



National Bench Press Records

Updated June 10, 2009

Women

<u>66lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(6-7)	45	Olivia Childers	Pennsylvania	Dec 2008
<u>77lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(8-9)	45	Megan Gubbs	North Carolina	May 2008
(10-11)	55	Samantha Montgomery	Florida	March 2008
<u>88 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(12-13)	44	Nicole Gambonie	Virginia	Nov 2008
<u>97 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(10-11)	55	Samantha Montgomery	Florida	Nov 2007
(12-13)		Vacant		
(14-15)	93	Kristine Connelly	Illinois	Nov 2007
(16-17)		Vacant		
(18-19)	110	Jessica McBride	New York	Nov 2006
(20-24)	112	Jessica McBride	New York	Nov 2007
Open	112	Jessica McBride	New York	Nov 2007
<u>105 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(10-11)	75	Tiarra Small		Jan 2009
(30-34)	82	Jennie Lama	North Carolina	Nov 2008
(40-44)	140	Linda Richard	Virginia	July 2007
(45-49)	125	Karen Poyner	Virginia	June 2005
(50-54)	132.5	Karen Poyner	Virginia	Nov 2006
(55-59)	93	Patricia Azlin	Virginia	June 2008
Open	140	Linda Richard	Virginia	July 2007
<u>114 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(10-11)	45	Chelsi Byrnes	New York	May 2009
(12-13)	75	Nikki Wilkerson	Virginia	Jan 2009
(20-24)	90	Shanice Harrison	Illinois	March 2008
(30-34)	125	Johli Carscallen	North Carolina	March 2007
(40-44)	155	Deborah Flannagan	North Carolina	Sept 2003
(45-49)	140	Doreen Wofford	North Carolina	Aug 2008

(50-54)		Vacant		
Open	155	Deborah Flannagan	North Carolina	Sept 2003

<u>123 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(12-13)	105	Ariel Bulmash		March 2009
(14-15)	110	Sabrina Lhota	Pennsylvania	Dec 2000
(16-17)	95	Shannon Deatly	North Carolina	Nov 2006
(20-24)		Vacant		
(30-34)	180	Kerri Self	Virginia	
(35-39)	130	Dawn Olson	North Carolina	
(45-49)	140	Lisa Hrutkay	West Virginia	March 2008
(55-59)	82	Virginia Eng-Havelick		March 2009
Open	180	Kerri Self	Virginia	Oct 2006

<u>132lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(12-13)	82	Kendalyn Hersh	Virginia	Nov 2008
(14-15)	93	Chelsea Wooton	Currituck, NC	April 2009
(16-17)	100	Vickie Sharp	Virginia	Oct 2008
(18-19)		Vacant		
(20-24)	145	Jan Shultis	Maryland	Nov 2006
(30-34)	280	Jennifer Thompson	North Carolina	Aug 2006
(35-39)	125	Teresa Monford	Ohio	June 2005
(40-44)	121	Shannon Wisdom	Vermont	March 2009
(45-49)	170	Kelly Wescott	North Carolina	Nov 2008
(50-54)	88	Bev Charland	Vermont	Nov 2008
(55-59)	121	Judith Wolff		March 2009
(65-69)	99	Dianne MacMillian		March 2009
Police/Fire	132	Deloras Grimes	Virginia	March 2007
Open	280	Jennifer Thompson	North Carolina	Aug 2006

<u>148lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(14-15)	65	Latoya Armstrong	North Carolina	Oct 2002
(16-17)	130	Cassie Lhota	Pennsylvania	Dec 2000
(18-19)		Vacant		
(20-24)	155	Rebecca Howell	North Carolina	June 2005
(25-29)	187	Latrese Reames	Virginia	July 2007
(30-34)	127	Laura DeLay	New York	May 2009
(35-39)	110	Jen Zak	North Carolina	Nov 2007
(40-44)	143	Nona Hubbard	New Hampshire	Dec 2006
(45-49)	152	Nona Hubbard	New Hampshire	Aug 2008
(50-54)	110	Gail Goldstien		March 2009
(55-59)	110	Kathy Okerlund	Prescott, AZ	March 2009
(60-64)	66	Carol Bowden		March 2009
Open	126	Laura DeLay	New York	April 2009
Police/Fire		Vacant		

