



MICHIGAN STATE BENCH RECORDS

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8/23/2026

Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Date
Open	23.0 kgs / 50.7 lbs	Brenda Foor	11/2009
8-9	23.0 kgs / 50.7 lbs	Brenda Foor	11/2009

Weight Class: 60 / 132 Female			
Division	Bench Press	Name	Date
Open	22.6 kgs / 49.8 lbs	Josie Merrell	
75-79	22.6 kgs / 49.8 lbs	Josie Merrell	
80-84	20.0 kgs / 44.0 lbs	Josie Merrell	9/2002

Weight Class: 67.5 / 148 Female			
Division	Bench Press	Name	Date
Open	57.5 kgs / 126.7 lbs	Jenelle Aspinwall	3/2025
40-44	57.5 kgs / 126.7 lbs	Jenelle Aspinwall	3/2025
45-49	52.5 kgs / 115.7 lbs	Bridget Kelley	8/2026
75-79	15.9 kgs / 35.0 lbs	Josie Merrell	12/2001

Weight Class: 75 / 165 Female			
Division	Bench Press	Name	Date
Open	50.0 kgs / 110.2 lbs	Jenelle Aspinwall	11/2024
40-44	50.0 kgs / 110.2 lbs	Jenelle Aspinwall	11/2024
45-49	20.4 kgs / 44.9 lbs	Brenda Smith	12/1999

Weight Class: 90 / 198 Female			
Division	Bench Press	Name	Date
Open	59.0 kgs / 130.0 lbs	Jennifer Seyfried	9/2001
18-19	59.0 kgs / 130.0 lbs	Jennifer Seyfried	9/2001

Weight Class: 48 / 105 Male			
Division	Bench Press	Name	Date
Open	35.0 kgs / 77.1 lbs	Michael Foor	11/2009
10-11	35.0 kgs / 77.1 lbs	Michael Foor	11/2009

Weight Class: 60 / 132 Male			
Division	Bench Press	Name	Date
Open	52.5 kgs / 115.7 lbs	Austin Armstrong	4/2012

14-15	52.5 kgs / 115.7 lbs	Austin Armstrong	4/2012
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Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Date
Open	130.0 kgs / 286.5 lbs	Kenny Nonthaweth	6/2014

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Date
Open	137.5 kgs / 303.1 lbs	Brandon Smith	10/2015
20-24	137.5 kgs / 303.1 lbs	Brandon Smith	10/2015
80-84	34.0 kgs / 74.9 lbs	Rodger Merrell	4/2001
Police/Fire/Mil	137.5 kgs / 303.1 lbs	Brandon Smith	10/2015

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Date
Open	152.0 kgs / 335.0 lbs	Jeb Brydon	3/2007
20-24	145.0 kgs / 319.6 lbs	Brandon Smith	10/2016
35-39	152.0 kgs / 335.0 lbs	Jeb Brydon	3/2007
50-54	129.3 kgs / 285.0 lbs	Mark Neuman	5/2009
Police/Fire/Mil	145.0 kgs / 319.6 lbs	Brandon Smith	10/2016

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Date
Open	147.5 kgs / 325.1 lbs	Marquis Travis	8/2026
30-34	147.5 kgs / 325.1 lbs	Marquis Travis	8/2026

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Date
Open	183.7 kgs / 404.9 lbs	Michael McGahan	4/2005
20-24	156.5 kgs / 345.0 lbs	Michael Israetel	11/2008
45-49	172.5 kgs / 380.2 lbs	Larry Brendel	8/2026
60-64	136.1 kgs / 300.0 lbs	Ray Kreitzbender	1/2007
75-79	92.5 kgs / 203.9 lbs	Ron Evans	4/2026
Police/Fire/Mil	183.7 kgs / 404.9 lbs	Michael McGahan	4/2005

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Date
Open	197.5 kgs / 435.4 lbs	Scott Kowalczyk	8/2010
40-44	160.0 kgs / 352.7 lbs	Brandon Armstrong	4/2012
45-49	115.0 kgs / 253.5 lbs	Phillip Roehner	4/2016
50-54	137.5 kgs / 303.1 lbs	Phillip Roehner	4/2018
65-69	145.0 kgs / 319.6 lbs	David Dickey	12/2018

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Date
Open	185.0 kgs / 407.8 lbs	Jerry Matthews	4/2013
40-44	185.0 kgs / 407.8 lbs	Jerry Mathews	4/2014
45-49	167.5 kgs / 369.2 lbs	Jerry Matthews	12/2019
50-54	182.5 kgs / 402.3 lbs	Jason Dexter	8/2026
60-64	137.5 kgs / 303.1 lbs	Eric Jones	8/2026