



VIRGINIA STATE BENCH RECORDS

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12/7/2024

Weight Class: 35 / 77 Female			
Division	Bench Press	Name	Date
Open	20.0 kgs / 44.0 lbs	Kendall Johnston	
10-11	20.0 kgs / 44.0 lbs	Kendall Johnston	

Weight Class: 40 / 88 Female			
Division	Bench Press	Name	Date
Open	22.5 kgs / 49.6 lbs	Jordon Johnston	
10-11	22.5 kgs / 49.6 lbs	Jordon Johnston	
12-13	20.4 kgs / 44.9 lbs	Nicole Gambonie	11/2008

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	54.0 kgs / 119.0 lbs	Karen Poyner	12/2017
35-39	50.0 kgs / 110.2 lbs	Heather Feingold	5/2015
40-44	37.5 kgs / 82.6 lbs	Jade Nguen	4/2021
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	12/2017
65-69	47.5 kgs / 104.7 lbs	Karen Poyner	4/2023

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	63.5 kgs / 139.9 lbs	Linda Richard	7/2007
14-15	42.5 kgs / 93.6 lbs	J Smith	
18-19	35.0 kgs / 77.1 lbs	Kristen Robbins	12/2014
20-24	57.5 kgs / 126.7 lbs	Lauren Rodriquez	7/2016
25-29	57.5 kgs / 126.7 lbs	Lauren Freeman	2/2016
30-34	37.5 kgs / 82.6 lbs	Nicole Dirienzo	
35-39	47.5 kgs / 104.7 lbs	Jamie Brissey	4/2014
40-44	63.5 kgs / 139.9 lbs	Linda Richard	7/2007
45-49	59.0 kgs / 130.0 lbs	Karen Poyner	4/2005
50-54	60.1 kgs / 132.4 lbs	Karen Poyner	11/2006
55-59	58.5 kgs / 128.9 lbs	Karen Poyner	7/2012
60-64	53.5 kgs / 117.9 lbs	Karen Poyner	4/2016

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Kerry Self	6/2017
10-11	27.5 kgs / 60.6 lbs	Corinne King	3/2024
12-13	38.75 kgs / 85.4 lbs	Jennah ElBardicy	6/2024

14-15	45.0 kgs / 99.2 lbs	Lauren Brendinger	11/2019
16-17	32.5 kgs / 71.6 lbs	Alexandra Bulluck	8/2022
18-19	40.0 kgs / 88.1 lbs	Sofia Graham	8/2012
20-24	60.0 kgs / 132.2 lbs	Lauren Rodriguez	1/2017
25-29	62.5 kgs / 137.7 lbs	Allison Cross	10/2016
30-34	75.5 kgs / 166.4 lbs	Natasha Beasley	6/2017
35-39	76.0 kgs / 167.5 lbs	Natasha Beasley	10/2017
40-44	77.5 kgs / 170.8 lbs	Kerry Self	6/2017
45-49	50.0 kgs / 110.2 lbs	P Willoughby	
50-54	74.5 kgs / 164.2 lbs	Kerry Self	7/2024
55-59	50.0 kgs / 110.2 lbs	Libby Dollison	3/2018
60-64	45.5 kgs / 100.3 lbs	Jo Hendon	8/2021
65-69	40.0 kgs / 88.1 lbs	Marci VanHorn	11/2023
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Rebecca Breeden	9/2015

