



## MASSACHUSETTS STATE BENCH RECORDS

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4/15/2025

| Weight Class: 44 / 97 Female |                     |               |        |
|------------------------------|---------------------|---------------|--------|
| Division                     | Bench Press         | Name          | Date   |
| Open                         | 36.0 kgs / 79.3 lbs | Amanda Henson | 2010   |
| 12-13                        | 30.0 kgs / 66.1 lbs | Amanda Henson | 7/2009 |
| 14-15                        | 36.0 kgs / 79.3 lbs | Amanda Henson | 2010   |

| Weight Class: 48 / 105 Female |                     |               |        |
|-------------------------------|---------------------|---------------|--------|
| Division                      | Bench Press         | Name          | Date   |
| Open                          | 41.0 kgs / 90.3 lbs | Amanda Henson | 9/2011 |
| 14-15                         | 41.0 kgs / 90.3 lbs | Amanda Henson | 9/2011 |

| Weight Class: 52 / 114 Female |                      |                  |        |
|-------------------------------|----------------------|------------------|--------|
| Division                      | Bench Press          | Name             | Date   |
| Open                          | 72.5 kgs / 159.8 lbs | Donna McBurney   | 4/2008 |
| 20-24                         | 40.8 kgs / 89.9 lbs  | Shanice Harrison | 3/2008 |
| 40-44                         | 72.5 kgs / 159.8 lbs | Donna McBurney   | 4/2008 |

| Weight Class: 56 / 123 Female |                      |                  |         |
|-------------------------------|----------------------|------------------|---------|
| Division                      | Bench Press          | Name             | Date    |
| Open                          | 62.5 kgs / 137.7 lbs | Judith Wolff     | 8/2010  |
| 20-24                         | 52.5 kgs / 115.7 lbs | Laura Belcastro  | 10/2009 |
| 25-29                         | 50.0 kgs / 110.2 lbs | Kaitlin Haddad   | 6/2017  |
| 30-34                         | 57.5 kgs / 126.7 lbs | Ashlee Jasak     | 6/2016  |
| 40-44                         | 45.0 kgs / 99.2 lbs  | Karen Cole       | 11/2011 |
| 45-49                         | 60.0 kgs / 132.2 lbs | Carla McComb     | 9/2008  |
| 55-59                         | 62.5 kgs / 137.7 lbs | Judith Wolff     | 8/2010  |
| 60-64                         | 57.5 kgs / 126.7 lbs | Judith Wolff     | 6/2012  |
| 65-69                         | 45.0 kgs / 99.2 lbs  | Dianne MacMillan | 3/2009  |
| Police/Fire/Mil               | 52.5 kgs / 115.7 lbs | R. Miles         |         |

| Weight Class: 60 / 132 Female |                      |                  |        |
|-------------------------------|----------------------|------------------|--------|
| Division                      | Bench Press          | Name             | Date   |
| Open                          | 77.5 kgs / 170.8 lbs | Lindsay Ferzoco  | 7/2016 |
| 20-24                         | 52.5 kgs / 115.7 lbs | Payton Grande    | 6/2018 |
| 30-34                         | 77.5 kgs / 170.8 lbs | Lindsay Ferzoco  | 7/2016 |
| 35-39                         | 50.0 kgs / 110.2 lbs | Sarah McClelland | 8/2015 |
| 55-59                         | 62.5 kgs / 137.7 lbs | Judith Wolff     | 8/2010 |
| 60-64                         | 60.0 kgs / 132.2 lbs | Judith Wolff     | 6/2012 |
| 65-69                         | 50.0 kgs / 110.2 lbs | Judith Wolff     | 6/2018 |

