WORLD MEN'S BENCH RECORDS

Updated by Ed Kutin
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Weight Class: 48 / 105 Male			
Division	**Bench Press**	**Name**	**Resides**
Open	**110.0 kgs / 242.5 lbs**	**Jasen Hinkel**	**US-NE**
11 and under	53.0 kgs / 116.8 lbs	Sonny Baggetta	US-CT
12-13	62.5 kgs / 137.7 lbs	Johnny Brattelli	US-VA
14-15	67.5 kgs / 148.8 lbs	Ismael Jackson	US-MD
16-17	60.0 kgs / 132.2 lbs	John Hess	US-PA
18-19	110.0 kgs / 242.5 lbs	Jasen Hinkel	US-NE
20-24	77.5 kgs / 170.8 lbs	Rob Marcellino	US-NJ
40-44	59.0 kgs / 130.0 lbs	Michael Kahan	US-AZ
45-49	60.0 kgs / 132.2 lbs	Michael Kahan	US-AZ
50-54	57.5 kgs / 126.7 lbs	Michael Kahan	US-AZ
Spec. Oly.	58.0 kgs / 127.8 lbs	Buck Ammons	US-NC
Handicapped	60.0 kgs / 132.2 lbs	John Hess	US-PA

Weight Class: 52 / 114 Male			
Division	**Bench Press**	**Name**	**Resides**
Open	**103.0 kgs / 227.0 lbs**	**Alexander Ermachenko**	**Ukraine**
11 and under	68.0 kgs / 149.9 lbs	DeAndre Proctor	US-NC
12-13	72.5 kgs / 159.8 lbs	Johnny Brattelli	US-VA
14-15	82.7 kgs / 182.3 lbs	Mike Burkeen	US-AZ
16-17	92.5 kgs / 203.9 lbs	James Miller	US-VA
18-19	86.6 kgs / 190.9 lbs	Hunter Claypatch	US-NY
20-24	92.5 kgs / 203.9 lbs	Hunter Claypatch	US-NY
35-39	79.3 kgs / 174.8 lbs	Trevor Branam	US-FL
40-44	92.0 kgs / 202.8 lbs	Gary Peterson	US-WA
45-49	74.8 kgs / 164.9 lbs	Steve Birchak	US-OH
55-59	65.0 kgs / 143.2 lbs	Jason Farrow	US-FL
Spec. Oly.	27.5 kgs / 60.6 lbs	Nick Kennedy	Canada
Handicapped	65.0 kgs / 143.2 lbs	John Hess	US-PA

Weight Class: 56 / 123 Male			
Division	**Bench Press**	**Name**	**Resides**
Open	**150.0 kgs / 330.6 lbs**	**Adam Zehr**	**US-NY**
11 and under	52.5 kgs / 115.7 lbs	Jeramiah Skinner	US-NC
12-13	77.5 kgs / 170.8 lbs	Benjamin Henson	US-MA
14-15	100.0 kgs / 220.4 lbs	James Miller	US-VA

2/8/2026

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16-17	107.5 kgs / 236.9 lbs	Kody Cox	US-PA
18-19	107.5 kgs / 236.9 lbs	Zachariah Anguiano	US-FL
20-24	103.0 kgs / 227.0 lbs	Idan Alkoby	Israel
35-39	115.0 kgs / 253.5 lbs	Ravinder Pal Singh	India
40-44	80.0 kgs / 176.3 lbs	Satish Kambali	India
45-49	95.0 kgs / 209.4 lbs	Eric Green	US-IA
50-54	112.5 kgs / 248.0 lbs	Gary Teeter	US-PA
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	US-PA
60-64	88.5 kgs / 195.1 lbs	Ed Fuller	US-MD
70-74	86.1 kgs / 189.8 lbs	Byron Swain	US-NC
80+	45.5 kgs / 100.3 lbs	John Bazacas	US-CA
Spec. Oly.	70.0 kgs / 154.3 lbs	Buck Ammons	US-NC
Handicapped	115.0 kgs / 253.5 lbs	Ravinder Pal Singh	India

