



IOWA STATE BENCH RECORDS

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7/6/2025

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	40.0 kgs / 88.1 lbs	Lena Thao	6/2011
16-17	40.0 kgs / 88.1 lbs	Lena Thao	6/2011

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Rachelle Osborn	6/2015
20-24	50.0 kgs / 110.2 lbs	Andrea Golden	3/2016
25-29	50.0 kgs / 110.2 lbs	Rachelle Osborn	6/2015

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Carrie McDonald	12/2015
14-15	37.5 kgs / 82.6 lbs	Kadie Bauer	3/2014
45-49	57.5 kgs / 126.7 lbs	Carrie McDonald	12/2015

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	90.0 kgs / 198.4 lbs	Hayley Bloom	6/2017
16-17	40.0 kgs / 88.1 lbs	Diana Freeman	6/2011
35-39	90.0 kgs / 198.4 lbs	Hayley Bloom	6/2017
45-49	52.5 kgs / 115.7 lbs	Susan Casey	6/2019
Police/Fire/Mil	90.0 kgs / 198.4 lbs	Hayley Bloom	6/2017

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date
Open	95.0 kgs / 209.4 lbs	Hayley Bloom	11/2017
18-19	47.5 kgs / 104.7 lbs	Kadie Bauer	12/2016
30-34	75.0 kgs / 165.3 lbs	Karen Loftis	11/2019
35-39	95.0 kgs / 209.4 lbs	Hayley Bloom	11/2017
45-49	57.5 kgs / 126.7 lbs	Susan Casey	6/2016
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Hayley Bloom	11/2017

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Elizabeth Taylor	6/2011
14-15	50.0 kgs / 110.2 lbs	Elizabeth Taylor	6/2011
16-17	42.6 kgs / 93.9 lbs	Victoria Garrison	6/2011

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Felisha Fine	11/2017
25-29	82.5 kgs / 181.8 lbs	Felisha Fine	11/2017

Weight Class: 44 / 97 Male			
Division	Bench Press	Name	Date
Open	37.5 kgs / 82.6 lbs	Caden Hale	3/2013
10-11	37.5 kgs / 82.6 lbs	Caden Hale	3/2013

Weight Class: 48 / 105 Male			
Division	Bench Press	Name	Date
Open	55.0 kgs / 121.2 lbs	Dillon Hain	1/2010
14-15	55.0 kgs / 121.2 lbs	Dillon Hain	1/2010

Weight Class: 52 / 114 Male			
Division	Bench Press	Name	Date
Open	47.5 kgs / 104.7 lbs	Caden Hale	3/2014
12-13	47.5 kgs / 104.7 lbs	Caden Hale	3/2014

Weight Class: 56 / 123 Male			
Division	Bench Press	Name	Date
Open	95.0 kgs / 209.4 lbs	Eric Green	10/2012
12-13	52.5 kgs / 115.7 lbs	Caden Hale	6/2014
14-15	87.5 kgs / 192.9 lbs	Darrius Johnson	2011
45-49	95.0 kgs / 209.4 lbs	Eric Green	10/2012
50-54	95.0 kgs / 209.4 lbs	Eric Green	6/2014

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	112.5 kgs / 248.0 lbs	Luke Froisland	1/2010
14-15	52.5 kgs / 115.7 lbs	Austin Bare	1/2010
18-19	112.5 kgs / 248.0 lbs	Luke Froisland	1/2010
20-24	75.0 kgs / 165.3 lbs	Zach Drustrup	6/2018

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	142.5 kgs / 314.1 lbs	Paul Helgenberger	6/2014
12-13	80.0 kgs / 176.3 lbs	C.J. Peters	10/2008
16-17	87.5 kgs / 192.9 lbs	James Melhorn	6/2011
20-24	95.0 kgs / 209.4 lbs	Zach Torres	6/2015
35-39	120.0 kgs / 264.5 lbs	Chris Basset	8/2022

Weight Class: 75 / 165 Male			
Division	Bench Press	Name	Date
Open	135.0 kgs / 297.6 lbs	Caden Hale	12/2016
12-13	90.0 kgs / 198.4 lbs	C.J. Peters	3/2009

