

USPF ARIZONA STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb	102.5	225.8	Nick Grant	9/26/2009
75kg/165.2lb	95.0	209.3	Mike Jones	1/19/2008
82.5kg/181.7lb	157.5	347.0	Steve Gose	1/19/2008
90kg/198.2lb	150.0	330.5	Dawane Harris	8/2/2008
100kg/220.2lb	172.5	380.3	Gary Panttila	2/13/2010
110kg/242.5lb	250.0	551.0	Daniel Ducharme	9/25/2010
125kg/275.5lb	205.0	451.9	Rocky Huntsinger	11/16/2014
140kg/308.5lb	160.0	352.8	Thomas Ray	1/31/2009
(SHW)	300.0	705.5	Michael Bowden	9/21/2013

USPF ARIZONA STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - JUNIORS (13 - 15)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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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)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	87.5	192.8	Ritchie Watson	8/2/2008
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	160.0	352.8	Thomas Ray	1/31/2009

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	102.5	225.8	Nick Grant	9/26/2009
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	150.0	330.5	Dawane Harris	8/2/2008
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	117.5	259.0	Richard Chavez	9/24/2011
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	95.0	209.3	Mike Jones	1/19/2008
82.5kg/181.7lb				
90kg/198.2lb	200.0	440.9	Ahmed Shafik	11/16/2019
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb	157.5	347.0	Michael Bowden	4/19/2008
(SHW)	282.5	622.5	Michael Bowden	2/13/2010

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	82.5	181.8	Mike Jones	9/26/2009
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)	320.0	705.5	Michael Bowden	4/5/2014

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	127.5	281.1	Jay Allen	9/24/2011
90kg/198.2lb	122.5	270.1	Jay Allen	3/26/2011
100kg/220.2lb	130.0	286.6	David Bjornstad	11/22/2015
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	105.0	231.3	Robert Cooley	6/5/2010
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	135.0	297.5	Bob Hartshorne	4/19/2008
125kg/275.5lb				
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	60.0	132.2	Donald Judd	1/19/2008
90kg/198.2lb				
100kg/220.2lb	160.0	352.5	Chuck Gourley	1/19/2008
110kg/242.5lb				
125kg/275.5lb	137.5	303.0	Bob Hartshorne	6/5/2010
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
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	162.5	358.0	Chuck Gourley	9/25/2010
110kg/242.5lb	95.0	209.4	Gene Lawrence	5/3/2015
125kg/275.5lb	97.5	215.0	Gene Lawrence	8/22/2015
140kg/308.5lb				

(SHW)

USPF ARIZONA STATE SINGLE LIFT RECORDS
BENCH PRESS
MEN - Masters (80+ Over)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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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)