

USPF RHODE ISLAND SINGLE PLY DIV 1 RECORDS
SINGLE LIFT BENCH
MEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Juniors (13-15)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Juniors (16-17)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Juniors (18-19)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Juniors (20-23)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Submasters (35-39)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				

56kg/123.5lb				
60kg/132.2lb	112.5	248.0	Steve Barattini	3/21/2010
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb	197.3	435	Jonathan Saber	3/17/2002
100kg/220.2lb	192.8	425	Bob Connell Jr.	3/21/2004
110kg/242.5lb	227.5	501.5	Craig A. Debaratolo	3/21/2010
125kg/275.5lb	262.5	578.7	Craig A. Debaratolo	3/23/2008
140kg/308.5lb (SHW)				

BENCH ~ MEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb	108.9	240	Domenic Izzi	3/29/1998
82.5kg/181.7lb				
90kg/198.2lb	136.1	300	William McLaughlin	3/26/1995
100kg/220.2lb	227.5	501.5	Bob Connell Jr.	3/23/2008
110kg/242.5lb	192.8	425	Stanley Pappas	3/25/2007
125kg/275.5lb	254	560	George Lazzareschi Jr.	3/20/2005
140kg/308.5lb (SHW)				

BENCH ~ MEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb	158.8	350	Cris Tabulina	3/25/2007
82.5kg/181.7lb	145.2	320	William McLaughlin	3/16/1997
90kg/198.2lb	158.8	350	William McLaughlin	3/30/1996
100kg/220.2lb	230	507.1	Bob Connell Jr.	6/20/2010
110kg/242.5lb				
125kg/275.5lb	262.5	578.7	James Bourgault Sr.	11/16/2015
140kg/308.5lb (SHW)	260	573.2	James Bourgault Sr.	11/22/2014

BENCH ~ MEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				

67.5kg/148.7lb				
75kg/165.2lb	152.5	336.2	Cris Tabulina	3/21/2010
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb	237.5	523.6	James Bourgault Sr.	10/16/2021
140kg/308.5lb	250	551.2	James Bourgault	6/10/2017
(SHW)				

BENCH ~ MEN - Masters (60-64)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Masters (65-69)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb	93	205	Lawrence Nardi	3/20/1994
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH ~ MEN - Masters (70-74)

Weight Class	Kgs	Lbs	Name	Date
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	122.5		270 S. Marce Donabedian	3/25/2001
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH ~ MEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
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 ~ MEN - Masters (80+ Over)

Weight Class	Kgs	Lbs	Name	Date
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)				