<u>165lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(16-17)	135	Rachael Bonds	North Carolina	Nov 2006
(18-19)		Vacant		
(20-24)	185	Nicole Miller	Maryland	Nov 2006
(25-29)	170	Michelle Betrand	Virginia	Oct 2002
(30-34)		Vacant		
(35-39)	190	Tammy Walker	North Carolina	Sept 2007
(40-44)	150	Michelle Omokaiye	North Carolina	June 2005
(45-49)	205	Lynne Nelson	Virginia	Oct 2006
(50-54)	214	Joan Gardner	Vermont	Dec 2006
(55-59)	104	DR. Elaine Neal	New Hampshire	Aug 2008
Police/Fire	170	Michelle Betrand	Virginia	Oct 2002
Open	215	Tammy Walker	North Carolina	Mar 2009

<u>181lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(12-13)	70	Ximoria Watkins	North Carolina	Oct 2002
(14-15)		Vacant		
(16-17)	90	Brooke Haines	Virginia	July 2007
(18-19)	155	Nicole Miller	Maryland	June 2005
(25-29)	187	Hayley Bloom	Nebraska	March 2008
(35-39)	150	Melody Stocks	Maryland	Apr 2007
(45-49)	175	Michelle Omokaiye	North Carolina	Oct 2006
(50-54)	110	Candi Ramsburg	Maryland	Sept 2001
(60-64)	115	Jayne Goldstein	Arizona	Aug 2008
Open	232	Kathy Roberts	Virginia	Jan 2009

<u>198lb Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(20-24)	270	LaToya Parrish	Virginia	May 2008
(35-39)	105	Norma Ebersole	Maryland	Sept 2001
(40-44)	135	Leslie Elliott	North Carolina	March 2008
(45-49)	125	Mary Blackstone	Illinois	Sept 2008
(50-54)	132	Lucy Hawkins	Virginia	March 2007
(55-59)	170	Kathy Wetenhall	Ohio	Oct 2008
Police/Fire	132	Lucy Hawkins	Virginia	March 2007
Open	270	LaToya Parrish	Virginia	May 2008

<u>198+ Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(12-13)	125	Aliyah Jones	Virginia	Jan 2009
(14-15)		Vacant		
(16-17)	190	Erin Owens	North Carolina	Oct 2002
(25-29)	170	Jennifer Sheller	Maryland	Sept 2001
(30-34)	170	Susan Covington	Virginia	Sept 2001
(35-39)	190	Patricia McCauley	Virginia	March 2007
(40-44)	185	Gail Woodson	North Carolina	Sept 2003

(45-49)	200	Michelle Carlsen	New York	May 2009
Police/Fire	190	Patricia McCauly	Virginia	Mar 2007
Open	190	Erin Owens	North Carolina	Oct 2002

Men

<u>66 lb. Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(5-un)	35	Kevin McEwan	New York	May 2008
(6-7)	52.5	Matthew Campo	Virginia	Mar 2007
(8-9)	60	James Mims	North Carolina	June 2004
(10-11)	72.5	James Mims	North Carolina	July 2006

<u>77 lb. Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(6-7)	25	Jordan Byrnes	New York	May 2008
(8-9)	62	Desmond Mills		Jan 2009
(10-11)	55	Kyle Rochefort		Jan 2009

<u>88 lb. Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(10-11)	95	Raymond Cortes, III	New Jersey	May 2009
(12-13)	70	Chauncey Foster		Jan 2009

<u>97 lb. Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(10-11)	90	Rashon Pickett	North Carolina	Nov 2006
(12-13)	65	Trenrell Williams		Jan 2009
(16-17)	203	Jasen Hinkel	Nebraska	Aug 2007

<u>105 lb. Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(12-13)	100	Mo Pollack	Virginia	Mar 2008
(14-15)	95	Erci Cassetta	Arizona	Aug 2008
(18-19)	170	Rob Marcellino	New Jersey	Nov 2008
OPEN	170	Rob Marcellino	New Jersey	Nov 2008

<u>114 lb. Class</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(8-9)	77	Nicholas Paternoster	New York	May 2008
(12-13)	120	Quinton Thomas	North Carolina	June 2006
(14-15)	150	Mike Burkeen	Arizona	Aug 2008
(16-17)	185	Ian Smith	Indiana	Aug 2006
(18-19)	180	Rob Marcellino	New Jersey	Aug 2008
(20-24)	203	Hunter Claypatch	New York	Nov 2007
(35-39)	175	Trevor Branam	Florida	May 2007
(40-44)	190	Glenn Murphy, Jr.	Maryland	Apr 2001
Open	203	Hunter Claypatch	New York	Nov 2007

