



USA MEN'S BENCH RECORDS

Updated by Ed Kutin

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7/19/2026

Weight Class: 48 / 105 Male

Division	Bench Press	Name	Resides	Date
Open	112.5 kgs / 248.0 lbs	Jasen Hinkel	NE	3/2010
11 and under	62.5 kgs / 137.7 lbs	DeAndre Proctor	NC	3/2013
12-13	62.5 kgs / 137.7 lbs	Johnny Brattelli	VA	5/2024
14-15	77.5 kgs / 170.8 lbs	James Miller	VA	7/2012
16-17	92.5 kgs / 203.9 lbs	Jasen Hinkel	NE	8/2007
18-19	112.5 kgs / 248.0 lbs	Jasen Hinkel	NE	3/2010
20-24	77.5 kgs / 170.8 lbs	Rob Marcellino	NJ	6/2010
40-44	59.0 kgs / 130.0 lbs	Michael Kahan	AZ	9/2011
45-49	60.0 kgs / 132.2 lbs	Michael Kahan	AZ	10/2012
50-54	57.5 kgs / 126.7 lbs	Michael Kahan	AZ	6/2016
Spec. Oly.	60.0 kgs / 132.2 lbs	Buck Ammons	NC	11/2014
Handicapped	60.0 kgs / 132.2 lbs	John Hess	PA	3/2013

Weight Class: 52 / 114 Male

Division	Bench Press	Name	Resides	Date
Open	99.8 kgs / 220.0 lbs	Daniel Levandusky	PA	12/2002
11 and under	68.0 kgs / 149.9 lbs	DeAndre Proctor	NC	11/2014
12-13	72.5 kgs / 159.8 lbs	Johnny Brattelli	VA	7/2024
14-15	92.5 kgs / 203.9 lbs	James Miller	VA	7/2013
16-17	92.5 kgs / 203.9 lbs	James Miller	VA	11/2014
18-19	86.6 kgs / 190.9 lbs	Hunter Claypatch	NY	7/2005
20-24	99.8 kgs / 220.0 lbs	Daniel Levandusky	PA	12/2002
35-39	79.3 kgs / 174.8 lbs	Trevor Branam	FL	5/2007
40-44	92.0 kgs / 202.8 lbs	Gary Peterson	WA	11/2014
45-49	74.8 kgs / 164.9 lbs	Steve Birchak	OH	2/1999
55-59	65.0 kgs / 143.2 lbs	Jason Farrow	FL	10/2011
Spec. Oly.	32.5 kgs / 71.6 lbs	Charlie Sanders	OH	8/2010
Handicapped	65.0 kgs / 143.2 lbs	John Hess	PA	6/2013

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Resides	Date
Open	150.0 kgs / 330.6 lbs	Adam Zehr	NY	11/2008
11 and under	52.5 kgs / 115.7 lbs	Jeremiah Skinner	NC	10/2024
12-13	77.5 kgs / 170.8 lbs	Benjamin Henson	MA	8/2008

14-15	100.0 kgs / 220.4 lbs	James Miller	VA	6/2013
16-17	107.5 kgs / 236.9 lbs	Kody Cox	PA	6/2013
18-19	127.0 kgs / 279.9 lbs	Michael Kuhns	PA	2004
20-24	122.5 kgs / 270.0 lbs	Justin Longstreet	OH	8/2012
35-39	110.0 kgs / 242.5 lbs	Vin Voeun	AZ	6/2012
45-49	95.0 kgs / 209.4 lbs	Eric Green	IA	10/2012
50-54	112.5 kgs / 248.0 lbs	Gary Teeter	PA	11/2018
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	PA	7/2024
60-64	88.5 kgs / 195.1 lbs	Ed Fuller	MD	3/2022
70-74	88.4 kgs / 194.8 lbs	Byron Swain	NC	10/2006
80+	45.5 kgs / 100.3 lbs	John Bazacas	CA	4/2013
Police/Fire/Mil	115.0 kgs / 253.5 lbs	Daniel Champagne	NC	8/2012
Spec. Oly.	70.0 kgs / 154.3 lbs	Buck Ammons	NC	8/2022
Handicapped	55.0 kgs / 121.2 lbs	Travis Lilly	VA	6/2010

