



## MASSACHUSETTS STATE BENCH PRESS RECORDS

Updated by Ed Kutin

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Weight Class: 97 Female			
Division	Bench Press	Name	Date
Open	36.0 kgs / 79.3 lbs	Amanda Henson	2010
12-13	30.0 kgs / 66.1 lbs	Amanda Henson	7/2009
14-15	36.0 kgs / 79.3 lbs	Amanda Henson	2010

Weight Class: 105 Female			
Division	Bench Press	Name	Date
Open	41.0 kgs / 90.3 lbs	Amanda Henson	9/2011
14-15	41.0 kgs / 90.3 lbs	Amanda Henson	9/2011

Weight Class: 114 Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Donna McBurney	4/2008
20-24	40.8 kgs / 89.9 lbs	Shanice Harrison	3/2008
40-44	72.5 kgs / 159.8 lbs	Donna McBurney	4/2008

Weight Class: 123 Female			
Division	Bench Press	Name	Date
Open	62.5 kgs / 137.7 lbs	Judith Wolff	8/2010
20-24	52.5 kgs / 115.7 lbs	Laura Belcastro	10/2009
25-29	50.0 kgs / 110.2 lbs	Kaitlin Haddad	6/2017
30-34	57.5 kgs / 126.7 lbs	Ashlee Jasak	6/2016
40-44	45.0 kgs / 99.2 lbs	Karen Cole	11/2011
45-49	60.0 kgs / 132.2 lbs	Carla McComb	9/2008
55-59	62.5 kgs / 137.7 lbs	Judith Wolff	8/2010
60-64	57.5 kgs / 126.7 lbs	Judith Wolff	6/2012
65-69	45.0 kgs / 99.2 lbs	Dianne MacMillan	3/2009
Police/Fire/Mil	52.5 kgs / 115.7 lbs	R. Miles	

Weight Class: 132 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Lindsay Ferzoco	7/2016
30-34	77.5 kgs / 170.8 lbs	Lindsay Ferzoco	7/2016
35-39	50.0 kgs / 110.2 lbs	Sarah McClelland	8/2015
55-59	62.5 kgs / 137.7 lbs	Judith Wolff	8/2010
60-64	60.0 kgs / 132.2 lbs	Judith Wolff	6/2012
65-69	45.0 kgs / 99.2 lbs	Dianne MacMillan	3/2009

Weight Class: 148 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Elise MacKenzie	10/2009

20-24	77.5 kgs / 170.8 lbs	Elise MacKenzie	10/2009
25-29	42.5 kgs / 93.6 lbs	Ashley Falandys	6/2016
30-34	67.5 kgs / 148.8 lbs	Jennifer Matos	6/2016
35-39	47.5 kgs / 104.7 lbs	Sarah McClelland	3/2014
40-44	57.5 kgs / 126.7 lbs	Mary Tower	3/2009
45-49	60.0 kgs / 132.2 lbs	Deb Kesper	5/2014
50-54	72.5 kgs / 159.8 lbs	Suzanne LaForge	11/2014

<b>Weight Class: 165 Female</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>70.0 kgs / 154.3 lbs</b>	<b>Suzanne Spero</b>	<b>3/2012</b>
20-24	67.5 kgs / 148.8 lbs	Katelyn Crogan	6/2015
25-29	52.5 kgs / 115.7 lbs	Michelle Sparrow	7/2016
35-39	60.0 kgs / 132.2 lbs	Kristen Walther	9/2012
40-44	57.5 kgs / 126.7 lbs	Lisa Leary	3/2014
50-54	70.0 kgs / 154.3 lbs	Suzanne Spero	3/2012
Police/Fire/Mil	50.0 kgs / 110.2 lbs	Brittney White-Gonzalez	4/2009

<b>Weight Class: 181 Female</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>77.5 kgs / 170.8 lbs</b>	<b>Allie Duclos</b>	<b>6/2017</b>
25-29	77.5 kgs / 170.8 lbs	Allie Duclos	6/2017
30-34	75.5 kgs / 166.4 lbs	Agatha Cretzu	7/2017

<b>Weight Class: 198 Female</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>75.0 kgs / 165.3 lbs</b>	<b>Catherine Marquardt</b>	<b>3/2009</b>
35-39	72.5 kgs / 159.8 lbs	Sarah Heminger	4/2014
45-49	75.0 kgs / 165.3 lbs	Catherine Marquardt	3/2009

