

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN OPEN BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	CARIN FUJISAKI	165.25	75	01/14/2006
114LBS/52KG+	JENNIE HOLLIER	248	112.5	09/17/2005
123LBS/56KG	KELII	225.7	102.5	04/04/1998
132LBS/60KG	KELII	220.4	100	02/01/1997
148LBS/67.5KG	MARI ASP	336	152.5	08/26/2006
165LBS/75KG	ELIZABETH FREEL	248	112.5	08/13/2005
181LBS/82.5KG	BARBARA BEHM	242.5	110	08/30/2008
198LBS/90KG	VICKY HEMBREE	286.5	130	11/02/2002
198LBS+/90KG+	VICKY HEMBREE	330.5	150	06/20/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (14 – 15) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	JENNIFER JAMES	82.7	37.5	04/24/1993
105LBS/48KG	JESSICA HOWARD	88.3	40	12/02/1989
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	NICHELLE WHITFIELD	159.5	72.5	11/02/2002
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	JUNE ANDREWS	99	45	04/08/2000
165LBS/75KG	PAULA WOLFE	104.5	47.5	04/13/1996
181LBS/82.5KG	MARISSA LOTT	121.25	55	07/22/1999
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (16 – 17) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	AVAILABLE	000	000	00/00/2007
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	KENDAL BUFFINGTON	115.5	52.5	01/10/2004
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	SHANNON TOBIN	137.75	62.5	07/11/1998
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	HEATHER KEOLA	154.25	70	11/07/2007
198LBS+/90KG+	K. FREBERG	209.75	95	11/14/1998

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (18 – 19) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	AVAILABLE	000	000	00/00/2007
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	EMILY KUBIAK	154.25	70	12/29/2001
123LBS/56KG	KENDAL BUFINGTON	143.25	65	04/17/2004
132LBS/60KG	DEENA CARBULLIDO	99	54	05/02/1992
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	MICHELLE SNIDER	165.3	75	12/02/1989
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN JUNIOR (20 – 23) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
97LBS/44KG	AVAILABLE	000	000	00/00/2007
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	CHRISTINA HENESIAN	170.5	77.5	11/13/2004
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	FAY SCHNEIDER	132.25	60	04/17/2004
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	JAHYLICA BLAND	170.75	77.5	08/26/2006
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (40-44) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	CARIN FUJISAKI	159.75	72.5	01/10/2004
114LBS/52KG+	ANNA JAMES	143.25	65	03/03/1993
123LBS/56KG	SUZANNE HEDMAN	192.75	87.5	01/15/2005
132LBS/60KG	PAT FLUKEY	165.25	75	07/20/1996
148LBS/67.5KG	TAMMI CALLAHAN	209.25	95	04/27/2002
165LBS/75KG	MARY JACOBSON	214.75	97.5	05/13/1999
181LBS/82.5KG	BARBARA BEHM	231.5	105	02/12/2008
198LBS/90KG	VICKY HEMBREE	286.5	130	11/02/2002
198LBS+/90KG+	VICKY HEMBREE	330.5	150	06/02/2002

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (45-49) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	CARIN FUJISAKI	165.25	75	01/14/2006
114LBS/52KG+	MARTHA THOMPSON	143.25	65	09/12/2009
123LBS/56KG	NELL MUCHA	99	45	04/08/2000
132LBS/60KG	PAMELA DAVIS	170.75	77.5	01/15/1994
148LBS/67.5KG	SASHA MESKOV	154.25	70	04/13/2003
165LBS/75KG	RAE BALLARD	170.75	77.5	07/20/1996
181LBS/82.5KG	BARBARA BEHM	242.5	110	08/30/2008
198LBS/90KG	VALERIE CROWELL	187.25	85	08/13/2005
198LBS+/90KG+	VALERIE CROWELL	192.75	87.5	11/05/2003

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (50-54) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	SUE SLATER	66	30	11/07/2007
114LBS/52KG+	CHRISTINE BRIGHAM	121.25	55	02/19/2000
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	CLAIRE ERSKINE	115	52.5	03/01/2008
165LBS/75KG	DANA MAURIELLO	132.25	60	01/10/2004
181LBS/82.5KG	KAREN POLANSKY	132.25	60	03/10/2001
198LBS/90KG	CINDY POND	83	37.5	11/15/2008
198LBS+/90KG+	DELIA CHILGREN	115.5	52.5	3/1/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (55-59) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	MARCIA HARP	88	40	02/22/1997
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	D. SAMUELS	77	35	04/10/1999
165LBS/75KG	G. LAKE	66	30	04/04/1998
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	KAREN POLANSKY	154.25	70	12/28/2002
198LBS+/90KG+	SUSAN GILL	104.5	47.5	11/13/2004

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (60-64) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	PENNY MAGRANES	83	37.5	03/01/2008
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	JOYCE ALCOULOUMBRE	115.5	52.5	11/14/1998
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	SUSAN O'NEILL	88	40	01/13/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (65-69) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	SHARON PIPES	110.2	50	11/15/2003
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (70+) BENCH PRESS (SINGLE-LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
105LBS/48KG	AVAILABLE	000	000	00/00/2007
114LBS/52KG+	AVAILABLE	000	000	00/00/2007
123LBS/56KG	ELMA BECK	77	35	02/09/2002
132LBS/60KG	PAULINE FORGVER	80	N/A	10/28/2000
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007