

HIGHEST ALL-TIME 97# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Christine Moorman	Washington	40-46	161.9
2	Anna James	California	40-46	134.4
3	Sandra Herring	Georgia	40-46	127.8
4	Elizabeth Cabe	Hawaii	40-46	115.5

HIGHEST ALL-TIME 97# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pamela Robinson	California	47-53	138.8
2	Anna James	California	47-53	137.7
3	Jayne Tanner	Georgia	47-53	104.5
4	Elizabeth Cabe	Hawaii	47-53	104.5
5	Vilma Aguilar	California	47-53	89.1

HIGHEST ALL-TIME 97# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pamela Robinson	California	54-60	135.2
2	Delcy Palk	Oregon	54-60	121.2
3	Donna Alimososa	New Hampshire	54-60	102.3
4	Sherry Abblett	California	54-60	100.1
5	Jennifer Souders	Washington	54-60	91.3 Raw

HIGHEST ALL-TIME 97# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 61+ - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pamela Robinson	California	61-67	117.7
2	Pamela Robinson	California	61-67	107.8 Raw
3	Sherry Abblett	California	61-67	90.2
4	Margaret LeBien	Minnesota	61-67	66.0
5	Shirley Martine	Georgia	61-67	61.6

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Yuxin Hao	Ohio	40-46	187.2
2	Desiree Brown	California	40-46	181.7
3	Soraya Cobb	California	40-46	176.2
4	Christine Moorman	Washington	40-46	172.9
5	Carin Fujisaki	California	40-46	171.8
6	Alexandra Vallejo	California	40-46	154.2
7	Teresa Schrank	Texas	40-46	137.7
8	Vickie McNeely	Alabama	40-46	132.2
9	Sandra Herring	Georgia	40-46	126.7
9	Changer Mehedbasich	Colorado	40-46	126.7
11	Ann Peterson	Mississippi	40-46	120.0
12	Sharon Warner	Oregon	40-46	115.5
13	Julie Bailleto	Florida	40-46	105.0

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Yuxin Hao	Ohio	47-53	181.7
2	Debbie McLean	Hawaii	47-53	167.4
3	Anna James	California	47-53	159.7
4	Therese Gill	Ohio	47-53	137.7
5	Karen Poyner	Virginia	47-53	133.3
6	Vivian Kosak	Washington	47-53	130.0
7	Yuxin Hao	Ohio	47-53	121.2 Raw
8	Georgette Marshall	Washington	47-53	110.0
9	Vilma Aguilar	California	47-53	89.1
10	Elizabeth Cabe	Hawaii	47-53	88.0 Raw
11	Maria Vermes	California	47-53	82.5
12	Hilda Johnson	California	47-53	77.0

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pamela Robinson	California	54-60	155.3
2	Therese Gill	Ohio	54-60	149.8
3	Betty Lafferty	Alabama	54-60	143.2
4	Karen Poyner	Virginia	54-60	132.2
5	Robyn Nelson	Oregon	54-60	110.0
6	Sherry Ablett	California	54-60	105.6
7	Yuxin Hao	Ohio	54-60	104.5 Raw
8	Jennifer Souders	Washington	54-60	95.7 Raw
9	Debbie Rogers	Washington	54-60	89.1
10	Mary Pederson	Washington	54-60	88.0
11	Irene Pasciuta	Florida	54-60	75.0

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Linda Barnes	California	61-67	192.7
2	Betty Lafferty	Alabama	61-67	154.2
3	JoAnn Clough	Maine	61-67	126.7
4	Pamela Robinson	California	61-67	105.6
5	Sherry Abblett	California	61-67	93.5
6	Nancy Georges	Florida	61-67	88.0 Raw
6	Debbie Rogers	Washington	61-67	88.0
8	Lynne Nakama	Hawaii	61-67	62.7 Raw
9	Arlene Araki	Hawaii	61-67	60.5 Raw

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 68 - 74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Nancy Georges	Florida	68-74	198.2 Raw
2	Betty Lafferty	Alabama	68-74	150.9
3	Jean Broyles	California	68-74	56.1

HIGHEST ALL-TIME 105# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS 75+ - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Betty Lafferty	Alabama	75-79	137.7

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jamie Field	California	40-46	242.5
2	Yuxin Hao	Ohio	40-46	205.9
3	Suzanne Hedman	California	40-46	199.3
4	Donna Arndt	California	40-46	192.7
5	Jana Gedde	Washington	40-46	181.7
6	Soraya Cobb	California	40-46	176.2
7	Claudio Salo	California	40-46	170.7
8	Claudia Rivera	California	40-46	165.2
9	Teresa Schrank	Texas	40-46	159.7
10	Josette Villegas	California	40-46	156.4
11	Alexandria Vallejo	California	40-46	154.2
12	Anna James	California	40-46	148.7
13	Rebecca Moore	Washington	40-46	143.2
13	Siu Whitehead	Hawaii	40-46	143.2
13	Leticia Rosales-Buie	California	40-46	143.2
16	Lisa Nerio	Colorado	40-46	137.7
17	Valesca Cristina Rocha	Brazil	40-46	132.2 Raw
17	Lynda Christopher	Arizona	40-46	132.2
17	Dana Deutsch	Texas	40-46	132.2
17	Valesca Cristina Rocha	Brazil	40-46	132.2
21	Rommy Garcia	Ecuador	40-46	126.7
22	Sharon Warner	Oregon	40-46	115.5
23	Luvi Kahumoku	Hawaii	40-46	99.0
24	Vickie McNeely	Alabama	40-46	90.0
25	Joni Craft	Alabama	40-46	82.5 Raw

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Ita Panfilat	Washington	47-53	198.2
2	Hedy Miller	Utah	47-53	181.7
3	Leticia Rosales-Buie	California	47-53	176.2
4	Yuxin Hao	Ohio	47-53	165.2
5	Rebecca Moore	Washington	47-53	155.3
6	Heidi Rodriguez	Guatemala	47-53	154.2
7	Lisa Merrigan	Arizona	47-53	148.7
8	Carolyn Schwarz	California	47-53	143.2
8	Martha Godinez Shim	Hawaii	47-53	143.2
10	Lisa Nerio	Colorado	47-53	133.3
11	Valesca Cristina Rocha	Brazil	47-53	132.2 Raw
12	Robyn Nelson	Oregon	47-53	127.8
13	Lizabeth Darling	California	47-53	126.7
14	Louise Turner	Pennsylvania	47-53	125.0
15	Josette Villegas	California	47-53	122.3 Raw
16	Alexandra Vallejo	Illinois	47-53	121.2
17	Bonnie Aerts	California	47-53	115.5
17	Anita Hoosan	Washington	47-53	115.5
19	Lisa Balestrini	California	47-53	110.0 Raw
20	Carolyn Allred	Utah	47-53	104.5 Raw
21	Billie Breneiser	Florida	47-53	100.0
22	Jeanne Morris	Washington	47-53	93.5
23	Janice Pontious	Arizona	47-53	88.0
23	Glenda Egan	California	47-53	88.0
25	Cindy Carythers	Washington	47-53	77.0
25	Cynthia Miller	Nevada	47-53	77.0

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Ita Panfilat	Washington	54-60	225.7
2	Hedy Miller	Utah	54-60	210.3
3	Kim Maslana	California	54-60	159.7
4	Kumiko Katie Moore	Nevada	54-60	156.4 Raw
5	Betty Lafferty	Alabama	54-60	143.2
6	Martha Godinez-Shim	Hawaii	54-60	137.7
7	Georgette Marshall	Washington	54-60	121.2
7	Robyn Nelson	Oregon	54-60	121.2
9	Kim Maslana	California	54-60	110.0 Raw
10	Lori Robinson	Minnesota	54-60	110.0
11	Billie Breneiser	Florida	54-60	105.0
12	Lori Robinson	Minnesota	54-60	104.5 Raw
13	Melody Younglove	Washington	54-60	99.0
14	Nancy Georges	Florida	54-60	82.5
15	Rosemary Dunbar	California	54-60	77.0
15	Jeanne Morris	Washington	54-60	77.0

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Betty Lafferty	Alabama	61-67	165.2
2	Linda Barnes	California	61-67	148.7
3	Barbara Mahan	Texas	61-67	143.2
4	Mary Ellen Buchanan	Washington	61-67	132.2
4	Jo Ann Clough	Maine	61-67	132.2
6	Linda Barnes	California	61-67	121.2 Raw
7	Gloria Camp	Oregon	61-67	110.0
8	Nancy Georges	Florida	61-67	92.5
9	Jacqueline Templer	Arizona	61-67	90.2
10	Rosalind Pierce	California	61-67	88.0
10	Rosemary Dunbar	California	61-67	88.0
12	Zoe Erickson	Washington	61-67	75.0

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Betty Lafferty	Alabama	68-74	155.3
2	Mary Ellen Buchanan	Washington	68-74	115.5
3	Jacqueline Templer	Arizona	68-74	93.5
4	Melody Younglove	Washington	68-74	71.5 Raw
5	Louise Collier	Georgia	68-74	71.5
6	Arlene Araki	Hawaii	68-74	60.5 Raw