Weight Class: 60 / 132 Male

Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Adam Zehr	NY	4/2009
11 and under	62.5 kgs / 137.7 lbs	Devon Cassady	KY	2/2015
12-13	81.6 kgs / 179.8 lbs	Coy Wimer	VA	12/2006
14-15	112.0 kgs / 246.9 lbs	Michael Kuhns	PA	2001
16-17	131.5 kgs / 289.9 lbs	Michael Kuhns	PA	2003
18-19	132.1 kgs / 291.2 lbs	Michael Kuhns	PA	2005
20-24	136.8 kgs / 301.5 lbs	Michael Kuhns	PA	7/2008
35-39	135.0 kgs / 297.6 lbs	Michael Kuhns	PA	12/2020
40-44	147.5 kgs / 325.1 lbs	Kejajuan Collington	NC	11/2025
45-49	120.0 kgs / 264.5 lbs	Galen Takushi	HI	10/2013
50-54	113.0 kgs / 249.1 lbs	Gary Teeter	PA	10/2017
55-59	107.5 kgs / 236.9 lbs	Gary Teeter	PA	1/2023
60-64	117.5 kgs / 259.0 lbs	Paul Gillott	AZ	4/2018
65-69	121.0 kgs / 266.7 lbs	Paul Gillott	AZ	3/2019
70-74	86.1 kgs / 189.8 lbs	Byron Swain	NC	6/2006
75-79	72.5 kgs / 159.8 lbs	Steve Smith	FL	8/2010
Police/Fire/Mil	127.5 kgs / 281.0 lbs	Devin Gloeck	PA	10/2017
Spec. Oly.	75.0 kgs / 165.3 lbs	Buck Ammons	NC	5/2021
Handicapped	72.5 kgs / 159.8 lbs	Tyler Shannon	NM	4/2016

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Resides	Date
Open	175.0 kgs / 385.8 lbs	Adam Zehr	NY	6/2011
11 and under	60.0 kgs / 132.2 lbs	Easten Binckley	NC	8/2021
12-13	90.8 kgs / 200.1 lbs	S. Kandis	USA	7/2004
14-15	127.0 kgs / 279.9 lbs	Brian Rebarchak	PA	2003
16-17	140.0 kgs / 308.6 lbs	Joseph Anderson	NJ	7/2025
18-19	140.0 kgs / 308.6 lbs	Lenard Jones	NC	10/2015
20-24	163.5 kgs / 360.4 lbs	Michael Kuhns	PA	2006
35-39	165.0 kgs / 363.7 lbs	Adam Zehr	NY	3/2015
40-44	160.0 kgs / 352.7 lbs	Viet Tran	NE	6/2016
45-49	145.1 kgs / 319.8 lbs	David Wilson	VA	11/2005
50-54	144.0 kgs / 317.4 lbs	John Self	VA	7/2024

55-59	132.5 kgs / 292.1 lbs	Paul Gillott	AZ	8/2010
60-64	147.5 kgs / 325.1 lbs	Patrick Mason	MA	6/2017
65-69	137.5 kgs / 303.1 lbs	Emerson Lynn	VT	11/2015
70-74	130.0 kgs / 286.5 lbs	Emerson Lynn	VT	10/2020
75-79	110.0 kgs / 242.5 lbs	Tom Newman	NC	3/2020
Police/Fire/Mil	145.0 kgs / 319.6 lbs	Richard Bloom	MA	4/2025
Spec. Oly.	70.3 kgs / 154.9 lbs	Chris Spairana	PA	7/2011
Handicapped	61.2 kgs / 134.9 lbs	Thomas Gerhauser	FL	3/2008

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Resides	Date
Open	190.0 kgs / 418.8 lbs	James Love	GA	11/2007
11 and under	65.7 kgs / 144.8 lbs	M. Mongera	PA	2005
12-13	102.0 kgs / 224.8 lbs	Kegan Levesque	NY	5/2008
14-15	135.0 kgs / 297.6 lbs	Caden Hale	IA	12/2016
16-17	165.0 kgs / 363.7 lbs	Jason Luster	PA	8/2010
18-19	160.0 kgs / 352.7 lbs	David Lyons	NY	6/2012
20-24	170.0 kgs / 374.7 lbs	Jason Ramsland	MD	4/2026
35-39	163.2 kgs / 359.7 lbs	Joseph Braca	PA	2000
40-44	175.0 kgs / 385.8 lbs	James Love	GA	2/2017
45-49	174.9 kgs / 385.5 lbs	David Blattenberger	PA	12/2010
50-54	153.5 kgs / 338.4 lbs	John Self	VA	7/2025
55-59	158.0 kgs / 348.3 lbs	John Self	VA	7/2026
60-64	175.0 kgs / 385.8 lbs	Tony Conyers	FL	10/2018
65-69	160.0 kgs / 352.7 lbs	Tony Conyers	FL	6/2024
70-74	140.0 kgs / 308.6 lbs	Scott Craig	AZ	12/2016
75-79	105.5 kgs / 232.5 lbs	Joseph Sanders	NC	11/2020
80+	105.0 kgs / 231.4 lbs	Gerald Lindas	WI	10/2016
Police/Fire/Mil	185.0 kgs / 407.8 lbs	Kwansah Ackah	MD	11/2007
Spec. Oly.	83.5 kgs / 184.0 lbs	Anthony Iovine	NY	3/2013
Handicapped	57.5 kgs / 126.7 lbs	Ryan Sweeney	ID	11/2024

