

American Men

Single Lift Bench

Masters (40-44)

114lbs/52Kgs						
Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs						
Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs						
Bench	Don Miles	132.5	Kg	292.1	lbs	5/17/1997
148lbs/67.5Kgs						
Bench	Jerry Swift	150.0	Kg	330.7	lbs	10/5/1992
165lbs/75Kgs						
Bench	Ronnie Sakaguchi	195.0	Kg	429.9	lbs	9/2/1990
181lbs/82.5Kgs						
Bench	Byron Beebe	217.5	Kg	479.5	lbs	3/2/1996
198lbs/90Kgs						
Bench	Bruce Mendoza	237.5	Kg	523.6	lbs	8/2/2008
220lbs/100Kgs						
Bench	Stacy Dedrick	238.5	Kg	525.8	lbs	12/12/2009
242lbs/110Kgs						
Bench	Tom Schmidt	307.5	Kg	677.9	lbs	6/20/2010
275lbs/125Kgs						
Bench	Scott Hoekstra	305.5	Kg	673.5	lbs	3/30/2008
308lbs/140kgs						
Bench	Allen Baria	365.0	Kg	804.7	lbs	07/07/2012
SHW/140+Kgs						
Bench	David Marchant	297.5	Kg	655.9	lbs	3/19/2005

Masters (45-49)

114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Ken Wooddell	127.5	Kg	281.1	lbs	11/4/1995
148lbs/67.5Kgs	Bench	Sheldon Weingust	162.5	Kg	358.2	lbs	12/3/2000
165lbs/75Kgs	Bench	Sheldon Weingust	182.5	Kg	402.3	lbs	6/8/2002
181lbs/82.5Kgs	Bench	Filomen Pitassi	192.5	Kg	424.4	lbs	7/7/1992
198lbs/90Kgs	Bench	Rocco Boulay	227.5	Kg	501.5	lbs	02/-/2004
220lbs/100Kgs	Bench	Gene Bell	262.5	Kg	578.7	lbs	8/28/2004
242lbs/110Kgs	Bench	Clinton Sims	267.5	Kg	589.7	lbs	9/9/2006
275lbs/125Kgs	Bench	Bill Taylor	287.5	Kg	633.8	lbs	04/05/2014
308lbs/140kgs	Bench	Jim Potts	310.0	Kg	683.2	lbs	01/21/2012
SHW/140+Kgs	Bench	Junior Faamasili	250.0	Kg	551.2	lbs	3/2/1996

Masters (50-54)

114lbs/52Kgs	Bench	Boyd Huneycutt Jr.	100.0	Kg	220.5	lbs	6/20/2010
123lbs/56Kgs	Bench	Jerry Kahn	95.0	Kg	209.4	lbs	7/30/1999
132lbs/60Kgs	Bench	Edward Guillette	102.5	Kg	226.0	lbs	11/7/2010
148lbs/67.5Kgs	Bench	Joe Bebe	165.0	Kg	363.8	lbs	2/22/1997
165lbs/75Kgs	Bench	Al Nebo	157.5	Kg	347.2	lbs	9/27/2008
181lbs/82.5Kgs	Bench	Jim Merlino	182.5	Kg	402.3	lbs	6/24/1989
198lbs/90Kgs	Bench	Don Mike Gillis	190.0	Kg	418.9	lbs	3/2/1996
220lbs/100Kgs	Bench	Mark Modesitt	235.0	Kg	518.1	lbs	11/1/2008
242lbs/110Kgs	Bench	Mark Modesitt	237.5	Kg	523.6	lbs	1/28/2007
275lbs/125Kgs	Bench	Mike Lutz	260.0	Kg	573.2	lbs	4/26/2009
308lbs/140kgs	Bench	James Bourgault Sr.	260.0	Kg	573.2	lbs	11/22/2014
SHW/140+Kgs	Bench	Michael Bowden	320.0	Kg	705.5	lbs	04/05/2014

Masters (55-59)

114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
148lbs/67.5Kgs	Bench	Gary Miller	140.0	Kg	308.6	lbs	7/5/2009
165lbs/75Kgs	Bench	Cris Tabulina	155.0	Kg	341.7	lbs	6/20/2010
181lbs/82.5Kgs	Bench	Arthur Fu	180.0	Kg	396.8	lbs	3/28/2009
198lbs/90Kgs	Bench	Daniel Davis	198.0	Kg	436.5	lbs	5/29/2010
220lbs/100Kgs	Bench	James Cash	212.5	Kg	468.5	lbs	11/13/2004
242lbs/110Kgs	Bench	Alvin Waldon	205.0	Kg	451.9	lbs	6/14/2008
275lbs/125Kgs	Bench	Dan Varela	245.0	Kg	540.1	lbs	7/2/2005
308lbs/140kgs	Bench	James Bourgault Sr.	250.0	Kg	551.2	lbs	6/10/2017
SHW/140+Kgs	Bench	Al Tanner	204.1	Kg	450.0	lbs	11/13/2021