Weight Class: 56 / 123 Female

Division	Bench Press	Name	Date
Open	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	6/2021
10-11	32.5 kgs / 71.6 lbs	Corinne King	6/2024
12-13	20.0 kgs / 44.0 lbs	Kinsley Heywood	9/2017
18-19	47.5 kgs / 104.7 lbs	Kendra Green	7/2018
20-24	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	6/2021
25-29	67.5 kgs / 148.8 lbs	Maigan Mendoza	11/2017
30-34	77.5 kgs / 170.8 lbs	Natasha Beasley	8/2017
35-39	82.5 kgs / 181.8 lbs	Natasha Beasley	11/2018
40-44	82.5 kgs / 181.8 lbs	Kerry Self	8/2017
45-49	75.0 kgs / 165.3 lbs	Kerry Self	10/2022
50-54	76.0 kgs / 167.5 lbs	Kerry Self	11/2024
55-59	57.5 kgs / 126.7 lbs	Susan Drach	4/2014
60-64	60.5 kgs / 133.3 lbs	Susan Drach	4/2019
65-69	47.5 kgs / 104.7 lbs	Jo Hendon	2/2024
70-74	41.0 kgs / 90.3 lbs	Marcia Anderson	7/2021
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Yvonne Young	8/2012

Weight Class: 60 / 132 Female

Division	Bench Press	Name	Date
Open	85.5 kgs / 188.4 lbs	Natasha Beasley	6/2019
12-13	24.0 kgs / 52.9 lbs	Cheyenne Crocket	6/2017
14-15	42.5 kgs / 93.6 lbs	Victoria Webb	5/2015
16-17	70.5 kgs / 155.4 lbs	Catherine Reynolds	4/2018
18-19	75.0 kgs / 165.3 lbs	Catherine Reynolds	10/2018
20-24	72.5 kgs / 159.8 lbs	Taylor Henderson	10/2015
25-29	77.5 kgs / 170.8 lbs	Lisa Suda	10/2016
30-34	75.0 kgs / 165.3 lbs	Natasha Beasley	3/2017
35-39	85.5 kgs / 188.4 lbs	Natasha Beasley	6/2019
40-44	85.0 kgs / 187.3 lbs	Kerry Self	12/2017
45-49	85.0 kgs / 187.3 lbs	Kerry Self	12/2018
50-54	52.5 kgs / 115.7 lbs	Krystal Brown	12/2022
55-59	40.0 kgs / 88.1 lbs	Kim Radder	8/2017
60-64	60.5 kgs / 133.3 lbs	Linda Lee	7/2024

65-69	42.5 kgs / 93.6 lbs	Linda Leightley	1/2015
70-74	45.5 kgs / 100.3 lbs	Linda Leightley	3/2019
75-79	45.0 kgs / 99.2 lbs	Linda Leightley	3/2020
Police/Fire/Mil	62.5 kgs / 137.7 lbs	Kate Allemen	11/2010

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Natasha Beasley	2/2020
10-11	27.5 kgs / 60.6 lbs	Mary Ross	2/2018
14-15	45.4 kgs / 100.0 lbs	Kelli Taylor	4/2001
16-17	60.0 kgs / 132.2 lbs	Cassidy Bennett	3/2017
18-19	52.5 kgs / 115.7 lbs	Kyrie Nicolai	4/2018
20-24	75.0 kgs / 165.3 lbs	Kourtney Colley	9/2015
25-29	82.5 kgs / 181.8 lbs	Kelly Chance	10/2015
30-34	70.0 kgs / 154.3 lbs	Lindsay Lichtsinn	7/2016
35-39	85.0 kgs / 187.3 lbs	Natasha Beasley	2/2020
40-44	82.5 kgs / 181.8 lbs	Natasha Beasley	11/2024
45-49	63.5 kgs / 139.9 lbs	Cozetta Penn	6/2008
50-54	62.5 kgs / 137.7 lbs	Laura Clancy	10/2018
55-59	68.0 kgs / 149.9 lbs	Claudia Helmick	12/2021
60-64	55.0 kgs / 121.2 lbs	Linda Lee	5/2024
65-69	65.0 kgs / 143.2 lbs	Linda Lee	11/2024
75-79	27.5 kgs / 60.6 lbs	Marlene Henriques	3/2019
80-84	30.5 kgs / 67.2 lbs	Marlene Henriques	3/2022
Police/Fire/Mil	82.5 kgs / 181.8 lbs	Latosha Floyd	

