



WASHINGTON STATE BENCH RECORDS

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7/2/2026

Weight Class: 56 / 123 Female			
Division	Bench Press	Name	Date
Open	74.8 kgs / 164.9 lbs	Lisa Hoyt	6/2022
55-59	74.8 kgs / 164.9 lbs	Lisa Hoyt	6/2022
75-79	30.0 kgs / 66.1 lbs	Barbara Phillips	5/2026

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	77.5 kgs / 170.8 lbs	Kay Humpherys	4/2018
30-34	58.9 kgs / 129.8 lbs	Melissa Painter	6/2022

Weight Class: 82.5 / 181 Female			
Division	Bench Press	Name	Date
Open	63.5 kgs / 139.9 lbs	Karen McLaughlin	6/2022
45-49	63.5 kgs / 139.9 lbs	Karen McLaughlin	6/2022

Weight Class: 52 / 114 Male			
Division	Bench Press	Name	Date
Open	92.0 kgs / 202.8 lbs	Gary Peterson	11/2014
40-44	92.0 kgs / 202.8 lbs	Gary Peterson	11/2014

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	94.0 kgs / 207.2 lbs	Gary Peterson	11/2017
40-44	94.0 kgs / 207.2 lbs	Gary Peterson	11/2017

Weight Class: 67.5 / 148 Male			
Division	Bench Press	Name	Date
Open	75.0 kgs / 165.3 lbs	James Steffen	10/2013
50-54	75.0 kgs / 165.3 lbs	James Steffen	10/2013

Weight Class: 75 / 165 Male			
Division	Bench Press	Name	Date
Open	100.0 kgs / 220.4 lbs	James Steffen	10/2011
50-54	100.0 kgs / 220.4 lbs	James Steffen	10/2011
60-64	97.5 kgs / 214.9 lbs	Rob Lawson	8/2024

Weight Class: 82.5 / 181 Male			
Division	Bench Press	Name	Date
Open	152.5 kgs / 336.2 lbs	Carl Martinez	9/2025
25-29	142.5 kgs / 314.1 lbs	Volodymyr Tyshchenko	9/2025
40-44	152.5 kgs / 336.2 lbs	Carl Martinez	9/2025
Police/Fire/Mil	150.0 kgs / 330.6 lbs	Chad Farries	6/2014

Weight Class: 90 / 198 Male			
Division	Bench Press	Name	Date
Open	155.0 kgs / 341.7 lbs	Carl Martinez	2/2025
35-39	155.0 kgs / 341.7 lbs	Carl Martinez	2/2025

Weight Class: 100 / 220 Male			
Division	Bench Press	Name	Date
Open	165.0 kgs / 363.7 lbs	Howie Chaves	9/2011
60-64	165.0 kgs / 363.7 lbs	Howie Chaves	9/2011

Weight Class: 125 / 275 Male			
Division	Bench Press	Name	Date
Open	150.0 kgs / 330.6 lbs	Josh Wireman	10/2012
18-19	150.0 kgs / 330.6 lbs	Josh Wireman	10/2012

Weight Class: 140 / 308 Male			
Division	Bench Press	Name	Date
Open	165.5 kgs / 364.8 lbs	Dwayne Nill	6/2022
20-24	142.5 kgs / 314.1 lbs	Kameryn Dean	4/2012
45-49	165.5 kgs / 364.8 lbs	Dwayne Nill	6/2022