



OHIO STATE BENCH PRESS RECORDS

Updated by Ed Kutin
12/17/2017

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Weight Class: 105 Female			
Division	Bench Press	Name	Date
Open	56.7 kgs / 125.0 lbs	Theresa Gill	3/2007
50-54	56.7 kgs / 125.0 lbs	Theresa Gill	3/2007

Weight Class: 114 Female			
Division	Bench Press	Name	Date
Open	35.0 kgs / 77.1 lbs	Alaine Annerino	10/2011
50-54	35.0 kgs / 77.1 lbs	Alaine Annerino	10/2011

Weight Class: 123 Female			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Lisa Herbert	4/2013
20-24	47.5 kgs / 104.7 lbs	Jessica Rucker	12/2016
40-44	52.5 kgs / 115.7 lbs	Lisa Herbert	4/2013
45-49	45.5 kgs / 100.3 lbs	Denise Jaffe	12/2013
50-54	45.0 kgs / 99.2 lbs	Denise Jaffe	10/2015
70-74	25.0 kgs / 55.1 lbs	Janet Bauer	10/2017

Weight Class: 132 Female			
Division	Bench Press	Name	Date
Open	65.0 kgs / 143.2 lbs	Elizabeth Brower	6/2017
12-13	27.5 kgs / 60.6 lbs	Jenna Henkel	4/2011
16-17	35.0 kgs / 77.1 lbs	Maddie Jaffe	4/2014
25-29	45.0 kgs / 99.2 lbs	Lauren Good	4/2016
30-34	65.0 kgs / 143.2 lbs	Elizabeth Brower	6/2017
35-39	56.7 kgs / 125.0 lbs	Teresa Monoford	6/2005
50-54	57.5 kgs / 126.7 lbs	Karen Walsh	4/2017
Police/Fire/Mil	54.4 kgs / 119.9 lbs	Gina Shubeta	

Weight Class: 148 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Maggie Moore	12/2016
16-17	75.0 kgs / 165.3 lbs	Maggie Moore	12/2016
20-24	67.5 kgs / 148.8 lbs	Carmen Jolliff	12/2017
25-29	70.0 kgs / 154.3 lbs	Michelle Wurschmidt	6/2017
30-34	55.0 kgs / 121.2 lbs	Katherine Drotleff	12/2017
35-39	56.7 kgs / 125.0 lbs	Teresa Monoford	6/2005
60-64	50.0 kgs / 110.2 lbs	Susan Shofner	4/2017
65-69	42.0 kgs / 92.5 lbs	Tonnie Alliance	11/2014

70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	10/2016
Police/Fire/Mil	61.2 kgs / 134.9 lbs	Quincy Copeland	12/2009

Weight Class: 165 Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Jesa Jenkins	10/2016
10-11	47.5 kgs / 104.7 lbs	Samantha Davis	4/2017
25-29	72.5 kgs / 159.8 lbs	Jesa Jenkins	10/2016
30-34	62.5 kgs / 137.7 lbs	Christine Bowden	3/2016
35-39	65.0 kgs / 143.2 lbs	Maggie Hobson	12/2016
45-49	55.0 kgs / 121.2 lbs	Lisa Herbert	12/2016
Police/Fire/Mil	65.0 kgs / 143.2 lbs	Maggie Hobson	12/2016

Weight Class: 181 Female			
Division	Bench Press	Name	Date
Open	87.5 kgs / 192.9 lbs	Patricia Rusinek	4/2011
14-15	70.0 kgs / 154.3 lbs	Shelby Taylor	4/2017
16-17	65.0 kgs / 143.2 lbs	Shelby Taylor	10/2017
18-19	75.0 kgs / 165.3 lbs	Anna Knapski	8/2010
45-49	87.5 kgs / 192.9 lbs	Patricia Rusinek	4/2011

Weight Class: 198 Female			
Division	Bench Press	Name	Date
Open	77.1 kgs / 169.9 lbs	Kathy Wetenhall	10/2008
35-39	72.5 kgs / 159.8 lbs	Heather Moyers	10/2012
55-59	77.1 kgs / 169.9 lbs	Kathy Wetenhall	10/2008

