

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Lyle Culp	Oregon	325.0
2	Landon Sakai	Hawaii	308.5
2	Michael Saldivar	Texas	308.5
4	Hung Pham	California	292.0
5	Tony Scheldrup	Minnesota	276.6
6	Treytan Kobayashi	Hawaii	275.5
6	Gerardo Merino Jaramillo	Ecuador	275.5
6	Landon Sakai	Hawaii	275.5
9	Hunter Hernandez	Nevada	270.0
9	Kelson Silva	Hawaii	270.0
11	Jeremy Duncan	Georgia	264.5
12	Cesar Casas	Texas	256.8
13	Jesus Sanchez	Texas	254.6
14	Dave Gonzales	Washington	253.5
15	Jesus Cortez	Texas	242.5
15	Eric Hodges	Georgia	242.5
17	Landon Sakai	Hawaii	237.8 Raw
18	Ken Snell	Florida	231.2
19	Gerald Dionio	Hawaii	225.7
20	Clayton Watts	California	221.3
21	Richard Baxter Hunt	Georgia	220.2
22	Michael Pearson	Washington	214.7
22	Michael Quillan	Washington	214.7
24	Keoki Akina	Hawaii	209.2
24	David Garcia	Texas	209.2
24	Blaine Pyland	Arkansas	209.2
27	John McKanna	Washington	205.0
28	Kevin Tran	Hawaii	203.7
29	Andrew Hrenchir	Arkansas	200.0
30	Kaison Uehara	Oregon	188.3
31	Mason Nakamura	Oregon	187.2
31	Glenn Murphy Jr	Maryland	187.2
31	James Linden	Pennsylvania	181.7
31	Randall Griggs	Oregon	181.7
31	Michael Ramsey	Texas	181.7
31	Fabian Osorio	Texas	181.7
31	Blake Gillam	Washington	181.7
38	Jeffery Berner	California	177.3
39	Tommy Nguyen	Texas	176.2
39	Karter Brachear	Illinois	176.2
39	Brandon Davis	Arkansas	176.2
42	Shakeem Suarez	Florida	175.0
43	Max Schierl	Wisconsin	171.8
44	Josh Womack	California	170.7
44	David Hammond	Washington	170.7
44	Adam Morton	Texas	170.7
47	Rayford Ellis	Texas	165.2
48	Wyatt Fears	Florida	165.0
48	Lane Watson	Oklahoma	165.0
50	Jason Stanley	Oklahoma	160.0
51	Corey Garner	Tennessee	159.7
52	James Bozo	Washington	154.2
52	Bryan Adams	California	154.2
54	Chace Akina	Hawaii	150.9
55	Freddy Boza	California	149.8

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	LIFTER	STATE	LIFT
56	Sarkis Karapetyan	Utah	148.7
56	Jordan Woods	Washington	148.7
56	Gary Remiticado	Hawaii	148.7
56	Dylan Sites	Oregon	148.7
56	Eric Fetsch	Hawaii	148.7
61	Nick Perkins	Oklahoma	145.0
62	Austin Ellis	Texas	143.2
62	Brandon Gerace	New Jersey	143.2
62	Wesley Thompson	Tennessee	143.2
62	Frank Bimbo	Hawaii	143.2
62	Devin Street	Idaho	143.2
62	Chris Baeta	Hawaii	143.2
68	William Thomas	Florida	140.0
69	Brandon Comb	Washington	137.7 Raw
69	Mitchell Ellis	Texas	137.7
71	Tyler Nourse	Idaho	132.2
71	Trent Corey	Georgia	132.2
71	John Minahan III	California	132.2
71	Colby Morgan	Arkansas	132.2
75	Scott Beasley	Florida	130.0
76	Sam Brown	Washington	126.7 Raw
76	Seth Franke	Nevada	126.7
76	Amrit Chandra Lakhiani	Thailand	126.7
79	Tyler Tinkham	Maine	126.7
80	Kyron Murphy	Texas	121.2 Raw
80	Vince Vasquez	Washington	121.2
80	Ryan Feeley	Michigan	121.2
80	Kenny Rothe, Jr.	California	121.2
80	Chance Riney	Texas	121.2
85	Heath Young	Louisiana	120.0
86	Ben May	Hawaii	115.5
86	John Gogano	Maine	115.5
86	Preston Haney	Ohio	115.5
86	Trevor English	Nevada	115.5
90	Ethan Striz	Florida	110.0
91	James Bierce	Washington	105.6
92	Colton Hagan	Florida	105.0
93	Nate Berendes	Washington	104.5
93	Michael Wilson	Oregon	104.5
93	Gurnaik Singh Birring	Great Britain	104.5
93	Alex Coffey	California	104.5
97	Patrick Hawkinson	Minnesota	100.1
98	Willie Hanna	Arkansas	99.0
98	Tyler Gneck	Arizona	99.0
98	Taylon Judd	Arizona	99.0
101	Jacob Sunday	Florida	97.5
102	Brandon Silk	Florida	95.0
103	Colin Ivarra	Washington	93.5 Raw
103	Alex Johnson	Washington	93.5 Raw
103	T. J. Breitenfeldt	Washington	93.5
103	Joe Spoons	Michigan	93.5
103	James Thompson	Arizona	93.5
108	Trey Anderson	Washington	88.0 Raw
108	Josh Voss	Washington	88.0
108	Joel Cunningham	Arizona	88.0