**Weight Class: 67.5 / 148 Female**

| Division    | Bench Press                 | Name                   | Date           |
|-------------|-----------------------------|------------------------|----------------|
| <b>Open</b> | <b>77.5 kgs / 170.8 lbs</b> | <b>Elise MacKenzie</b> | <b>10/2009</b> |
| 20-24       | 77.5 kgs / 170.8 lbs        | Elise MacKenzie        | 10/2009        |
| 25-29       | 50.0 kgs / 110.2 lbs        | Emily Bourque          | 6/2018         |
| 30-34       | 67.5 kgs / 148.8 lbs        | Jennifer Matos         | 6/2016         |
| 35-39       | 47.5 kgs / 104.7 lbs        | Sarah McClelland       | 3/2014         |
| 40-44       | 57.5 kgs / 126.7 lbs        | Mary Tower             | 3/2009         |
| 45-49       | 60.0 kgs / 132.2 lbs        | Deb Kesper             | 5/2014         |
| 50-54       | 72.5 kgs / 159.8 lbs        | Suzanne LaForge        | 11/2014        |
| 60-64       | 65.0 kgs / 143.2 lbs        | Carol Levasseur        | 6/2023         |

**Weight Class: 75 / 165 Female**

| Division        | Bench Press                 | Name                    | Date          |
|-----------------|-----------------------------|-------------------------|---------------|
| <b>Open</b>     | <b>70.0 kgs / 154.3 lbs</b> | <b>Suzanne Spero</b>    | <b>3/2012</b> |
| 20-24           | 67.5 kgs / 148.8 lbs        | Katelyn Crogan          | 6/2015        |
| 25-29           | 52.5 kgs / 115.7 lbs        | Michelle Sparrow        | 7/2016        |
| 30-34           | 55.0 kgs / 121.2 lbs        | Ann Gartman             | 6/2018        |
| 35-39           | 60.0 kgs / 132.2 lbs        | Kristen Walther         | 9/2012        |
| 40-44           | 57.5 kgs / 126.7 lbs        | Lisa Leary              | 3/2014        |
| 50-54           | 70.0 kgs / 154.3 lbs        | Suzanne Spero           | 3/2012        |
| 60-64           | 65.0 kgs / 143.2 lbs        | Carol Levasseur         | 11/2022       |
| Police/Fire/Mil | 50.0 kgs / 110.2 lbs        | Brittney White-Gonzalez | 4/2009        |

**Weight Class: 82.5 / 181 Female**

| Division    | Bench Press                 | Name                | Date          |
|-------------|-----------------------------|---------------------|---------------|
| <b>Open</b> | <b>77.5 kgs / 170.8 lbs</b> | <b>Allie Duclos</b> | <b>6/2017</b> |
| 25-29       | 77.5 kgs / 170.8 lbs        | Allie Duclos        | 6/2017        |
| 30-34       | 75.5 kgs / 166.4 lbs        | Agatha Cretzu       | 7/2017        |

**Weight Class: 90 / 198 Female**

| Division    | Bench Press                 | Name                       | Date          |
|-------------|-----------------------------|----------------------------|---------------|
| <b>Open</b> | <b>75.0 kgs / 165.3 lbs</b> | <b>Catherine Marquardt</b> | <b>3/2009</b> |
| 35-39       | 72.5 kgs / 159.8 lbs        | Sarah Heminger             | 4/2014        |
| 45-49       | 75.0 kgs / 165.3 lbs        | Catherine Marquardt        | 3/2009        |

**Weight Class: 90+ / 198+ Female**

| Division    | Bench Press                 | Name                  | Date          |
|-------------|-----------------------------|-----------------------|---------------|
| <b>Open</b> | <b>92.5 kgs / 203.9 lbs</b> | <b>Sarah Heminger</b> | <b>6/2018</b> |
| 20-24       | 50.0 kgs / 110.2 lbs        | Gabriela Tortolano    | 3/2013        |
| 35-39       | 83.5 kgs / 184.0 lbs        | Sarah Heminger        | 10/2016       |
| 40-44       | 92.5 kgs / 203.9 lbs        | Sarah Heminger        | 6/2018        |

**Weight Class: 56 / 123 Male**

| Division    | Bench Press                 | Name                   | Date   |
|-------------|-----------------------------|------------------------|--------|
| <b>Open</b> | <b>96.0 kgs / 211.6 lbs</b> | <b>Benjamin Henson</b> |        |
| 12-13       | 77.5 kgs / 170.8 lbs        | Benjamin Henson        | 8/2008 |
| 14-15       | 96.0 kgs / 211.6 lbs        | Benjamin Henson        |        |

|       |                      |             |        |
|-------|----------------------|-------------|--------|
| 18-19 | 82.5 kgs / 181.8 lbs | Josh Willis | 6/2016 |
|-------|----------------------|-------------|--------|

