



OHIO STATE BENCH RECORDS

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5/20/2026

Weight Class: 35 / 77 Female			
Division	Bench Press	Name	Date
Open	20.0 kgs / 44.0 lbs	Noelle Persons	12/2022
12-13	20.0 kgs / 44.0 lbs	Noelle Persons	12/2022

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	56.7 kgs / 125.0 lbs	Theresa Gill	3/2007
12-13	32.5 kgs / 71.6 lbs	Alexandra Telatko	12/2018
50-54	56.7 kgs / 125.0 lbs	Theresa Gill	3/2007

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Krystal Riley	6/2025
12-13	37.5 kgs / 82.6 lbs	Alexandra Telatko	4/2019
45-49	57.5 kgs / 126.7 lbs	Krystal Riley	6/2025
50-54	35.0 kgs / 77.1 lbs	Alaine Annerino	10/2011
70-74	30.0 kgs / 66.1 lbs	Janet Bauer	12/2019

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Lisa Herbert	4/2013
16-17	32.5 kgs / 71.6 lbs	Maria Hunchuck	12/2018
20-24	47.5 kgs / 104.7 lbs	Jessica Rucker	12/2016
40-44	52.5 kgs / 115.7 lbs	Lisa Herbert	4/2013
45-49	50.0 kgs / 110.2 lbs	Lacretta Incorvaia	12/2019
50-54	45.0 kgs / 99.2 lbs	Denise Jaffe	10/2015
70-74	25.0 kgs / 55.1 lbs	Janet Bauer	10/2017

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	65.0 kgs / 143.2 lbs	Elizabeth Brower	6/2017
12-13	27.5 kgs / 60.6 lbs	Jenna Henkel	4/2011
16-17	35.0 kgs / 77.1 lbs	Madison Jaffe	4/2014
20-24	32.5 kgs / 71.6 lbs	Ashlyn Croak	12/2023
25-29	62.5 kgs / 137.7 lbs	Kelsey Capecci	12/2018
30-34	65.0 kgs / 143.2 lbs	Elizabeth Brower	6/2017
35-39	56.7 kgs / 125.0 lbs	Teresa Monoford	6/2005
50-54	57.5 kgs / 126.7 lbs	Karen Walsh	4/2017

Police/Fire/Mil	54.4 kgs / 119.9 lbs	Gina Shubeta	
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Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Maggie Moore	12/2016
12-13	45.0 kgs / 99.2 lbs	Alexandra Telatko	12/2019
16-17	75.0 kgs / 165.3 lbs	Maggie Moore	12/2016
20-24	67.5 kgs / 148.8 lbs	Carmen Jolliff	12/2017
25-29	70.0 kgs / 154.3 lbs	Michelle Wurschmidt	6/2017
30-34	55.0 kgs / 121.2 lbs	Katherine Drotleff	12/2017
35-39	60.0 kgs / 132.2 lbs	Elizabeth Brower	12/2019
40-44	65.0 kgs / 143.2 lbs	Meghan Wallace	4/2021
45-49	32.5 kgs / 71.6 lbs	Darby Colian	6/2018
50-54	45.5 kgs / 100.3 lbs	Kim Hudson	6/2019
55-59	68.5 kgs / 151.0 lbs	Karen Walsh	4/2022
60-64	50.0 kgs / 110.2 lbs	Susan Shofner	4/2017
65-69	50.0 kgs / 110.2 lbs	Susan Shofner	12/2019
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	10/2016
Police/Fire/Mil	61.2 kgs / 134.9 lbs	Quincy Copeland	12/2009

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Jesa Jenkins	10/2016
10-11	47.5 kgs / 104.7 lbs	Samantha Davis	4/2017
25-29	72.5 kgs / 159.8 lbs	Jesa Jenkins	10/2016
30-34	72.5 kgs / 159.8 lbs	Sarah Beech	12/2024
35-39	70.0 kgs / 154.3 lbs	Sarah Beech	3/2025
40-44	55.0 kgs / 121.2 lbs	Eileen Mole	12/2023
45-49	55.0 kgs / 121.2 lbs	Lisa Herbert	12/2016
65-69	60.0 kgs / 132.2 lbs	Susan Shofner	4/2022
70-74	60.0 kgs / 132.2 lbs	Susan Shofner	12/2024
Police/Fire/Mil	65.0 kgs / 143.2 lbs	Maggie Hobson	12/2016

