176.2
130	Olympia Soto	California	170.7 Raw
130	Donnie Rogers	Hawaii	170.7
130	Jamie Farmer	Montana	170.7
130	Sarah Biddle	Indiana	170.7
130	Winifred Pristell	Washington	170.7
130	Gaye England	Georgia	170.7
130	Dee Jaye Backiel	Washington	170.7
130	Ann Wolverton	Georgia	170.7
130	Mandy Proctor	Georgia	170.7
130	Carla Ugarte	California	170.7
130	Iesha Pompey	Illinois	170.7
141	Kayla Hall	Florida	170.0 Raw
142	Melanie Clairmont	Washington	166.3
143	Suzette Reed	California	165.2 Raw
143	Lisa Van Buskirk	Wisconsin	165.2 Raw
143	Patricia Filinick	California	165.2
143	Kimberlyn Patzold	Texas	165.2
143	Sabrina Paola	Oregon	165.2
148	Pam Carter	Arizona	161.9
149	Kelly Deverall	Utah	160.8 Raw
150	Camellia Luprete	Texas	160.8
151	Patricia Martinez	Washington	159.7
151	Sandy Reyna	Texas	159.7
153	Cynthia Allison	Utah	155.3 Raw
153	Lori Barlow	California	155.3
155	Cindy Anderson	Oregon	155.0
156	Crystal Luiz Jones	California	154.2 Raw
156	Terri Aiwohi	Hawaii	154.2 Raw
156	Deborah Kimball	Oregon	154.2 Raw
156	Josefina Jackson	Texas	154.2 Raw
156	Dana Barnes	Illinois	154.2
156	Josee Solleder	Texas	154.2
156	Rosangela Miranda	Brazil	154.2
156	Iesha Pompey	Illinois	154.2
164	Natalie Caughey	Utah	150.0
165	Karen Cassette	Maine	148.7 Raw
165	Roxanne LeMaire	California	148.7
165	Karen Polanski	California	148.7
165	Karen Hubbard	Oregon	148.7
165	Nikki Allen	Arkansas	148.7

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS

Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
165	Millicent Jefferies	Illinois	148.7
171	Pam Carter	Arizona	143.2 Raw
171	Briana Lacey	Arizona	143.2 Raw
171	Jazmin Culpepper	Arkansas	143.2 Raw
171	Kelly Buschke	Oregon	143.2
171	Patricia Guerra	Texas	143.2
171	Claire Ashton-Heckathorn	Washington	143.2
171	Lynda Strand	Oregon	143.2
171	Dawn Adams	Hawaii	143.2
171	Jane Stabile	Massachusetts	143.2
171	Abigail Biddle	Indiana	143.2
181	Robin Aguire	Arizona	138.8
182	Amanda Doty	Texas	137.7 Raw
182	Veronica Gutierrez	Texas	137.7 Raw
182	Deana Bowes	California	137.7
182	Suzette Reed	California	137.7
182	Raelyn Panzica	Arizona	137.7
182	Debra Anderson	Minnesota	137.7
182	Stacy Whetsone	Nevada	137.7
182	Courtney Whitworth	Utah	137.7
182	Hannah Biddle	Indiana	137.7
182	Marsha Dickey	Washington	137.7
182	Rosie Yanikyan	Canada	137.7
182	Elizabeth Fuentes	Texas	137.7
182	Alicia Valenzuela	Guatemala	137.7
182	Kristina Cavazos	Texas	137.7
196	Melissa De Veau	Oklahoma	135.0
197	Natalie McChesney	California	132.2 Raw
197	Mesha Blackwell	Illinois	132.2 Raw
197	Stacy Whetstone	Nevada	132.2
197	Hannah Hirsch	Maine	132.2
197	Stephanie Boden	Oregon	132.2
197	Samantha Bailey	New York	132.2
197	Normandi Bender	California	132.2
197	Ferleshare Starks	Texas	132.2
197	Linda Dunn	Texas	132.2
197	Heather Gibson	Utah	132.2
197	Deanne Pinkston	Texas	132.2
197	Carla Cooper	California	132.2
197	Maria Richards	Oregon	132.2
197	Alyssa Aipa	Hawaii	132.2
197	Gerda Shupe	California	132.2
212	Cari Kirkland	Florida	130.0
212	Sherrie Harris	Louisiana	130.0