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL
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	LIFTER	STATE	LIFT
1	Eric Head	Georgia	413.2
2	Michael Saldivar	Texas	386.8
3	Jallel Fabro	Hawaii	381.3
4	Kelson Silva	Hawaii	380.2
5	Kerwin Unten	Hawaii	374.7
6	Lyle Culp	Oregon	352.5
7	Michael Saldivar	Texas	336.0
8	Gerardo Merino Jaramillo	Ecuador	319.5
9	Marc Morishige	Oregon	314.0
9	Josh Vaughn	Washington	314.0
11	Bruno Rodriguez Teixeira	Brazil	308.5
12	Gabe Morgan	Oregon	297.5
13	Gerald Dionio	Hawaii	292.0
13	Tony Scheldrup	Minnesota	292.0
15	Josh Harrison	Arizona	290.0
16	Hung Pham	California	286.0
17	Ken Snell	Florida	280.0
18	Jeremy Duncan	Georgia	275.5
18	Andrew Hrenchir	Arkansas	275.5
20	Jesus Sanchez	Texas	271.1
21	Satoru Ebihara	Brazil	270.0
21	Logan Truong	California	270.0
21	Chuckie Snider	Texas	270.0
24	Skyler Akina	Hawaii	264.5
24	Landon Sakai	Hawaii	264.5
26	Brandon Tovey	Oregon	259.0
27	Bobby Sanders	California	253.5
27	Bernard Au	Hawaii	253.5
27	Anthony Ramos	Georgia	253.5
30	Vin Voeun	Cambodia	248.0
31	Paul Kaiser	Washington	245.0
32	Van Williams	Oklahoma	243.6
32	Justin Berner	Texas	243.6
34	Landon Sakai	Hawaii	242.5 Raw
34	Pentti Rimpi	Finland	242.5
34	Robert Gill	Ohio	242.5
34	Jacob Valmoja	Hawaii	242.5
34	Hunter Hernandez	Nevada	242.5
34	Doug Warren	Alabama	242.5
34	Danny Dickey	Georgia	242.5
34	Dinas Tenorio	Texas	242.5
42	Justin Hagendorf	Texas	240.0
43	Andrew Brooks	Texas	237.6
44	Andrew Bates	Michigan	231.2
45	Totte Salmi	Finland	225.7 Raw
46	Kaison Uehara	Oregon	223.5
47	Mason Nakamura	Oregon	222.4
47	Clayton Watts	California	222.4
49	Glenn Murphy Jr	Maryland	221.3
50	Matt DeLa Cruz	Texas	220.2
50	Marcus Hernandez	Texas	220.2
50	Lonnie Love	Washington	220.2

