



## IOWA STATE BENCH PRESS RECORDS

Updated by Ed Kutin  
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[Ed@ENKutin.com](mailto:Ed@ENKutin.com)

### Weight Class: 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	97.5 kgs / 214.9 lbs Andrea Golden 6/2016	50.0 kgs / 110.2 lbs Andrea Golden 3/2016	137.5 kgs / 303.1 lbs Andrea Golden 3/2016	285.0 kgs / 628.3 lbs Andrea Golden 6/2016
20-24	97.5 kgs / 214.9 lbs Andrea Golden 6/2016	50.0 kgs / 110.2 lbs Andrea Golden 3/2016	137.5 kgs / 303.1 lbs Andrea Golden 3/2016	285.0 kgs / 628.3 lbs Andrea Golden 6/2016

### Weight Class: 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	47.5 kgs / 104.7 lbs Kadie Bauer 3/2014	37.5 kgs / 82.6 lbs Kadie Bauer 3/2014	105.0 kgs / 231.4 lbs Kadie Bauer 3/2014	190.0 kgs / 418.8 lbs Kadie Bauer 3/2014
14-15	47.5 kgs / 104.7 lbs Kadie Bauer 3/2014	37.5 kgs / 82.6 lbs Kadie Bauer 3/2014	105.0 kgs / 231.4 lbs Kadie Bauer 3/2014	190.0 kgs / 418.8 lbs Kadie Bauer 3/2014

### Weight Class: 181 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	97.5 kgs / 214.9 lbs Susan Casey 6/2016	57.5 kgs / 126.7 lbs Susan Casey 6/2016	115.0 kgs / 253.5 lbs Kadie Bauer 12/2016	257.5 kgs / 567.6 lbs Susan Casey 6/2016
18-19	60.0 kgs / 132.2 lbs Kadie Bauer 12/2016	47.5 kgs / 104.7 lbs Kadie Bauer 12/2016	115.0 kgs / 253.5 lbs Kadie Bauer 12/2016	222.5 kgs / 490.5 lbs Kadie Bauer 12/2016
45-49	97.5 kgs / 214.9 lbs Susan Casey 6/2016	57.5 kgs / 126.7 lbs Susan Casey 6/2016	102.5 kgs / 225.9 lbs Susan Casey 6/2016	257.5 kgs / 567.6 lbs Susan Casey 6/2016

### Weight Class: 198+ Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	125.0 kgs / 275.5 lbs Felisha Fine 11/2017	82.5 kgs / 181.8 lbs Felisha Fine 11/2017	182.5 kgs / 402.3 lbs Felisha Fine 11/2017	390.0 kgs / 859.7 lbs Felisha Fine 11/2017
25-29	125.0 kgs / 275.5 lbs Felisha Fine 11/2017	82.5 kgs / 181.8 lbs Felisha Fine 11/2017	182.5 kgs / 402.3 lbs Felisha Fine 11/2017	390.0 kgs / 859.7 lbs Felisha Fine 11/2017

### Weight Class: 114 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	62.5 kgs / 137.7 lbs Caden Hale 3/2014	47.5 kgs / 104.7 lbs Caden Hale 3/2014	72.5 kgs / 159.8 lbs Caden Hale 3/2014	182.5 kgs / 402.3 lbs Caden Hale 3/2014
12-13	62.5 kgs / 137.7 lbs Caden Hale 3/2014	47.5 kgs / 104.7 lbs Caden Hale 3/2014	72.5 kgs / 159.8 lbs Caden Hale 3/2014	182.5 kgs / 402.3 lbs Caden Hale 3/2014

### Weight Class: 123 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	70.0 kgs / 154.3 lbs Caden Hale 6/2014	87.5 kgs / 192.9 lbs Darrius Johnson 2011	100.0 kgs / 220.4 lbs Caden Hale 6/2014	222.5 kgs / 490.5 lbs Caden Hale 6/2014

12-13	70.0 kgs / 154.3 lbs Caden Hale 6/2014	52.5 kgs / 115.7 lbs Caden Hale 6/2014	100.0 kgs / 220.4 lbs Caden Hale 6/2014	222.5 kgs / 490.5 lbs Caden Hale 6/2014
14-15		87.5 kgs / 192.9 lbs Darrius Johnson 2011		

**Weight Class: 148 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	185.0 kgs / 407.8 lbs Stan Lysholm 6/2016	105.0 kgs / 231.4 lbs Stan Lysholm 6/2016	212.15 kgs / 467.7 lbs Stan Lysholm 6/2016	502.15 kgs / 1107.0 lbs Stan Lysholm 6/2016
20-24	125.0 kgs / 275.5 lbs Zach Torres 6/2015	95.0 kgs / 209.4 lbs Zach Torres 6/2015	165.0 kgs / 363.7 lbs Zach Torres 6/2015	385.0 kgs / 848.7 lbs Zach Torres 6/2015

