



DISTRICT OF COLUMBIA STATE BENCH RECORDS

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7/2/2026

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	45.0 kgs / 99.2 lbs	Sumaya Shakir	7/2015
10-11	29.5 kgs / 65.0 lbs	Emma Tshontikidis	4/2001
12-13	27.2 kgs / 59.9 lbs	Tori Simmons	9/2001
16-17	24.9 kgs / 54.8 lbs	Amanda Strickhauser	9/2001
35-39	45.0 kgs / 99.2 lbs	Sumaya Shakir	7/2015

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	43.1 kgs / 95.0 lbs	Krystle McKenzie	
10-11	22.7 kgs / 50.0 lbs	Emma Tshontikidis	12/1999
14-15	38.6 kgs / 85.0 lbs	Krystle McKenzie	2/2000
16-17	43.1 kgs / 95.0 lbs	Krystle McKenzie	
18-19	30.6 kgs / 67.4 lbs	Peppertina Williams	12/1999

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Jasmine McAdams	3/2019
10-11	31.8 kgs / 70.1 lbs	Emily Dupstadt	12/1999
12-13	24.9 kgs / 54.8 lbs	Yahlonda Ward	9/2001
16-17	45.4 kgs / 100.0 lbs	Krystle McKenzie	2/2000
18-19	40.8 kgs / 89.9 lbs	Asia Scales	9/2001
20-24	57.5 kgs / 126.7 lbs	Jasmine McAdams	3/2019

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	60.0 kgs / 132.2 lbs	Jasmine McAdams	11/2019
20-24	57.5 kgs / 126.7 lbs	Jasmine McAdams	12/2018
25-29	60.0 kgs / 132.2 lbs	Jasmine McAdams	11/2019

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	55.0 kgs / 121.2 lbs	Sagira Brown	11/2023
25-29	55.0 kgs / 121.2 lbs	Sagira Brown	11/2023
35-39	45.0 kgs / 99.2 lbs	Jennifer Green	3/2020

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date

Open	72.5 kgs / 159.8 lbs	Sarah Dolson	9/2001
12-13	40.8 kgs / 89.9 lbs	Amanda Miller	12/1999
14-15	47.6 kgs / 104.9 lbs	Robin Hawkins	9/2001
16-17	70.3 kgs / 154.9 lbs	Emilia Green	12/1999
18-19	72.5 kgs / 159.8 lbs	Sarah Dolson	9/2001
20-24	47.5 kgs / 104.7 lbs	Amber Marcum	12/2015
25-29	50.0 kgs / 110.2 lbs	Denna Jones	3/2019
30-34	67.5 kgs / 148.8 lbs	Ilona Price	10/2016
35-39	70.0 kgs / 154.3 lbs	Jumana Akroush	7/2014

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	April Spilde	12/2015
25-29	75.0 kgs / 165.3 lbs	April Spilde	12/2015
35-39	65.0 kgs / 143.2 lbs	Maegan Sady	11/2019
50-54	50.0 kgs / 110.2 lbs	Tanya Renne	10/2024
65-69	37.5 kgs / 82.6 lbs	Cindy Morgan-Jaffe	6/2023

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	April Spilde	3/2017
14-15	52.2 kgs / 115.0 lbs	Shanna Bowers	2/2000
16-17	49.9 kgs / 110.0 lbs	Kristen Whitakers	2/2000
25-29	67.5 kgs / 148.8 lbs	April Spilde	6/2015
30-34	77.5 kgs / 170.8 lbs	April Spilde	3/2017
35-39	60.0 kgs / 132.2 lbs	Maegan Sady	9/2019
40-44	55.0 kgs / 121.2 lbs	Joette James	6/2017
45-49	50.0 kgs / 110.2 lbs	Nicole Green	3/2020
60-64	35.0 kgs / 77.1 lbs	Denise Morell	10/2021
Police/Fire/Mil	77.5 kgs / 170.8 lbs	April Spilde	3/2017

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Jenne Massie	9/2018
14-15	50.0 kgs / 110.2 lbs	Jamison Ford	10/2021
16-17	47.6 kgs / 104.9 lbs	Nicole Mitchell	4/2001
30-34	72.5 kgs / 159.8 lbs	Jenne Massie	9/2018
35-39	72.5 kgs / 159.8 lbs	Jenne Massie	11/2019
55-59	47.5 kgs / 104.7 lbs	Tanya Radford	3/2020

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Jenne Massie	3/2022
30-34	72.5 kgs / 159.8 lbs	Jordan Estes	7/2024
35-39	75.0 kgs / 165.3 lbs	Jenne Massie	3/2022
40-44	70.0 kgs / 154.3 lbs	Shaundra Wood	6/2018

