



MICHIGAN STATE BENCH PRESS RECORDS

Updated by Ed Kutin on 10/22/17

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Weight Class: 97 Female			
Division	Bench Press	Name	Date
Open	23.0 kgs / 50.7 lbs	Brenda Foor	11/2009
8-9	23.0 kgs / 50.7 lbs	Brenda Foor	11/2009

Weight Class: 132 Female			
Division	Bench Press	Name	Date
Open	22.6 kgs / 49.8 lbs	Josie Merrell	
75-79	22.6 kgs / 49.8 lbs	Josie Merrell	
80+	20.0 kgs / 44.0 lbs	Josie Merrell	9/2002

Weight Class: 148 Female			
Division	Bench Press	Name	Date
Open	43.1 kgs / 95.0 lbs	Ruth Manning	12/1999
40-44	43.1 kgs / 95.0 lbs	Ruth Manning	12/1999
75-79	15.9 kgs / 35.0 lbs	Josie Merrell	12/2001

Weight Class: 165 Female			
Division	Bench Press	Name	Date
Open	20.4 kgs / 44.9 lbs	Brenda Smith	12/1999
45-49	20.4 kgs / 44.9 lbs	Brenda Smith	12/1999

Weight Class: 198 Female			
Division	Bench Press	Name	Date
Open	59.0 kgs / 130.0 lbs	Jennifer Seyfried	9/2001
18-19	59.0 kgs / 130.0 lbs	Jennifer Seyfried	9/2001

Weight Class: 105 Male			
Division	Bench Press	Name	Date
Open	35.0 kgs / 77.1 lbs	Michael Foor	11/2009
10-11	35.0 kgs / 77.1 lbs	Michael Foor	11/2009

Weight Class: 132 Male			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Austin Armstrong	4/2012
14-15	52.5 kgs / 115.7 lbs	Austin Armstrong	4/2012

Weight Class: 148 Male			
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Division	Bench Press	Name	Date
Open	130.0 kgs / 286.5 lbs	Kenny Nonhaweth	6/2014

Weight Class: 165 Male			
Division	Bench Press	Name	Date
Open	137.5 kgs / 303.1 lbs	Brandon Smith	10/2015
20-24	137.5 kgs / 303.1 lbs	Brandon Smith	10/2015
80+	34.0 kgs / 74.9 lbs	Rodger Merrell	4/2001
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Brandon Smith	10/2015

Weight Class: 181 Male			
Division	Bench Press	Name	Date
Open	152.0 kgs / 335.0 lbs	Jeb Brydon	3/2007
20-24	145.0 kgs / 319.6 lbs	Brandon Smith	10/2016
35-39	152.0 kgs / 335.0 lbs	Jeb Brydon	3/2007
50-54	129.3 kgs / 285.0 lbs	Mark Neuman	5/2009
Police/Fire/Mil	145.0 kgs / 319.6 lbs	Brandon Smith	10/2016

Weight Class: 220 Male			
Division	Bench Press	Name	Date
Open	183.7 kgs / 404.9 lbs	Michael McGahan	4/2005
20-24	156.5 kgs / 345.0 lbs	Michael Israetel	11/2008
60-64	136.1 kgs / 300.0 lbs	Ray Kreitzbender	1/2007
Police/Fire/Mil	183.7 kgs / 404.9 lbs	Michael McGahan	4/2005

Weight Class: 242 Male			
Division	Bench Press	Name	Date
Open	197.5 kgs / 435.4 lbs	Scott Kowalczyk	8/2010
40-44	160.0 kgs / 352.7 lbs	Brandon Armstrong	4/2012
45-49	115.0 kgs / 253.5 lbs	Phillip Roehner	4/2016
50-54	122.5 kgs / 270.0 lbs	Phillip Roehner	2/2017

Weight Class: 275 Male			
Division	Bench Press	Name	Date
Open	185.0 kgs / 407.8 lbs	Jerry Matthews	4/2013
40-44	185.0 kgs / 407.8 lbs	Jerry Mathews	4/2014
45-49	155.0 kgs / 341.7 lbs	Jerry Matthews	10/2017