



MARYLAND STATE BENCH RECORDS

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4/20/2026

Weight Class: 30 / 66 Female			
Division	Bench Press	Name	Date
Open	15.0 kgs / 33.0 lbs	Payton LaCoste	1/2026
6-7	15.0 kgs / 33.0 lbs	Payton LaCoste	1/2026

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	40.0 kgs / 88.1 lbs	Marrisa Ramirez	10/2018
35-39	40.0 kgs / 88.1 lbs	Marrisa Ramirez	10/2018

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Andrea Kawano	9/2017
16-17	32.5 kgs / 71.6 lbs	Autumn Mallon	11/2021
20-24	45.0 kgs / 99.2 lbs	Erica Wang	3/2019
25-29	50.0 kgs / 110.2 lbs	Keri Davis	3/2019
35-39	52.5 kgs / 115.7 lbs	Andrea Kawano	9/2017
40-44	50.0 kgs / 110.2 lbs	Mariela Olivares	3/2019
45-49	50.0 kgs / 110.2 lbs	Mariela Olivares	6/2025
50-54	47.5 kgs / 104.7 lbs	Mariela Olivares	1/2026
55-59	42.5 kgs / 93.6 lbs	Jodi McCain	6/2022
60-64	42.5 kgs / 93.6 lbs	Victoria Giorgi	9/2023
75-79	27.5 kgs / 60.6 lbs	Karola Meyer	2/2020

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	80.0 kgs / 176.3 lbs	Melissa Hexter	10/2015
16-17	55.0 kgs / 121.2 lbs	Sarah Rudo	7/2024
20-24	80.0 kgs / 176.3 lbs	Melissa Hexter	10/2015
25-29	67.5 kgs / 148.8 lbs	Melissa Barber	5/2016
30-34	60.0 kgs / 132.2 lbs	Jessica Murgueytio	10/2017
35-39	50.0 kgs / 110.2 lbs	Beth Ogne	3/2022
40-44	61.5 kgs / 135.5 lbs	Heather Rockhill	10/2016
45-49	60.0 kgs / 132.2 lbs	Mariela Olivares	2/2023
55-59	42.5 kgs / 93.6 lbs	Victoria Giorgi	6/2023
75-79	30.0 kgs / 66.1 lbs	Karola Meyer	10/2020
80-84	32.0 kgs / 70.5 lbs	Karola Meyer	9/2021

Weight Class: 60 / 132 Female			
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Division	Bench Press	Name	Date
Open	82.5 kgs / 181.8 lbs	Kimberly Beitzell	12/2015
16-17	60.0 kgs / 132.2 lbs	Sarah Rudo	3/2025
20-24	67.5 kgs / 148.8 lbs	Maggie Scopel	10/2015
25-29	65.0 kgs / 143.2 lbs	Christina Marks	5/2015
30-34	82.5 kgs / 181.8 lbs	Kimberly Beitzell	12/2015
35-39	63.5 kgs / 139.9 lbs	Kimberly Capers	10/2018
40-44	52.5 kgs / 115.7 lbs	Angela Goldstein	6/2025
45-49	70.0 kgs / 154.3 lbs	Anissa Colbert-Butler	5/2015
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Katie Johnson	5/2015

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Date
Open	92.5 kgs / 203.9 lbs	Alexis Kajencki	11/2025
16-17	57.5 kgs / 126.7 lbs	Erika Malkin	6/2008
18-19	55.0 kgs / 121.2 lbs	Elia Goffi	9/2016
25-29	82.5 kgs / 181.8 lbs	Hai Di	6/2018
30-34	87.5 kgs / 192.9 lbs	Kimberly Beitzell	7/2016
35-39	50.0 kgs / 110.2 lbs	Rosa Rodriguez	8/2019
40-44	92.5 kgs / 203.9 lbs	Alexis Kajencki	11/2025
45-49	52.5 kgs / 115.7 lbs	Tanja Rivoire	4/2017
50-54	60.0 kgs / 132.2 lbs	Tanja Rivoire	7/2018
55-59	40.0 kgs / 88.1 lbs	Mary James	4/2019
60-64	47.5 kgs / 104.7 lbs	Annette Ashby-Knox	6/2023
65-69	40.9 kgs / 90.1 lbs	Dottie Mikoloski	
70-74	20.0 kgs / 44.0 lbs	Barrie Zucal	10/2016
Police/Fire/Mil	80.0 kgs / 176.3 lbs	Katie Johnson	10/2015