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Resides
Open	**149.8 kgs / 330.2 lbs**	**Adam Zehr**	**US-NY**
11 and under	57.5 kgs / 126.7 lbs	Jeramiah Skinner	US-NC
12-13	80.0 kgs / 176.3 lbs	Andrew Schwartz	US-NC
14-15	100.0 kgs / 220.4 lbs	John Self Jr	US-VA
16-17	127.5 kgs / 281.0 lbs	Vincent Alvarado	US-NE
18-19	131.0 kgs / 288.8 lbs	Vincent Alvarado	US-NE
20-24	125.0 kgs / 275.5 lbs	Daniel Remulla	Canada
35-39	135.0 kgs / 297.6 lbs	Michael Kuhns	US-PA
40-44	147.5 kgs / 325.1 lbs	Kejajuan Collington	US-NC
45-49	120.0 kgs / 264.5 lbs	Galen Takushi	US-HI
50-54	112.5 kgs / 248.0 lbs	Gary Teeter	US-PA
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	US-PA
60-64	117.5 kgs / 259.0 lbs	Paul Gillott	US-AZ
65-69	121.0 kgs / 266.7 lbs	Paul Gillott	US-AZ
70-74	75.0 kgs / 165.3 lbs	Jim Marchio	US-VA
75-79	72.5 kgs / 159.8 lbs	Steve Smith	US-FL
Police/Fire/Mil	127.5 kgs / 281.0 lbs	Devin Gloecki	US-PA
Spec. Oly.	75.0 kgs / 165.3 lbs	Buck Ammons	US-NC
Handicapped	127.5 kgs / 281.0 lbs	Brian Calcafuoco	Canada

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Resides
Open	**175.0 kgs / 385.8 lbs**	**Adam Zehr**	**US-NY**
11 and under	60.0 kgs / 132.2 lbs	Easten Binckley	US-NC
12-13	102.5 kgs / 225.9 lbs	Arash Mobarrezi	Canada
14-15	117.5 kgs / 259.0 lbs	Logan Dallas	US-OH
16-17	140.0 kgs / 308.6 lbs	Joseph Anderson	US-NJ
18-19	140.0 kgs / 308.6 lbs	Lenard Jones	US-NC
20-24	162.5 kgs / 358.2 lbs	Lenard Jones	US-NC
35-39	165.0 kgs / 363.7 lbs	Adam Zehr	US-NY
40-44	160.0 kgs / 352.7 lbs	Viet Tran	US-NE
45-49	145.1 kgs / 319.8 lbs	David Wilson	US-VA
50-54	144.0 kgs / 317.4 lbs	John Self	US-VA
55-59	132.5 kgs / 292.1 lbs	Paul Gillott	US-AZ

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60-64	147.5 kgs / 325.1 lbs	Patrick Mason	US-MA
65-69	135.0 kgs / 297.6 lbs	Emerson Lynn	US-VT
70-74	130.0 kgs / 286.5 lbs	Emerson Lynn	US-VT
75-79	110.0 kgs / 242.5 lbs	Tom Newman	US-NC
80+	90.0 kgs / 198.4 lbs	Joe Stockinger	Canada
Police/Fire/Mil	145.0 kgs / 319.6 lbs	Richard Bloom	US-MA
Spec. Oly.	70.3 kgs / 154.9 lbs	Chris Spairana	US-PA
Handicapped	122.5 kgs / 270.0 lbs	Brian Calcafuoco	Canada

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Resides
Open	**190.0 kgs / 418.8 lbs**	**James Love**	**US-GA**
11 and under	57.5 kgs / 126.7 lbs	Connor Grenier	US-CT
12-13	100.0 kgs / 220.4 lbs	Aleksey Sheptuha	Ukraine
14-15	127.5 kgs / 281.0 lbs	Andrew Schwartz	US-NC
16-17	165.0 kgs / 363.7 lbs	Jason Luster	US-PA
18-19	175.0 kgs / 385.8 lbs	Vladimir Tsaturyan	Ukraine
20-24	167.5 kgs / 369.2 lbs	Larry Dyles	US-VA
35-39	163.2 kgs / 359.7 lbs	John Self	US-VA
40-44	175.0 kgs / 385.8 lbs	James Love	US-GA
45-49	165.5 kgs / 364.8 lbs	Tony Conyers	US-FL
50-54	153.5 kgs / 338.4 lbs	John Self	US-VA
55-59	157.5 kgs / 347.2 lbs	John Self	US-VA
60-64	175.0 kgs / 385.8 lbs	Tony Conyers	US-FL
65-69	160.0 kgs / 352.7 lbs	Tony Conyers	US-FL
70-74	140.0 kgs / 308.6 lbs	Scott Craig	US-AZ
75-79	105.5 kgs / 232.5 lbs	Joseph Sanders	US-NC
80+	105.0 kgs / 231.4 lbs	Gerald Lindas	US-WI
Police/Fire/Mil	185.0 kgs / 407.8 lbs	Kwansah Ackah	US-MD
Spec. Oly.	83.5 kgs / 184.0 lbs	Anthony Iovine	US-NY
Handicapped	170.0 kgs / 374.7 lbs	Gurvir Kumar	India