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jamie Field	California	40-46	244.7
2	Suzanne Hedman	California	40-46	209.2
3	Lauri Lamp	Washington	40-46	203.7
4	Donna Arndt	California	40-46	198.2
5	Soraya Cobb	California	40-46	192.2
6	Claudia Rivera	California	40-46	181.7
6	Suzanne Davis	Arizona	40-46	181.7
8	Luvi Agpaoa	Hawaii	40-46	176.2
8	Allison Barnhill	California	40-46	176.2
10	Margaret Kirkland	Florida	40-46	175.0
11	Diane Siveny	South Dakota	40-46	172.9
12	Cheryl Edelstein	Minnesota	40-46	170.7
12	Anna James	California	40-46	170.7
12	Dru Amos	Alabama	40-46	170.7
15	Sue Lauver	Oregon	40-46	165.2
15	Marla McElroy	Illinois	40-46	165.2
15	Cara Fong	Texas	40-46	165.2
18	Leticia Rosales-Buie	California	40-46	160.8
19	Sandra Hayes	Mississippi	40-46	159.7
19	Rebecca Moore	Washington	40-46	159.7
21	Cindy Day	Texas	40-46	154.2
21	Gerri Shapiro	California	40-46	154.2
23	Rianna Medlin	Florida	40-46	148.7 Raw
23	Michael Lemes	Hawaii	40-46	148.7
23	Deb Moretto	Montana	40-46	148.7
26	Annette Wright	Alabama	40-46	143.2
26	Tiffany Dean	Nevada	40-46	143.2
28	Lynda Christopher	Arizona	40-46	138.8
29	Lisa Merrigan	Alabama	40-46	137.7
29	Carrie Maha	California	40-46	137.7
31	Maria Milsa Batista	Brazil	40-46	132.2 Raw
32	Mary Kissel	Indiana	40-46	126.7
32	Siu Whitehead	Hawaii	40-46	126.7
32	Sharon Bertelmann	Hawaii	40-46	126.7
35	Karen Olson	Washington	40-46	115.5
35	Valesca Cristina Rocha	Brazil	40-46	115.5
37	Ruth Kirby	Washington	40-46	110.0
38	Amy Furman	California	40-46	104.5 Raw
38	Sagi Macias	California	40-46	104.5
40	Melissa Wong Yuen	Hawaii	40-46	100.1 Raw
41	Joni Craft	Alabama	40-46	99.0 Raw
41	Dot Redman	Washington	40-46	99.0
41	Janice Dunlap	Oregon	40-46	99.0
41	Julie Baillette	Florida	40-46	90.0
45	Pauliina Lillberg	Finland	40-46	88.0
46	Jeanne Morris	Washington	40-46	82.5

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carol Myers	Washington	47-53	220.2
2	Sarah Sanford	Minnesota	47-53	204.8
2	Denise Ruff	Oregon	47-53	204.8
4	Hedy Miller	Utah	47-53	176.2
5	Heidi Taubmann	France	47-53	170.7
6	Rebecca Moore	Washington	47-53	161.9
7	Cara Fong	Texas	47-53	159.7
7	Leticia Rosales-Buie	California	47-53	159.7
9	Pat Bryant	Washington	47-53	154.2
9	Martha Godinez Shim	Hawaii	47-53	154.2
9	Beatriz Ribeiro	Brazil	47-53	154.2
12	Jackie Steele	Washington	47-53	148.7
13	Pamela Jenkins	Washington	47-53	143.2
13	Bonnie Cushman	Washington	47-53	143.2
13	Bonnie Aerts	California	47-53	143.2
16	Valesca Cristina Rocha	Brazil	47-53	137.7 Raw
16	Carrie Sasynuik	Washington	47-53	137.7
16	Teresa Schrank	Texas	47-53	137.0
16	Deb Johnson	Oregon	47-53	137.7
16	Nan Helms	Oregon	47-53	137.7
21	Jackie Imori	Washington	47-53	132.2
22	Karon Denniston	Michigan	47-53	128.9
23	Robin Hinkle	Maine	47-53	126.7 Raw
24	Amy Furman	California	47-53	117.7 Raw
25	Elizabeth Carlton	Oregon	47-53	115.5
26	Linh Ngo	Washington	47-53	110.0
27	Barbara McGuire	Washington	47-53	104.5
27	Lori Robinson	Minnesota	47-53	104.5
29	Cynthia Miller	Nevada	47-53	101.2
30	Dolores Garcia-Munro	California	47-53	99.0
31	Barbara Perris	Oregon	47-53	95.7 Raw
32	Jennifer Ferrante	California	47-53	88.0 Raw
33	Laura Mullen	Washington	47-53	72.6

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Ita Pantilat	Washington	54-60	242.5
2	Hedy Miller	Utah	54-60	220.2
3	Sabra Callahan	Nevada	54-60	209.2
3	Denise Ruff	Oregon	54-60	209.2
5	Kumiko Katie Moore	Nevada	54-60	166.3
6	Martha Godinez Shim	Hawaii	54-60	166.3
7	Kim Maslana	California	54-60	165.2
8	Jill Porter	Texas	54-60	159.7
9	Karon Denniston	Michigan	54-60	148.7
9	Leticia Rosales-Buie	California	54-60	148.7
11	Griselda Soler	Argentina	54-60	143.2 Raw
12	Gloria Camp	Oregon	54-60	133.2
13	Patty Stover	Hawaii	54-60	110.0 Raw
14	Judy Velez	California	54-60	104.5 Raw

14	Lori Robinson	Minnesota	54-60	104.5
16	Sherri Rowland	California	54-60	102.3
17	Judy Veloz	California	54-60	99.0 Raw
18	Patricia Fong	Illinois	54-60	93.5
19	Nancy Georges	Florida	54-60	85.0
20	Toni Szparaga	Florida	54-60	82.5
20	Martha Godinez Shim	Hawaii	54-60	82.5 Raw
20	Miriam Bucks	California	54-60	82.5 Raw
20	Merle Montana	Washington	54-60	82.5
20	Rosalind Pierce	California	54-60	82.5
20	Marie Layman	Washington	54-60	82.5
26	Belinda Kramer	Florida	54-60	66.0 Raw
26	Maria Vermes	California	54-60	66.0

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Hedy Miller	Utah	61-67	205.9
2	Betty Hansen	California	61-67	176.2
3	Barbara Mahan	Texas	61-67	170.7
4	Barbara Mahan	Texas	61-67	132.2 Raw
4	Jo Walker	Oregon	61-67	132.2
6	Karon Denniston	Michigan	61-67	126.7
7	Gloria Camp	Oregon	61-67	116.6
8	Betty Hansen	California	61-67	110.0 Raw
9	Sherri Rowland	California	61-67	104.5
10	Sylvia Clark	Texas	61-67	99.0
11	Yoka Zwetsloot	California	61-67	95.7
12	Martha "Lloyd" Hopkins	Oregon	61-67	93.5
13	Rosalind Pierce	California	61-67	82.5
14	Jane Honeycutt	Louisiana	61-67	77.0

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jo Walker	Oregon	68-74	143.2
2	Gloria Camp	Oregon	68-74	115.5
3	Leona Perez	Hawaii	68-74	104.5 Raw
4	Yoka Zwetsloot	California	68-74	101.2
5	Lois Hall	Florida	68-74	93.5 Raw
5	Rebecca Rabton	Colorado	68-74	93.5 Raw
5	Jacqueline Templer	Arizona	68-74	93.5
5	Flo Robinson	California	68-74	93.5
9	Rae MeEwen	California	68-74	88.0
10	Malvina Basso	Brazil	68-74	77.0
11	Jean Santivaschi	Nevada	68-74	72.6 Raw
12	Louise Collier	Georgia	68-74	55.0
13	Patricia Hamamoto	Hawaii	68-74	44.0 Raw

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Loena Perez	Hawaii	75-79	93.7 Raw
2	Carrie Reese	California	75-79	88.0 Raw

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Helen Herring	Alabama	80-84	71.5

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Helen Herring	Alabama	85-89	66.0
2	Dottie Ward	California	85-89	47.2

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 90+ - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Dottie Ward	California	90 +	45.0

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Sandy Gomez-Leon	Washington	40-46	242.5
2	Stacy Matsuyama-Sekioka	Hawaii	40-46	214.7
3	Jamie Field	California	40-46	209.2
4	Stacy Matsuyama-Sekioka	Hawaii	40-46	203.7
5	Dede Soekardi	California	40-46	199.3
6	Alene Brisbane	California	40-46	198.2
6	Lauri Lamp	Washington	40-46	198.2
8	Leticia Rosales-Buie	California	40-46	188.3
9	Jill Deuser	California	40-46	187.2
10	Deanna Cassata	Illinois	40-46	182.8
11	Antoinette Kemper	Hawaii	40-46	181.7
12	Velma Panlasigui	Hawaii	40-46	170.7
12	Shae Bitton	Utah	40-46	170.7
14	Lainey Kelly	Hawaii	40-46	165.2 Raw
14	Leilani Felipe	Hawaii	40-46	165.2 Raw
14	Jody Fischer	Washington	40-46	165.2
17	Sue Lauver	Oregon	40-46	160.8
18	Betty Cable	Illinois	40-46	159.7
18	Cindy Day	Texas	40-46	159.7
20	Leilani Felipe	Hawaii	40-46	154.2 Raw
20	Dawn Verret	Louisiana	40-46	154.2
20	Katie Lynch	Nevada	40-46	154.2
23	Sharon Bertelmann	Hawaii	40-46	148.7
23	Julane Jazzique	California	40-46	148.7
23	Toni Jones	California	40-46	148.7
26	Sue Lilienthal	Oregon	40-46	143.2
26	Michael Lemes	Hawaii	40-46	143.2
26	Elodia Womack	California	40-46	143.2

