



CONNECTICUT STATE BENCH RECORDS

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4/15/2025

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	42.9 kgs / 94.5 lbs	Abigail Scudder	3/2013
60-64	42.9 kgs / 94.5 lbs	Abigail Scudder	3/2013

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	47.5 kgs / 104.7 lbs	Tiffany Barney	3/2020
16-17	40.0 kgs / 88.1 lbs	Mia Denhart	2/2021
45-49	47.5 kgs / 104.7 lbs	Tiffany Barney	3/2020

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	43.0 kgs / 94.7 lbs	Natasha Lange	6/2023
16-17	40.0 kgs / 88.1 lbs	Mia Denhart	3/2021
30-34	43.0 kgs / 94.7 lbs	Natasha Lange	6/2023
45-49	42.5 kgs / 93.6 lbs	Tiffany Barney	1/2020
55-59	37.5 kgs / 82.6 lbs	Angela Krom	3/2020

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	55.3 kgs / 121.9 lbs	Kim Battipaglia	3/2013
16-17	35.0 kgs / 77.1 lbs	Maddie Dudeck	2/2021
18-19	45.0 kgs / 99.2 lbs	Tianna Oliva	12/2017
30-34	50.0 kgs / 110.2 lbs	Natasha Esteves	1/2024
40-44	55.3 kgs / 121.9 lbs	Kim Battipaglia	3/2013
45-49	45.0 kgs / 99.2 lbs	Tiffany Barney	6/2018
50-54	47.5 kgs / 104.7 lbs	Courtenay Khoury	10/2009
55-59	42.5 kgs / 93.6 lbs	Angela Krom	12/2020
60-64	47.5 kgs / 104.7 lbs	Angela Krom	2/2023

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	60.5 kgs / 133.3 lbs	Lesley DeAngelo	2/2023
16-17	35.0 kgs / 77.1 lbs	Maddie Dudeck	3/2021
35-39	48.5 kgs / 106.9 lbs	Nikki Dorval	6/2021
50-54	60.5 kgs / 133.3 lbs	Lesley DeAngelo	2/2023
55-59	45.0 kgs / 99.2 lbs	Angela Krom	2/2021

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Gianna Ancona	1/2024
14-15	75.0 kgs / 165.3 lbs	Gianna Ancona	1/2024
20-24	40.0 kgs / 88.1 lbs	Kelsey Dudgeon	6/2016
35-39	72.5 kgs / 159.8 lbs	Danielle Gambardella	1/2024
45-49	47.5 kgs / 104.7 lbs	Lesley DeAngelo	2/2019
50-54	55.0 kgs / 121.2 lbs	Lesley DeAngelo	11/2019

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Maura Gaudiosi	11/2009
12-13	59.0 kgs / 130.0 lbs	Jessica Fagnoli	6/2019
16-17	55.0 kgs / 121.2 lbs	Taylor Gromko	12/2020
18-19	57.5 kgs / 126.7 lbs	Taylor Gromko	3/2021
25-29	50.5 kgs / 111.3 lbs	Amber Gerald	2/2023
35-39	50.0 kgs / 110.2 lbs	Nikki Dorval	6/2019
40-44	82.5 kgs / 181.8 lbs	Maura Gaudiosi	11/2009
45-49	50.0 kgs / 110.2 lbs	Lesley DeAngelo	3/2018
50-54	62.5 kgs / 137.7 lbs	Lesley DeAngelo	1/2024

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Laura Willson	2/2023
16-17	50.0 kgs / 110.2 lbs	Chloe Rabago	6/2021
25-29	50.0 kgs / 110.2 lbs	Lindsey Terry	12/2017
40-44	57.5 kgs / 126.7 lbs	Laura Willson	2/2023
50-54	55.0 kgs / 121.2 lbs	Amy Traver	1/2020
55-59	55.0 kgs / 121.2 lbs	Kathy Perugini	1/2024

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	60.0 kgs / 132.2 lbs	Amy Traver	6/2021
25-29	37.5 kgs / 82.6 lbs	Amanda Corjulo	6/2018
40-44	45.0 kgs / 99.2 lbs	Jennifer Tramontano	2/2021
50-54	60.0 kgs / 132.2 lbs	Amy Traver	6/2021