**Weight Class: 60 / 132 Male**

| Division | Bench Press           | Name            | Date    |
|----------|-----------------------|-----------------|---------|
| Open     | 115.0 kgs / 253.5 lbs | Anibal Pedroza  | 6/2017  |
| 14-15    | 96.0 kgs / 211.6 lbs  | Benjamin Henson | 3/2010  |
| 16-17    | 70.0 kgs / 154.3 lbs  | Curtis Gomes    | 11/2007 |
| 18-19    | 85.0 kgs / 187.3 lbs  | Bill Sexton     | 6/2013  |
| 25-29    | 115.0 kgs / 253.5 lbs | Anibal Pedroza  | 6/2017  |

**Weight Class: 67.5 / 148 Male**

| Division        | Bench Press           | Name           | Date    |
|-----------------|-----------------------|----------------|---------|
| Open            | 147.5 kgs / 325.1 lbs | Patrick Mason  | 6/2017  |
| 12-13           | 43.5 kgs / 95.9 lbs   | John Flynn     | 9/2012  |
| 14-15           | 75.0 kgs / 165.3 lbs  | Louis Shenker  | 6/2014  |
| 16-17           | 122.5 kgs / 270.0 lbs | Michael Wong   | 8/2009  |
| 18-19           | 127.5 kgs / 281.0 lbs | Michael Wong   | 5/2010  |
| 20-24           | 125.0 kgs / 275.5 lbs | Brandon Silva  | 11/2006 |
| 30-34           | 102.5 kgs / 225.9 lbs | Nick Dee       | 12/2021 |
| 40-44           | 145.0 kgs / 319.6 lbs | Richard Bloom  | 4/2025  |
| 45-49           | 117.5 kgs / 259.0 lbs | Thomas Ferlito | 3/2007  |
| 50-54           | 117.5 kgs / 259.0 lbs | Thomas Ferlito | 9/2007  |
| 60-64           | 147.5 kgs / 325.1 lbs | Patrick Mason  | 6/2017  |
| 70-74           | 72.5 kgs / 159.8 lbs  | William Falla  | 3/2009  |
| Police/Fire/Mil | 145.0 kgs / 319.6 lbs | Richard Bloom  | 4/2025  |

**Weight Class: 75 / 165 Male**

| Division        | Bench Press           | Name               | Date    |
|-----------------|-----------------------|--------------------|---------|
| Open            | 161.5 kgs / 356.0 lbs | Daniel Henson      | 11/2010 |
| 16-17           | 117.5 kgs / 259.0 lbs | Samuel Gladstone   | 6/2009  |
| 20-24           | 152.5 kgs / 336.2 lbs | Michael Napolitano | 10/2009 |
| 25-29           | 95.0 kgs / 209.4 lbs  | Nick Stodolski     | 6/2017  |
| 35-39           | 142.5 kgs / 314.1 lbs | Steven Garten      | 12/2006 |
| 40-44           | 122.5 kgs / 270.0 lbs | Thomas Hegarty     | 3/2014  |
| 45-49           | 157.5 kgs / 347.2 lbs | Daniel Henson      | 10/2010 |
| 50-54           | 145.0 kgs / 319.6 lbs | Daniel Henson      | 11/2014 |
| 60-64           | 86.2 kgs / 190.0 lbs  | Timothy Whalen     | 9/2007  |
| 65-69           | 110.0 kgs / 242.5 lbs | Brian Friary       | 9/2012  |
| 70-74           | 95.7 kgs / 210.9 lbs  | Eugene Richards    | 9/2012  |
| Police/Fire/Mil | 137.5 kgs / 303.1 lbs | Benjamin Henson    | 6/2018  |

