

USPF Washington STATE SINGLE LIFT RECORDS Bench Press Open

Weight	Kgs	Lbs	Name	Date
52kg/114.5lb	112.5	248	Dave Gonzales	05/17/1997
56kg/123.5lb	142.5	314	Josh Vaugn	11/29/1997
60kg/132.2lb	145	319.5	Josh Vaugn	03/15/1997
67.5kg/148lb	165	363.8	Joe Luther	10/05/1996
75kg/165.2lb	187.5	413.3	Joe Luther	02/28/1998
82.5kg/181.7lb	197.5	435.3	Allen Berry	06/06/1998
90kg/198.2lb	214	471	Ray Dohaniuk	04/19/1998
100kg/220lb	215	473.8	Tyler Malenko	02/18/1994
110kg/242lb	282.5	622.8	Stefan Green	05/2/2026
125kg/275lb	280	617.3	Ryan Kennelly	04/19/1998
140kg/308.5lb	232.5	512.5	Michael Kromer	05/09/1998
140+kg/Super	227.5	501.5	James Grendahl	02/03/1997

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Juniors 13-15

Weight	Kgs	Lbs	Name	Date
52kg/114.5lb	27.5	61	Justin Brockwell	02/23/1997
60kg/132.2lb	62.5	137.8	Nick Hannah	02/23/1997
67.5kg/148lb	92.5	203.8	Willard Crossen III	02/22/1997
75kg/165.2lb	92.5	203.8	Shawn Isenhardt	09/13/1997
82.5kg/181.7lb	115	253.5	Dominic Tarabochia	03/18/1995
90kg/198.2lb	135	297.5	Dominic Tarabochia	03/02/1996
100kg/220lb	87.5	192.8	Zack Harrell	05/17/1997
110kg/242lb	127.5	281	Jason Flowers	05/17/1997

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Juniors 16-17

Weight	Kgs	Lbs	Name	Date
52kg/114.5lb	95	209.3	John McKanna	04/18/1998
56kg/123.5lb	100	220.5	Lonnie Love	03/18/1995
60kg/132.2lb	120	264.5	Steve Eplingl	06/06/1998
67.5kg/148lb	166	365	Joe Luther	10/05/1996
110kg/242lb	207.5	457.3	Charles Stewart	02/18/1994

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Juniors 18-19

Weight	Kgs	Lbs	Name	Date
67.5kg/148lb	187.5	413.3	Joe Luther	10/05/1998
82.5kg/181.7lb	193	426	Joe Bruno	06/06/1998
90kg/198.2lb	177.5	391.3	Dominic Tarabochia	04/18/1998
100kg/220lb	137.5	303	Mike McCown	05/21/1997
125kg/275lb	165	363	Kevin Rose	03/01/1998
140kg/308.5lb	140	308.5	Jacob Clifton	06/06/1998

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Juniors 20-23

Weight	Kgs	Lbs	Name	Date
52kg/114.5lb	115	253.5	Dave Gonzales	11/29/1997
56kg/123.5lb	142.5	314	Josh Vaughn	11/29/1997
60kg/132.2lb	145	319.5	Josh Vaughn	03/15/1997
67.5kg/148lb	135	297.5	Wes Kampen	04/19/1998
75kg/165.2lb	147.5	325	Lee Luther	03/01/1998
82.5kg/181.7lb	190	418.8	Enrique Ramos	11/29/1997
90kg/198.2lb	165	363.8	Austin Slater	04/19/1998

100kg/220lb	195 429	Arin Claybo	04/19/1998
110kg/242lb	232.5 512.5	Ryan Kennelly	11/29/1997
140+kg/Super	265 584	Ryan Kennelly	05/09/1998

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Submasters 35-39

Weight	Kgs	Lbs	Name	Date
67.5kg/148lb	122.5	270	Jim Godfrey	04/18/1998
75kg/165.2lb	137.5	303	Steve Hodge	05/17/1997
82.5kg/181.7lb	197.5	435.3	Allen Berry	06/06/1998
90kg/198.2lb	205	451.8	Darris Piggee	04/18/1998
100kg/220lb	195	429	Jose Torres	06/15/1996
110kg/242lb	197.5	435.3	Agnar Adalsteinson	04/19/1997
125kg/275lb	262.5	578.5	Bill Gillespie	11/29/1997
140kg/308.5lb	232.5	512.5	John Barada	04/18/1998