212	Angela Johnisee	Oregon	130.0
212	Louise Jones	California	130.0
216	Jackie Tufts	Ohio	127.8
217	Jillian Bruno	California	126.7
217	Hope Stockton-Ross	Texas	126.7
217	Addie Langlois	Louisiana	126.7
217	Linda Tesmar	Minnesota	126.7
221	Karen Caldwell	Washington	125.0
222	Deborah Maxwell	California	122.3 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Karen Campbell	Maine	512.5
2	Susan Jackson	Washington	348.1
2	Alisha Howard	Washington	348.1
4	Michonne Berry	Illinois	325.0
5	Tiffany Luckett	Texas	319.5
6	Hoku Nohara	Hawaii	314.0
6	Shauna Perry	Hawaii	314.0
8	Amy Rudder	Tennessee	306.3
9	Mary Denning	Washington	293.1
10	Holly Oxford	Montana	292.0
11	Annie Bowman	Washington	282.1
11	Michelle Ichiyama	Washington	282.1
13	Maguena Aragon De Cabelleros	Guatemala	281.0
13	Sharon Manarpaac	Hawaii	281.0
15	Arren Rosen	Maine	276.6
16	Elina Kulmala	Finland	275.5 Raw
16	Brooke Bourg	Louisiana	275.5
18	Kari Sabin	Florida	275.0
19	Missy Gentry	Montana	270.0
19	Kristie Lou Hagen	Wisconsin	270.0
21	Julie Kimoto	Hawaii	264.5
22	Olympia Soto	California	260.1
22	Tatiana Lemos	Brazil	260.1
24	L. Janet Loveall	California	259.0
24	Lisa Herrera	Washington	259.0
24	Jill Arnow	Washington	259.0
24	Janet Hase	California	259.0
28	Kelli Sandoval	Oregon	253.5
28	Mary Stack	Michigan	253.5
28	Cheryl Cobb	Tennessee	253.5
28	Kayleigh McAviney	Nevada	253.5
28	Jessica Brooks	Washington	253.5
33	Frankie Thompson	Texas	248.0
34	Minna Pajulahti	Finland	242.5
34	Kayla Sua	Washington	242.5
34	Laura Feusi	Idaho	242.5
34	Pat Robey	Washington	242.5
38	Tammy Frizell	Oklahoma	240.0
39	Marlita Pera	California	236.7
39	Jessica Hurley	Hawaii	236.7
39	Kelly Womack	California	236.7
42	Rachel Perry	Washington	231.2
43	Linda Gerking	Washington	227.9
44	Jane Wooldridge	Washington	226.8
45	Sarah Hartman	Washington	225.7 Raw
45	Cheryl Williams	Georgia	225.7
45	Amy Johnston	Washington	225.7
45	Juliana Souza	Brazil	225.7
45	Mona Oba	Hawaii	225.7
50	Kola Thompson	Oregon	220.2
50	Sharon Allen	Oregon	220.2
50	Donna Delleree	Washington	220.2
50	Shelly Hoefler	Illinois	220.2
50	Marlita Mars	California	220.2
50	Debora Ester dos Santos	Brazil	220.2
56	Destinee Pakani	Hawaii	214.7
56	Pamela Michaels Olson	Washington	214.7



HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
56	Ciara Frost	Washington	214.7
56	Treena Anthony	Canada	214.7
60	Katie Dupont	Utah	209.2 Raw
60	Kathy Cash	Oregon	209.2
60	Cynthia Matulia	California	209.2
60	Karola Bond	Oregon	209.2
64	Lauren Valerlaus	California	204.8
64	Alexandria Calvo	Texas	204.8
66	Tyara Straka	Washington	203.7 Raw
66	Kristina Bagayas	Hawaii	203.7
66	Margie Huston	Washington	203.7
66	Mindi Lamoreaux	Utah	203.7
66	Holly Boob	Washington	203.7
66	Jessica Brown	California	203.7
66	Kirsten Shockman	Oregon	203.7
66	Heather Gibson	Utah	203.7
66	Sue Ann Pack	West Virginia	203.7
66	Farrah Tate	Arizona	203.7
76	Ellie Bundy	Montana	198.2 Raw
76	Marilyn Lewis	Washington	198.2
76	Amber Wilson	Utah	198.2
76	Teena Kilo	Missouri	198.2
