

Single-Lift Open Men	Bench Press		UPDATED 05/03/09	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114	PHIL HILE	270	PARKERSBURG	8/27/94
123	STEVE HUGHES	242	St.ALBANS	5/7/94
132	ROGER SALSER	275	HUNTINGTON	3/6/83
148	ACIE SIMMONS	385	PARKERSBURG	4/13/86
165	DONALD ROBBINS	446	PARKERSBURG	8/27/94
181	DONALD ROBBINS	451	PARKERSBURG	5/3/98
198	DAVID JEFFREY	468	PARKERSBURG	5/10/92
220	TIM MITCHELL	473	St.ALBANS	4/4/87
242	GREG WEAVER	523	St.ALBANS	5/7/94
275	ALLEN BARIA	727	PARKERSBURG	11/21/09
SHW	JIM POTTS	677.7	PARKERSBURG	12/4/11

Single-Lift SUBMASTER'S	Bench Press		UPDATED 05/03/09	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114				

123				
132				
148	RICK YATES	264	PARKERSBURG	8/27/94
165	CARL WEST	358	PARKERSBURG	3/4/96
181				
198	DAVID JEFFREY	468	PARKERSBURG	5/10/92
220	DAVID HARPOLD	473	St.ALBANS	5/13/95
242	RON HARBERT	551	PARKERSBURG	11/21/09
275	ALLEN BARIA	727	PARKERSBURG	11/21/09
SHW				

Single-Lift MASTER 40-49	Bench Press		UPDATED 05/03/09	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114				
123				
132	KEN WOODSELL	275	St.ALBANS	5/13/95
148	KEN WOODSELL	275	PARKERSBURG	5/10/92

165	TONY MIRAGLIOTTA	341	St.ALBANS	4/28/90
181	STEVE MILIAM	303	St.ALBANS	4/28/90
198	DAVID JEFFREY	429	PARKERSBURG	5/3/98
220	EDDIE HAINES	429	St.ALBANS	5/13/95
242	ROB GRAHAM	435	PARKERSBURG	9/05/09
275	BILL RECTENWALD	440	PARKERSBURG	5/3/98
SHW	JAMES POTTS	573.20	LA MIRADA,CA	7/5/09

Single-Lift		Bench Press		UPDATED	
MASTER				05/03/09	
50 &OVER					
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE	
114					
123					
132					
148					
165	SCOTT PHILLIPS	253	PARKERSBURG	11/21/09	

181	DONALD WALTERS	286	PARKERSBURG	5/16/09
198	DAVE MARCHETTE	424	PARKERSBURG	5/4/96
220	ERNIE NAGY	402	PARKERSBURG	3/6/92
242	COURTNEY STANLEY	358	FAIRMONT	01/05/03
275				
SHW				

Single-Lift TEENAGE 14-19	Bench Press		UPDATED 05/03/09	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114	SCOTT POOLE	198	St.ALBANS	5/1/93
123	DAVID JEFFREY JR.	236	PARKERSBURG	09/05/09
132	JEFF MADDOW	198	St.ALBANS	5/10/92
148	BILL VANKIRK	308	PARKERSBURG	5/10/92
165	BILL VANKIRK	336	St.ALBANS	5/1/93
181	CHUCK HESSON	303	HUNTINGTON	3/6/83
198	GREG WEAVER	363	PARKERSBURG	3/6/82

220	SEAN BYRD	451	HUNTINGTON	3/17/84
242	TONY RACER	435	St.ALBANS	5/7/94
275	BRIAN SIDERS	501	PARKERSBURG	9/20/97
SHW	ROBERT ARTIS	352	St.ALBANS	5/1/93

Single-Lift Women OPEN	Bench Press		UPDATED 05/03/09	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114	PENNEY MANN	88	PARKERSBURG	3/4/95
123	TERESA WODELL	132	PARKERSBURG	5/10/92
132	MARY JEFFREY	231	PARKERSBURG	5/4/96
148	PAM JOHNSON	165	ST.ALBANS	4/16/88
165	CINDIE DeHAVEN	176	St.ALBANS	4/16/88
181	NANCY YOUNG	192	PARKERSBURG	5/4/96
198	CHRISTINE MONDALAK	187	ST.ALBANS	5/7/94
220	LEANNE PAINTER	181	ST.ALBANS	4/28/90
242	MARION SMITH	203	St.ALBANS	4/28/90
275	HEATHER McCOMAS	126	PARKERSBURG	3/4/95

Single-Lift WOMEN'S MASTER	Bench Press		UPDATED 12/30/11	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114		1		
123				
132	LYNNE HOMAN (45-49)	159.7	PARKERSBURG	12/4/12
148				
165				
165				
165	CANDY MORACZEWSKI	187	PARKERSBURG	9/20/97
181	SUE PACK	176	PARKERSBURG	9/20/97
198	MARION SMITH	203	ST.ALBANS	4/28/90
198+				

Single-Lift WOMEN'S TEENAGE 14-19	Bench Press		UPDATED 05/03/09	
WEIGHT CLASS	NAME	RECORD	LOCATION	DATE
114	PENNY MANN	88	PARKERSBURG	3/4/95
123	CASSIE CHAFFIN	88	PARKERSBURG	2/6/93
132	LORI JEFFREY	198	PARKERSBURG	8/27/93
148	LORI JEFFREY	148	PARKERSBURG	2/6/93
165	WENDY LEONE	110	PARKERSBURG	2/6/93
181	ANDREA ALAWAT	110	PARKERSBURG	2/6/93
198	AMY HELMINSKI	126	PARKERSBURG	2/6/93
220	MANDY RICHMOND	115	PARKERSBURG	3/4/95
242	HEATHER McCOMAS	88	PARKERSBURG	2/6/93
275	HEATHER McCOMAS	126	PARKERSBURG	3/4/95