



KENTUCKY STATE BENCH RECORDS

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7/2/2026

Weight Class: 52 / 114 Female			
Division	Bench Press	Name	Date
Open	47.5 kgs / 104.7 lbs	Jennifer Waldron	6/2017
40-44	47.5 kgs / 104.7 lbs	Jennifer Waldron	6/2017
45-49	47.5 kgs / 104.7 lbs	Jennifer Waldron	6/2018

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Erika Garner	12/2016
16-17	22.5 kgs / 49.6 lbs	Alexis Brown	3/2025
20-24	52.5 kgs / 115.7 lbs	Erika Garner	12/2016
25-29	45.0 kgs / 99.2 lbs	Leah Newton	6/2018
35-39	47.5 kgs / 104.7 lbs	Shaun Morris	4/2016
40-44	42.5 kgs / 93.6 lbs	Jennifer Waldron	4/2016

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	Miranda Weiter	10/2017
20-24	75.0 kgs / 165.3 lbs	Miranda Weiter	10/2017
35-39	40.0 kgs / 88.1 lbs	Stacy Decker	12/2016

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	80.0 kgs / 176.3 lbs	Miranda Weiter	6/2016
18-19	57.5 kgs / 126.7 lbs	Sydni Jones	4/2018
20-24	80.0 kgs / 176.3 lbs	Miranda Weiter	6/2016
30-34	70.0 kgs / 154.3 lbs	Elena Mishurina	12/2017
35-39	72.5 kgs / 159.8 lbs	Elena Mishurina	2/2018

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Kayla Meisner	4/2018
20-24	77.5 kgs / 170.8 lbs	Kayla Meisner	4/2018
30-34	60.0 kgs / 132.2 lbs	Ashley Linton	10/2016
45-49	52.5 kgs / 115.7 lbs	Joi Jones	4/2018

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date
Open	70.0 kgs / 154.3 lbs	Allisha Guzdial	10/2016

25-29	70.0 kgs / 154.3 lbs	Allisha Guzdial	10/2016
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Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	72.5 kgs / 159.8 lbs	Allisha Guzdial	12/2017
25-29	72.5 kgs / 159.8 lbs	Allisha Guzdial	12/2017

Weight Class: 90+ / 198+ Female			
Division	Bench Press	Name	Date
Open	67.5 kgs / 148.8 lbs	Julie Moeller	6/2017
25-29	62.5 kgs / 137.7 lbs	Victoria Paul	6/2018
45-49	67.5 kgs / 148.8 lbs	Julie Moeller	6/2017

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	62.5 kgs / 137.7 lbs	Devon Cassady	2/2015
10-11	62.5 kgs / 137.7 lbs	Devon Cassady	2/2015

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	93.0 kgs / 205.0 lbs	Mark Evans	12/2016
10-11	57.5 kgs / 126.7 lbs	Daniel Cassady	2/2015
60-64	93.0 kgs / 205.0 lbs	Mark Evans	12/2016

Weight Class: 75 / 165 Male			
Division	Bench Press	Name	Date
Open	160.0 kgs / 352.7 lbs	Ryan Troiano	6/2017
16-17	125.0 kgs / 275.5 lbs	Kaleb Barnett	4/2017
18-19	120.0 kgs / 264.5 lbs	Adnan Koura	6/2015
20-24	102.5 kgs / 225.9 lbs	Campbell Bishop	12/2017
25-29	160.0 kgs / 352.7 lbs	Ryan Troiano	6/2017

Weight Class: 82.5 / 181 Male			
Division	Bench Press	Name	Date
Open	160.0 kgs / 352.7 lbs	Lamont Washington	6/2017
16-17	92.5 kgs / 203.9 lbs	Cole Barrett	4/2017
20-24	127.5 kgs / 281.0 lbs	Jeff Meade	12/2016
25-29	102.5 kgs / 225.9 lbs	Brennan Smith	4/2018
30-34	132.5 kgs / 292.1 lbs	Adam Rodriguez	12/2017
35-39	160.0 kgs / 352.7 lbs	Lamont Washington	6/2017
40-44	92.5 kgs / 203.9 lbs	James Logsdon	6/2021
60-64	142.5 kgs / 314.1 lbs	William Beavin	2/2017
Police/Fire/Mil	160.0 kgs / 352.7 lbs	Lamont Washington	6/2017

