

Police & Fire Single Ply AAPF Men's Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|---------------|-----|----------------|-----------------|
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |
| 110 | | | | | |
| 125 | | | | | |
| 140 | 190 | Wetenhall Jim | 54 | 3/10/2018 | Grand Rapids MI |
| 140+ | | | | | |

Women's Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44 | | | | | |
| 48 | | | | | |
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |
| 110 | | | | | |
| 110+ | | | | | |

Men's Junior 20-23 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |
| 110 | | | | | |
| 125 | | | | | |
| 140 | | | | | |
| 140+ | | | | | |

Women's Junior 20-23 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44 | | | | | |
| 48 | | | | | |
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |

82.5
90
100
110
110+

Men's Teenage Single Ply Bench Records

13-15 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

16-17 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

18-19 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

Women's Teenage Single Ply Bench Records

13-15 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44 | | | | | |
| 48 | | | | | |
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |
| 110 | | | | | |
| 110+ | | | | | |

16-17 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44 | | | | | |
| 48 | | | | | |
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |
| 110 | | | | | |
| 110+ | | | | | |

18-19 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 44 | | | | | |
| 48 | | | | | |
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |
| 110 | | | | | |
| 110+ | | | | | |

Men's Submaster 33-39 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
| 52 | | | | | |
| 56 | | | | | |
| 60 | | | | | |
| 67.5 | | | | | |
| 75 | | | | | |
| 82.5 | | | | | |
| 90 | | | | | |
| 100 | | | | | |

110
125
140
140+

Women's Submaster 33-39 Single Ply Bench Records

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

Men's Master Single Ply Bench Records

40-44 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

45-49 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

50-54 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52

56
60
67.5
75
82.5
90
100
110
125
140
140+

Men's Master Single Ply Bench Records

55-59 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

60-64 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

65-69 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125

140
140+

Men's Master Single Ply Bench Records
70-74 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5 150
90 150.5
100
110
125
140
140+

75-79 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

80-84 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

Women's Master Single Ply Bench Records

40-44 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48

52
56
60
67.5
75
82.5
90
100
110
110+

45-49 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

50-54 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

Women's Master Single Ply Bench Records

55-59 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110

110+

60-64 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

65-69 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

Women's Master Single Ply Bench Records

70-74 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+

75-79 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56

60
67.5
75
82.5
90
100
110
110+

80-84 Age Group

| Class | Record | Name | DOB | Date of Record | Location |
|-------|--------|------|-----|----------------|----------|
|-------|--------|------|-----|----------------|----------|

44
48
52
56
60
67.5
75
82.5
90
100
110
110+