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Resides	Date
Open	219.9 kgs / 484.7 lbs	Will Lynch	NC	2/2006
11 and under	45.0 kgs / 99.2 lbs	Brendan Wolcott	CT	11/2023
12-13	135.0 kgs / 297.6 lbs	Reagan Dillion	PA	6/2023
14-15	145.5 kgs / 320.7 lbs	Nicholas Apseloff	VA	8/2008
16-17	160.0 kgs / 352.7 lbs	Liam Anderson	NY	6/2025
18-19	170.0 kgs / 374.7 lbs	Evan Miller	OH	
20-24	205.0 kgs / 451.9 lbs	Stephen Judah	FL	11/2007
35-39	205.0 kgs / 451.9 lbs	Will Lynch	NC	11/2008
40-44	189.0 kgs / 416.6 lbs	Matthew Reep	VA	9/2016
45-49	195.3 kgs / 430.5 lbs	David Blattenberger	PA	12/2008
50-54	190.0 kgs / 418.8 lbs	Jacob Williams	PA	11/2024
55-59	170.0 kgs / 374.7 lbs	David Blattenberger	PA	7/2017
60-64	157.5 kgs / 347.2 lbs	Daniel Henson	FL	12/2024
65-69	137.5 kgs / 303.1 lbs	Ronnie Powell	NE	12/2014
70-74	132.5 kgs / 292.1 lbs	Perry Bassett	AZ	6/2016
75-79	113.0 kgs / 249.1 lbs	Bill Lindsey	VA	4/2024

80+	107.5 kgs / 236.9 lbs	John Hansberry	PA	12/2024
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Stephen Judah	FL	11/2007
Spec. Oly.	97.5 kgs / 214.9 lbs	Chris Smallwood	VA	4/2016
Handicapped	52.5 kgs / 115.7 lbs	Joshua White	FL	12/2024

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Resides	Date
Open	240.0 kgs / 529.1 lbs	Dennis Cieri	NJ	6/2010
11 and under	60.0 kgs / 132.2 lbs	Jordan Howard	NC	3/2012
12-13	124.7 kgs / 274.9 lbs	Nate Carlin	PA	3/2008
14-15	142.5 kgs / 314.1 lbs	Gavin Marshall	OH	6/2026
16-17	182.5 kgs / 402.3 lbs	Kegan Levesque	NY	3/2012
18-19	190.0 kgs / 418.8 lbs	William Tazwell	MD	
20-24	205.0 kgs / 451.9 lbs	Ricky Dozier	NC	10/2018
35-39	238.1 kgs / 524.9 lbs	Dennis Cieri	NJ	8/2006
40-44	240.0 kgs / 529.1 lbs	Dennis Cieri	NJ	6/2010
45-49	205.0 kgs / 451.9 lbs	Chris Walter	NE	6/2017
50-54	202.5 kgs / 446.4 lbs	Jacob Williams	PA	4/2025
55-59	190.0 kgs / 418.8 lbs	Jim Van Allen	NY	12/2008
60-64	175.0 kgs / 385.8 lbs	David Blattenberger	PA	6/2022
65-69	142.5 kgs / 314.1 lbs	Jim McKenna	PA	6/2016
70-74	135.0 kgs / 297.6 lbs	Chuck Mulligan	MD	10/2015
75-79	137.5 kgs / 303.1 lbs	Terry Margolis	PA	4/2018
80+	112.5 kgs / 248.0 lbs	Terry Margolis	PA	4/2022
Police/Fire/Mil	205.0 kgs / 451.9 lbs	Ricky Dozier	NC	10/2018
Spec. Oly.	105.0 kgs / 231.4 lbs	Daron Ealey	VA	4/2016
Handicapped	140.0 kgs / 308.6 lbs	Thomas Weaver	PA	3/2019

