

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN OPEN BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	WILLIAM GARCIA	325	147.5	06/18/2010
132LBS/60KG	MICHAEL HARA	325	147.5	05/07/1994
148LBS/67.5KG	MICHAEL HARA	429	195	09/18/1999
165LBS/75KG	MICHAEL HARA	562	255	11/17/2007
181LBS/82.5KG	MICHAEL HARA	556.5	252.5	08/30/2008
198LBS/90KG	JOHN ALVARADO	567.5	257.5	08/26/2006
220LBS/100KG	PERRY LEWIS	534.5	242.5	05/06/1995
242LBS/110KG	JAMES HUNTER	628.25	285	01/13/2007
275LBS/125KG	FRANK PALMER	567.5	257.5	08/25/2007
275+LBS/125KG+	MIKE WOMACK	699.75	317.5	06/17/2006

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (14 – 15) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
114LBS/52KG	LEV KIRSHNER	154.3	70	05/05/1984
123LBS/56KG	MIKE ANDRADE	182.75	87.5	05/02/1992
132LBS/60KG	SHAWN GEERNAERT	203.75	92.5	04/23/1994
148LBS/67.5KG	SHAWN GEERNAERT	264.5	120	03/25/1995
165LBS/75KG	LANDO ISRAEL	242.5	110	03/10/2001
181LBS/82.5KG	AARON NADAL	236.75	107.5	06/04/1994
198LBS/90KG	BRAD CIMINO	275.5	125	03/14/1996
220LBS/100KG	JOSH PATTERSON	319.5	145	05/18/1991
242LBS/110KG	BRIAN CHASE	314.3	142.5	12/06/1992
275LBS/125KG	BRIAN CHASE	363.75	165	01/15/1994
275+LBS/125KG+	LESTER DEDRICK	281	127.5	02/21/2009

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (16 – 17) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
114LBS/52KG	DAVID SEYMOUR	198.3	90	05/30/1987
123LBS/56KG	JEFF SANGALLI	181.75	82.5	03/22/1986
132LBS/60KG	JEFF SANGALLI	226	102.5	01/11/1987
148LBS/67.5KG	BEN HARRIS	292.3	132.5	03/26/1988
165LBS/75KG	NICK PERRY	374.75	170	10/02/1993
181LBS/82.5KG	HAYWARD BLAKE	352.5	160	12/28/2002
198LBS/90KG	NICK PERRY	374.75	170	05/07/1994
220LBS/100KG	JONATHAN HOFFMAN	391.75	177.5	09/18/2005
242LBS/110KG	JOEL PAREDES	402.25	182.5	01/13/2007
275LBS/125KG	BRIAN CHASE	391.3	177.5	03/26/1995
275+LBS/125KG+	MATTHEW COLLINS	391.3	177.5	03/26/1995

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN TEEN (18 – 19) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
114LBS/52KG	AVAILABLE	000	000	00/00/2007
123LBS/56KG	WILLIAM GARCIA	314	142.5	11/07/2009
132LBS/60KG	TONY MASON	225.75	102.5	06/17/1989
148LBS/67.5KG	SAL REYNOSO	336	152.5	10/03/1992
165LBS/75KG	RUBEN ESCOBAR	341.75	155	06/20/1987
181LBS/82.5KG	HAYWARD BLAKE IV	501.5	227.5	01/15/2005
198LBS/90KG	MIKE GESSINI	391.3	177.5	03/26/1988
220LBS/100KG	JAMES HUNTER	424.3	192.5	07/07/1990
242LBS/110KG	DANE KELLEY	418.75	190	01/14/2006
275LBS/125KG	ERIC JOHNSON	440	200	11/15/2003
275+LBS/125KG+	SHAWN WRIGHT	314.3	142.5	04/06/1991

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN JUNIOR (20 – 23) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
114LBS/52KG	HUNG PHAM	286.5	130	07/20/1996
123LBS/56KG	WILLIAM GARCIA	325	147.5	06/18/2010
132LBS/60KG	JON SHAPIRO	242.5	110	10/19/1996
148LBS/67.5KG	JUSTIN MAILE	325	147.5	08/26/2006
165LBS/75KG	BRENT TANAKA	330.5	150	02/21/2009
181LBS/82.5KG	JEFF SUSSMAN	380.25	172.5	09/20/2000
198LBS/90KG	B. RYAN	424.25	192.5	07/11/1998
220LBS/100KG	STEVE PENA	440.75	200	07/20/1997
242LBS/110KG	ANDREW REMLINGER	446.25	202.5	04/11/1999
275LBS/125KG	DAVID FREELAND	465	N/A	10/28/2000
275+LBS/125KG+	MIKE TUCHSCHERER	562	255	11/07/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (40 – 44) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	BORIS VILNER	231.5	105	04/14/1990
132LBS/60KG	ANDY KESTLER	281	127.5	10/20/1990
148LBS/67.5KG	LANCE SLAUGHTER	407	185	05/02/2003
165LBS/75KG	MIKE HARA	518	235	08/24/2002
181LBS/82.5KG	ROBERT LEVERING	451.75	205	04/08/2004
198LBS/90KG	KEITH KANEMOTO	473.75	215	01/10/2004
220LBS/100KG	PERRY LEWIS	485	220	02/24/1996
242LBS/110KG	JIM CHAABAN	512.5	232.5	02/21/2009
275LBS/125KG	RICH LUDLUM	562	255	01/14/2006
275+LBS/125KG+	ART RAMSEY	562	255	08/19/1999

