



## NEW HAMPSHIRE STATE BENCH RECORDS

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1/19/2025

<b>Weight Class: 56 / 123    Female</b>			
Division	Bench Press	Name	Date
Open	64.0 kgs / 141.0 lbs	Gayle Pollard	8/2010
25-29	47.5 kgs / 104.7 lbs	Jillian Provost	6/2017
35-39	35.0 kgs / 77.1 lbs	Gina Ledger	12/2008
45-49	64.0 kgs / 141.0 lbs	Gayle Pollard	8/2010
50-54	32.5 kgs / 71.6 lbs	Nancy Scott	4/2008

<b>Weight Class: 60 / 132    Female</b>			
Division	Bench Press	Name	Date
Open	65.0 kgs / 143.2 lbs	Debbie Banaian	8/2011
10-11	27.5 kgs / 60.6 lbs	Olivia Toth	12/2008
20-24	47.5 kgs / 104.7 lbs	Kristi Juneau	6/2017
40-44	50.0 kgs / 110.2 lbs	Stephanie Burant	6/2012
45-49	65.0 kgs / 143.2 lbs	Debbie Banaian	8/2011
50-54	42.5 kgs / 93.6 lbs	Beverley Charland	
Police/Fire/Mil	47.5 kgs / 104.7 lbs	Kristi Juneau	6/2017

<b>Weight Class: 67.5 / 148    Female</b>			
Division	Bench Press	Name	Date
Open	69.5 kgs / 153.2 lbs	Nona Hubbard	8/2008
40-44	65.0 kgs / 143.2 lbs	Nona Hubbard	12/2006
45-49	69.5 kgs / 153.2 lbs	Nona Hubbard	8/2008
55-59	45.0 kgs / 99.2 lbs	Elaine Neal	6/2008
60-64	40.0 kgs / 88.1 lbs	Bonnie Kershaw	6/2012

<b>Weight Class: 75 / 165    Female</b>			
Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Kim Furlong	11/2009
40-44	62.5 kgs / 137.7 lbs	Kim Furlong	12/2008
45-49	67.5 kgs / 148.8 lbs	Kim Furlong	11/2009
55-59	47.5 kgs / 104.7 lbs	Elaine Neal	8/2008
60-64	42.5 kgs / 93.6 lbs	Carol Bowden	6/2012

<b>Weight Class: 82.5 / 181    Female</b>			
Division	Bench Press	Name	Date
Open	60.0 kgs / 132.2 lbs	Brenda Paradis	6/2011
45-49	60.0 kgs / 132.2 lbs	Brenda Paradis	6/2011
50-54	37.5 kgs / 82.6 lbs	Lisa Meyer	3/2012

<b>Weight Class: 90 / 198 Female</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>72.5 kgs / 159.8 lbs</b>	<b>E. Daly</b>	
14-15	43.0 kgs / 94.7 lbs	Celestyne D'Almeida	8/2024
20-24	72.5 kgs / 159.8 lbs	E. Daly	
45-49	40.0 kgs / 88.1 lbs	MaryAnn Heath	4/2011

<b>Weight Class: 90+ / 198+ Female</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>87.5 kgs / 192.9 lbs</b>	<b>Laurie Thackeray</b>	<b>10/2012</b>
45-49	87.5 kgs / 192.9 lbs	Laurie Thackeray	10/2012
65-69	37.5 kgs / 82.6 lbs	Susan Shinn	3/2012
80-84	25.0 kgs / 55.1 lbs	Corrinne Cassidy	3/2012

<b>Weight Class: 48 / 105 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>37.5 kgs / 82.6 lbs</b>	<b>Nick Beebe</b>	<b>11/2011</b>
8-9	37.5 kgs / 82.6 lbs	Nick Beebe	11/2011
14-15	35.0 kgs / 77.1 lbs	Michael Lacroix	8/2010

<b>Weight Class: 56 / 123 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>92.5 kgs / 203.9 lbs</b>	<b>Garret Taoka</b>	<b>7/2007</b>
50-54	92.5 kgs / 203.9 lbs	Garret Taoka	7/2007

<b>Weight Class: 60 / 132 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>128.0 kgs / 282.1 lbs</b>	<b>Vance Edwards</b>	<b>6/2010</b>
16-17	75.0 kgs / 165.3 lbs	Peter Willette	10/2007
50-54	95.0 kgs / 209.4 lbs	Garret Taoka	9/2007

<b>Weight Class: 67.5 / 148 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>133.5 kgs / 294.3 lbs</b>	<b>Vance Edwards</b>	<b>8/2010</b>
14-15	56.5 kgs / 124.5 lbs	Noah Andino	8/2024
20-24	127.5 kgs / 281.0 lbs	Alex LaRochelle	7/2016
35-39	133.5 kgs / 294.3 lbs	Vance Edwards	8/2010
50-54	115.0 kgs / 253.5 lbs	Edward Guillette	9/2012

<b>Weight Class: 75 / 165 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>137.5 kgs / 303.1 lbs</b>	<b>David Umstead</b>	<b>10/2007</b>
14-15	130.0 kgs / 286.5 lbs	Janos Zsofka	8/2010
20-24	117.5 kgs / 259.0 lbs	Troy Langeuin	7/2016
35-39	137.5 kgs / 303.1 lbs	David Umstead	10/2007
40-44	125.0 kgs / 275.5 lbs	Jake Freedman	6/2016
65-69	105.0 kgs / 231.4 lbs	Norman MacKay	8/2010

