



## CALIFORNIA STATE BENCH RECORDS

Ed Kutin [edkutin@gmail.com](mailto:edkutin@gmail.com)

7/14/2024

| Weight Class: 56 / 123 Female |                      |                |         |
|-------------------------------|----------------------|----------------|---------|
| Division                      | Bench Press          | Name           | Date    |
| Open                          | 80.0 kgs / 176.3 lbs | Michelle Watts | 10/2009 |
| 25-29                         | 47.5 kgs / 104.7 lbs | Savi Win       | 6/2024  |

| Weight Class: 60 / 132 Female |                      |               |         |
|-------------------------------|----------------------|---------------|---------|
| Division                      | Bench Press          | Name          | Date    |
| Open                          | 65.0 kgs / 143.2 lbs | Tonya Hart    | 10/2009 |
| 50-54                         | 41.0 kgs / 90.3 lbs  | Sara Lawrence | 6/2008  |

| Weight Class: 67.5 / 148 Female |                      |                  |         |
|---------------------------------|----------------------|------------------|---------|
| Division                        | Bench Press          | Name             | Date    |
| Open                            | 57.5 kgs / 126.7 lbs | Kate Bianchi     | 12/2016 |
| 14-15                           | 50.0 kgs / 110.2 lbs | Madison James    | 6/2010  |
| 20-24                           | 57.5 kgs / 126.7 lbs | Kate Bianchi     | 12/2016 |
| 50-54                           | 36.5 kgs / 80.4 lbs  | Rickie Robertson | 10/2006 |

| Weight Class: 75 / 165 Female |                      |               |         |
|-------------------------------|----------------------|---------------|---------|
| Division                      | Bench Press          | Name          | Date    |
| Open                          | 80.0 kgs / 176.3 lbs | Paige Karolak | 6/2024  |
| 20-24                         | 62.5 kgs / 137.7 lbs | Kate Bianchi  | 3/2018  |
| 25-29                         | 62.5 kgs / 137.7 lbs | Kate Bianchi  | 11/2019 |
| 30-34                         | 80.0 kgs / 176.3 lbs | Paige Karolak | 6/2024  |

| Weight Class: 90+ / 198+ Female |                       |                    |         |
|---------------------------------|-----------------------|--------------------|---------|
| Division                        | Bench Press           | Name               | Date    |
| Open                            | 125.5 kgs / 276.6 lbs | Lisa Quevedo       | 10/2013 |
| 20-24                           | 125.5 kgs / 276.6 lbs | Lisa Quevedo       | 10/2013 |
| 50-54                           | 55.0 kgs / 121.2 lbs  | Michelle Zimmerman | 10/2013 |

| Weight Class: 56 / 123 Male |                      |              |        |
|-----------------------------|----------------------|--------------|--------|
| Division                    | Bench Press          | Name         | Date   |
| Open                        | 45.5 kgs / 100.3 lbs | John Bazacas | 4/2013 |
| 80-84                       | 45.5 kgs / 100.3 lbs | John Bazacas | 4/2013 |

| Weight Class: 60 / 132 Male |             |      |      |
|-----------------------------|-------------|------|------|
| Division                    | Bench Press | Name | Date |

|             |                             |                      |               |
|-------------|-----------------------------|----------------------|---------------|
| <b>Open</b> | <b>70.0 kgs / 154.3 lbs</b> | <b>Daniel Matson</b> | <b>6/2013</b> |
| 10-11       | 55.0 kgs / 121.2 lbs        | Antonio Santillan    | 3/2014        |
| 18-19       | 70.0 kgs / 154.3 lbs        | Daniel Matson        | 6/2013        |
| 50-54       | 41.0 kgs / 90.3 lbs         | S Lawrence           |               |
| 65-69       | 67.5 kgs / 148.8 lbs        | Salvatore Morabito   | 10/2009       |

**Weight Class: 67.5 / 148 Male**

| Division        | Bench Press                  | Name               | Date          |
|-----------------|------------------------------|--------------------|---------------|
| <b>Open</b>     | <b>112.5 kgs / 248.0 lbs</b> | <b>John Wong</b>   | <b>4/2023</b> |
| 20-24           | 70.0 kgs / 154.3 lbs         | Rohan Shitole      | 3/2015        |
| 40-44           | 112.5 kgs / 248.0 lbs        | John Wong          | 4/2023        |
| 55-59           | 90.0 kgs / 198.4 lbs         | Jerry Moylan       | 11/2008       |
| 70-74           | 67.5 kgs / 148.8 lbs         | Salvatore Morabito | 9/2011        |
| Police/Fire/Mil | 70.0 kgs / 154.3 lbs         | Rohan Shitole      | 3/2015        |