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	87.5 kgs / 192.9 lbs	Patricia Rusinek	4/2011
14-15	70.0 kgs / 154.3 lbs	Shelby Taylor	4/2017
16-17	67.5 kgs / 148.8 lbs	Shelby Taylor	4/2018
18-19	75.0 kgs / 165.3 lbs	Anna Knapski	8/2010
25-29	60.0 kgs / 132.2 lbs	Stephanie Cruz	3/2018
35-39	52.5 kgs / 115.7 lbs	Nichole Gear	12/2018
45-49	87.5 kgs / 192.9 lbs	Patricia Rusinek	4/2011

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	77.1 kgs / 169.9 lbs	Kathy Wetenhall	10/2008
16-17	72.5 kgs / 159.8 lbs	Shelby Taylor	12/2018
18-19	72.5 kgs / 159.8 lbs	Shelby Taylor	6/2021
20-24	72.5 kgs / 159.8 lbs	Shelby Taylor	10/2021
35-39	72.5 kgs / 159.8 lbs	Heather Moyers	10/2012

55-59	77.1 kgs / 169.9 lbs	Kathy Wetenhall	10/2008
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Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	100.0 kgs / 220.4 lbs	Samantha Davis	4/2021
14-15	100.0 kgs / 220.4 lbs	Samantha Davis	4/2021
18-19	77.5 kgs / 170.8 lbs	Shelby Taylor	12/2019
25-29	72.5 kgs / 159.8 lbs	Erin Scott	12/2023
30-34	60.0 kgs / 132.2 lbs	Alanna Ginley	12/2017
35-39	82.5 kgs / 181.8 lbs	Sarah Mays	12/2019
40-44	60.0 kgs / 132.2 lbs	Jamie Harris	10/2017
60-64	40.0 kgs / 88.1 lbs	Katy Beyerle	4/2021

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Date
Open	62.5 kgs / 137.7 lbs	Kasey Stryffler	3/2025
10-11	47.6 kgs / 104.9 lbs	Anthony McCloskey	5/2000
12-13	49.9 kgs / 110.0 lbs	Michael Welcheck	5/2000
14-15	62.5 kgs / 137.7 lbs	Kasey Stryffler	3/2025

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
Open	77.1 kgs / 169.9 lbs	Nick Birchak	12/2000
8-9	35.0 kgs / 77.1 lbs	Aeden Begue	10/2011
12-13	43.1 kgs / 95.0 lbs	Michael Gagnon	10/2008
14-15	77.1 kgs / 169.9 lbs	Nick Birchak	12/2000
20-24	55.0 kgs / 121.2 lbs	Richard Groff	8/2010
45-49	74.8 kgs / 164.9 lbs	Steve Birchak	2/1999
Spec. Oly.	32.5 kgs / 71.6 lbs	Charlie Sanders	8/2010

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Date
Open	122.5 kgs / 270.0 lbs	Justin Longstreet	8/2012
12-13	63.5 kgs / 139.9 lbs	Michael Welcheck	
14-15	97.5 kgs / 214.9 lbs	Ryan Horne	2002
20-24	122.5 kgs / 270.0 lbs	Justin Longstreet	8/2012
35-39	65.0 kgs / 143.2 lbs	Donald Langenbach	11/2024
55-59	95.2 kgs / 209.8 lbs	Robert Gill	3/2007