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	105.0 kgs / 231.4 lbs	Alexis Kajencki	4/2024
16-17	60.0 kgs / 132.2 lbs	Destany Lausen	7/2014
18-19	60.0 kgs / 132.2 lbs	Destany Lausen	5/2015
20-24	87.5 kgs / 192.9 lbs	Andrea Maush	10/2016
25-29	98.0 kgs / 216.0 lbs	Tierra Tucker	3/2019
30-34	102.5 kgs / 225.9 lbs	Tierra Tucker	3/2020
35-39	70.3 kgs / 154.9 lbs	Melody Stocks	11/2006
40-44	105.0 kgs / 231.4 lbs	Alexis Kajencki	4/2024
45-49	68.0 kgs / 149.9 lbs	Ruth Douglas	
60-64	35.0 kgs / 77.1 lbs	Julie Marquette	7/2018
70-74	22.5 kgs / 49.6 lbs	Sarah Sappah	3/2023

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	77.1 kgs / 169.9 lbs	Melody Stocks	4/2008
10-11	54.4 kgs / 119.9 lbs	Victoria Vasquez	1/2008
12-13	57.5 kgs / 126.7 lbs	Victoria Vasquez	
18-19	70.3 kgs / 154.9 lbs	Nicole Miller	6/2005
25-29	52.5 kgs / 115.7 lbs	Danielle Smoak	10/2020
30-34	72.5 kgs / 159.8 lbs	Rose Browneagle	9/2016

35-39	68.0 kgs / 149.9 lbs	Melody Stocks	4/2007
40-44	77.1 kgs / 169.9 lbs	Melody Stocks	4/2008
45-49	72.5 kgs / 159.8 lbs	Karen Zamostny	9/2017
50-54	37.5 kgs / 82.6 lbs	Lizette Jowett	2/2020
55-59	40.0 kgs / 88.1 lbs	Isobel Parks	8/2016
60-64	37.5 kgs / 82.6 lbs	Julie Marquette	3/2019
70-74	38.0 kgs / 83.7 lbs	Gwen Bailey	6/2025

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	105.0 kgs / 231.4 lbs	Ogechi Akalegbere	8/2017
12-13	62.5 kgs / 137.7 lbs	Victoria Vasquez	11/2009
25-29	105.0 kgs / 231.4 lbs	Ogechi Akalegbere	8/2017
30-34	77.5 kgs / 170.8 lbs	Arlene Burnette	5/2015
35-39	102.5 kgs / 225.9 lbs	Martina Burton	3/2020
70-74	48.0 kgs / 105.8 lbs	Helena Pettit	9/2022

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	112.5 kgs / 248.0 lbs	Marissa Wilson	3/2018
12-13	68.5 kgs / 151.0 lbs	Victoria Vasquez	7/2010
20-24	57.5 kgs / 126.7 lbs	Hope Lancaster	6/2017
25-29	112.5 kgs / 248.0 lbs	Marissa Wilson	3/2018
30-34	82.5 kgs / 181.8 lbs	Erin Antroinen	6/2017
35-39	72.5 kgs / 159.8 lbs	Peri Evanoff	10/2018
40-44	77.5 kgs / 170.8 lbs	Jaclyn Anne-Sachs	2/2023
45-49	77.5 kgs / 170.8 lbs	Erica Rojek	6/2025
50-54	40.0 kgs / 88.1 lbs	Karen Posey	5/2015
55-59	55.0 kgs / 121.2 lbs	Karen Posey	5/2017
60-64	47.5 kgs / 104.7 lbs	Elaine Ostrander	11/2022
65-69	47.5 kgs / 104.7 lbs	Elaine Ostrander	4/2024

Weight Class: 40 / 88 Male

Division	Bench Press	Name	Date
Open	30.0 kgs / 66.1 lbs	Ismail Jackson	3/2019
10-11	30.0 kgs / 66.1 lbs	Ismail Jackson	3/2019

Weight Class: 44 / 97 Male

Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Adam Taylor	10/2020
10-11	35.0 kgs / 77.1 lbs	Corbin LaCoste	4/2026
12-13	52.5 kgs / 115.7 lbs	Adam Taylor	10/2020

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Ismael Jackson	12/2022
10-11	45.0 kgs / 99.2 lbs	Aaron Brooks	6/2010
12-13	37.5 kgs / 82.6 lbs	Jacob Lewis	6/2010
14-15	67.5 kgs / 148.8 lbs	Ismael Jackson	12/2022

