



PENNSYLVANIA STATE BENCH RECORDS

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4/30/2025

Weight Class: 30 / 66 Female			
Division	Bench Press	Name	Date
Open	20.4 kgs / 44.9 lbs	Adrianne Zimmerman	2002
8-9	20.0 kgs / 44.0 lbs	Bella Butler	12/2020
10-11	20.4 kgs / 44.9 lbs	Adrianne Zimmerman	2002

Weight Class: 35 / 77 Female			
Division	Bench Press	Name	Date
Open	25.0 kgs / 55.1 lbs	Adrianne Zimmerman	2003
8-9	25.0 kgs / 55.1 lbs	Addelina D'Antonio	2011
10-11	25.0 kgs / 55.1 lbs	Adrianne Zimmerman	2003

Weight Class: 40 / 88 Female			
Division	Bench Press	Name	Date
Open	31.7 kgs / 69.8 lbs	Adrianne Zimmerman	2004
8-9	20.4 kgs / 44.9 lbs	Sarah Hunt	2009
10-11	31.7 kgs / 69.8 lbs	Adrianne Zimmerman	2004

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	54.4 kgs / 119.9 lbs	Ruth Snyder	1999
8-9	24.9 kgs / 54.8 lbs	Sarah Hunt	2010
10-11	32.5 kgs / 71.6 lbs	Tiffani Teeter	6/2018
12-13	36.2 kgs / 79.8 lbs	Adrianne Zimmerman	2005
16-17	42.5 kgs / 93.6 lbs	Danielle Tasher	10/2012
35-39	54.4 kgs / 119.9 lbs	Ruth Snyder	1999
40-44	40.8 kgs / 89.9 lbs	Paula Lorenzi	2003

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	61.0 kgs / 134.4 lbs	Vanessa Ferla	10/2016
8-9	27.2 kgs / 59.9 lbs	Sarah Hunt	2010
12-13	45.3 kgs / 99.8 lbs	Adrianne Zimmerman	2006
14-15	45.0 kgs / 99.2 lbs	Heather Wayland	3/2019
16-17	45.0 kgs / 99.2 lbs	Danielle Tasher	3/2012
18-19	34.0 kgs / 74.9 lbs	J Painter	2004
30-34	61.0 kgs / 134.4 lbs	Vanessa Ferla	10/2016
35-39	40.8 kgs / 89.9 lbs	Benita Steffan	2002
55-59	52.5 kgs / 115.7 lbs	Ruth Snyder	12/2018

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	65.0 kgs / 143.2 lbs	Lori McMahon	12/2021
8-9	36.5 kgs / 80.4 lbs	Avree Wright	2006
10-11	36.5 kgs / 80.4 lbs	Avree Wright	2006
12-13	60.0 kgs / 132.2 lbs	Miranda Chambers	3/2014
14-15	55.0 kgs / 121.2 lbs	Lela Pensyl	4/2023
16-17	50.0 kgs / 110.2 lbs	Hope Weaver	12/2018
18-19	50.0 kgs / 110.2 lbs	Sarah Lowder	4/2013
20-24	61.2 kgs / 134.9 lbs	Rebecca Skal	1999
25-29	55.0 kgs / 121.2 lbs	Caitlin Ruegg	6/2018
35-39	38.5 kgs / 84.8 lbs	Benita Steffan	2003
40-44	55.0 kgs / 121.2 lbs	Amy Smith	6/2016
45-49	51.0 kgs / 112.4 lbs	Benita Steffan	4/2013
50-54	47.5 kgs / 104.7 lbs	Janet Huntley	10/2015
55-59	65.0 kgs / 143.2 lbs	Lori McMahon	12/2021
60-64	48.5 kgs / 106.9 lbs	Janet Huntley	4/2023
65-69	36.0 kgs / 79.3 lbs	Mary Ann Little	2013
70-74	35.0 kgs / 77.1 lbs	Mary Ann Little	11/2014