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	93.0 kgs / 205.0 lbs	Lynne Nelson	10/2006
10-11	45.4 kgs / 100.0 lbs	Megan Dishman	10/2003
14-15	45.4 kgs / 100.0 lbs	T Geer	
16-17	57.5 kgs / 126.7 lbs	Raneem Hasan	3/2017
18-19	77.5 kgs / 170.8 lbs	Kristina-Marie Coleman	6/2016
20-24	77.5 kgs / 170.8 lbs	Aubrey Mester-Webb	10/2015
25-29	82.5 kgs / 181.8 lbs	Aubrey Mester-Webb	10/2016
30-34	75.5 kgs / 166.4 lbs	Ninoshka Guerra	2/2023
35-39	75.0 kgs / 165.3 lbs	Mona Espinosa	10/2018
40-44	83.0 kgs / 182.9 lbs	Natasha Beasley	8/2022
45-49	93.0 kgs / 205.0 lbs	Lynne Nelson	10/2006
50-54	50.0 kgs / 110.2 lbs	Susan Jacoby	3/2017
55-59	80.0 kgs / 176.3 lbs	Claudia Helmick	3/2017
60-64	75.0 kgs / 165.3 lbs	Claudia Helmick	12/2022
65-69	65.5 kgs / 144.4 lbs	Nancy Breen	10/2024
70-74	35.0 kgs / 77.1 lbs	Linda Odum	7/2018
Police/Fire/Mil	82.5 kgs / 181.8 lbs	Nichola Diaz	8/2014

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	115.0 kgs / 253.5 lbs	Allison White	5/2019
16-17	70.0 kgs / 154.3 lbs	Hannah Morris	3/2023

18-19	87.5 kgs / 192.9 lbs	Kristina-Marie Coleman	10/2016
20-24	106.6 kgs / 235.0 lbs	LaToya Parrish	12/2007
25-29	70.0 kgs / 154.3 lbs	Danya Anouti	1/2016
30-34	102.1 kgs / 225.0 lbs	Kathy Roberts	5/2010
35-39	115.0 kgs / 253.5 lbs	Allison White	5/2019
40-44	85.0 kgs / 187.3 lbs	Mona Espinosa	10/2021
45-49	63.0 kgs / 138.8 lbs	Christine Boczar	8/2020
50-54	67.5 kgs / 148.8 lbs	Mary Hodge	4/2017
55-59	78.0 kgs / 171.9 lbs	Linda Lee	8/2018
60-64	77.5 kgs / 170.8 lbs	Linda Lee	11/2019
65-69	47.5 kgs / 104.7 lbs	Sonya Jones	8/2024
Police/Fire/Mil	85.0 kgs / 187.3 lbs	Mona Espinosa	10/2021

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	122.5 kgs / 270.0 lbs	LaToya Parrish	5/2008
14-15	67.5 kgs / 148.8 lbs	Emily Neff	5/2021
16-17	30.0 kgs / 66.1 lbs	Sasha Lynn Payne	10/2023
18-19	65.0 kgs / 143.2 lbs	CaDeisha Debroux	4/2012
20-24	122.5 kgs / 270.0 lbs	LaToya Parrish	5/2008
25-29	70.0 kgs / 154.3 lbs	Kelly Christian	11/2019
30-34	65.0 kgs / 143.2 lbs	Marsha DiPeppe	7/2018
35-39	87.5 kgs / 192.9 lbs	Mona Espinosa	6/2021
40-44	92.5 kgs / 203.9 lbs	Mona Espinosa	9/2021
45-49	73.0 kgs / 160.9 lbs	Charlotte Baker	4/2018
50-54	71.0 kgs / 156.5 lbs	Mary Hodge	11/2020
55-59	70.5 kgs / 155.4 lbs	Mary Hodge	8/2021
60-64	82.5 kgs / 181.8 lbs	Linda Lee	10/2020
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	12/2017
70-74	60.0 kgs / 132.2 lbs	Karen Hansen	7/2019
Police/Fire/Mil	92.5 kgs / 203.9 lbs	Mona Espinosa	9/2021
Spec. Oly.	30.0 kgs / 66.1 lbs	Vonda Martin	12/2016