Weight Class: 35 / 77 Male

Division	Bench Press	Name	Date
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Open	15.0 kgs / 33.0 lbs	Cameron Carroll	10/2021
10-11	15.0 kgs / 33.0 lbs	Cameron Carroll	10/2021

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Date
Open	47.6 kgs / 104.9 lbs	Kevin Angus	12/2000
10-11	45.4 kgs / 100.0 lbs	Casey Fleegle	12/2000
12-13	18.1 kgs / 39.9 lbs	Steve Fahey	12/2000
14-15	47.6 kgs / 104.9 lbs	Kevin Angus	12/2000

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
Open	27.2 kgs / 59.9 lbs	Erdit Gremi	2/2001
10-11	27.2 kgs / 59.9 lbs	Erdit Gremi	2/2001

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	115.0 kgs / 253.5 lbs	Adam Silverman	10/2018
14-15	35.0 kgs / 77.1 lbs	Andre Jenkins	6/2018
16-17	57.5 kgs / 126.7 lbs	Steven Hughes	6/2021
20-24	115.0 kgs / 253.5 lbs	Adam Silverman	10/2018

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	120.2 kgs / 264.9 lbs	James Bathurst	3/2009
20-24	112.5 kgs / 248.0 lbs	Adam Silverman	12/2016

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	135.0 kgs / 297.6 lbs	Mike DeCastro	2/2018
20-24	102.5 kgs / 225.9 lbs	Winchester Eubank	3/2016
25-29	97.5 kgs / 214.9 lbs	Michael Stakkeland	9/2019
30-34	97.5 kgs / 214.9 lbs	Michael Stakkeland	3/2020
35-39	135.0 kgs / 297.6 lbs	Mike DeCastro	2/2018
40-44	130.0 kgs / 286.5 lbs	Marc Friedman	7/2015

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	155.0 kgs / 341.7 lbs	Kevin Street	6/2026
14-15	117.5 kgs / 259.0 lbs	Julian Miller	1/2025
16-17	127.5 kgs / 281.0 lbs	Julian Miller	6/2025
20-24	142.5 kgs / 314.1 lbs	Matthew Shepperd	3/2019
25-29	125.0 kgs / 275.5 lbs	Will Flattery	9/2016
30-34	117.5 kgs / 259.0 lbs	Michael Stakkeland	2/2023
35-39	155.0 kgs / 341.7 lbs	Kevin Street	6/2026
40-44	70.0 kgs / 154.3 lbs	James McDonald	9/2019

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	155.0 kgs / 341.7 lbs	Lamar Arnold	9/2019
25-29	155.0 kgs / 341.7 lbs	Lamar Arnold	9/2019

30-34	152.5 kgs / 336.2 lbs	John Willis	5/2017
70-74	124.7 kgs / 274.9 lbs	Bob Vastine	3/2009

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	176.9 kgs / 389.9 lbs	Gary Kulock	1/2011
20-24	176.9 kgs / 389.9 lbs	Gary Kulock	1/2011
25-29	137.5 kgs / 303.1 lbs	Henry Spencer	12/2018
45-49	150.0 kgs / 330.6 lbs	Larry Carroll	5/2016
50-54	150.0 kgs / 330.6 lbs	Larry Carroll	4/2021
55-59	157.5 kgs / 347.2 lbs	Larry Carroll	2/2023
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Henry Spencer	12/2018

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	170.0 kgs / 374.7 lbs	Larry Carroll	11/2025
20-24	122.5 kgs / 270.0 lbs	Lucas Franco	3/2020
30-34	95.0 kgs / 209.4 lbs	Cory Neal	3/2020
40-44	150.0 kgs / 330.6 lbs	Marcus Wood	12/2018
45-49	137.5 kgs / 303.1 lbs	Marcus Wood	6/2021
50-54	155.0 kgs / 341.7 lbs	Larry Carroll	9/2021
55-59	170.0 kgs / 374.7 lbs	Larry Carroll	11/2025

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	215.0 kgs / 473.9 lbs	Kurtis Calloway	7/2012
35-39	155.0 kgs / 341.7 lbs	Darius Johnson	3/2017
40-44	215.0 kgs / 473.9 lbs	Kurtis Calloway	7/2012
Police/Fire/Mil	155.0 kgs / 341.7 lbs	Darius Johnson	3/2017

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	162.5 kgs / 358.2 lbs	Donavan Anderson	7/2023
30-34	157.5 kgs / 347.2 lbs	Donavan Anderson	6/2021
35-39	162.5 kgs / 358.2 lbs	Donavan Anderson	7/2023