Weight Class: 198+ Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Mandy Deckard	4/2016
30-34	60.0 kgs / 132.2 lbs	Alanna Ginley	12/2017
35-39	72.5 kgs / 159.8 lbs	Mandy Deckard	4/2016
40-44	60.0 kgs / 132.2 lbs	Jamie Harris	10/2017

Weight Class: 105 Male			
Division	Bench Press	Name	Date
Open	49.9 kgs / 110.0 lbs	Michael Welcheck	5/2000
10-11	47.6 kgs / 104.9 lbs	Anthony McCloskey	5/2000
12-13	49.9 kgs / 110.0 lbs	Michael Welcheck	5/2000

Weight Class: 114 Male			
Division	Bench Press	Name	Date
Open	77.1 kgs / 169.9 lbs	Nick Birchak	12/2000
8-9	35.0 kgs / 77.1 lbs	Aeden Begue	10/2011
12-13	43.1 kgs / 95.0 lbs	Michael Gagnon	10/2008
14-15	77.1 kgs / 169.9 lbs	Nick Birchak	12/2000
20-24	55.0 kgs / 121.2 lbs	Richard Groff	8/2010
45-49	74.8 kgs / 164.9 lbs	Steve Birchak	2/1999
Spec. Oly.	32.5 kgs / 71.6 lbs	Charlie Sanders	8/2010

Weight Class: 123 Male			
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Division	Bench Press	Name	Date
Open	122.5 kgs / 270.0 lbs	Justin Longstreet	8/2012
12-13	63.5 kgs / 139.9 lbs	Michael Welcheck	
14-15	97.5 kgs / 214.9 lbs	Ryan Horne	2002
20-24	122.5 kgs / 270.0 lbs	Justin Longstreet	8/2012
55-59	95.2 kgs / 209.8 lbs	Robert Gill	3/2007

Weight Class: 132 Male			
Division	Bench Press	Name	Date
Open	107.4 kgs / 236.7 lbs	Lonnie Gilbert	4/2011
14-15	98.0 kgs / 216.0 lbs	Logan Dallas	8/2010
16-17	91.0 kgs / 200.6 lbs	Michael Gagnon	10/2011
18-19	107.4 kgs / 236.7 lbs	Lonnie Gilbert	4/2011
20-24	90.0 kgs / 198.4 lbs	Jonathan Versiackas	4/2012
45-49	99.8 kgs / 220.0 lbs	Jay Helms	12/2009

Weight Class: 148 Male			
Division	Bench Press	Name	Date
Open	140.0 kgs / 308.6 lbs	Garry Fink	4/2011
14-15	117.5 kgs / 259.0 lbs	Logan Dallas	11/2011
16-17	122.5 kgs / 270.0 lbs	Logan Dallas	4/2012
18-19	120.0 kgs / 264.5 lbs	James Reeves	4/2012
20-24	115.0 kgs / 253.5 lbs	Patrick Jung	12/2013
35-39	132.5 kgs / 292.1 lbs	Steve Gahn	10/2015
40-44	113.4 kgs / 250.0 lbs	Willis McCoy	4/2010
50-54	131.5 kgs / 289.9 lbs	Larry Miller	12/2009

Weight Class: 165 Male			
Division	Bench Press	Name	Date
Open	149.9 kgs / 330.4 lbs	Garry Fink	4/2012
14-15	77.1 kgs / 169.9 lbs	Zane Parsons	4/2010
16-17	131.5 kgs / 289.9 lbs	Brad Bennett	10/2008
18-19	112.5 kgs / 248.0 lbs	Cole Gavin	6/2017
20-24	140.0 kgs / 308.6 lbs	Kaine Boudreau	4/2016
25-29	142.5 kgs / 314.1 lbs	Brett Boretsky	12/2016
45-49	136.1 kgs / 300.0 lbs	David See	12/2009
60-64	87.5 kgs / 192.9 lbs	Donald Piazza	4/2016

