



NEW JERSEY STATE BENCH RECORDS

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4/19/2026

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	45.0 kgs / 99.2 lbs	Naomi Kutin	11/2013
8-9	34.0 kgs / 74.9 lbs	Naomi Kutin	7/2011
10-11	45.0 kgs / 99.2 lbs	Naomi Kutin	2013
12-13	45.0 kgs / 99.2 lbs	Naomi Kutin	11/2013
18-19	32.5 kgs / 71.6 lbs	Megan Brown	2009
40-44	36.3 kgs / 80.0 lbs	Maureen Cahill	

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Giuliana Hess	6/2022
10-11	50.0 kgs / 110.2 lbs	Giuliana Hess	6/2022
12-13	47.5 kgs / 104.7 lbs	Naomi Kutin	6/2014
16-17	40.0 kgs / 88.1 lbs	Shauna Marcellino	2010
18-19	37.5 kgs / 82.6 lbs	Megan Brown	2010

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Naomi Kutin	6/2015
12-13	50.0 kgs / 110.2 lbs	Naomi Kutin	6/2015
16-17	32.5 kgs / 71.6 lbs	Shauna Marcellino	2009
55-59	47.5 kgs / 104.7 lbs	Elva Dudley	11/2024

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	55.0 kgs / 121.2 lbs	Giuliana Hess	1/2023
10-11	55.0 kgs / 121.2 lbs	Giuliana Hess	1/2023
14-15	52.5 kgs / 115.7 lbs	Naomi Kutin	6/2016
20-24	47.5 kgs / 104.7 lbs	Brittany Ezratty	1/2020

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	91.8 kgs / 202.3 lbs	Amy Perlmutter	5/2000
20-24	91.8 kgs / 202.3 lbs	Amy Perlmutter	5/2000
40-44	70.0 kgs / 154.3 lbs	Nicole Turturro	6/2021
45-49	37.5 kgs / 82.6 lbs	Kate Meher	5/2017
60-64	45.0 kgs / 99.2 lbs	Angela Krompier	11/2025

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	80.0 kgs / 176.3 lbs	Giuliana Hess	1/2025
12-13	80.0 kgs / 176.3 lbs	Giuliana Hess	1/2025
16-17	60.0 kgs / 132.2 lbs	Naomi Kutin	6/2018
18-19	57.5 kgs / 126.7 lbs	Naomi Kutin	6/2021
20-24	67.5 kgs / 148.8 lbs	Naomi Kutin	11/2022
25-29	67.5 kgs / 148.8 lbs	Shauna Marcellino	10/2018
35-39	47.5 kgs / 104.7 lbs	Kelly Gilson	1/2024
45-49	50.0 kgs / 110.2 lbs	Nicole Horan	5/2017
50-54	45.0 kgs / 99.2 lbs	Linda DeLorenzo	2010
55-59	32.5 kgs / 71.6 lbs	Beverly Hinkeldey	1/2016
60-64	60.0 kgs / 132.2 lbs	Debra Cohen	6/2018

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	59.0 kgs / 130.0 lbs	Lisa Pomponi	
18-19	59.0 kgs / 130.0 lbs	Lisa Pomponi	
45-49	40.0 kgs / 88.1 lbs	Regina Tracy	2013
60-64	50.0 kgs / 110.2 lbs	Catherine Innes	2013

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date
Open	42.5 kgs / 93.6 lbs	Beverly Hinkeldey	5/2017
60-64	42.5 kgs / 93.6 lbs	Beverly Hinkeldey	5/2017

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Maria Albano	1/2016
20-24	50.0 kgs / 110.2 lbs	Maria Albano	1/2016

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	60.0 kgs / 132.2 lbs	Liana Ercan	6/2014
20-24	60.0 kgs / 132.2 lbs	Liana Ercan	6/2014

Weight Class: 40 / 88 Male			
Division	Bench Press	Name	Date
Open	25.0 kgs / 55.1 lbs	Ari Kutin	2011
8-9	25.0 kgs / 55.1 lbs	Ari Kutin	2011

Weight Class: 44 / 97 Male			
Division	Bench Press	Name	Date
Open	35.0 kgs / 77.1 lbs	Ari Kutin	10/2012
8-9	35.0 kgs / 77.1 lbs	Ari Kutin	10/2012

Weight Class: 48 / 105 Male			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Rob Marcellino	6/2010

10-11	47.6 kgs / 104.9 lbs	Raymond Cortes	2009
12-13	34.0 kgs / 74.9 lbs	J. Fitzpatrick	2001
18-19	77.1 kgs / 169.9 lbs	Rob Marcellino	2008
20-24	77.5 kgs / 170.8 lbs	Rob Marcellino	6/2010