29	Lynda Christopher	Arizona	40-46	137.7
30	Leilani Felipe	Hawaii	40-46	132.2 Raw
30	Donna Hogg	Louisiana	40-46	132.2
30	Patti Reinelt	Georgia	40-46	132.2
33	Arlene Tracy	Florida	40-46	130.0
34	Suzette Baker	Arkansas	40-46	126.7
34	Robyn Briggs	California	40-46	126.7
36	Christine Hamp	Washington	40-46	121.2
37	Betty Fuchs	California	40-46	115.3
38	Mariela Zarate	Argentina	40-46	110.0 Raw
38	Terry Marcoux	Washington	40-46	110.0
38	Nancy Avilla	California	40-46	110.0
38	Rochelle Eckstein	Georgia	40-46	110.0
41	Heather Fry	Wisconsin	40-46	105.6 Raw
42	Terri Smith	Alabama	40-46	104.5 Raw
42	Kellye Millrany	Tennessee	40-46	104.5 Raw
42	Melissa Dougher	Washington	40-46	104.5
42	Kathy Franks	Washington	40-46	104.5
46	Melissa Dawn Ferris	Florida	40-46	99.0 Raw
47	Joelle McQuay	Canada	40-46	99.0 Raw
48	Sagi Macias	California	40-46	93.5
48	Maggie Cavanaugh	Minnesota	40-46	93.5
50	Angela Covington	Montana	40-46	88.0 Raw
50	Simone Fulginiti	Brazil	40-46	88.0
50	Jennifer Wilderman	California	40-46	88.0
53	Terri Hall	Washington	40-46	82.5
54	Stephanie Douglas	Florida	40-46	75.0

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carol Myers	Washington	47-53	203.7
1	Leticia Rosales-Buie	California	47-53	203.7
3	Kathy Waugh	Michigan	47-53	187.2
3	Beverly Anolin	California	47-53	187.2
3	Denise Ruff	Oregon	47-53	187.2
3	Martha Godinez Shim	Hawaii	47-53	187.2
7	Vicki Anderson	Montana	47-53	181.7
8	K.C. Inlow	California	47-53	177.3
9	Janet Chapoton	Texas	47-53	176.2
10	Rebecca Moore	Washington	47-53	170.7
10	Ana Catia Portilho Couto	Brazil	47-53	170.7
12	Lainey Kelly	Hawaii	47-53	165.2 Raw
12	Gerri Shapiro	California	47-53	165.2
12	Rebecca Moore	Washington	47-53	165.2
14	Jeanne Nielsen	California	47-53	159.7 Raw
14	Jonnell Rivet	Minnesota	47-53	159.7
16	Judy Vierra	Hawaii	47-53	154.2
16	Janine Jadallah	California	47-53	154.2
16	Tiffany Dean	Nevada	47-53	154.2
16	Jackie Steele	Washington	47-53	154.2
16	Michelle Kahakalau	Hawaii	47-53	154.2

22	Donna Sanford	Texas	47-53	148.7
22	Betty Hansen	California	47-53	148.7
24	Sharon Bertelmann	Hawaii	47-53	143.2
24	Michelle Kahakalau	Hawaii	47-53	143.2
24	Louise Turner	Pennsylvania	47-53	143.2
27	Pamela Jenkins	Washington	47-53	137.7
27	Janet May	Oregon	47-53	137.7
27	Kori Lee	Texas	47-53	137.7
30	Alison Barnhill	California	47-53	132.2
30	Janet Montgomery	Oregon	47-53	132.2
30	Susan Rosenquist	California	47-53	132.2
33	Diana Sutton	Oregon	47-53	126.7
33	Barbara Liss	California	47-53	126.7
33	Shellie Gressard	Hawaii	47-53	126.7
36	Sharon Bertelmann	Hawaii	47-53	122.3 Raw
37	Luvi Agpaoa	Hawaii	47-53	121.2 Raw
37	Patti Ehmen	Alabama	47-53	121.2
39	Deidre Harris	California	47-53	115.5 Raw
40	Deidre Harris	California	47-53	110.0
40	Romona Patterson	Pennsylvania	47-53	110.0
40	Diane Vaughn	Washington	47-53	110.0
43	Dolores Garcia-Munro	California	47-53	104.5
43	Shellie Note-Gressard	Hawaii	47-53	104.5
45	Jan Monson	California	47-53	93.5
45	Margaret Morris	Texas	47-53	93.5
47	Sandra Mena	Colorado	47-53	88.0 Raw
47	Sagui Macias	California	47-53	88.0 Raw
47	Suzanne Morris	Washington	47-53	88.0
50	Jennifer Ferrante	California	47-53	77.0
51	Jill Kelly	Washington	47-53	71.5

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Sabra Callahan	Nevada	54-60	209.2
2	Betty Hansen	California	54-60	188.3
3	Jill Porter	Texas	54-60	187.2
4	Kim Maslana	California	54-60	178.4
5	Betty Hansen	California	54-60	177.3
6	Jo Walker	Oregon	54-60	170.7
7	Tierney Korotkin	California	54-60	150.9 Raw
8	Delores Garcia Munro	California	54-60	148.7
9	Karon Denniston	Michigan	54-60	143.2
10	Annette McBride	Idaho	54-60	137.7 Raw
11	Sherry Gilliland	Washington	54-60	126.7
12	Sharon O'Brien	Texas	54-60	115.5
13	Angie Buschman	California	54-60	110.0
14	Storm Sermay	New Mexico	54-60	105.0

15	Patti Ehmen	Alabama	54-60	104.5
15	Gail Okicich	Washington	54-60	104.5
17	Maggie Fuller	Oregon	54-60	99.0
17	Renee Minyard	California	54-60	99.0
19	Ardith Stitt	Utah	54-60	88.0 Raw
20	Janeice Dean	California	54-60	83.6
21	Shelley Painter	Washington	54-60	77.0

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Betty Hansen	California	61-67	171.8
2	Martha Godinez-Shim	Hawaii	61-67	155.3
3	Jill Porter	Texas	61-67	170.7
4	Faith Ireland	Washington	61-67	150.9
5	Karon Denniston	Michigan	61-67	143.2
6	Susan Chloupek	Washington	61-67	133.3
7	Mary Miller	Indiana	61-67	122.3
8	Betty Hansen	California	61-67	115.5 Raw
9	Leona Pereza	Hawaii	61-67	104.5
10	Ali Reneer	California	61-67	99.0 Raw
11	Sharee Olson	Washington	61-67	95.7
12	Martha Godinez-Shim	Hawaii	61-67	93.5 Raw
13	Janet Mathis	Arizona	61-67	93.5
14	Nancy Goldstein	Minnesota	61-67	89.1
15	Faye Farris	Alabama	61-67	88.0
16	Janeice Dean	California	61-67	79.2
17	Martha "Lloyd" Hopkins	Oregon	61-67	77.0
17	Naomi Sylvester	Nevada	61-67	77.0
19	Lynn Smith	California	61-67	66.0

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jo Walker	Oregon	68-74	159.7
2	Susan Chloupek	Washington	68-74	134.4
3	Barbara Mahan	Texas	68-74	132.2 Raw
4	Mary Miller	Indiana	68-74	126.7
5	Leona Pereza	Hawaii	68-74	121.2 Raw
6	Sue Clark	Texas	68-74	115.5
7	Flo Robinson	California	68-74	110.0
8	Susan Chloupek	Washington	68-74	88.0 Raw
9	Geri Shimabukuro	Hawaii	68-74	88.0
10	Pauli Forquer	California	68-74	82.5
11	Suzette Simmons	Illinois	68-74	71.5
12	Lynn Ford	California	68-74	60.5

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Lorraine Leslie	Pennsylvania	75-79	121.2
2	Melicent Whinston	Oregon	75-79	78.1
3	Pauli Forquer	California	75-79	77.0
3	Malvina Basso	Brazil	75-79	77.0

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carrie Reese	California	80-84	90.2 Raw
2	Carrie Reese	California	80-84	82.5
3	Melicent Whinston	Oregon	80-84	68.2
4	Lillian Wakuzawa	Hawaii	80-84	60.5

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Louise Rowe	Georgia	85-89	71.5
2	Lillian Wakuzawa	Hawaii	85-89	60.5 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jeanne Watts	California	40-46	267.8
2	Virpi Pukkila	Finland	40-46	264.5
3	Brenda Nolen	California	40-46	248.0
4	Sandy Gomez-Leon	Washington	40-46	236.7

5	Ronelle Knouse	California	40-46	227.9
6	Dede Soekardi	California	40-46	225.7
6	Latasia Anzai	Hawaii	40-46	225.7
6	Teresa Jacobs	Washington	40-46	225.7
9	Wrynn Arruda	Hawaii	40-46	220.2 Raw
9	Patricia Swab	Hawaii	40-46	220.2
9	Ellen Miller	Florida	40-46	220.2
12	Chelsea Miller	Oregon	40-46	214.7
13	Michelle Moodie	Illinois	40-46	214.7
13	Rhonda Dunn	Oregon	40-46	214.7
13	Christine Hamp	Washington	40-46	214.7
16	Suzanne Hedman	California	40-46	209.2
16	Patti Eldridge	Washington	40-46	209.2
16	Heidi Gantz	Oregon	40-46	209.2
16	Rachel Unson	Washington	40-46	209.2
20	Renee Wilson	California	40-46	203.7
21	Bianca Stone	California	40-46	198.2
22	Jody Fischer	California	40-46	192.7
22	Debbie Damminga	Washington	40-46	192.7
22	Lani Powell	Washington	40-46	192.7
24	Silvia Maher	California	40-46	187.2
24	Ana Catia Portilho Couto	Brazil	40-46	187.2
27	Holly Morello	California	40-46	181.7
27	Gloria Koepke	Texas	40-46	181.7
29	Tonya Shaffer	Montana	40-46	176.2 Raw
29	Barbara McGowan	Oregon	40-46	176.2
31	Brandi Kary	California	40-46	170.7
31	Jean Turic	Arkansas	40-46	170.7
31	Dru Amos	Alabama	40-46	170.7
31	Sueli Serrati	Brazil	40-46	170.7
31	Joanne Bauer	Oregon	40-46	170.7
36	Patsy Rowe	Alabama	40-46	166.3
37	Deedee Bradley	California	40-46	165.2
37	Kelli Warren	Georgia	40-46	165.2
37	Dana Ng	Hawaii	40-46	165.2
40	Marlessa Love	Texas	40-46	159.7
40	Robin Finnerty	California	40-46	159.7
42	Diane Rogers	Michigan	40-46	154.2
42	Alma Johnson	Texas	40-46	154.2
42	Aura Paz	Guatemala	40-46	154.2
42	Whitny Emma	California	40-46	154.2
46	Dede Soekardi	California	40-46	148.7 Raw
46	Lori Gonzales	California	40-46	148.7 Raw
46	Elodia Womack	California	40-46	148.7
49	Tonya Patrick	Arizona	40-46	143.2 Raw
49	Jadine Perez	Hawaii	40-46	143.2
49	Joanie Porter	Texas	40-46	143.2
49	Bonita Betz	Texas	40-46	143.2
53	Tammy Eppler	Texas	40-46	137.7
54	Brande Browne	Wisconsin	40-46	133.3
55	Maria Novais	Brazil	40-46	132.2 Raw
55	Niurka Palacios	Utah	40-46	132.2
55	Pamela Harris	Wisconsin	40-46	132.2
55	Julane Jazzique	California	40-46	132.2

