



NORTH CAROLINA STATE BENCH RECORDS

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7/2/2026

Weight Class: 30 / 66 Female			
Division	Bench Press	Name	Date
Open	23.0 kgs / 50.7 lbs	Kylie May	3/2022
5 and under	15.0 kgs / 33.0 lbs	Jaylynn Berge	5/2026
6-7	22.5 kgs / 49.6 lbs	Ashtyn Bushee	10/2022
8-9	20.5 kgs / 45.1 lbs	Gracie Bushee	1/2021
10-11	23.0 kgs / 50.7 lbs	Kylie May	3/2022

Weight Class: 35 / 77 Female			
Division	Bench Press	Name	Date
Open	32.5 kgs / 71.6 lbs	Kylie May	2/2023
6-7	25.5 kgs / 56.2 lbs	Ashtyn Bushee	2/2023
8-9	27.5 kgs / 60.6 lbs	Ashtyn Bushee	11/2023
10-11	30.0 kgs / 66.1 lbs	Kylie May	10/2022
12-13	32.5 kgs / 71.6 lbs	Kylie May	2/2023

Weight Class: 40 / 88 Female			
Division	Bench Press	Name	Date
Open	35.5 kgs / 78.2 lbs	Kylie May	5/2023
6-7	18.5 kgs / 40.7 lbs	Sofia Corridean	10/2020
8-9	25.5 kgs / 56.2 lbs	Gracie Bushee	8/2021
10-11	27.5 kgs / 60.6 lbs	Gracie Bushee	11/2022
12-13	35.5 kgs / 78.2 lbs	Kylie May	5/2023
20-24	35.0 kgs / 77.1 lbs	Samantha Brickhouse	5/2014

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Ashley Christiansen	11/2020
8-9	27.5 kgs / 60.6 lbs	Sofia Corridean	5/2022
10-11	30.0 kgs / 66.1 lbs	Avaya Berge	8/2021
12-13	37.5 kgs / 82.6 lbs	Kylie May	3/2024
16-17	47.5 kgs / 104.7 lbs	Ashley Christiansen	3/2017
18-19	45.0 kgs / 99.2 lbs	Ashley Christiansen	5/2019
20-24	52.5 kgs / 115.7 lbs	Ashley Christiansen	11/2020

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Ashley Christiansen	5/2024
8-9	30.0 kgs / 66.1 lbs	Sofia Corridean	8/2022

10-11	40.8 kgs / 89.9 lbs	K. Stegall	
12-13	39.5 kgs / 87.0 lbs	Trenell Williams	11/2009
14-15	42.5 kgs / 93.6 lbs	Jessica Smith	10/2015
16-17	48.0 kgs / 105.8 lbs	Ashley Christiansen	11/2016
18-19	37.5 kgs / 82.6 lbs	Jessica Lovitt	6/2011
20-24	57.5 kgs / 126.7 lbs	Ashley Christiansen	5/2024
30-34	40.8 kgs / 89.9 lbs	Sandra Tipton	11/2002
35-39	30.0 kgs / 66.1 lbs	Julianna Pastorius	6/2012
40-44	54.4 kgs / 119.9 lbs	K. Becceria	11/1997
45-49	30.0 kgs / 66.1 lbs	Heidi Lassiter	11/2007
50-54	35.0 kgs / 77.1 lbs	Sherlene Lerosé	3/2013
Police/Fire/Mil	42.5 kgs / 93.6 lbs	Elizabeth Zeuschel	8/2014

Weight Class: 52 / 114 Female

Division	Bench Press	Name	Date
Open	74.8 kgs / 164.9 lbs	Deborah Flanagan	11/2003
8-9	29.5 kgs / 65.0 lbs	Madison Berry	11/2020
10-11	40.0 kgs / 88.1 lbs	Mackenzie Taylor	11/2019
12-13	40.5 kgs / 89.2 lbs	Brooke Zak	9/2019
14-15	40.0 kgs / 88.1 lbs	Brooke Zak	3/2020
16-17	55.0 kgs / 121.2 lbs	Kaylum Mills	5/2023
18-19	57.5 kgs / 126.7 lbs	Kayla Johnson	2/2015
20-24	42.5 kgs / 93.6 lbs	B. Sattenwhite	2/2014
30-34	56.6 kgs / 124.7 lbs	Johli Carscallen	3/2007
35-39	65.0 kgs / 143.2 lbs	Allison Freeman	9/2025
40-44	74.8 kgs / 164.9 lbs	Deborah Flanagan	11/2003
45-49	63.5 kgs / 139.9 lbs	Doreen Wofford	8/2008
55-59	47.5 kgs / 104.7 lbs	Ginger Enderson	8/2014
Police/Fire/Mil	47.5 kgs / 104.7 lbs	Kendra Johnson	3/2011

