



WEST VIRGINIA STATE BENCH RECORDS

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12/6/2025

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	25.0 kgs / 55.1 lbs	Madison Trippett	10/2012
10-11	25.0 kgs / 55.1 lbs	Madison Trippett	10/2012

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	63.5 kgs / 139.9 lbs	Lisa Hrutkay	3/2008
40-44	30.0 kgs / 66.1 lbs	Deborah Trippett	10/2012
45-49	63.5 kgs / 139.9 lbs	Lisa Hrutkay	3/2008
50-54	62.5 kgs / 137.7 lbs	Lisa Hrutkay	3/2012

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Tina Griffith	3/2013
18-19	62.5 kgs / 137.7 lbs	Megan Short	2/2017

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Megan Ayers	3/2013

Weight Class: 48 / 105 Male			
Division	Bench Press	Name	Date
Open	17.0 kgs / 37.4 lbs	Seth Ruschel	4/2011
6-7	17.0 kgs / 37.4 lbs	Seth Ruschel	4/2011

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	120.0 kgs / 264.5 lbs	Gary Whetzel	6/2014
20-24	120.0 kgs / 264.5 lbs	Gary Whetzel	6/2014

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	125.0 kgs / 275.5 lbs	Gary Whetzel	1/2015
12-13	49.9 kgs / 110.0 lbs	Roger Barnes Jr	4/2006
16-17	75.0 kgs / 165.3 lbs	Seth Whetzel	2/2025
18-19	80.0 kgs / 176.3 lbs	Seth Whetzel	12/2025

20-24	123.0 kgs / 271.1 lbs	Gary Whetzel	8/2012
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Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	158.7 kgs / 349.8 lbs	John Polak	4/2001
16-17	110.0 kgs / 242.5 lbs	Alex Fink	9/2023
18-19	129.3 kgs / 285.0 lbs	Josh Lebo	4/2008
20-24	140.6 kgs / 309.9 lbs	David Sands	4/2006
35-39	152.5 kgs / 336.2 lbs	Kevin Trippett	10/2012
40-44	158.7 kgs / 349.8 lbs	John Polak	4/2001
50-54	115.0 kgs / 253.5 lbs	Scott Phillips	10/2012
60-64	87.5 kgs / 192.9 lbs	Danny Fink	11/2023
Police/Fire/Mil	117.5 kgs / 259.0 lbs	Cody Whetzel	6/2014

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	150.0 kgs / 330.6 lbs	Allen Smith	8/2025
20-24	137.5 kgs / 303.1 lbs	Derek Weisenborn	3/2015
35-39	137.5 kgs / 303.1 lbs	Gary Whetzel	8/2025
50-54	82.5 kgs / 181.8 lbs	Danny Fink	7/2017
60-64	150.0 kgs / 330.6 lbs	Allen Smith	8/2025

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	167.8 kgs / 369.9 lbs	Mark Shipley	2/2006
14-15	102.5 kgs / 225.9 lbs	Matt Maloney	10/2012
20-24	140.0 kgs / 308.6 lbs	Jeremy Ebersole	6/2015
25-29	167.5 kgs / 369.2 lbs	Antonio Carter	1/2017
35-39	167.8 kgs / 369.9 lbs	Mark Shipley	2/2006
55-59	112.5 kgs / 248.0 lbs	Danny Fink	10/2018

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	175.0 kgs / 385.8 lbs	Mike Williams	2/2023
12-13	88.5 kgs / 195.1 lbs	Nathan McClain	4/2001
14-15	160.0 kgs / 352.7 lbs	Chuck Miller	9/2005
20-24	167.5 kgs / 369.2 lbs	Zac Anderson	10/2012
25-29	145.0 kgs / 319.6 lbs	Jeremy Ebersole	11/2018
30-34	175.0 kgs / 385.8 lbs	Mike Williams	2/2023
45-49	137.5 kgs / 303.1 lbs	Jamie Edwards	12/2018
50-54	137.5 kgs / 303.1 lbs	James Edwards	11/2019
65-69	127.5 kgs / 281.0 lbs	Bernard Blough	6/2008
Police/Fire/Mil	162.5 kgs / 358.2 lbs	Matt Eichorn	10/2012

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	197.5 kgs / 435.4 lbs	Scott Steele	4/2017
20-24	129.3 kgs / 285.0 lbs	Steven Knoyer	6/2007
30-34	197.5 kgs / 435.4 lbs	Mike Williams	11/2022
35-39	197.5 kgs / 435.4 lbs	Mike Williams	7/2024
45-49	197.5 kgs / 435.4 lbs	Scott Steele	4/2017

50-54	152.5 kgs / 336.2 lbs	Rodd Ramey	1/2016
60-64	130.0 kgs / 286.5 lbs	Lloyd Penberthy	4/2023
65-69	117.9 kgs / 259.9 lbs	Bernard Blough	8/2009

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	207.5 kgs / 457.4 lbs	Mike Williams	11/2023
20-24	132.5 kgs / 292.1 lbs	Ryan Haskins	6/2011
35-39	207.5 kgs / 457.4 lbs	Mike Williams	11/2023
40-44	180.0 kgs / 396.8 lbs	Tab Brown	12/2022
45-49	175.0 kgs / 385.8 lbs	Tab Brown	11/2023
60-64	125.0 kgs / 275.5 lbs	Lloyd Penberthy	6/2023
Police/Fire/Mil	170.0 kgs / 374.7 lbs	Tab Brown	6/2014

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	227.5 kgs / 501.5 lbs	Kent Burgess	10/2012
50-54	215.5 kgs / 475.0 lbs	Kent Burgess	9/2008
55-59	227.5 kgs / 501.5 lbs	Kent Burgess	10/2012

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	165.0 kgs / 363.7 lbs	Matt Jones	10/2017
40-44	165.0 kgs / 363.7 lbs	Matt Jones	10/2017