



USA MEN'S BENCH RECORDS

Updated by Ed Kutin

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Weight Class: 48 / 105 Male			
Division	Bench Press	Name	Resides
Open	112.5 kgs / 248.0 lbs	Jasen Hinkel	NE
11 and under	62.5 kgs / 137.7 lbs	DeAndre Proctor	NC
12-13	62.5 kgs / 137.7 lbs	Johnny Brattelli	VA
14-15	77.5 kgs / 170.8 lbs	James Miller	VA
16-17	92.5 kgs / 203.9 lbs	Jasen Hinkel	NE
18-19	112.5 kgs / 248.0 lbs	Jasen Hinkel	NE
20-24	77.5 kgs / 170.8 lbs	Rob Marcellino	NJ
40-44	59.0 kgs / 130.0 lbs	Michael Kahan	AZ
45-49	60.0 kgs / 132.2 lbs	Michael Kahan	AZ
50-54	57.5 kgs / 126.7 lbs	Michael Kahan	AZ
Spec. Oly.	60.0 kgs / 132.2 lbs	Buck Ammons	NC
Handicapped	60.0 kgs / 132.2 lbs	John Hess	PA

Weight Class: 52 / 114 Male			
Division	Bench Press	Name	Resides
Open	99.8 kgs / 220.0 lbs	Daniel Levandusky	PA
11 and under	68.0 kgs / 149.9 lbs	DeAndre Proctor	NC
12-13	72.5 kgs / 159.8 lbs	Johnny Brattelli	VA
14-15	92.5 kgs / 203.9 lbs	James Miller	VA
16-17	92.5 kgs / 203.9 lbs	James Miller	VA
18-19	86.6 kgs / 190.9 lbs	Hunter Claypatch	NY
20-24	99.8 kgs / 220.0 lbs	Daniel Levandusky	PA
35-39	79.3 kgs / 174.8 lbs	Trevor Branam	FL
40-44	92.0 kgs / 202.8 lbs	Gary Peterson	WA
45-49	74.8 kgs / 164.9 lbs	Steve Birchak	OH
55-59	65.0 kgs / 143.2 lbs	Jason Farrow	FL
Spec. Oly.	32.5 kgs / 71.6 lbs	Charlie Sanders	OH
Handicapped	65.0 kgs / 143.2 lbs	John Hess	PA

Weight Class: 56 / 123 Male			
Division	Bench Press	Name	Resides
Open	150.0 kgs / 330.6 lbs	Adam Zehr	NY
11 and under	52.5 kgs / 115.7 lbs	Jeremiah Skinner	NC
12-13	77.5 kgs / 170.8 lbs	Benjamin Henson	MA

1/31/2026

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14-15	100.0 kgs / 220.4 lbs	James Miller	VA
16-17	107.5 kgs / 236.9 lbs	Kody Cox	PA
18-19	127.0 kgs / 279.9 lbs	Michael Kuhns	PA
20-24	122.5 kgs / 270.0 lbs	Justin Longstreet	OH
35-39	110.0 kgs / 242.5 lbs	Vin Voeun	AZ
45-49	95.0 kgs / 209.4 lbs	Eric Green	IA
50-54	112.5 kgs / 248.0 lbs	Gary Teeter	PA
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	PA
60-64	88.5 kgs / 195.1 lbs	Ed Fuller	MD
70-74	88.4 kgs / 194.8 lbs	Byron Swain	NC
80+	45.5 kgs / 100.3 lbs	John Bazacas	CA
Police/Fire/Mil	115.0 kgs / 253.5 lbs	Daniel Champagne	NC
Spec. Oly.	70.0 kgs / 154.3 lbs	Buck Ammons	NC
Handicapped	55.0 kgs / 121.2 lbs	Travis Lilly	VA

