



## OKLAHOMA STATE BENCH RECORDS

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12/6/2025

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	88.5 kgs / 195.1 lbs	Cynthia Crossland	3/2020
50-54	77.5 kgs / 170.8 lbs	Cynthia Crossland	4/2017
55-59	88.5 kgs / 195.1 lbs	Cynthia Crossland	3/2020
60-64	77.5 kgs / 170.8 lbs	Cynthia Crossland	2/2023

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date
Open	87.5 kgs / 192.9 lbs	Cynthia Crossland	6/2018
55-59	87.5 kgs / 192.9 lbs	Cynthia Crossland	6/2018
60-64	80.0 kgs / 176.3 lbs	Cynthia Crossland	2/2025

Weight Class: 90 / 198 Male			
Division	Bench Press	Name	Date
Open	81.0 kgs / 178.5 lbs	William Farrell	11/2025
80-84	81.0 kgs / 178.5 lbs	William Farrell	11/2025

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	215.0 kgs / 473.9 lbs	Chad Smith	2009
45-49	182.5 kgs / 402.3 lbs	Ray Ortiz	10/2012
65-69	155.0 kgs / 341.7 lbs	Kenny Phillips	6/2012
70-74	105.0 kgs / 231.4 lbs	William Farrell	10/2016
75-79	83.0 kgs / 182.9 lbs	William Farrell	7/2023
80-84	80.0 kgs / 176.3 lbs	William Farrell	6/2025
Police/Fire/Mil	182.5 kgs / 402.3 lbs	Ray Ortiz	10/2012

Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Date
Open	152.5 kgs / 336.2 lbs	Kenny Phillips	9/2011
20-24	137.5 kgs / 303.1 lbs	Adonis Turner	6/2014
60-64	152.5 kgs / 336.2 lbs	Kenny Phillips	9/2011
70-74	102.5 kgs / 225.9 lbs	William Farrell	6/2015
75-79	87.5 kgs / 192.9 lbs	William Farrell	2/2022
80-84	80.0 kgs / 176.3 lbs	William Farrell	4/2025

<b>Weight Class: 125 / 275 Male</b>			
<b>Division</b>	<b>Bench Press</b>	<b>Name</b>	<b>Date</b>
Open	110.5 kgs / 243.6 lbs	William Farrell	11/2015
70-74	110.5 kgs / 243.6 lbs	William Farrell	11/2015