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Resides
Open	**219.9 kgs / 484.7 lbs**	**Will Lynch**	**US-NC**
11 and under	45.0 kgs / 99.2 lbs	Brendan Wolcott	US-CT
12-13	135.0 kgs / 297.6 lbs	Reagan Dillion	US-PA
14-15	145.5 kgs / 320.7 lbs	Nicholas Apseloff	US-VA
16-17	160.0 kgs / 352.7 lbs	Liam Anderson	US-NY
18-19	170.0 kgs / 374.7 lbs	Cyril Artemov	Ukraine
20-24	205.0 kgs / 451.9 lbs	Stephen Judah	US-FL
35-39	205.0 kgs / 451.9 lbs	Will Lynch	US-NC
40-44	189.0 kgs / 416.6 lbs	Matthew Reep	US-VA
45-49	195.0 kgs / 429.8 lbs	Jacob Williams	US-PA
50-54	190.0 kgs / 418.8 lbs	Jacob Williams	US-PA
55-59	170.0 kgs / 374.7 lbs	David Blattenberger	US-PA
60-64	157.5 kgs / 347.2 lbs	Daniel Henson	US-FL
65-69	132.5 kgs / 292.1 lbs	Perry Bassett	US-AZ
70-74	132.5 kgs / 292.1 lbs	Perry Bassett	US-AZ
75-79	113.0 kgs / 249.1 lbs	Bill Lindsey	US-VA

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80+	107.5 kgs / 236.9 lbs	John Hansberry	US-PA
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Stephen Judah	US-FL
Spec. Oly.	92.5 kgs / 203.9 lbs	Ryan Ruvola	US-NY
Handicapped	175.0 kgs / 385.8 lbs	Gurvir Kumar	India

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Resides
Open	**240.0 kgs / 529.1 lbs**	**Dennis Cieri**	**US-NJ**
11 and under	60.0 kgs / 132.2 lbs	Jordan Howard	US-NC
12-13	97.5 kgs / 214.9 lbs	Cole Cray	USA
14-15	140.6 kgs / 309.9 lbs	Michael Kay	US-NJ
16-17	182.5 kgs / 402.3 lbs	Kegan Levesque	US-NY
18-19	190.0 kgs / 418.8 lbs	William Tazwell	US-MD
20-24	205.0 kgs / 451.9 lbs	Ricky Dozier	US-NC
35-39	238.1 kgs / 524.9 lbs	Dennis Cieri	US-NJ
40-44	240.0 kgs / 529.1 lbs	Dennis Cieri	US-NJ
45-49	205.0 kgs / 451.9 lbs	Chris Walter	US-NE
50-54	202.5 kgs / 446.4 lbs	Jacob Williams	US-PA
55-59	190.0 kgs / 418.8 lbs	Jim Van Allen	US-NY
60-64	182.5 kgs / 402.3 lbs	Anthony Brigidini	US-VA
65-69	150.0 kgs / 330.6 lbs	Cosimo Orlando	Italy
70-74	135.0 kgs / 297.6 lbs	Chuck Mulligan	US-MD
75-79	137.5 kgs / 303.1 lbs	Terry Margolis	US-PA
80+	112.5 kgs / 248.0 lbs	Terry Margolis	US-PA
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Ricky Dozier	US-NC
Spec. Oly.	105.0 kgs / 231.4 lbs	Eddie Altemose	US-PA
Handicapped	160.0 kgs / 352.7 lbs	Gurvir Kumar	India