76	Sue Vaterlaus	California	198.2
81	Ashley Neal	Arizona	192.7 Raw
81	Karen Polansky	California	192.7
81	Lili Martinez	Texas	192.7
81	Sabrina Paola	Oregon	192.7
81	Jennifer Taylor	Oregon	192.7
86	Akondaye Fountain	Texas	188.3 Raw
87	Jessica Muskat	Hawaii	187.2 Raw
87	Maria Jokipalo	Finland	187.2 Raw
87	Patty Drake	Maine	187.2 Raw
87	Gayla Ha-Cabebe	Hawaii	187.2 Raw
87	Jessica Blevins	Arkansas	187.2 Raw
87	Tashika Sandoval	Texas	187.2
87	Hannah Biddle	Indiana	187.2
87	Dawn Haskett	Oregon	187.2
87	Regino Magno	Idaho	187.2
87	Diana Plank	California	187.2
87	Caylen Gapusan	Hawaii	187.2
98	Sanna Halenius	Finland	181.7 Raw
98	Francesca Mangaoang-Brodine	Washington	181.7
98	Michelle Williamson	Arizona	181.7
98	Gaye England	Georgia	181.7
98	Kim Stabile	Massachusetts	181.7
98	Cheryl Erickson	Washington	181.7
104	Caryn Baird	Florida	180.0
105	Winifred Pristell	Washington	178.4
106	Natasha Williams	Arizona	176.2 Raw
106	Heidi Miller	Oregon	176.2
106	Wilma Lee Cadavona	Idaho	176.2
106	Agatha Cretzu	Massachusetts	176.2
106	Diane Jones	Oregon	176.2
106	Krista Williams	Georgia	176.2
106	Donnie Rogers	Hawaii	176.2
113	Amber Blankmeyer	Texas	171.8
114	Mirtha Delatorre	California	170.7 Raw
114	Nikki Allen	Arkansas	170.7 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
114	Jessica Muskat	Hawaii	170.7 Raw
114	Brooklyn Hall	Hawaii	170.7 Raw
114	Maggie Castellano	Texas	170.7 Raw
114	Anna Knapski	Ohio	170.7
114	Anna Rodriguez	Texas	170.7
114	Margot O'Halloran	California	170.7
114	Tamara Snook	Washington	170.7
123	Olga Hernandez	Texas	166.7
124	Olympia Soto	California	165.2 Raw
124	Dana Barnes	Illinois	165.2 Raw
124	Antionette Rodriguez	Arizona	165.2 Raw
124	Annie Lowe	Hawaii	165.2 Raw
124	Julie Venturi	California	165.2
124	Amanda Atkinson	Michigan	165.2
130	Monalisa Durkan	Hawaii	160.8 Raw
131	Christine Hipa	Hawaii	159.7 Raw
131	Kaila Munkwitz	Florida	159.7 Raw
131	Karen Cassette	Maine	159.7 Raw
131	Maylin Badiyo	Hawaii	159.7
131	Stephanie Boden	Oregon	159.7
131	Brenda Kay Brown	Washington	159.7
137	Susan Johnson	Hawaii	159.7
138	Susan Adkison	Florida	155.0
139	Chloe Kaalund	California	154.2 Raw
139	Tyara Straka	Washington	154.2
139	Crystal Nicholson	Arizona	154.2
139	Lori Barlow	California	154.2
139	Stephanie Weil	Montana	154.2
139	Selita Nonu	Utah	154.2
139	Jacklynn Fowler	California	154.2
139	Bianca Ramirez	Texas	154.2
147	Analia Zalopany	Hawaii	152.0 Raw
148	Lea Kretschmer	Florida	150.0
149	Deanna Bowes	California	149.8
150	Courtney Whitworth	Utah	148.7 Raw
150	Brianna Connelly	Washington	148.7
150	Virinda Johnson	Texas	148.7
150	Brooke Linton	Montana	148.7
150	Shayla Rubbani	Wisconsin	148.7
155	Terese Agee	Idaho	145.0
156	Vickie Gruver	Oregon	144.3
157	Crystal Luiz-Jones	California	143.2 Raw
157	Stacy Whetstone	Nevada	143.2 Raw
157	Itzayanni Martinez	Texas	143.2 Raw
157	Atalie Garrish	Nevada	143.2
157	Elizabeth Flores	Texas	143.2
157	Bonnie Buck-Wood	Washington	143.2
157	Felicia Thomas	Illinois	143.2
164	Bridgett Brown	Georgia	137.7
164	Abigail Biddle	Indiana	137.7
