



VA Records Raw Female Bench Press

105 LB FEMALE

Class	Bench
OPEN	K. Poyner - 130 lbs
40-44	L. Richard - 137 lbs
45-49	K. Poyner - 130 lbs
50-54	K. Poyner - 130 lbs

114 LB FEMALE

Class	Bench
OPEN	T Konieczny - 126 lbs

123 LB FEMALE

Class	Bench
OPEN	K. Self - 135 lbs

132 LB FEMALE

Class	Bench
OPEN	D. Hanson - 176 lbs
40-44	K. Whittaker 148 lbs

148 LB FEMALE

Class	Bench
45-49	C. Penn - 130 lbs

181 LB FEMALE

Class	Bench
20-23	L. Parrish - 250 lbs

Revised 11/19/09