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
Open	85.0 kgs / 187.3 lbs	Rob Marcellino	2010
10-11	49.4 kgs / 108.9 lbs	H. Alvarez	1998
12-13	52.2 kgs / 115.0 lbs	H. Alvarez	1999
18-19	81.6 kgs / 179.8 lbs	Rob Marcellino	2008
20-24	84.8 kgs / 186.9 lbs	Rob Marcellino	2010

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Date
Open	95.0 kgs / 209.4 lbs	William Tenerelli	12/2014
12-13	50.0 kgs / 110.2 lbs	J. Careri	2001
16-17	81.6 kgs / 179.8 lbs	Troy Goins	
25-29	95.0 kgs / 209.4 lbs	William Tenerelli	12/2014
Police/Fire/Mil	72.6 kgs / 160.0 lbs	J. Weyman	2000

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	112.5 kgs / 248.0 lbs	An Nguyen	6/2022
12-13	31.7 kgs / 69.8 lbs	Chris Buchman	2011
14-15	61.2 kgs / 134.9 lbs	Q Brown	2008
20-24	112.5 kgs / 248.0 lbs	An Nguyen	6/2022
25-29	77.5 kgs / 170.8 lbs	Rob Marcellino	1/2016
30-34	100.0 kgs / 220.4 lbs	Kevin Haines	6/2015

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	142.9 kgs / 315.0 lbs	Shawn Nelson	2009
12-13	77.1 kgs / 169.9 lbs	H. Alvarez	2000
14-15	105.0 kgs / 231.4 lbs	Andrew Duffy	6/2015
16-17	140.0 kgs / 308.6 lbs	Joseph Anderson	7/2025
18-19	105.0 kgs / 231.4 lbs	Daniel Sponsler	3/2015
20-24	115.0 kgs / 253.5 lbs	Marc Cephas	3/2015
55-59	75.0 kgs / 165.3 lbs	Steve Freides	6/2014

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	165.6 kgs / 365.0 lbs	Michael Binkley	2009
14-15	102.0 kgs / 224.8 lbs	W. Eichhorn	2001
16-17	104.3 kgs / 229.9 lbs	C. Magotta	2001
18-19	149.7 kgs / 330.0 lbs	George Pluhar	2008
20-24	165.6 kgs / 365.0 lbs	Michael Binkley	2009
30-34	112.5 kgs / 248.0 lbs	Angel Quiles	3/2015
35-39	136.5 kgs / 300.9 lbs	J. Caliguari	2000
40-44	93.0 kgs / 205.0 lbs	M. Benducci	2000
50-54	107.4 kgs / 236.7 lbs	Ed Abromaitis	

55-59	117.5 kgs / 259.0 lbs	Joseph Pizuto	8/2019
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Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	156.5 kgs / 345.0 lbs	John Dunne	2009
14-15	92.5 kgs / 203.9 lbs	Ari Kutin	10/2018
16-17	152.5 kgs / 336.2 lbs	Cameron Maxwell	10/2013
18-19	137.5 kgs / 303.1 lbs	Nick Salles	3/2015
20-24	137.9 kgs / 304.0 lbs	Joe Adamo	2009
30-34	112.5 kgs / 248.0 lbs	Gregory Lesniak	3/2014
35-39	145.1 kgs / 319.8 lbs	M. Salandra	2000
40-44	156.5 kgs / 345.0 lbs	John Dunne	2009
45-49	149.7 kgs / 330.0 lbs	Vinnie Gengaro	2004
50-54	138.8 kgs / 305.9 lbs	Vinnie Gengaro	2012
55-59	77.1 kgs / 169.9 lbs	D. Simmons	2001
60-64	132.5 kgs / 292.1 lbs	Vinnie Gengaro	10/2016
65-69	115.0 kgs / 253.5 lbs	Vinnie Gengaro	11/2023
70-74	112.5 kgs / 248.0 lbs	Vinnie Gengaro	4/2026
75-79	47.5 kgs / 104.7 lbs	Foster Smith	4/2017

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	240.0 kgs / 529.1 lbs	Dennis Cieri	6/2010
12-13	47.6 kgs / 104.9 lbs	Anthony Potts	2010
14-15	140.6 kgs / 309.9 lbs	Michael Kay	8/2008
16-17	110.0 kgs / 242.5 lbs	Ari Kutin	1/2020
18-19	160.0 kgs / 352.7 lbs	Cameron Maxwell	11/2014
20-24	120.0 kgs / 264.5 lbs	Chris Grau	2012
25-29	135.0 kgs / 297.6 lbs	Gary Hastings	6/2018
30-34	155.0 kgs / 341.7 lbs	Steven Piscitelli	3/2014
35-39	238.1 kgs / 524.9 lbs	Dennis Cieri	8/2006
40-44	240.0 kgs / 529.1 lbs	Dennis Cieri	6/2010
45-49	154.2 kgs / 339.9 lbs	K. Careri	2001
50-54	127.5 kgs / 281.0 lbs	Van Earl	2012
55-59	115.0 kgs / 253.5 lbs	Rich Sadiv	6/2022
60-64	168.7 kgs / 371.9 lbs	B. Phillips	2000
70-74	107.5 kgs / 236.9 lbs	Vinnie Gengaro	11/2025