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Miranda Chambers	10/2016
12-13	38.5 kgs / 84.8 lbs	Raquel Childres	
14-15	70.0 kgs / 154.3 lbs	Miranda Chambers	11/2014
16-17	85.0 kgs / 187.3 lbs	Miranda Chambers	10/2016
18-19	32.5 kgs / 71.6 lbs	Rebekah Wolters	4/2024
20-24	70.0 kgs / 154.3 lbs	Cara Tortoriello	7/2017
25-29	55.0 kgs / 121.2 lbs	Alexandra Butler	10/2016
30-34	47.5 kgs / 104.7 lbs	Kelly Griffith	3/2018
35-39	68.0 kgs / 149.9 lbs	Lori Snyder	2005
40-44	50.0 kgs / 110.2 lbs	Marye Murphy	2010
45-49	62.5 kgs / 137.7 lbs	Catarina Aldi	4/2025
50-54	52.5 kgs / 115.7 lbs	Erica Kornfeind	11/2014
55-59	70.0 kgs / 154.3 lbs	Lori McMahon	12/2022
60-64	47.5 kgs / 104.7 lbs	Janet Huntley	4/2024
75-79	18.1 kgs / 39.9 lbs	Dorothy Johnson	3/2008

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	70.0 kgs / 154.3 lbs	Lauren Conrad	3/2018
12-13	60.0 kgs / 132.2 lbs	Leann Piekut	3/2016
14-15	70.0 kgs / 154.3 lbs	Nena Pfeffer	3/2025
16-17	62.5 kgs / 137.7 lbs	Sammantha Perrine	11/2011
18-19	62.5 kgs / 137.7 lbs	Krystal Stanczyk	4/2014
20-24	70.0 kgs / 154.3 lbs	Lauren Conrad	3/2018
25-29	65.0 kgs / 143.2 lbs	Sydney Worley	4/2025
30-34	52.5 kgs / 115.7 lbs	Shea Herbstritt	8/2020
35-39	54.9 kgs / 121.0 lbs	S Mason	1999

40-44	52.1 kgs / 114.8 lbs	S. Elchynski	2001
45-49	60.0 kgs / 132.2 lbs	Mary Lou Norris	4/2014
50-54	60.0 kgs / 132.2 lbs	Mary Lou Norris	4/2017
55-59	60.0 kgs / 132.2 lbs	Annemarie Kemmerer	6/2013
60-64	60.0 kgs / 132.2 lbs	Annemarie Kemmerer	3/2014
70-74	32.5 kgs / 71.6 lbs	Norma Jean Teufel	12/2023
75-79	35.0 kgs / 77.1 lbs	Norma Jean Teufel	6/2024
80-84	22.6 kgs / 49.8 lbs	Dorothy Johnson	2009

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Date
Open	104.6 kgs / 230.6 lbs	Michelle Borzak	7/2005
12-13	37.5 kgs / 82.6 lbs	Nyela Hernandez	6/2016
14-15	70.5 kgs / 155.4 lbs	Kaitlyn Duncan	11/2010
16-17	79.4 kgs / 175.0 lbs	Angie Miller	2004
18-19	67.5 kgs / 148.8 lbs	Sammantha Perrine	6/2013
20-24	72.5 kgs / 159.8 lbs	Rachel Papson	6/2024
25-29	80.0 kgs / 176.3 lbs	Kristen Gordon	4/2024
30-34	67.5 kgs / 148.8 lbs	Lori Beth Nunemaker	4/2024
35-39	63.5 kgs / 139.9 lbs	Victoria Villo	2003
40-44	69.9 kgs / 154.1 lbs	Ruth Douglas	2007
45-49	73.5 kgs / 162.0 lbs	Mary Ann Wieckowski	6/2012
50-54	72.1 kgs / 158.9 lbs	Kathy McGee	4/2007
55-59	60.0 kgs / 132.2 lbs	Annemarie Kemmerer	10/2012
60-64	50.0 kgs / 110.2 lbs	Doris Santos	10/2013
70-74	30.0 kgs / 66.1 lbs	Cynthia Kremenik	12/2023
Police/Fire/Mil	57.5 kgs / 126.7 lbs	Kayla Irwin	10/2016