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Resides
Open	160.0 kgs / 352.7 lbs	Adam Zehr	NY
11 and under	62.5 kgs / 137.7 lbs	Devon Cassady	KY
12-13	81.6 kgs / 179.8 lbs	Coy Wimer	VA
14-15	112.0 kgs / 246.9 lbs	Michael Kuhns	PA
16-17	131.5 kgs / 289.9 lbs	Michael Kuhns	PA
18-19	132.1 kgs / 291.2 lbs	Michael Kuhns	PA
20-24	136.8 kgs / 301.5 lbs	Michael Kuhns	PA
35-39	135.0 kgs / 297.6 lbs	Michael Kuhns	PA
40-44	147.5 kgs / 325.1 lbs	Kejajuan Collington	NC
45-49	120.0 kgs / 264.5 lbs	Galen Takushi	HI
50-54	113.0 kgs / 249.1 lbs	Gary Teeter	PA
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	PA
60-64	117.5 kgs / 259.0 lbs	Paul Gillott	AZ
65-69	121.0 kgs / 266.7 lbs	Paul Gillott	AZ
70-74	86.1 kgs / 189.8 lbs	Byron Swain	NC
75-79	72.5 kgs / 159.8 lbs	Steve Smith	FL
Police/Fire/Mil	127.5 kgs / 281.0 lbs	Devin Gloeck	PA
Spec. Oly.	75.0 kgs / 165.3 lbs	Buck Ammons	NC
Handicapped	72.5 kgs / 159.8 lbs	Tyler Shannon	NM

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Resides
Open	175.0 kgs / 385.8 lbs	Adam Zehr	NY
11 and under	60.0 kgs / 132.2 lbs	Easten Binckley	NC
12-13	90.8 kgs / 200.1 lbs	S. Kandis	USA
14-15	127.0 kgs / 279.9 lbs	Brian Rebarchak	PA
16-17	140.0 kgs / 308.6 lbs	Joseph Anderson	NJ
18-19	140.0 kgs / 308.6 lbs	Lenard Jones	NC
20-24	163.5 kgs / 360.4 lbs	Michael Kuhns	PA
35-39	165.0 kgs / 363.7 lbs	Adam Zehr	NY
40-44	160.0 kgs / 352.7 lbs	Viet Tran	NE
45-49	145.1 kgs / 319.8 lbs	David Wilson	VA
50-54	144.0 kgs / 317.4 lbs	John Self	VA

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55-59	132.5 kgs / 292.1 lbs	Paul Gillott	AZ
60-64	147.5 kgs / 325.1 lbs	Patrick Mason	MA
65-69	137.5 kgs / 303.1 lbs	Emerson Lynn	VT
70-74	130.0 kgs / 286.5 lbs	Emerson Lynn	VT
75-79	110.0 kgs / 242.5 lbs	Tom Newman	NC
Police/Fire/Mil	145.0 kgs / 319.6 lbs	Richard Bloom	MA
Spec. Oly.	70.3 kgs / 154.9 lbs	Chris Spairana	PA
Handicapped	61.2 kgs / 134.9 lbs	Thomas Gerhauser	FL

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Resides
Open	190.0 kgs / 418.8 lbs	James Love	GA
11 and under	65.7 kgs / 144.8 lbs	M. Mongera	PA
12-13	102.0 kgs / 224.8 lbs	Kegan Levesque	NY
14-15	135.0 kgs / 297.6 lbs	Caden Hale	IA
16-17	165.0 kgs / 363.7 lbs	Jason Luster	PA
18-19	160.0 kgs / 352.7 lbs	David Lyons	NY
20-24	167.5 kgs / 369.2 lbs	Larry Dyles	VA
35-39	163.2 kgs / 359.7 lbs	Joseph Braca	PA
40-44	175.0 kgs / 385.8 lbs	James Love	GA
45-49	174.9 kgs / 385.5 lbs	David Blattenberger	PA
50-54	153.5 kgs / 338.4 lbs	John Self	VA
55-59	157.5 kgs / 347.2 lbs	John Self	VA
60-64	175.0 kgs / 385.8 lbs	Tony Conyers	FL
65-69	160.0 kgs / 352.7 lbs	Tony Conyers	FL
70-74	140.0 kgs / 308.6 lbs	Scott Craig	AZ
75-79	105.5 kgs / 232.5 lbs	Joseph Sanders	NC
80+	105.0 kgs / 231.4 lbs	Gerald Lindas	WI
Police/Fire/Mil	185.0 kgs / 407.8 lbs	Kwansah Ackah	MD
Spec. Oly.	83.5 kgs / 184.0 lbs	Anthony Iovine	NY
Handicapped	57.5 kgs / 126.7 lbs	Ryan Sweeney	ID

