

# YMCA BENCH PRESS RECORDS

## WOMEN'S RECORDS

<u>Weight Class</u>	<u>Name</u>	<u>Bench</u>	<u>Date</u>
97.....			
105.....			
114.....			
123.....	Brenda Herrod	75	2011
132.....	Callen Benjegerdes	95	2012
148.....	Dawn Alberts	120	2009
165.....	Jennifer Kasche	140	2012
181.....	Sara Ritter	90	2012
198.....	Janine Podany	90	2009
HWT.....			

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## MEN'S RECORDS

<u>Weight Class</u>	<u>Name</u>	<u>Bench</u>	<u>Date</u>
97.....			
105.....			
114.....			
123.....			
132.....	Derek Beckman	135	2012
148.....	Randal Ureste	240	2011
165.....	Jose Valdez	295	2011
181.....	Jose Valdez	335	2012
	Dustin Pulido	335	2012
198.....	Nick Kahny	455	2011
220.....	Dave Brown	445	2012
242.....	Ron Nichols	465	2011
275.....	Beau Briggs	425	2012