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Madison Eichstadt	12/2017
12-13	45.3 kgs / 99.8 lbs	Brittany Zimmerman	1/2003
14-15	67.5 kgs / 148.8 lbs	Waverly VerHill	6/2015
16-17	74.8 kgs / 164.9 lbs	Ashley Buck	2005
18-19	80.0 kgs / 176.3 lbs	Jamie Augustine	11/2022
20-24	82.5 kgs / 181.8 lbs	Madison Eichstadt	12/2017
25-29	70.0 kgs / 154.3 lbs	Jolene Jackson	10/2016
30-34	70.0 kgs / 154.3 lbs	Colby Neubauer	6/2016
35-39	58.9 kgs / 129.8 lbs	S Challis	2005
40-44	72.5 kgs / 159.8 lbs	Karen Nace	2014
45-49	76.0 kgs / 167.5 lbs	Mary Ann Wieckowski	6/2013
50-54	72.5 kgs / 159.8 lbs	Cynthia Line	10/2021
55-59	62.5 kgs / 137.7 lbs	Kim Doult	3/2018
60-64	60.0 kgs / 132.2 lbs	Kim Pollock	12/2020
65-69	27.5 kgs / 60.6 lbs	Judy Phipps	6/2015
70-74	35.0 kgs / 77.1 lbs	Alyce Urban	8/2020

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	82.2 kgs / 181.2 lbs	Anna McCloskey	8/2009

12-13	45.3 kgs / 99.8 lbs	Brittany Zimmerman	2002
14-15	62.5 kgs / 137.7 lbs	S Johnson	2013
16-17	82.2 kgs / 181.2 lbs	Anna McCloskey	8/2009
18-19	70.0 kgs / 154.3 lbs	Alana Amantine	8/2019
20-24	74.8 kgs / 164.9 lbs	J Jasper	2000
25-29	72.5 kgs / 159.8 lbs	Christina Dean	4/2014
30-34	80.0 kgs / 176.3 lbs	Sarah Heffner	12/2021
35-39	67.5 kgs / 148.8 lbs	Jessica Maloy	10/2015
40-44	77.5 kgs / 170.8 lbs	Karen Nace	6/2014
45-49	60.0 kgs / 132.2 lbs	Chris Redmond	4/2019
50-54	80.0 kgs / 176.3 lbs	Mary Ann Wieckowski	11/2014
55-59	70.0 kgs / 154.3 lbs	Kim Doult	3/2016
60-64	57.5 kgs / 126.7 lbs	Kim Pollock	6/2021
70-74	75.0 kgs / 165.3 lbs	Linda Arvey	4/2024
Spec. Oly.	50.0 kgs / 110.2 lbs	Joni Talavera	3/2012
Handicapped	67.5 kgs / 148.8 lbs	Alexis Rowley	4/2023

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	102.5 kgs / 225.9 lbs	Cassidy Comly	10/2018
14-15	45.0 kgs / 99.2 lbs	Erin Lewis	4/2019
16-17	58.9 kgs / 129.8 lbs	Charlie Fohringer	2/2008
20-24	95.0 kgs / 209.4 lbs	Cassidy Comly	3/2016
25-29	102.5 kgs / 225.9 lbs	Cassidy Comly	10/2018
30-34	80.0 kgs / 176.3 lbs	Christina Dean	3/2016
35-39	82.5 kgs / 181.8 lbs	Mandi Johnson	4/2024
40-44	80.0 kgs / 176.3 lbs	Sasha Kone	1/2023
45-49	72.5 kgs / 159.8 lbs	Cindy Stritzinger	4/2021
50-54	47.5 kgs / 104.7 lbs	Johanna Lindsey	4/2024
60-64	42.5 kgs / 93.6 lbs	Janis Ferguson	4/2025
Spec. Oly.	52.5 kgs / 115.7 lbs	Joni Talavera	6/2016
Handicapped	70.0 kgs / 154.3 lbs	Alexis Rowley	12/2023

