

American Women

Single Lift Bench

Sub-Masters (35-39)

97lbs/44Kgs

Bench

Record Open

0.0

Kg

0.0

lbs

105lbs/48Kgs

Bench

Anna James

72.0

Kg

158.7

lbs

3/2/1996

114lbs/52Kgs

Bench

Mary Jeffrey

102.5

Kg

226.0

lbs

6/12/1999

123lbs/56Kgs

Bench

Susan Rinn

107.5

Kg

237.0

lbs

3/24/2001

132lbs/60Kgs

Bench

Lynda Shendow

95.0

Kg

209.4

lbs

2/28/1998

148lbs/67.5Kgs

Bench

Karen Matthews

90.0

Kg

198.4

lbs

11/25/2007

165lbs/75Kgs

Bench

Linda Blackburn

125.0

Kg

275.6

lbs

4/29/2000

181lbs/82.5Kgs

Bench

Gillian Lewis

77.5

Kg

170.9

lbs

7/31/1999

198lbs/90Kgs

Bench

Amy Johnston

97.5

Kg

214.9

lbs

2/22/1997

SHW/90+Kgs

Bench

Janet Loveall

157.5

Kg

347.2

lbs

12/13/2008