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Resides
Open	219.9 kgs / 484.7 lbs	Will Lynch	NC
11 and under	45.0 kgs / 99.2 lbs	Brendan Wolcott	CT
12-13	135.0 kgs / 297.6 lbs	Reagan Dillion	PA
14-15	145.5 kgs / 320.7 lbs	Nicholas Apsehoff	VA
16-17	160.0 kgs / 352.7 lbs	Liam Anderson	NY
18-19	170.0 kgs / 374.7 lbs	Evan Miller	OH
20-24	205.0 kgs / 451.9 lbs	Stephen Judah	FL
35-39	205.0 kgs / 451.9 lbs	Will Lynch	NC
40-44	189.0 kgs / 416.6 lbs	Matthew Reep	VA
45-49	195.3 kgs / 430.5 lbs	David Blattenberger	PA
50-54	190.0 kgs / 418.8 lbs	Jacob Williams	PA
55-59	170.0 kgs / 374.7 lbs	David Blattenberger	PA
60-64	157.5 kgs / 347.2 lbs	Daniel Henson	FL
65-69	137.5 kgs / 303.1 lbs	Ronnie Powell	NE
70-74	132.5 kgs / 292.1 lbs	Perry Bassett	AZ
75-79	113.0 kgs / 249.1 lbs	Bill Lindsey	VA

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80+	107.5 kgs / 236.9 lbs	John Hansberry	PA
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Stephen Judah	FL
Spec. Oly.	97.5 kgs / 214.9 lbs	Chris Smallwood	VA
Handicapped	52.5 kgs / 115.7 lbs	Joshua White	FL

Weight Class: 90 / 198 Male			
Division	Bench Press	Name	Resides
Open	240.0 kgs / 529.1 lbs	Dennis Cieri	NJ
11 and under	60.0 kgs / 132.2 lbs	Jordan Howard	NC
12-13	124.7 kgs / 274.9 lbs	Nate Carlin	PA
14-15	140.6 kgs / 309.9 lbs	Michael Kay	NJ
16-17	182.5 kgs / 402.3 lbs	Kegan Levesque	NY
18-19	190.0 kgs / 418.8 lbs	William Tazwell	MD
20-24	205.0 kgs / 451.9 lbs	Ricky Dozier	NC
35-39	238.1 kgs / 524.9 lbs	Dennis Cieri	NJ
40-44	240.0 kgs / 529.1 lbs	Dennis Cieri	NJ
45-49	205.0 kgs / 451.9 lbs	Chris Walter	NE
50-54	202.5 kgs / 446.4 lbs	Jacob Williams	PA
55-59	190.0 kgs / 418.8 lbs	Jim Van Allen	NY
60-64	182.5 kgs / 402.3 lbs	Anthony Brigidini	VA
65-69	142.5 kgs / 314.1 lbs	Jim McKenna	PA
70-74	135.0 kgs / 297.6 lbs	Chuck Mulligan	MD
75-79	137.5 kgs / 303.1 lbs	Terry Margolis	PA
80+	112.5 kgs / 248.0 lbs	Terry Margolis	PA
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Ricky Dozier	NC
Spec. Oly.	105.0 kgs / 231.4 lbs	Daron Ealey	VA
Handicapped	140.0 kgs / 308.6 lbs	Thomas Weaver	PA