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	107.4 kgs / 236.7 lbs	Lonnie Gilbert	4/2011
12-13	55.0 kgs / 121.2 lbs	Brady Croak	12/2023
14-15	98.0 kgs / 216.0 lbs	Logan Dallas	8/2010
16-17	91.0 kgs / 200.6 lbs	Michael Gagnon	10/2011
18-19	107.4 kgs / 236.7 lbs	Lonnie Gilbert	4/2011
20-24	90.0 kgs / 198.4 lbs	Jonathan Versiackas	4/2012
25-29	60.0 kgs / 132.2 lbs	Chad Lautzenheiser	6/2023
35-39	70.0 kgs / 154.3 lbs	Donald Langenbach	4/2026

45-49	99.8 kgs / 220.0 lbs	Jay Helms	12/2009
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Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	140.0 kgs / 308.6 lbs	Garry Fink	4/2011
12-13	70.0 kgs / 154.3 lbs	Boston Mulinix	12/2019
14-15	117.5 kgs / 259.0 lbs	Logan Dallas	11/2011
16-17	122.5 kgs / 270.0 lbs	Logan Dallas	4/2012
18-19	120.0 kgs / 264.5 lbs	James Reeves	4/2012
20-24	115.0 kgs / 253.5 lbs	Patrick Jung	12/2013
30-34	45.0 kgs / 99.2 lbs	Ryan Sweeney	3/2024
35-39	132.5 kgs / 292.1 lbs	Steve Gahn	10/2015
40-44	113.4 kgs / 250.0 lbs	Willis McCoy	4/2010
50-54	131.5 kgs / 289.9 lbs	Larry Miller	12/2009
70-74	77.5 kgs / 170.8 lbs	Larry Edwards	10/2021
75-79	65.0 kgs / 143.2 lbs	Larry Edwards	12/2025
Handicapped	45.0 kgs / 99.2 lbs	Ryan Sweeney	3/2024

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	150.0 kgs / 330.6 lbs	Nick Schodowski	5/2026
14-15	102.5 kgs / 225.9 lbs	Drake Stryffeler	3/2025
16-17	131.5 kgs / 289.9 lbs	Brad Bennett	10/2008
18-19	112.5 kgs / 248.0 lbs	Cole Gavin	6/2017
20-24	140.0 kgs / 308.6 lbs	Kaine Boudreau	4/2016
25-29	142.5 kgs / 314.1 lbs	Brett Boretzky	12/2016
30-34	150.0 kgs / 330.6 lbs	Nick Schodowski	5/2026
35-39	110.0 kgs / 242.5 lbs	Thomas Smiley	6/2022
40-44	145.0 kgs / 319.6 lbs	Matyas Kovach	3/2025
45-49	136.1 kgs / 300.0 lbs	David See	12/2009
60-64	87.5 kgs / 192.9 lbs	Donald Piazza	4/2016
65-69	77.5 kgs / 170.8 lbs	Larry Edward	12/2019
70-74	77.5 kgs / 170.8 lbs	Larry Edwards	4/2022

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	187.5 kgs / 413.3 lbs	Lloyd Summers	6/2015
14-15	110.0 kgs / 242.5 lbs	Gavin Marshall	3/2025
18-19	170.0 kgs / 374.7 lbs	Evan Miller	
20-24	140.0 kgs / 308.6 lbs	Jeff Hanselman	4/2014
25-29	132.5 kgs / 292.1 lbs	Keith Schneider	3/2018
30-34	178.0 kgs / 392.4 lbs	Lloyd Summers	3/2015
35-39	135.0 kgs / 297.6 lbs	Alan Stiver	12/2018
40-44	170.9 kgs / 376.7 lbs	Tom Gavin	11/2008
45-49	122.5 kgs / 270.0 lbs	Timo Quintana	4/2019
50-54	122.5 kgs / 270.0 lbs	Timo Quintana	4/2022
70-74	102.5 kgs / 225.9 lbs	Bob Nicholas	6/2018
75-79	97.5 kgs / 214.9 lbs	Robert Nichols	10/2018
80-84	90.0 kgs / 198.4 lbs	Bob Nicholas	12/2023
Police/Fire/Mil	155.0 kgs / 341.7 lbs	Nicholas Moskowitz	11/2025

