



VIRGINIA STATE BENCH PRESS RECORDS

Updated by Ed Kutin

12/28/2018

Ed@ENKutin.com

Weight Class: 77 Female			
Division	Bench Press	Name	Date
Open	20.0 kgs / 44.0 lbs	Kendall Johnston	
10-11	20.0 kgs / 44.0 lbs	Kendall Johnston	

Weight Class: 88 Female			
Division	Bench Press	Name	Date
Open	22.5 kgs / 49.6 lbs	Jordan Johnston	
10-11	22.5 kgs / 49.6 lbs	Jordan Johnston	
12-13	20.4 kgs / 44.9 lbs	Nicole Gambonie	11/2008

Weight Class: 97 Female			
Division	Bench Press	Name	Date
Open	54.0 kgs / 119.0 lbs	Karen Poyner	12/2017
35-39	50.0 kgs / 110.2 lbs	Heather Feingold	5/2015
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	12/2017

Weight Class: 105 Female			
Division	Bench Press	Name	Date
Open	63.5 kgs / 139.9 lbs	Linda Richard	7/2007
14-15	42.5 kgs / 93.6 lbs	J Smith	
18-19	35.0 kgs / 77.1 lbs	Kristen Robbins	12/2014
20-24	57.5 kgs / 126.7 lbs	Lauren Rodriguez	7/2016
25-29	57.5 kgs / 126.7 lbs	Lauren Freeman	2/2016
30-34	37.5 kgs / 82.6 lbs	Nicole Dirienzo	
35-39	47.5 kgs / 104.7 lbs	Jamie Brissey	4/2014
40-44	63.5 kgs / 139.9 lbs	Linda Richard	7/2007
45-49	59.0 kgs / 130.0 lbs	Karen Poyner	4/2005
50-54	60.1 kgs / 132.4 lbs	Karen Poyner	11/2006
55-59	58.5 kgs / 128.9 lbs	Karen Poyner	7/2012
60-64	53.5 kgs / 117.9 lbs	Karen Poyner	4/2016

Weight Class: 114 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Kerry Self	6/2017
10-11	25.0 kgs / 55.1 lbs	Kinsley Heywood	1/2017
14-15	37.5 kgs / 82.6 lbs	S Jose	
18-19	40.0 kgs / 88.1 lbs	Sofia Graham	8/2012
20-24	60.0 kgs / 132.2 lbs	Lauren Rodriguez	1/2017
25-29	62.5 kgs / 137.7 lbs	Allison Cross	10/2016

30-34	75.5 kgs / 166.4 lbs	Natasha Beasley	6/2017
35-39	76.0 kgs / 167.5 lbs	Natasha Beasley	10/2017
40-44	77.5 kgs / 170.8 lbs	Kerry Self	6/2017
45-49	50.0 kgs / 110.2 lbs	P Willoughby	
50-54	47.6 kgs / 104.9 lbs	Jackie Burkett	11/2003
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Rebecca Breeden	9/2015

Weight Class: 123 Female			
Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Kerry Self	8/2017
12-13	20.0 kgs / 44.0 lbs	Kinsley Heywood	9/2017
18-19	40.0 kgs / 88.1 lbs	Sofia Graham	9/2012
20-24	65.0 kgs / 143.2 lbs	Tensley Clowser	5/2016
25-29	67.5 kgs / 148.8 lbs	Maigan Mendoza	11/2017
30-34	77.5 kgs / 170.8 lbs	Natasha Beasley	8/2017
35-39	77.5 kgs / 170.8 lbs	Kerry Self	12/2010
40-44	82.5 kgs / 181.8 lbs	Kerry Self	8/2017
45-49	52.2 kgs / 115.0 lbs	Leigh Haines	7/2007
50-54	42.5 kgs / 93.6 lbs	Beth Permelia	6/2016
55-59	57.5 kgs / 126.7 lbs	Susan Drach	4/2014
60-64	55.0 kgs / 121.2 lbs	Susan Drach	4/2016
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Yvonne Young	8/2012