14-15	135.0 kgs / 297.6 lbs	Caden Hale	12/2016
16-17	87.5 kgs / 192.9 lbs	Kody Nelson	6/2010
18-19	115.0 kgs / 253.5 lbs	Rylee Bush	3/2016
20-24	130.0 kgs / 286.5 lbs	Eric Ramos	3/2017
25-29	125.0 kgs / 275.5 lbs	Pat Clark	9/2011
55-59	65.0 kgs / 143.2 lbs	Steve Richmann	3/2014
65-69	52.5 kgs / 115.7 lbs	Steve Richmann	6/2023
Police/Fire/Mil	115.0 kgs / 253.5 lbs	Charles Edward	6/2016

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	Brian Sealock	6/2011
12-13	90.7 kgs / 199.9 lbs	C.J. Peters	
14-15	60.0 kgs / 132.2 lbs	Travis Hohbach	6/2011
16-17	100.0 kgs / 220.4 lbs	Cole Hale	1/2010
18-19	130.0 kgs / 286.5 lbs	Rylee Lawson	3/2016
20-24	135.0 kgs / 297.6 lbs	Jaron Neumann	3/2018
25-29	137.5 kgs / 303.1 lbs	Dan Jared	6/2017
35-39	162.5 kgs / 358.2 lbs	Shane Heywood	3/2017
40-44	155.0 kgs / 341.7 lbs	Shane Heywood	11/2019

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	Shane Heywood	12/2016
14-15	117.5 kgs / 259.0 lbs	C.J. Peters	2/2011
16-17	110.0 kgs / 242.5 lbs	Jamoni Pullman	6/2011
20-24	137.5 kgs / 303.1 lbs	Brandon Mitzel	3/2016
25-29	125.0 kgs / 275.5 lbs	Austin Carlson	6/2017
35-39	172.5 kgs / 380.2 lbs	Shane Heywood	12/2016
Police/Fire/Mil	140.0 kgs / 308.6 lbs	Eric Tiarks	3/2016

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	172.5 kgs / 380.2 lbs	Kyle Nordstrom	3/2014
14-15	92.5 kgs / 203.9 lbs	Will Friedrichsen	1/2010
16-17	110.0 kgs / 242.5 lbs	Demius Jones	6/2011
18-19	122.5 kgs / 270.0 lbs	Tyrone Epinger	6/2011
20-24	167.5 kgs / 369.2 lbs	Brandon Cabney	6/2015
25-29	150.0 kgs / 330.6 lbs	Matthew Dunn	3/2017
35-39	150.0 kgs / 330.6 lbs	Shane Heywood	12/2013
Police/Fire/Mil	167.5 kgs / 369.2 lbs	Brandon Cabney	6/2015

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	182.5 kgs / 402.3 lbs	Kyle Nordstrom	3/2015
14-15	135.0 kgs / 297.6 lbs	Clayton Boeke	6/2016
16-17	137.5 kgs / 303.1 lbs	Ron Carson	6/2011
20-24	157.5 kgs / 347.2 lbs	Zach Hahn	5/2015
25-29	165.0 kgs / 363.7 lbs	Matthew Dunn	12/2016
35-39	175.0 kgs / 385.8 lbs	Jess Eide	3/2016

45-49	162.5 kgs / 358.2 lbs	Brian Tippery	12/2015
50-54	142.5 kgs / 314.1 lbs	Rick Osborn	3/2013
55-59	165.0 kgs / 363.7 lbs	Rick Osborn	12/2013

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	175.0 kgs / 385.8 lbs	Brian Tippery	3/2015
25-29	150.0 kgs / 330.6 lbs	Dylon Peters	12/2018
40-44	150.0 kgs / 330.6 lbs	Ray Peters	10/2008
45-49	175.0 kgs / 385.8 lbs	Brian Tippery	3/2015

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	200.0 kgs / 440.9 lbs	Wayne Hammes	6/2014
55-59	200.0 kgs / 440.9 lbs	Wayne Hammes	6/2014

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	247.5 kgs / 545.6 lbs	Beau Moore	6/2014
35-39	185.0 kgs / 407.8 lbs	Robbie Saylor	3/2008
45-49	247.5 kgs / 545.6 lbs	Beau Moore	6/2014
65-69	60.0 kgs / 132.2 lbs	Charles Hellickson	6/2011
70-74	130.0 kgs / 286.5 lbs	Charles Hellickson	6/2013