



INDIAN NATIONAL BENCH PRESS RECORDS

UPDATED: 5th December 2015 by Hunter M. Claypatch, hclaypatch@hotmail.com

WOMEN

<u>CLASS</u>	<u>DIVISION</u>	<u>RECORD</u>	<u>NAME</u>	<u>DATE SET</u>
44KG	OPEN	45.0	SUMAYA SHAKIR	2015—05
	(35-39)	45.0	SHUMYA SHAKIR	2015—05

MEN

<u>CLASS</u>	<u>DIVISION</u>	<u>RECORD</u>	<u>NAME</u>	<u>DATE SET</u>
75KG	OPEN	107.5	FULVIR SINGH	2015—10
	(20-24)	107.5	FULVIR SINGH	2015—10
100KG	OPEN	115.0	ADAM ZACHARY	2010—10