



North Carolina Women's State Bench Press Records

Updated September 25, 2006

<u>97LB Class</u>				
(10-11)	45	J. Jenkins	Nags Head	Dec 1997
Open	45	J. Jenkins	Nags Head	Dec 1997
<u>105LB Class</u>				
(30-34)	90	Sandra Tipton	Currituck	Nov 2002
(40-44)	120	K. Becceria	Zebulon	Nov 1997
Open	90	Sandra Tipton	Currituck	Nov 2002
<u>114LB Class</u>				
(40-44)	155	Debbie Flannagan	Greensboro	Sept 2003
Open	155	Debbie Flannagan	Greensboro	Sept 2003
<u>123LB Class</u>				
(10-11)	60	Mc. Neil	Durham	Dec 1997
(12-13)	65	Raven Guithues	Belhaven	Apr 2003
(16-17)	100	L. Finney		
(45-59)	100	Cheri Grant	Raleigh	Feb 2006
Open	145	Sue Myers	Raleigh	Oct 2005
<u>132LB Class</u>				
(20-24)	140	R. Snyder		Nov 1999
(25-29)	125	Carrie King	Asheboro	May 2003
(30-34)	280	Jennifer Thompson	Denver	Aug 2006
(35-39)	140	Kelly Westcott	Fayetteville	May 1999
(40-44)	120	Joy Rhoden	Hubert	Apr 2003
Open	280	Jennifer Thompson	Denver	Aug 2006
<u>148LB Class</u>				
(10-11)	75	K. McNeil	Durham	May 1998
(12-13)	95	Shannon Rudd	Mebane	June 2003
(14-15)	65	Latoya Armstrong	Elizabeth City	Oct 2002
(20-24)	155	Rebecca Howell	Pinetown	June 2005
(35-39)	215	G. Knight-McNeil	Durham	May 1999
(45-49)	105	Karen Brewer	Southern Pines	Sept 2003
Open	220	Donna White	Southern Pines	June 2003
<u>165LB Class</u>				
(10-11)	90	K. McNeil	Elizabeth City	May 1999
(12-13)	65	Danielle Luff	Elizabeth City	May 1999
(20-24)	140	Jennifer Zak	Nags Head	Nov 1999
(25-29)	180	Amanda Dolan	Asheboro	May 2003

(30-34)	140	Angel Green	Raleigh	Feb 2006
(40-44)	160	Michelle Omokaiye	Raleigh	Oct 2005
(50-54)	125	Barbara Roby	Hickory Grove	May 2004
Open	180	Amanda Dolan	Asheboro	May 2003

181LB Class

(12-13)	85	Danielle Luff	Durham	May 2000
(35-39)	180	Karen Stone	Cary	Oct 2005
Open	180	Jamie Kocher	Jacksonville	Sept 2005

198LB Class

(10-11)	100	S. Williams	Elizabeth City	May 2001
(35-39)	190	Karen Stone	Cary	Feb 2006
(40-44)	155	Helen Cain	Fayetteville	May 2004
Open	165	Ramona Gilbert	Elizabeth City	Oct 1997

SHW

(12-13)	115	Kanika Bryant	Elizabeth City	Oct 2002
(14-15)	205	Erin Owens	Elizabeth City	Oct 2000
(16-17)	130	Q. Fielder		
(20-23)	140	K. Kaign		
(35-39)	185	B. Olson		
(40-44)	185	Gail Woodson	Fayetteville	Sept 2003
Open	205	Erin Owens	Elizabeth City	Oct 2002

North Carolina Men's State Bench Press Records

<u>66lb Class</u>	<u>Weight</u>	<u>Name</u>	<u>City</u>	<u>Date</u>
(6-7)	30	J. Raynor		
(8-9)	55	James Mims	Moyock	April 2003
(9-10)	55	James Mims	Moyock	April 2004
(10-11)	72.5	James Mims	Moyock	July 2006

77lb Class

(8-9)	35	Jamie Reeves	Elizabeth City	Oct 1999
(10-11)	65	Zack Perry	Elizabeth City	May 2000
(12-13)	90	Eptwaund. Saunders	Elizabeth City	Oct 1999

88lb Class

(8-9)	45	Jamie Reeves	Elizabeth City	May 2000
(10-11)	80	Rashon Pickett	Raleigh	Feb 2006
(12-13)	65	Adrian Armstrong	Elizabeth City	May 2000

97lb Class

(10-11)	90	Demetrius Bright	Elizabeth City	May 1999
(12-13)	100	Harrison Bateman	Elizabeth City	June 2002

105lb Class

(10-11)	85	Harrison Bateman	Elizabeth City	May 2000
(12-13)	105	Harrison Bateman	Elizabeth City	Dec 2001