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	110.0 kgs / 242.5 lbs	Cassidy Comly	5/2018
16-17	79.3 kgs / 174.8 lbs	S. Ogden	2001
18-19	75.0 kgs / 165.3 lbs	Brittany Luzier	4/2017
20-24	70.0 kgs / 154.3 lbs	Cynthia Schaefer	12/2024
25-29	110.0 kgs / 242.5 lbs	Cassidy Comly	5/2018
30-34	60.0 kgs / 132.2 lbs	Rachel Clarke	6/2021
35-39	90.0 kgs / 198.4 lbs	Rochelle Dubbs	10/2016
40-44	107.5 kgs / 236.9 lbs	Rochelle Comly-Dubbs	6/2018
50-54	57.8 kgs / 127.4 lbs	B. Zelina	2008
55-59	52.5 kgs / 115.7 lbs	Michelle Lawson	10/2024
60-64	65.0 kgs / 143.2 lbs	Karen Repino	11/2023
Spec. Oly.	47.5 kgs / 104.7 lbs	Joni Talavera	12/2023
Handicapped	55.0 kgs / 121.2 lbs	Joni Talavera	12/2024

Weight Class: 30 / 66 Male			
Division	Bench Press	Name	Date
Open	29.4 kgs / 64.8 lbs	A Barrett	2007
6-7	18.5 kgs / 40.7 lbs	Ivan Shick	12/2020
8-9	29.4 kgs / 64.8 lbs	A Barrett	2007

Weight Class: 35 / 77 Male			
Division	Bench Press	Name	Date
Open	35.0 kgs / 77.1 lbs	Brezlin Bruner	12/2023
6-7	22.5 kgs / 49.6 lbs	Robby Wickham	2011
8-9	35.0 kgs / 77.1 lbs	Brezlin Bruner	12/2023
10-11	34.0 kgs / 74.9 lbs	D Perhacs	2001

Weight Class: 40 / 88 Male			
Division	Bench Press	Name	Date
Open	40.0 kgs / 88.1 lbs	Nick Hartmann	2012
6-7	20.4 kgs / 44.9 lbs	Davis Lee	2009
8-9	33.0 kgs / 72.7 lbs	Diesel Koser	12/2014
10-11	38.5 kgs / 84.8 lbs	J Campisi	1999
12-13	38.5 kgs / 84.8 lbs	S Perhacs	2004
14-15	40.0 kgs / 88.1 lbs	Nick Hartmann	2012

Weight Class: 44 / 97 Male			
Division	Bench Press	Name	Date
Open	56.6 kgs / 124.7 lbs	Christopher Bloom	2002
10-11	45.0 kgs / 99.2 lbs	Casey Walker	3/2015
12-13	45.0 kgs / 99.2 lbs	Preston Reed	3/2019
14-15	56.6 kgs / 124.7 lbs	Christopher Bloom	2002

Weight Class: 48 / 105 Male			
Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Daniel Levandusky	2001
8-9	35.0 kgs / 77.1 lbs	Robby Wickham	4/2013
10-11	50.0 kgs / 110.2 lbs	Casey Walker	10/2015
12-13	52.5 kgs / 115.7 lbs	Casey Walker	3/2016
14-15	65.7 kgs / 144.8 lbs	Bradley Pataky	2002
16-17	60.0 kgs / 132.2 lbs	John Hess	3/2013
Handicapped	60.0 kgs / 132.2 lbs	John Hess	3/2013

Weight Class: 52 / 114 Male			
Division	Bench Press	Name	Date
Open	99.8 kgs / 220.0 lbs	Daniel Levandusky	12/2002
8-9	35.0 kgs / 77.1 lbs	Robby Wickham	6/2013
10-11	37.6 kgs / 82.8 lbs	S Smykal	2010
12-13	60.0 kgs / 132.2 lbs	Robert Meck	3/2012
14-15	63.5 kgs / 139.9 lbs	S Goetz	2004
16-17	72.5 kgs / 159.8 lbs	Christopher Bloom	2003
20-24	99.8 kgs / 220.0 lbs	Daniel Levandusky	12/2002
Handicapped	65.0 kgs / 143.2 lbs	John Hess	6/2013