Weight Class: 56 / 123 Female

Division	Bench Press	Name	Date
Open	81.0 kgs / 178.5 lbs	Amy Eaton	6/2011
8-9	20.0 kgs / 44.0 lbs	Carly Cooper	10/2021
10-11	45.0 kgs / 99.2 lbs	Diamonds Marrow	4/2011
12-13	48.5 kgs / 106.9 lbs	Mackenzie Taylor	8/2020
14-15	48.0 kgs / 105.8 lbs	Vanity- Jay Martinez	8/2024
16-17	58.9 kgs / 129.8 lbs	C. Chavis	
18-19	57.5 kgs / 126.7 lbs	Rachel Jordan	8/2015
20-24	50.0 kgs / 110.2 lbs	De'Anna Balance	3/2011
25-29	47.5 kgs / 104.7 lbs	Kendra Johnson	4/2011
30-34	55.0 kgs / 121.2 lbs	Jennie Turner	6/2013
35-39	78.5 kgs / 173.0 lbs	Amy Eaton	2/2011
40-44	81.0 kgs / 178.5 lbs	Amy Eaton	6/2011
45-49	47.6 kgs / 104.9 lbs	Cheri Grant	2/2006
50-54	62.5 kgs / 137.7 lbs	Maxine Ferris	2/2018

Weight Class: 60 / 132 Female

Division	Bench Press	Name	Date
Open	127.0 kgs / 279.9 lbs	Jennifer Thompson	8/2006

8-9	48.5 kgs / 106.9 lbs	Madison Berry	10/2021
10-11	35.0 kgs / 77.1 lbs	Annabelle Turlington	8/2021
12-13	54.5 kgs / 120.1 lbs	Mackenzie Taylor	1/2021
14-15	43.5 kgs / 95.9 lbs	Halie Sweeney	6/2012
16-17	55.0 kgs / 121.2 lbs	Samantha Ferris	11/2017
18-19	52.5 kgs / 115.7 lbs	Rachel Jordan	5/2015
20-24	67.5 kgs / 148.8 lbs	Rachel Jordan	6/2016
25-29	56.6 kgs / 124.7 lbs	Carrie King	5/2003
30-34	127.0 kgs / 279.9 lbs	Jennifer Thompson	8/2006
35-39	70.3 kgs / 154.9 lbs	C. Chavis	
40-44	77.5 kgs / 170.8 lbs	Jennifer Minella	11/2020
45-49	79.3 kgs / 174.8 lbs	Kelly Wescott	4/2007
50-54	76.0 kgs / 167.5 lbs	Kelly Wescott	3/2011
55-59	61.0 kgs / 134.4 lbs	Kelly Wescott	6/2016
Police/Fire/Mil	45.0 kgs / 99.2 lbs	Reagan Charlton	4/2023

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Date
Open	99.7 kgs / 219.7 lbs	Donna White	6/2003
8-9	51.0 kgs / 112.4 lbs	Madison Berry	2/2022
10-11	67.5 kgs / 148.8 lbs	Madison Berry	5/2023
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	10/2021
14-15	50.0 kgs / 110.2 lbs	Marrena Glanville	
16-17	50.0 kgs / 110.2 lbs	Marrena Glanville	10/2010
18-19	62.5 kgs / 137.7 lbs	Kristi Amerson	6/2010
20-24	70.3 kgs / 154.9 lbs	Rebecca Howell	6/2006
25-29	84.8 kgs / 186.9 lbs	Latrese Reames	7/2007
30-34	51.0 kgs / 112.4 lbs	Allison Freeman	2/2022
35-39	97.5 kgs / 214.9 lbs	Gloria Knight-McNeil	5/1999
40-44	70.3 kgs / 154.9 lbs	G. Chavis	
45-49	72.5 kgs / 159.8 lbs	Lori Bailey	2/2018
50-54	72.5 kgs / 159.8 lbs	Kelly Wescott	11/2010
55-59	52.5 kgs / 115.7 lbs	Sherry Pridgen	5/2021

