

American Men

Single Lift Bench

Sub-Masters (35-39)

114lbs/52Kgs	Bench	Glenn Murphy	95.0	Kg	209.4	lbs	2/22/1997
123lbs/56Kgs	Bench	Jay Hadden	122.5	Kg	270.1	lbs	3/29/2008
132lbs/60Kgs	Bench	Jim Lawrence	157.5	Kg	347.2	lbs	3/2/1996
148lbs/67.5Kgs	Bench	Michael Hara	177.5	Kg	391.3	lbs	3/2/1996
165lbs/75Kgs	Bench	Steve Ward	188.5	Kg	415.6	lbs	12/19/1999
181lbs/82.5Kgs	Bench	Bob Masello	245.0	Kg	540.1	lbs	6/28/2006
198lbs/90Kgs	Bench	James Burdette	287.5	Kg	633.8	lbs	9/13/2008
220lbs/100Kgs	Bench	Scott Rowe	305.0	Kg	672.4	lbs	4/18/2009
242lbs/110Kgs	Bench	Michael Green	300.0	Kg	661.4	lbs	5/3/2008
275lbs/125Kgs	Bench	Allen Baria	330.0	Kg	727.5	lbs	11/21/2009
308lbs/140kgs	Bench	Rich Lopez	292.5	Kg	644.8	lbs	4/26/2009
SHW/140+Kgs	Bench	Rich Lopez	330.0	Kg	727.5	lbs	2/20/2010