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	117.5 kgs / 259.0 lbs	Jessica Read	7/2012
14-15	27.5 kgs / 60.6 lbs	Maia Carter	3/2019
16-17	50.0 kgs / 110.2 lbs	Caroline Willar	5/2015
18-19	57.5 kgs / 126.7 lbs	Maya El-Hage	3/2017
20-24	102.5 kgs / 225.9 lbs	Kopper Carter	6/2017
25-29	107.5 kgs / 236.9 lbs	Jontiasha Goode	6/2021
30-34	116.5 kgs / 256.8 lbs	Jessica Read	3/2012
35-39	117.5 kgs / 259.0 lbs	Jessica Read	7/2012
40-44	92.5 kgs / 203.9 lbs	Kalisha Spence	3/2018
45-49	100.0 kgs / 220.4 lbs	Leslie Irwin	8/2018
50-54	70.0 kgs / 154.3 lbs	Maureen Hodges	8/2016
55-59	73.5 kgs / 162.0 lbs	Charlotte Baker	4/2024
60-64	70.0 kgs / 154.3 lbs	Sandy Flaus	11/2019
65-69	45.3 kgs / 99.8 lbs	Suci Stinnett	11/2005
Police/Fire/Mil	100.0 kgs / 220.4 lbs	Leslie Irwin	8/2018

Spec. Oly.	32.5 kgs / 71.6 lbs	Girlvester Thompson	12/2016
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Weight Class: 30 / 66 Male

Division	Bench Press	Name	Date
Open	30.0 kgs / 66.1 lbs	Andrew Scibelli	
6-7	15.0 kgs / 33.0 lbs	Luke Frankson	11/2020
8-9	29.5 kgs / 65.0 lbs	Joshua Moore	1/2013
10-11	30.0 kgs / 66.1 lbs	Andrew Scibelli	

Weight Class: 35 / 77 Male

Division	Bench Press	Name	Date
Open	30.5 kgs / 67.2 lbs	Maximus Ruskin	2/2023
8-9	30.5 kgs / 67.2 lbs	Maximus Ruskin	2/2023
10-11	30.0 kgs / 66.1 lbs	Andrew Scibelli	1/2015

Weight Class: 40 / 88 Male

Division	Bench Press	Name	Date
Open	32.5 kgs / 71.6 lbs	Nate Platz	7/2014
10-11	27.5 kgs / 60.6 lbs	Kaiden Koehler	2/2018
12-13	32.5 kgs / 71.6 lbs	Nate Platz	7/2014

Weight Class: 44 / 97 Male

Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	John Self	7/2021
10-11	32.5 kgs / 71.6 lbs	Kaiden Koehler	6/2018
12-13	50.0 kgs / 110.2 lbs	John Self	7/2021

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	James Miller	7/2013
8-9	32.5 kgs / 71.6 lbs	Brayden Dashiell	5/2021
12-13	62.5 kgs / 137.7 lbs	Johnny Brattelli	5/2024
14-15	92.5 kgs / 203.9 lbs	James Miller	7/2013

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	James Miller	7/2013
8-9	15.0 kgs / 33.0 lbs	Simon Frankson	11/2020
10-11	24.9 kgs / 54.8 lbs	E Cole	4/2001
12-13	72.5 kgs / 159.8 lbs	Johnny Brattelli	7/2024
14-15	92.5 kgs / 203.9 lbs	James Miller	7/2013
16-17	92.5 kgs / 203.9 lbs	James Miller	10/2014
35-39	90.7 kgs / 199.9 lbs	Tony Ostrum	9/2003