**Weight Class: 75 / 165 Male**

| Division        | Bench Press                  | Name              | Date           |
|-----------------|------------------------------|-------------------|----------------|
| <b>Open</b>     | <b>157.5 kgs / 347.2 lbs</b> | <b>Ravy Phoun</b> | <b>10/2013</b> |
| 16-17           | 93.5 kgs / 206.1 lbs         | Simon McKee       | 8/2006         |
| 18-19           | 95.0 kgs / 209.4 lbs         | Andrew Kang       | 12/2013        |
| 20-24           | 120.0 kgs / 264.5 lbs        | Carl Munoz        | 9/2011         |
| 25-29           | 118.5 kgs / 261.2 lbs        | Carl Munoz        |                |
| 40-44           | 107.5 kgs / 236.9 lbs        | John Wong         | 6/2024         |
| 55-59           | 120.0 kgs / 264.5 lbs        | Bob Yamasaki      | 10/2012        |
| 60-64           | 115.0 kgs / 253.5 lbs        | Bob Yamasaki      |                |
| 75-79           | 87.5 kgs / 192.9 lbs         | Robert Cortes     | 10/2009        |
| Police/Fire/Mil | 145.0 kgs / 319.6 lbs        | Mike Ott          | 6/2012         |

**Weight Class: 82.5 / 181 Male**

| Division    | Bench Press                  | Name                  | Date          |
|-------------|------------------------------|-----------------------|---------------|
| <b>Open</b> | <b>185.0 kgs / 407.8 lbs</b> | <b>Kyland Folkers</b> | <b>9/2011</b> |
| 12-13       | 87.5 kgs / 192.9 lbs         | Antonio Santillan     | 3/2015        |
| 25-29       | 135.0 kgs / 297.6 lbs        | B Nepooumenco         |               |
| 40-44       | 162.5 kgs / 358.2 lbs        | Ted Christy           | 9/2011        |
| 45-49       | 163.0 kgs / 359.3 lbs        | Ted Christy           | 10/2010       |
| 50-54       | 147.5 kgs / 325.1 lbs        | Paul Janoff           | 9/2011        |
| 55-59       | 145.5 kgs / 320.7 lbs        | Paul Janoff           | 3/2014        |
| 70-74       | 130.0 kgs / 286.5 lbs        | Merv Goldstein        | 10/2012       |
| 75-79       | 97.5 kgs / 214.9 lbs         | Mike Kane             | 4/2016        |

**Weight Class: 90 / 198 Male**

| Division    | Bench Press                  | Name                | Date          |
|-------------|------------------------------|---------------------|---------------|
| <b>Open</b> | <b>175.0 kgs / 385.8 lbs</b> | <b>Ken Thunberg</b> | <b>7/2008</b> |
| 16-17       | 102.5 kgs / 225.9 lbs        | Ben Moores          | 10/2012       |
| 18-19       | 142.5 kgs / 314.1 lbs        | Barry A. Moores     | 10/2012       |
| 20-24       | 117.5 kgs / 259.0 lbs        | John Wright         | 6/2014        |
| 30-34       | 160.0 kgs / 352.7 lbs        | Chris Gallick       | 10/2011       |
| 50-54       | 175.0 kgs / 385.8 lbs        | Ken Thunberg        | 7/2008        |
| 55-59       | 165.0 kgs / 363.7 lbs        | Ken Thunberg        | 3/2014        |
| 65-69       | 137.5 kgs / 303.1 lbs        | Barry Moores        | 9/2011        |

|       |                       |           |        |
|-------|-----------------------|-----------|--------|
| 70-74 | 122.5 kgs / 270.0 lbs | Mike Kane | 9/2011 |
|-------|-----------------------|-----------|--------|

