



## UAE Bench Records

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10/9/2025

Weight Class: 60 / 132 Female				
Division	Bench Press	Name	Resides	Date
Open	42.5 kgs / 93.6 lbs	Vanaja Nair	UAE	7/2024
50-54	42.5 kgs / 93.6 lbs	Vanaja Nair	UAE	7/2024

Weight Class: 67.5 / 148 Female				
Division	Bench Press	Name	Resides	Date
Open	40.0 kgs / 88.1 lbs	Vanaja Nair	UAE	11/2022
50-54	40.0 kgs / 88.1 lbs	Vanaja Nair	UAE	11/2022

Weight Class: 75 / 165 Female				
Division	Bench Press	Name	Resides	Date
Open	40.0 kgs / 88.1 lbs	Sumayya .	UAE	9/2025
35-39	35.0 kgs / 77.1 lbs	Sumayya N	UAE	7/2024
40-44	40.0 kgs / 88.1 lbs	Sumayya .	UAE	9/2025
45-49	30.0 kgs / 66.1 lbs	Mina Taboh	UAE	9/2025

Weight Class: 82.5 / 181 Female				
Division	Bench Press	Name	Resides	Date
Open	30.0 kgs / 66.1 lbs	Hannah Mokoko	UAE	9/2025
45-49	30.0 kgs / 66.1 lbs	Hannah Mokoko	UAE	9/2025

Weight Class: 67.5 / 148 Male				
Division	Bench Press	Name	Resides	Date
Open	73.0 kgs / 160.9 lbs	Jidhun Raphel	UAE	7/2024
20-24	40.0 kgs / 88.1 lbs	Farhan Khan Ali	UAE	7/2023
50-54	65.0 kgs / 143.2 lbs	Priyesh Meethale Valappil	UAE	7/2024

Weight Class: 75 / 165 Male				
Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Anand Vinod P	UAE	7/2024
35-39	100.0 kgs / 220.4 lbs	Krishnadas Choorapra	UAE	7/2023
45-49	95.0 kgs / 209.4 lbs	Anil Kumar	UAE	7/2024
50-54	80.0 kgs / 176.3 lbs	Santhosh Sadanandan	UAE	7/2023
55-59	65.0 kgs / 143.2 lbs	Ramathullah Syed Abu Thahir	UAE	7/2024

Handicapped	120.0 kgs / 264.5 lbs	Anand Vinod P	UAE	7/2024
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**Weight Class: 82.5 / 181 Male**

Division	Bench Press	Name	Resides	Date
Open	100.0 kgs / 220.4 lbs	Pradeesh M.V	UAE	7/2023
18-19	80.0 kgs / 176.3 lbs	Muhammed Adhil	UAE	7/2024
35-39	80.0 kgs / 176.3 lbs	Muhammad Manshad	UAE	7/2023
45-49	100.0 kgs / 220.4 lbs	Pradeesh M.V	UAE	7/2023
50-54	95.0 kgs / 209.4 lbs	Pradeesh M.V.	UAE	7/2024
60-64	95.0 kgs / 209.4 lbs	Manikuttan Purushothaman	UAE	11/2023
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Manikuttan Purushothaman	UAE	11/2023

**Weight Class: 90 / 198 Male**

Division	Bench Press	Name	Resides	Date
Open	100.0 kgs / 220.4 lbs	Rahamath Ali	UAE	7/2024
20-24	80.0 kgs / 176.3 lbs	Aliston Pinto	UAE	7/2023
35-39	100.0 kgs / 220.4 lbs	Rahamath Ali	UAE	9/2025
40-44	60.0 kgs / 132.2 lbs	Jaj Abreu	UAE	7/2024
50-54	95.0 kgs / 209.4 lbs	Michael Joseph	UAE	11/2023
60-64	90.0 kgs / 198.4 lbs	Manikuttan T.P.	UAE	6/2022
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Michael Joseph	UAE	11/2023

**Weight Class: 100 / 220 Male**

Division	Bench Press	Name	Resides	Date
Open	125.0 kgs / 275.5 lbs	Ashwand T.M.	UAE	6/2022
18-19	70.0 kgs / 154.3 lbs	Mohammad Ahsanul Haque Hamid	UAE	7/2024
40-44	60.0 kgs / 132.2 lbs	Ramadan Sebil Ahmad Matoot	UAE	7/2024
45-49	115.0 kgs / 253.5 lbs	Shamim Ahmed	UAE	7/2023
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Ramadan Sebil Ahmad Matoot	UAE	7/2024

**Weight Class: 110 / 242 Male**

Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Omar Barakat	UAE	6/2022
40-44	160.0 kgs / 352.7 lbs	Omar Barakat	UAE	6/2022
50-54	135.0 kgs / 297.6 lbs	Denny .	UAE	7/2023
60-64	105.0 kgs / 231.4 lbs	James Michael Lafferty	UAE	11/2023

**Weight Class: 125 / 275 Male**

Division	Bench Press	Name	Resides	Date
Open	110.0 kgs / 242.5 lbs	Vinod Kumar	UAE	7/2024
45-49	110.0 kgs / 242.5 lbs	Vinod Kumar	UAE	7/2024
60-64	107.5 kgs / 236.9 lbs	James Michael Lafferty	UAE	11/2024

**Weight Class: 140 / 308 Male**

Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Vinod Kumar	UAE	7/2023

45-49	120.0 kgs / 264.5 lbs	Vinod Kumar	UAE	7/2023
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