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	LIFTER	STATE	LIFT
50	Geoff Arnold	Washington	220.2
50	Austin Hughes	Oregon	220.2
55	Gregor Hocher	Brazil	214.7 Raw
55	Ross Maestas	Colorado	214.7
55	Nick Rayburn	Illinois	214.7
55	John Minahan III	California	214.7
55	Jaime Gonzales	Texas	214.7
55	David Hinojosa	Mexico	214.7
55	Dale Yoshizu	Hawaii	214.7
62	Sarkis Karapetyan	Utah	209.2
62	Keoki Akina	Hawaii	209.2
62	Charles MacDonald	Washington	209.2
62	Blake Gillam	Washington	209.2
66	Travis Carr	Minnesota	203.7 Raw
66	Scott Galeck	California	203.7
66	Ray Segura	Washington	203.7
66	Larry Muth	Oregon	203.7
66	Joey Rein	Colorado	203.7
66	James Vrem	Oregon	203.7
66	Isaias Gonzales	Texas	203.7
66	Homi Shiyai	California	203.7
66	Emmanuel Tsimouris	Washington	203.7
66	Adam Parfitt	Pennsylvania	203.7
66	Gary Nye Schwebs	Nevada	203.7
77	Trevor Banaszak	Texas	192.7
77	Logan Rhame	Texas	192.7
77	Karter Brachear	Illinois	192.7
77	Eleazar Duenez	Texas	192.7
77	Brandon Gerace	New Jersey	192.7
77	Anthony Cook	Idaho	192.7
77	Andres Cruz	Texas	192.7
84	Dusty Jenkins	Georgia	190.0
84	Alex Kolb	Washington	190.0
86	Jessie Chavez	Texas	188.3
87	Gerardo Merino Jaramillo	Ecuador	187.2 Raw
87	Dale Yoshizu	Hawaii	187.2 Raw
87	Teo Solais	Texas	187.2
87	Niles Kido	Hawaii	187.2
87	Jeremy Leech	Georgia	187.2
87	Jarrold Blair	Missouri	187.2
87	Gustavo Samano	Texas	187.2
94	Willard Crossen III	Washington	185.0
95	Scott Tucker	Idaho	181.7
95	Mitchell Ellis	Texas	181.7
95	Matt Kalinowski	Illinois	181.7
95	Donnie Miskinis	Ohio	181.7
95	David Hammond	Washington	181.7
100	Hugh Murray	Florida	180.0
101	Dylan Sites	Oregon	176.2
101	Colby Morgan	Arizona	176.2
103	Skip Schacher	Montana	170.7
103	Harley Robinson	Texas	170.7

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LIFTER	STATE	LIFT
103	Alexander Garcia	Texas 170.7
103	Adam Morton	Texas 170.7
107	Trent Corey	Georgia 170.0
108	Josh Womack	California 165.2
108	Jose Martinez	Mexico 165.2
108	Jonathan Ferry	Illinois 165.2
108	Dusty Nourse	Idaho 165.2
108	Casey Prince	Oklahoma 165.2
108	Gabriel Campos	Oregon 165.2
114	Bart Norris	Oklahoma 160.0
115	Chevy Shumaker	Arizona 159.7
116	Ronald Crawford	Florida 155.0
117	Zach Hampel	California 154.2
117	Tre Martinez	Utah 154.2
117	Ivan Rodriguez	California 154.2
117	Cody McClure	Georgia 154.2
117	Cyrus Jumalon	Hawaii 154.2
117	Seth Franke	Nevada 154.2
123	Clayton Pinson	Oklahoma 152.0
124	Scott Whited	Oklahoma 150.0
125	Luke Bozo	Washington 149.8
125	Joshua Lackey	Indiana 149.8
127	Tristan Lin	California 148.7 Raw
127	Sean Daru	Colorado 148.7
127	Raymond Rodriguez	Texas 148.7
127	Kyle Godfrey	Washington 148.7
127	Bobby Church	California 148.7
127	Kash Bitton	Utah 148.7
133	Salvatore Morobito	California 145.0
133	Patrick Hemond	Florida 145.0
133	Kevin Pennington	Washington 145.0
136	Colton Parrish	Oklahoma 143.2 Raw
136	Dylin Moody	California 143.2 Raw
136	Tyler English	Nevada 143.2
136	Travis Friesam	Minnesota 143.2
136	Sandesh Pyakurel	Utah 143.2
136	Jacob Bozo	Washington 143.2
136	Chace Akina	Hawaii 143.2
136	Caleb Nute	Maine 143.2
136	Schyler Suzuki	Hawaii 143.2
145	Benjamin May	Hawaii 137.7
145	Tommy Le	Texas 137.7
145	Sterling Tinkham	Maine 137.7
145	Michael Aguanno	New York 137.7
149	Ethan Striz	Florida 135.0
150	Jimmy Ditty	Oregon 134.4
151	Alex Coffey	California 132.2
151	Nathan Judd	Arizona 132.2
151	Lucas Somera	Washington 132.2
151	Kade Haymore	Arizona 132.2
151	Jonathan Jackson	Texas 132.2
151	Jared Vogel	California 132.2