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Resides	Date
Open	238.0 kgs / 524.6 lbs	Michael Dudley	NC	2/2018
11 and under	65.0 kgs / 143.2 lbs	Quinn Lindsay	WY	2/2016
12-13	124.7 kgs / 274.9 lbs	Nate Carlin	PA	2008
14-15	165.5 kgs / 364.8 lbs	Ben Hopkins	NC	11/2004
16-17	192.5 kgs / 424.3 lbs	Kegan Levesque	NY	6/2012
18-19	192.5 kgs / 424.3 lbs	Cameron Maxwell	NJ	11/2015
20-24	200.0 kgs / 440.9 lbs	Austin Pappas	ND	10/2012
35-39	233.6 kgs / 514.9 lbs	Paul Bossi	NC	11/2005
40-44	219.9 kgs / 484.7 lbs	Joe McAuliffe	NJ	5/2007
45-49	217.5 kgs / 479.5 lbs	Chris Walter	NE	3/2018
50-54	217.5 kgs / 479.5 lbs	Chris Walter	NE	10/2021
55-59	212.5 kgs / 468.4 lbs	Roy O'Dwyer	MD	11/2007
60-64	187.5 kgs / 413.3 lbs	Roy O'Dwyer	MD	12/2012
65-69	170.0 kgs / 374.7 lbs	Craig Perry	KY	6/2018
70-74	142.8 kgs / 314.8 lbs	Jerry Kluft	FL	8/2007
75-79	145.0 kgs / 319.6 lbs	Rooster Fleming	PA	4/2018
80+	121.0 kgs / 266.7 lbs	John Moore	VA	7/2017
Police/Fire/Mil	238.0 kgs / 524.6 lbs	Michael Dudley	NC	2/2018
Spec. Oly.	95.0 kgs / 209.4 lbs	Jared Lamb	NY	1/2026
Handicapped	97.5 kgs / 214.9 lbs	Dylan Grann	NY	5/2026

Weight Class: 110 / 242 Male				
Division	Bench Press	Name	Resides	Date
Open	272.1 kgs / 599.8 lbs	Rock Lewis	SC	10/2006
11 and under	52.1 kgs / 114.8 lbs	Derrick McGarvey	OH	
12-13	92.5 kgs / 203.9 lbs	David Howell	NC	6/2011
14-15	145.0 kgs / 319.6 lbs	Colson Bishop	NC	7/2019
16-17	170.5 kgs / 375.8 lbs	Nick Seiner	PA	7/2005
18-19	197.3 kgs / 434.9 lbs	Eddie Debus	NY	
20-24	215.0 kgs / 473.9 lbs	Andre Mealy	VA	5/2017
35-39	272.1 kgs / 599.8 lbs	Rock Lewis	SC	7/2007
40-44	240.4 kgs / 529.9 lbs	Paul Bossi	NC	11/2006
45-49	217.5 kgs / 479.5 lbs	Chris Walter	NE	12/2018
50-54	212.5 kgs / 468.4 lbs	Paul Bossi	NC	10/2017
55-59	205.0 kgs / 451.9 lbs	Alvin Waldon	CA	10/2009
60-64	192.5 kgs / 424.3 lbs	Nate Matthews	OH	12/2019
65-69	182.0 kgs / 401.2 lbs	Nathan Matthews	OH	6/2026
70-74	147.5 kgs / 325.1 lbs	Rooster Fleming	PA	11/2013
75-79	130.0 kgs / 286.5 lbs	George Gast	PA	4/2026
80+	112.5 kgs / 248.0 lbs	Raymond Bernabe	OH	4/2011
Police/Fire/Mil	235.0 kgs / 518.0 lbs	Ricky Dozier	NC	11/2025
Spec. Oly.	100.0 kgs / 220.4 lbs	Mathew Herbert	AZ	12/2016
Handicapped	92.5 kgs / 203.9 lbs	Jerry Perdue	FL	7/2022