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
59	Heather Petri	Minnesota	40-46	126.7 Raw
59	Kellye Millrany	Tennessee	40-46	126.7 Raw
61	Polly West	Arizona	40-46	121.2 Raw
62	Linda Bradshaw	California	40-46	121.2

63	Kathy Franks	Washington	40-46	115.5
63	Denise Williamson	California	40-46	115.5
63	Marcel Maas	Arizona	40-46	115.5
66	Kelly Verly	Idaho	40-46	110.0 Raw
67	Kellye Millrany	Tennessee	40-46	104.5 Raw
67	Julie Tippets	Utah	40-46	104.5
67	Terri Hall	Washington	40-46	104.5
67	Lisa Herbert	Ohio	40-46	104.5
71	Kelly Raymond	New York	40-46	82.5
72	Gina Loperfido	Minnesota	40-46	71.5

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jeanne Watts	California	47-53	265.6
2	Beverly Anolin	California	47-53	264.5
3	Debbie Damminga	Minnesota	47-53	253.5
4	Nadine Huxley	Washington	47-53	248.0
5	Dede Soekardi	California	47-53	242.5
6	Marlane Welch	Oklahoma	47-53	240.0
7	Mary-Ann Van Dam	California	47-53	225.7
8	Latasia Anzai	Hawaii	47-53	220.2
8	Nancy Carpenter	Canada	47-53	220.2
10	Janine Jadallah	California	47-53	209.2
10	Rebecca Turner	Texas	47-53	209.2
12	Teresa Jacobs	Washington	47-53	203.7
13	Kathy Waugh	Michigan	47-53	198.2
13	Darnell Criste	Hawaii	47-53	198.2
15	Brandi Kary	California	47-53	192.7
15	Terry Lee	Washington	47-53	192.7
17	Patti Ehmen	Alabama	47-53	187.2
17	Andrea Macauley	Oregon	47-53	187.2
19	Betty Ann Heriford	Oregon	47-53	185.0
20	Susan Johnson	Idaho	47-53	181.7 Raw
21	Debi Kesper	Massachusetts	47-53	176.2
21	Ana Catia Portilho Couto	Brazil	47-53	176.2
23	Tonya Shaffer	Montana	47-53	170.7 Raw
23	Rebecca Moore	Washington	47-53	170.7
23	Joyce Hamblin	Oregon	47-53	170.7
23	Camellia Luprete	Texas	47-53	170.7
23	Annette McBride	Idaho	47-53	170.7
28	Rae Ballard	California	47-53	166.3
29	Kathy Caraccioli	California	47-53	161.9
30	Dede Soekardi	California	47-53	159.7 Raw
30	Nancie Ryan	Oregon	47-53	159.7
32	Deb Kesper	Massachusetts	47-53	154.2 Raw
32	Katie Lynch	Nevada	47-53	154.2
32	Suzanne LaForge	Massachusetts	47-53	154.2
32	Peach Presley	California	47-53	154.2
36	Nancy Ryan	Oregon	47-53	148.7
37	Karen Noble	Arizona	47-53	143.2
37	Yasuko Hacking	Hawaii	47-53	143.2
39	Michelle Rochette	Massachusetts	47-53	137.7 Raw
39	Connie McCaffrey	Washington	47-53	137.7
39	Kory Lee	Texas	47-53	137.7
39	Tierney Korotkin	California	47-53	137.7
43	Maria Villegos-Hoppe	California	47-53	132.2 Raw
43	Monica Hagen	California	47-53	132.2 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT	
45	Holly Rios	California	47-53	126.7	Raw
45	Paula Stone	Washington	47-53	126.7	
47	Buffy Belin	Hawaii	47-53	121.2	Raw
47	Marsha Goodman	Arizona	47-53	121.2	
47	Diana Sutton	Oregon	47-53	121.2	
50	Lynn Cook	Florida	47-53	120.0	
51	Cheryl Traylor	Georgia	47-53	115.5	
52	Jadine Perez	Hawaii	47-53	110.0	Raw
52	Kim Davis	Oregon	47-53	110.0	
54	Suzette Baker	Arkansas	47-53	104.5	Raw
54	Sagui Macias	California	47-53	104.5	
54	Kim Richardson	Oregon	47-53	104.5	
57	Lynn Cook	Florida	47-53	100.0	
58	Margaret Morris	Texas	47-53	99.0	
58	Becky Mauney	Oregon	47-53	99.0	
60	Sagui Mendoza	California	47-53	93.5	Raw
60	Patti Stover	Hawaii	47-53	93.5	
60	Cheryl Russell	Maine	47-53	93.5	
60	Elsonia Peters	Hawaii	47-53	93.5	
64	Melanie Swift	California	47-53	88.0	
64	E. Diane Farrar	Washington	47-53	88.0	
64	Sylvia Jones	Florida	47-53	88.0	Raw
67	Jill Kelly	Washington	47-53	82.5	
68	Sylvia Jones	Florida	47-53	80.0	

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT	
1	Nadine Huxley-Brack	Oregon	54-60	275.5	
2	Jeanne Nielsen	California	54-60	259.0	
3	Peach Presley	California	54-60	233.4	
3	Beverly Anolin	California	54-60	233.4	
5	Janine Jadallah	California	54-60	192.7	Raw
6	Rebecca Moore	Washington	54-60	187.2	
7	Jill Porter	Texas	54-60	181.7	
8	Lisa Staplin	Minnesota	54-60	176.2	Raw
8	Jane McCubbin	Wisconsin	54-60	176.2	
10	Barbara Anderson	Washington	54-60	170.7	
11	Suzanne Greathouse	Washington	54-60	166.3	
12	Lori Lastufka	Washington	54-60	143.2	
12	Martha Godinez Shim	Hawaii	54-60	143.2	
12	Tierney Korotkin	California	54-60	143.2	
15	Dolores Garcia-Munro	California	54-60	137.7	Raw
16	Peach Presley	California	54-60	132.2	Raw
16	Lisa Flannery	California	54-60	132.2	
16	Nancy Fisher	California	54-60	132.2	
19	Marsha Goodman	Arizona	54-60	127.8	
20	Sharon O'Brien	Texas	54-60	126.7	
20	Claire Ashton-Heckathorn	Idaho	54-60	126.7	
22	Patti Davis	California	54-60	121.2	Raw
23	Cheryl Russell	Maine	54-60	116.6	
24	Betty Hansen	California	54-60	115.5	Raw
25	Patty Stover	Hawaii	54-60	110.0	Raw
25	Renee Minyard	California	54-60	110.0	
25	Barbara Gay	Georgia	54-60	110.0	

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
28	Teena Crotty	Arkansas	54-60	104.5 Raw
28	Kathy Caraccioli	California	54-60	104.5
28	Gail Okicich	Washington	54-60	104.5
31	Susan Bax	California	54-60	102.3
32	Ruth Gladson	Washington	54-60	100.1
33	Geri Dougherty	Georgia	54-60	93.5
34	Arlene Okuno	Hawaii	54-60	88.0
35	Nancy Anderson	Nevada	54-60	82.5
36	Marlene Centena Nardes	Brazil	54-60	77.0
36	Ellie Cary	California	54-60	77.0
38	Sheela Rangen	Nevada	54-60	66.0 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Nadine Brack	Washington	61-67	275.5
2	Peach Presley	California	61-67	231.2
3	Nadine Brack	Washington	61-67	203.7 Raw
4	Susan Chloupek	Washington	61-67	192.7
5	Barbara Anderson	Washington	61-67	177.3
6	Jill Porter	Texas	61-67	165.2
7	Jane McCubbin	Wisconsin	61-67	154.2 Raw
8	Peach Presley	California	61-67	144.3 Raw
9	Cassie Krause	California	61-67	137.7
10	Nancy Fisher	California	61-67	133.3
11	Sue Clark	Texas	61-67	132.2
12	Lolita Young	Washington	61-67	116.6
13	Angie Buschman	California	61-67	115.5
14	Mary Yale	Georgia	61-67	115.5
15	Carolyn Vanzlow-Edgar	Nevada	61-67	110.0
16	Susan Rosenquist	California	61-67	104.5 Raw
17	Linda Read	Nevada	61-67	93.5
17	Arlene Okuno	Hawaii	61-67	93.5
19	Mary Louise Coffey	Louisiana	61-67	88.0
19	Marlene Wexler	Minnesota	61-67	88.0
19	Dawn Cole	California	61-67	88.0
22	Lynn Ford	California	61-67	57.2

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Marcia Turner	Washington	68-74	141.0
2	Kaye Donnelly	California	68-74	126.7
3	Gerda Shupe	California	68-74	124.5
4	Carolyn Vanzlow-Edgar	Nevada	68-74	93.5 Raw
5	Margie Matsumura	Hawaii	68-74	88.0
5	Elizabeth Tighe	California	68-74	88.0
7	Florence Combest	Ohio	68-74	82.5
8	Charlene Choy	Hawaii	68-74	77.0 Raw
9	Doris McConnaughey	Florida	68-74	75.0
10	Kathleen Mckeritt	Nevada	68-74	66.0
11	Lynn Ford	California	68-74	63.8
12	Jill James	Arkansas	68-74	60.5 Raw
13	Jan Kocher	Florida	68-74	50.0