Weight Class: 90 / 198 Male			
Division	Bench Press	Name	Date
Open	191.9 kgs / 423.0 lbs	Mike McHargh	4/2010
14-15	132.5 kgs / 292.1 lbs	Max Cooper	6/2015
16-17	149.7 kgs / 330.0 lbs	David Schmitz	12/2001
20-24	188.2 kgs / 414.9 lbs	Robert Samsa	7/2007
25-29	165.0 kgs / 363.7 lbs	Daniel Hall	4/2012
30-34	155.0 kgs / 341.7 lbs	Eric Schodowski	4/2017
35-39	188.2 kgs / 414.9 lbs	Don Oliverio	10/2008
40-44	163.3 kgs / 360.0 lbs	Joey Simpson	7/2005
45-49	152.5 kgs / 336.2 lbs	Joe Denger	6/2017
50-54	112.5 kgs / 248.0 lbs	Timo Quintana	12/2024
55-59	135.0 kgs / 297.6 lbs	Dave Talbert	10/2017
60-64	125.5 kgs / 276.6 lbs	David Patrick	11/2021
65-69	125.0 kgs / 275.5 lbs	David Patrick	12/2022
70-74	107.5 kgs / 236.9 lbs	Bob Nicholas	4/2014
75-79	98.0 kgs / 216.0 lbs	Bob Nicholas	6/2019
Police/Fire/Mil	188.2 kgs / 414.9 lbs	Don Oliverio	10/2008

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	215.0 kgs / 473.9 lbs	Stephen Ashcraft	12/2013
14-15	142.5 kgs / 314.1 lbs	Athan Parker	6/2021
16-17	142.5 kgs / 314.1 lbs	Jake Narvet	6/2018
18-19	125.0 kgs / 275.5 lbs	Samuel Palumbo	6/2023
20-24	199.6 kgs / 440.0 lbs	Robert Samsa	12/2007
25-29	162.5 kgs / 358.2 lbs	Dan Fosselman	4/2014
30-34	165.0 kgs / 363.7 lbs	Maximillian Zart	4/2019
35-39	205.0 kgs / 451.9 lbs	Mike McHargh	4/2012
40-44	175.0 kgs / 385.8 lbs	Paul Sundy	4/2012
45-49	152.5 kgs / 336.2 lbs	Alan Berry	8/2010
50-54	177.5 kgs / 391.3 lbs	David Earls	7/2012
55-59	182.5 kgs / 402.3 lbs	Timothy Day	4/2011
60-64	182.5 kgs / 402.3 lbs	Timothy Day	6/2016
65-69	144.9 kgs / 319.4 lbs	Gary Fogle	4/2011
75-79	113.4 kgs / 250.0 lbs	Raymond Bernabe	4/2010
Police/Fire/Mil	156.5 kgs / 345.0 lbs	Kevin Goolsby	10/2008

Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Date
Open	205.0 kgs / 451.9 lbs	Mike McHargh	6/2015
10-11	52.1 kgs / 114.8 lbs	Derrick McGarvey	
14-15	122.5 kgs / 270.0 lbs	Andrew Flesher	4/2022
16-17	142.9 kgs / 315.0 lbs	Michael Hounshell	3/2008
18-19	149.7 kgs / 330.0 lbs	Eddie Smith	3/2008
20-24	167.4 kgs / 369.0 lbs	Dennis Bruce	4/2012
25-29	175.0 kgs / 385.8 lbs	Alexander Arnold	12/2022
30-34	167.5 kgs / 369.2 lbs	Maximillian Zart	12/2019
35-39	205.0 kgs / 451.9 lbs	Mike McHargh	6/2015

40-44	192.4 kgs / 424.1 lbs	Abiodon Freeman	4/2012
45-49	188.2 kgs / 414.9 lbs	Paul Sundy	4/2016
50-54	192.4 kgs / 424.1 lbs	Nate Matthews	4/2013
55-59	192.5 kgs / 424.3 lbs	Tom Mullaney	2/2018
60-64	192.5 kgs / 424.3 lbs	Nate Matthews	12/2019
65-69	170.0 kgs / 374.7 lbs	Nate Matthews	12/2024
70-74	110.0 kgs / 242.5 lbs	Donald Mohre	12/2019
75-79	122.5 kgs / 270.0 lbs	Russell Combest	4/2011
80-84	112.5 kgs / 248.0 lbs	Raymond Bernabe	4/2011
Police/Fire/Mil	177.5 kgs / 391.3 lbs	Anthony Miranda	11/2023