Weight Class: 132 Female			
Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Kerry Self	12/2017
12-13	24.0 kgs / 52.9 lbs	Cheyenne Crocket	6/2017
14-15	42.5 kgs / 93.6 lbs	Victoria Webb	5/2015
16-17	66.5 kgs / 146.6 lbs	Catherine Reynolds	8/2017
20-24	72.5 kgs / 159.8 lbs	Taylor Henderson	10/2015
25-29	77.5 kgs / 170.8 lbs	Lisa Suda	10/2016
30-34	75.0 kgs / 165.3 lbs	Natasha Beasley	3/2017
35-39	79.4 kgs / 175.0 lbs	Kerry Self	5/2010
40-44	85.0 kgs / 187.3 lbs	Kerry Self	12/2017
45-49	66.5 kgs / 146.6 lbs	Laura Clancy	2013
55-59	40.0 kgs / 88.1 lbs	Kim Radder	8/2017
60-64	40.0 kgs / 88.1 lbs	Kim Radder	12/2017
65-69	42.5 kgs / 93.6 lbs	Linda Leightley	1/2015
70-74	45.0 kgs / 99.2 lbs	Linda Leightley	5/2016
Police/Fire/Mil	62.5 kgs / 137.7 lbs	Kate Allemen	11/2010

Weight Class: 148 Female			
Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Latosha Floyd	6/2014
14-15	45.4 kgs / 100.0 lbs	Kelli Taylor	4/2001
16-17	60.0 kgs / 132.2 lbs	Cassidy Bennett	3/2017
18-19	45.0 kgs / 99.2 lbs	Christina Hall	3/2017
20-24	75.0 kgs / 165.3 lbs	Kourtney Colley	9/2015
25-29	82.5 kgs / 181.8 lbs	Kelly Chance	10/2015
30-34	70.0 kgs / 154.3 lbs	Lindsay Lichtsinn	7/2016
35-39	67.5 kgs / 148.8 lbs	Mona Espinosa	12/2017
40-44	68.0 kgs / 149.9 lbs	Darline Buchannon	1/2010
45-49	63.5 kgs / 139.9 lbs	Cozetta Penn	6/2008

50-54	60.0 kgs / 132.2 lbs	Laura Clancy	3/2017
60-64	52.5 kgs / 115.7 lbs	Geneva Koutas	
Police/Fire/Mil	82.5 kgs / 181.8 lbs	Latosha Floyd	

Weight Class: 165 Female

Division	Bench Press	Name	Date
Open	93.0 kgs / 205.0 lbs	Lynne Nelson	10/2006
10-11	45.4 kgs / 100.0 lbs	Megan Dishman	10/2003
14-15	45.4 kgs / 100.0 lbs	T Geer	
16-17	57.5 kgs / 126.7 lbs	Raneem Hasan	3/2017
18-19	77.5 kgs / 170.8 lbs	Kristina-Marie Coleman	6/2016
20-24	77.5 kgs / 170.8 lbs	Aubrey Mester-Webb	10/2015
25-29	82.5 kgs / 181.8 lbs	Aubrey Mester-Webb	10/2016
30-34	75.0 kgs / 165.3 lbs	Angela Roark	3/2017
35-39	67.5 kgs / 148.8 lbs	Mona Espinosa	8/2017
40-44	74.8 kgs / 164.9 lbs	Robin Crespo	6/2011
45-49	93.0 kgs / 205.0 lbs	Lynne Nelson	10/2006
50-54	50.0 kgs / 110.2 lbs	Susan Jacoby	3/2017
55-59	80.0 kgs / 176.3 lbs	Claudia Helmick	3/2017
60-64	60.0 kgs / 132.2 lbs	Geneva Koutas	6/2013
Police/Fire/Mil	82.5 kgs / 181.8 lbs	Nichola Diaz	8/2014