**Weight Class: 82.5 / 181 Male**

| Division | Bench Press           | Name            | Date   |
|----------|-----------------------|-----------------|--------|
| Open     | 165.0 kgs / 363.7 lbs | Daniel Henson   |        |
| 10-11    | 35.0 kgs / 77.1 lbs   | Joshua Rebovich | 9/2007 |
| 14-15    | 82.5 kgs / 181.8 lbs  | T. Harrington   |        |
| 16-17    | 65.0 kgs / 143.2 lbs  | Brian Shea      | 6/2016 |
| 18-19    | 107.5 kgs / 236.9 lbs | Taran Richter   | 6/2017 |
| 20-24    | 152.5 kgs / 336.2 lbs | Anthony Ott     | 3/2014 |
| 25-29    | 130.0 kgs / 286.5 lbs | Chris Buckley   | 2/2019 |

|                 |                       |                  |         |
|-----------------|-----------------------|------------------|---------|
| 30-34           | 122.5 kgs / 270.0 lbs | Stephen Lee      | 12/2024 |
| 40-44           | 127.5 kgs / 281.0 lbs | Alan Robinson    | 3/2014  |
| 45-49           | 165.0 kgs / 363.7 lbs | Daniel Henson    |         |
| 60-64           | 107.5 kgs / 236.9 lbs | Larry Emerson    |         |
| 65-69           | 107.5 kgs / 236.9 lbs | Arthur Gingrande | 3/2014  |
| 70-74           | 112.5 kgs / 248.0 lbs | Arthur Gingrande | 10/2015 |
| 75-79           | 102.5 kgs / 225.9 lbs | Brian Friary     | 6/2021  |
| Police/Fire/Mil | 127.5 kgs / 281.0 lbs | Alan Robinson    | 3/2014  |

**Weight Class: 90 / 198 Male**

| Division    | Bench Press                  | Name                 | Date          |
|-------------|------------------------------|----------------------|---------------|
| <b>Open</b> | <b>183.7 kgs / 404.9 lbs</b> | <b>Steve Paolini</b> | <b>8/2006</b> |
| 14-15       | 87.5 kgs / 192.9 lbs         | Kevan Fagan          | 10/2007       |
| 16-17       | 137.5 kgs / 303.1 lbs        | Jason Grieves        | 6/2013        |
| 20-24       | 165.0 kgs / 363.7 lbs        | Michelle Tello       | 11/2017       |
| 25-29       | 130.0 kgs / 286.5 lbs        | Evan Berneche        | 6/2017        |
| 30-34       | 142.5 kgs / 314.1 lbs        | Isa Abbaszade        | 3/2025        |
| 35-39       | 135.0 kgs / 297.6 lbs        | Phil Najemy          | 7/2016        |
| 40-44       | 165.5 kgs / 364.8 lbs        | George Silva         | 6/2006        |
| 45-49       | 172.5 kgs / 380.2 lbs        | George Silva         | 3/2007        |
| 50-54       | 181.5 kgs / 400.1 lbs        | Ken Mattson          | 3/2008        |
| 60-64       | 107.5 kgs / 236.9 lbs        | David Mansfield      | 7/2007        |
| 70-74       | 107.5 kgs / 236.9 lbs        | Arthur Gingrande     | 9/2017        |

**Weight Class: 100 / 220 Male**

| Division        | Bench Press                  | Name               | Date          |
|-----------------|------------------------------|--------------------|---------------|
| <b>Open</b>     | <b>202.5 kgs / 446.4 lbs</b> | <b>Donald Acus</b> | <b>3/2009</b> |
| 12-13           | 38.5 kgs / 84.8 lbs          | Joshua Rebovich    | 10/2008       |
| 16-17           | 137.5 kgs / 303.1 lbs        | Cameron LaForge    | 3/2012        |
| 18-19           | 150.0 kgs / 330.6 lbs        | James Grieves      | 3/2014        |
| 20-24           | 186.0 kgs / 410.0 lbs        | Rick Marrama       | 6/2006        |
| 30-34           | 142.5 kgs / 314.1 lbs        | Mike Rossi         | 6/2016        |
| 40-44           | 142.5 kgs / 314.1 lbs        | Rick Catino        | 9/2012        |
| 45-49           | 195.5 kgs / 430.9 lbs        | Curtis Clapp       | 3/2008        |
| 50-54           | 182.5 kgs / 402.3 lbs        | Ken Mattson        | 7/2006        |
| 60-64           | 145.0 kgs / 319.6 lbs        | Bob McCarthy       | 6/2011        |
| 75-79           | 65.0 kgs / 143.2 lbs         | Charles Brackett   | 3/2009        |
| Police/Fire/Mil | 155.0 kgs / 341.7 lbs        | Peter Napolitano   | 10/2009       |

