



KANSAS STATE BENCH RECORDS

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12/5/2024

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	65.0 kgs / 143.2 lbs	Anna Elliott	11/2024
18-19	65.0 kgs / 143.2 lbs	Anna Elliott	11/2024

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Raya Eilert	11/2024
18-19	72.5 kgs / 159.8 lbs	Raya Eilert	11/2024

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Lizzy Welch	11/2024
18-19	75.0 kgs / 165.3 lbs	Lizzy Welch	11/2024
20-24	70.0 kgs / 154.3 lbs	Sydnee Jackson	11/2024

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	105.0 kgs / 231.4 lbs	Heath Rousselle	11/2024
18-19	105.0 kgs / 231.4 lbs	Heath Rousselle	11/2024

Weight Class: 82.5 / 181 Male			
Division	Bench Press	Name	Date
Open	135.0 kgs / 297.6 lbs	Ethan Cranor	11/2024
18-19	135.0 kgs / 297.6 lbs	Ethan Cranor	11/2024

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	155.0 kgs / 341.7 lbs	Mikah Scott	11/2024
18-19	142.5 kgs / 314.1 lbs	Brendon Morris	11/2024
20-24	155.0 kgs / 341.7 lbs	Mikah Scott	11/2024

Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Date
Open	190.0 kgs / 418.8 lbs	Taylor Lambert	11/2019
20-24	190.0 kgs / 418.8 lbs	Taylor Lambert	11/2019

Weight Class: 125 / 275 Male			
Division	Bench Press	Name	Date
Open	165.0 kgs / 363.7 lbs	Nic Flores	11/2024
20-24	165.0 kgs / 363.7 lbs	Nic Flores	11/2024

Unknown Class: SHW Male			
Division	Bench Press	Name	Date
Open	192.5 kgs / 424.3 lbs	Caden Dougan	11/2024
20-24	192.5 kgs / 424.3 lbs	Caden Dougan	11/2024