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	LIFTER	STATE	LIFT
157	Vince Vasquez	Washington	126.7
157	Levi Lawler	Montana	126.7
157	Joey Lilly	California	126.7
157	Isaac Pingree	California	126.7
157	Brandon Scheel	Washington	126.7
162	Julian Kong	China	121.2
162	Grae Dunlap	Oregon	121.2
162	Alejandro Rivera	Texas	121.2
165	McKay Hussey	Utah	115.5
165	David Morgan	California	115.5
165	Cory Grizzle	Oregon	115.5
168	Tyler Farmer	Montana	110.0
168	Wyatt O'Dell	Washington	110.0
168	Frank Principati	Pennsylvania	110.0
168	Christian Daru	Colorado	110.0
168	Amos Grizzle	Oregon	110.0
173	Landon Tibbs	Minnesota	104.5
173	Scott Baty	Michigan	104.5
173	Matt Whittington	California	104.5
173	Marshall Judd	Arizona	104.5
173	Joshua LeClair	Minnesota	104.5
178	Jacob Sunde	Florida	102.5
179	Joseph Wansor	Georgia	100.1

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL
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 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Eric Head	Georgia	501.5
2	Kerwin Unten	Hawaii	462.7
3	Greg Warr	Alabama	424.4
4	Jallel Fabro	Hawaii	418.7
5	Jonathan Bareng	Hawaii	403.3
6	Dustin Hanson	Montana	402.2
7	Charles Venturella	Pennsylvania	380.2
8	Tiago Teixeira	Brazil	375.8
8	Ata Edralin	Hawaii	375.8
10	Marc Morishige	Oregon	352.5
11	Joey Bareng	California	347.0
11	Jim Lawrence	Arizona	347.0
13	Joe Cunha	Idaho	341.5
14	Darrell Tiffany	Alabama	336.0
15	Brian Goelz	Florida	335.0
16	Ryan Ballard	Oklahoma	331.6
17	Thiago Rodriguez Teixeira	Brazil	330.5
17	Josh Harrison	Arizona	330.5
17	Jonathan Rosete	Oregon	330.5
20	Nick Lenhart	Utah	319.5
20	Josh Vaughn	Washington	319.5
22	Gary Miller	Nevada	315.1
23	Shane Kido	Oregon	314.0
23	Michael Cochran	Alabama	314.0
23	Lance Villiatora	Hawaii	314.0
23	Kenny Nguyen	Texas	314.0
23	James Love	Georgia	314.0
23	Carlito Bareng	California	314.0
23	Brian Yager	California	314.0
23	Andrew Hrenchir	Arkansas	314.0
31	Ruben Garcia Jr	Florida	308.5
31	Petri Niemi	Finland	308.5
33	Alan Young	Arkansas	305.0
34	Josh Grubbs	Arizona	303.0
34	Jonathan Corpus	Utah	303.0
34	David Kearby	Texas	303.0
34	Charles Johnson	Arkansas	303.0
38	Travis Belen	Washington	297.5
38	Rolando de Leon	Guatemala	297.5
38	Gary Bobrovitz	Canada	297.5
38	Freddie Evangelista	Oregon	297.5
42	Jesus Sanchez	Texas	294.2
43	Miquel Jaurigui	Texas	293.1
44	Matt De La Cruz	Texas	292.0
44	Jeff Thomure	California	292.0
44	Chuckie Snider	Texas	292.0
44	Mark Masuda	Hawaii	292.0
48	Jimmy Forehand	Oklahoma	290.0
49	Doane Vo	Texas	287.6