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Date
Open	97.5 kgs / 214.9 lbs	Tammy Walker	3/2009
10-11	73.0 kgs / 160.9 lbs	Madison Berry	11/2023
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	10/2021
14-15	90.0 kgs / 198.4 lbs	Mackenzie Taylor	5/2023
16-17	68.0 kgs / 149.9 lbs	M. Mercer	
18-19	62.5 kgs / 137.7 lbs	Kristi Amerson	6/2010
20-24	63.5 kgs / 139.9 lbs	Jennifer Zak	11/1999
25-29	81.6 kgs / 179.8 lbs	Amanda Dolan	5/2003
30-34	65.0 kgs / 143.2 lbs	Sandra Bates	5/2022
35-39	86.1 kgs / 189.8 lbs	Tammy Walker	9/2007
40-44	97.5 kgs / 214.9 lbs	Tammy Walker	3/2009
45-49	80.0 kgs / 176.3 lbs	Shannon Lowery	1/2021
50-54	67.5 kgs / 148.8 lbs	Veronica Paylor	10/2023
55-59	45.0 kgs / 99.2 lbs	Nelda Newton	4/2018

60-64	42.5 kgs / 93.6 lbs	Crystal Rhoades	9/2023
Police/Fire/Mil	42.5 kgs / 93.6 lbs	Crystal Rhoades	9/2023

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Date
Open	112.5 kgs / 248.0 lbs	Tammy Walker	5/2014
10-11	75.0 kgs / 165.3 lbs	Madison Berry	3/2024
12-13	90.0 kgs / 198.4 lbs	Madison Berry	10/2025
14-15	93.4 kgs / 205.9 lbs	Mackenzie Taylor	6/2023
16-17	95.0 kgs / 209.4 lbs	Mackenzie Taylor	11/2024
18-19	62.5 kgs / 137.7 lbs	Tyra Giutierrez	4/2023
20-24	100.0 kgs / 220.4 lbs	Cristi Bartlett	11/2010
30-34	67.5 kgs / 148.8 lbs	Sandra Bates	8/2022
35-39	81.6 kgs / 179.8 lbs	Karen Stone	10/2005
40-44	107.5 kgs / 236.9 lbs	Tammy Walker	5/2010
45-49	112.5 kgs / 248.0 lbs	Tammy Walker	5/2014
50-54	70.0 kgs / 154.3 lbs	Veronica Paylor	11/2023
55-59	77.5 kgs / 170.8 lbs	Hyacinth Joseph	3/2013
60-64	82.5 kgs / 181.8 lbs	Gloria Knight-McNeil	9/2023
Police/Fire/Mil	92.5 kgs / 203.9 lbs	Mona Espinosa	11/2025

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Date
Open	113.5 kgs / 250.2 lbs	Mackenzie Taylor	8/2025
10-11	52.5 kgs / 115.7 lbs	Olivia Stedman	2/2023
12-13	91.0 kgs / 200.6 lbs	Madison Berry	8/2025
14-15	90.0 kgs / 198.4 lbs	Madison Berry	5/2026
16-17	113.5 kgs / 250.2 lbs	Mackenzie Taylor	8/2025
18-19	102.5 kgs / 225.9 lbs	Mackenzie Taylor	2/2026
20-24	102.0 kgs / 224.8 lbs	America Marrow	6/2007
25-29	65.0 kgs / 143.2 lbs	Noresha Gardner	5/2026
30-34	55.0 kgs / 121.2 lbs	Rachel Mundell	4/2017
35-39	102.5 kgs / 225.9 lbs	Nikki Creecy	3/2013
40-44	95.0 kgs / 209.4 lbs	Mona Espinosa	7/2025
45-49	85.0 kgs / 187.3 lbs	Leslie Wright	10/2021
50-54	62.5 kgs / 137.7 lbs	Kristianne Bebout	9/2017
55-59	83.0 kgs / 182.9 lbs	Hyacinth Joseph	2/2016
60-64	85.0 kgs / 187.3 lbs	Hyacinth Joseph	10/2016
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Mona Espinosa	7/2025