Weight Class: 52 / 114 Male			
Division	Bench Press	Name	Date
Open	91.2 kgs / 201.0 lbs	Glenn Murphy	2000
10-11	38.6 kgs / 85.0 lbs	Ben Lapole	12/2007
12-13	47.6 kgs / 104.9 lbs	Xavier Escala	12/2006
14-15	65.0 kgs / 143.2 lbs	Adam Taylor	9/2021
40-44	86.1 kgs / 189.8 lbs	Glenn Murphy	4/2001

Weight Class: 56 / 123 Male			
Division	Bench Press	Name	Date
Open	88.5 kgs / 195.1 lbs	Ed Fuller	3/2022
10-11	40.8 kgs / 89.9 lbs	Ben Lapole	4/2008
12-13	36.3 kgs / 80.0 lbs	Jake McCormick	12/2006
14-15	85.0 kgs / 187.3 lbs	Adam Taylor	6/2022
16-17	72.5 kgs / 159.8 lbs	Mason Winkler	6/2021
18-19	77.1 kgs / 169.9 lbs	Danny Stitely	4/2008
55-59	87.5 kgs / 192.9 lbs	Ed Fuller	6/2019
60-64	88.5 kgs / 195.1 lbs	Ed Fuller	3/2022

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	120.0 kgs / 264.5 lbs	Anthony Yee	10/2014
10-11	20.0 kgs / 44.0 lbs	Vincent Green	12/2014
12-13	70.3 kgs / 154.9 lbs	Jake McCormick	3/2008
14-15	87.5 kgs / 192.9 lbs	Adam Taylor	9/2022
16-17	75.0 kgs / 165.3 lbs	Wayne Owens	10/2020
35-39	120.0 kgs / 264.5 lbs	Anthony Yee	11/2014
45-49	100.0 kgs / 220.4 lbs	George James	8/2019
50-54	95.0 kgs / 209.4 lbs	George James	3/2024
65-69	72.5 kgs / 159.8 lbs	Iain Burgess	2011
Police/Fire/Mil	100.0 kgs / 220.4 lbs	George James	8/2019

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	145.0 kgs / 319.6 lbs	Mike Vito	6/2021
12-13	77.5 kgs / 170.8 lbs	Ben Bolton	8/2019
14-15	107.5 kgs / 236.9 lbs	Jake Schellenschlager	7/2015
16-17	95.3 kgs / 210.0 lbs	Alan Walker	9/2007
18-19	129.3 kgs / 285.0 lbs	B Ford	
20-24	120.0 kgs / 264.5 lbs	Gabriel Berger	10/2021
25-29	75.0 kgs / 165.3 lbs	Ryan Cupo	12/2021
35-39	142.5 kgs / 314.1 lbs	Willie Trebach	1/2023
40-44	105.0 kgs / 231.4 lbs	George James	
45-49	102.5 kgs / 225.9 lbs	George James	6/2019
50-54	95.0 kgs / 209.4 lbs	George James	11/2023
55-59	112.5 kgs / 248.0 lbs	Stephen Gregori	7/2019
60-64	145.0 kgs / 319.6 lbs	Mike Vito	6/2021
Police/Fire/Mil	105.1 kgs / 231.7 lbs	George James	

Weight Class: 75 / 165 Male			
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Division	Bench Press	Name	Date
Open	185.0 kgs / 407.8 lbs	Kwansah Ackah	11/2007
14-15	117.5 kgs / 259.0 lbs	Nicholas Penn	1/2015
16-17	97.5 kgs / 214.9 lbs	Matthew Lee	6/2009
18-19	125.0 kgs / 275.5 lbs	Steven Clayton	5/2016
20-24	170.0 kgs / 374.7 lbs	Jason Ramsland	4/2026
25-29	55.0 kgs / 121.2 lbs	Erik Hendricks	10/2016
30-34	170.0 kgs / 374.7 lbs	Jermaine Moore	7/2015
35-39	153.0 kgs / 337.3 lbs	Willie Trebach	4/2026
40-44	110.0 kgs / 242.5 lbs	James Smith	5/2015
45-49	107.0 kgs / 235.8 lbs	L Vega	
55-59	125.0 kgs / 275.5 lbs	John Jackson	11/2024
60-64	103.0 kgs / 227.0 lbs	Stephen Gregori	4/2026
65-69	92.5 kgs / 203.9 lbs	Rich Hutchinson	11/2008
70-74	87.1 kgs / 192.0 lbs	Rich Hutchinson	
Police/Fire/Mil	185.0 kgs / 407.8 lbs	Kwansah Ackah	11/2007