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	LIFTER	STATE	LIFT	
50	Mark Zaccadelli	Maine	286.5	Raw
50	Steve Epling	Washington	286.5	
50	Justin Hagendorf	Texas	286.5	
50	Jon Shapiro	California	286.5	
50	Jason Imamura	Hawaii	286.5	
50	Dylan Elkins	Texas	286.5	
56	Anthony Grimes	Texas	283.2	
57	Antonio Moreno	Mexico	282.1	
58	Winston Gilbert	Texas	281.0	
58	Trevett Edwards	Wisconsin	281.0	
58	Oscar Martinez	Washington	281.0	
58	Gerado Merino Jaramillo	Ecuador	281.0	
58	Arrowdyne Chhit	Texas	281.0	
63	Anthony Ramos	Georgia	276.6	
64	Dylan Price	Michigan	275.5	
64	Barry Kunkel	Oregon	275.5	
64	Andrew Bates	Michigan	275.5	
67	Kajohn Southwood	Washington	271.7	
68	Steve Gee	Pennsylvania	270.0	
68	Stanley Mendez	Texas	270.0	
68	Mark Lauricella	California	270.0	
68	Landon Kurata	Hawaii	270.0	
68	Harold Matney	Oregon	270.0	
68	Duane Verret	Oklahoma	270.0	
68	Andre Grier	Florida	270.0	
75	Hunter Hernandez	Nevada	265.6	
76	Adam Turner	Oklahoma	265.0	
77	Seth Greene	Alabama	264.5	
77	Robert Nguyen	Texas	264.5	
77	Precious McKenzie	New Zealand	264.5	
77	Mason Nakamura	Oregon	264.5	
77	Elijah Deharsh	Nevada	264.5	
77	Sheldon Duncan	Maine	264.5	
83	Jeremy Duncan	Georgia	260.1	
83	Brennan Baccay	Oregon	260.1	
85	Hansel Noa	Florida	260.0	Raw
86	Jeff Pogue	Louisiana	259.0	
86	John Golgano	Maine	259.0	
86	Gary Hunter	Texas	259.0	
86	Anthony Barren	Texas	259.0	
86	Andrew Brooks	Texas	259.0	
91	Quinn Richards	Alabama	255.0	
92	Robbie Cuba	Hawaii	253.5	
92	Jorge Salazar Flores	Mexico	253.5	
92	John Orsuna	California	253.5	
92	John Kimball	Texas	253.5	
92	Casey Bochonowicz	Ohio	253.5	
97	Chetram Mangra	New York	249.1	
98	Trevor Banaszak	Texas	248.0	

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	LIFTER	STATE	LIFT
98	Ray Segura	Washington	248.0
98	Jacob Valmoja	Hawaii	248.0
98	Herberth Obbiel Garcia	Guatemala	248.0
98	Gary Remiticado	Hawaii	248.0
98	Doug Warren	Alabama	248.0
104	Joshua Anduha	Texas	245.8
105	William Ward	Oklahoma	245.0
106	Totte Salmi	Finland	242.5 Raw
106	Stacy Panlasigui	Hawaii	242.5
106	Neal Crago	Illinois	242.5
106	Jami Gonzales	Texas	242.5
106	James Fernandez	California	242.5
106	Hugo Hernandez	Texas	242.5
106	Carlos Tantog	Hawaii	242.5
106	Akop Karapetyan	Utah	242.5
114	Brandon Claypool	Florida	240.0
115	Larry Vincent	Oregon	238.9
116	Fabriano Mariscal	Texas	236.7 Raw
116	Travis Godawa	Louisiana	236.7
116	Micheal Jean Moreiro	France	236.7
116	Matti Wallus	Finland	236.7
116	Charles MacDonald	Washington	236.7
121	Danny Dickey	Georgia	231.2
121	Caleb Nute	Maine	231.2
121	Brandon Presto	Nevada	231.2
121	Kaison Uehara	Oregon	231.2
125	Mark Pascua	Hawaii	225.7
125	Jeremy Itson	Georgia	225.7
125	Fred Martinez	Arizona	225.7
125	Daniel Escobedo	California	225.7
125	Elijah Daharsh	Nevada	225.7
125	Ryan Magee	Montana	225.7
125	Blake Gillam	Washington	225.7
132	Schyler Suzuki	Hawaii	221.3
133	Travis Vasconcelles	Washington	220.2
133	Pablo Wach	Utah	220.2
133	Larry Muth	Oregon	220.2
133	Karter Brachear	Illinois	220.2
133	James Bryant	Oklahoma	220.2
133	Eric Greig	California	220.2
133	Bryan Watson	Utah	220.2
133	Alexander Kang	Maryland	220.2
133	Brandon Gerace	New Jersey	220.2
133	Cyrus Jumalon	Hawaii	220.2
133	Derek Clark	Texas	220.2
144	Phil Duke Jr	Alabama	214.7
144	Manuel Pina	California	214.7
144	Jesus Garcia	Texas	214.7
144	Homi Shivaie	California	214.7

