



ILLINOIS STATE BENCH RECORDS

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8/23/2025

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	42.5 kgs / 93.6 lbs	Kristine Connelly	11/2007
14-15	42.5 kgs / 93.6 lbs	Kristine Connelly	11/2007

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Melissa Klein	10/2013
20-24	40.0 kgs / 88.1 lbs	Jenna Yealick	6/2025
35-39	56.7 kgs / 125.0 lbs	Marla McElroy	9/2007
40-44	67.5 kgs / 148.8 lbs	Melissa Klein	10/2013

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	62.5 kgs / 137.7 lbs	Tera Thornton	6/2014
16-17	45.4 kgs / 100.0 lbs	Sarah Borass	6/2009
20-24	37.5 kgs / 82.6 lbs	Kelly Fey	6/2012
30-34	20.4 kgs / 44.9 lbs	Jody Pitcher	
40-44	57.5 kgs / 126.7 lbs	Melissa Klein	6/2013
45-49	62.5 kgs / 137.7 lbs	Tera Thornton	6/2014

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	79.4 kgs / 175.0 lbs	Dawn Maroscher	1/2011
16-17	72.6 kgs / 160.0 lbs	Madison Kissner	2/2009
40-44	79.4 kgs / 175.0 lbs	Dawn Maroscher	1/2011
50-54	34.0 kgs / 74.9 lbs	Nancy Hofmann	9/2011
55-59	65.7 kgs / 144.8 lbs	Cynthia Hochstetler	9/2010

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Cynthia Hochstetler	9/2011
20-24	60.0 kgs / 132.2 lbs	Jennifer Stutz	2012
30-34	50.0 kgs / 110.2 lbs	Sarah Collins	6/2013
35-39	50.0 kgs / 110.2 lbs	Karin Mcdowell	6/2013
55-59	72.5 kgs / 159.8 lbs	Cynthia Hochstetler	9/2011

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date

Open	77.5 kgs / 170.8 lbs	Lisa Klaus	8/2025
14-15	47.5 kgs / 104.7 lbs	McKenna Herald	
18-19	50.0 kgs / 110.2 lbs	Laura Verplaelse	
25-29	70.0 kgs / 154.3 lbs	Amanda Throne	
45-49	65.0 kgs / 143.2 lbs	Mary Blackstone	11/2009
50-54	77.5 kgs / 170.8 lbs	Lisa Klaus	8/2025

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	80.0 kgs / 176.3 lbs	Lisa Klaus	6/2024
20-24	60.0 kgs / 132.2 lbs	Katrina Diaz	6/2014
45-49	56.7 kgs / 125.0 lbs	Mary Blackstone	9/2008
50-54	80.0 kgs / 176.3 lbs	Lisa Klaus	6/2024

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Sharon UTI	1/2021
25-29	72.5 kgs / 159.8 lbs	Sharon UTI	1/2021
50-54	65.0 kgs / 143.2 lbs	Lynette Ritchie	9/2015
70-74	35.0 kgs / 77.1 lbs	Sandra Foli	6/2014
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Sharon UTI	1/2021

Weight Class: 30 / 66 Male			
Division	Bench Press	Name	Date
Open	26.0 kgs / 57.3 lbs	Andrew Hedrich	9/2010
8-9	26.0 kgs / 57.3 lbs	Andrew Hedrich	9/2010

Weight Class: 40 / 88 Male			
Division	Bench Press	Name	Date
Open	34.0 kgs / 74.9 lbs	Patrick Swails	9/2006
10-11	27.5 kgs / 60.6 lbs	Andrew Hedrich	6/2012
12-13	34.0 kgs / 74.9 lbs	Patrick Swails	9/2006

Weight Class: 52 / 114 Male			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Eric Samson	6/2012
16-17	57.5 kgs / 126.7 lbs	Eric Samson	6/2012

Weight Class: 56 / 123 Male			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	John Machalinski	6/2014
16-17	77.5 kgs / 170.8 lbs	John Machalinski	6/2014

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	117.9 kgs / 259.9 lbs	Mark Thompson	3/2008
18-19	117.9 kgs / 259.9 lbs	Mark Thompson	3/2008

Weight Class: 67.5 / 148 Male			
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Division	Bench Press	Name	Date
Open	140.6 kgs / 309.9 lbs	Neal Dreisig	3/2008
16-17	77.5 kgs / 170.8 lbs	Chance Paluga	4/2013
18-19	124.7 kgs / 274.9 lbs	Trey Hague	11/2002
20-24	140.6 kgs / 309.9 lbs	Neal Dreisig	3/2008
45-49	127.0 kgs / 279.9 lbs	Mike Robinson	9/2006
50-54	115.7 kgs / 255.0 lbs	Mike Robinson	9/2011

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	167.8 kgs / 369.9 lbs	Ken Hedrich	9/2010
14-15	56.7 kgs / 125.0 lbs	Conor May	9/2007
18-19	133.8 kgs / 294.9 lbs	Trey Hague	11/2004
20-24	138.3 kgs / 304.8 lbs	Trey Hague	11/2006
35-39	147.4 kgs / 324.9 lbs	Ken Hedrich	3/2007
40-44	167.8 kgs / 369.9 lbs	Ken Hedrich	9/2010
45-49	124.7 kgs / 274.9 lbs	Clint Phillips	3/2008
50-54	127.5 kgs / 281.0 lbs	Rich Schreiber	6/2012
90+	62.5 kgs / 137.7 lbs	Art Virta	6/2012