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	105.0 kgs / 231.4 lbs	Kierstyn Bourdeau	2/2023
20-24	87.5 kgs / 192.9 lbs	Kierstyn Bourdeau	3/2020
25-29	105.0 kgs / 231.4 lbs	Kierstyn Bourdeau	2/2023
35-39	57.5 kgs / 126.7 lbs	Monika Steczkowski	3/2021
40-44	72.5 kgs / 159.8 lbs	Monika Steczkowski	1/2023
45-49	65.0 kgs / 143.2 lbs	Leslie Wright	2/2020
50-54	57.5 kgs / 126.7 lbs	Amy Traver	12/2020

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
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Open	48.0 kgs / 105.8 lbs	Brewer Drust	11/2023
10-11	43.0 kgs / 94.7 lbs	Brewer Drust	5/2023
12-13	48.0 kgs / 105.8 lbs	Brewer Drust	11/2023

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	55.0 kgs / 121.2 lbs	Will Barney	6/2018
12-13	55.0 kgs / 121.2 lbs	Will Barney	6/2018

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	152.5 kgs / 336.2 lbs	Andrew Fiocco	6/2019
10-11	42.5 kgs / 93.6 lbs	Ryan Wilkinson	5/2023
12-13	82.5 kgs / 181.8 lbs	Christian Russo	6/2017
14-15	95.0 kgs / 209.4 lbs	Christian Russo	12/2017
16-17	92.5 kgs / 203.9 lbs	Jake Cangiano	5/2023
20-24	152.5 kgs / 336.2 lbs	Andrew Fiocco	6/2019

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	130.0 kgs / 286.5 lbs	Darren Kimsey	10/2010
10-11	57.5 kgs / 126.7 lbs	Connor Grenier	11/2023
12-13	77.5 kgs / 170.8 lbs	Connor Atwater	6/2019
14-15	129.2 kgs / 284.8 lbs	Donald Anneser	2003
16-17	122.5 kgs / 270.0 lbs	Jeff Gonzalez	6/2023
35-39	124.0 kgs / 273.3 lbs	Darren Kimsey	9/2008
40-44	130.0 kgs / 286.5 lbs	Darren Kimsey	10/2010
55-59	111.0 kgs / 244.7 lbs	David Petro-Roy	10/2008
60-64	110.5 kgs / 243.6 lbs	David Petro-Roy	10/2009
Police/Fire/Mil	127.5 kgs / 281.0 lbs	John D'Aniello	11/2009

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	152.0 kgs / 335.0 lbs	Rocky Huber	6/2006
10-11	45.0 kgs / 99.2 lbs	Brendan Wolcott	11/2023
14-15	97.5 kgs / 214.9 lbs	Evan Russo	10/2020
16-17	137.5 kgs / 303.1 lbs	Christian Russo	10/2020
18-19	110.0 kgs / 242.5 lbs	Juan Rabago	9/2019
20-24	112.5 kgs / 248.0 lbs	James Gulyas	4/2008
25-29	145.0 kgs / 319.6 lbs	Thomas VanLangen	6/2016
30-34	125.0 kgs / 275.5 lbs	Scott Provost	6/2016
35-39	120.0 kgs / 264.5 lbs	Scott Provost	6/2017
40-44	125.0 kgs / 275.5 lbs	Michael Hartling	9/2011
45-49	127.5 kgs / 281.0 lbs	James Scott	2/2020
50-54	152.0 kgs / 335.0 lbs	Rocky Huber	6/2006
65-69	92.5 kgs / 203.9 lbs	Bruce Maus	6/2022
70-74	100.0 kgs / 220.4 lbs	Robert Jackson	11/2023
Police/Fire/Mil	127.5 kgs / 281.0 lbs	James Scott	2/2020