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Resides
Open	238.0 kgs / 524.6 lbs	Michael Dudley	NC
11 and under	65.0 kgs / 143.2 lbs	Quinn Lindsay	WY
12-13	124.7 kgs / 274.9 lbs	Nate Carlin	PA
14-15	165.5 kgs / 364.8 lbs	Ben Hopkins	NC
16-17	192.5 kgs / 424.3 lbs	Kegan Levesque	NY
18-19	192.5 kgs / 424.3 lbs	Cameron Maxwell	NJ
20-24	200.0 kgs / 440.9 lbs	Austin Pappas	ND
35-39	233.6 kgs / 514.9 lbs	Paul Bossi	NC
40-44	219.9 kgs / 484.7 lbs	Joe McAuliffe	NJ
45-49	217.5 kgs / 479.5 lbs	Chris Walter	NE
50-54	217.5 kgs / 479.5 lbs	Chris Walter	NE
55-59	212.5 kgs / 468.4 lbs	Roy O'Dwyer	MD
60-64	187.5 kgs / 413.3 lbs	Roy O'Dwyer	MD
65-69	170.0 kgs / 374.7 lbs	Craig Perry	KY
70-74	142.8 kgs / 314.8 lbs	Jerry Kluft	FL
75-79	145.0 kgs / 319.6 lbs	Rooster Fleming	PA
80+	121.0 kgs / 266.7 lbs	John Moore	VA
Police/Fire/Mil	238.0 kgs / 524.6 lbs	Michael Dudley	NC
Spec. Oly.	95.0 kgs / 209.4 lbs	Jared Lamb	NY

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Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Resides
Open	272.1 kgs / 599.8 lbs	Rock Lewis	SC
11 and under	52.1 kgs / 114.8 lbs	Derrick McGarvey	OH
12-13	92.5 kgs / 203.9 lbs	David Howell	NC
14-15	145.0 kgs / 319.6 lbs	Colson Bishop	NC
16-17	170.5 kgs / 375.8 lbs	Nick Seiner	PA
18-19	197.3 kgs / 434.9 lbs	Eddie Debus	NY
20-24	215.0 kgs / 473.9 lbs	Andre Mealy	VA
35-39	272.1 kgs / 599.8 lbs	Rock Lewis	SC
40-44	240.4 kgs / 529.9 lbs	Paul Bossi	NC
45-49	217.5 kgs / 479.5 lbs	Chris Walter	NE
50-54	212.5 kgs / 468.4 lbs	Paul Bossi	NC
55-59	205.0 kgs / 451.9 lbs	Alvin Waldon	CA
60-64	192.5 kgs / 424.3 lbs	Nate Matthews	OH
65-69	173.0 kgs / 381.3 lbs	Todd Campo	VA
70-74	147.5 kgs / 325.1 lbs	Rooster Fleming	PA
75-79	122.5 kgs / 270.0 lbs	Russell Combest	OH
80+	112.5 kgs / 248.0 lbs	Raymond Bernabe	OH
Police/Fire/Mil	235.0 kgs / 518.0 lbs	Ricky Dozier	NC
Spec. Oly.	100.0 kgs / 220.4 lbs	Mathew Herbert	AZ
Handicapped	92.5 kgs / 203.9 lbs	Jerry Perdue	FL