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	170.1 kgs / 375.0 lbs	Kenneth Shane	1/2007
14-15	75.0 kgs / 165.3 lbs	Kyle Meadows	6/2018
16-17	108.9 kgs / 240.0 lbs	Jeff Kolski	9/2010
18-19	165.0 kgs / 363.7 lbs	Joseph Zangerle	6/2014
20-24	149.7 kgs / 330.0 lbs	Tom Krawiec	9/2007
25-29	127.0 kgs / 279.9 lbs	Michael Wilson	
35-39	90.0 kgs / 198.4 lbs	Shaun Vester	6/2024
40-44	170.1 kgs / 375.0 lbs	Kenneth Shane	1/2007
45-49	162.4 kgs / 358.0 lbs	Ken Connelly	11/2007
50-54	135.0 kgs / 297.6 lbs	Rich Schreiber	
55-59	104.3 kgs / 229.9 lbs	Jerry King	1/2007
65-69	86.2 kgs / 190.0 lbs	Robert Peterson	6/2009
Police/Fire/Mil	140.0 kgs / 308.6 lbs	Nathan Adams	6/2013

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	188.2 kgs / 414.9 lbs	Jason Carson	9/2008
14-15	127.0 kgs / 279.9 lbs	Chris Van Gundy	7/2006
16-17	132.5 kgs / 292.1 lbs	Terry Cox Jr	2/2017
18-19	132.5 kgs / 292.1 lbs	Terry Cox Jr	6/2017
20-24	152.0 kgs / 335.0 lbs	Nate Simmons	9/2007
25-29	170.0 kgs / 374.7 lbs	Matt Heck	4/2013
30-34	161.0 kgs / 354.9 lbs	Starkey Hedger	9/2008
35-39	188.2 kgs / 414.9 lbs	Jason Carson	9/2008
45-49	174.6 kgs / 384.9 lbs	William Blackstone	12/2005
50-54	136.1 kgs / 300.0 lbs	Charles Smith	3/2008
55-59	117.5 kgs / 259.0 lbs	Mark Fadke	6/2012
Police/Fire/Mil	156.5 kgs / 345.0 lbs	Chuck Barth	9/2007

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	206.4 kgs / 455.0 lbs	William Blackstone	9/2008
14-15	133.8 kgs / 294.9 lbs	Chris Van Gundy	9/2006
16-17	132.5 kgs / 292.1 lbs	Roberto Amador	10/2013
18-19	140.6 kgs / 309.9 lbs	Max Kleiboeker	1/2007
20-24	147.7 kgs / 325.6 lbs	Sam Borrego	11/2009
25-29	177.5 kgs / 391.3 lbs	Adam Perry	6/2018
30-34	147.5 kgs / 325.1 lbs	Shaun Trimarco	
35-39	170.1 kgs / 375.0 lbs	Joe Blessman	6/2009
40-44	165.0 kgs / 363.7 lbs	Eric Peterson	6/2012
45-49	206.4 kgs / 455.0 lbs	William Blackstone	9/2008
50-54	175.0 kgs / 385.8 lbs	Vito Palazzolo	10/2009
60-64	124.7 kgs / 274.9 lbs	Walter Anczerewicz	8/2006
Police/Fire/Mil	158.8 kgs / 350.0 lbs	Chuck Barth	9/2008

Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Date
Open	208.7 kgs / 460.1 lbs	William Blackstone	6/2009
16-17	142.9 kgs / 315.0 lbs	Chris Van Gundy	6/2007
20-24	177.5 kgs / 391.3 lbs	Terry Cox Jr	6/2024
25-29	182.5 kgs / 402.3 lbs	Terry Cox Jr	6/2025
30-34	170.0 kgs / 374.7 lbs	Jeremy Beckner	6/2018
35-39	186.0 kgs / 410.0 lbs	Dennis Duffy	1/2011
40-44	200.0 kgs / 440.9 lbs	Karl Schudt	4/2016
45-49	208.7 kgs / 460.1 lbs	William Blackstone	6/2009
50-54	202.5 kgs / 446.4 lbs	William Blackstone	10/2013
60-64	122.5 kgs / 270.0 lbs	Mick Divan	9/2008
70-74	113.4 kgs / 250.0 lbs	Fred Bellcastro	10/2010
Police/Fire/Mil	175.0 kgs / 385.8 lbs	David Moeller	6/2010

Weight Class: 125 / 275 Male			
Division	Bench Press	Name	Date
Open	204.1 kgs / 449.9 lbs	Kevin Beveridge	3/2006
18-19	145.2 kgs / 320.1 lbs	Mike Cooper	9/2010
25-29	190.0 kgs / 418.8 lbs	Mitchell Davis	10/2012
35-39	133.8 kgs / 294.9 lbs	William Melrose	9/2011
40-44	204.1 kgs / 449.9 lbs	Kevin Beveridge	3/2006
45-49	192.5 kgs / 424.3 lbs	Terry Cox	6/2015
50-54	165.6 kgs / 365.0 lbs	Berry Blackmon	12/2005
55-59	170.0 kgs / 374.7 lbs	Terry Cox	6/2023
Police/Fire/Mil	183.7 kgs / 404.9 lbs	Brian Barnes	9/2011

Weight Class: 140 / 308 Male			
Division	Bench Press	Name	Date
Open	226.8 kgs / 500.0 lbs	Zack Butkis	9/2011
20-24	186.0 kgs / 410.0 lbs	Tatem Susberry	1/2011
25-29	202.5 kgs / 446.4 lbs	Brian Barnes	
35-39	226.8 kgs / 500.0 lbs	Zack Butkis	9/2011

50-54	197.5 kgs / 435.4 lbs	Terry Cox	2/2017
55-59	187.5 kgs / 413.3 lbs	Terry Cox	10/2021
Police/Fire/Mil	183.7 kgs / 404.9 lbs	Brian Barnes	9/2011

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	276.7 kgs / 610.0 lbs	John Dolan	
50-54	205.5 kgs / 453.0 lbs	Terry Cox	10/2018