<b>Weight Class: 198+ Female</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>87.5 kgs / 192.9 lbs</b>	<b>Sarah Heminger</b>	<b>10/2017</b>
20-24	50.0 kgs / 110.2 lbs	Gabriela Tortolano	3/2013
35-39	83.5 kgs / 184.0 lbs	Sarah Heminger	10/2016
40-44	87.5 kgs / 192.9 lbs	Sarah Heminger	10/2017

<b>Weight Class: 123 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>96.0 kgs / 211.6 lbs</b>	<b>Benjamin Henson</b>	
12-13	77.5 kgs / 170.8 lbs	Benjamin Henson	8/2008
14-15	96.0 kgs / 211.6 lbs	Benjamin Henson	
18-19	82.5 kgs / 181.8 lbs	Josh Willis	6/2016

<b>Weight Class: 132 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>115.0 kgs / 253.5 lbs</b>	<b>Anibal Pedroza</b>	<b>6/2017</b>
14-15	96.0 kgs / 211.6 lbs	Benjamin Henson	3/2010
16-17	70.0 kgs / 154.3 lbs	Curtis Gomes	11/2007
18-19	85.0 kgs / 187.3 lbs	Bill Sexton	6/2013
25-29	115.0 kgs / 253.5 lbs	Anibal Pedroza	6/2017

<b>Weight Class: 148 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>147.5 kgs / 325.1 lbs</b>	<b>Patrick Mason</b>	<b>6/2017</b>
12-13	43.5 kgs / 95.9 lbs	John Flynn	9/2012
14-15	75.0 kgs / 165.3 lbs	Louis Shenker	6/2014
16-17	122.5 kgs / 270.0 lbs	Michael Wong	8/2009
18-19	127.5 kgs / 281.0 lbs	Michael Wong	5/2010
20-24	125.0 kgs / 275.5 lbs	Brandon Silva	11/2006
45-49	117.5 kgs / 259.0 lbs	Thomas Ferlito	3/2007
50-54	117.5 kgs / 259.0 lbs	Thomas Ferlito	9/2007
60-64	147.5 kgs / 325.1 lbs	Patrick Mason	6/2017
70-74	72.5 kgs / 159.8 lbs	William Falla	3/2009
Police/Fire/Mil	125.0 kgs / 275.5 lbs	Brandon Silva	11/2007

<b>Weight Class: 165 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>161.5 kgs / 356.0 lbs</b>	<b>Daniel Henson</b>	<b>11/2010</b>
16-17	117.5 kgs / 259.0 lbs	Samuel Gladstone	6/2009
20-24	152.5 kgs / 336.2 lbs	Michael Napolitano	10/2009
25-29	95.0 kgs / 209.4 lbs	Nick Stodolski	6/2017
35-39	142.5 kgs / 314.1 lbs	Steven Garten	12/2006
40-44	122.5 kgs / 270.0 lbs	Thomas Hegarty	3/2014
45-49	157.5 kgs / 347.2 lbs	Daniel Henson	10/2010
50-54	145.0 kgs / 319.6 lbs	Daniel Henson	11/2014
60-64	86.2 kgs / 190.0 lbs	Timothy Whalen	9/2007
65-69	110.0 kgs / 242.5 lbs	Brian Friary	9/2012
70-74	95.7 kgs / 210.9 lbs	Eugene Richards	9/2012

<b>Weight Class: 181 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>165.0 kgs / 363.7 lbs</b>	<b>Daniel Henson</b>	
10-11	35.0 kgs / 77.1 lbs	Joshua Rebovich	9/2007
14-15	82.5 kgs / 181.8 lbs	T. Harrington	
16-17	65.0 kgs / 143.2 lbs	Brian Shea	6/2016
18-19	107.5 kgs / 236.9 lbs	Taran Richter	6/2017
20-24	152.5 kgs / 336.2 lbs	Anthony Ott	3/2014
25-29	120.0 kgs / 264.5 lbs	Ryan Healy	7/2016
40-44	127.5 kgs / 281.0 lbs	Alan Robinson	3/2014
45-49	165.0 kgs / 363.7 lbs	Daniel Henson	
60-64	107.5 kgs / 236.9 lbs	Larry Emerson	
65-69	107.5 kgs / 236.9 lbs	Arthur Gingrande	3/2014
70-74	112.5 kgs / 248.0 lbs	Arthur Gingrande	10/2015
Police/Fire/Mil	127.5 kgs / 281.0 lbs	Alan Robinson	3/2014