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	LIFTER	STATE	LIFT
148	Gary Miller	Nevada	210.3 Raw
149	David Hayes	Mississippi	210.0
150	Reagan Oshiro	Hawaii	209.2
150	Darren Carter	Utah	209.2
150	Luke Del Gallo	Maine	209.2
153	Gary Nye Schwebs	Nevada	206.0
154	Matt McBride	Oklahoma	205.0
154	Jacob Sunde	Florida	205.0
156	Josh Martinez	Texas	203.7 Raw
156	Asif Chishi	California	203.7 Raw
156	Willard Crossen III	Oregon	203.7
156	Timothy AcFalle	Florida	203.7
156	Shawn Tisdale	California	203.7
156	Ryan Reppond	California	203.7
156	Jonathan Ferry	Illinois	203.7
156	Harley Hnatek	Texas	203.7
156	Frank Richey	Arizona	203.7
156	Andrew Valdez	Oregon	203.7
166	Garet Aucoin	Louisiana	200.0
167	Eduardo Pruneda	Colorado	198.2
167	Chevy Shumaker	Arizona	198.2
169	Nikko Chinboukas	Florida	195.0
169	Nick Perkins	Oklahoma	195.0
171	Ivan Rodriguez	California	192.7
171	Elias Sanchez	Arizona	192.7
171	Calvin Simmons	Maine	192.7
174	Trey Sheppard	Texas	188.3
175	Larry Vincent	Oregon	187.2 Raw
175	Zach O'Quinn	Texas	187.2
175	Lucas Ford	Georgia	187.2
175	Jesse Lamberson	Montana	187.2
175	Jeremy Leech	Georgia	187.2
175	Cory Johnson	Georgia	187.2
175	Chad McFarland	Oregon	187.2
182	Kyle Schrank	Florida	185.0
183	Steve Smith	Florida	181.7
183	Skip Schacher	Montana	181.7
183	Sean Daru	Colorado	181.7
183	James Bozo	Washington	181.7
183	Chris Swan	Oregon	181.7
183	Carl Bylsma	Montana	181.7
183	Bobby Church	California	181.7
183	Timothy John White	Washington	181.7
191	Kamiro Yanez	Texas	176.2 Raw
191	Tyler English	Nevada	176.2
191	Drayden-Steele Kawewehi	Hawaii	176.2
191	Aaron Zweig	Arizona	176.2
195	Gary Landess	Indiana	172.9
196	Paul Siebert	Tennessee	170.7

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	LIFTER	STATE	LIFT
196	Mason Hawkins	Minnesota	170.7
196	Elijah Mattison	Washington	170.7
196	Danny Smith	Louisiana	170.7
196	Brennan Lewis	Minnesota	170.7
196	Alex Silva	California	170.7
196	Hany Sukkary Jr.	California	170.7
203	Daniel Riddle	Texas	165.2 Raw
203	Chase Akina	Hawaii	165.2
203	Brendan Garcia	California	165.2
203	Seth Franke	Nevada	165.2
203	Alex Chavarin	Washington	165.2
203	Tony Turco	Texas	165.0
203	Juan Monoz	Guatemala	165.0
203	Jon Szparaga	Florida	165.0
211	L J Pasion	Hawaii	159.7 Raw
211	Mark Zarichny	Colorado	159.7
211	Josh Womack	California	159.7
211	Alex Lopez	Nevada	159.7
211	Nicholas Tinkham	Maine	159.7
211	Brian Bollinger	Hawaii	159.7
217	Jimmy Ditty	Oregon	156.4
218	Logan Villareal	Hawaii	155.3 Raw
219	Austin Ware	Florida	155.0
220	Raphael Cora	Brazil	154.2 Raw
220	Colton Parrish	Texas	154.2

