

USPF AMERICAN RAW 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				
75kg/165.2lb	147.5	352.5	Brian Lee	3/24/2013
82.5kg/181.7lb	182.5	402.3	Ralph Young	7/7/2012
90kg/198.2lb	202.5	446.4	Joe Whytsell	7/7/2018
100kg/220.2lb	217.5	479.5	Mario Rizo	12/3/2016
110kg/242.5lb	227.5	501.5	Greg Butler	7/8/2011
125kg/275.5lb	237.5	523.6	Jared Burton	8/25/2024
140kg/308.5lb	233.5	514.8	Ryan Heintz	5/2/2026
(SHW)	222.5	490.5	Larry "Makie McCommack II	3/24/2013

BENCH PRESS ~ MEN - JUNIORS (13 - 15)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb	32.5	71.7	Aiden Fox	6/11/2022
56kg/123.5lb				
60kg/132.2lb	63.5	140.0	Tarron Smith	2/15/2020
67.5kg/148.7lb	105.0	231.5	Cherokee Widner	6/7/2014
75kg/165.2lb				
82.5kg/181.7lb	42.5	93.7	Phillip Mitchell	9/16/2023
90kg/198.2lb				
100kg/220.2lb	107.5	237.0	Craig Logman	5/2/2026
110kg/242.5lb	110.0	242.5	JJ Brook	5/2/2026
125kg/275.5lb	112.5	248.0	Hunter Fiore	10/12/2013
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ MEN - JUNIORS (16 - 17)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb	92.5	203.9	Evan Pittman	5/2/2015
75kg/165.2lb	97.5	215.0	James Shannon	6/16/2019
82.5kg/181.7lb	130.0	286.6	Seth Marcum	12/6/2014
90kg/198.2lb	130.0	286.6	Francisco Uriarte	4/5/2014
100kg/220.2lb	112.5	248.0	Felix Juarez	7/8/2011
110kg/242.5lb	99.8	220.0	Nathan Seright	11/13/2021
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ 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	142.5	314.2	Nicholas Onega	2/24/2018
90kg/198.2lb				
100kg/220.2lb	130.0	286.6	Ricardo Rosales	5/22/2016
110kg/242.5lb	147.5	325.2	Austin Scherer	5/22/2016
125kg/275.5lb				
140kg/308.5lb (SHW)				

BENCH PRESS ~ MEN - JUNIORS (20 - 23)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb	127.5	281.1	Benjamin Wilson	2/24/2018
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb	112.5	248.0	Trevor Lineburg	2/24/2018
82.5kg/181.7lb	170.0	374.8	Zachary Hall	11/22/2014
90kg/198.2lb	120.0	264.6	Chancellor Foulks	5/12/2013
100kg/220.2lb	172.5	380.3	Matthew Maloney	2/25/2017
110kg/242.5lb	205.0	451.9	Kenneth Zimmerman	6/16/2019
125kg/275.5lb	172.5	380.3	Tyler Castle	2/24/2018
140kg/308.5lb (SHW)	210.0	463.0	Richard Sanchez II	3/24/2013

BENCH PRESS ~ MEN - Submaster (35-39)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb	155.0	341.7	Brian Lee	5/12/2013
82.5kg/181.7lb	182.5	402.3	Ahmed Shufik	3/24/2012
90kg/198.2lb	207.5	457.5	Joe Whytsell	6/3/2018
100kg/220.2lb	170.0	374.8	Brian Hegg	6/10/2017
110kg/242.5lb	137.5	303.1	Tyler Bain	5/2/2026
125kg/275.5lb	190.0	418.9	Paul Burke	7/7/2012
140kg/308.5lb	180.0	396.8	Nick Frankovitch	10/12/2013
(SHW)	182.5	402.3	Zac Gorra	8/3/2024

BENCH PRESS ~ MEN - Masters (40-44)

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	185.0	407.9	Ahmed Shafik	11/16/2014
90kg/198.2lb	172.8	381.0	Jason Smith	10/23/2013
100kg/220.2lb	165.0	363.8	Jesse Bronson	5/2/2026
110kg/242.5lb	210.0	463.0	Ron Harbert	3/24/2013
125kg/275.5lb	170.0	374.8	Clayton Workman	2/24/2018
140kg/308.5lb	227.5	501.5	J.W. Potts	7/9/2011
(SHW)	195.0	429.9	Aaron Nedeff	2/24/2018

