

**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.**

All Women's NATIONAL & WORLD Single lift Bench Press records

	NATIONAL				WORLD		
WT.	NAME	DIVISION	WT.LIFTED		97		
97	DAVIS	13-16	95		45-49 (Sp)	Newman	115
	PROULX	LIFETIME OPEN	143		55-59 Raw	Scott	85
	KASSELL	SUBS	85		Lifetime (Sp)	Proulx	145
	GROSSNICKLE	17-19	93		Open (Sp)	Proulx	145
	SCOTT	50-54	80		Open-Raw	Proulx	140
	SCOTT	55-59	85				
					105		
105	RYAN	11-12	60		17-19	Cardon	130
	DAVIS	17-19	90		17-19 Raw	Davis	95
	WILCOX	13-16	105		45-49 (Sp)	Lemus	165
	GROSSNICKLE	JUNIOR	95		45-49 Raw	Benner	145
	BENNER	OPEN	145		50-54 Raw	Poyner	126
	DESBIENS	40-44	75		75-79 Raw	Murphy	115
	BENNER	45-49	145		Junior Raw	Grossnickle	95

	POYNER	50-54	130			Lifetime (Sp)	Lemus	165
	MURPHY	75-79	115			Lifetime Raw	Ulgium	60
						Open (Sp)	Lemus	165
114	WILCOX	13-16	115			Open Raw	Benner	145
	CUTRONA	40-44	120					
	NOVIK	SUBS	126			114		
	HIGHBAUGH	JUNIOR	135			13-16 (Sp)	Padgett	110
	BENNER	NAT. OPEN	140			17-19 (Sp)	Hanawalt	135
	BENNER	45-49	130			40-44 Raw	Longshore	110
	BENNER	50-54	140			45-49 Raw	Benner	130
	ADAMS	60-64	115			50-54 Raw	Benner	140
	ADAMS	70-74	95			60-64 Raw	Adams	110
	MURPHY	75-79	115			Lifetime Raw	Adams	110
	MILLER	LIFETIME OPEN	170			Lifetime(Sp)	James	165
						Open Raw	Benner	140
123	FITZPATRICK	13-16	105			Subs Raw	Dowless	100
	FITZPATRICK	17-19	110			Subs (Sp)	Roe	110
	SALAFIA	LIFETIME OPEN	175			75-79 raw	Murphy	115
	BENNER	NAT. OPEN	190					
	EMIG	SUBS	143			123		
	BENNER	40-44	190			17-19 (Sp)	Fitzpatrick	110
	BENNER	45-49	159			17-19 RAW	Jackson	100
	MURPHY	70-74	110			40-44 (Sp)	Davis	160
	MURPHY	75-79	125			40-44 Raw	Benner	187
	MANZO	POLICE	350			45-49 Raw	Sowers	85
						45-49 (Sp)	Proctor	145
132	LUSTER	11-12	120			60-64 (SP)	Proctor	155
	WILCOX	13-16	145			Junior Raw	Solis	75
	MYERS	17-19	115			Lifetime (Sp)	Haynes	170
	VILLANUEVA	JUNIOR	135			Open (Sp)	Davis	160
	DIGIRALAMO	LIFETIME OPEN	165			Open Raw	Benner	187
	HOCKEBORN	NAT. OPEN	215			Police (Sp)	Manzo	170
	MONFORD	SUBS	137					
	HOCKEBORN	40-44	209			132		
	HOCKEBORN	45-49	215			13-16	Wilcox	145

	LUMBERT	55-59	132			13-16 Raw	Mehl	104
	MURPHY	70-74	115			35-39 Raw	Emig	203
						40-44 (Sp)	Pepe	165
148	KLAZAS	13-16	130			40-44 Raw	Hockeborn	214
	WILCOX	17-19	165			45-49 Raw	Hockeborn	215
	WILCOX	JUNIOR	165			50-54 Raw	Humphreys	95
	WHITE	LIFETIME OPEN	210			50-54 (Sp)	Maccrindle	115
	WHITE	NAT. OPEN	210			Open	Lippert	231
	GUZMAN	SUBS	200			Open Raw	Hockeborn	215
	HAYNES	40-44	175			Subs (Sp)	Chambers	187
	PEPE	45-49	171			70-74 raw	Murphy	115
	SPANO	50-54	160					
	SNYDER	55-59	120			148		
						13-16 Raw	Partlow	75
165	DIGRAZIA	SUBS	159			17-19 Raw	Wilcox	165
	MILLER	JUNIOR	165			Junior raw	Wilcox	160
	BENEDICT	45-49	170			40-44 (Sp)	Schneidmill	203
	WILCOX	17-19	170			40-44 Raw	Benedict	135
	KLEINSMITH	13-16	120			45-49 (Sp)	Schneidmill	181
	MCCLOSKEY	11-12	125			45-49 Raw	Smith	110
	BEASLEY	LIFETIME OPEN	226			50-54 (Sp)	Spano	145
	MITCHELL	40-44	200			50-54 raw	Blair	135
	MACRI	45-49	110			60-64 raw	Hardwick	135
	BENEDICT	50-54	150			Lifetime (Sp)	Ulrich	210
	BLAIR	55-59	135			Lifetime Raw	Musser	190
	CALEB	POLICE	125			Open (Sp)	Schneidmill	203
*						Open Raw	Feeney	160
181	MCCLOSKEY	13-16	176			Police (Sp)	Powell	175
	RICE	LIFETIME OPEN	210			Subs (Sp)	Falconio	190
	KENNARD	NATURAL OPEN	155			Subs Raw	Guzman	195
	SINGLETON	SUBS	185					
	SIZER	40-44	185			165		
	SIZER	45-49	190			13-16 raw	Bass	125
	STEPHENS	60-64	90			17-19 raw	Wilcox	170
	SIZER	POLICE	190			17-19 (Sp)	Feeney	154
						40-44 (Sp)	Falconio	185