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Date
Open	102.5 kgs / 225.9 lbs	Robert Clark	2009
10-11	42.5 kgs / 93.6 lbs	Collin Henriques	9/2021

12-13	72.5 kgs / 159.8 lbs	John Self Jr	10/2022
14-15	100.0 kgs / 220.4 lbs	James Miller	6/2013
16-17	102.5 kgs / 225.9 lbs	Robert Clark	2009
18-19	75.0 kgs / 165.3 lbs	Jake Shankman	
Spec. Oly.	55.0 kgs / 121.2 lbs	Travis Lilly	6/2010
Handicapped	55.0 kgs / 121.2 lbs	Travis Lilly	6/2010

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	115.0 kgs / 253.5 lbs	Cameron Lanham	11/2016
12-13	81.6 kgs / 179.8 lbs	Coy Wimer	12/2006
14-15	100.0 kgs / 220.4 lbs	John Self Jr	7/2024
16-17	112.5 kgs / 248.0 lbs	Robert Clark	3/2010
18-19	113.4 kgs / 250.0 lbs	Josh Browne	4/2008
20-24	115.0 kgs / 253.5 lbs	Cameron Lanham	11/2016
35-39	100.0 kgs / 220.4 lbs	Jimmy Witham	3/2017
50-54	93.0 kgs / 205.0 lbs	Jim Marchio	7/2007
55-59	90.0 kgs / 198.4 lbs	Jim Marchio	6/2011
60-64	90.0 kgs / 198.4 lbs	Jim Marchio	6/2016
65-69	80.0 kgs / 176.3 lbs	Jim Marchio	4/2021
Spec. Oly.	50.0 kgs / 110.2 lbs	Aaron Ealey	4/2016

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	157.5 kgs / 347.2 lbs	Lenard Jones	6/2019
10-11	40.0 kgs / 88.1 lbs	Brayden Dashiell	6/2022
12-13	86.2 kgs / 190.0 lbs	Coy Wimer	1/2007
14-15	100.0 kgs / 220.4 lbs	Ryan Henriques	7/2023
16-17	117.5 kgs / 259.0 lbs	Robert Clark	6/2010
18-19	127.5 kgs / 281.0 lbs	Seth Curtis	11/2019
20-24	157.5 kgs / 347.2 lbs	Lenard Jones	6/2019
25-29	127.5 kgs / 281.0 lbs	Christopher Ferranti	6/2016
30-34	147.5 kgs / 325.1 lbs	Brannigan Coleman	11/2023
35-39	142.9 kgs / 315.0 lbs	Danny Transfiguration	3/2001
40-44	130.0 kgs / 286.5 lbs	Allen Shen	1/2016
45-49	145.2 kgs / 320.1 lbs	David Wilson	11/2005
50-54	144.0 kgs / 317.4 lbs	John Self	7/2024
55-59	117.5 kgs / 259.0 lbs	Matthew Chapman	6/2024
60-64	130.0 kgs / 286.5 lbs	Guy HA	10/2016
65-69	125.0 kgs / 275.5 lbs	Guy HA	12/2016
70-74	102.5 kgs / 225.9 lbs	James Hart	10/2015
Police/Fire/Mil	125.0 kgs / 275.5 lbs	Jason Creswell	12/2012
Spec. Oly.	42.5 kgs / 93.6 lbs	Jax Mcleod	7/2018

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	John Self	2007
10-11	52.5 kgs / 115.7 lbs	Brayden Dashiell	5/2023
12-13	85.0 kgs / 187.3 lbs	Ryan Melton	6/2012
14-15	108.9 kgs / 240.0 lbs	Coy Wimer	3/2008