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Date
Open	127.0 kgs / 279.9 lbs	Michael Kuhns	2004
8-9	35.0 kgs / 77.1 lbs	Davis Lee	2011
10-11	42.5 kgs / 93.6 lbs	Robby Wickham	5/2014
12-13	67.5 kgs / 148.8 lbs	Casey Walker	10/2016
14-15	97.5 kgs / 214.9 lbs	Kody Cox	7/2012
16-17	107.5 kgs / 236.9 lbs	Kody Cox	6/2013
18-19	127.0 kgs / 279.9 lbs	Michael Kuhns	2004
25-29	60.0 kgs / 132.2 lbs	RJ Karl	5/2016
35-39	97.5 kgs / 214.9 lbs	Steve Snyder	2/1999
50-54	112.5 kgs / 248.0 lbs	Gary Teeter	11/2018
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	7/2024
60-64	107.5 kgs / 236.9 lbs	Carl King	6/2019
Spec. Oly.	60.0 kgs / 132.2 lbs	RJ Karl	5/2016

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	149.8 kgs / 330.2 lbs	Michael Kuhns	2010
10-11	47.5 kgs / 104.7 lbs	Robby Wickham	11/2014
12-13	67.5 kgs / 148.8 lbs	W Wigmore	2009
14-15	112.0 kgs / 246.9 lbs	Michael Kuhns	2001
16-17	131.5 kgs / 289.9 lbs	Michael Kuhns	2003
18-19	132.1 kgs / 291.2 lbs	Michael Kuhns	2005
20-24	136.8 kgs / 301.5 lbs	Michael Kuhns	7/2008
25-29	130.0 kgs / 286.5 lbs	Devin Gloeckl	10/2018
30-34	140.0 kgs / 308.6 lbs	Michael Kuhns	12/2017
35-39	135.0 kgs / 297.6 lbs	Michael Kuhns	12/2020
45-49	112.5 kgs / 248.0 lbs	Gary Teeter	6/2014
50-54	113.0 kgs / 249.1 lbs	Gary Teeter	10/2017
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	1/2023
60-64	102.5 kgs / 225.9 lbs	Gary Teeter	12/2024
65-69	62.5 kgs / 137.7 lbs	Mike Boston	9/2016
70-74	60.0 kgs / 132.2 lbs	Jan Ditzian	10/2015
75-79	65.0 kgs / 143.2 lbs	Jack Welch	12/2023
Police/Fire/Mil	127.5 kgs / 281.0 lbs	Devin Gloeckl	10/2017
Spec. Oly.	57.5 kgs / 126.7 lbs	RJ Karl	6/2013

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	163.5 kgs / 360.4 lbs	Michael Kuhns	2006
10-11	52.5 kgs / 115.7 lbs	Davis Lee	4/2013
12-13	90.0 kgs / 198.4 lbs	John Pearson	8/2022
14-15	127.0 kgs / 279.9 lbs	Brian Rebarchak	2003
16-17	117.5 kgs / 259.0 lbs	Ron Lefkoski	11/2014
18-19	129.2 kgs / 284.8 lbs	Brian Ford	2008
20-24	163.5 kgs / 360.4 lbs	Michael Kuhns	2006
25-29	112.5 kgs / 248.0 lbs	Bryan Ellenberger	12/2019
30-34	112.5 kgs / 248.0 lbs	Bryan Ellenberger	12/2021
35-39	102.5 kgs / 225.9 lbs	Gary Teeter	2013

40-44	129.2 kgs / 284.8 lbs	Ramone Cruz	2002
45-49	110.0 kgs / 242.5 lbs	Gary Teeter	4/2013
50-54	125.0 kgs / 275.5 lbs	Gary Teeter	12/2017
55-59	115.0 kgs / 253.5 lbs	Gary Teeter	3/2020
60-64	106.7 kgs / 235.2 lbs	Paul Griffith	2006
65-69	87.5 kgs / 192.9 lbs	Victor Shaffer	3/2015
70-74	85.0 kgs / 187.3 lbs	Sam Confer	5/2017
75-79	82.5 kgs / 181.8 lbs	Jack Welch	6/2021
Spec. Oly.	70.3 kgs / 154.9 lbs	Chris Spairana	7/2011