Weight Class: 181 Female

Division	Bench Press	Name	Date
Open	108.9 kgs / 240.0 lbs	Kathy Roberts	2006
16-17	43.1 kgs / 95.0 lbs	Brooke Haines	7/2007
18-19	87.5 kgs / 192.9 lbs	Kristina-Marie Coleman	10/2016
20-24	106.6 kgs / 235.0 lbs	LaToya Parrish	12/2007
25-29	70.0 kgs / 154.3 lbs	Danya Anouti	1/2016
30-34	102.1 kgs / 225.0 lbs	Kathy Roberts	5/2010
35-39	67.5 kgs / 148.8 lbs	Kristel Barber	7/2016
40-44	62.5 kgs / 137.7 lbs	Heather Dart	4/2015
45-49	62.5 kgs / 137.7 lbs	Mary Hodge	4/2015
50-54	67.5 kgs / 148.8 lbs	Mary Hodge	4/2017
55-59	50.0 kgs / 110.2 lbs	Sandy Flaus	10/2014
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Tiffany Boyd	

Weight Class: 198 Female

Division	Bench Press	Name	Date
Open	122.5 kgs / 270.0 lbs	LaToya Parrish	5/2008
18-19	65.0 kgs / 143.2 lbs	CaDeisha Debroux	4/2012
20-24	122.5 kgs / 270.0 lbs	LaToya Parrish	5/2008
25-29	67.5 kgs / 148.8 lbs	Linda Lopez	
30-34	62.5 kgs / 137.7 lbs	Lindsey Heppner	7/2017
35-39	85.0 kgs / 187.3 lbs	Dawn Williams	6/2015
40-44	55.0 kgs / 121.2 lbs	Justine Crowley	7/2015
45-49	72.5 kgs / 159.8 lbs	Charlotte Baker	4/2017
50-54	67.5 kgs / 148.8 lbs	Maureen Hodges	9/2015
55-59	57.5 kgs / 126.7 lbs	Pat Boord	6/2011
60-64	62.5 kgs / 137.7 lbs	Sandy Flaus	10/2015
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	12/2017
Police/Fire/Mil	60.1 kgs / 132.4 lbs	Lucy Hawkins	3/2007
Spec. Oly.	30.0 kgs / 66.1 lbs	Vonda Martin	12/2016

Weight Class: 198+ Female			
Division	Bench Press	Name	Date
Open	117.5 kgs / 259.0 lbs	Jessica Read	7/2012
16-17	50.0 kgs / 110.2 lbs	Caroline Willar	5/2015
18-19	57.5 kgs / 126.7 lbs	Maya El-Hage	3/2017
20-24	102.5 kgs / 225.9 lbs	Kopper Carter	6/2017
25-29	77.5 kgs / 170.8 lbs	Emily Adams	6/2015
30-34	116.5 kgs / 256.8 lbs	Jessica Read	3/2012
35-39	117.5 kgs / 259.0 lbs	Jessica Read	7/2012
40-44	77.5 kgs / 170.8 lbs	Kirsten Ross	12/2017
45-49	87.5 kgs / 192.9 lbs	Angela Fore	8/2017
50-54	70.0 kgs / 154.3 lbs	Maureen Hodges	8/2016
60-64	55.0 kgs / 121.2 lbs	Sandy Flaus	8/2017
65-69	45.3 kgs / 99.8 lbs	Suci Stinnett	11/2005
Police/Fire/Mil	86.1 kgs / 189.8 lbs	Patricia McCauley	3/2007
Spec. Oly.	32.5 kgs / 71.6 lbs	Girlvester Thompson	12/2016

Weight Class: 66 Male			
Division	Bench Press	Name	Date
Open	30.0 kgs / 66.1 lbs	Andrew Scibelli	
8-9	29.5 kgs / 65.0 lbs	Joshua Moore	1/2013
10-11	30.0 kgs / 66.1 lbs	Andrew Scibelli	

Weight Class: 77 Male			
Division	Bench Press	Name	Date
Open	30.0 kgs / 66.1 lbs	Andrew Scibelli	1/2015
10-11	30.0 kgs / 66.1 lbs	Andrew Scibelli	1/2015