BENCH PRESS ~ 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	132.5	292.1	Jeff Wright	4/1/2017
82.5kg/181.7lb	182.5	402.2	Ralph Young	7/7/2012
90kg/198.2lb	200.0	440.9	Ahmed Shafik	11/16/2019
100kg/220.2lb	182.5	402.3	Michael Poort	7/30/2023
110kg/242.5lb	182.5	402.3	Michael Poort	11/12/2023
125kg/275.5lb	120.0	264.6	Tim Cochran	5/3/2015
140kg/308.5lb	233.5	514.8	Ryan Heintz	5/2/2026
(SHW)				

BENCH PRESS ~ MEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb	92.5	203.7	Boyd Huneycutt Jr.	7/8/2011
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb	190.0	418.9	Michael Poort	8/17/2025
110kg/242.5lb	187.5	413.4	Rick Vickers	5/12/2013
125kg/275.5lb	237.5	523.6	Jared Burton	8/25/2024
140kg/308.5lb				
(SHW)	183.7	405.0	Al Tanner	3/4/2017

BENCH PRESS ~ 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				
82.5kg/181.7lb	120.0	264.6	Scott Phillips	6/7/2014
90kg/198.2lb	122.5	270.0	Leon Ramsey	12/3/2016
100kg/220.2lb	147.5	325.0	Richard Kelly	7/8/2011
110kg/242.5lb	142.5	314.2	Hal Pittman	11/18/2017
125kg/275.5lb	207.5	457.5	Kent Burgess	3/26/2016
140kg/308.5lb	223.5	492.7	Kent Burgess	12/8/2013
(SHW)	220.0	485.0	Kent Burgess	12/8/2012

BENCH PRESS ~ MEN - Masters (60-64)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb	95.0	209.2	Alvin J. Haase	9/22/2012
60kg/132.2lb	100.0	220.5	Alvin J. Haase	9/21/2013
67.5kg/148.7lb	97.5	215.0	Mitchel Thornton	5/2/2026
75kg/165.2lb				
82.5kg/181.7lb	125.0	275.6	Ed Regua	11/22/2015
90kg/198.2lb	86.2	190.0	John Veal	3/4/2017
100kg/220.2lb	157.5	347.2	Richard Kelly	10/8/2014
110kg/242.5lb	122.5	270.1	Dominic Licavoli	6/16/2019
125kg/275.5lb	217.5	479.5	Kent Burgess	7/15/2017
140kg/308.5lb	217.5	479.5	Kent Burgess	6/3/2018
(SHW)	230.0	507.1	Kent Burgess	2/24/2018

BENCH PRESS ~ 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	102.5	226.0	Mickey Sehorn	5/20/2023
90kg/198.2lb	125.0	275.5	Mark Gorby	10/16/2021
100kg/220.2lb	136.1	300.0	Carmen Caputo	4/26/2014
110kg/242.5lb	137.5	303.1	Courtney Stanley	7/7/2012
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

BENCH PRESS ~ 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	72.5	159.7	Michael Rumple	7/8/2011
100kg/220.2lb	128.4	283.0	Carmen Caputo	3/4/2017
110kg/242.5lb	100.0	220.5	Gene Lawrence	3/24/2012
125kg/275.5lb	112.5	248.0	Gene Lawrence	5/4/2013
140kg/308.5lb (SHW)				

BENCH PRESS ~ 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	102.5	226.0	Gerald Lindas	5/12/2013
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb	120.0	264.6	Chuck Gourley	9/21/2013
110kg/242.5lb	95.0	209.4	Gene Lawrence	5/3/2015
125kg/275.5lb	95.0	209.4	Gene Lawrence	11/16/2014
140kg/308.5lb (SHW)				

BENCH PRESS ~ 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	105.0	231.5	Gerald Lindas	2/25/2017
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb				
110kg/242.5lb				
125kg/275.5lb				
140kg/308.5lb (SHW)				