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Resides
Open	**238.0 kgs / 524.6 lbs**	**Michael Dudley**	**US-NC**
11 and under	65.0 kgs / 143.2 lbs	Quinn Lindsay	US-WY
12-13	117.5 kgs / 259.0 lbs	Antonio Santillan	US-CA
14-15	165.5 kgs / 364.8 lbs	Ben Hopkins	US-NC
16-17	192.5 kgs / 424.3 lbs	Kegan Levesque	US-NY
18-19	192.5 kgs / 424.3 lbs	Cameron Maxwell	US-NJ
20-24	200.0 kgs / 440.9 lbs	Austin Pappas	US-ND
35-39	233.6 kgs / 514.9 lbs	Paul Bossi	US-NC
40-44	210.0 kgs / 462.9 lbs	Chris Walter	US-NE
45-49	212.5 kgs / 468.4 lbs	Chris Walter	US-NE
50-54	217.5 kgs / 479.5 lbs	Chris Walter	US-NE
55-59	212.5 kgs / 468.4 lbs	Roy O'Dwyer	US-MD
60-64	182.5 kgs / 402.3 lbs	Timothy Day	US-OH
65-69	170.0 kgs / 374.7 lbs	Craig Perry	US-KY
70-74	142.8 kgs / 314.8 lbs	Jerry Kluft	US-FL
75-79	145.0 kgs / 319.6 lbs	Rooster Fleming	US-PA
80+	121.0 kgs / 266.7 lbs	John Moore	US-VA
Police/Fire/Mil	238.0 kgs / 524.6 lbs	Michael Dudley	US-NC
Spec. Oly.	102.5 kgs / 225.9 lbs	Andrew Harding	Canada
Handicapped	85.0 kgs / 187.3 lbs	Andrew Harding	Canada

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Weight Class: 110 / 242 Male			
Division	**Bench Press**	**Name**	**Resides**
Open	**272.1 kgs / 599.8 lbs**	**Rock Lewis**	**US-SC**
11 and under	55.0 kgs / 121.2 lbs	Liam Vaness	Canada
12-13	92.5 kgs / 203.9 lbs	David Howell	US-NC
14-15	145.0 kgs / 319.6 lbs	Colson Bishop	US-NC
16-17	170.0 kgs / 374.7 lbs	Nolan Toti	US-NC
18-19	197.3 kgs / 434.9 lbs	Eddie Debus	US-NY
20-24	215.0 kgs / 473.9 lbs	Andre Mealy	US-VA
35-39	272.1 kgs / 599.8 lbs	Rock Lewis	US-SC
40-44	240.4 kgs / 529.9 lbs	Paul Bossi	US-NC
45-49	217.5 kgs / 479.5 lbs	John Giffen	Canada
50-54	212.5 kgs / 468.4 lbs	Paul Bossi	US-NC
55-59	205.0 kgs / 451.9 lbs	Alvin Waldon	US-CA
60-64	192.5 kgs / 424.3 lbs	Nate Matthews	US-OH
65-69	173.0 kgs / 381.3 lbs	Todd Campo	US-VA
70-74	147.5 kgs / 325.1 lbs	Rooster Fleming	US-PA
75-79	115.5 kgs / 254.6 lbs	Bernie Rhodes	US-VA
80+	97.5 kgs / 214.9 lbs	Gerald Burke	US-PA
Police/Fire/Mil	235.0 kgs / 518.0 lbs	Ricky Dozier	US-NC
Spec. Oly.	111.0 kgs / 244.7 lbs	Andrew Harding	Canada
Handicapped	125.0 kgs / 275.5 lbs	Hagen Ribb	Germany