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Kaye Donnelly	California	75-79	106.7 Raw
2	Romy Brubaker	California	75-79	104.5
3	Gerda Shupe	California	75-79	93.5 Raw
4	Gloria Tomlin	Oregon	75-79	88.0
5	Florence Combest	Ohio	75-79	82.5
5	Grace Cloningier	Nevada	75-79	82.5
7	Melicent Whinston	Oregon	75-79	79.3

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carrie Reese	California	80-84	91.3 Raw
2	Carrie Reese	California	80-84	90.2
3	Melicent Whinston	Oregon	80-84	77.0
4	Ann Fornachon	California	80-84	66.0

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Catherine Kuehn	Oregon	85-89	66.0
2	Lorna Belyea	Washington	85-89	60.5

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 90+ - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Catherine Kuehn	Oregon	90+	66.0 Raw

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Virpi Pukkila	Finland	40-46	341.5
2	Cindy Shockman	Oregon	40-46	337.1
3	Sheri Klocke	Oregon	40-46	303.0
4	Mary Jacobsen	California	40-46	254.6
5	Michelle Ivers	California	40-46	253.5
5	Cyndi Crossland	Oklahoma	40-46	253.5
7	Kim Jones	Illinois	40-46	249.1
8	Daniele McCollum	California	40-46	248.0
9	Patricia Swab	Oregon	40-46	242.5
9	Brenda Hermann	Wisconsin	40-46	242.5
11	Anastassia Tressler	Ohio	40-46	236.7
11	Rachele Unson	Washington	40-46	236.7
13	Teresa Jacobs	Washington	40-46	231.2
13	Ana Catia Portilho Couto	Brazil	40-46	231.2
15	Brenda Nolen	California	40-46	209.2
15	Debbie Damminga	Washington	40-46	209.2
17	Renee Wilson	California	40-46	203.7
17	Laura Simpson	Oregon	40-46	203.7
19	C.J. McEwen	Oregon	40-46	198.2
19	Eleanora Reeves	Tennessee	40-46	198.2
19	Lucia Feraud Montenegro	Ecuador	40-46	198.2
19	Teresa Nummi	Idaho	40-46	198.2
24	Rosha Lee Whitaker	Arizona	40-46	192.7 Raw
23	Lisa Gross	Florida	40-46	195.0
25	Brandi Kary	California	40-46	188.3
26	Satu Lampikari-oni	Finland	40-46	187.2 Raw
26	Olympia Soto	California	40-46	187.2
26	Sylvia Maher	California	40-46	187.2
29	Sylvia Nix	California	40-46	181.7
29	Dina Digrazia	Georgia	40-46	181.7
29	Gloria Koepke	Texas	40-46	181.7
29	Lisa Staplin	Minnesota	40-46	181.7
33	Barbara McGowan	Oregon	40-46	176.2
33	Cindy Weber	Tennessee	40-46	176.2
35	Jamie Farmer	Montana	40-46	170.7
35	Teresa Hughes	Washington	40-46	170.7
35	Jennifer Sahy	Wisconsin	40-46	170.7
35	Tracey Jo Taylor	Hawaii	40-46	170.7
35	Josifina Jackson	Texas	40-46	170.7
35	Ann Wolverton	Florida	40-46	170.7
41	Jamie Neussendorfer	Idaho	40-46	165.2 Raw
42	Mirtha Delatorre	California	40-46	159.7 Raw
42	Sarah Johnson	Montana	40-46	159.7 Raw
42	Carla Kinney	Wisconsin	40-46	159.7
42	Wendy Hibbits	Oregon	40-46	159.7
46	Susan Thompson	Florida	40-46	155.0
47	Mindi Lamoreaux	Utah	40-46	154.2
47	Leanne Shumaker	Arizona	40-46	154.2
47	Julie Rossi	Oregon	40-46	154.2
50	Linda Lee Herdering	Florida	40-46	150.0
51	Jadine Perez	Hawaii	40-46	148.7
51	Melissa Benson	Colorado	40-46	148.7
53	Mirtha Delatorre	California	40-46	143.2
53	Shelley Moore	California	40-46	143.2
55	Shelly Byers	Arizona	40-46	137.7
55	Cheryl Nasser	Hawaii	40-46	137.7
55	Barbara Workman	Oregon	40-46	137.7

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
58	Laura Gonzalez	Texas	40-46	132.2
58	Linda Bradshaw	California	40-46	132.2
58	Jill Costa	Texas	40-46	132.2
58	Michele Plummer	Oregon	40-46	132.2
62	Natalie McChesney	California	40-46	126.7 Raw
63	Jennifer Sampson	Montana	40-46	121.2 Raw
63	Rose Rouska Girts	Washington	40-46	121.2
65	Stacia Smith	California	40-46	115.5
65	Heather Petri	Minnesota	40-46	115.5
67	Heather Acosta	California	40-46	110.0 Raw
68	Michelle Richardson	California	40-46	104.5 Raw
68	Lori Dryer	Arkansas	40-46	104.5
70	Julia Mosco Campos	Peru	40-46	99.0 Raw
70	Tammy Eppler	Texas	40-46	99.0
70	Kelly Rolon	New York	40-46	99.0
70	Cinara Alves	Brazil	40-46	99.0
74	Bobby Smith	Arizona	40-46	82.5
75	Judy Koch	Washington	40-46	77.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Virpi Pukkila	Finland	47-53	352.5
2	Cindy Shockman	Oregon	47-53	348.1
3	Sheri Klocke	Oregon	47-53	330.5
4	Cindy Shockman	Oregon	47-53	275.5 Raw
4	Nadine Huxley	Oregon	47-53	275.5
6	Lisa Staplin	Minnesota	47-53	259.0
7	Dede Soekardi	California	47-53	249.1
8	Marlane Welch	Oklahoma	47-53	246.0
9	Dede Soekardi	California	47-53	245.8
10	Jeanne Watts	California	47-53	244.7
11	Beverly Anolin	California	47-53	243.6
12	Gion Prevard	Illinois	47-53	231.2
13	Pamela Michaels-Olson	Washington	47-53	221.3
14	Eleanora Reeves	Tennessee	47-53	220.2
15	Joyce Hamblin	Oregon	47-53	215.0
16	Janine Jaallah	California	47-53	214.7
17	Peach Presley	California	47-53	209.2
17	C.J. McEwen	Oregon	47-53	209.2
19	Nancy Carpenter	Canada	47-53	203.7
20	Sylvia Maher	California	47-53	199.3
21	Virpi Pukkila	Finland	47-53	198.2 Raw
21	Leena Stalsted	Finland	47-53	198.2
21	Mary-Ann Van Dam	California	47-53	198.2
24	Josefina Jackson	Texas	47-53	193.8
25	Kim Jones	Illinois	47-53	192.7 Raw
25	Sylvia Nix	California	47-53	192.7
27	Jeanne Nielsen	California	47-53	181.7 Raw
27	Julia Orr	Washington	47-53	181.7
27	Elizabeth Harwood	Washington	47-53	181.7
30	Artemira Sobrinho	Brazil	47-53	176.2 Raw
31	Becky Mauney	Oregon	47-53	170.7
31	Camellia Luprete	Texas	47-53	170.7
33	Mirtha Delatorre	California	47-53	165.2 Raw
33	Debra Cavinta	Washington	47-53	165.2
35	Deb Kesper	Massachusetts	47-53	160.8

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
36	Wendy Hibbits	Oregon	47-53	159.7
36	Suzanne Spero	Massachusetts	47-53	159.7
38	Marlo Mello	Hawaii	47-53	154.2 Raw
38	Georgianna Ramey	Georgia	47-53	154.2
40	Jill Struck	Utah	47-53	148.7
41	Jane Henner	California	47-53	144.3
42	Patti Ehman	Alabama	47-53	143.2
43	Liz Houser	Colorado	47-53	141.0
44	Terri Aiwohi	Hawaii	47-53	139.9 Raw
45	Jane Stabile	Massachusetts	47-53	137.7
45	Lucia Feraud Montenegro	Ecuador	47-53	137.7
47	Maria Villegas-Hoppe	California	47-53	132.2 Raw
47	Kara Tuttle	Montana	47-53	132.2 Raw
49	Virginia Emond	Nevada	47-53	122.3
50	Mari Damhof	Minnesota	47-53	121.2 Raw
50	Claire Ashton-Heckathorn	Idaho	47-53	121.2
50	Andrea Macauley	Oregon	47-53	121.2
53	Cathy Chapman	Washington	47-53	120.0
54	Monica Hagen	California	47-53	115.5 Raw
54	Ann Marie Carlson	California	47-53	115.5
56	Robby Wood	Oregon	47-53	110.0 Raw
56	Lynn Cook	Florida	47-53	110.0
58	Karma McMillian	Wisconsin	47-53	104.5 Raw
58	Charlene Watson	Arkansas	47-53	104.5
60	Tisha Rugg	California	47-53	99.0
61	Molly Robert	California	47-53	93.5
62	Sylvia Jones	Florida	47-53	90.0 Raw
63	Iraci Fatima Fenner	Brazil	47-53	88.0
64	Lisa Flannery	California	47-53	71.5

