

**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	319.50	Josh Vaugn	03/15/1997
67.5kg/148lb	165	363.75	Joe Luther	10/05/1996
75kg/165.2lb	187.5	413.25	Joe Luther	02/28/1998
82.5kg/181.7lb	197.5	435.25	Allen Berry	06/06/1998
90kg/198.2lb	214	471	Ray Dohaniuk	04/19/1998
100kg/220lb	215	473.75	Tyler Malenko	02/18/1994
110kg/242lb	265	584	Ryan Kennelly	06/06/1998
125kg/275lb	280	617.25	Ryan Kennelly	04/19/1998
140kg/308.5lb	232.5	512.50	Michael Kromer	05/09/1998
140+kg/Super	227.5	501.50	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	137.75	Nick Hannah	02/23/1997
67.5kg/148lb	92.5	203.75	Willard Crossen III	02/22/1997
75kg/165.2lb	92.5	203.75	Shawn Isenhart	09/13/1997
82.5kg/181.7lb	115	253.50	Dominic Tarabochia	03/18/1995
90kg/198.2lb	135	297.50	Dominic Tarabochia	03/02/1996
100kg/220lb	87.5	192.75	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	209.25	John McKanna	04/18/1998
56kg/123.5lb	100	220.5	Lonnie Love	03/18/1995
60kg/132.2lb	120	264.50	Steve Eplingl	06/06/1998
67.5kg/148lb	166	365	Joe Luther	10/05/1996
110kg/242lb	207.5	457.25	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	413.25	Joe Luther	10/05/1998
82.5kg/181.7lb	193	426	Joe Bruno	06/06/1998
90kg/198.2lb	177.5	391.25	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	308.50	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	253.50	Dave Gonzales	11/29/1997
56kg/123.5lb	142.5	314	Josh Vaughn	11/29/1997
60kg/132.2lb	145	319.50	Josh Vaughn	03/15/1997
67.5kg/148lb	135	297.50	Wes Kampen	04/19/1998
75kg/165.2lb	147.5	325	Lee Luther	03/01/1998
82.5kg/181.7lb	190	418.75	Enrique Ramos	11/29/1997
90kg/198.2lb	165	363.75	Austin Slater	04/19/1998
100kg/220lb	195	429	Arin Claybo	04/19/1998

110kg/242lb	232.5 512.50	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	435.25	Allen Berry	06/06/1998
90kg/198.2lb	205	451.75	Darris Piggee	04/18/1998
100kg/220lb	195	429	Jose Torres	06/15/1996
110kg/242lb	197.5	435.25	Agnar Adalsteinson	04/19/1997
125kg/275lb	262.5	578.50	Bill Gillespie	11/29/1997
140kg/308.5lb	232.5	512.50	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	352.50	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	490.50	Willard Crossen Jr.	05/09/1998
125kg/275lb	217.5	479.50	Bennie Dooley	05/09/1998
140kg/308.5lb	200	440.75	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	242.50	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	341.50	Mac Urrutia	04/19/1997
100kg/220b	177.5	391.25	Jon Paggett	05/09/1998
110kg/242lb	175	385.75	Skip Sandberg	02/18/1994
125kg/275lb	215	473.75	Mike Magruder	11/29/1997
140+kg/Super	227.5	501.50	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	286.50	Jack Benson	03/02/1996
100kg/220b	192.5	424.25	Skip Sandberg	10/05/1996
110kg/242lb	175	418.75	Skip Sandberg	04/19/1998
125kg/275lb	160	352.50	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	341.50	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	181.75	Jack Fahey	09/30/1995
82.5kg/181lb	140	308.50	Donald Barden	06/06/1998
90kg/198lb	110	242.50	Gordon Brand	03/01/1998
100kg/220b	145	319.50	John Green	06/06/1998
125kg/275lb	195	429	Bob Hubbard	02/18/1994
125kg/275lb	160	352.50	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	225.75	Jim Schall	04/19/1998
82.5kg/181.7lb	102.5	225.75	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	286.50	Ed Hashim	11/29/1997
100kg/220lb	111	245.75	Jack O'Loughlin	06/15/1996
110kg/242lb	117.5	259	Calvin Davis	04/20/1996
125kg/275lb	130	286.50	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	187.25	Wesley Williams	09/30/1995
90kg/198lb	92.5	203.75	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	352.50	Mark Shannon	04/19/1998
110kg/242lb	165	363.75	Patrick Fay	04/19/1998
125kg/275lb	222.5	490.50	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	352.50	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	363.75	Patrick Fay	04/19/1998