Weight Class: 125 / 275 Male			
Division	**Bench Press**	**Name**	**Resides**
Open	**265.3 kgs / 584.8 lbs**	**Michael Belk**	**US-NC**
12-13	72.5 kgs / 159.8 lbs	Aaron Chamblee	US-NC
14-15	152.5 kgs / 336.2 lbs	Mario Fontanazza	US-PA
16-17	205.0 kgs / 451.9 lbs	John Jefferson	US-PA
18-19	197.5 kgs / 435.4 lbs	Isaac Whistler	US-PA
20-24	215.0 kgs / 473.9 lbs	Nikolaev Oleg	Ukraine
35-39	265.3 kgs / 584.8 lbs	Michael Belk	US-NC
40-44	237.5 kgs / 523.5 lbs	John Giffen	Canada
45-49	227.5 kgs / 501.5 lbs	John Giffen	Canada
50-54	218.0 kgs / 480.6 lbs	Patrick McMillan Sr.	US-VA
55-59	208.0 kgs / 458.5 lbs	Paul Bossi	US-NC
60-64	195.0 kgs / 429.8 lbs	Glen Tenove	US-CA
65-69	190.0 kgs / 418.8 lbs	George Flikas	Canada
70-74	190.0 kgs / 418.8 lbs	George Flikas	Canada
75-79	127.5 kgs / 281.0 lbs	Don Joy	US-MD
80+	102.26 kgs / 225.4 lbs	Jim Jarboe	US-FL
Police/Fire/Mil	218.0 kgs / 480.6 lbs	Patrick McMillan Sr.	US-VA
Spec. Oly.	122.5 kgs / 270.0 lbs	Ryan Relosky	US-PA
Handicapped	112.5 kgs / 248.0 lbs	Jerry Perdue	US-FL

Weight Class: 140 / 308 Male			
Division	**Bench Press**	**Name**	**Resides**
Open	**266.0 kgs / 586.4 lbs**	**Dmitry Golovin**	**Ukraine**
12-13	70.0 kgs / 154.3 lbs	Chapel Iron Shirt	Canada

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14-15	147.4 kgs / 324.9 lbs	Keith Cole	USA
16-17	200.0 kgs / 440.9 lbs	Athan Parker	US-OH
18-19	185.0 kgs / 407.8 lbs	Mario Fontanazza	US-PA
20-24	235.0 kgs / 518.0 lbs	Scott Weech	US-FL
35-39	222.5 kgs / 490.5 lbs	Timmy Rush	US-NC
40-44	235.0 kgs / 518.0 lbs	Victor Kochmar	Ukraine
45-49	230.0 kgs / 507.0 lbs	John Robinson	US-PA
50-54	226.5 kgs / 499.3 lbs	Marvin Rodenbeck	US-MT
55-59	203.5 kgs / 448.6 lbs	Glen Tenove	US-CA
60-64	207.5 kgs / 457.4 lbs	Glen Tenove	US-CA
65-69	205.0 kgs / 451.9 lbs	Roy Johnson	US-IN
70-74	150.0 kgs / 330.6 lbs	Bill Schnepf	US-MD
75-79	77.5 kgs / 170.8 lbs	Guy Sappah	US-MD
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Carl Elliott	US-NC
Spec. Oly.	122.5 kgs / 270.0 lbs	Ryan Relosky	US-PA

Unknown Class: SHW	**Male**		
Division	**Bench Press**	**Name**	**Resides**
Open	**290.0 kgs / 639.3 lbs**	**Pedro Mejias**	**US-NY**
12-13	77.5 kgs / 170.8 lbs	Josh Rafferty	US-NY
14-15	165.5 kgs / 364.8 lbs	Shane Yates	US-SC
16-17	185.0 kgs / 407.8 lbs	Jauon Mejias	US-NY
18-19	188.2 kgs / 414.9 lbs	Cody Yager	US-FL
20-24	227.5 kgs / 501.5 lbs	Wyatt Lozano	US-NY
35-39	290.0 kgs / 639.3 lbs	Pedro Mejias	US-NY
40-44	255.0 kgs / 562.1 lbs	Pedro Mejias	US-NY
45-49	247.5 kgs / 545.6 lbs	Beau Moore	US-IA
50-54	217.5 kgs / 479.5 lbs	John Grenz	US-WI
55-59	220.0 kgs / 485.0 lbs	Bill Gillespie	US-VA
60-64	190.0 kgs / 418.8 lbs	Robert Gains	US-VA
65-69	175.0 kgs / 385.8 lbs	Raymond Clasing	US-MD
70-74	130.0 kgs / 286.5 lbs	Charles Hellickson	US-IA
Police/Fire/Mil	212.5 kgs / 468.4 lbs	Paul D'Antonio	US-PA
Spec. Oly.	137.5 kgs / 303.1 lbs	Scott Pagenkopf	Canada

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