164	Krystal Morris	Texas	137.7
164	Julia Aaron-Bolivar	Texas	137.7
164	Linda Tesmar	Minnesota	137.7
169	Christina Gale	Florida	135.0
170	Penny Dodson	Arkansas	132.2 Raw
170	Rhiannon Aguilar	Arizona	132.2 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
170	Bronte Warenski	Utah	132.2 Raw
170	Veronica Gutierrez	Texas	132.2 Raw
170	Angel North	Oregon	132.2
170	Antonia Mauer	Oregon	132.2
170	Randa Bess	Arizona	132.2
170	Kay Berryman	Texas	132.2
170	Claire Ashton-Heckathorn	Idaho	132.2
170	Lauren Knott	Texas	132.2
170	Gail Franklin	Minnesota	132.2
181	Angela Johnisee	Oregon	130.0
182	Larissa Holbrook	Montana	126.7 Raw
182	Josalynn Takamori	Hawaii	126.7
182	Samantha Baty	Michigan	126.7
182	Michelle Demilia	Massachusetts	126.7
182	Wendy Stoner	Ohio	126.7
182	Pam Gatling	Nevada	126.7
182	Cassandra Smith	Washington	126.7
189	Carly Grennor	Florida	125.0 Raw
190	Deborah Maxwell	California	121.2 Raw
190	Germanie James	Texas	121.2 Raw
190	Gail Isley	Oregon	121.2
190	Delia Chilgren	California	121.2
194	Carrie Manhart	California	115.5
194	Lita Verts	Oregon	115.5
194	Andrea Kent	Montana	115.5
194	Patty Schaffer	Minnesota	115.5
194	Kate Bachus	Massachusetts	115.5
194	Robin Martin	Illinois	115.5
200	Marlene Wexler	Minnesota	111.1 Raw
200	Gina Strate	Louisiana	110.0
200	Scharlotte Spencer	Texas	110.0
200	Robyn Peterson	Arizona	110.0
200	Karolann Carpenter	Washington	110.0
200	Sandy Bonifield	California	110.0
206	Jenny Chappell	Nevada	104.5
206	Emily Matlock	California	104.5
206	Dorothy Rawe	Texas	104.5
206	Ann McIntosh	Washington	104.5
206	Kelly Wakayama	Montana	104.5
211	Margie Brownlee	Florida	100.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Karen Campbell	Maine	501.5
2	Alisha Howard	Washington	376.9
3	Hoku Nohara	Hawaii	352.5
3	Nicole Marie Jones	Texas	352.5
5	Maria Mersberg	Hawaii	348.1
6	Brandie Hirai	Hawaii	336.0
7	Tauyna Malone	Texas	319.5
8	Amy Rudder	Tennessee	315.1
9	Julie Kimoto	Hawaii	314.0
10	Kari Sabin	Florida	310.0
11	Jill Arnow	Washington	303.0
11	Susan Jackson	Washington	303.0
13	Caylen Gapusan	Hawaii	293.1
14	Mary Denning	Washington	292.0
14	Annie Bowman	Washington	292.0
16	Roberta Garcia	Texas	286.5
17	Brooke Bourge	Louisiana	283.2
18	Janina Siede	Germany	277.7
19	L. Janet Lovecall	California	275.5
20	Kelli Sandoval	Oregon	270.0
21	Sondra Lönn	Sweden	264.5
21	Olympia Soto	California	264.5
23	Tyara Straka	Washington	259.0 Raw
23	Anna Phinney	Washington	259.0
25	Melissa Powell	Oklahoma	253.5
26	Tina Riley	California	248.0
26	Gerika Kaaua-Acorda	Hawaii	248.0
28	Leslie Miller	Canada	242.5
28	Linda Gerking	Washington	242.5
30	Rosanna Allen	Washington	240.0 Raw
31	Carolyn Muessman	Michigan	236.7
31	Kireen Ellis	Washington	236.7
33	Stacie Downs	Michigan	232.3
34	Jessica Brooks	Washington	231.2
35	Tamara Snook	Washington	225.7
36	Lauren Knott	Texas	220.2
36	Sue Vaterlaus	California	220.2
38	Rebecca Lawrence	Florida	220.0 Raw
39	Danielle Pratt	Georgia	215.8
39	Lauren Vaterlaus	California	215.8
41	Virginia Silk	Florida	214.7
