



VA Records Raw Male Bench Press

Male 132

Open	Bench
D.Shipman	260 lbs
14 – 15	Bench
S. Murphy	154 lbs

Male 148

Open	Bench
M. Porter	325 lbs

Male 165

Open	Bench
A. Crider	315

20 -23	Bench
J. Noble	275 lbs
18 -19	Bench
A. Crider	315 lbs
55 – 59	Bench
J. Altston	226 lbs

Male 181

Open	Bench
G. Columbo	370 lbs
18 – 19	Bench
J. Peachey	265 lbs
40 -44	Bench

J. Penn	300 lbs
50 – 54	Bench
M. Hurd	248 lbs
70 – 74	Bench
W. Breeden	220 lbs

Male 198

Open	Bench
C. Duvol	390 lbs
Military	Bench
J. Gardner	330 lbs
18 -19	Bench
J. Peachey	265 lbs
40 – 44	Bench
J. Shifflett	300 lbs
65 – 69	Bench
J. Moore	205 lbs

Male 220

Open

Bench

Blaine Mccorkle	435 lbs
14 – 15	Bench
J. Hugh	175 lbs
40 -44	Bench
C. Nunally	340 lbs
45 -49	Bench
J. Shifflett	320 lbs
50 - 54	Bench
D. Gillespie	253 lbs
65 – 69	Bench
Tom Amiss	209 lbs

Male 242

Open

Bench

J. Vossi	475 lbs
18 – 19	Bench
Andrew Trowbridge	440 lbs
40 -44	Bench
J. Donnelly	365 lbs
45 – 49	Bench
J. Shifflett	331 lbs

55 – 59	Bench
R. Beuch	345 lbs

Male 275

Open

Bench

Scott Kuzma	470 lbs
40 – 44	Bench
Scott Kuzma	470 lbs
55 -59	Bench
R. Beuch	369 lbs
60 – 64	Bench
W. Morris	305 lbs

Male SUPERS

Open

Bench

Monte Sparkman	463 lbs
40 -44	Bench
Pat Brody	455 lbs
45 -49	Bench
Jarvis Penn	370 lbs

Revised5/20/10