16-17	150.0 kgs / 330.6 lbs	Nicholas Apseloff	6/2010
18-19	152.0 kgs / 335.0 lbs	Adam Crider	4/2006
20-24	167.5 kgs / 369.2 lbs	Larry Dyles	11/2007
25-29	158.8 kgs / 350.0 lbs	Larry Dyles	3/2009
30-34	142.5 kgs / 314.1 lbs	Greg Young	6/2017
35-39	163.3 kgs / 360.0 lbs	John Self	11/2005
40-44	157.5 kgs / 347.2 lbs	Duane Carter	2/2016
45-49	161.0 kgs / 354.9 lbs	Corky Baggett	11/2002
50-54	153.0 kgs / 337.3 lbs	John Self	7/2021
55-59	146.0 kgs / 321.8 lbs	Raymond Harris	3/2019
60-64	102.5 kgs / 225.9 lbs	John Permelia	10/2023
65-69	130.0 kgs / 286.5 lbs	Guy HA	10/2017
70-74	110.0 kgs / 242.5 lbs	Al Annunziato	12/2018
75-79	45.0 kgs / 99.2 lbs	Pete Miller	12/2022
80-84	97.5 kgs / 214.9 lbs	James Hart	11/2024
Police/Fire/Mil	147.5 kgs / 325.1 lbs	Chris Eden	5/2016
Spec. Oly.	77.1 kgs / 169.9 lbs	Carl Riggleman	3/2012

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	195.0 kgs / 429.8 lbs	Ilias Burnett	8/2024
10-11	29.5 kgs / 65.0 lbs	Wade Turner	4/2006
12-13	83.5 kgs / 184.0 lbs	Tyler Pence	5/2017
14-15	145.5 kgs / 320.7 lbs	Nicholas Apseloff	8/2008
16-17	158.8 kgs / 350.0 lbs	Nicholas Apseloff	1/2010
18-19	168.0 kgs / 370.3 lbs	Jake Fries	10/2015
20-24	195.0 kgs / 429.8 lbs	Ilias Burnett	8/2024
25-29	179.2 kgs / 395.0 lbs	Larry Dyles	1/2011
30-34	192.5 kgs / 424.3 lbs	T.J. Mosley	12/2015
35-39	176.9 kgs / 389.9 lbs	John Self	7/2006
40-44	189.0 kgs / 416.6 lbs	Matthew Reep	9/2016
45-49	170.0 kgs / 374.7 lbs	Matthew Moore	9/2013
50-54	157.5 kgs / 347.2 lbs	Tim McCoy	4/2012
55-59	145.0 kgs / 319.6 lbs	Raymond Harris	6/2018
60-64	135.0 kgs / 297.6 lbs	Raymond Harris	4/2021
65-69	105.0 kgs / 231.4 lbs	Gary Banks	4/2022
70-74	120.0 kgs / 264.5 lbs	Bill Lindsey	4/2016
75-79	113.0 kgs / 249.1 lbs	Bill Lindsey	4/2024
Police/Fire/Mil	189.0 kgs / 416.6 lbs	Matthew Reep	9/2016
Spec. Oly.	97.5 kgs / 214.9 lbs	Chris Smallwood	4/2016

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	200.5 kgs / 442.0 lbs	Rico Terrel	8/2024
12-13	90.0 kgs / 198.4 lbs	Owen Whisenant	11/2014
14-15	105.0 kgs / 231.4 lbs	Jeffrey Allen	
16-17	161.0 kgs / 354.9 lbs	Andy Kadick	4/2007
18-19	183.7 kgs / 404.9 lbs	Andre DeCastro	5/2009
20-24	187.3 kgs / 412.9 lbs	Aaron Johnson	6/2008
25-29	200.0 kgs / 440.9 lbs	Brandon Perdue	7/2013