(16-17)	130	Justin Martin	Knotts Island	Nov 2005
<u>114lb Class</u>				
(10-11)	105	Nick Fiasco	Charlotte	Oct 1997
(12-13)	120	Nathaniel Jones	Currituck	April 2006
(14-15)	125	George Gordon	Elizabeth City	May 1999
(16-17)	145	L. Norman	Plymouth	May 2001
(35-39)	235	B. Honeycutt	Locust	Nov 1999
Open	235	B. Honeycutt	Locust	Nov 1999
<u>123lb Class</u>				
(10-11)	125	Anthony Morris	Elizabeth City	Mar 2001
(12-13)	150	Tyrell Morris	Elizabeth City	May 1998
(14-15)	165	Donnell Moore	Elizabeth City	May 1998
(16-17)	185	Robert Fey	Camden	Mar 2001
(18-19)	225	T. Hodge	Henderson	Nov 1999
(35-39)	230	J. Chavez	Charlotte	Nov 1999
(40-44)	170	Jim Curcio	Currituck	Mar 2001
(65-69)	200	Byron Swain	Elizabeth City	May 2004
Open	230	J. Chavez	Charlotte	Nov 1999
<u>132lbs Class</u>				
(10-11)	110	A. Taylor	Henderson	Apr 1999
(12-13)	175	Cordett Clay	Elizabeth City	Apr 1999
(14-15)	220	Donnell Moore	Elizabeth City	May 1999
(16-17)	180	Ryan Marion	Moyock	Nov 2005
(18-19)	195	Matt Gadziala	Newport	June 2005
(20-24)	_____	_____		
(25-29)	235	Ben Zak	Nags Head	Feb 1997
(30-34)	275	Melvin Perry	Wilson	Nov 2005
(35-39)	210	Ben Zak	Grandy	Nov 2005
(65-69)	200	Byron Swain	Elizabeth City	April 2004
(70-74)	175	Byron Swain	Elizabeth City	April 2006
Open	300	Melvin Perry	Wilson	Feb 2006
<u>148lb Class</u>				
(10-11)	110	Antonio Felton	Elizabeth City	May 1999
(12-13)	195	Cordett Clay	Elizabeth City	May 2000
(14-15)	195	Jeff Ross	Moyock	April 2006
(16-17)	275	Trey Hague	Wilmington	Oct 2002
(18-19)	275	Donnell Moore	Elizabeth City	Nov 1999
(20-24)	300	Charlie Thigpen	Williamson	Nov 2002
(25-29)	275	Ben Zak	Nags Head	May 1998
(30-34)	285	Israel Figueroa	Jacksonville	May 2003
(35-39)	205	Mike Rexroth	Currituck	Mar 2003
(55-59)	225	David Serrell	Raleigh	Sept 2003
Police/Fire	110	Perry White	Plymouth	Nov 2002
Open	300	Charlie Thigpen	Williamson	Nov 2002

<u>165lb Class</u>				
(10-11)	100	Marcus Crowder	Mebane	May 2003
(12-13)	180	Lester Gregory	Elizabeth City	May 2000
(14-15)	245	J.R. Harryman		May 1997
(16-17)	280	Shaun House	Cape Carteret	Sept 2003
(18-19)	300	Mark Franklin	Elizabeth City	Oct 2005
(20-24)	320	Brian Chisholm	Asheboro	Nov 2002
(25-29)	330	Brian Chisholm	Asheboro	Apr 2003
(30-34)	340	John Brown	Garner	Feb 2006
(35-39)	340	Kenneth Lacy	Plymouth	Mar 2002
(40-44)	275	Michael Wicker	Fayetteville	June 2002
(45-49)	285	Michael Wicker	Fayetteville	June 2003
(50-54)	290	Fred Wescott	Spring Lake	Feb 2006
(55-59)	195	Rick Fecteau	Wake Forest	Feb 2006
(70-74)	220	Bill Tinkler	Raleigh	Aug 2006
Police/Fire	250	Kevin Respass	Plymouth	Apr 1999
Open	385	Brian Hough	Rockingham	June 2003
<u>181lb Class</u>				
(10-11)	90	C. Haskett		
(12-13)	170	Antonio Felton	Elizabeth City	Apr 1999
(14-15)	265	Quadre Whidbee	Elizabeth City	May 1998
(16-17)	325	Brandon Cross	Jamestown	May 2003
(18-19)	335	David Floyd	Whittakers	Nov 1999
(20-24)	385	Moganzick Bell	Oak City	May 1999
(25-29)	445	Will Lynch	Raleigh	Nov 2002
(30-34)	370	Sean Redfern	Charlotte	May 2003
(35-39)	445	Will Lynch	Raleigh	Aug 2006
(40-44)	355	John Hawley	Raleigh	Nov 2005
(45-49)	295	Larry Jobe	Nashville	Mar 2002
(50-54)	305	Brad Gabbert	Durham	Nov 2005
(55-59)	250	Albert Crenshaw	Raleigh	June 2005
Police/Fire	315	James Gardner IV	Chester	Sept 2005
Open	485	Will Lynch	Raleigh	Feb 2006
<u>198lb Class</u>				
(10-11)	75	Eric Jones	Elizabeth City	May 1999
(12-13)	185	John Gordon	Elizabeth City	May 1998
(14-15)	230	Joey Spencer	Camden	May 1999
(16-17)	330	Josh Webb	Hickory	June 2003
(18-19)	360	Jason Herman	Hudson	June 2003
(20-24)	385	David Floyd	Whittakers	May 2001
(25-29)	435	Will Lynch	Rocky Mount	Sept 2002
(30-34)	405	James Savage	Oak City	Nov 2005
(35-39)	455	Paul Bossi	Elizabeth City	Nov 2002
(40-44)	350	Howard Williams	Elizabeth City	Oct 2002
(45-49)	345	Michael Leibacher	Asheboro	Mar 2002
(50-54)	340	Michael Leibacher	Asheboro	May 2004
(55-59)	295	Frank "Yogi" Sumner	Greensboro	Nov 2005
(60-64)	255	Gus Holzmiller	USCG	Nov 2005
Police/Fire	305	Andrew Smith	Fayetteville	Aug 2006