Weight Class: 181 Male			
Division	Bench Press	Name	Date
Open	187.5 kgs / 413.3 lbs	Lloyd Summers	6/2015
18-19	170.0 kgs / 374.7 lbs	Evan Miller	
20-24	140.0 kgs / 308.6 lbs	Jeff Hanselman	4/2014
25-29	127.5 kgs / 281.0 lbs	Keith Schneider	6/2017
30-34	178.0 kgs / 392.4 lbs	Lloyd Summers	3/2015
35-39	130.0 kgs / 286.5 lbs	Alan Stiver	12/2017
40-44	170.9 kgs / 376.7 lbs	Tom Gavin	11/2008
45-49	105.0 kgs / 231.4 lbs	Robert Incorvaia	12/2017
50-54	110.0 kgs / 242.5 lbs	Bill Natcher	6/2015
70-74	100.0 kgs / 220.4 lbs	Bob Nicholas	10/2017
Police/Fire/Mil	125.0 kgs / 275.5 lbs	Brian Persons	12/2017

Weight Class: 198 Male			
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Division	Bench Press	Name	Date
Open	191.9 kgs / 423.0 lbs	Mike McHargh	4/2010
14-15	132.5 kgs / 292.1 lbs	Max Cooper	6/2015
16-17	149.7 kgs / 330.0 lbs	David Schmitz	12/2001
20-24	188.2 kgs / 414.9 lbs	Robert Samsa	7/2007
25-29	165.0 kgs / 363.7 lbs	Daniel Hall	4/2012
30-34	155.0 kgs / 341.7 lbs	Eric Schodowski	4/2017
35-39	188.2 kgs / 414.9 lbs	Don Oliverio	10/2008
40-44	163.3 kgs / 360.0 lbs	Joey Simpson	7/2005
45-49	152.5 kgs / 336.2 lbs	Joe Denger	6/2017
55-59	135.0 kgs / 297.6 lbs	Dave Talbert	10/2017
60-64	113.4 kgs / 250.0 lbs	Jay Bednar	4/2010
65-69	112.5 kgs / 248.0 lbs	Jim McNeill	3/2012
70-74	107.5 kgs / 236.9 lbs	Bob Nicholas	4/2014
Police/Fire/Mil	188.2 kgs / 414.9 lbs	Don Oliverio	10/2008

Weight Class: 220 Male

Division	Bench Press	Name	Date
Open	215.0 kgs / 473.9 lbs	Stephen Ashcraft	12/2013
14-15	107.4 kgs / 236.7 lbs	Eric Lorenzen	4/2011
16-17	130.0 kgs / 286.5 lbs	Landon Talbert	10/2017
20-24	199.6 kgs / 440.0 lbs	Robert Samsa	12/2007
25-29	162.5 kgs / 358.2 lbs	Dan Fosselman	4/2014
30-34	157.5 kgs / 347.2 lbs	Maximillian Zart	6/2017
35-39	205.0 kgs / 451.9 lbs	Mike McHargh	4/2012
40-44	175.0 kgs / 385.8 lbs	Paul Sundy	4/2012
45-49	152.5 kgs / 336.2 lbs	Alan Berry	8/2010
50-54	177.5 kgs / 391.3 lbs	David Earls	7/2012
55-59	182.5 kgs / 402.3 lbs	Timothy Day	4/2011
60-64	182.5 kgs / 402.3 lbs	Timothy Day	6/2016
65-69	144.9 kgs / 319.4 lbs	Gary Fogle	4/2011
75-79	113.4 kgs / 250.0 lbs	Raymond Bernabe	4/2010
Police/Fire/Mil	156.5 kgs / 345.0 lbs	Kevin Goolsby	10/2008