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Nadine Huxley Brack	Washington	54-60	286.5
2	Beverly Anolin	California	54-60	243.6
3	Marlane Welch	Oklahoma	54-60	230.0
4	Lisa Staplin	Minnesota	54-60	225.7
5	Jane Stabile	Massachusetts	54-60	215.8
6	Peach Presley	California	54-60	214.7
7	Nadine Huxley Brack	Washington	54-60	203.7 Raw
8	Rebecca Moore	Washington	54-60	193.8
9	Cyndi Crossland	Oklahoma	54-60	181.7 Raw
10	Joyce Hamblin	Oregon	54-60	170.7
10	Barbara Anderson	Washington	54-60	170.7
12	Suzanne Greathouse	Washington	54-60	159.7
13	Carol Hamilton	Maine	54-60	154.2
13	Lisa Flannery	California	54-60	154.2
15	Irene Wilkinson	Florida	54-60	132.2 Raw
15	Claire Ashton-Heckathorn	Idaho	54-60	132.2
15	Cassy Krause	California	54-60	132.2
15	Nancy Fisher	California	54-60	132.2
19	Patti Stover	Hawaii	54-60	115.5 Raw
19	Teddi Davies	Florida	54-60	115.5
21	Irene Wilkinson	Florida	54-60	115.0
22	Elizabeth Cooner	Florida	54-60	107.5
23	Judith Petray	California	54-60	104.5
23	Mary Bisquera	California	54-60	104.5
23	Tisha Rugg	California	54-60	104.5
26	Karen Soskin	California	54-60	99.0

26	Mary Louise Coffee	Louisiana	54-60	99.0
26	Laura Gonnering	Alabama	54-60	99.0
26	Mary Mitchell	Washington	54-60	99.0
30	Diane Cormier	Massachusetts	54-60	88.0
31	Trudy Siddle	Louisiana	54-60	77.0
32	Sheela Rangen	Nevada	54-60	66.0
33	Michelle Evans	California	54-60	55.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Nadine Brack	Washington	61-67	292.0
2	Pat Robey	Washington	61-67	214.7
3	Donna Delleree	Washington	61-67	209.2
4	Gayle Clawson	Arizona	61-67	181.7
5	Carol Hamilton	Maine	61-67	159.7
5	Barbara Anderson	Washington	61-67	159.7
7	Maiju Hilander	Finland	61-67	154.2 Raw
8	Cassy Krause	California	61-67	148.7
9	Jane Stabile	Massachusetts	61-67	143.2 Raw
10	Mary Yale	Georgia	61-67	126.7
11	Irene Wilkinson	Florida	61-67	115.5
11	Grace Cloniger	Nevada	61-67	115.5
13	Prudence Kusano	Hawaii	61-67	110.0
13	Julia Aaron	Texas	61-67	110.0
15	Kim Grimes	California	61-67	104.5
15	Linda Glasco	Georgia	61-67	104.5
17	Kitty Gallagher	Washington	61-67	100.1
18	Lovina Rebman	Washington	61-67	99.0
18	Marlene Wexler	Minnesota	61-67	99.0
18	Gerda Shupe	California	61-67	99.0
21	Kim Grimes	California	61-67	94.6 Raw
21	Sandra Segal	Minnesota	61-67	88.0
23	Karen Callahan	Florida	61-67	85.0
24	Laura Gonnering	Alabama	61-67	82.5 Raw
24	Mary Louise Coffee	Louisiana	61-67	82.5
26	Dorothy Margaritis	Florida	61-67	80.0
27	Marcia Boatner	Florida	61-67	75.0 Raw
28	Kamallee Carney	Ohio	61-67	72.6
29	Patsy Parker	Alabama	61-67	65.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	68-74	181.7
2	Sue-Ann Pack	West Virginia	68-74	159.7
3	Gerda Shupe	California	68-74	144.3
4	Grace Cloniger	Nevada	68-74	115.5
5	Jeanne Mustille	California	68-74	105.6 Raw
6	Marlene Wexler	Minnesota	68-74	99.0
	Elaine Stoud	Wisconsin	68-74	88.0
7	Daisy Chase	Tennessee	68-74	88.0
7	Virginia Cornelius	Montana	68-74	88.0
9	Dorothy Margaritis	Florida	68-74	85.0
10	Jacqueline Fendler	Minnesota	68-74	66.0 Raw

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	75-79	181.7
2	Gerda Shupe	California	75-79	127.8
3	Marcia Turner	Washington	75-79	126.7
4	Gerda Shupe	California	75-79	104.5 Raw
5	Betsy McCarty	California	75-79	93.5 Raw
6	Marianne Hunter-Chance	California	75-79	77.0 Raw
7	Joan "Mike" Sloan	Nevada	75-79	72.6
8	Virginia Purcell	Nevada	75-79	66.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carrie Reese	California	80-84	91.3 Raw
2	Melicent Whinston	Oregon	80-84	78.1
3	Ann Fornachon	California	80-84	67.1
4	Gloria Murchie	California	80-84	55.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
BY FEMALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters
Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Catherine Kuehn	Oregon	85-89	68.2
2	Shirley Coen	California	85-89	58.3

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Karen Campbell	Maine	40-46	381.3
2	Rowena Bagayas	Hawaii	40-46	275.5
3	Maguena Aragon De Cabelleros	Guatemala	40-46	270.0
4	Amy Rudder	Tennessee	40-46	259.0
5	Annette Sozzi	California	40-46	243.6
6	C.J. McEwen	Oregon	40-46	242.5
7	Laura Feusi	Idaho	40-46	240.0
8	Brenda Hermann	Wisconsin	40-46	236.7
9	Sarah Erwin	Montana	40-46	231.2
9	Eleanora Reeves	Tennessee	40-46	231.2
11	Kari Sabin	Florida	40-46	225.7
11	Janet Hase	California	40-46	225.7
13	Laura Simpson	Oregon	40-46	220.2
14	Olympia Soto	California	40-46	214.7
14	Jody Tripp	Utah	40-46	214.7
16	Sarah Erwin	Montana	40-46	209.2 Raw
16	Cheryl Williams	Georgia	40-46	209.2
16	Carolyn Sterling	Alabama	40-46	209.2
19	Mindy Lamoreaux	Utah	40-46	203.7
20	Patricia Rusinek	Ohio	40-46	198.2
21	Natasha Williams	Arizona	40-46	187.2 Raw
22	Charlie Ritchie	Oregon	40-46	181.7 Raw
22	Erika Grill	Arizona	40-46	181.7
22	Cindy Lane	Oregon	40-46	181.7
22	Elizabeth Harwood	Washington	40-46	181.7
22	Patricia Beasock	Washington	40-46	181.7
27	Roxanne LeMaire	California	40-46	176.2 Raw
27	Candice Sarver	Ohio	40-46	176.2 Raw
27	Natasha Williams	Arizona	40-46	176.2
27	Heidi Miller	Oregon	40-46	176.2
27	Dee Jaye Backiel	Washington	40-46	176.2
32	Pamela Michaels-Olson	Washington	40-46	171.8
33	Brandi Kary	California	40-46	170.7
33	Donnie Rogers	Hawaii	40-46	170.7
33	Ann Wolverton	Georgia	40-46	170.7
33	Carla Ugarte	California	40-46	170.7
37	Melanie Clairmont	Washington	40-46	166.3
38	Mirtha Delatorre	California	40-46	165.2 Raw
38	Suzette Reed	California	40-46	165.2
40	Lori Barlow	California	40-46	155.3
41	Josse Solleder	Texas	40-46	154.2
41	Rosangela Miranda	Brazil	40-46	154.2
43	Karen Hubbard	Oregon	40-46	148.7
44	Lauren Martin	Arkansas	40-46	143.2 Raw
44	Millicent Jefferies	Illinois	40-46	143.2
44	Dawn Adams	Hawaii	40-46	143.2
47	Michelle Vieau	Illinois	40-46	137.7 Raw
47	Veronica Gutierrez	Texas	40-46	137.7 Raw
47	Alicia Valenzuela	Guatemala	40-46	137.7
50	Natalie McChesney	California	40-46	132.2 Raw
50	Carla Cooper	California	40-46	132.2
52	Crystal Luiz Jones	California	40-46	126.7 Raw
53	Scharlotte Spencer	Texas	40-46	121.2 Raw
53	Kristi England	Texas	40-46	121.2
55	Roxanne Johnston	Arizona	40-46	115.5
56	Stacia Smith	California	40-46	110.0
57	Monica Cook	Florida	40-46	100.0
58	Brandi Kary	California	40-46	99.0 Raw
59	Ildilko Novak	California	40-46	93.5

59	Anita Thomson	Oregon	40-46	93.5
61	Emily Peterson-Boone	Minnesota	40-46	88.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Karen Campbell	Maine	47-53	453.9
2	Sheri Klocke	Oregon	47-53	342.6
3	Cindy Shockman	Oregon	47-53	341.5
4	Kelli Sandoval	Oregon	47-53	303.0
4	Brenda Hermann	Wisconsin	47-53	303.0
6	Cindy Shockman	Oregon	47-53	281.0 Raw
7	Cindy Weber	Tennessee	47-53	264.5
8	Amy Rudder	Tennessee	47-53	270.0
9	Virpi-Sisko Knuutila	Finland	47-53	248.0
10	Jennifer Taylor	Oregon	47-53	236.7
10	Pamela Michaels-Olson	Washington	47-53	236.7
12	Nadine Huxley	Washington	47-53	226.8
13	Gion Prevard	Illinois	47-53	225.7
14	Artemira Sobrinho	Brazil	47-53	220.2 Raw
14	Julie Orr	Washington	47-53	220.2
16	Mary-Ann Van Dam	California	47-53	210.3
17	Joyce Hamblin	Oregon	47-53	209.2
18	Sylvia Nix	California	47-53	198.2
19	Josefina Jackson	Texas	47-53	192.7
19	C.J. McEwen	Oregon	47-53	192.7
21	Elizabeth Harwood	Washington	47-53	187.2
22	Terri Aiwohi	Hawaii	47-53	181.7
22	Marilyn Lewis	Washington	47-53	181.7
24	Deborah Maxwell	California	47-53	176.2
25	Olympia Soto	California	47-53	170.7 Raw
26	Lisa Von Buskirk	Wisconsin	47-53	165.2 Raw
27	Terri Aiwohi	Hawaii	47-53	155.3 Raw
28	Sara Rosgen	Arizona	47-53	154.2
29	Claire Ashton-Heckathorn	Washington	47-53	143.2
29	Lynda Strand	Oregon	47-53	143.2
29	Jane Stabile	Massachusetts	47-53	143.2
32	Natalie McChesney	California	47-53	137.7 Raw
32	Deana Bowes	California	47-53	137.7
32	Stacy Whetstone	Nevada	47-53	137.7
35	Linda Dunn	Texas	47-53	132.2
35	Maria Richards	Oregon	47-53	132.2
37	Denise Wenz	Wisconsin	47-53	121.2
38	Ann Marie Carlson	California	47-53	110.0
39	Ruth Anne Phillips	Arkansas	47-53	93.5
40	Iraci Fatima Fenner	Brazil	47-53	88.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Karen Campbell	Maine	54-60	402.2
2	Betty Heriford	Oregon	54-60	242.5
3	DeAnna Dutton	Washington	54-60	210.3
4	Wilma Lee Cadavona	Idaho	54-60	209.2
4	Margie Huston	Washington	54-60	209.2
6	Josefina Jackson	Texas	54-60	198.2
7	Joyce Hamblin	Oregon	54-60	187.2
8	Deborah Maxwell	California	54-60	183.9
9	Patty Schaffer	Minnesota	54-60	176.2
10	Patricia Filinick	California	54-60	165.2
11	Camellia Luprete	Texas	54-60	160.8

