



CALIFORNIA STATE BENCH RECORDS

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2/23/2025

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	62.5 kgs / 137.7 lbs	Kate Bianchi	3/2018
20-24	62.5 kgs / 137.7 lbs	Kate Bianchi	3/2018
25-29	62.5 kgs / 137.7 lbs	Kate Bianchi	11/2019

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
45-49	55.0 kgs / 121.2 lbs	Marquesses D Glazner	2/2025
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

Open	70.0 kgs / 154.3 lbs	Daniel Matson	6/2013
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
Open	112.5 kgs / 248.0 lbs	John Wong	4/2023
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
Open	157.5 kgs / 347.2 lbs	Ravy Phoun	10/2013
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	120.0 kgs / 264.5 lbs	John Wong	11/2024
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
Open	185.0 kgs / 407.8 lbs	Kyland Folkers	9/2011
12-13	87.5 kgs / 192.9 lbs	Antonio Santillan	3/2015
25-29	135.0 kgs / 297.6 lbs	B Nepoomuenco	
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
Open	175.0 kgs / 385.8 lbs	Ken Thunberg	7/2008
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
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Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	207.5 kgs / 457.4 lbs	Sean Flanagan	3/2014
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
Open	205.0 kgs / 451.9 lbs	Alvin Waldon	10/2009
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
Open	205.0 kgs / 451.9 lbs	Glen Tenove	3/2015
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
Open	207.5 kgs / 457.4 lbs	Glen Tenove	4/2016
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

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