



POWERLIFTING FEDERATION
GHANAIAN BENCH PRESS RECORDS

UPDATED: 14 February 2013 by Hunter M. Claypatch, hclaypatch@hotmail.com

MEN

<u>75 kg CLASS</u>	<u>WEIGHT (kg)</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
OPEN	185.0	Kwansah Ackah	-----	Nov. 2007
Law/Fire/Mil.	185.0	Kwansah Ackah	-----	Nov. 2007