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	185.0 kgs / 407.8 lbs	Jaime Velasquez	12/2022
14-15	97.5 kgs / 214.9 lbs	Nicholas Holmes	5/2018
16-17	108.9 kgs / 240.0 lbs	Kelvin Smallwood	11/2004
18-19	125.0 kgs / 275.5 lbs	Jackson Broadus	2/2026
20-24	135.0 kgs / 297.6 lbs	Joseph DeSimone	10/2016
25-29	140.0 kgs / 308.6 lbs	Cody Sears	2/2020
30-34	165.0 kgs / 363.7 lbs	Jaime Velasquez	6/2020
35-39	185.0 kgs / 407.8 lbs	Jaime Velasquez	12/2022
40-44	155.0 kgs / 341.7 lbs	Jimmy Nastek	3/2013
45-49	102.5 kgs / 225.9 lbs	Steve Holland	10/2020
50-54	155.0 kgs / 341.7 lbs	Howard Sturman	1/2012
55-59	145.0 kgs / 319.6 lbs	Tom Lewis	2/2014
60-64	155.0 kgs / 341.7 lbs	Roy O'Dwyer	10/2015
65-69	102.5 kgs / 225.9 lbs	James Mikina	4/2025
70-74	100.0 kgs / 220.4 lbs	Vernell Morris	4/2019
75-79	55.0 kgs / 121.2 lbs	Pete Miller	10/2020
Police/Fire/Mil	162.5 kgs / 358.2 lbs	Patrick Washington	5/2015

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	192.5 kgs / 424.3 lbs	Michael Hodge	6/2011
14-15	120.0 kgs / 264.5 lbs	Jason Delp	12/2025
16-17	117.5 kgs / 259.0 lbs	Nicholas Holmes	10/2020
18-19	190.0 kgs / 418.8 lbs	William Tarzell IV	11/2008
20-24	147.5 kgs / 325.1 lbs	Robert Lowery	12/2015
25-29	155.5 kgs / 342.8 lbs	Cody Sears	8/2020
30-34	175.5 kgs / 386.9 lbs	Cody Sears	9/2022
35-39	170.0 kgs / 374.7 lbs	Ryan Massey	8/2010
40-44	155.0 kgs / 341.7 lbs	Bruce Knox	1/2026
45-49	158.0 kgs / 348.3 lbs	Randy Elbert	11/2019
50-54	167.5 kgs / 369.2 lbs	Pat Shannon	11/2013

55-59	152.5 kgs / 336.2 lbs	Tom Reumont	12/2021
60-64	172.5 kgs / 380.2 lbs	Roy O'Dwyer	6/2013
65-69	140.0 kgs / 308.6 lbs	Chuck Mulligan	6/2010
70-74	135.0 kgs / 297.6 lbs	Chuck Mulligan	10/2015
75-79	111.5 kgs / 245.8 lbs	Bob Dahlhamer	9/2012
Police/Fire/Mil	188.2 kgs / 414.9 lbs	Michael Hodge	7/2006

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	213.1 kgs / 469.8 lbs	Brian Lapole	2008
16-17	132.5 kgs / 292.1 lbs	Sebastian Morlock	11/2022
18-19	149.7 kgs / 330.0 lbs	David Young	4/2008
20-24	170.1 kgs / 375.0 lbs	Ryan Kelbaugh	1/2010
25-29	167.5 kgs / 369.2 lbs	Jack Baker	12/2023
30-34	187.5 kgs / 413.3 lbs	Bruce Knox	5/2017
35-39	208.7 kgs / 460.1 lbs	Brian Lapole	
40-44	197.5 kgs / 435.4 lbs	Sean Welch	6/2008
45-49	165.0 kgs / 363.7 lbs	Charles Schoeneberg	4/2021
50-54	204.1 kgs / 449.9 lbs	Roy O'Dwyer	7/2007
55-59	212.5 kgs / 468.4 lbs	Roy O'Dwyer	11/2007
60-64	187.5 kgs / 413.3 lbs	Roy O'Dwyer	12/2012
65-69	137.5 kgs / 303.1 lbs	Brian Washington	4/2024
70-74	124.7 kgs / 274.9 lbs	Bob Dahlhamer	12/2006
Police/Fire/Mil	176.9 kgs / 389.9 lbs	Jimmy Chambers	12/2006