Weight Class: 90 / 198 Male			
Division	Bench Press	Name	Date
Open	155.0 kgs / 341.7 lbs	Jonathan Thurman	12/2016
14-15	127.5 kgs / 281.0 lbs	Daniel Kimbell	6/2015
16-17	137.5 kgs / 303.1 lbs	Michael Kimbell	6/2015

18-19	137.5 kgs / 303.1 lbs	Chase Underhill	12/2017
20-24	130.0 kgs / 286.5 lbs	Dylan Cornett	4/2017
25-29	145.0 kgs / 319.6 lbs	Kyle Farmer	12/2017
35-39	155.0 kgs / 341.7 lbs	Jonathan Thurman	12/2016
40-44	137.5 kgs / 303.1 lbs	Jamie Ness	11/2023
50-54	140.0 kgs / 308.6 lbs	Dan French	2/2018
60-64	105.0 kgs / 231.4 lbs	Jim Mardis	6/2026
Police/Fire/Mil	150.0 kgs / 330.6 lbs	Lamont Washington	2/2017

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	200.0 kgs / 440.9 lbs	James Hall	12/2016
18-19	112.5 kgs / 248.0 lbs	Dalton Brown	6/2016
20-24	147.5 kgs / 325.1 lbs	Joshua Smith	4/2018
25-29	175.5 kgs / 386.9 lbs	Adam Perry	4/2018
30-34	170.0 kgs / 374.7 lbs	Shawn Fante	4/2017
35-39	117.5 kgs / 259.0 lbs	Matthew Hawthorne	4/2016
40-44	140.0 kgs / 308.6 lbs	Roy Harrison	12/2016
45-49	200.0 kgs / 440.9 lbs	James Hall	12/2016
50-54	145.0 kgs / 319.6 lbs	Dan French	6/2018
60-64	165.0 kgs / 363.7 lbs	Craig Perry	12/2017
65-69	170.0 kgs / 374.7 lbs	Craig Perry	6/2018

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	190.0 kgs / 418.8 lbs	Clint Poore	10/2021
20-24	182.5 kgs / 402.3 lbs	William Phillips	4/2018
25-29	172.5 kgs / 380.2 lbs	Matt Spencer	4/2017
30-34	172.5 kgs / 380.2 lbs	Shawn Fante	12/2017
35-39	185.0 kgs / 407.8 lbs	Jason Emmick	6/2015
45-49	190.0 kgs / 418.8 lbs	Clint Poore	10/2021
50-54	177.5 kgs / 391.3 lbs	Clint Poore	11/2024
60-64	167.5 kgs / 369.2 lbs	Craig Perry	2/2018
65-69	77.5 kgs / 170.8 lbs	Steve Reschke	4/2021

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	182.5 kgs / 402.3 lbs	Robert Patton	4/2017
25-29	155.0 kgs / 341.7 lbs	Thomas Black	2/2018
30-34	175.0 kgs / 385.8 lbs	Shawn Fante	6/2018
35-39	182.5 kgs / 402.3 lbs	Robert Patton	4/2017
40-44	180.0 kgs / 396.8 lbs	Jason Emmick	12/2016
45-49	152.5 kgs / 336.2 lbs	Doug Adkins	4/2018
55-59	170.0 kgs / 374.7 lbs	Earl Smiley	2/2018
60-64	170.0 kgs / 374.7 lbs	Earl Smiley	6/2018

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	177.5 kgs / 391.3 lbs	Chris Fawbush	10/2018
30-34	177.5 kgs / 391.3 lbs	Chris Fawbush	10/2018

35-39	175.0 kgs / 385.8 lbs	Aaron Crawford	4/2017
40-44	151.9 kgs / 334.8 lbs	Clayton Cook	2/2016
60-64	152.5 kgs / 336.2 lbs	Earl Smiley	11/2022

Unknown Class: SHW Male			
Division	Bench Press	Name	Date
Open	175.0 kgs / 385.8 lbs	Aaron Crawford	12/2016
40-44	160.0 kgs / 352.7 lbs	Clayton Cook	10/2016
45-49	165.0 kgs / 363.7 lbs	Wayne Meyer	6/2015