

These records are now **WNPF HISTORICAL RECORDS**,

This means they cannot be set or broken anymore. The

WNPF is starting a new chapter, divisions, records and rules

In 2016. Be a part of the new WNPF and set a record! Check

out the new WNPF records page in 2016. New WNPF Historical

Record certificates are available for all lifters with records.

WNPF Women's National & World Bench for Reps Records

NAME	NATIONAL	WORLD
WOMEN- ½ BODYWEIGHT FOR REPS		
105		
OPEN- BENNER	47	47
45-49- BENNER	60	60
50-54- BENNER	47	47
20-23-GROSSNICKLE	35	30
75-79- MURPHY	45	31
114		
OPEN-SALAFIA	56	
OPEN- BENNER		45
SUBS- LONGSHORE	44	44
40-44- LONGSHORE	46	46
45-49-HALL	45	
45-49-BENNER		37
50-54- BENNER	48	45
75-79- MURPHY	42	42
123		
13-16- CATERISANO	16	
SUBS- ALBRIGHT	45	
40-44- LONGSHORE	36	36
45-49-DEAN	50	
50-54- PROCTOR	64	
55-59-PROCTOR	68	
75-79- MURPHY	37	

132		
13-16-WILCOX	35	34
17-19-SEILKOP	21	
LIFETIME- CORALLO	38	
45-49-HOCKEBORN	57	57
70-74- MURPHY	36	36
148		
LIFETIME- MUSSER	69	64
OPEN- FEENEY	47	
50-54- BLAIR	42	42
165		
SUBS- LEISEY	28	28
40-44- MITCHELL	61	61
45-49-MACRI	22	
50-54-BLAIR	36	36
OPEN-MACRI	22	
SHW		
POLICE/F/M- DACOSTA-PAUL	24	24