Masters (60-64)

114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Bryan Yager	140.0	Kg	308.6	lbs	7/5/2009
148lbs/67.5Kgs	Bench	Bryan Yager	142.5	Kg	314.2	lbs	3/6/2010
165lbs/75Kgs	Bench	Bryan Yager	150.0	Kg	330.7	lbs	12/12/2009
181lbs/82.5Kgs	Bench	David Cummerow	157.5	Kg	347.2	lbs	12/13/2008
198lbs/90Kgs	Bench	Joe Parsons	188.2	Kg	414.9	lbs	6/19/2010
220lbs/100Kgs	Bench	Richard Kelly	207.5	Kg	457.5	lbs	6/3/2018
242lbs/110Kgs	Bench	Chris Haudenschild	215.0	Kg	474.0	lbs	5/5/2007
275lbs/125Kgs	Bench	Ron Moormeister	243.0	Kg	535.7	lbs	9/5/2010
308lbs/140kgs	Bench	Ron Moormeister	243.0	Kg	535.7	lbs	1/24/2010
SHW/140+Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	

Masters (65-69)

114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Salvatore Morabito	67.5	Kg	148.8	lbs	11/14/2009
148lbs/67.5Kgs	Bench	Jim Merlino	125.0	Kg	275.6	lbs	3/27/2004
165lbs/75Kgs	Bench	Jim Merlino	140.0	Kg	308.6	lbs	12/13/2003
181lbs/82.5Kgs	Bench	Rudy Lozano	178.0	Kg	392.4	lbs	1/25/2009
198lbs/90Kgs	Bench	Rudy Lozano	182.5	Kg	402.3	lbs	7/5/2009
220lbs/100Kgs	Bench	Larry Negriff	200.0	Kg	440.9	lbs	6/29/2008
242lbs/110Kgs	Bench	Larry Negriff	227.5	Kg	501.5	lbs	5/30/2010
275lbs/125Kgs	Bench	Danny Herrera	192.5	Kg	424.4	lbs	9/10/2005
308lbs/140kgs	Bench	Denny Faler	132.5	Kg	292.1	lbs	5/17/2008
SHW/140+Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	

Masters (70-74)

114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Jim Andres	75.0	Kg	165.3	lbs	6/9/2007
148lbs/67.5Kgs	Bench	Harvey Beebe	82.5	Kg	181.9	lbs	3/2/1996
165lbs/75Kgs	Bench	Rickey Dale Crain	125.5	Kg	276.7	lbs	2/25/2023
181lbs/82.5Kgs	Bench	Alan Newman	126.0	Kg	277.8	lbs	9/9/2006
198lbs/90Kgs	Bench	Rudy Lozano	177.5	Kg	391.3	lbs	9/5/2010
220lbs/100Kgs	Bench	Joseph Parsons	161.0	Kg	355.0	lbs	8/1/2020
242lbs/110Kgs	Bench	Randy Leonard	145.0	Kg	319.7	lbs	9/2/1990
275lbs/125Kgs	Bench	Danny Herrera	165.0	Kg	363.8	lbs	8/12/2007
308lbs/140kgs	Bench	Larry Kidney	92.5	Kg	203.9	lbs	3/27/2010
SHW/140+Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	

Masters (75-79)

114lbs/52Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
123lbs/56Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
132lbs/60Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
148lbs/67.5Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
165lbs/75Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
181lbs/82.5Kgs	Bench	Richard Simon	105.0	Kg	231.5	lbs	3/3/2008
198lbs/90Kgs	Bench	Richard Simon	117.5	Kg	259.0	lbs	9/9/2006
220lbs/100Kgs	Bench	Don Lovas	93.0	Kg	205.0	lbs	12/8/2007
242lbs/110Kgs	Bench	Chuck Gourley	162.5	Kg	358.2	lbs	9/25/2010
275lbs/125Kgs	Bench	Herb Strange	106.0	Kg	233.7	lbs	5/29/2010
308lbs/140kgs	Bench	Gene Lawrence	97.5	Kg	215.0	lbs	8/22/2015
SHW/140+Kgs	Bench	Record Open	0.0	Kg	0.0	lbs	
	Bench	Record Open	0.0	Kg	0.0	lbs	

Masters (80+)

114lbs/52Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
123lbs/56Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
132lbs/60Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
	Bench	Record Open	0.0	Kg	0.0	lbs
165lbs/75Kgs						
	Bench	Harrison Benner	87.5	Kg	192.9	lbs 11/11/2000
181lbs/82.5Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
198lbs/90Kgs						
	Bench	Charles E. Rice	102.5	Kg	226.0	lbs 6/26/2010
220lbs/100Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
242lbs/110Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
275lbs/125Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
308lbs/140kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs
SHW/140+Kgs						
	Bench	Record Open	0.0	Kg	0.0	lbs