Weight Class: 88 Male			
Division	Bench Press	Name	Date
Open	32.5 kgs / 71.6 lbs	Nate Platz	7/2014
10-11	25.0 kgs / 55.1 lbs	B. Rhodes	2/2014
12-13	32.5 kgs / 71.6 lbs	Nate Platz	7/2014

Weight Class: 105 Male			
Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	James Miller	7/2013
12-13	45.4 kgs / 100.0 lbs	Mo Pollack	3/2008
14-15	92.5 kgs / 203.9 lbs	James Miller	7/2013

Weight Class: 114 Male			
Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	James Miller	7/2013
10-11	24.9 kgs / 54.8 lbs	E Cole	4/2001
12-13	64.0 kgs / 141.0 lbs	Cherokee Widner	3/2012
14-15	92.5 kgs / 203.9 lbs	James Miller	7/2013
16-17	92.5 kgs / 203.9 lbs	James Miller	10/2014
35-39	90.7 kgs / 199.9 lbs	Tony Ostrum	9/2003

Weight Class: 123 Male			
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Division	Bench Press	Name	Date
Open	102.5 kgs / 225.9 lbs	Robert Clark	2009
10-11	35.0 kgs / 77.1 lbs	Matthew Campo	12/2010
12-13	67.5 kgs / 148.8 lbs	Cherokee Widner	2012
14-15	100.0 kgs / 220.4 lbs	James Miller	6/2013
16-17	102.5 kgs / 225.9 lbs	Robert Clark	2009
18-19	75.0 kgs / 165.3 lbs	Jake Shankman	
Spec. Oly.	55.0 kgs / 121.2 lbs	Travis Lilly	6/2010
Handicapped	55.0 kgs / 121.2 lbs	Travis Lilly	6/2010

Weight Class: 132 Male			
Division	Bench Press	Name	Date
Open	115.0 kgs / 253.5 lbs	Cameron Lanham	11/2016
12-13	81.6 kgs / 179.8 lbs	Coy Wimer	12/2006
14-15	97.5 kgs / 214.9 lbs	Elliot Anderson	3/2016
16-17	112.5 kgs / 248.0 lbs	Robert Clark	3/2010
18-19	113.4 kgs / 250.0 lbs	Josh Browne	4/2008
20-24	115.0 kgs / 253.5 lbs	Cameron Lanham	11/2016
35-39	100.0 kgs / 220.4 lbs	Jimmy Witham	3/2017
50-54	93.0 kgs / 205.0 lbs	Jim Marchio	7/2007
55-59	90.0 kgs / 198.4 lbs	Jim Marchio	6/2011
60-64	90.0 kgs / 198.4 lbs	Jim Marchio	6/2016
Spec. Oly.	50.0 kgs / 110.2 lbs	Aaron Ealey	4/2016

Weight Class: 148 Male			
Division	Bench Press	Name	Date
Open	146.5 kgs / 322.9 lbs	Scott Wilson	12/2012
12-13	86.2 kgs / 190.0 lbs	Coy Wimer	1/2007
14-15	97.5 kgs / 214.9 lbs	Cherokee Widner	4/2014
16-17	117.5 kgs / 259.0 lbs	Robert Clark	6/2010
18-19	117.5 kgs / 259.0 lbs	Robert Clark	2010
20-24	145.0 kgs / 319.6 lbs	Luis Ardon	6/2016
25-29	127.5 kgs / 281.0 lbs	Christopher Ferranti	6/2016
30-34	146.5 kgs / 322.9 lbs	Scott Wilson	12/2012
35-39	142.9 kgs / 315.0 lbs	Danny Transfiguration	3/2001
40-44	130.0 kgs / 286.5 lbs	Allen Shen	1/2016
45-49	145.2 kgs / 320.1 lbs	David Wilson	11/2005
50-54	123.0 kgs / 271.1 lbs	Jason Leavitt	4/2015
55-59	115.0 kgs / 253.5 lbs	John Taninecz	3/2017
60-64	130.0 kgs / 286.5 lbs	Guy Ha	10/2016
65-69	125.0 kgs / 275.5 lbs	Guy HA	12/2016
70-74	102.5 kgs / 225.9 lbs	James Hart	10/2015
Police/Fire/Mil	125.0 kgs / 275.5 lbs	Jason Creswell	12/2012
Spec. Oly.	30.0 kgs / 66.1 lbs	Patrick Hardy	4/2016

