

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN OPEN RAW 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+	MARTHA THOMPSON	126.75	57.5	12/05/2009
123LBS/56KG	BECKY RICH	203.75	92.5	03/05/2010
132LBS/60KG	BECKY RICH	198.25	90	07/24/2009
148LBS/67.5KG	SANJUANA (JANIE) RAMIREZ	126.75	57.5	02/06/2010
165LBS/75KG	KAREN PARNOW	115.5	52.5	02/06/2010
181LBS/82.5KG	TRACEE PATTERSON	165.25	75	02/06/2010
198LBS/90KG	TRACEE PATTERSON	159.75	72.5	11/07/2009
198LBS+/90KG+	HEATHER KEOLA	132	60	11/15/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (14 – 15) RAW 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	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	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (16 – 17) RAW 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	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	CHLOE KIPNIS	88	40	02/06/2010
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	HEATHER KEOLA	132	60	11/15/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN TEEN (18 – 19) RAW 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+	THI TRUONG	71.5	32.5	07/18/2009
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	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN JUNIOR (20 – 23) RAW 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	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	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (40-44) RAW 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	JANELLE MAULT	99	45	02/21/2009
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	TRACIE MARQUEZ	137.75	62.5	3/1/2008
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (45-49) RAW 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+	MARTHA THOMPSON	126.75	57.5	12/05/2009
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	KAREN FLAKES	104.5	47.5	11/15/2008
165LBS/75KG	KAREN FLAKES	104.5	47.5	02/21/2009
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 MASTER (50-54) RAW 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+	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	JONI RAGSDALE	93.5	42.5	11/07/2009
165LBS/75KG	KAREN PARNOW	115.5	52.5	02/06/2010
181LBS/82.5KG	KAREN PARNOW	126.75	57.5	2/21/2009
198LBS/90KG	CINDY POND	83	37.5	11/15/2008
198LBS+/90KG+	MARY TAWZER	115.5	52.5	3/1/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (55-59) RAW 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	VALERIE WALTER	77.5	35	02/06/2010
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

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (60-64) RAW 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+	PENNEY MAGRANE	71.5	32.5	02/06/2010
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	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (65-69) RAW 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	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
WOMEN MASTER (70+) RAW 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	AVAILABLE	000	000	00/00/2007
198LBS+/90KG+	AVAILABLE	000	000	00/00/2007