41	Michelle Williamson	Arizona	214.7
41	Susan Adkison	Florida	214.7
41	Krista Williams	Georgia	214.7
45	Nancy Hodge	Nevada	210.3
45	Carla Ugarte	California	210.3
47	Janet Hase	California	209.2
47	Kaylie Perez	Texas	209.2
47	Susan Johnson	Hawaii	209.2
47	Kayla Sua	Washington	209.2
47	Lynelle Brode	Washington	209.2
47	Sabrina Paola	Oregon	209.2
47	Laci Wright	Alabama	209.2
47	Susan Kent	California	209.2
47	Cheryl Williams	Georgia	209.2
56	Kathy Cash	Oregon	203.7
57	Patricia Filinick	California	200.4
58	Tiffany Turner	Utah	198.2 Raw
58	Regino Magno	Colorado	198.2

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
58	Shayla Rubbani	Wisconsin	198.2
61	Barbara Harris	Florida	195.0 Raw
62	Shayla Rubbani	Wisconsin	192.7 Raw
62	Patty Drake	Maine	192.7 Raw
62	Stephanie Brown	Washington	192.7 Raw
62	Shayla Rubbani	Wisconsin	192.7
62	Sala Purcell-Tupea	Utah	192.7
62	Jana Prothman	Washington	192.7
68	Kim Calden	Massachusetts	187.2 Raw
68	Rachel Malone	Oregon	187.2
68	Theresa Merenkov	California	187.2
71	Sarah Sylvester	Washington	181.7
71	Michelle Verge	Maine	181.7
71	Rachel Perry	Washington	181.7
74	Chloe Kaalund	California	176.2 Raw
74	Lisa Hagelgan	Washington	176.2
74	Esmer Trevino	Texas	176.2
74	Cindy Lane	Oregon	176.2
78	Bridgett Brown	Georgia	174.0
79	Francesca Mangaoang	Washington	170.7
79	Marilyn Wilbur	Oregon	170.7
79	Amanda Deckard	Ohio	170.7
82	Cindy McCaw	Utah	167.4
83	Zoreli Rijo-Cid	California	165.2 Raw
83	Jessica Blevins	Arkansas	165.2 Raw
83	Tamara Perry	Hawaii	165.2 Raw
83	Sophie Larson	Wisconsin	165.2 Raw
83	Gail Franklin	Minnesota	165.2
83	Rosario Mangaoang-Brodine	Washington	165.2
83	Margaret Kolden	Texas	165.2
83	Nicole Swick	Arkansas	165.2
83	Jescelia Durr	Illinois	165.2
92	Unique Rivers	Florida	160.0 Raw
93	Brooklyn Hall	Hawaii	159.7 Raw
93	Ana Selena Galicia	Texas	159.7 Raw
93	Cheryl Erickson	Washington	159.7
93	Jenisis Gomez	Texas	159.7
97	Shalynne McCauley	Canada	154.2 Raw
97	Kathy Sells	California	154.2 Raw
97	Robin Martin	Illinois	154.2 Raw
97	Megan Dutton	Texas	154.2 Raw
97	Leane Coetser	California	154.2
97	Susan Arnett	Hawaii	154.2
97	Jennifer Fain	Georgia	154.2
97	Shelly Hoefler	Illinois	152.2
105	Shalynn McCauley	Canada	148.7 Raw
105	Lisa Carillo	California	148.7 Raw
105	Felicia Thomas	Illinois	148.7 Raw
105	Kathy Sells	California	148.7
105	Megan Dutton	Texas	148.7
105	Cynthia Crampton	Washington	148.7
105	Linda Garman	California	148.7
112	Faith Robinson	Arkansas	143.2 Raw
112	Shania Wood	Washington	143.2 Raw
112	Maudi Roscoe	Washington	143.2 Raw
112	Peyton Holm	Texas	143.2 Raw
112	Hannah Biddle	Indiana	143.2
112	Tracy Perry	Nevada	143.2

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
112	Jazzmine McGuire	Hawaii	143.2
119	Jackie Parrish	Florida	140.0
120	Kilia Chillingworth	Hawaii	137.7 Raw
120	Makalwa Kanui	Hawaii	137.7 Raw
120	Amanda Coleman	Texas	137.7 Raw
120	Robin Martin	Illinois	137.7
120	Felicia Thomas	Illinois	137.7
120	Kay Berryman	Texas	137.7
120	Cindy Hoyle	Tennessee	137.7