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	227.5 kgs / 501.5 lbs	Steve Thompson	4/2014
10-11	52.1 kgs / 114.8 lbs	Derrick McGarvey	
14-15	107.4 kgs / 236.7 lbs	Bruce Pavlovski	4/2012
16-17	160.0 kgs / 352.7 lbs	Eric Lorenzen	4/2014
18-19	172.5 kgs / 380.2 lbs	Eric Boomershine	6/2013
20-24	110.0 kgs / 242.5 lbs	Wahab Aladwani	4/2013
25-29	190.25 kgs / 419.4 lbs	John Swearingen	4/2021
30-34	175.0 kgs / 385.8 lbs	Jonathan Frame	4/2021
35-39	212.4 kgs / 468.2 lbs	Kevin Robinson	11/2010
40-44	215.0 kgs / 473.9 lbs	Kevin Robinson	6/2015
45-49	195.0 kgs / 429.8 lbs	Paul Sundy	4/2017
50-54	195.5 kgs / 430.9 lbs	Paul Sundy	6/2019
55-59	200.0 kgs / 440.9 lbs	Jack Daniels	10/2011
60-64	145.0 kgs / 319.6 lbs	Brad Lovejoy	6/2021
65-69	105.0 kgs / 231.4 lbs	Brad Lovejoy	5/2023
Police/Fire/Mil	192.8 kgs / 425.0 lbs	Jack Daniels	10/2008

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	220.5 kgs / 486.1 lbs	John Swearingen	3/2024
12-13	60.1 kgs / 132.4 lbs	Derrick McGarvey	4/2010
16-17	200.0 kgs / 440.9 lbs	Athan Parker	12/2023
25-29	213.0 kgs / 469.5 lbs	John Swearingen	6/2022
30-34	220.5 kgs / 486.1 lbs	John Swearingen	3/2024
35-39	212.4 kgs / 468.2 lbs	Kevin Robinson	8/2010
40-44	192.4 kgs / 424.1 lbs	Jim Keeling	10/2011
45-49	192.5 kgs / 424.3 lbs	Paul Sundy	10/2017
50-54	197.5 kgs / 435.4 lbs	Paul Sundy	12/2019
55-59	176.0 kgs / 388.0 lbs	Paul Sundy	6/2024
60-64	142.5 kgs / 314.1 lbs	Brad Lovejoy	5/2021
75-79	95.0 kgs / 209.4 lbs	William Williams	4/2012
Police/Fire/Mil	195.0 kgs / 429.8 lbs	Todd Bisteda	10/2008

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	250.0 kgs / 551.1 lbs	Marvin Bishop	10/2011
16-17	122.5 kgs / 270.0 lbs	Troy Vasquez-Atkins	4/2010

18-19	142.5 kgs / 314.1 lbs	Troy Vasquez-Atkins	4/2012
20-24	217.5 kgs / 479.5 lbs	Noah Graves	4/2018
25-29	205.0 kgs / 451.9 lbs	Jacob Kelly	12/2019
30-34	235.0 kgs / 518.0 lbs	Aaron Morman	6/2016
35-39	247.5 kgs / 545.6 lbs	Wade Likens	4/2011
40-44	217.5 kgs / 479.5 lbs	Lonnie Atkins	6/2016
45-49	172.5 kgs / 380.2 lbs	Jeremy Hayes	4/2021
50-54	174.6 kgs / 384.9 lbs	Jim Wetenhall	10/2008
65-69	154.2 kgs / 339.9 lbs	Jeff Telhohn	6/2005
Police/Fire/Mil	201.8 kgs / 444.8 lbs	Jessie Kosegi	4/2009