<b>Weight Class: 82.5 / 181 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>155.0 kgs / 341.7 lbs</b>	<b>Tim Groff</b>	<b>6/2012</b>
16-17	92.5 kgs / 203.9 lbs	Kardin Nyugen	8/2024
18-19	100.0 kgs / 220.4 lbs	Zach St. Hilaire	6/2021
35-39	152.5 kgs / 336.2 lbs	David Umstead	12/2006
40-44	137.5 kgs / 303.1 lbs	Jake Freedman	6/2012
45-49	142.5 kgs / 314.1 lbs	Michael Folini	11/2009
50-54	137.5 kgs / 303.1 lbs	Michael Folini	8/2010
55-59	102.5 kgs / 225.9 lbs	Douglas Manning	9/2012
65-69	120.2 kgs / 264.9 lbs	Peter Hubbard	12/2007
70-74	116.0 kgs / 255.7 lbs	Peter Hubbard	8/2008

<b>Weight Class: 90 / 198 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>165.0 kgs / 363.7 lbs</b>	<b>Craig Kozens</b>	<b>1/2025</b>
14-15	122.0 kgs / 268.9 lbs	Brock MacPherson	8/2024
18-19	97.5 kgs / 214.9 lbs	Mike Delmore	6/2021
20-24	155.0 kgs / 341.7 lbs	Nathanael Glines	10/2010
40-44	160.0 kgs / 352.7 lbs	Jason Curry	4/2016
45-49	135.0 kgs / 297.6 lbs	Chris Beebe	11/2011
55-59	165.0 kgs / 363.7 lbs	Craig Kozens	1/2025
60-64	100.0 kgs / 220.4 lbs	Brian Alexander	6/2021
70-74	119.0 kgs / 262.3 lbs	Peter Hubbard	12/2008
Police/Fire/Mil	155.0 kgs / 341.7 lbs	Nathanael Glines	10/2010

<b>Weight Class: 100 / 220 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>192.5 kgs / 424.3 lbs</b>	<b>Nicholas Guidice</b>	<b>12/2008</b>
12-13	65.5 kgs / 144.4 lbs	Dawson Turgeon	8/2024
14-15	61.0 kgs / 134.4 lbs	Kaleb Kimball	8/2024
18-19	115.0 kgs / 253.5 lbs	Austin Trapletti	9/2007
20-24	192.5 kgs / 424.3 lbs	Nicholas Guidice	12/2008
35-39	154.2 kgs / 339.9 lbs	Pat O'Brien	11/2006
40-44	185.0 kgs / 407.8 lbs	James LeClerc	11/2010
45-49	192.5 kgs / 424.3 lbs	James LeClerc	11/2011
50-54	170.0 kgs / 374.7 lbs	Craig Kozens	2/2023
55-59	172.5 kgs / 380.2 lbs	Craig Kozens	4/2023

<b>Weight Class: 110 / 242 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
<b>Open</b>	<b>193.0 kgs / 425.4 lbs</b>	<b>Wayne Mudrack</b>	<b>6/2010</b>
14-15	55.0 kgs / 121.2 lbs	Chris Steidi	3/2012
16-17	104.0 kgs / 229.2 lbs	Braydon McMath	8/2024
20-24	162.5 kgs / 358.2 lbs	Mike Shepard	6/2010
35-39	190.0 kgs / 418.8 lbs	Carl Mueller	7/2007
40-44	182.5 kgs / 402.3 lbs	Carl Mueller	11/2008
45-49	193.0 kgs / 425.4 lbs	Wayne Mudrack	6/2010
50-54	150.0 kgs / 330.6 lbs	Phillip Thomsen	9/2008

55-59	172.0 kgs / 379.1 lbs	Craig Kozens	8/2024
65-69	105.0 kgs / 231.4 lbs	Carl Wallin	12/2006

**Weight Class: 125 / 275 Male**

Division	Bench Press	Name	Date
<b>Open</b>	<b>167.0 kgs / 368.1 lbs</b>	<b>Adam Kovacs</b>	<b>9/2008</b>
18-19	167.0 kgs / 368.1 lbs	Adam Kovacs	9/2008
25-29	138.0 kgs / 304.2 lbs	Ronald Hurley	8/2024
30-34	163.0 kgs / 359.3 lbs	Matt Schuster	8/2024
35-39	162.5 kgs / 358.2 lbs	Joshua Glennon	8/2010
40-44	160.0 kgs / 352.7 lbs	B. Toth	
55-59	131.5 kgs / 289.9 lbs	Bob Borofsky	10/2007
Police/Fire/Mil	147.5 kgs / 325.1 lbs	Joshua Glennon	6/2011

**Weight Class: 140 / 308 Male**

Division	Bench Press	Name	Date
<b>Open</b>	<b>182.5 kgs / 402.3 lbs</b>	<b>Steven Chance</b>	<b>9/2007</b>
16-17	115.5 kgs / 254.6 lbs	Ethan Byington	8/2024
35-39	182.5 kgs / 402.3 lbs	Steven Chance	9/2007
40-44	182.5 kgs / 402.3 lbs	Steven Chance	6/2008
60-64	182.5 kgs / 402.3 lbs	Bob Borofsky	9/2012

**Unknown Class: SHW Male**

Division	Bench Press	Name	Date
<b>Open</b>	<b>185.0 kgs / 407.8 lbs</b>	<b>Gregory Rodriguez</b>	<b>6/2012</b>