Weight Class: 125 / 275 Male				
Division	Bench Press	Name	Resides	Date
Open	265.3 kgs / 584.8 lbs	Michael Belk	NC	7/2007
11 and under	52.1 kgs / 114.8 lbs	Derrick McGarvey	OH	
12-13	73.2 kgs / 161.3 lbs	Jack Lee	PA	2001
14-15	174.9 kgs / 385.5 lbs	Daniel Anderson	PA	4/2005
16-17	205.0 kgs / 451.9 lbs	John Jefferson	PA	6/2014
18-19	204.4 kgs / 450.6 lbs	Nick Seiner	PA	12/2007
20-24	227.2 kgs / 500.8 lbs	Nick Seiner	PA	4/2010
35-39	265.3 kgs / 584.8 lbs	Michael Belk	NC	7/2007
40-44	235.8 kgs / 519.8 lbs	Scott Kuzma	VA	10/2006
45-49	227.5 kgs / 501.5 lbs	Jermaine Jones	NC	10/2018
50-54	218.0 kgs / 480.6 lbs	Patrick McMillan Sr.	VA	11/2024
55-59	208.0 kgs / 458.5 lbs	Paul Bossi	NC	6/2022
60-64	195.0 kgs / 429.8 lbs	Glen Tenove	CA	6/2016
65-69	181.5 kgs / 400.1 lbs	Stephen Kozlowski	VA	2/2023
70-74	132.5 kgs / 292.1 lbs	Rich Plummer	NV	9/2011
75-79	127.5 kgs / 281.0 lbs	Don Joy	MD	6/2011
80+	127.5 kgs / 281.0 lbs	Don Joy	MD	9/2012
Police/Fire/Mil	227.5 kgs / 501.5 lbs	Carl Elliott	NC	3/2010
Spec. Oly.	122.5 kgs / 270.0 lbs	Ryan Relosky	PA	4/2025
Handicapped	112.5 kgs / 248.0 lbs	Jerry Perdue	FL	10/2021

Weight Class: 140 / 308 Male				
Division	Bench Press	Name	Resides	Date
Open	265.0 kgs / 584.2 lbs	Michael Belk	NC	11/2007

12-13	60.1 kgs / 132.4 lbs	Derrick McGarvey	OH	4/2010
14-15	165.5 kgs / 364.8 lbs	Shane Yates	SC	12/2000
16-17	200.0 kgs / 440.9 lbs	Athan Parker	OH	12/2023
18-19	188.2 kgs / 414.9 lbs	Cody Yager	FL	8/2007
20-24	235.0 kgs / 518.0 lbs	Scott Weech	FL	12/2006
35-39	247.5 kgs / 545.6 lbs	Jerry Gunter	NC	3/2013
40-44	242.5 kgs / 534.6 lbs	Daryl Charron	MO	3/2008
45-49	249.2 kgs / 549.3 lbs	Paul Brown	PA	9/2000
50-54	226.5 kgs / 499.3 lbs	Marvin Rodenbeck	MT	10/2016
55-59	227.5 kgs / 501.5 lbs	Kent Burgess	WV	10/2012
60-64	207.5 kgs / 457.4 lbs	Glen Tenove	CA	4/2016
65-69	205.0 kgs / 451.9 lbs	Roy Johnson	IN	6/2025
70-74	150.0 kgs / 330.6 lbs	Bill Schnepf	MD	7/2023
75-79	95.0 kgs / 209.4 lbs	William Williams	OH	4/2012
Police/Fire/Mil	254.0 kgs / 559.9 lbs	Carl Elliott	NC	6/2005
Spec. Oly.	125.0 kgs / 275.5 lbs	Ryan Relosky	PA	5/2026

Unknown Class: SHW Male				
Division	Bench Press	Name	Resides	Date
Open	290.0 kgs / 639.3 lbs	Pedro Mejias	NY	10/2018
12-13	77.5 kgs / 170.8 lbs	Josh Rafferty	NY	6/2021
14-15	165.5 kgs / 364.8 lbs	Shane Yates	SC	12/2000
16-17	185.0 kgs / 407.8 lbs	Jauon Mejias	NY	10/2016
18-19	204.4 kgs / 450.6 lbs	Daniel Anderson	PA	4/2009
20-24	242.5 kgs / 534.6 lbs	Nicholas Cook	VA	3/2015
35-39	290.0 kgs / 639.3 lbs	Pedro Mejias	NY	10/2018
40-44	255.0 kgs / 562.1 lbs	Pedro Mejias	NY	6/2021
45-49	247.5 kgs / 545.6 lbs	Beau Moore	IA	6/2014
50-54	217.5 kgs / 479.5 lbs	John Grenz	WI	4/2022
55-59	220.0 kgs / 485.0 lbs	Bill Gillespie	VA	5/2017
60-64	190.0 kgs / 418.8 lbs	Robert Gains	VA	6/2024
65-69	200.0 kgs / 440.9 lbs	Roy Johnson	IN	6/2026
70-74	130.0 kgs / 286.5 lbs	Charles Hellickson	IA	6/2013
Police/Fire/Mil	212.5 kgs / 468.4 lbs	Paul D'Antonio	PA	10/2017
Spec. Oly.	50.0 kgs / 110.2 lbs	Charles Smith	NY	3/2013