120	Cynthia Guerra	Texas	137.7
120	Lucy Rutigliano	Oregon	137.7
120	Julia Aaron-Boliver	Texas	137.7
120	Corina Sosa	Texas	137.7
120	Claire Ashton-Heckathorn	Washington	137.7
120	Janessa Sturtz	Minnesota	137.7
133	Suzanne Dornquast	Florida	135.0
134	Brittany Beckman	Oregon	132.2
134	Lindy Eubanks	Oregon	132.2
134	Sarah Kribs	Oregon	132.2
134	Ashton Ashberry	Texas	132.2
134	Lynette Scriver-Colburn	Montana	132.2
139	Katherine Pazda	Florida	130.0 Raw
140	Yvette Esparza	Oregon	126.7 Raw
140	Susan Arnett	Hawaii	126.7 Raw
140	Angela Grimm	Oregon	126.7
140	Tessa Thomas	Oklahoma	126.7
140	Angela Heins	Minnesota	126.7
145	Vickie Gruver	Oregon	125.0
145	Lita Verts	Oregon	125.0
145	Gail Isley	Oregon	125.0
148	Daria Cal	Washington	120.0
149	Dusti Winkle	Oregon	115.5 Raw
149	Pamela Michaels	Washington	115.5 Raw
149	Delia Chilgren	California	115.5
149	Victoria Willis	Illinois	115.5
149	Beth Smith	Washington	115.5
154	Carla Cogorni	Brazil	110.0 Raw
154	Faith Robinson	Arkansas	110.0 Raw
154	Marjorie Schalles	Minnesota	110.0
157	Gloria Mighell	Oregon	104.5
157	Kristen Bohr	Arkansas	104.5

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL  
 BY FEMALE LIFTERS  
 Effective up to and Including October 8, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
1	Lisa Miller	Illinois	418.7
2	Melissa Zumwalt	Oregon	385.7
3	Kelly Franklin	Minnesota	374.7
4	Annie Bowman	Washington	352.5
5	Krista Van Amerongen	Washington	341.5
6	Kimberly Pitts	Texas	336.0
7	Nicole Marie Jones	Texas	330.5
7	Kayla Taueli	Washington	330.5
9	Tricia Puou	Hawaii	319.5
9	Melissa Powell	Oklahoma	319.5
11	Dawn Richards	Utah	314.0
12	Kari Sabin	Florida	310.0
13	Lexi Heizer	Texas	309.6
14	Cheyenne Kennedy	Texas	308.5
15	Katie Sons	Texas	303.0
16	Lexi Harris	Texas	288.7
17	Arletha Phillip	Arizona	281.0 Raw
17	Pearlena Kahele-Manners	Hawaii	281.0
17	Bobby Denard	Texas	281.0
20	Kelly Risky	Oregon	275.5
20	Rebecca Jordan	Alabama	275.5
20	Tunya Sytsma	Hawaii	275.5
23	Cynthia Regan	New York	270.0
24	Jane Morales Costa	Brazil	265.6
24	Rachelle Meidinger	Montana	265.6
26	Poha Henson	Hawaii	264.5 Raw
26	Roberta Garcia	Texas	264.5
28	Anna Phinney	Washington	259.0 Raw
29	Sue Vaterlaus	California	254.6
30	Roberta Garcia	Texas	253.5 Raw
30	Rachelle Meidinger	Montana	253.5 Raw
32	Sheri Wyatt	Washington	248.0
32	Carrie Novikoff	Washington	248.0
32	Malinda McCullough	Arizona	248.0
35	Regina Elizondo	Texas	242.5
35	Ashley Filimoeatu	Utah	242.5
35	Daisy Tellez	Texas	242.5
38	Gloria Caughey	Utah	238.9
39	Nancy Mueller	Washington	236.7
40	Margie Huston	Washington	231.2
41	Rachael Richey	Texas	226.8
42	Marquirta Snow-Whiten	Illinois	225.7 Raw
42	Leila Watson	Washington	225.7
44	Makala Davis	Arizona	221.3 Raw
45	Donna Myers	California	220.2
45	Savannah Helton	Oregon	220.2
45	Samantha Baty	Michigan	220.2
45	Stephanie Robbins	California	220.2
49	Rebecca Lawrence	Florida	215.0
50	Janina Siede	Germany	214.7
50	Rauaroaha Joy Heta	New Zealand	214.7
50	Kassandra Arce	Texas	214.7
50	Amy Vander Pol	Nevada	214.7