**Weight Class: 165 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	195.0 kgs / 429.8 lbs Eric Ramos 3/2017	135.0 kgs / 297.6 lbs Caden Hale 12/2016	210.0 kgs / 462.9 lbs Rylee Bush 3/2016	517.5 kgs / 1140.8 lbs Eric Ramos 3/2017
14-15	135.0 kgs / 297.6 lbs Caden Hale 12/2016	135.0 kgs / 297.6 lbs Caden Hale 12/2016	167.5 kgs / 369.2 lbs Caden Hale 12/2016	385.0 kgs / 848.7 lbs Caden Hale 12/2016
16-17	107.5 kgs / 236.9 lbs Jeff Harig 6/2014	82.5 kgs / 181.8 lbs Jeff Harig 6/2014	162.5 kgs / 358.2 lbs Jeff Harig 6/2014	352.5 kgs / 777.1 lbs Jeff Harig 6/2014
18-19	190.0 kgs / 418.8 lbs Rylee Bush 3/2016	115.0 kgs / 253.5 lbs Rylee Bush 3/2016	210.0 kgs / 462.9 lbs Rylee Bush 3/2016	515.0 kgs / 1135.3 lbs Rylee Bush 3/2016
20-24	195.0 kgs / 429.8 lbs Eric Ramos 3/2017	130.0 kgs / 286.5 lbs Eric Ramos 3/2017	192.5 kgs / 424.3 lbs Eric Ramos 3/2017	517.5 kgs / 1140.8 lbs Eric Ramos 3/2017
Police/Fire/Mil	192.5 kgs / 424.3 lbs Charles Edward 6/2016	115.0 kgs / 253.5 lbs Charles Edward 6/2016	195.0 kgs / 429.8 lbs Charles Edward 6/2016	502.5 kgs / 1107.8 lbs Charles Edward 6/2016

**Weight Class: 181 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	190.0 kgs / 418.8 lbs Rylee Lawson 3/2016	137.5 kgs / 303.1 lbs Dan Jared 6/2017	257.5 kgs / 567.6 lbs Rylee Lawson 3/2016	577.5 kgs / 1273.1 lbs Rylee Lawson 3/2016
12-13	120.2 kgs / 264.9 lbs C.J. Peters	90.7 kgs / 199.9 lbs C.J. Peters	137.5 kgs / 303.1 lbs Thomas Nelson 6/2014	300.0 kgs / 661.3 lbs Thomas Nelson 6/2014
16-17	140.0 kgs / 308.6 lbs Travis Sterler 6/2014	77.5 kgs / 170.8 lbs Travis Sterler 3/2014	172.5 kgs / 380.2 lbs Travis Sterler 6/2014	387.5 kgs / 854.2 lbs Travis Sterler 6/2014
18-19	190.0 kgs / 418.8 lbs Rylee Lawson 3/2016	130.0 kgs / 286.5 lbs Rylee Lawson 3/2016	257.5 kgs / 567.6 lbs Rylee Lawson 3/2016	577.5 kgs / 1273.1 lbs Rylee Lawson 3/2016
20-24	175.0 kgs / 385.8 lbs Gabe Nelson 3/2017	132.5 kgs / 292.1 lbs Jaron Neumann 11/2017	220.0 kgs / 485.0 lbs Gabe Nelson 3/2017	510.0 kgs / 1124.3 lbs Gabe Nelson 3/2017
25-29	150.0 kgs / 330.6 lbs Dan Jared 6/2017	137.5 kgs / 303.1 lbs Dan Jared 6/2017	222.5 kgs / 490.5 lbs Dan Jared 6/2017	510.0 kgs / 1124.3 lbs Dan Jared 6/2017
35-39	112.5 kgs / 248.0 lbs Seth Heywood 3/2014	120.0 kgs / 264.5 lbs Seth Heywood 3/2014	160.0 kgs / 352.7 lbs Seth Heywood 3/2014	392.5 kgs / 865.3 lbs Seth Heywood 3/2014

**Weight Class: 198 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	212.5 kgs / 468.4 lbs Brandon Mitzel 6/2016	140.0 kgs / 308.6 lbs Eric Tiarks 3/2016	242.5 kgs / 534.6 lbs Brandon Mitzel 3/2016	590.0 kgs / 1300.7 lbs Brandon Mitzel 3/2016
16-17	150.0 kgs / 330.6 lbs Garrett Hohbach 2011	102.5 kgs / 225.9 lbs Garrett Hohbach 2011	170.0 kgs / 374.7 lbs Garrett Hohbach 2011	422.5 kgs / 931.4 lbs Garrett Hohbach 2011
20-24	212.5 kgs / 468.4 lbs Brandon Mitzel 6/2016	137.5 kgs / 303.1 lbs Brandon Mitzel 3/2016	242.5 kgs / 534.6 lbs Brandon Mitzel 3/2016	590.0 kgs / 1300.7 lbs Brandon Mitzel 3/2016