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Date
Open	97.5 kgs / 214.9 lbs	Latonia Brown	8/2017
10-11	57.5 kgs / 126.7 lbs	Olivia Stedman	5/2023
12-13	90.0 kgs / 198.4 lbs	Madison Berry	2/2025
14-15	92.9 kgs / 204.8 lbs	Erin Owens	10/2000
16-17	90.7 kgs / 199.9 lbs	Erin Owens	
18-19	85.0 kgs / 187.3 lbs	Savannah Glanville	11/2025
20-24	85.0 kgs / 187.3 lbs	Chelsey Elliott	10/2017
25-29	93.5 kgs / 206.1 lbs	Gwenasia Herring	2/2022

30-34	94.0 kgs / 207.2 lbs	Brandi Sneed	4/2015
35-39	97.5 kgs / 214.9 lbs	Shannon Scott	11/2019
40-44	97.5 kgs / 214.9 lbs	Latonia Brown	8/2017
45-49	86.0 kgs / 189.5 lbs	Leslie Wright	6/2021
50-54	85.0 kgs / 187.3 lbs	Kristianne Bebout	5/2015
55-59	75.0 kgs / 165.3 lbs	Kristianne Bebout	4/2019
60-64	72.5 kgs / 159.8 lbs	Kristianne Bebout	11/2022
Police/Fire/Mil	97.5 kgs / 214.9 lbs	Latonia Brown	8/2017

Weight Class: 30 / 66 Male

Division	Bench Press	Name	Date
Open	40.8 kgs / 89.9 lbs	Eptwaund Saunders	10/1999
5 and under	16.5 kgs / 36.3 lbs	Spencer Hankins	8/2025
6-7	26.5 kgs / 58.4 lbs	Jeramiah Skinner	8/2021
8-9	27.5 kgs / 60.6 lbs	Jalen Reid	4/2011
10-11	32.9 kgs / 72.5 lbs	James Mims	7/2006
12-13	40.8 kgs / 89.9 lbs	Eptwaund Saunders	10/1999
Spec. Oly.	12.5 kgs / 27.5 lbs	Andrew Hill	8/2019

Weight Class: 35 / 77 Male

Division	Bench Press	Name	Date
Open	44.0 kgs / 97.0 lbs	Sean Miller	6/2013
6-7	32.5 kgs / 71.6 lbs	William Hawkins IV	8/2012
8-9	40.0 kgs / 88.1 lbs	Sean Miller	12/2012
10-11	44.0 kgs / 97.0 lbs	Sean Miller	6/2013
12-13	40.8 kgs / 89.9 lbs	Eptwaund Saunders	
Spec. Oly.	15.0 kgs / 33.0 lbs	Andrew Hill	11/2020

Weight Class: 40 / 88 Male

Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	DeAndre Proctor	8/2012
6-7	15.0 kgs / 33.0 lbs	Dylan Cooper	5/2014
8-9	57.5 kgs / 126.7 lbs	DeAndre Proctor	8/2012
10-11	47.5 kgs / 104.7 lbs	Sean Miller	11/2014
12-13	34.0 kgs / 74.9 lbs	Steven Evans	6/2007
14-15	40.8 kgs / 89.9 lbs	Eptwaund Saunders	

Weight Class: 44 / 97 Male

Division	Bench Press	Name	Date
Open	62.5 kgs / 137.7 lbs	DeAndre Proctor	3/2013
6-7	22.5 kgs / 49.6 lbs	Dylan Cooper	2/2015
8-9	62.5 kgs / 137.7 lbs	DeAndre Proctor	3/2013
10-11	40.8 kgs / 89.9 lbs	Demetrius Bright	5/1999
12-13	52.0 kgs / 114.6 lbs	Sean Miller	11/2015
14-15	43.1 kgs / 95.0 lbs	T. Caudle	

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Date
Open	63.5 kgs / 139.9 lbs	Justin Martin	3/2006

8-9	62.5 kgs / 137.7 lbs	DeAndre Proctor	3/2013
10-11	44.0 kgs / 97.0 lbs	Sean Miller	6/2013
12-13	57.5 kgs / 126.7 lbs	Sean Miller	9/2016
14-15	63.0 kgs / 138.8 lbs	Weston Lee	3/2026
16-17	63.5 kgs / 139.9 lbs	Justin Martin	3/2006
18-19	60.0 kgs / 132.2 lbs	Justin Martin	11/2006
Spec. Oly.	60.0 kgs / 132.2 lbs	Buck Ammons	11/2014