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	195.0 kgs / 429.8 lbs	Michael Eaton	6/2011
16-17	160.0 kgs / 352.7 lbs	David DeGuzman	3/2021
18-19	172.5 kgs / 380.2 lbs	David DeGuzman	3/2023
20-24	190.5 kgs / 419.9 lbs	Joshua Smith	1/2010
25-29	172.5 kgs / 380.2 lbs	Jeremy Ball	10/2017
30-34	185.0 kgs / 407.8 lbs	Bruce Knox	5/2016
35-39	182.0 kgs / 401.2 lbs	Michael Jones	7/2012
40-44	195.0 kgs / 429.8 lbs	Michael Eaton	8/2019
45-49	192.5 kgs / 424.3 lbs	Michael Eaton	11/2024
50-54	173.5 kgs / 382.4 lbs	Tom Reumont	8/2019
55-59	170.0 kgs / 374.7 lbs	Tom Reumont	11/2019
60-64	160.0 kgs / 352.7 lbs	Tom Reumont	2/2025
65-69	127.5 kgs / 281.0 lbs	Brian Washington	7/2024
Police/Fire/Mil	167.5 kgs / 369.2 lbs	Vincent O'Donnell	12/2022

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	213.2 kgs / 470.0 lbs	Craig Peters	1/2010
14-15	115.0 kgs / 253.5 lbs	Andrew Sien	11/2015
16-17	120.0 kgs / 264.5 lbs	Andrew Sien	5/2016
18-19	181.4 kgs / 399.9 lbs	Jonathan Desi	
20-24	192.7 kgs / 424.8 lbs	Thomas Ruzala	
25-29	137.5 kgs / 303.1 lbs	Shane Bailey	8/2020

30-34	200.0 kgs / 440.9 lbs	Michael James	5/2015
35-39	185.0 kgs / 407.8 lbs	Michael Eaton	11/2015
40-44	185.0 kgs / 407.8 lbs	Langston Willett	6/2011
45-49	190.5 kgs / 419.9 lbs	John Rooney	2007
50-54	187.5 kgs / 413.3 lbs	Raymond Clasing	5/2010
55-59	175.0 kgs / 385.8 lbs	Raymond Clasing	8/2015
60-64	160.0 kgs / 352.7 lbs	Raymond Clasing	8/2020
65-69	115.0 kgs / 253.5 lbs	Timothy Rabbitt	4/2026
70-74	115.0 kgs / 253.5 lbs	Bill Schnepf	12/2023
75-79	127.5 kgs / 281.0 lbs	Don Joy	6/2011
80-84	127.5 kgs / 281.0 lbs	Don Joy	9/2012
Police/Fire/Mil	190.0 kgs / 418.8 lbs	Raymond Clasing	1/2010

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	215.0 kgs / 473.9 lbs	John Jones Jr	10/2016
18-19	130.0 kgs / 286.5 lbs	James Atchison	12/2022
20-24	142.5 kgs / 314.1 lbs	James McClanahan	10/2020
25-29	215.0 kgs / 473.9 lbs	John Jones Jr	10/2016
30-34	182.5 kgs / 402.3 lbs	Daute Evans	5/2017
35-39	182.5 kgs / 402.3 lbs	Justin Steyer	12/2014
40-44	162.5 kgs / 358.2 lbs	Lenwood Faulcon	7/2019
45-49	205.0 kgs / 451.9 lbs	Dwayne Hayes	5/2015
50-54	191.0 kgs / 421.0 lbs	Raymond Clasing	3/2012
55-59	185.0 kgs / 407.8 lbs	Raymond Clasing	4/2016
60-64	178.0 kgs / 392.4 lbs	Raymond Clasing	5/2023
65-69	156.0 kgs / 343.9 lbs	Bill Schnepf	4/2023
70-74	150.0 kgs / 330.6 lbs	Bill Schnepf	7/2023
75-79	77.5 kgs / 170.8 lbs	Guy Sappah	3/2023
Police/Fire/Mil	192.5 kgs / 424.3 lbs	Raymond Clasing	11/2009

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	212.5 kgs / 468.4 lbs	Brian Ball	7/2018
20-24	205.0 kgs / 451.9 lbs	Brian Ball	9/2016
25-29	212.5 kgs / 468.4 lbs	Brian Ball	7/2018
30-34	197.5 kgs / 435.4 lbs	Daniel Corridean	8/2007
35-39	150.0 kgs / 330.6 lbs	Tyrone Martin	7/2018
45-49	163.3 kgs / 360.0 lbs	Tom McCall	4/2008
50-54	180.0 kgs / 396.8 lbs	Ted Brooks	9/2013
55-59	177.5 kgs / 391.3 lbs	Ted Brooks	4/2014
60-64	175.0 kgs / 385.8 lbs	Raymond Clasing	10/2024
65-69	175.0 kgs / 385.8 lbs	Raymond Clasing	4/2025
Police/Fire/Mil	175.0 kgs / 385.8 lbs	Raymond Clasing	10/2024