30-34	190.5 kgs / 419.9 lbs	John Krauss	5/2004
35-39	183.7 kgs / 404.9 lbs	John Self	12/2006
40-44	197.3 kgs / 434.9 lbs	Nick Mercorelli	1/2011
45-49	186.0 kgs / 410.0 lbs	Arthur Patterson	10/2006
50-54	200.5 kgs / 442.0 lbs	Rico Terrel	8/2024
55-59	152.5 kgs / 336.2 lbs	Todd Traylor	11/2020
60-64	148.5 kgs / 327.3 lbs	Vladimir Tarabay	10/2015
65-69	119.7 kgs / 263.8 lbs	Bill Lindsey	3/2012
70-74	120.0 kgs / 264.5 lbs	Bill Lindsey	5/2016
75-79	115.6 kgs / 254.8 lbs	John Sheehan	6/2004
Police/Fire/Mil	197.5 kgs / 435.4 lbs	Aaron Johnson	11/2009
Spec. Oly.	105.0 kgs / 231.4 lbs	Daron Ealey	4/2016

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	222.3 kgs / 490.0 lbs	Kenny Burkett	11/2002
12-13	95.0 kgs / 209.4 lbs	Owen Whisenant	2/2015
14-15	115.0 kgs / 253.5 lbs	Tyler Pence	3/2019
16-17	167.5 kgs / 369.2 lbs	Jacob French	12/2016
18-19	172.4 kgs / 380.0 lbs	Andy Kadick	8/2007
20-24	192.8 kgs / 425.0 lbs	Aaron Johnson	6/2008
25-29	195.0 kgs / 429.8 lbs	Derek Dickinson	9/2017
30-34	183.7 kgs / 404.9 lbs	Chris Devol	1/2009
35-39	222.3 kgs / 490.0 lbs	Kenny Burkett	11/2002
40-44	215.0 kgs / 473.9 lbs	Sabre Schnitzer	1/2014
45-49	215.0 kgs / 473.9 lbs	Sabre Schnitzer	12/2012
50-54	197.5 kgs / 435.4 lbs	Jasper Jones Jr.	11/2024
55-59	177.5 kgs / 391.3 lbs	Craig Perry	12/2011
60-64	172.5 kgs / 380.2 lbs	Craig Perry	9/2013
65-69	145.0 kgs / 319.6 lbs	Henry Banks	3/2012
70-74	112.5 kgs / 248.0 lbs	John Moore	6/2012
75-79	123.0 kgs / 271.1 lbs	John Moore	11/2015
80-84	121.0 kgs / 266.7 lbs	John Moore	7/2017
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Sabre Schnitzer	
Spec. Oly.	67.5 kgs / 148.8 lbs	Matt Shomper	4/2016

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	240.0 kgs / 529.1 lbs	Michael Dudley	11/2022
12-13	52.5 kgs / 115.7 lbs	Austin Heywood	1/2017
14-15	130.0 kgs / 286.5 lbs	Daniel Hall	11/2020
16-17	150.0 kgs / 330.6 lbs	Brian Ruebush	6/2010
18-19	167.5 kgs / 369.2 lbs	Carl Bedwell	7/2013
20-24	215.0 kgs / 473.9 lbs	Andre Mealy	5/2017
25-29	228.0 kgs / 502.6 lbs	Scott Beitzell	7/2017
30-34	212.5 kgs / 468.4 lbs	John Schenck	1/2016
35-39	240.0 kgs / 529.1 lbs	Michael Dudley	11/2022
40-44	215.0 kgs / 473.9 lbs	Christopher Halloway	6/2019
45-49	180.0 kgs / 396.8 lbs	Brad Beach	1/2016
50-54	193.0 kgs / 425.4 lbs	Brad Beach	3/2020

55-59	182.3 kgs / 401.8 lbs	Todd Campo	12/2010
60-64	160.0 kgs / 352.7 lbs	Reno Birt	4/2023
65-69	173.0 kgs / 381.3 lbs	Todd Campo	12/2018
70-74	137.5 kgs / 303.1 lbs	Charles LaPan	5/2014
75-79	115.5 kgs / 254.6 lbs	Bernie Rhodes	11/2024
Police/Fire/Mil	215.0 kgs / 473.9 lbs	Michael Dudley	3/2022
Spec. Oly.	80.0 kgs / 176.3 lbs	Sean Kimball	4/2016