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Date
Open	106.5 kgs / 234.7 lbs	Boyd Honeycutt	11/1999
8-9	47.5 kgs / 104.7 lbs	Jeremiah Skinner	11/2023
10-11	68.0 kgs / 149.9 lbs	DeAndre Proctor	10/2014
12-13	66.0 kgs / 145.5 lbs	Andrew Schwartz	5/2023
14-15	67.5 kgs / 148.8 lbs	Dalton Lee	3/2026
16-17	82.5 kgs / 181.8 lbs	Gavin Pearson	5/2025
18-19	82.5 kgs / 181.8 lbs	Carter Kincaid	8/2024
35-39	106.5 kgs / 234.7 lbs	Boyd Honeycutt	11/1999

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Date
Open	136.5 kgs / 300.9 lbs	Brannigan Coleman	9/2016
8-9	35.0 kgs / 77.1 lbs	Xavier Thomas	4/2015
10-11	58.9 kgs / 129.8 lbs	Anthony Morris	
12-13	68.0 kgs / 149.9 lbs	Tyrell Morris	5/1998
14-15	90.7 kgs / 199.9 lbs	Donnell Moore	
16-17	88.4 kgs / 194.8 lbs	D. Henrics	
18-19	102.0 kgs / 224.8 lbs	T. Hodge	11/1999
20-24	70.0 kgs / 154.3 lbs	Buck Ammons	8/2022
25-29	136.5 kgs / 300.9 lbs	Brannigan Coleman	9/2016
35-39	104.3 kgs / 229.9 lbs	J. Chavez	11/1999
40-44	77.1 kgs / 169.9 lbs	Jim Curcio	3/2001
65-69	90.7 kgs / 199.9 lbs	Byron Swain	5/2004
70-74	88.4 kgs / 194.8 lbs	Byron Swain	10/2006
Police/Fire/Mil	125.0 kgs / 275.5 lbs	Brannigan Coleman	
Spec. Oly.	70.0 kgs / 154.3 lbs	Buck Ammons	8/2022

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Date
Open	147.5 kgs / 325.1 lbs	Kejajuan Collington	11/2025
6-7	13.0 kgs / 28.6 lbs	Andrew Hill	11/2019
8-9	31.7 kgs / 69.8 lbs	C. Thorton III	
10-11	57.5 kgs / 126.7 lbs	Jeremiah Skinner	10/2025
12-13	80.0 kgs / 176.3 lbs	Andrew Schwartz	9/2023
14-15	99.7 kgs / 219.7 lbs	Donnell Moore	5/1999
16-17	111.1 kgs / 244.9 lbs	Larry Mabinton	
18-19	102.1 kgs / 225.0 lbs	J. Fisher	
20-24	100.0 kgs / 220.4 lbs	Cory Sellers	6/2012
25-29	106.6 kgs / 235.0 lbs	Ben Zak	
30-34	136.0 kgs / 299.8 lbs	Melvin Perry	2/2006

35-39	95.2 kgs / 209.8 lbs	Ben Zak	11/2005
40-44	147.5 kgs / 325.1 lbs	Kejajuan Collington	11/2025
45-49	95.0 kgs / 209.4 lbs	Frank Bottone	4/2016
50-54	95.0 kgs / 209.4 lbs	Ben Zak	3/2020
65-69	90.7 kgs / 199.9 lbs	Byron Swain	4/2004
70-74	86.1 kgs / 189.8 lbs	Byron Swain	6/2006
Police/Fire/Mil	58.9 kgs / 129.8 lbs	Perrie White	
Spec. Oly.	75.0 kgs / 165.3 lbs	Buck Ammons	5/2021
Handicapped	65.0 kgs / 143.2 lbs	Buck Ammons	5/2025

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	167.5 kgs / 369.2 lbs	Jeremy Seff	4/2017
10-11	60.0 kgs / 132.2 lbs	Easten Binckley	8/2021
12-13	88.4 kgs / 194.8 lbs	Cordett Clay	5/2000
14-15	115.7 kgs / 255.0 lbs	T. Gordan	
16-17	138.4 kgs / 305.1 lbs	Donnell Moore	
18-19	140.0 kgs / 308.6 lbs	Lenard Jones	10/2015
20-24	162.5 kgs / 358.2 lbs	Lenard Jones	11/2019
25-29	167.5 kgs / 369.2 lbs	Jeremy Seff	4/2017
30-34	160.0 kgs / 352.7 lbs	Lenard Jones	10/2019
35-39	147.5 kgs / 325.1 lbs	Kejajuan Collington	10/2023
40-44	127.0 kgs / 279.9 lbs	J. Meekins	
45-49	112.5 kgs / 248.0 lbs	David Kleinschuster	1/2021
50-54	142.5 kgs / 314.1 lbs	David Wilson	11/2008
55-59	115.5 kgs / 254.6 lbs	Ben Zak	8/2025
60-64	97.5 kgs / 214.9 lbs	Rick Fecteau	11/2010
75-79	110.0 kgs / 242.5 lbs	Tom Newman	3/2020
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Lenard Jones	8/2015
Spec. Oly.	50.0 kgs / 110.2 lbs	Jacob Erikson	11/2018