Weight Class: 165 Male			
Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	John Self	2007
12-13	85.0 kgs / 187.3 lbs	Ryan Melton	6/2012
14-15	108.9 kgs / 240.0 lbs	Coy Wimer	3/2008
16-17	150.0 kgs / 330.6 lbs	Nicholas Apseloff	6/2010
18-19	152.0 kgs / 335.0 lbs	Adam Crider	4/2006
20-24	167.5 kgs / 369.2 lbs	Larry Dyles	11/2007

25-29	158.8 kgs / 350.0 lbs	Larry Dyles	3/2009
30-34	142.5 kgs / 314.1 lbs	Greg Young	6/2017
35-39	163.3 kgs / 360.0 lbs	John Self	11/2005
40-44	157.5 kgs / 347.2 lbs	Duane Carter	2/2016
45-49	161.0 kgs / 354.9 lbs	Corky Baggett	11/2002
50-54	152.5 kgs / 336.2 lbs	Corky Baggett	11/2008
55-59	142.5 kgs / 314.1 lbs	Raymond Harris	3/2016
60-64	100.0 kgs / 220.4 lbs	Keith Wilkerson	3/2017
65-69	130.0 kgs / 286.5 lbs	Guy Ha	10/2017
Police/Fire/Mil	147.5 kgs / 325.1 lbs	Chris Eden	5/2016
Spec. Oly.	77.1 kgs / 169.9 lbs	Carl Riggleman	3/2012

Weight Class: 181 Male			
Division	Bench Press	Name	Date
Open	192.5 kgs / 424.3 lbs	T.J. Mosley	12/2015
10-11	29.5 kgs / 65.0 lbs	Wade Turner	4/2006
12-13	83.5 kgs / 184.0 lbs	Tyler Pence	5/2017
14-15	145.5 kgs / 320.7 lbs	Nicholas Apseloff	8/2008
16-17	158.8 kgs / 350.0 lbs	Nicholas Apseloff	1/2010
18-19	168.0 kgs / 370.3 lbs	Jake Fries	10/2015
20-24	173.0 kgs / 381.3 lbs	Nicholas Apseloff	7/2013
25-29	179.2 kgs / 395.0 lbs	Larry Dyles	1/2011
30-34	192.5 kgs / 424.3 lbs	T.J. Mosley	12/2015
35-39	176.9 kgs / 389.9 lbs	John Self	7/2006
40-44	189.0 kgs / 416.6 lbs	Matthew Reep	9/2016
45-49	170.0 kgs / 374.7 lbs	Matthew Moore	9/2013
50-54	157.5 kgs / 347.2 lbs	Tim McCoy	4/2012
55-59	140.0 kgs / 308.6 lbs	Raymond Harris	4/2017
60-64	120.0 kgs / 264.5 lbs	Wayne Rammell	11/2008
70-74	120.0 kgs / 264.5 lbs	Bill Lindsey	4/2016
Police/Fire/Mil	189.0 kgs / 416.6 lbs	Matthew Reep	9/2016
Spec. Oly.	97.5 kgs / 214.9 lbs	Chris Smallwood	4/2016