Weight Class: 242 Male

Division	Bench Press	Name	Date
Open	205.0 kgs / 451.9 lbs	Mike McHaugh	6/2015
10-11	52.1 kgs / 114.8 lbs	Derrick McGarvey	
14-15	115.0 kgs / 253.5 lbs	Eric Lorenzen	6/2011
16-17	142.9 kgs / 315.0 lbs	Michael Hounshell	3/2008
18-19	149.7 kgs / 330.0 lbs	Eddie Smith	3/2008
20-24	167.4 kgs / 369.0 lbs	Dennis Bruce	4/2012
25-29	155.0 kgs / 341.7 lbs	Jonathan Frame	4/2016
35-39	205.0 kgs / 451.9 lbs	Mike McHaugh	6/2015
40-44	192.4 kgs / 424.1 lbs	Abiodon Freeman	4/2012
45-49	188.2 kgs / 414.9 lbs	Paul Sundy	4/2016
50-54	192.4 kgs / 424.1 lbs	Nate Matthews	4/2013
55-59	190.0 kgs / 418.8 lbs	Nate Matthews	10/2017
60-64	145.0 kgs / 319.6 lbs	Dale Storch	9/2015
65-69	149.7 kgs / 330.0 lbs	Gary Fogle	4/2010
75-79	122.5 kgs / 270.0 lbs	Russell Combest	4/2011
80+	112.5 kgs / 248.0 lbs	Raymond Bernabe	4/2011
Police/Fire/Mil	158.7 kgs / 349.8 lbs	Clint Bartolic	4/2010

Weight Class: 275 Male			
Division	Bench Press	Name	Date
Open	227.5 kgs / 501.5 lbs	Steve Thompson	4/2014
10-11	52.1 kgs / 114.8 lbs	Derrick McGarvey	
14-15	107.4 kgs / 236.7 lbs	Bruce Pavlovski	4/2012
16-17	160.0 kgs / 352.7 lbs	Eric Lorenzen	4/2014
18-19	172.5 kgs / 380.2 lbs	Eric Boomershine	6/2013
20-24	110.0 kgs / 242.5 lbs	Wahab Aladwani	4/2013
35-39	212.4 kgs / 468.2 lbs	Kevin Robinson	11/2010
40-44	215.0 kgs / 473.9 lbs	Kevin Robinson	6/2015
45-49	195.0 kgs / 429.8 lbs	Paul Sundy	4/2017
50-54	192.8 kgs / 425.0 lbs	Jack Daniels	10/2008
55-59	200.0 kgs / 440.9 lbs	Jack Daniels	10/2011
60-64	132.5 kgs / 292.1 lbs	Dale Storch	12/2017
Police/Fire/Mil	192.8 kgs / 425.0 lbs	Jack Daniels	10/2008

Weight Class: 308 Male			
Division	Bench Press	Name	Date
Open	217.5 kgs / 479.5 lbs	Stephen Davis	4/2014
12-13	60.1 kgs / 132.4 lbs	Derrick McGarvey	4/2010
16-17	120.2 kgs / 264.9 lbs	Troy Vasquez-Atkins	4/2010
35-39	212.4 kgs / 468.2 lbs	Kevin Robinson	8/2010
40-44	192.4 kgs / 424.1 lbs	Jim Keeling	10/2011
45-49	192.5 kgs / 424.3 lbs	Paul Sundy	10/2017
55-59	163.3 kgs / 360.0 lbs	Jim Wetenhall	12/2009
75-79	95.0 kgs / 209.4 lbs	William Williams	4/2012
Police/Fire/Mil	195.0 kgs / 429.8 lbs	Todd Bisteda	10/2008

Weight Class: SHW Male			
Division	Bench Press	Name	Date
Open	250.0 kgs / 551.1 lbs	Marvin Bishop	10/2011
16-17	122.5 kgs / 270.0 lbs	Troy Vasquez-Atkins	4/2010
18-19	142.5 kgs / 314.1 lbs	Troy Vasquez-Atkins	4/2012
25-29	160.0 kgs / 352.7 lbs	Craig Stock	4/2014
30-34	235.0 kgs / 518.0 lbs	Aaron Morman	6/2016
35-39	247.5 kgs / 545.6 lbs	Wade Likens	4/2011
40-44	217.5 kgs / 479.5 lbs	Lonnie Atkins	6/2016
45-49	152.5 kgs / 336.2 lbs	Michael Wernke	4/2012
50-54	174.6 kgs / 384.9 lbs	Jim Wetenhall	10/2008
65-69	154.2 kgs / 339.9 lbs	James Telljohn	6/2005
Police/Fire/Mil	201.8 kgs / 444.8 lbs	Jessie Kosegi	4/2009