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
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Open	172.5 kgs / 380.2 lbs	Russell Laitres	7/2007
14-15	77.5 kgs / 170.8 lbs	Danny Lemel	6/2019
16-17	127.5 kgs / 281.0 lbs	Michael Anton	5/2023
18-19	120.0 kgs / 264.5 lbs	Mike Fusco	1/2024
20-24	152.5 kgs / 336.2 lbs	Jonathan Marshall	8/2015
25-29	142.5 kgs / 314.1 lbs	Anthony Esteves	2/2019
30-34	150.0 kgs / 330.6 lbs	Anthony Esteves	12/2022
35-39	105.0 kgs / 231.4 lbs	Aaron Kanute	6/2019
65-69	110.0 kgs / 242.5 lbs	Robert Jackson	6/2022
70-74	115.0 kgs / 253.5 lbs	Robert Jackson	4/2025
Police/Fire/Mil	150.0 kgs / 330.6 lbs	Anthony Esteves	12/2022

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	192.5 kgs / 424.3 lbs	Quincy Pecora	3/2021
12-13	72.5 kgs / 159.8 lbs	Joey Volpe	3/2018
14-15	105.0 kgs / 231.4 lbs	Jack Kurtz	5/2023
16-17	137.5 kgs / 303.1 lbs	Evan Russo	5/2023
18-19	105.0 kgs / 231.4 lbs	Mike Fusco	6/2023
20-24	160.0 kgs / 352.7 lbs	Brian Becker	4/2008
25-29	192.5 kgs / 424.3 lbs	Quincy Pecora	3/2021
30-34	115.0 kgs / 253.5 lbs	Jason Flood	6/2018
35-39	122.5 kgs / 270.0 lbs	Jason Flood	1/2023
40-44	115.0 kgs / 253.5 lbs	Oronde Moore	6/2018
45-49	167.5 kgs / 369.2 lbs	Lenny Creatura	12/2006
50-54	167.5 kgs / 369.2 lbs	Lenny Creatura	3/2012
55-59	167.8 kgs / 369.9 lbs	Roland Cote	2003
60-64	160.0 kgs / 352.7 lbs	Lenny Creatura	3/2018
Police/Fire/Mil	182.5 kgs / 402.3 lbs	Brian Richard	12/2006

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	187.5 kgs / 413.3 lbs	Chaz Ruffin	6/2017
18-19	187.5 kgs / 413.3 lbs	Chaz Ruffin	6/2017
20-24	135.0 kgs / 297.6 lbs	Rohin Momas	8/2015
35-39	130.0 kgs / 286.5 lbs	Jason Flood	6/2023
40-44	150.0 kgs / 330.6 lbs	Jesse Johnson	6/2018
50-54	107.5 kgs / 236.9 lbs	Mike Knopf	12/2022
Police/Fire/Mil	150.0 kgs / 330.6 lbs	Jesse Johnson	6/2018

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	158.8 kgs / 350.0 lbs	Chris Defino	7/2007
16-17	158.8 kgs / 350.0 lbs	Chris Defino	7/2007
20-24	110.0 kgs / 242.5 lbs	Duncan Aronsen	6/2024
30-34	122.5 kgs / 270.0 lbs	Andrew Polzella	6/2018
50-54	127.5 kgs / 281.0 lbs	Jeff Willson	6/2021
55-59	136.0 kgs / 299.8 lbs	Jeff Willson	6/2023
60-64	100.0 kgs / 220.4 lbs	Milo Mazurick	6/2018
Police/Fire/Mil	122.5 kgs / 270.0 lbs	Andrew Polzella	6/2018

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	143.0 kgs / 315.2 lbs	Sean Cangiano	3/2021
16-17	126.0 kgs / 277.7 lbs	Cole Feinauer	12/2020
18-19	143.0 kgs / 315.2 lbs	Sean Cangiano	3/2021

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	217.5 kgs / 479.5 lbs	Cameron Gillespie	6/2016
18-19	137.5 kgs / 303.1 lbs	Sean Cangiano	2/2021
25-29	217.5 kgs / 479.5 lbs	Cameron Gillespie	6/2016
30-34	192.5 kgs / 424.3 lbs	Cameron Gillespie	2/2020
35-39	190.0 kgs / 418.8 lbs	Dan Mozaeko	3/2008
40-44	110.0 kgs / 242.5 lbs	Andrew Hardduby	3/2020
45-49	120.0 kgs / 264.5 lbs	Andrew Harduby	6/2021