<u>123 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
(8-9)	70	Nicholas Paternoster	New York	May 2009
(10-11)	70	Jonathan Rhodes	North Carolina	May 2008

(12-13)	170	Benjamin Henson	Massachusetts	Oct 2008
(14-15)	184	Benjamin Henson	Massachusetts	Mar 2009
(16-17)	180	Nathan Jones	North Carolina	May 2008
(18-19)	130	Jose Lince	Virginia	April 2001
(20-24)	215	Hunter Claypatch	New York	June 2008
(50-54)	203	Garret Taoka	New Hampshire	July 2007
(55-59)	210	Robert Gill	Ohio	Mar 2007
(70-74)	195	Byron Swain	North Carolina	Oct 2006
Handicap	120	Travis Lilly	Virginia	Aug 2007
Open	330	Adam Zehr	New York	Nov 2008

132 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(12-13)	180	Coy Wimer	Virginia	Dec 2006
(14-15)	189	Ben Henson	Massachusetts	April 2009
(16-17)	230	Josh Browne	Virginia	Aug 2007
(18-19)	260	Mark Thompson	Illinois	Mar 2008
(20-24)	215	Elias Sanchez	Arizona	Aug 2008
(25-29)	330	Adam Zehr	New York	May 2007
(30-34)	300	Melvin Perry	North Carolina	Aug 2006
(50-54)	209	Garet Taoka	New Hampshire	Sept 2007
(65-69)	200	Byron Swain	North Carolina	June 2004
(70-74)	190	Byron Swain	North Carolina	June 2006
OPEN	352	Adam Zehr	New York	April 2009

148 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(10-11)	90	Tyler Tufts	North Carolina	May 2008
(12-13)	190	Coy Wimer	Virginia	Jan 2007
(14-15)	238	Blake Harris	Indiana	May 2008
(16-17)	281	Jackson Govatos	Georgia	June 2008
(18-19)	270	Nick Grimes	New York	May 2008
(20-24)	320	Neal Dreisig	Illinois	Mar 2008
(25-29)	280	Eddie Patton-Gooch	Georgia	Nov 2006
(30-34)	325	Rich Murphy	Maryland	Apr 2001
(35-39)	315	Sean O'Grady	Florida	March 2008
(40-44)	320	David Wilson	Virginia	June 2004
(45-49)	305	David Wilson	Virginia	June 2005
(50-54)	280	Paul Gillott	Arizona	Aug 2008
(55-59)	270	Paul Gillott	Arizona	March 2009
(60-64)	187	Rick Fecteau	North Carolina	Nov 2008
(65-69)	236	Cody Bartlett	New York	Dec 2006
(70-74)	225	Cody Bartlett	New York	May 2009
(75-79)	190	Frank Richey	Prescott, AZ	March 2009
Police/Fire/Mil	275	Brandon Silva	Massachusetts	Nov 2007
Handicapped	135	Thomas Gerhauser	Florida	March 2008
Open	365	James Love	Georgia	June 2005

165 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(12-13)	225	Kegan Levesque	New York	May 2008
(14-15)	240	Coy Wimer	Virginia	March 2008
(16-17)	303	Jason Luster	Virginia	April 2009
(18-19)	330	George Pluhar	New York	June 2008
(20-24)	369	Larry Dyles	Virginia	Nov 2007
(25-29)	407	Kwansah Ackah	Maryland	Nov 2007
(30-34)	375	James Love	Georgia	May 2007
(35-39)	350	Gino Columbo	Virginia	March 2008
(40-44)	314	Christopher Byrnes	New York	Aug 2008
(45-49)	385	Fred Wescott	North Carolina	June 2005
(50-54)	336	Corky Baggett	Virginia	Nov 2008
(55-59)	220	Larry Lermusiaux	Arizona	Aug 2008
(60-64)	236	Clint Merrill		March 2009
(65-69)	225	Thomas English	Nevada	July 2008
(70-74)	220	Bill Tinkler	Florida	Aug 2006
Police/Fire	407	Kwansah Ackah	Maryland	Nov 2007
Special Olym.	82	Bart Garrison	North Carolina	Nov 2008
Open	418	James Love	Georgia	Nov 2007

