

CANADIAN RECORDS

Benchpress - WOMEN

RED INDICATES WORLD RECORD / ALL WEIGHTS IN KGS

Weight	Class	Year	Weight	Class	Year	Weight	Class	Year
52kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		52.5	Lisa Stangel	2009	Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		

Weight	Class	Year	Weight	Class	Year	Weight	Class	Year
56kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		92.5	Cheryl Cochrane-Hrytzak	2009	85	Lora Greco	2009
	Master 70 - 74		Master 60 - 64			Master 65 - 69		
			Master 75 - 79			Master 80 +		

Weight	Class	Year	Weight	Class	Year	Weight	Class	Year
60kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			67.5kg	Jackie Cooney-Lebbert	2006
	Master 55 - 59		Master 60 - 64			Master 50 - 54		
	Master 70 - 74		Master 75 - 79			Master 65 - 69		
						Master 80 +		

Weight	Class	Year	Weight	Class	Year	Weight	Class	Year
67.5kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	34kg	Maddison Mclver	2009	60kg	Lauren Toews	2006		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		

Weight	Class	Year	Weight	Class	Year	Weight	Class	Year	
75kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19			
	Junior		Open			Submaster			
	Master 40 - 44		Master 45 - 49			Master 50 - 54			
	75kg	Mona Kronberg	2005	Master 60 - 64			47.5kg	Cherry Mclennan	2006
	Master 55 - 59		Master 75 - 79			Master 65 - 69			
	Master 70 - 74					Master 80 +			

82.5kg/
BENCH ONLY

13 - 15		
Junior		
Master 40 - 44		
102.5kg	Kim Packer	2006
Master 55 - 59		
Master 70 - 74		

16 - 17		
Open		
Master 45 - 49		
Master 60 - 64		
Master 75 - 79		

18 - 19		
87.5	Lauren Toews	2009
Submaster		
Master 50 - 54		
Master 65 - 69		
Master 80 +		

90kg+
BENCH ONLY

13 - 15		
Junior		
112.5kg	Jennifer Hidelbaugh	2006
Master 40 - 44		
50	Rachel Ryan	2009
Master 55 - 59		
Master 70 - 74		

16 - 17		
Open		
52.5	Heather Stiller	2009
Master 45 - 49		
Master 60 - 64		
Master 75 - 79		

18 - 19		
Submaster		
Master 50 - 54		
Master 65 - 69		
Master 80 +		