Weight Class: 125 / 275 Male			
Division	Bench Press	Name	Resides
Open	265.3 kgs / 584.8 lbs	Michael Belk	NC
11 and under	52.1 kgs / 114.8 lbs	Derrick McGarvey	OH
12-13	73.2 kgs / 161.3 lbs	Jack Lee	PA
14-15	174.9 kgs / 385.5 lbs	Daniel Anderson	PA
16-17	205.0 kgs / 451.9 lbs	John Jefferson	PA
18-19	204.4 kgs / 450.6 lbs	Nick Seiner	PA
20-24	227.2 kgs / 500.8 lbs	Nick Seiner	PA
35-39	265.3 kgs / 584.8 lbs	Michael Belk	NC
40-44	235.8 kgs / 519.8 lbs	Scott Kuzma	VA
45-49	227.5 kgs / 501.5 lbs	Jermaine Jones	NC
50-54	218.0 kgs / 480.6 lbs	Patrick McMillan Sr.	VA
55-59	208.0 kgs / 458.5 lbs	Paul Bossi	NC
60-64	195.0 kgs / 429.8 lbs	Glen Tenove	CA
65-69	181.5 kgs / 400.1 lbs	Stephen Kozlowski	VA
70-74	132.5 kgs / 292.1 lbs	Rich Plummer	NV
75-79	127.5 kgs / 281.0 lbs	Don Joy	MD
80+	127.5 kgs / 281.0 lbs	Don Joy	MD
Police/Fire/Mil	227.5 kgs / 501.5 lbs	Carl Elliott	NC
Spec. Oly.	122.5 kgs / 270.0 lbs	Ryan Relosky	PA
Handicapped	112.5 kgs / 248.0 lbs	Jerry Perdue	FL

Weight Class: 140 / 308 Male			
Division	Bench Press	Name	Resides
Open	265.0 kgs / 584.2 lbs	Michael Belk	NC
12-13	60.1 kgs / 132.4 lbs	Derrick McGarvey	OH

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14-15	165.5 kgs / 364.8 lbs	Shane Yates	SC
16-17	200.0 kgs / 440.9 lbs	Athan Parker	OH
18-19	188.2 kgs / 414.9 lbs	Cody Yager	FL
20-24	235.0 kgs / 518.0 lbs	Scott Weech	FL
35-39	247.5 kgs / 545.6 lbs	Jerry Gunter	NC
40-44	242.5 kgs / 534.6 lbs	Daryl Charron	MO
45-49	249.2 kgs / 549.3 lbs	Paul Brown	PA
50-54	226.5 kgs / 499.3 lbs	Marvin Rodenbeck	MT
55-59	227.5 kgs / 501.5 lbs	Kent Burgess	WV
60-64	207.5 kgs / 457.4 lbs	Glen Tenove	CA
65-69	205.0 kgs / 451.9 lbs	Roy Johnson	IN
70-74	150.0 kgs / 330.6 lbs	Bill Schnepf	MD
75-79	95.0 kgs / 209.4 lbs	William Williams	OH
Police/Fire/Mil	254.0 kgs / 559.9 lbs	Carl Elliott	NC
Spec. Oly.	122.5 kgs / 270.0 lbs	Ryan Relosky	PA

Unknown Class: SHW Male			
Division	Bench Press	Name	Resides
Open	290.0 kgs / 639.3 lbs	Pedro Mejias	NY
12-13	77.5 kgs / 170.8 lbs	Josh Rafferty	NY
14-15	165.5 kgs / 364.8 lbs	Shane Yates	SC
16-17	185.0 kgs / 407.8 lbs	Jauon Mejias	NY
18-19	204.4 kgs / 450.6 lbs	Daniel Anderson	PA
20-24	242.5 kgs / 534.6 lbs	Nicholas Cook	VA
35-39	290.0 kgs / 639.3 lbs	Pedro Mejias	NY
40-44	255.0 kgs / 562.1 lbs	Pedro Mejias	NY
45-49	247.5 kgs / 545.6 lbs	Beau Moore	IA
50-54	217.5 kgs / 479.5 lbs	John Grenz	WI
55-59	220.0 kgs / 485.0 lbs	Bill Gillespie	VA
60-64	190.0 kgs / 418.8 lbs	Robert Gains	VA
65-69	175.0 kgs / 385.8 lbs	Raymond Clasing	MD
70-74	130.0 kgs / 286.5 lbs	Charles Hellickson	IA
Police/Fire/Mil	212.5 kgs / 468.4 lbs	Paul D'Antonio	PA
Spec. Oly.	50.0 kgs / 110.2 lbs	Charles Smith	NY

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