25-29	167.5 kgs / 369.2 lbs Austin Carlson 11/2017	120.0 kgs / 264.5 lbs Austin Carlson 11/2017	202.5 kgs / 446.4 lbs Austin Carlson 11/2017	490.0 kgs / 1080.2 lbs Austin Carlson 11/2017
35-39	165.0 kgs / 363.7 lbs Eric Tiarks 3/2016	140.0 kgs / 308.6 lbs Eric Tiarks 3/2016	197.5 kgs / 435.4 lbs Eric Tiarks 3/2016	502.5 kgs / 1107.8 lbs Eric Tiarks 3/2016
Police/Fire/Mil	165.0 kgs / 363.7 lbs Eric Tiarks 3/2016	140.0 kgs / 308.6 lbs Eric Tiarks 3/2016	197.5 kgs / 435.4 lbs Eric Tiarks 3/2016	502.5 kgs / 1107.8 lbs Eric Tiarks 3/2016

**Weight Class: 220 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	245.0 kgs / 540.1 lbs Brandon Cabney 6/2015	172.5 kgs / 380.2 lbs Kyle Nordstrom 3/2014	275.0 kgs / 606.2 lbs Brandon Cabney 6/2015	687.5 kgs / 1515.6 lbs Brandon Cabney 6/2015
16-17	165.0 kgs / 363.7 lbs Travis Hohbach 6/2014	110.0 kgs / 242.5 lbs Travis Hohbach 6/2014	207.5 kgs / 457.4 lbs Travis Hohbach 6/2014	482.5 kgs / 1063.7 lbs Travis Hohbach 6/2014
20-24	245.0 kgs / 540.1 lbs Brandon Cabney 6/2015	167.5 kgs / 369.2 lbs Brandon Cabney 6/2015	275.0 kgs / 606.2 lbs Brandon Cabney 6/2015	687.5 kgs / 1515.6 lbs Brandon Cabney 6/2015
25-29	200.0 kgs / 440.9 lbs Matthew Dunn 3/2017	150.0 kgs / 330.6 lbs Matthew Dunn 3/2017	227.5 kgs / 501.5 lbs Matthew Dunn 6/2017	575.0 kgs / 1267.6 lbs Matthew Dunn 3/2017
Police/Fire/Mil	245.0 kgs / 540.1 lbs Brandon Cabney 6/2015	167.5 kgs / 369.2 lbs Brandon Cabney 6/2015	275.0 kgs / 606.2 lbs Brandon Cabney 6/2015	687.5 kgs / 1515.6 lbs Brandon Cabney 6/2015

**Weight Class: 242 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	242.5 kgs / 534.6 lbs Zach Hahn 5/2015	165.0 kgs / 363.7 lbs Matthew Dunn 12/2016	257.5 kgs / 567.6 lbs Cole Hale 6/2014	657.5 kgs / 1449.5 lbs Zach Hahn 5/2015
16-17	182.5 kgs / 402.3 lbs Hunter Irwin 12/2016	107.5 kgs / 236.9 lbs Hunter Irwin 12/2016	230.0 kgs / 507.0 lbs Ron Carson 2011	560.0 kgs / 1234.5 lbs Ron Carson 2011
20-24	242.5 kgs / 534.6 lbs Zach Hahn 5/2015	157.5 kgs / 347.2 lbs Zach Hahn 5/2015	257.5 kgs / 567.6 lbs Cole Hale 6/2014	657.5 kgs / 1449.5 lbs Zach Hahn 5/2015
25-29	200.0 kgs / 440.9 lbs Matthew Dunn 12/2016	165.0 kgs / 363.7 lbs Matthew Dunn 12/2016	212.5 kgs / 468.4 lbs Matthew Dunn 12/2016	577.5 kgs / 1273.1 lbs Matthew Dunn 12/2016

**Weight Class: 308 Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	262.5 kgs / 578.7 lbs Wayne Hammes 2013	200.0 kgs / 440.9 lbs Wayne Hammes 6/2014	280.0 kgs / 617.2 lbs Wayne Hammes 6/2014	730.0 kgs / 1609.3 lbs Wayne Hammes 6/2014
50-54	240.0 kgs / 529.1 lbs Wayne Hammes 2013			672.5 kgs / 1482.5 lbs Wayne Hammes 2013
55-59	262.5 kgs / 578.7 lbs Wayne Hammes 2013	200.0 kgs / 440.9 lbs Wayne Hammes 6/2014	280.0 kgs / 617.2 lbs Wayne Hammes 6/2014	730.0 kgs / 1609.3 lbs Wayne Hammes 6/2014

**Weight Class: SHW Male / Powerlifting**

Division	Squat	Bench Press	Deadlift	Total
Open	42.5 kgs / 93.6 lbs Charles Hellickson 6/2013	130.0 kgs / 286.5 lbs Charles Hellickson 6/2013	130.0 kgs / 286.5 lbs Charles Hellickson 6/2013	202.5 kgs / 446.4 lbs Charles Hellickson 2011
65-69	37.5 kgs / 82.6 lbs Charles Hellickson 2011	60.0 kgs / 132.2 lbs Charles Hellickson 2011	107.5 kgs / 236.9 lbs Charles Hellickson 2011	202.5 kgs / 446.4 lbs Charles Hellickson 2011
70-74	42.5 kgs / 93.6 lbs Charles Hellickson 6/2013	130.0 kgs / 286.5 lbs Charles Hellickson 6/2013	130.0 kgs / 286.5 lbs Charles Hellickson 6/2013	202.5 kgs / 446.4 lbs Charles Hellickson 6/2013