

Iowa Games

Weightlifting Benchpress Records

Women's Open Division

97 lbs	Kathrine Williams	110
105 lbs	Kathrine Williams	130
114 lbs	Jill Simbro	130
123 lbs	Terri Shepard / Jill Simbro	135
132 lbs	Ginger Burton	160
148 lbs	Sarah Michener	185
165 lbs	Adrienne Boyd	220
181 lbs	Heidi Carstensen / Kayla Knaack	165
198 lbs	Amy Brown / Heidi Carstensen	200
Unlimited	Cassandra Hall	190

Women's Open Unequipped Division

97 lbs	Maria Nelmark	100
105 lbs	Ruth Vander Schaaf	110
114 lbs	Ginger Burton	180
123 lbs	Ginger Burton	165
132 lbs	Ginger Burton	160
148 lbs	Carli Bunning	195
165 lbs	Emma Wortman	125
181 lbs	Sara Michener	180
198 lbs	Sarah Michener	185
Unlimited	Stephanie Peterson-Grauerholz	180

Iowa Games

Weightlifting Benchpress Records

Women's Teen 1 Division Ages 12-15

97 lbs	Kathrine Williams	110
105 lbs	Kathrine Williams	130
114 lbs	Nora Seleskie	75
123 lbs	Jasmine Williams	90
132 lbs	Alivia Nunez	130
148 lbs	Jamie McLaurine	115
165 lbs	Emma Wortman	125
181 lbs	Rochelle Longstreth	90
198 lbs	Julia Prentis	130
Unlimited	Alex Shearer	150

Women's Teen 2 Division Ages 16-19

97 lbs		
105 lbs	Christie Graeve	125
114 lbs	Christie Graeve	100
123 lbs	Meggie Lee / Stephanie Kitavarada	100
132 lbs	Tori Dunham	90
148 lbs	Emily Lundt	140
165 lbs	Taylor Longstreth	125
181 lbs	Ju Lisa Davis	140
198 lbs	Heather Remmick	115
Unlimited	Cassandra Hall	190

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Weightlifting Benchpress Records

Women's Junior Division Ages 20-24

97 lbs	Quyên Nguyễn	70
105 lbs	Christie Graeve	120
114 lbs	Kaylee Stansberry	120
123 lbs	Danielle Egbert	95
132 lbs	Laura Baum	155
148 lbs	Carli Bunning	195
165 lbs	Deborah Sheets	165
181 lbs		
198 lbs	Heidi Carstensen	200
Unlimited		

Women's Submaster Ages 30-39

97 lbs		
105 lbs		
114 lbs		
123 lbs	Ginger Burton	165
132 lbs		
148 lbs	Latosca Goodwin	140
165 lbs	Tracy Marks / Kate Altmaier	155
181 lbs	Amy Christeson	135
198 lbs	Amy Brown	200
Unlimited	Stephanie Peterson-Grauerholz	180

Iowa Games

Weightlifting Benchpress Records

Women's Masters I Ages 40-49

97 lbs		
105 lbs		
114 lbs	Ginger Burton	180
123 lbs	Terri Shepard / Jill Simbro	135
132 lbs	Sue Joslyn/ Katie Westercamp	95
148 lbs	Sue Fehrmann	165
165 lbs	Mary Brand	145
181 lbs		
198 lbs	Roxanne Power	165
Unlimited	Jennifer Carlson	170

Women's Masters II Ages 50-59

97 lbs		
105 lbs		
114 lbs		
123 lbs		
132 lbs	Diane Love	130
148 lbs	Karen Squires	120
165 lbs	Rebecca Erickson	65
181 lbs	Karen Hotze	90
198 lbs	Danita Roberts	135
Unlimited	Susan Lund	125

Iowa Games

Weightlifting Benchpress Records

Women's Masters III Ages 60+

97 lbs		
105 lbs	Ruth Vander Schaaf	110
114 lbs	Ruth Vander Schaaf	110
123 lbs		
132 lbs		
148 lbs	Laurie Sorrell	135
165 lbs	Ruth Tobey-Brown	70
181 lbs		
198 lbs		
Unlimited		