50	Michelle Williamson	Arizona	214.7
50	Malielani Kanaanpu	California	214.7
56	Leticia Perez	Texas	209.2

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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
56	Juana Kaanapu	California	209.2
58	Juanita Mangaoang	Washington	203.7
58	Alexa Rojas	Texas	203.7
60	U'ilani Ha	Hawaii	199.3 Raw
61	Elizabeth Guerra	Texas	198.2 Raw
61	Ellie Bundy	Montana	198.2 Raw
61	Tammy Linton	Montana	198.2
61	Cherrie Six	Washington	198.2
65	Evon Schuenke	Wisconsin	194.9 Raw
66	Sarah Todd	Illinois	192.7
66	Virginia Williams	Washington	192.7
66	Kay Kadoun	Washington	192.7
66	Aspen Meidinger	Montana	192.7
70	Dot Sosnicki	Arizona	187.2 Raw
70	Tiffany Capouch	Minnesota	187.2 Raw
70	Ashley Neal	Arizona	187.2 Raw
70	Kimberly Kohn	California	187.2
70	Laura LaFrance	Washington	187.2
75	Tracy Meyer	Washington	185.0
76	Brooklyn Hall	Hawaii	181.7 Raw
76	Elizabeth Guerra	Texas	181.7 Raw
76	Amy Moses	Texas	181.7
76	Alyssa Greenwood	California	181.7
80	Savannah Helton	Oregon	176.2 Raw
80	Anjelica Hugo	Utah	176.2 Raw
80	Poha Henson	Hawaii	176.2
80	Tiffany Capouch	Minnesota	176.2
80	Dawn Russo	New Hampshire	176.2
85	Chelsie Florez	Arizona	170.7 Raw
85	Jacquelyn Richardson	California	170.7
85	Lynette Scriver-Colburn	Montana	170.7
85	Leilana Mckindra	Oklahoma	170.7
89	Jennifer Gallien	Texas	165.2 Raw
89	DyAnn Brown	Montana	165.2 Raw
89	Meghan Toomey	Montana	165.2
89	Melissa Wagner	New York	165.2
93	Biz French	Montana	159.7
93	Ericka Humphrey	Texas	159.7
93	Morgan Rosalez	Texas	159.7
93	Christine Burk	Oregon	159.7
93	Ashley Ulmer	Washington	159.7
98	Michelle Garrett	Texas	154.2 Raw
98	Kimberly Mills	Arizona	154.2 Raw
98	Janessa Sturtz	Minnesota	154.2 Raw
98	Mary Rubsic-Tawzer	California	154.2
98	Keri Hass	New York	154.2
98	Michelle Garrett	Texas	154.2
98	Kaitlyn Gallaway	Texas	154.2
105	Nancy Edelson	Florida	150.0
106	Katheryn Pettinger	Oregon	148.7 Raw
106	Rebekah Garcia	Texas	148.7
106	Monica Gambill	Oklahoma	148.7
106	Ashley Boykin	Illinois	148.7
106	Lakisha Campbell	Texas	148.7
106	Jennifer Gallien	Texas	148.7
106	Whitney Garner	Arkansas	148.7
113	Robin Martin	Illinois	143.2 Raw



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	<b>LIFTER</b>	<b>STATE</b>	<b>LIFT</b>
113	Christine Ruscher	Minnesota	143.2 Raw
115	Keeya Sutherland	Texas	143.2
116	Bernice Valdez	Arizona	137.7 Raw
116	Karla Carpenter	Washington	137.7
116	Katherine LaFollett	Montana	137.7
119	Carly Grennor	Florida	132.2 Raw
119	Jeanne Canepa-Reve	California	132.2
121	Mona Johnson	Washington	126.7
121	Mary Ann Reid	Massachusetts	126.7
121	Linette Greene	Montana	126.7
124	Susan Arnett	Hawaii	123.4 Raw
125	Christine Rickert	Wisconsin	121.2 Raw
126	Marjorie Schalles	Minnesota	116.6
127	Thea Strom	California	115.5
127	Gloria Derfus	Minnesota	115.5
127	Sharon Griswold	California	115.5
129	Tunya Sytsma	Hawaii	110.0 Raw
129	Halle Mitterholzer	Ohio	110.0 Raw
129	Mona LaFors	Washington	110.0
132	Susan Fisher	Maine	104.5
133	Carolyn Fay	Florida	100.1