SHW	POLE-SUMMERS	13-16	245			40-44 Raw	Foley	180
		17-19	110			45-49 Raw	Petrella	80
	SANTILLO	JUNIOR	145			50-54 Raw	Benedict	150
	POLE-SUMMERS	LIFETIME OPEN	245			75-79 RAW	Tsverova	110
	DACOSTA-PAUL	OPEN	200			Junior Raw	Miller	165
	BETHEA	SUBS	205			Lifetime (Sp)	Custodio	200
						Lifetime Raw	Macri	100
	GERKIN	40-44	165			Open (Sp)	Lewis	225
	DUNCAN	45-49	125			Open Raw	Curtin	135
	LEVY	50-54	220			Police (Sp)	Brooks	159
	BRUNNER	55-59	170			Subs (Sp)	Custodio	200
	STEPHENS	60-64	90			Subs Raw	Sternberg	140
	ROGERS	POL/FIRE/MILT	90					
						181		
						13-16 Raw	Mccloskey	176
						45-49 Raw	Sizer	185
						45-49 (Sp)	Meadows	110
						50-54 (Sp)	Ajay	135
						55-59 (Sp)	Spellman	75
						Open	Bostick	255
						Open Raw	Devine-Kennard	155
						Police (Sp)	Ajay	135
						Subs Raw	Singleton	185
						SHW		
						13-16 Raw	Bussard	242
						17-19 Raw	Okwara	155
						Junior raw	Santillo	145
						40-44 (Sp)	Decree	225
						50-54 Raw	Levy	220
						60-64 Raw	Stephens	90
						Lifetime Raw	Dacosta-Paul	200
						Lifetime	Pole-	275

						Summers	
						Open Raw	Bussard 242
						Subs Raw	Bethea 195
						P/F/M Raw	Rogers 90

**WOMEN'S NATIONAL BENCH PRESS RECORDS- SINGLE PLY & DOUBLE PLY**

	YOUTH 9-10 & 11-12		TEEN 13-16		TEEN 17-19	
97	NONE		NONE		NONE	
105	PADGETT	105	NONE		CARDON	125
114	PADGETT	110	ANDIORIO	95	NONE	
123	NONE		GUERTIN	95	HANAWALT	135
132	NONE		FEENEY	155	DUPRAS	110
148	LUSTER	148	FINNERAN	125	FENNEY	165
165	NONE		FEENEY	145	NONE	
181	NONE		DALTON	80	DALTON	80
SHW	NONE		POLE-SUMMERS	300	CAREY	230
	JUNIOR		LIFETIME OPEN		NATURAL OPEN	
97	PARTOWARDO	85	PROULX	140	PROULX	140
105	HANAWALT	120	LEMUS	165	LEMUS	165
114	NONE		WEGER	185	WEGER	185
123	NONE		SCHNEIDMILL	185	LIPPERT	230
132	CAMILO	120	CORALLO	160	LIPPERT	240
148	FRAZIER	105	SPANO	170	SLAGA	205
165	BOBBITT	170	CUSTODIO	205	LEWIS	230
181	NONE		NONE		BOSTICK	255
SHW	PALMER	180	POLE-SUMMERS	300	POLE-SUMMERS	300
	SUBS		40-44		45-49	
97	NONE		NEWMAN	115	NEWMAN	115
105	KASSELL	150	LEMUS	165	JAMES	150
114	JAMES	165	SCHACHNER	155	TAYLOR	95
123	SATTERWHITE	165	DAVIS	180	PROCTOR	145
132	BOYLAND	105	BENNER	165	WHIDDEN	132
148	SLAGA	205	SCHNEIDMILL	203	SCHNEIDMILL	185
165	FALCONIO	195	FALCONIO	205	TAYLOR	126
181	COATES	210	NONE		MEADOWS	125

SHW	CUSTODIO	230	DECREE	225	DECREE	235
	50-54		55-59		60-64	
97	NONE		NONE		NONE	
105	MULLEN	115	NONE		NONE	
114	CHULENE	75	MULLENS	110	NONE	
123	PROCTOR	155	PROCTOR	155	NONE	
132	MACCRINDLE	115	NONE		NONE	
148	SPANNO	170	NONE		NONE	
165	KENNEDY	198	NONE		SPELLMAN	80
181	AJAY	135	NONE		NONE	
SHW	NONE		REGAN	160	NONE	
	POLICE/FIRE/MILITARY		70-74			
97	NONE		JOHNSON	82.5		
105	NONE					
114	NONE					
123	MANZO	180				
132	FRAZIER	105				
148	POWELL	175				
165	CARDE	185				
181	BURSICK	190				
SHW	AJAY	120				