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	174.9 kgs / 385.5 lbs	David Blattenberger	12/2010
10-11	65.7 kgs / 144.8 lbs	M. Mongera	2005
12-13	88.4 kgs / 194.8 lbs	M. Rosensweet	2007
14-15	132.5 kgs / 292.1 lbs	Joe Galvin	3/2015
16-17	165.0 kgs / 363.7 lbs	Jason Luster	8/2010
18-19	155.0 kgs / 341.7 lbs	Jason Luster	4/2011
20-24	165.5 kgs / 364.8 lbs	Jacob Vohs	4/2014
25-29	137.5 kgs / 303.1 lbs	Kevin Pataky	10/2016
30-34	147.5 kgs / 325.1 lbs	Tim Kramer	4/2019
35-39	163.2 kgs / 359.7 lbs	Joseph Braca	2000
40-44	137.5 kgs / 303.1 lbs	Dwain Koser	7/2011
45-49	174.9 kgs / 385.5 lbs	David Blattenberger	12/2010
50-54	137.5 kgs / 303.1 lbs	Ramone Cruz	2012
55-59	122.5 kgs / 270.0 lbs	Ray Cruz	4/2019
60-64	142.5 kgs / 314.1 lbs	David Blattenberger	12/2023
65-69	107.5 kgs / 236.9 lbs	Dennis Whysong	12/2018
70-74	95.0 kgs / 209.4 lbs	Jack Welch	4/2019
75-79	80.0 kgs / 176.3 lbs	Terry Nicotra	10/2021
80-84	35.0 kgs / 77.1 lbs	Sam Contakos	2013
Police/Fire/Mil	85.0 kgs / 187.3 lbs	Doug Schader	4/2024
Spec. Oly.	80.0 kgs / 176.3 lbs	Stephen Diorio	3/2019
Handicapped	72.5 kgs / 159.8 lbs	Jerome Johnson	11/2023

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	195.3 kgs / 430.5 lbs	David Blattenberger	12/2008
12-13	135.0 kgs / 297.6 lbs	Reagan Dillion	6/2023
14-15	124.7 kgs / 274.9 lbs	A Somerville	1999
16-17	132.5 kgs / 292.1 lbs	Chandler Sanchez	6/2016
18-19	165.0 kgs / 363.7 lbs	Shawn Shuck	9/2005
20-24	167.8 kgs / 369.9 lbs	Matt Catalino	2002
25-29	162.5 kgs / 358.2 lbs	Zachary Krise	1/2025
30-34	182.5 kgs / 402.3 lbs	Brandon Russell	10/2018
35-39	170.0 kgs / 374.7 lbs	J. Brown	2000
40-44	149.6 kgs / 329.8 lbs	Joseph Braca	2004
45-49	195.3 kgs / 430.5 lbs	David Blattenberger	12/2008
50-54	190.0 kgs / 418.8 lbs	Jacob Williams	11/2024
55-59	170.0 kgs / 374.7 lbs	David Blattenberger	7/2017

60-64	155.5 kgs / 342.8 lbs	David Blattenberger	4/2023
65-69	122.75 kgs / 270.6 lbs	Larry Eastman	6/2021
70-74	120.0 kgs / 264.5 lbs	Larry Eastman	4/2022
75-79	95.0 kgs / 209.4 lbs	Edwin Rose	12/2024
80-84	107.5 kgs / 236.9 lbs	John Hansberry	12/2024
Police/Fire/Mil	75.0 kgs / 165.3 lbs	Joe Oregia	11/2023
Spec. Oly.	82.5 kgs / 181.8 lbs	Kyle Miller	4/2012
Handicapped	72.5 kgs / 159.8 lbs	Jerome Johnson	10/2024