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 40-44

Weight	Kgs	Lbs	Name	Date
67.5kg/148lb	160	352.5	Sheldon Weingust	06/21/1997
75kg/165.2lb	157.5	347	Sheldon Weingust	05/17/1997
90kg/198.2lb	214	471	Ray Dohaniuk	04/18/1998
100kg/220lb	211	465	Willard Crossen Jr.	06/15/1996
110kg/242lb	222.5	490.5	Willard Crossen Jr.	05/09/1998
125kg/275lb	217.5	479.5	Bennie Dooley	05/09/1998
140kg/308.5lb	200	440.8	Jeff Brockway	03/02/1996
140+kg/Super	195	429	Brian Rehberg	06/06/1998

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 40-44

Weight	Kgs	Lbs	Name	Date
67.5kg/148lb	110	242.5	Edd Robbins	04/20/1996
75kg/165.2lb	127.5	281	Jack Benson	03/18/1995

82.5kg/181.7lb	142.5	314	Ken Scheuer	11/08/1997
90kg/198.2lb	155	341.5	Mac Urrutia	04/19/1997
100kg/220b	177.5	391.3	Jon Paggett	05/09/1998
110kg/242lb	175	385.8	Skip Sandberg	02/18/1994
125kg/275lb	215	473.8	Mike Magruder	11/29/1997
140+kg/Super	227.5	501.5	James Grendahl	02/22/1997

USPF Washington STATE SINGLE LIFT RECORDS Dead Lift MEN Masters 45-49

Weight	Kgs	Lbs	Name	Date
82.5kg/181.7lb	137.5	303	Donald Barden	11/02/1996

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 50-54

Weight	Kgs	Lbs	Name	Date
75kg/165.2lb	130	286.5	Jack Benson	03/02/1996
100kg/220b	192.5	424.3	Skip Sandberg	10/05/1996
110kg/242lb	175	418.8	Skip Sandberg	04/19/1998
125kg/275lb	160	352.5	David Johnson	04/20/1996

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 55-59

90kg/198.2lb	157.5	347	Rodney Brim	03/22/1997
140kg/308.5lb	155	341.5	J.P. Krachunis	03/02/1996

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 60-64

Weight	Kgs	Lbs	Name	Date
67.5kg/148lb	82.5	181.8	Jack Fahey	09/30/1995
82.5kg/181lb	140	308.5	Donald Barden	06/06/1998
90kg/198lb	110	242.5	Gordon Brand	03/01/1998
100kg/220b	145	319.5	John Green	06/06/1998

125kg/275lb	195	429	Bob Hubbard	02/18/1994
125kg/275lb	160	352.5	J.P. Krachunis	11/29/1997

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 65-69

Weight	Kgs	Lbs	Name	Date
75kg/165.2lb	102.5	225.8	Jim Schall	04/19/1998
82.5kg/181.7lb	102.5	225.8	Harold Wolff	06/02/1996

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 70-74

Weight	Kgs	Lbs	Name	Date
90kg/198lb	130	286.5	Ed Hashim	11/29/1997
100kg/220lb	111	245.8	Jack O'Loughlin	06/15/1996
110kg/242lb	117.5	259	Calvin Davis	04/20/1996
125kg/275lb	130	286.5	Calvin Davis	09/14/1996

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Masters 75+

Weight	Kgs	Lbs	Name	Date	
82.5kg/181lb	85	187.3	Wesley Williams	09/30/1995	
90kg/198lb	92.5	203.8	Wesley Williams	02/18/1994	USPF

Washington STATE SINGLE LIFT RECORDS Bench Press MEN Law Enforcement/Firemen Open

Weight	Kgs	Lbs	Name	Date
100kg/220lb	160	352.5	Mark Shannon	04/19/1998
110kg/242lb	165	363.8	Patrick Fay	04/19/1998
125kg/275lb	222.5	490.5	Lonny Haywood	11/29/1997

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Law Enforcement/Firemen 35-39

Weight	Kgs	Lbs	Name	Date
100kg/220lb	160	352.5	Mark Shannon	04/19/1998

USPF Washington STATE SINGLE LIFT RECORDS Bench Press MEN Law Enforcement/Firemen 45-49

Weight	Kgs	Lbs	Name	Date
100kg/220lb	165	363.8	Patrick Fay	04/19/1998