Weight Class: 198 Male			
Division	Bench Press	Name	Date
Open	200.0 kgs / 440.9 lbs	Brandon Perdue	7/2013
12-13	90.0 kgs / 198.4 lbs	Owen Whisenant	11/2014
14-15	105.0 kgs / 231.4 lbs	Jeffrey Allen	
16-17	161.0 kgs / 354.9 lbs	Andy Kadick	4/2007
18-19	183.7 kgs / 404.9 lbs	Andre DeCastro	5/2009
20-24	187.3 kgs / 412.9 lbs	Aaron Johnson	6/2008
25-29	200.0 kgs / 440.9 lbs	Brandon Perdue	7/2013
30-34	190.5 kgs / 419.9 lbs	John Krauss	5/2004
35-39	183.7 kgs / 404.9 lbs	John Self	12/2006
40-44	197.3 kgs / 434.9 lbs	Nick Mercorelli	1/2011
45-49	186.0 kgs / 410.0 lbs	Arthur Patterson	10/2006
50-54	172.4 kgs / 380.0 lbs	Pat Aulicino	9/2006
55-59	152.0 kgs / 335.0 lbs	Bill Lindsey	1/2005
60-64	148.5 kgs / 327.3 lbs	Vladimir Tarabay	10/2015
65-69	119.7 kgs / 263.8 lbs	Bill Lindsey	3/2012
70-74	120.0 kgs / 264.5 lbs	Bill Lindsey	5/2016
75-79	115.6 kgs / 254.8 lbs	John Sheehan	6/2004
Police/Fire/Mil	197.5 kgs / 435.4 lbs	Aaron Johnson	11/2009

Spec. Oly.	105.0 kgs / 231.4 lbs	Daron Ealey	4/2016
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Weight Class: 220 Male			
Division	Bench Press	Name	Date
Open	222.3 kgs / 490.0 lbs	Kenny Burkett	11/2002
12-13	95.0 kgs / 209.4 lbs	Owen Whisenant	2/2015
14-15	102.5 kgs / 225.9 lbs	Mikey Keen	7/2017
16-17	167.5 kgs / 369.2 lbs	Jacob French	12/2016
18-19	172.4 kgs / 380.0 lbs	Andy Kadick	8/2007
20-24	192.8 kgs / 425.0 lbs	Aaron Johnson	6/2008
25-29	195.0 kgs / 429.8 lbs	Derek Dickinson	9/2017
30-34	183.7 kgs / 404.9 lbs	Chris Devol	1/2009
35-39	222.3 kgs / 490.0 lbs	Kenny Burkett	11/2002
40-44	215.0 kgs / 473.9 lbs	Sabre Schnitzer	1/2014
45-49	215.0 kgs / 473.9 lbs	Sabre Schnitzer	12/2012
50-54	182.5 kgs / 402.3 lbs	Anthony Brigidini	1/2016
55-59	177.5 kgs / 391.3 lbs	Craig Perry	12/2011
60-64	172.5 kgs / 380.2 lbs	Craig Perry	9/2013
65-69	145.0 kgs / 319.6 lbs	Henry Banks	3/2012
70-74	112.5 kgs / 248.0 lbs	John Moore	6/2012
75-79	123.0 kgs / 271.1 lbs	John Moore	11/2015
80+	121.0 kgs / 266.7 lbs	John Moore	7/2017
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Sabre Schnitzer	
Spec. Oly.	67.5 kgs / 148.8 lbs	Matt Shomper	4/2016

Weight Class: 242 Male			
Division	Bench Press	Name	Date
Open	237.5 kgs / 523.5 lbs	Jerome Odie	8/2017
12-13	52.5 kgs / 115.7 lbs	Austin Heywood	1/2017
14-15	113.4 kgs / 250.0 lbs	Robert Crawford	4/2005
16-17	150.0 kgs / 330.6 lbs	Brian Ruebush	6/2010
18-19	167.5 kgs / 369.2 lbs	Carl Bedwell	7/2013
20-24	215.0 kgs / 473.9 lbs	Andre Mealy	5/2017
25-29	228.0 kgs / 502.6 lbs	Scott Beitzell	7/2017
30-34	212.5 kgs / 468.4 lbs	John Schenck	1/2016
35-39	237.5 kgs / 523.5 lbs	Jerome Odie	8/2017
40-44	204.1 kgs / 449.9 lbs	Albert Proctor	9/2003
45-49	180.0 kgs / 396.8 lbs	Brad Beach	1/2016
50-54	192.5 kgs / 424.3 lbs	Anthony Brigidini	1/2017
55-59	182.3 kgs / 401.8 lbs	Todd Campo	12/2010
60-64	154.2 kgs / 339.9 lbs	Robert Spiers	11/2002
65-69	126.0 kgs / 277.7 lbs	Bernie Rhodes	8/2015
70-74	137.5 kgs / 303.1 lbs	Charles LaPan	5/2014
75-79	97.5 kgs / 214.9 lbs	Lloyd Pierson	9/2015
Police/Fire/Mil	204.1 kgs / 449.9 lbs	Albert Proctor	11/2002
Spec. Oly.	80.0 kgs / 176.3 lbs	Sean Kimball	4/2016