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (45 – 49) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	C. SUZUKI	220	100	04/05/1998
132LBS/60KG	JOHN LLOYD	209.25	95	10/02/1993
148LBS/67.5KG	BRYAN UYEOKA	319.5	145	03/10/2001
165LBS/75KG	MIKE HARA	562	255	11/17/2007
181LBS/82.5KG	MICHAEL HARA	556.5	252.5	08/30/2008
198LBS/90KG	KEITH KANEMOTO	496	225	05/01/2004
220LBS/100KG	JODY WOODS	451.75	205	01/15/2005
242LBS/110KG	MIKE MURRAY	202.5	446.25	01/13/2007
275LBS/125KG	MEL GOODWIN	501.5	227.5	03/17/2007
275+LBS/125KG+	FRANK BEELER	556.5	252.5	01/18/2003

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (50 – 54) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	HOMIE SHIVIAE	330.5	150	03/10/2001
132LBS/60KG	JOE CLEMENTE	264.5	120	10/03/1992
148LBS/67.5KG	BRYAN UYEOKA	303	137	01/14/2006
165LBS/75KG	ROBERT BENZLER	330.5	150	11/09/1996
181LBS/82.5KG	EDGAR MARTINEZ	358	162.5	06/17/2006
198LBS/90KG	MICHAEL MUSTO	440.75	200	05/21/2005
220LBS/100KG	DANIEL SMITH III	451.75	205	07/02/1994
242LBS/110KG	ALVIN WALDON	473.75	215	11/03/2001
275LBS/125KG	JIM MASTEN	512.5	232.5	08/26/2006
275+LBS/125KG+	FRANK BEELER	600.75	272.5	1/15/2005

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (55 – 59) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	HOMAYOUN "HOMI" SHIVIAE	176.25	80	01/13/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	SAM ALDUENDA	303	137.5	10/1998
165LBS/75KG	SAM ALDUENDA	325	147.5	05/05/2001
181LBS/82.5KG	DAVID CUMMEROW	352.5	160	08/30/2008
198LBS/90KG	DOUG DIENELT	369.25	167.5	03/11/2001
220LBS/100KG	BOB EVANS	485	220	11/13/2004
242LBS/110KG	DAVE MARBA	435.25	197.5	01/13/2007
275LBS/125KG	KENNETH TAWSER	385	175	03/01/2008
275+LBS/125KG+	STEVEN GREEN	545.5	247.5	10/04/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (60 – 64) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	ROBERT CORTES	275.6	125	11/13/1993
165LBS/75KG	SAM ALDUENDA	308.5	140	11/05/2005
181LBS/82.5KG	RUDY LOZANO	363.75	165	04/18/2004
198LBS/90KG	PETE WILSON	352.5	160	05/05/1998
220LBS/100KG	DOUG DIENELT	361.5	164	10/12/2003
242LBS/110KG	BOB EVANS	446.25	202.5	02/06/2010
275LBS/125KG	LARRY MAGGARD	402.25	182.5	04/18/2004
275+LBS/125KG+	DAVID MISHALOF	292	132.5	03/01/2008

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (65 – 69) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	ROBERT CORTES	270	122.5	11/11/1995
165LBS/75KG	SAM ALDUENDA	286	130	03/01/2008
181LBS/82.5KG	RUDY LOZANO	380.25	172.5	09/18/2005
198LBS/90KG	LARRY MANLY	275.5	125	05/21/2005
220LBS/100KG	WILLIAM HILL	336	152.5	02/21/2009
242LBS/110KG	BOB KEHL	363.75	165	08/24/2003
275LBS/125KG	DANNY HERRERA	413.25	187.5	04/13/2003
275+LBS/125KG+	DENNY FALER	314	142.5	02/21/2009

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (70 – 74) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	ROBERT CORTES	253.5	115	10/12/2003
165LBS/75KG	ROBERT MATTISON	231.25	105	02/21/2009
181LBS/82.5KG	GERARD AHERN	192.75	87.5	01/10/2004
198LBS/90KG	CHARLES RICE	259	117.5	11/10/1999
220LBS/100KG	CHARLES RICE	270	122.5	10/28/2000
242LBS/110KG	JOSEPH YANOVITCH	292	132.5	09/18/2005
275LBS/125KG	AVAILABLE	000	000	00/00/2007
275+LBS/125KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (75 – 79) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	JIM BERKHEIMER	94	42.5	07/19/1997
148LBS/67.5KG	ROBERT CORTES	231.25	105	05/20/2005
165LBS/75KG	ROBERT FORNACHON	192.75	87.5	04/18/2004
181LBS/82.5KG	BOB ACOSTA	190	N/A	10/28/2000
198LBS/90KG	JACK KRESS	209.25	95	11/05/2005
220LBS/100KG	JACK KRESS	203.75	92.5	08/13/2005
242LBS/110KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
275LBS/125KG	AVAILABLE	000	000	00/00/2007
275+LBS/125KG+	AVAILABLE	000	000	00/00/2007

**USA POWERLIFTING CALIFORNIA STATE RECORDS  
MEN MASTER (80+) BENCH PRESS (SINGLE LIFT)**

<b>WT. CLASS</b>	<b>RECORD HOLDER</b>	<b>LBS</b>	<b>KGS</b>	<b>DATE SET</b>
123LBS/56KG	AVAILABLE	000	000	00/00/2007
132LBS/60KG	AVAILABLE	000	000	00/00/2007
148LBS/67.5KG	AVAILABLE	000	000	00/00/2007
165LBS/75KG	AVAILABLE	000	000	00/00/2007
181LBS/82.5KG	AVAILABLE	000	000	00/00/2007
198LBS/90KG	AVAILABLE	000	000	00/00/2007
220LBS/100KG	AVAILABLE	000	000	00/00/2007
242LBS/110KG	AVAILABLE	000	000	00/00/2007
275LBS/125KG	AVAILABLE	000	000	00/00/2007
275+LBS/125KG+	AVAILABLE	000	000	00/00/2007