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	202.5 kgs / 446.4 lbs	Jacob Williams	4/2025
12-13	124.7 kgs / 274.9 lbs	Nate Carlin	3/2008
14-15	115.0 kgs / 253.5 lbs	Nick Cataldi	3/2014
16-17	142.5 kgs / 314.1 lbs	Max Badstibner	3/2015
18-19	181.4 kgs / 399.9 lbs	E. Cridge	2001
20-24	200.3 kgs / 441.5 lbs	Brad Leonard	7/2004
25-29	172.5 kgs / 380.2 lbs	Brandon Russell	3/2016
30-34	195.0 kgs / 429.8 lbs	Jeffrey McDaniel	6/2015
35-39	187.5 kgs / 413.3 lbs	Jeffrey McDaniel	12/2016
40-44	183.7 kgs / 404.9 lbs	Dwain Koser	4/2008
45-49	172.5 kgs / 380.2 lbs	Carl Barkley	4/2013
50-54	202.5 kgs / 446.4 lbs	Jacob Williams	4/2025
55-59	182.5 kgs / 402.3 lbs	David Blattenberger	12/2019
60-64	175.0 kgs / 385.8 lbs	David Blattenberger	6/2022
65-69	142.5 kgs / 314.1 lbs	Jim McKenna	6/2016
70-74	125.0 kgs / 275.5 lbs	Jim McKenna	10/2018
75-79	137.5 kgs / 303.1 lbs	Terry Margolis	4/2018
80-84	112.5 kgs / 248.0 lbs	Terry Margolis	4/2022
Police/Fire/Mil	147.5 kgs / 325.1 lbs	Ryan Dagnall	9/2015
Spec. Oly.	105.0 kgs / 231.4 lbs	Eddie Altemose	3/2019
Handicapped	140.0 kgs / 308.6 lbs	Thomas Weaver	3/2019

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	210.0 kgs / 462.9 lbs	Jeremy Swain	4/2024
12-13	124.7 kgs / 274.9 lbs	Nate Carlin	2008
14-15	122.4 kgs / 269.8 lbs	S Morse	2002
16-17	145.1 kgs / 319.8 lbs	S McClaine	1999
18-19	177.5 kgs / 391.3 lbs	David Krouse	12/2015
20-24	182.5 kgs / 402.3 lbs	Thomas Foos	10/2024
25-29	200.0 kgs / 440.9 lbs	John Hudock	3/2018
30-34	172.5 kgs / 380.2 lbs	Michael Pegg	4/2023
35-39	210.0 kgs / 462.9 lbs	Jeremy Swain	4/2024
40-44	208.6 kgs / 459.8 lbs	Nick Vlasic	2002
45-49	167.5 kgs / 369.2 lbs	John Emling	2012
50-54	177.5 kgs / 391.3 lbs	Ken Jubas	11/2013
55-59	165.0 kgs / 363.7 lbs	Ken Jubas	3/2019
60-64	155.0 kgs / 341.7 lbs	Ralph Laiuvara	4/2018
65-69	145.0 kgs / 319.6 lbs	Jim McKenna	10/2017

70-74	127.5 kgs / 281.0 lbs	Butch Huey	4/2018
75-79	145.0 kgs / 319.6 lbs	Rooster Fleming	4/2018
80-84	80.0 kgs / 176.3 lbs	LeRoy Burton	11/2014
Police/Fire/Mil	200.0 kgs / 440.9 lbs	John Hudock	3/2018
Spec. Oly.	75.0 kgs / 165.3 lbs	Donnie Laudenslager	7/2017

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	222.8 kgs / 491.1 lbs	Brad Leonard	2009
12-13	79.3 kgs / 174.8 lbs	Jack Lee	2001
14-15	136.6 kgs / 301.1 lbs	E. Arriaga	2001
16-17	170.5 kgs / 375.8 lbs	Nick Seiner	7/2005
18-19	157.5 kgs / 347.2 lbs	Nick Cataldi	10/2016
20-24	192.5 kgs / 424.3 lbs	Kyle Light	4/2017
25-29	200.0 kgs / 440.9 lbs	Travis Litz	4/2014
30-34	187.5 kgs / 413.3 lbs	Travis Litz	3/2018
35-39	210.0 kgs / 462.9 lbs	John Franks	6/2011
40-44	220.3 kgs / 485.6 lbs	Nick Vlasic	2003
45-49	202.5 kgs / 446.4 lbs	Sherm Pensyl	6/2022
50-54	211.2 kgs / 465.6 lbs	Ralph Laiuvara	7/2004
55-59	160.0 kgs / 352.7 lbs	Thomas Sawyer	7/2017
60-64	160.0 kgs / 352.7 lbs	Jeff Oliver	11/2023
65-69	150.0 kgs / 330.6 lbs	Gerald Burke	7/2012
70-74	147.5 kgs / 325.1 lbs	Rooster Fleming	11/2013
75-79	115.0 kgs / 253.5 lbs	Gerald Burke	4/2022
Police/Fire/Mil	150.0 kgs / 330.6 lbs	James Bennett	11/2022
Spec. Oly.	77.5 kgs / 170.8 lbs	Don Laudenslager	4/2018