Weight Class: 275 Male			
Division	Bench Press	Name	Date
Open	235.9 kgs / 520.0 lbs	Scott Kuzma	10/2006
14-15	132.5 kgs / 292.1 lbs	Maxx Philpott	5/2016
16-17	129.3 kgs / 285.0 lbs	Wayne Savage	12/2007
18-19	158.8 kgs / 350.0 lbs	Daniel Trang	

20-24	197.5 kgs / 435.4 lbs	Matt Cronin	6/2015
25-29	215.5 kgs / 475.0 lbs	Michael Traub	6/2007
30-34	217.5 kgs / 479.5 lbs	Marcus Boddie	1/2012
35-39	212.1 kgs / 467.5 lbs	Scott Kuzma	4/2005
40-44	235.9 kgs / 520.0 lbs	Scott Kuzma	10/2006
45-49	177.5 kgs / 391.3 lbs	Bob Muretta	7/2017
50-54	205.0 kgs / 451.9 lbs	Bill Gillespie	4/2014
55-59	197.5 kgs / 435.4 lbs	Clifton Burse	6/2016
60-64	150.0 kgs / 330.6 lbs	William Morris	7/2007
65-69	137.5 kgs / 303.1 lbs	Ed Stine	12/2014
Police/Fire/Mil	210.0 kgs / 462.9 lbs	Patrick McMillan	6/2016
Spec. Oly.	90.0 kgs / 198.4 lbs	Brian Williams	4/2016

Weight Class: 308 Male			
Division	Bench Press	Name	Date
Open	231.3 kgs / 509.9 lbs	Scott Kuzma	12/2006
14-15	100.0 kgs / 220.4 lbs	Nikola Kalapasev	3/2017
16-17	124.7 kgs / 274.9 lbs	Justin Hughes	1/2011
18-19	172.5 kgs / 380.2 lbs	Adam Burke	1/2015
20-24	204.1 kgs / 449.9 lbs	Steve Dellinger	10/2006
25-29	212.5 kgs / 468.4 lbs	Bryant Lewellyn	5/2017
30-34	221.1 kgs / 487.4 lbs	Joel Anderson	8/2009
35-39	226.8 kgs / 500.0 lbs	Roscoe Ware	11/2005
40-44	231.3 kgs / 509.9 lbs	Scott Kuzma	12/2006
45-49	207.5 kgs / 457.4 lbs	Robert Gains	6/2012
50-54	200.0 kgs / 440.9 lbs	Robert Gains	10/2016
60-64	190.5 kgs / 419.9 lbs	Ronald Beuch	8/2012
Police/Fire/Mil	200.0 kgs / 440.9 lbs	Robert Gains	10/2016

Weight Class: SHW Male			
Division	Bench Press	Name	Date
Open	242.5 kgs / 534.6 lbs	Nicholas Cook	3/2015
20-24	242.5 kgs / 534.6 lbs	Nicholas Cook	3/2015
25-29	190.0 kgs / 418.8 lbs	Jacob Everhart	8/2012
30-34	226.8 kgs / 500.0 lbs	Nick Minneti	5/2004
35-39	231.3 kgs / 509.9 lbs	Nick Minneti	2/2006
40-44	210.0 kgs / 462.9 lbs	Aaron Daley	11/2014
45-49	220.0 kgs / 485.0 lbs	Thomas Dillard	7/2007
50-54	200.5 kgs / 442.0 lbs	Robert Gains	10/2017
55-59	220.0 kgs / 485.0 lbs	Bill Gillespie	5/2017
Police/Fire/Mil	195.0 kgs / 429.8 lbs	Brian Nicholson	1/2017