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	174.6 kgs / 384.9 lbs	Brian Hough	6/2003
10-11	58.9 kgs / 129.8 lbs	Denvel Sutton	
12-13	92.5 kgs / 203.9 lbs	Colson Bishop	8/2017
14-15	127.5 kgs / 281.0 lbs	Andrew Schwartz	3/2025
16-17	137.5 kgs / 303.1 lbs	Andrew Schwartz	11/2025
18-19	142.9 kgs / 315.0 lbs	C. Sithes	
20-24	161.0 kgs / 354.9 lbs	Aaron Griswell	2/2016
25-29	162.5 kgs / 358.2 lbs	Justin Lane	2/2022
30-34	172.5 kgs / 380.2 lbs	Donnell Moore	10/2015
35-39	154.2 kgs / 339.9 lbs	Kenneth Lacy	3/2002
40-44	152.5 kgs / 336.2 lbs	Nasir Nantambu	6/2018
45-49	140.0 kgs / 308.6 lbs	Kevin Outland	8/2017
50-54	141.5 kgs / 311.9 lbs	Kevin Outland	3/2020
55-59	138.0 kgs / 304.2 lbs	John Bessette	10/2015
60-64	83.9 kgs / 184.9 lbs	Rick Fecteau	6/2007
65-69	124.0 kgs / 273.3 lbs	Tom Newnam	2/2014
70-74	130.0 kgs / 286.5 lbs	Tom Newnam	11/2015

75-79	105.5 kgs / 232.5 lbs	Joseph Sanders	11/2020
Police/Fire/Mil	172.5 kgs / 380.2 lbs	Donnell Moore	10/2015
Spec. Oly.	36.2 kgs / 79.8 lbs	Bart Garrison	5/2008

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	219.9 kgs / 484.7 lbs	Will Lynch	2/2006
10-11	47.6 kgs / 104.9 lbs	K. Sutton	
12-13	77.1 kgs / 169.9 lbs	Antonio Felton	4/1999
14-15	140.6 kgs / 309.9 lbs	Chris Henry	5/2008
16-17	147.4 kgs / 324.9 lbs	Brandon Cross	5/2003
18-19	151.9 kgs / 334.8 lbs	David Floyd	11/1999
20-24	174.6 kgs / 384.9 lbs	Moganzick Bell	5/1999
25-29	201.8 kgs / 444.8 lbs	Will Lynch	11/2002
30-34	204.1 kgs / 449.9 lbs	Will Lynch	5/2003
35-39	205.0 kgs / 451.9 lbs	Will Lynch	11/2008
40-44	161.0 kgs / 354.9 lbs	John Hawley	11/2005
45-49	157.5 kgs / 347.2 lbs	Will Lynch	10/2020
50-54	143.0 kgs / 315.2 lbs	Eddie Tipton	4/2018
55-59	147.5 kgs / 325.1 lbs	John Bessette	6/2017
60-64	125.0 kgs / 275.5 lbs	Ronnie Powell	6/2010
65-69	130.0 kgs / 286.5 lbs	Joseph Sanders	9/2012
70-74	120.0 kgs / 264.5 lbs	Joseph Sanders	2/2017
75-79	60.5 kgs / 133.3 lbs	Yogi Sumner	3/2025
Police/Fire/Mil	147.4 kgs / 324.9 lbs	Ronald Sarmiento	9/2007
Spec. Oly.	62.5 kgs / 137.7 lbs	J.P. Stanier	9/2019