Open	480	Dan Pearson	Shelby	May 2003
<u>220lb Class</u>				
(12-13)	170	Jeremy Godfrey	Elizabeth City	Apr 1999
(14-15)	350	Ben Hopkins	Belhaven	March 2004
(16-17)	385	Shaun Hopkins	Belhaven	March 2004
(18-19)	315	M. Blount	Henderson	Nov 1999
(20-24)	400	Kinta Mallory	Elizabeth City	Mar 2000
(25-29)	435	Orlo Helmer	Greensboro	Apr 2003
(30-34)	485	Paul Bossi	Elizabeth City	Dec 2000
(35-39)	515	Paul Bossi	Camden	Nov 2005
(40-44)	390	Mitchell Baker	Reaford	May 2004
(45-49)	355	Larry Ray	Moncure	May 2003
(50-54)	385	Giles Russell	Camden	Nov 2005
(55-59)	290	Billy Lithicum	Pfafftown	May 2003
(60-64)	275	Gus Holzmiller	Elizabeth City CG	Apr 2003
Police/Fire	425	Randy Smith	Fayetteville	Sept 2003
Open	515	Paul Bossi	Camden	Nov 2005
<u>242lb Class</u>				
(12-13)	165	Keith Cole	Elizabeth City	Oct 1998
(14-15)	290	Donovan Taylor	Henderson	Nov 2005
(16-17)	335	Randall Moore	Belhaven	March 2004
(18-19)	415	Kent Wall	Winston-Salem	Nov 2000
(20-24)	430	Kinta Mallory	Elizabeth City	Mar 2001
(25-29)	475	Orlo Helmer	Greensboro	May 2004
(30-34)	530	Shawn Reid	Plymouth	May 2001
(35-39)	460	Blair Rockwell	St. Paul	Oct 2002
(40-44)	450	Rufus Terry	Kittrell	Jun 2002
(45-49)	460	Brian Sullivan	Fayetteville	Oct 2002
(50-54)	385	Giles Russell	Camden	April 2006
(55-59)	355	Keith Groves	Raleigh	Sept 2005
Police/Fire	465	Blair Rockwell	St. Paul	Oct 2002
Open	530	Shawn Reid	Plymouth	May 2001
<u>275lb Class</u>				
(12-13)	175	Aaron Chamblee	Elizabeth City	Apr 2003
(14-15)	330	E. Payne		May 2001
(16-17)	300	L. King	Elizabeth City	July 1999
(18-19)	285	John Peel	Elizabeth City	May 1998
(20-24)	375	Jason Spruill	Elizabeth City	Nov 2005
(25-29)	530	Carl Elliott	Elizabeth City	Apr 2001
(30-34)	545	Bennie Jones	Henderson	April 2006
(35-39)	510	Bert Faircloth	Wilmington	June 2002
(40-44)	480	Virgil Smith	Hobgood	Nov 2005
(45-49)	455	Joseph Hilliard	Wilson	June 2003
(50-54)	470	Joseph Hilliard	Wilson	Feb 2006
Police/Fire	400	Ferrell Banks	Edenton	May 2003
Open	570	Michael Belk	Charlotte	Nov 2005

308lb Class

(12-13)	165	Cory White	Elizabeth City	Feb 1999
(14-15)	320	Toby Tobins	Sanford	June 2005
(16-17)	350	Sonny Mitchell	Currituck	Nov 2005
(18-19)	400	William Riddick	Elizabeth City	June 2002
(20-24)	345	D. Saunders		Nov 2000
(25-29)	560	Carl Elliott	Elizabeth City	Mar 2000
(30-34)	415	Herman Canada	Wilmington	May 2003
(35-39)	445	Greg Stott	Sanford, NC	July 2001
(40-44)	410	Keith Payne	Asheboro	Oct 1998
(45-49)	380	Ken Green	Mebane	Nov 2005
Open	565	Carl Elliott	Elizabeth City	Nov 2005

SHW

(16-17)	355	Sonny Mitchell	Currituck	Feb 2006
(18-19)	365	Paul Walsh	Greenville	Feb 2006
(30-34)	445	Herman Canada	Wilmington	Nov 2005
(35-39)	375	James Lopes	Walnut Cove	Nov 2005
Open	450	Herman Canada	Wilmington	Feb 2006