

**USPF KENTUCKY STATE RAW SINGLE LIFT RECORDS  
BENCH PRESS  
MEN - OPEN**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb	205.0	451.9	Ryan Osborne	12/06/14
125kg/275.5lb				
140kg/308.5lb (SHW)				

**BENCH PRESS MEN - JUNIORS (13 - 15)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb (SHW)				

**BENCH PRESS MEN - JUNIORS (16 - 17)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb	130.0	286.6	Seth Marcum	12/06/14
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb (SHW)				

**BENCH PRESS MEN - JUNIORS (18 - 19)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - JUNIORS (20 - 23)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Submaster (35-39)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (40-44)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (45-49)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (50-54)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (55-59)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (60-64)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (65-69)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (70-74)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (75-79)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

**BENCH PRESS MEN - Masters (80+ Over)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