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	225.0 kgs / 496.0 lbs	Michael Dudley	10/2017
10-11	60.0 kgs / 132.2 lbs	Jordan Howard	3/2012
12-13	97.5 kgs / 214.9 lbs	C. Gray	2/2011
14-15	129.2 kgs / 284.8 lbs	Stephen Payne	
16-17	149.7 kgs / 330.0 lbs	Josh Webb	6/2003
18-19	163.2 kgs / 359.7 lbs	Jason Herman	6/2003
20-24	205.0 kgs / 451.9 lbs	Ricky Dozier	10/2018
25-29	197.3 kgs / 434.9 lbs	Will Lynch	9/2002
30-34	225.0 kgs / 496.0 lbs	Michael Dudley	10/2017
35-39	206.3 kgs / 454.8 lbs	Paul Bossi	11/2002
40-44	175.0 kgs / 385.8 lbs	Dave Skinner	11/2014
45-49	170.0 kgs / 374.7 lbs	Joseph Lovallo	6/2007
50-54	154.2 kgs / 339.9 lbs	Michael Leibacher	5/2004
55-59	147.5 kgs / 325.1 lbs	John Bessette	10/2017
60-64	115.6 kgs / 254.8 lbs	Gus Holzmiller	11/2005
65-69	132.5 kgs / 292.1 lbs	Joseph Sanders	9/2013
75-79	63.5 kgs / 139.9 lbs	Jonathan Gordon	
80-84	77.5 kgs / 170.8 lbs	Vito Lombardo	9/2016
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Ricky Dozier	10/2018
Spec. Oly.	74.8 kgs / 164.9 lbs	Kos Jackson	3/2008

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	238.0 kgs / 524.6 lbs	Michael Dudley	2/2018
10-11	52.5 kgs / 115.7 lbs	Roosevelt Perry	3/2012
12-13	85.0 kgs / 187.3 lbs	David Howell	3/2011
14-15	165.5 kgs / 364.8 lbs	Ben Hopkins	11/2004
16-17	183.7 kgs / 404.9 lbs	Ben Hopkins	3/2006
18-19	174.6 kgs / 384.9 lbs	Shaun Hopkins	11/2004
20-24	181.4 kgs / 399.9 lbs	Kinta Mallory	5/2001
25-29	237.5 kgs / 523.5 lbs	Michael Dudley	10/2016
30-34	238.0 kgs / 524.6 lbs	Michael Dudley	2/2018
35-39	233.6 kgs / 514.9 lbs	Paul Bossi	11/2005
40-44	176.9 kgs / 389.9 lbs	Mitchell Baker	5/2004
45-49	187.3 kgs / 412.9 lbs	Joseph Rascoe	5/2008
50-54	183.5 kgs / 404.5 lbs	Anthony Bannerman	5/2025
55-59	175.0 kgs / 385.8 lbs	Joseph Rasco	11/2019
60-64	160.0 kgs / 352.7 lbs	Joseph Rascoe	5/2025
65-69	145.0 kgs / 319.6 lbs	Carl Inman	11/2019
70-74	120.0 kgs / 264.5 lbs	Harry Orr	11/2023
Police/Fire/Mil	238.0 kgs / 524.6 lbs	Michael Dudley	2/2018
Spec. Oly.	67.5 kgs / 148.8 lbs	Ben Stavish	11/2008

Weight Class: 110 / 242 Male			
Division	Bench Press	Name	Date
Open	240.4 kgs / 529.9 lbs	Shawn Reid	5/2001
12-13	92.5 kgs / 203.9 lbs	David Howell	6/2011
14-15	145.0 kgs / 319.6 lbs	Colson Bishop	7/2019
16-17	170.0 kgs / 374.7 lbs	Nolan Toti	6/2017
18-19	195.0 kgs / 429.8 lbs	Trey Manning	6/2006
20-24	205.0 kgs / 451.9 lbs	Tra Farrington	5/2014
25-29	232.5 kgs / 512.5 lbs	Ricky Dozier	5/2023
30-34	240.4 kgs / 529.9 lbs	Shawn Reid	5/2001
35-39	240.0 kgs / 529.1 lbs	Michael Dudley	11/2023
40-44	240.4 kgs / 529.9 lbs	Paul Bossi	11/2006
45-49	227.5 kgs / 501.5 lbs	Paul Bossi	10/2013
50-54	212.5 kgs / 468.4 lbs	Paul Bossi	10/2017
55-59	180.0 kgs / 396.8 lbs	Joseph Rascoe	4/2017
60-64	140.5 kgs / 309.7 lbs	Ray Berry	8/2025
65-69	165.0 kgs / 363.7 lbs	Jerry Comstock	6/2012
70-74	115.0 kgs / 253.5 lbs	Casey Orr	9/2023
Police/Fire/Mil	235.0 kgs / 518.0 lbs	Ricky Dozier	11/2025
Spec. Oly.	85.0 kgs / 187.3 lbs	Ben Stavish	11/2009

