



TEXAS STATE BENCH RECORDS

Ed Kutin edkutin@gmail.com

7/14/2024

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Angelina Hong	3/2015
18-19	67.5 kgs / 148.8 lbs	Angelina Hong	3/2015

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Angelina Hong	2/2014
18-19	77.5 kgs / 170.8 lbs	Angelina Hong	2/2014

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Jackie Hong	2/2014
20-24	75.0 kgs / 165.3 lbs	Jackie Hong	2/2014

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	54.4 kgs / 119.9 lbs	Arden Mickelson	4/2008
20-24	54.4 kgs / 119.9 lbs	Arden Mickelson	4/2008
25-29	50.0 kgs / 110.2 lbs	Deeanna Burnah	3/2014
Police/Fire/Mil	50.0 kgs / 110.2 lbs	Deeanna Burnah	3/2014

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Erlinda Gomez	6/2014
35-39	82.5 kgs / 181.8 lbs	Erlinda Gomez	6/2014
40-44	80.0 kgs / 176.3 lbs	Erlinda Gomez	5/2015

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Latonya Taylor	6/2024
30-34	60.0 kgs / 132.2 lbs	Latonya Taylor	6/2023
35-39	67.5 kgs / 148.8 lbs	Latonya Taylor	6/2024
40-44	52.5 kgs / 115.7 lbs	Bessilynn Spikes	6/2023

Weight Class: 56 / 123 Male			
Division	Bench Press	Name	Date

Open	82.5 kgs / 181.8 lbs	Chris Leach	4/2008
20-24	82.5 kgs / 181.8 lbs	Chris Leach	4/2008

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	163.0 kgs / 359.3 lbs	Justin Hopkins	4/2008
20-24	152.0 kgs / 335.0 lbs	Shawn Frasquillo	6/2007

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	142.5 kgs / 314.1 lbs	Jason Marshall	6/2014
20-24	105.0 kgs / 231.4 lbs	Michael Faz	6/2019
25-29	112.5 kgs / 248.0 lbs	Mike Hernandez	6/2023
30-34	100.0 kgs / 220.4 lbs	Mike Hernandez	6/2024
35-39	142.5 kgs / 314.1 lbs	Jason Marshall	6/2014
45-49	110.0 kgs / 242.5 lbs	Andrew Smith	11/2015
65-69	95.0 kgs / 209.4 lbs	Ed Regua	12/2018
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Ryan Raider	3/2012

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	160.0 kgs / 352.7 lbs	Ramsey Rodriguez	7/2012
40-44	160.0 kgs / 352.7 lbs	Ramsey Rodriguez	7/2012
45-49	112.5 kgs / 248.0 lbs	Andrew Smith	1/2016
60-64	87.5 kgs / 192.9 lbs	Joe Scalzitti	4/2016
Spec. Oly.	75.0 kgs / 165.3 lbs	Myles Barman	4/2008

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	Armando Melendez	11/2014
30-34	172.5 kgs / 380.2 lbs	Armando Melendez	11/2014
35-39	122.5 kgs / 270.0 lbs	Michael Thomas	6/2023
40-44	150.0 kgs / 330.6 lbs	Kristopher Richard	6/2024
45-49	149.69 kgs / 330.0 lbs	Collin Massey	6/2024
50-54	110.0 kgs / 242.5 lbs	Don Waltz	3/2016
70-74	60.0 kgs / 132.2 lbs	Bob Ward	4/2008

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	177.5 kgs / 391.3 lbs	Matthew Washington	6/2023
25-29	177.5 kgs / 391.3 lbs	Matthew Washington	6/2023

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	165.0 kgs / 363.7 lbs	Christopher Rodriguez	6/2024
35-39	165.0 kgs / 363.7 lbs	Christopher Rodriguez	6/2024
40-44	160.0 kgs / 352.7 lbs	Elzy Morrow	4/2008

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
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Open	147.5 kgs / 325.1 lbs	Jack Griffin	2/2011
55-59	115.0 kgs / 253.5 lbs	Bob Taylor	4/2008
60-64	142.5 kgs / 314.1 lbs	Jack Griffin	6/2010
65-69	147.5 kgs / 325.1 lbs	Jack Griffin	2/2011
Police/Fire/Mil	147.5 kgs / 325.1 lbs	Jack Griffin	2/2011

Unknown Class: SHW Male			
Division	Bench Press	Name	Date
Open	170.0 kgs / 374.7 lbs	Jack Griffin	4/2008
55-59	67.5 kgs / 148.8 lbs	James Campbell	4/2008
60-64	170.0 kgs / 374.7 lbs	Jack Griffin	4/2008
Police/Fire/Mil	170.0 kgs / 374.7 lbs	Jack Griffin	4/2008