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	235.9 kgs / 520.0 lbs	Scott Kuzma	10/2006
14-15	132.5 kgs / 292.1 lbs	Maxx Philpott	5/2016
16-17	130.0 kgs / 286.5 lbs	Daniel Hall	10/2022
18-19	158.8 kgs / 350.0 lbs	Daniel Trang	
20-24	197.5 kgs / 435.4 lbs	Matt Cronin	6/2015
25-29	215.5 kgs / 475.0 lbs	Michael Traub	6/2007
30-34	217.5 kgs / 479.5 lbs	Marcus Boddie	1/2012
35-39	212.1 kgs / 467.5 lbs	Scott Kuzma	4/2005
40-44	235.9 kgs / 520.0 lbs	Scott Kuzma	10/2006
45-49	215.0 kgs / 473.9 lbs	Patrick McMillan	10/2021
50-54	218.0 kgs / 480.6 lbs	Patrick McMillan Sr.	11/2024
55-59	197.5 kgs / 435.4 lbs	Clifton Burse	6/2016
60-64	181.5 kgs / 400.1 lbs	Stephen Kozlowski	2/2022
65-69	181.5 kgs / 400.1 lbs	Stephen Kozlowski	2/2023
70-74	125.5 kgs / 276.6 lbs	Bernie Rhodes	8/2023
75-79	122.5 kgs / 270.0 lbs	Bernie Rhodes	8/2023
Police/Fire/Mil	218.0 kgs / 480.6 lbs	Patrick McMillan Sr.	11/2024
Spec. Oly.	90.0 kgs / 198.4 lbs	Brian Williams	4/2016

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	231.3 kgs / 509.9 lbs	Scott Kuzma	12/2006
14-15	125.0 kgs / 275.5 lbs	Daniel Hall	8/2020
16-17	124.7 kgs / 274.9 lbs	Justin Hughes	1/2011
18-19	172.5 kgs / 380.2 lbs	Adam Burke	1/2015
20-24	204.1 kgs / 449.9 lbs	Steve Dellinger	10/2006
25-29	212.5 kgs / 468.4 lbs	Bryant Lewellyn	5/2017
30-34	221.1 kgs / 487.4 lbs	Joel Anderson	8/2009
35-39	227.5 kgs / 501.5 lbs	Mark Hotochin	2/2018
40-44	231.3 kgs / 509.9 lbs	Scott Kuzma	12/2006
45-49	207.5 kgs / 457.4 lbs	Robert Gains	6/2012
50-54	200.0 kgs / 440.9 lbs	Robert Gains	10/2016
55-59	170.0 kgs / 374.7 lbs	Hakim Shakir	6/2022
60-64	190.5 kgs / 419.9 lbs	Ronald Beuch	8/2012
65-69	177.5 kgs / 391.3 lbs	Stephen Kozlowski	4/2024
Police/Fire/Mil	200.0 kgs / 440.9 lbs	Robert Gains	10/2016

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	242.5 kgs / 534.6 lbs	Nicholas Cook	3/2015

20-24	242.5 kgs / 534.6 lbs	Nicholas Cook	3/2015
25-29	190.0 kgs / 418.8 lbs	Jacob Everhart	8/2012
30-34	226.8 kgs / 500.0 lbs	Nick Minneti	5/2004
35-39	231.3 kgs / 509.9 lbs	Nick Minneti	2/2006
40-44	210.0 kgs / 462.9 lbs	Aaron Daley	11/2014
45-49	220.0 kgs / 485.0 lbs	Thomas Dillard	7/2007
50-54	200.5 kgs / 442.0 lbs	Robert Gains	10/2017
55-59	220.0 kgs / 485.0 lbs	Bill Gillespie	5/2017
60-64	190.0 kgs / 418.8 lbs	Robert Gains	6/2024
Police/Fire/Mil	195.0 kgs / 429.8 lbs	Brian Nicholson	1/2017