181 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(8-9)	65	Wade Turner	Virginia	Nov 2006
(10-11)	77	Joshua Rebovich	Massachusetts	Sept 2007
(12-13)	190	Jimmy May, Jr	Georgia	Aug 2007
(14-15)	320	Nicholas Apsehoff	Virginia	Aug 2008
(16-17)	315	John Kennedy	Arizona	Aug 2008
(18-19)	363	Andre DeCastro	Virginia	Nov 2008
(20-24)	451	Stephen Judah	Florida	Nov 2007
(25-29)	425	James Adams	North Carolina	June 2007
(30-34)	367	Andy Dickey	Prescott, AZ	March 2009
(35-39)	450	Will "Chill" Lynch	North Carolina	Nov 2006
(40-44)	376	Tom Gavin	Ohio	Nov 2008
(45-49)	358	Ken Connelly	Illinois	Nov 2007
(50-54)	335	Rocky Huber	Connecticut	June 2006
(55-59)	370	Jim Van Allen	New York	May 2009
(60-64)	264	Wayne Rammell	Virginia	Nov 2008
(65-69)	280	Michael Miniette	Nevada	July 2008
(70-74)	255	Peter Hubbard	Hew Hampshire	Aug 2008
Police/Fire/Mil	451	Stephen Judah	Florida	Nov 2007
Open	450	Will "Chill" Lynch	North Carolina	Nov 2006

198 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(12-13)	135	Johnathan Gordon	North Carolina	Nov 1998

(14-15)	310	Michael Key		Aug 2008
(16-17)	350	Andy Kadick	Virginia	Nov 2007
(18-19)	405	Andre DeCastro	Chesapeake, VA	May 2009
(20-24)	424	Chase Stratton	Missouri	Nov 2008
(25-29)	435	Will "Chill" Lynch	North Carolina	Oct 2002
(30-34)	465	Will "Chill" Lynch	North Carolina	July 2003
(35-39)	525	Dennis Cieri	New Jersey	Aug 2006
(40-44)	395	George Silva	Massachusetts	Nov 2006
(45-49)	410	Arthur Patterson	Virginia	Oct 2006
(50-54)	402	Jim Van Allen	New York	June 2008
(55-59)	407	Jim Van Allen	New York	Dec 2008
(60-64)	360	George Walker	Florida	March 2008
(65-69)	250	John Ruffalo	Florida	Aug 2007
(70-74)	266	Robert Dahlmamer	Maryland	Nov 2008
(75-79)	255	John Sheehan	Virginia	June 2004
Police/Fire/Mil	415	Mike Hodges	Maryland	July 2006
Special Olympian	165	Myles Barman	Texas	April 2008
Open	525	Dennis Cieri	New Jersey	Aug 2006

220 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(12-13)	170	Justin Hugh	Virginia	March 2008
(14-15)	320	Ben Hopkins	North Carolina	July 2003
(16-17)	345	Kellen Kowchuck	Pennsylvania	Oct 2000
(18-19)	380	Andy Kadick	Virginia	Aug 2007
(20-24)	421	Chase Stratton	Missouri	April 2008
(25-29)	446	Donald Acus		March 2009
(30-34)	460	Brian LaPole	Maryland	Apr 2007
(35-39)	515	Paul Bossi	North Carolina	Dec 2005
(40-44)	435	Sean Welch	Maryland	June 2008
(45-49)	455	Bill Blackstone	Illinois	Oct 2008
(50-54)	450	Roy O'Dwyer	Maryland	July 2007
(55-59)	468	Roy O'Dwyer	Maryland	Nov 2007
(60-64)	346	Scott Shales	New York	May 2009
(65-69)	335	William Hill	Cathedral City, CA	March 2009
(70-74)	315	Jerry Kluff	Florida	Aug 2007
(75-79)	143	Charles Brackett		March 2009
Police/Fire/Mil	440	Aaron Johnson	Virginia	Nov 2008
Special Olym.	148	Ben Stavish	North Carolina	Nov 2008
Open	520	Dennis Cieri	New Jersey	Mar 2007

242 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(12-13)	190	Michael Dorethy	North Carolina	May 2008
(14-15)	265	Alex Brown	North Carolina	June 2006
(16-17)	314	Alex Brown	North Carolina	Nov 2007
(18-19)	430	Trey Manning	North Carolina	June 2006