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
12	Josefina Jackson	Texas	54-60	154.2 Raw
13	Karen Polansky	California	54-60	148.7
14	Marsha Dickey	Washington	54-60	137.7
15	Terry Aiwohi	Hawaii	54-60	132.2 Raw
15	Hope Stockton-Ross	Texas	54-60	126.7
15	Louise Jones	California	54-60	126.7
15	Linda Tesmar	Minnesota	54-60	126.7
19	Deborah Maxwell	California	54-60	122.3 Raw
20	Molly Robert	California	54-60	121.2
21	Irene Wilkinson	Florida	54-60	120.0 Raw
22	Helen Tolle	California	54-60	115.5 Raw
23	Helen Isaacs	California	54-60	110.0
24	Becky Logan	Texas	54-60	104.5 Raw
25	Karen Callahan	Florida	54-60	80.0
26	Margaret Goett	Washington	54-60	77.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	61-67	248.0
2	Donna Delleree	Washington	61-67	225.7
3	Sue Pack	West Virginia	61-67	215.0
4	Gayle Clawson	Arizona	61-67	209.2
5	Joni Harriss	Nevada	61-67	181.7 Raw
6	Pam Carter	Arizona	61-67	161.9
7	Cindy Anderson	Oregon	61-67	155.0
8	Louise Jones	California	61-67	130.0
9	Grace Cloninger	Nevada	61-67	115.5
10	Janis Herbert	California	61-67	104.5 Raw
11	Jeanette Dow	California	61-67	99.0 Raw
12	Sandra Segal	Minnesota	61-67	93.5

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	68-74	232.3
2	Sue Pack	West Virginia	68-74	181.7
3	Winifred Pristell	Washington	68-74	170.7
4	Gerda Shupe	California	68-74	132.2
5	Pat Robey	Washington	68-74	121.2 Raw
6	Marlene Wexler	Minnesota	68-74	100.1 Raw
7	Terri Sorrell	Florida	68-74	99.0 Raw
8	Jackie Fendler	Minnesota	68-74	82.5 Raw
8	Barbara Meraz	California	68-74	82.5

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	75-79	187.2
2	Gerda Shupe	California	75-79	110.0
3	Carrie Reese	California	75-79	95.7
4	Virginia Cornelius	Montana	75-79	90.2
5	Barbara Meraz	California	75-79	89.1

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carrie Reese	California	80-84	88.0

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Karen Campbell	Maine	40-46	424.2
2	Susan Jackson	Washington	40-46	348.1
3	Michonne Berry	Illinois	40-46	325.0
4	Alisha Howard	Washington	40-46	319.5
5	Amy Rudder	Tennessee	40-46	306.3
6	Maguena Aragon De Cabelleros	Guatemala	40-46	281.0
7	Amy Rudder	Tennessee	40-46	264.5
8	Olympia Soto	California	40-46	260.1
9	Jill Arnow	Washington	40-46	259.0
9	Janet Hase	California	40-46	259.0
11	Kelli Sandoval	Oregon	40-46	253.5
12	Laura Feusi	Idaho	40-46	242.5
13	Kari Sabin	Florida	40-46	240.0
14	Cheryl Williams	Georgia	40-46	225.7
15	Mindi Lamoreaux	Utah	40-46	203.7
16	Ellie Bundy	Montana	40-46	198.2 Raw
17	Dawn Haskett	Oregon	40-46	187.2
18	Natasha Williams	Arizona	40-46	176.2 Raw
18	Heidi Miller	Oregon	40-46	176.2
18	Wilma Lee Cadavona	Idaho	40-46	176.2
18	Donnie Rogers	Hawaii	40-46	176.2
22	Akondaye Fountain	Texas	40-46	170.7 Raw
22	Maggie Castellano	Texas	40-46	170.7 Raw
24	Antoniette Rodriguez	Arizona	40-46	165.2 Raw
24	Julie Venturi	California	40-46	165.2
26	Susan Adkison	Florida	40-46	155.0
27	Stephanie Weil	Montana	40-46	154.2
28	Virinda Johnson	Texas	40-46	148.7
29	Teresa Agee	Idaho	40-46	145.0
30	Crystal Luiz Jones	California	40-46	143.2 Raw
31	Jennifer Lopez	Florida	40-46	137.7 Raw
31	Crystal Luiz Jones	California	40-46	137.7 Raw
31	Krystal Morris	Texas	40-46	137.7
34	Veronica Gutierrez	Texas	40-46	132.2 Raw
34	Randa Bess	Arizona	40-46	132.2
34	Angel North	Oregon	40-46	132.2
37	Michelle DeMilia	Massachusetts	40-46	126.7
38	Mary Goodwin	Washington	40-46	115.5
38	Kate Bachus	Massachusetts	40-46	115.5
40	Scharlotte Spencer	Texas	40-46	110.0
41	Amy Amber	California	40-6	93.5 Raw
41	Diana Biddle	Indiana	40-46	93.5

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Karen Campbell	Maine	47-53	512.5
2	Holly Oxford	Montana	47-53	292.0
3	Cheryl Cobb	Tennessee	47-53	253.5
4	Linda Gerking	Washington	47-53	227.9
5	Shelly Hoefler	Illinois	47-53	220.3
6	Pamela Michaels Olson	Washington	47-53	214.7
7	Teena Kilo	Missouri	47-53	198.2
8	Jennifer Taylor	Oregon	47-53	192.7
9	Akondaye Fountain	Texas	47-53	188.3 Raw
10	Patty Drake	Maine	47-53	187.2 Raw
10	Kathy Cash	Oregon	47-53	187.2
10	Diana Plant	California	47-53	187.2
13	Cheryl Erickson	Washington	47-53	181.7
14	Margie Huston	Washington	47-53	177.3
14	Marilyn Lewis	Washington	47-53	177.3
16	Mirtha Delatorre	California	47-53	170.7 Raw
17	Olympia Soto	California	47-53	165.2 Raw
18	Karen Cassette	Maine	47-53	159.7 Raw
18	Susan Johnson	Hawaii	47-53	159.7
20	Deana Bowes	California	47-53	149.8
21	Felicia Thomas	Illinois	47-53	143.2
22	Suzanne Dornquast	Florida	47-53	135.0
23	Kay Berryman	Texas	47-53	132.2
23	Claire Ashton Heckathorn	Washington	47-53	132.2
23	Gail Franklin	Minnesota	47-53	132.2
26	Pam Gatling	Nevada	47-53	121.2
26	Gail Isley	Oregon	47-53	121.2
28	Kelly Wakayama	Montana	47-53	104.5
29	Libby Spence	Georgia	47-53	99.0
29	Laura Cunningham	Utah	47-53	99.0
29	Stacy Whetstone	Nevada	47-53	99.0 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Linda Gerking	Washington	54-60	225.7
2	Donna Delleree	Washington	54-60	220.2
3	Kathy Cash	Oregon	54-60	209.2
4	Margie Huston	Washington	54-60	203.7
5	Marilyn Lewis	Washington	54-60	198.2
5	Sue Vaterlaus	California	54-60	198.2
7	Karen Polansky	California	54-60	192.7
8	Pat Robey	Washington	54-60	181.7
9	Wilma Lee Cadavona	Idaho	54-60	165.2
10	Pamela Michaels	Washington	54-60	159.7
11	Analia Zalopany	Hawaii	54-60	152.0 Raw
12	Dot Sosnicki	Arizona	54-60	148.7 Raw
13	Stacy Whetstone	Nevada	54-60	143.2 Raw
14	Linda Tesmar	Minnesota	54-60	137.7
15	Penny Dodson	Arkansas	54-60	132.2 Raw
16	Pam Gatling	Nevada	54-60	126.7
17	Deborah Maxwell	California	54-60	121.2 Raw
17	Delia Chilgren	California	54-60	121.2
17	Elizabeth Flores	Texas	54-60	121.2
20	Helen Tolle	California	54-60	115.5 Raw

20	Patty Schaffer	Minnesota	54-60	115.5
20	Carrie Manhart	California	54-60	115.5
23	Randi Knutson	California	54-60	104.5
24	Rosalie Pearson	New Zealand	54-60	88.0