Weight Class: 125 / 275 Male			
Division	Bench Press	Name	Date
Open	265.4 kgs / 585.1 lbs	Michael Belk	
12-13	79.3 kgs / 174.8 lbs	Aaron Chamblee	4/2003
14-15	138.3 kgs / 304.8 lbs	Kris McCoy	11/2006
16-17	161.1 kgs / 355.1 lbs	C. Gorham	
18-19	163.3 kgs / 360.0 lbs	E. Murphy	

20-24	170.0 kgs / 374.7 lbs	Jason Spruill	11/2005
25-29	240.4 kgs / 529.9 lbs	Carl Elliott	4/2001
30-34	247.2 kgs / 544.9 lbs	Bennie Jones	4/2006
35-39	265.3 kgs / 584.8 lbs	Michael Belk	7/2007
40-44	230.0 kgs / 507.0 lbs	Paul Bossi	11/2010
45-49	227.5 kgs / 501.5 lbs	Paul Bossi	10/2013
50-54	215.4 kgs / 474.8 lbs	Joe Hilliard	6/2007
55-59	208.0 kgs / 458.5 lbs	Paul Bossi	6/2022
60-64	157.5 kgs / 347.2 lbs	Gene Berry	11/2018
65-69	170.0 kgs / 374.7 lbs	Jerry Comstock	8/2012
70-74	120.0 kgs / 264.5 lbs	Bernie Rhoades	4/2023
Police/Fire/Mil	227.5 kgs / 501.5 lbs	Carl Elliott	3/2010
Spec. Oly.	97.5 kgs / 214.9 lbs	Ben Stavish	6/2011

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Date
Open	265.0 kgs / 584.2 lbs	Michael Belk	11/2007
12-13	77.1 kgs / 169.9 lbs	Cory White	
14-15	156.5 kgs / 345.0 lbs	Denvel Sutton	
16-17	172.4 kgs / 380.0 lbs	William Riddick	
18-19	181.4 kgs / 399.9 lbs	William Riddick	6/2002
20-24	165.1 kgs / 363.9 lbs	William Walker	9/2007
25-29	254.0 kgs / 559.9 lbs	Carl Elliott	3/2000
30-34	265.0 kgs / 584.2 lbs	Michael Belk	11/2007
35-39	247.5 kgs / 545.6 lbs	Jerry Gunter	3/2013
40-44	232.5 kgs / 512.5 lbs	Timmy Rush	3/2013
45-49	217.7 kgs / 479.9 lbs	Tim McVicker	6/2007
50-54	182.5 kgs / 402.3 lbs	Kevin Combs	11/2020
55-59	150.0 kgs / 330.6 lbs	Ray Smith	7/2013
60-64	152.5 kgs / 336.2 lbs	Greg Stott	11/2024
Police/Fire/Mil	254.0 kgs / 559.9 lbs	Carl Elliott	6/2005

Unknown Class: SHW Male

Division	Bench Press	Name	Date
Open	252.5 kgs / 556.6 lbs	Jerry Gunter	3/2010
14-15	170.1 kgs / 375.0 lbs	N. Barnes	
16-17	182.5 kgs / 402.3 lbs	Denvel Sutton	4/2009
18-19	165.5 kgs / 364.8 lbs	Paul Walsh	2/2006
20-24	150.0 kgs / 330.6 lbs	Nathan Daniels	2/2018
25-29	217.5 kgs / 479.5 lbs	Ryan Stone	4/2017
30-34	201.8 kgs / 444.8 lbs	Herman Canada	11/2005
35-39	240.0 kgs / 529.1 lbs	Jerry Gunter	2/2014
40-44	237.5 kgs / 523.5 lbs	Jerry Gunter	8/2017
45-49	177.5 kgs / 391.3 lbs	Daniel Corridean	5/2021
50-54	127.5 kgs / 281.0 lbs	Scott Frazee	2/2026
Police/Fire/Mil	192.5 kgs / 424.3 lbs	Omar Barnes	4/2017