**Weight Class: 110 / 242 Male**

| Division        | Bench Press                  | Name                | Date          |
|-----------------|------------------------------|---------------------|---------------|
| <b>Open</b>     | <b>204.6 kgs / 451.0 lbs</b> | <b>Alec Johnson</b> | <b>9/2012</b> |
| 18-19           | 127.5 kgs / 281.0 lbs        | Matthew Nogueira    | 6/2008        |
| 20-24           | 165.8 kgs / 365.5 lbs        | Mathew Osberg       | 3/2013        |
| 40-44           | 204.6 kgs / 451.0 lbs        | Alec Johnson        | 9/2012        |
| 45-49           | 175.0 kgs / 385.8 lbs        | Tom MacDougall      | 9/2007        |
| 50-54           | 170.0 kgs / 374.7 lbs        | Jeff Lett           | 6/2015        |
| 55-59           | 165.0 kgs / 363.7 lbs        | Jeff Lett           | 6/2016        |
| Police/Fire/Mil | 150.0 kgs / 330.6 lbs        | Peter Napolitano    | 9/2011        |

**Weight Class: 125 / 275 Male**

| Division | Bench Press           | Name           | Date   |
|----------|-----------------------|----------------|--------|
| Open     | 250.0 kgs / 551.1 lbs | James Hourihan | 5/2011 |
| 25-29    | 117.5 kgs / 259.0 lbs | Brian Snell    | 6/2018 |
| 30-34    | 250.0 kgs / 551.1 lbs | James Hourihan | 5/2011 |
| 35-39    | 165.0 kgs / 363.7 lbs | Adam Tuller    | 9/2014 |
| 40-44    | 160.0 kgs / 352.7 lbs | Dan Driscoll   |        |
| 45-49    | 145.0 kgs / 319.6 lbs | Jim Clifford   | 9/2014 |
| 50-54    | 210.0 kgs / 462.9 lbs | Greg Curatola  | 6/2011 |
| 55-59    | 175.0 kgs / 385.8 lbs | Jeff Lett      | 6/2017 |
| 60-64    | 145.0 kgs / 319.6 lbs | Ray Cross      | 3/2009 |
| 65-69    | 137.5 kgs / 303.1 lbs | Jeff Morse     | 2/2020 |

**Weight Class: 140 / 308 Male**

| Division | Bench Press           | Name           | Date    |
|----------|-----------------------|----------------|---------|
| Open     | 210.0 kgs / 462.9 lbs | Nick Chaprales | 3/2014  |
| 20-24    | 120.0 kgs / 264.5 lbs | Ronny Balboa   | 12/2011 |
| 35-39    | 192.8 kgs / 425.0 lbs | Carl Wilson    | 6/2006  |

**Unknown Class: SHW Male**

| Division        | Bench Press           | Name           | Date    |
|-----------------|-----------------------|----------------|---------|
| Open            | 208.0 kgs / 458.5 lbs | Robert Cutts   | 10/2017 |
| 35-39           | 200.0 kgs / 440.9 lbs | Zac Gorra      | 11/2023 |
| 45-49           | 100.0 kgs / 220.4 lbs | Jason Campbell | 10/2020 |
| 50-54           | 197.5 kgs / 435.4 lbs | Robert Cutts   | 11/2014 |
| 55-59           | 208.0 kgs / 458.5 lbs | Robert Cutts   | 10/2017 |
| Police/Fire/Mil | 208.0 kgs / 458.5 lbs | Robert Cutts   | 10/2017 |