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	229.0 kgs / 504.8 lbs	Bart Shuman	2003
12-13	73.2 kgs / 161.3 lbs	Jack Lee	2001
14-15	174.9 kgs / 385.5 lbs	Daniel Anderson	4/2005
16-17	205.0 kgs / 451.9 lbs	John Jefferson	6/2014
18-19	204.4 kgs / 450.6 lbs	Nick Seiner	12/2007
20-24	227.2 kgs / 500.8 lbs	Nick Seiner	4/2010
25-29	205.0 kgs / 451.9 lbs	Travis Litz	3/2015
30-34	192.5 kgs / 424.3 lbs	Randy Kochik	3/2019
35-39	212.3 kgs / 468.0 lbs	Bart Shuman	2001
40-44	229.0 kgs / 504.8 lbs	Bart Shuman	2003
45-49	217.7 kgs / 479.9 lbs	Greg Lowe	2001
50-54	172.5 kgs / 380.2 lbs	William Ogden	2012
55-59	167.5 kgs / 369.2 lbs	William Ogden	10/2016
60-64	147.5 kgs / 325.1 lbs	Charles Bloomquist	2/2014
65-69	142.5 kgs / 314.1 lbs	Dave Reeder	4/2024
Police/Fire/Mil	115.0 kgs / 253.5 lbs	Eric Hawes	10/2021
Spec. Oly.	122.5 kgs / 270.0 lbs	Ryan Relosky	4/2025

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
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Open	249.2 kgs / 549.3 lbs	Paul Brown	9/2000
14-15	120.0 kgs / 264.5 lbs	Michael Salvanish	5/2014
16-17	140.0 kgs / 308.6 lbs	Daniel Creter	7/2014
18-19	185.0 kgs / 407.8 lbs	Mario Fontanazza	6/2021
20-24	227.2 kgs / 500.8 lbs	Nick Seiner	12/2010
25-29	210.0 kgs / 462.9 lbs	Jeremy Burroughs	3/2018
30-34	200.0 kgs / 440.9 lbs	John Leonard	4/2014
35-39	204.1 kgs / 449.9 lbs	Rob Mostoller	2009
40-44	200.0 kgs / 440.9 lbs	Mike Norris	12/2017
45-49	249.2 kgs / 549.3 lbs	Paul Brown	9/2000
50-54	165.0 kgs / 363.7 lbs	Bill Igoe	6/2010
55-59	150.0 kgs / 330.6 lbs	Ed Henderson	12/2023
60-64	136.2 kgs / 300.2 lbs	Ron Jeffrey	2007
65-69	147.5 kgs / 325.1 lbs	Dave Reeder	12/2022
Police/Fire/Mil	200.5 kgs / 442.0 lbs	Doug Mignot	2011
Spec. Oly.	110.0 kgs / 242.5 lbs	Ryan Relosky	6/2021

Unknown Class: SHW Male			
Division	Bench Press	Name	Date
Open	237.5 kgs / 523.5 lbs	Tom Murray	4/2012
14-15	142.8 kgs / 314.8 lbs	Patrick Dilullo	1999
16-17	158.7 kgs / 349.8 lbs	S McHenry	2002
18-19	204.4 kgs / 450.6 lbs	Daniel Anderson	4/2009
20-24	237.5 kgs / 523.5 lbs	Tom Murray	4/2012
25-29	187.5 kgs / 413.3 lbs	Youssef Ibrahim	4/2025
30-34	220.0 kgs / 485.0 lbs	Shawn Sackett	6/2022
35-39	237.2 kgs / 522.9 lbs	Steve Buccilli	9/2008
40-44	197.5 kgs / 435.4 lbs	Paul D'Antonio	4/2012
45-49	212.5 kgs / 468.4 lbs	Paul D'Antonio	10/2017
50-54	197.3 kgs / 434.9 lbs	Ted Brooks	8/2009
60-64	127.0 kgs / 279.9 lbs	Ron Jeffrey	2011
Police/Fire/Mil	212.5 kgs / 468.4 lbs	Paul D'Antonio	10/2017