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	61-67	242.5
2	Winifred Pristell	Washington	61-67	165.2
3	Elizabeth Flores	Texas	61-67	143.2
4	Julia Aaron-Bolivar	Texas	61-67	137.7
5	DeAnna Dutton	Washington	61-67	132.2 Raw
6	Nancy Ann Dooley	Cal	61-67	132.0 Raw
7	Lita Verts	Oregon	61-67	115.5
8	Margie Brownlee	Florida	61-67	100.0
9	Janice Hill	Washington	61-67	99.0
10	Arlene Linton	Minnesota	61-67	93.5

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68 -74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Pat Robey	Washington	68-74	233.4
2	Sue Ann Pack	West Virginia	68-74	203.7
3	Winifred Pristell	Washington	68-74	179.5
4	Gerda Shupe	California	68-74	126.7
5	Marlene Wexler	Minnesota	68-74	111.1 Raw
6	Sandy Bonifield	California	68-74	110.0
7	Dorothy Rawe	Texas	68-74	104.5
8	Gloria Mighell	Oregon	68-74	99.0
8	Deanna Brown	Nevada	68-74	99.0
11	Marlene Wexler	Minnesota	68-74	88.0
12	Mary Downes	Florida	68-74	77.0 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Barbara Meraz	California	75-79	82.5
1	Carrie Reese	California	75-79	82.5

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Gloria Mighell	Oregon	80-84	69.3

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Evelyn Kilgore	California	85-89	46.2
2	Gloria Mighell	Oregon	85-89	44.0

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 90-94 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Gloria Mighell	Oregon	90-94	47.3 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Alisha Howard	Washington	40-46	376.9
2	Amy Rudder	Tennessee	40-46	315.1
3	Susan Jackson	Washington	40-46	289.8
4	Kelli Sandoval	Oregon	40-46	270.0
5	Olympia Soto	California	40-46	264.5
6	Carolyn Muessman	Michigan	40-46	236.7
7	Stacie Downs	Michigan	40-46	232.2
8	Carla Ugarte	California	40-46	210.3
9	Janet Hase	California	40-46	209.2
9	Juana Kaanapu	Hawaii	40-46	209.2
9	Cheryl Williams	Georgia	40-46	209.2
12	Theresa Merenkov	California	40-46	187.2
13	Lisa Hagelanz	Washington	40-46	176.2
13	Leane Coetser	Colorado	40-46	176.2
14	Zorelli Rijo Cid	California	40-46	165.2 Raw
14	Tamara Perry	Hawaii	40-46	165.2 Raw
14	Dana Barnes	Illinois	40-46	165.2 Raw
14	Margaret Kolden	Texas	40-46	165.2
18	Linda Garman	California	40-46	148.7
19	Collette Lawlor	Wisconsin	40-46	143.2 Raw
19	Faith Robsinson	Arkansas	40-46	143.2 Raw
21	Lucy Rutigliano	Oregon	40-46	137.7
22	Lindy Eubanks	Oregon	40-46	132.2
23	Angela Heins	Minnesota	40-46	126.7
24	Beth Smith	Washington	40-46	115.5
25	Faith Robsinson	Arkansas	40-46	110.0
26	Tammy Geisick	California	40-46	99.0
27	Hilary Reeh	Texas	40-46	88.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Jill Arnow	Washington	47-53	303.0
2	Leslie Miller	Canada	47-53	242.5
2	Linda Gerking	Washington	47-53	242.5
4	Susan Adkinson	Florida	47-53	214.7
5	Nancy Hodge	Nevada	47-53	210.3
6	Barbara Harris	Florida	47-53	195.0 Raw
7	Kathy Cash	Oregon	47-53	192.7

8	Cindy McCaw	Utah	47-53	167.4
9	Marilyn Lewis	Washington	47-53	166.3
10	Gail Franklin	Minnesota	47-53	165.2
11	Cheryl Erickson	Washington	47-53	159.7
12	Robin Martin	Illinois	47-53	154.2 Raw
13	Shelly Hoefler	Illinois	47-53	152.5
14	Felicia Thomas	Illinois	47-53	148.7 Raw
14	Cynthia Crampton	Washington	47-53	148.7
16	Kay Berryman	Texas	47-53	137.7
16	Claire Ashton-Heckathorn	Washington	47-53	137.7
18	Suzanne Dornquast	Florida	47-53	135.0
19	Gail Isley	Oregon	47-53	125.0
20	Amy Amber	California	47-53	99.0
21	Jamie McCarthy	Minnesota	47-53	82.5
22	Jaynelle Armer	California	47-53	66.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Karen Campbell	Maine	54-60	501.5
2	Sue Vaterlaus	California	54-60	214.7
3	Susan Johnson	Hawaii	54-60	209.2
4	Kathy Cash	Oregon	54-60	203.7
5	Flicia Thomas	Indiana	54-60	155.0
6	Susan Arnett	Hawaii	54-60	154.2
6	Kathy Sells	California	54-60	154.2
8	Susan Arnett	Hawaii	54-60	126.7 Raw
9	Pamela Michaels	Washington	54-60	115.5 Raw
9	Della Chilgren	California	54-60	115.5
11	Marjorie Schalles	Minnesota	54-60	104.5
12	Dawn Ivey Vick	Washington	54-60	99.0
13	Randi Knutson	California	54-60	93.5
14	Lori Parkhurst	Washington	54-60	82.5

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Sue Vaterlaus	California	61-67	220.2
2	Patricia Filinick	California	61-67	200.4
3	Susan Arnett	Hawaii	61-67	145.4
4	Sue Vaterlaus	California	61-67	132.2 Raw
5	Lita Verts	Oregon	61-67	125.0
6	Susan Arnett	Hawaii	61-67	121.2 Raw
7	Marjorie Schalles	Minnesota	61-67	110.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Sue Vaterlaus	California	68-74	203.7
2	Gloria Mighell	Oregon	68-74	104.5
3	Marlene Wexler	Minnesota	68-74	99.0 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Carrie Reese	California	75-79	93.5
2	Gloria Mighell	Oregon	75-79	72.6

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Kelly Franklin	Minnesota	40-46	369.2
2	Annie Bowman	Washington	40-46	330.5
3	Tricia Puou	Hawaii	40-46	314.0
4	Jane Morales Costa	Brazil	40-46	264.5
5	Arletha Phillip	Arizona	40-46	214.7
5	Rauraoha Joy Heta	New Zealand	40-46	214.7
7	U'ilani Ha	Hawaii	40-46	199.3 Raw
8	Jae Rockwell	Illinois	40-46	198.2 Raw
8	Elizabeth Guerra	Texas	40-46	198.2 Raw
10	Tracy Meyer	Washington	40-46	185.0
11	Dana Crosby	Illinois	40-46	182.0 Raw
12	Leane Coetser	California	40-46	181.7
13	Dawn Russo	New Hampshire	40-46	176.2
14	Chelsie Florez	Arizona	40-46	170.7 Raw
14	Leilana Mckindra	Oklahoma	40-46	170.7
16	Trish Romano	Arizona	40-46	165.2 Raw
16	Tammy Linton	Montana	40-46	165.2
18	Ashley Ulmer	Washington	40-46	159.7
19	Kimberly Mills	Arizona	40-46	154.2 Raw
20	Nancy Edelson	Florida	40-46	150.0
21	Monika Gambill	Oklahoma	40-46	148.7
22	Kat Weise	California	40-46	88.0 Raw

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

	LIFTER	STATE	AGE GROUP	LIFT
1	Arletha Phillip	Arizona	47-53	281.0 Raw
2	Tunya Sytsma	Hawaii	47-53	275.5
3	Sue Vaterlaus	California	47-53	254.6
4	Arletha Phillip	Arizona	47-53	231.2
4	Margie Huston	Washington	47-53	231.2
6	Evon Schuenke	Wisconsin	47-53	194.9 Raw
7	Mary Rubsic-Tawzer	California	47-53	154.2
8	Juana Maria Mangaoang	Washington	47-53	148.7
9	Robin Martin	Illinois	47-53	143.2 Raw
10	Jeanne Canepa-Reve	California	47-53	132.2
11	Linette Greene	Montana	47-53	126.7
12	Christine Rickert	Wisconsin	47-53	121.2 Raw
13	Sharon Griswold	California	47-53	115.5
14	Tunya Sytsma	Hawaii	47-53	110.0 Raw
15	Jodie McLellan	Wisconsin	47-53	104.5 Raw
16	Carolyn Fay	Florida	47-53	99.0
17	Jamie McCarthy	Minnesota	47-53	88.0

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Cynthia Regan	New York	54-60	270.0
2	Gloria Caughey	Utah	54-60	238.9
3	Leila Watson	Washington	54-60	225.7
4	Sue Vaterlaus	California	54-60	214.7
5	Juana Kaanapu	California	54-60	209.2
6	Virginia Williams	Washington	54-60	192.7
7	Dot Sosnicki	Arizona	54-60	187.2 Raw
8	Mona Johnson	Washington	54-60	126.7
9	Thea Strom	California	54-60	115.5
9	Gloria Derfus	Minnesota	54-60	115.5
11	Marjorie Schalles	Minnesota	54-60	110.0
12	Carolyn Fay	Florida	54-60	100.1

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Juana Kaanapu	California	61-67	203.7
2	Gloria Caughey	Utah	61-67	159.7 Raw
2	Christine Burk	Oregon	61-67	159.7
4	Susan Arnett	Hawaii	61-67	123.4 Raw
5	Jane Gerughty	California	61-67	121.2 Raw
6	Marjorie Schalles	Minnesota	61-67	116.6
7	Susan Fisher	Maine	61-67	104.5
8	Diane Vellino	Massachusetts	61-67	71.5 Raw
9	Jeanette Tardif	Maine	61-67	66.0

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Susan Arnett	Hawaii	68-74	115.5 Raw
2	Jeanette Tardiff	Maine	68-74	88.0

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Shirley Herrera	California	75-79	85.8

HIGHEST ALL-TIME 221+# BENCH PRESSES IN WABDL
 BY FEMALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Mag Olsen	Minnesota	80-84	71.5