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	235.9 kgs / 520.0 lbs	Dennis Cieri	3/2007
14-15	54.4 kgs / 119.9 lbs	M. Torres	2008
16-17	127.0 kgs / 279.9 lbs	A. Finland	2000
18-19	192.5 kgs / 424.3 lbs	Cameron Maxwell	11/2015
20-24	182.5 kgs / 402.3 lbs	Cameron Maxwell	10/2016
25-29	125.0 kgs / 275.5 lbs	Jonathan Herrick	3/2015
30-34	215.0 kgs / 473.9 lbs	Viet Vo	3/2015
35-39	154.2 kgs / 339.9 lbs	Craig Worley	2009
40-44	219.9 kgs / 484.7 lbs	Joe McAuliffe	5/2007
45-49	105.0 kgs / 231.4 lbs	Vince Woods	3/2015

50-54	161.0 kgs / 354.9 lbs	R. Arline	2001
60-64	120.0 kgs / 264.5 lbs	Joseph Cancelliere	12/2017
65-69	105.0 kgs / 231.4 lbs	James Maguire	4/2023

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	192.5 kgs / 424.3 lbs	B. Schmidt	2001
16-17	92.5 kgs / 203.9 lbs	David Fischer	10/2016
18-19	139.7 kgs / 307.9 lbs	Quamaine Jackson	2013
20-24	192.5 kgs / 424.3 lbs	B. Schmidt	2001
25-29	165.0 kgs / 363.7 lbs	Andrew Hecksher	3/2015
30-34	155.0 kgs / 341.7 lbs	Vincent Gengaro	10/2017
35-39	186.0 kgs / 410.0 lbs	K. Fitzgerald	2000
40-44	186.0 kgs / 410.0 lbs	M. Cohen	2000
45-49	163.3 kgs / 360.0 lbs	Ed Kutin	2011
50-54	152.5 kgs / 336.2 lbs	Ed Kutin	2013
55-59	140.0 kgs / 308.6 lbs	Ed Kutin	10/2018
60-64	137.5 kgs / 303.1 lbs	Ed Kutin	11/2023
65-69	112.5 kgs / 248.0 lbs	James Maguire	6/2022
70-74	92.5 kgs / 203.9 lbs	James Maguire	4/2026
Police/Fire/Mil	186.0 kgs / 410.0 lbs	K. Fitzgerald	2000

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	206.4 kgs / 455.0 lbs	L. Samuels	2000
14-15	107.5 kgs / 236.9 lbs	Danny Ramirez	6/2017
16-17	129.3 kgs / 285.0 lbs	V. Sansale	2001
18-19	192.8 kgs / 425.0 lbs	B. Schmidt	1999
20-24	197.3 kgs / 434.9 lbs	B. Schmidt	2000
25-29	162.5 kgs / 358.2 lbs	Drew Mawson	6/2016
30-34	157.5 kgs / 347.2 lbs	Matthew Butler	12/2015
35-39	167.8 kgs / 369.9 lbs	Gary Dudash	2010
40-44	172.5 kgs / 380.2 lbs	Rob Landolina	11/2014
60-64	142.5 kgs / 314.1 lbs	Chris Dorsay	6/2023
Police/Fire/Mil	172.5 kgs / 380.2 lbs	Rob Landolina	11/2014

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	169.6 kgs / 373.9 lbs	Robert D'Antonio	2012
25-29	137.5 kgs / 303.1 lbs	Anthony Peterson	5/2016
45-49	169.6 kgs / 373.9 lbs	Robert D'Antonio	2012

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	205.3 kgs / 452.6 lbs	A. Gonzalez	2005
20-24	151.9 kgs / 334.8 lbs	N. Muscara	2000
25-29	180.0 kgs / 396.8 lbs	Adam Tonner	6/2022
35-39	202.3 kgs / 445.9 lbs	Robert D'Antonio	2000
40-44	205.3 kgs / 452.6 lbs	A. Gonzalez	2005
45-49	169.6 kgs / 373.9 lbs	Robert D'Antonio	2010

50-54	167.8 kgs / 369.9 lbs	Charles Stella	2009
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