<b>Weight Class: 198 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>183.7 kgs / 404.9 lbs</b>	<b>Steve Paolini</b>	<b>8/2006</b>
14-15	87.5 kgs / 192.9 lbs	Kevan Fagan	10/2007
16-17	137.5 kgs / 303.1 lbs	Jason Grieves	6/2013
20-24	165.0 kgs / 363.7 lbs	Michelle Tello	11/2017
25-29	130.0 kgs / 286.5 lbs	Evan Berneche	6/2017
35-39	135.0 kgs / 297.6 lbs	Phil Najemy	7/2016

40-44	165.5 kgs / 364.8 lbs	George Silva	6/2006
45-49	172.5 kgs / 380.2 lbs	George Silva	3/2007
50-54	181.5 kgs / 400.1 lbs	Ken Mattson	3/2008
60-64	107.5 kgs / 236.9 lbs	David Mansfield	7/2007
70-74	107.5 kgs / 236.9 lbs	Arthur Gingrande	9/2017

<b>Weight Class: 220 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>202.5 kgs / 446.4 lbs</b>	<b>Donald Acus</b>	<b>3/2009</b>
12-13	38.5 kgs / 84.8 lbs	Joshua Rebovich	10/2008
16-17	137.5 kgs / 303.1 lbs	Cameron LaForge	3/2012
18-19	150.0 kgs / 330.6 lbs	James Grieves	3/2014
20-24	186.0 kgs / 410.0 lbs	Rick Marrama	6/2006
30-34	142.5 kgs / 314.1 lbs	Mike Rossi	6/2016
40-44	142.5 kgs / 314.1 lbs	Rick Catino	9/2012
45-49	195.5 kgs / 430.9 lbs	Curtis Clapp	3/2008
50-54	182.5 kgs / 402.3 lbs	Ken Mattson	7/2006
60-64	145.0 kgs / 319.6 lbs	Bob McCarthy	6/2011
75-79	65.0 kgs / 143.2 lbs	Charles Brackett	3/2009
Police/Fire/Mil	155.0 kgs / 341.7 lbs	Peter Napolitano	10/2009

<b>Weight Class: 242 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>204.6 kgs / 451.0 lbs</b>	<b>Alec Johnson</b>	<b>9/2012</b>
18-19	127.5 kgs / 281.0 lbs	Matthew Nogueira	6/2008
20-24	165.8 kgs / 365.5 lbs	Mathew Osberg	3/2013
40-44	204.6 kgs / 451.0 lbs	Alec Johnson	9/2012
45-49	175.0 kgs / 385.8 lbs	Tom MacDougall	9/2007
50-54	170.0 kgs / 374.7 lbs	Jeff Lett	6/2015
55-59	165.0 kgs / 363.7 lbs	Jeff Lett	6/2016
Police/Fire/Mil	150.0 kgs / 330.6 lbs	Peter Napolitano	9/2011

<b>Weight Class: 275 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>250.0 kgs / 551.1 lbs</b>	<b>James Hourihan</b>	<b>5/2011</b>
30-34	250.0 kgs / 551.1 lbs	James Hourihan	5/2011
35-39	165.0 kgs / 363.7 lbs	Adam Tuller	9/2014
40-44	160.0 kgs / 352.7 lbs	Dan Driscoll	
45-49	145.0 kgs / 319.6 lbs	Jim Clifford	9/2014
50-54	210.0 kgs / 462.9 lbs	Greg Curatola	6/2011
55-59	175.0 kgs / 385.8 lbs	Jeff Lett	6/2017
60-64	145.0 kgs / 319.6 lbs	Ray Cross	3/2009

<b>Weight Class: 308 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>210.0 kgs / 462.9 lbs</b>	<b>Nick Chaprales</b>	<b>3/2014</b>
20-24	120.0 kgs / 264.5 lbs	Ronny Balboa	12/2011
35-39	192.8 kgs / 425.0 lbs	Carl Wilson	6/2006

<b>Weight Class: SHW Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>208.0 kgs / 458.5 lbs</b>	<b>Robert Cutts</b>	<b>10/2017</b>
35-39	177.5 kgs / 391.3 lbs	Rob Rebovich	9/2007

50-54	197.5 kgs / 435.4 lbs	Robert Cutts	11/2014
55-59	208.0 kgs / 458.5 lbs	Robert Cutts	10/2017
Police/Fire/Mil	208.0 kgs / 458.5 lbs	Robert Cutts	10/2017