



SOUTH CAROLINA STATE BENCH RECORDS

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4/25/2024

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Sarah Kimmel	10/2017
25-29	57.5 kgs / 126.7 lbs	Sarah Kimmel	10/2017

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	55.0 kgs / 121.2 lbs	Karen Naegel	11/2016
40-44	55.0 kgs / 121.2 lbs	Karen Naegel	11/2016

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	61.2 kgs / 134.9 lbs	Barbara Roby	11/2004
50-54	61.2 kgs / 134.9 lbs	Barbara Roby	11/2004

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	113.3 kgs / 249.7 lbs	Shannon Summers	2/2000
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	2/2000

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	124.7 kgs / 274.9 lbs	Shannon Summers	12/1999
14-15	104.3 kgs / 229.9 lbs	Shannon Summers	12/1998
16-17	124.7 kgs / 274.9 lbs	Shannon Summers	12/1999

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	130.0 kgs / 286.5 lbs	Guy Ha	8/2020
65-69	130.0 kgs / 286.5 lbs	Guy Ha	8/2020
70-74	125.0 kgs / 275.5 lbs	Guy Ha	2/2024

Weight Class: 75 / 165 Male			
Division	Bench Press	Name	Date
Open	145.2 kgs / 320.1 lbs	Peter Smith	2/2006

Weight Class: 82.5 / 181 Male			
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Division	Bench Press	Name	Date
Open	174.6 kgs / 384.9 lbs	Anthony Graham	11/2006
20-24	133.8 kgs / 294.9 lbs	Matt Wilson	8/2006

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	167.8 kgs / 369.9 lbs	Tom Isbell	6/2005
20-24	147.5 kgs / 325.1 lbs	Conor Boyle	1/2015
35-39	167.8 kgs / 369.9 lbs	Tom Isbell	6/2005
40-44	136.1 kgs / 300.0 lbs	Curtis Smith	2/2006
45-49	152.0 kgs / 335.0 lbs	Rick Jones	11/2006
55-59	113.5 kgs / 250.2 lbs	Barry Capps	4/2024

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	183.7 kgs / 404.9 lbs	Britt Cullen	8/2006
18-19	152.5 kgs / 336.2 lbs	Jack List	9/2019
40-44	155.0 kgs / 341.7 lbs	Matt Naegel	11/2016
45-49	158.8 kgs / 350.0 lbs	Roger Pardue	6/2007
Police/Fire/Mil	183.7 kgs / 404.9 lbs	Britt Cullen	8/2006

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	272.2 kgs / 600.0 lbs	Rock Lewis	10/2006
20-24	136.1 kgs / 300.0 lbs	Jason Mullens	6/2005
35-39	272.2 kgs / 600.0 lbs	Rock Lewis	7/2007
55-59	150.0 kgs / 330.6 lbs	Ray Linduski	3/2020

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	190.0 kgs / 418.8 lbs	Michael James	7/2012

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	165.5 kgs / 364.8 lbs	Shane Yates	12/2000
14-15	165.5 kgs / 364.8 lbs	Shane Yates	12/2000
35-39	145.2 kgs / 320.1 lbs	Pete Scott	7/2007

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	190.0 kgs / 418.8 lbs	David Rainwater	4/2022
14-15	165.5 kgs / 364.8 lbs	Shane Yates	12/2000
45-49	190.0 kgs / 418.8 lbs	David Rainwater	4/2022
60-64	125.0 kgs / 275.5 lbs	Ruffin Surls	10/2021