**Weight Class: 100 / 220 Male**

| Division        | Bench Press                  | Name                 | Date          |
|-----------------|------------------------------|----------------------|---------------|
| <b>Open</b>     | <b>207.5 kgs / 457.4 lbs</b> | <b>Sean Flanagan</b> | <b>3/2014</b> |
| 12-13           | 117.5 kgs / 259.0 lbs        | Antonio Santillan    | 4/2016        |
| 14-15           | 62.5 kgs / 137.7 lbs         | S Lassabecrow        |               |
| 18-19           | 143.0 kgs / 315.2 lbs        | T Peterson           |               |
| 30-34           | 180.0 kgs / 396.8 lbs        | Jeremy Layport       | 6/2014        |
| 35-39           | 207.5 kgs / 457.4 lbs        | Sean Flanagan        | 3/2014        |
| 40-44           | 200.0 kgs / 440.9 lbs        | Joe Smith            | 10/2009       |
| 45-49           | 203.0 kgs / 447.5 lbs        | Sammy Graham         | 10/2013       |
| 50-54           | 165.0 kgs / 363.7 lbs        | Aurelio Velazquez    | 3/2015        |
| 55-59           | 185.0 kgs / 407.8 lbs        | Ken Thunberg         | 6/2018        |
| 65-69           | 152.5 kgs / 336.2 lbs        | William Hill         | 3/2009        |
| 80-84           | 50.0 kgs / 110.2 lbs         | James Manos          | 4/2013        |
| Police/Fire/Mil | 207.5 kgs / 457.4 lbs        | Sean Flanagan        | 3/2014        |

**Weight Class: 110 / 242 Male**

| Division    | Bench Press                  | Name                | Date           |
|-------------|------------------------------|---------------------|----------------|
| <b>Open</b> | <b>205.0 kgs / 451.9 lbs</b> | <b>Alvin Waldon</b> | <b>10/2009</b> |
| 18-19       | 113.0 kgs / 249.1 lbs        | Max McKee           | 8/2006         |
| 35-39       | 200.0 kgs / 440.9 lbs        | Iman Richards       | 10/2013        |
| 45-49       | 162.5 kgs / 358.2 lbs        | John Johnson        |                |
| 50-54       | 162.5 kgs / 358.2 lbs        | John Johnson        | 6/2010         |
| 55-59       | 205.0 kgs / 451.9 lbs        | Alvin Waldon        | 10/2009        |
| 60-64       | 182.5 kgs / 402.3 lbs        | Alvin Waldon        | 9/2011         |
| 75-79       | 60.0 kgs / 132.2 lbs         | Jack Walters        | 3/2014         |

**Weight Class: 125 / 275 Male**

| Division        | Bench Press                  | Name               | Date          |
|-----------------|------------------------------|--------------------|---------------|
| <b>Open</b>     | <b>205.0 kgs / 451.9 lbs</b> | <b>Glen Tenove</b> | <b>3/2015</b> |
| 16-17           | 125.0 kgs / 275.5 lbs        | David Corralejo    | 5/2015        |
| 18-19           | 113.5 kgs / 250.2 lbs        | Max McKee          |               |
| 20-24           | 157.5 kgs / 347.2 lbs        | Jimmy Doyle        | 10/2010       |
| 35-39           | 175.0 kgs / 385.8 lbs        | Elton Hart         | 10/2009       |
| 45-49           | 137.5 kgs / 303.1 lbs        | Josh Hedgecock     | 10/2017       |
| 50-54           | 118.0 kgs / 260.1 lbs        | Ken Tawzer         | 7/2008        |
| 55-59           | 205.0 kgs / 451.9 lbs        | Glen Tenove        | 3/2015        |
| 60-64           | 195.0 kgs / 429.8 lbs        | Glen Tenove        | 6/2016        |
| 65-69           | 120.0 kgs / 264.5 lbs        | Mike Sullivan      | 3/2012        |
| Police/Fire/Mil | 118.0 kgs / 260.1 lbs        | Ken Tawzer         | 7/2008        |

**Weight Class: 140 / 308 Male**

| Division    | Bench Press                  | Name               | Date          |
|-------------|------------------------------|--------------------|---------------|
| <b>Open</b> | <b>207.5 kgs / 457.4 lbs</b> | <b>Glen Tenove</b> | <b>4/2016</b> |
| 55-59       | 203.5 kgs / 448.6 lbs        | Glen Tenove        | 5/2015        |
| 60-64       | 207.5 kgs / 457.4 lbs        | Glen Tenove        | 4/2016        |
| 65-69       | 138.5 kgs / 305.3 lbs        | Denny Faler        | 7/2008        |
| 70-74       | 120.0 kgs / 264.5 lbs        | Denny Faler        | 9/2011        |

| <b>Unknown Class: SHW Male</b> |                       |             |             |
|--------------------------------|-----------------------|-------------|-------------|
| <b>Division</b>                | <b>Bench Press</b>    | <b>Name</b> | <b>Date</b> |
| Open                           | 203.0 kgs / 447.5 lbs | Glen Tenove | 6/2014      |
| 55-59                          | 203.0 kgs / 447.5 lbs | Glen Tenove | 6/2014      |