(20-24)	440	Casey Merkwah	South Dakota	March 2008
(25-29)	480	Joseph Houston	North Carolina	Apr 2007
(30-34)	600	Rock Lewis	South Carolina	Oct 2006
(35-39)	600	Rock Lewis	South Carolina	July 2007
(40-44)	530	Paul Bossi	North Carolina	Nov 2006
(45-49)	450	Brian Sullivan	North Carolina	Oct 2002
(50-54)	440	Brian Sullivan	North Carolina	Nov 2006
(55-59)	300	Bernie Rhodes	North Carolina	May 2008
(60-64)	340	Robert Spiers	Virginia	Oct 2002
Police/Fire/Mil	450	Albert Proctor	Virginia	Oct 2002
Handicap	165	Michael Harrigan	Florida	Nov 2007
Special Olym.	170	Ben Stavish	Currituck, NC	April 2009
Open	600	Rock Lewis	South Carolina	Oct 2006

275 CLASS	WEIGHT	NAME	RESIDES	DATE SET
(12-13)	155	Aaron Chamblee	North Carolina	Dec 2002
(14-15)	305	Kris McCoy	North Carolina	June 2006
(16-17)	350	Chris Defino	Connecticut	July 2007
(18-19)	368	Adam Kovacs	New Hampshire	Oct 2008
(20-24)	350	Ben Bolden	Virginia	March 2007
(25-29)	535	Carl Elliott	North Carolina	Dec 2001
(30-34)	490	Matt Warren	Virginia	March 2008
(35-39)	525	Jermaine Jones	North Carolina	May 2009
(40-44)	520	Scott Kuzma	Virginia	Oct 2006
(45-49)	485	Greg Curtola	Vermont	March 2009
(50-54)	475	Joe Hillard	North Carolina	June 2007
(55-59)	385	Ron Beuch	Virginia	May 2009
(60-64)	374	Robert Kubat, Jr	New Hampshire	March 2009
(65-69)	195	Vaughn Maldfeld	New York	May 2009
Police/Fire/Mil	445	Scott Van Brunt	New York	Aug 2006
Open	585	Michael Belk	North Carolina	July 2007

308 lb. CLASS	WEIGHT	NAME	RESIDES	DATE SET
(14-15)	365	Shane Yates	South Carolina	Dec 2000
(16-17)	367	Denvel Sutton	North Carolina	Nov 2008
(18-19)	165	Jerald Jones	Currituck, NC	April 2009
(20-24)	460	Zackary Spidel	Pennsylvania	Apr 2007
(25-29)	500	Michael Prosser	North Carolina	Sept 2003
(30-34)	584	Michael Belk	North Carolina	Nov 2007
(35-39)	485	Daryl Charron	Missouri	Aug 2007
(40-44)	534	Daryl Charron	Missouri	March 2008
(45-49)	480	Tim McVicker	North Carolina	June 2007
(50-54)	475	Kent Burgess	West Virginia	Sept 2008
(55-59)	254	Bob Taylor	Texas	April 2008
(65-69)	305	Denny Faler	California	July 2008

Police/Fire/Mil	560	Carl Elliott	North Carolina	June 2005
Open	584	Michael Belk	North Carolina	Nov 2007
SHW CLASS	WEIGHT	NAME	RESIDES	DATE SET
(16-17)	385	Denvel Sutton	Currituck, NC	April 2009
(18-19)	315	John Status	Mississippi	Feb 2007
(20-24)	410	Zachary Spidel	Pennsylvania	Nov 2006
(25-29)	365	Clay Tawzer	California	July 2008
(30-34)	470	Jeremy Hughes	Kentucky	Jan 2007
(35-39)	485	Herman Canada	North Carolina	May 2008
(40-44)	385	Todd Jensen		March 2009
(45-49)	485	Thomas Dillard	Virginia	July 2997
(50-54)	410	Mike Madigan		Jan 2009
(55-59)	149	James Cambell	Texas	April 2008
(60-64)	374	Jack Griffin	Texas	April 2008
(65-69)	340	James Jeff Telljohn	Ohio	June 2005
Police/Fire/Mil	445	Jesse Kosegi	Ohio	April 2009
Open	610	John Dolan	Illinois	Sept 2007