

**TOP 10 "FEMALE" BEST ON THE BENCH RANKINGS**

<b>Record Holder are Highlighted</b>						
<b>Weight Classes</b>	<b>Divisions</b>	<b>Age</b>	<b>BWT</b>	<b>Lift - lbs</b>	<b>Name</b>	<b>Date</b>
<b>97 lbs</b>						
NR						
<b>105.7 lbs</b>						
NR						
<b>114.5 lbs</b>						
	Open	39	111.8	130	Yessica Lopez	11.19.22
	35-39	39	111.8	130	Yessica Lopez	11.19.22
	64-69	69	113.3	80	Shirley Minter	07.09.22
<b>123.5 lbs</b>						
NR						
<b>132.2 lbs</b>						
	Open	27	128.7	155	Morgan Dickerson	07.09.22
<b>148.7 lbs</b>						
NR						
<b>165.2 lbs</b>						
	Open	53	157.4	145	Dorothy E. Hawley	07.09.22
	50-54	53	157.4	145	Dorothy E. Hawley	07.09.22
	60-64	64	152.1	115	Perri Holt	07.09.22
<b>181.7 lbs</b>						
	Open	50	174.6	180	Veronica Paylor	11.19.22
	50-54	50	174.6	180	Veronica Paylor	11.19.22
	Open	50	172.2	175	Veronica Paylor	07.09.22
	50-54	50	172.2	175	Veronica Paylor	07.09.22
	55-59	58	179.9	100	Crystal Rhoades	07.09.22
<b>198.2 lbs</b>						
	Open	48	194.6	110	Heidi Talley	11.19.22
	Open	47	190.3	105	Heidi Talley	07.09.22
<b>220.25 lbs</b>						
	Open	46	219	155	Carol Brannon	11.09.22
	Open	50	208.8	100	Monica Godfrey	07.09.22
	40-44	44	202.6	90	Agaliha Bert	07.09.22
	45-49	46	219	155	Carol Brannon	11.19.22
	50-54	53	208	100	Janice Vick	07.09.22
<b>242.5 lbs</b>						
	Open	44	240.2	160	LaSharon Hall	11.19.22

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<b>97 lbs</b>						
NR						
<b>105.7 lbs</b>						
NR						
<b>114.5 lbs</b>						
NR						
<b>123.5 lbs</b>						
NR						
<b>132.2 lbs</b>						
NR						
<b>148.7 lbs</b>						
	Open	20	143.3	230	Landon Neville	07.09.22
<b>165.2 lbs</b>						
	Open	36	155.6	300	Larry Sanders	07.09.22
	55-59	59	158	150	Jersey Brown	07.09.22
	60-64	62	163	215	AK Prager	07.09.22
<b>181.7 lbs</b>						
	Open	36	173.9	340	LaKendrick Powers	07.09.22
	Junior	22	169.8	130	Nathan Talley	11.19.22
<b>198.2 lbs</b>						
	Open	39	194.4	415	Leuwell Wilson	07.09.22
<b>220.25 lbs</b>						
	Open	43	212.4	450	William Loyd	11.19.22
	40-44	43	212.4	450	William Loyd	11.19.22
	Open	40	218.9	325	Andy Clements	07.09.22
	40-44	40	218.9	325	Andy Clements	07.09.22
<b>242.5 lbs</b>						
	18-19	19	242.4	375	William Garrett	11.19.22
	Open	28	232	475	Rickie Dozier	11.19.22
	Open	19	235.2	375	William Garrett	07.09.22
	50-54	52	242.5	420	Ken Belcher	07.09.22
	55-59	56	229.4	315	Todd Hall Sr.	11.19.22
	55-59	56	237.4	255	Jerome Todd King	07.09.22
	60-64	61	224	305	Jeff Daniel	11.19.22
	70-74	73	235	265	Casey Orr	11.19.22

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<b>275 lbs</b>						
	13-15	14	245.4	205	Cole Freeland	11.19.22
	16-17	17	254	255	Brett Freeland	11.19.22
	18-19	19	245.2	375	William Garrett	07.09.22
	Open	23	256.8	285	Carson Tuck	07.09.22
	35-39	38	258	420	Jonthan Wilkins	11.19.22
	40-44	42	249.2	430	Sharkir Alston	11.19.22
	50-54	52	244.8	430	Ken Belcher	11.19.22
<b>308 lbs</b>						
	45-49	49	281.3	465	Jermaine Jones	07.09.22
<b>SHW</b>						
	Open	48	329.6	600	Ben Jones	11.19.22
	45-49	48	329.6	600	Ben Jones	11.19.22