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
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	LIFTER	STATE	LIFT
1	Kerwin Unten	Hawaii	573.0
2	Donald Ramil Jr.	Hawaii	529.0
3	Michael DeSimone	New York	501.5
4	Freddie Evangelista	Oregon	480.6
5	Kekoa Paison Almeida	Hawaii	473.7
5	Jason Imamura	Hawaii	473.7
7	Taylor Tom	Hawaii	468.2
8	Kevin Harmon	Mississippi	462.7
8	Darren Matsumoto	Hawaii	462.7
10	Deron Agaran	Hawaii	460.5
11	David R. Smith	Texas	446.2
12	Dustin Hanson	Montana	442.9
13	Kenny Nguyen	Texas	440.7
14	Andres Valleza	Washington	435.2
15	Terrance Pinkett	Pennsylvania	429.7
16	Charles Venturella	Pennsylvania	426.4
17	Ronald Nipp	Hawaii	424.2
18	Evan Davidson	Arizona	414.3
19	William Lumayas	Hawaii	413.2
19	Mike O'Hora	Vermont	413.2
21	Divale Roberson	Illinois	407.7
22	Willard Crossen III	Washington	402.2
22	Ata Edralin	Hawaii	402.2
22	Raymond Gallegos	California	402.2
22	Jake Fiscus	Oregon	402.2
22	Jonathon Bareng	Hawaii	402.2
22	Dylan Price	Michigan	402.2
28	Narbe Mansourian	California	392.3
28	Cory Crawford	Florida	392.3
30	Lance Slaughter	California	391.2
31	Chris Balanga	California	385.7
31	Dr. Marco Rodriguez	Texas	385.7
33	Nick Lenhart	Utah	381.3
34	Zach Stevenson	Texas	380.2
34	Martin Cain	Utah	380.2
34	Clyde Higa	Hawaii	380.2
34	Carlito Bareng	California	380.2
34	Dinesh Mangra	New York	380.2
39	Kevin Agena	Hawaii	374.7
39	Josh Harrison	Arizona	374.7
39	Jed Lee	Ohio	374.7
42	Wesley Kampen	Washington	370.0
43	Michael Santiago	New Jersey	369.2
43	Jason Arnold	California	369.2
45	Jesse Trevino	Texas	367.0
46	Joel Frank	Nevada	365.0
46	Joe Luther	Washington	365.0
48	Randall Wrye	Georgia	364.8
48	James Reeves	Ohio	364.8
50	Travis Belen	Washington	363.7

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
50	Sheldon Weingust	Texas	363.7
50	Shane Kido	Oregon	363.7
50	Kyle Chiodo	Minnesota	363.7
50	Joe Bebe	Oregon	363.7
50	Eric Nahorniak	Nevada	363.7
50	Brandon Jones	Hawaii	363.7
50	Mark Masuda	Hawaii	363.7
58	Jonathon Webster	Florida	360.0
59	Jonne Franttila	Finland	358.0
59	Gary Miller	Nevada	358.0
59	Brad Montague	Utah	358.0
59	Barry Kunkel	Oregon	358.0
63	David Viars	Florida	355.0
64	Taylor Wong	Hawaii	352.5
64	Kimo Luna	Hawaii	352.5
64	Josh Grubbs	Arizona	352.5
64	Brian Crocker	California	352.5
64	Adam Chamie	New Jersey	352.5
64	Oscar Martinez	Washington	352.5
70	Sam Norris	Texas	347.0
70	Kom Phanekom	Washington	347.0
70	Dan Santarone	New York	347.0
73	Michael Mayhall	Alabama	342.6
74	Sean Silva	Hawaii	341.5
74	Phil Duke	Alabama	341.5
74	Kenny Poitevint	Georgia	341.5
74	Jim Lawrence	Arizona	341.5
74	Dave Edmondson	Utah	341.5
74	Alex Caldwell	Virginia	341.5
74	William Holland	New York	341.5
81	Mark Davis	Florida	340.0
82	Willis McCoy	Ohio	337.1
83	Jonathan Machado	Brazil	336.0 Raw
83	Kenny Lyons	Utah	336.0
83	Jose Cabrera	California	336.0
83	Jesus Hernandez	Texas	336.0
83	Garrette Langmead	Oregon	336.0
83	Ernie Silva	Hawaii	336.0
83	Cody Alexander Wells	Hawaii	336.0
83	Anthony Carroll	Washington	336.0
83	Eddie Martinez	Texas	336.0
83	Josh Sisneros	California	336.0
93	Dylan Hansco	Maine	330.5 Raw
93	Patrick Schiffner	Germany	330.5
93	Nick Buck	Wisconsin	330.5
93	Miquel Jaurigui	Texas	330.5
93	Matt Arthur	Illinois	330.5
93	Mathieu Coudriaud	France	330.5
93	Josh Scareberry	Wisconsin	330.5
93	Danny Morrill	Georgia	330.5

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
93	Anthony Ramos	Georgia	330.5
102	Agustin Soto	Mexico	325.0
102	William Vargas	Minnesota	325.0
102	Tom Cencich	Colorado	325.0
102	Terrall Dietrick	Oregon	325.0
102	Michael Salemi	California	325.0
102	Cormack Moore	Montana	325.0
102	Bryan Yager	California	325.0
102	Arun Sharma	India	325.0
102	Alexander Ernest	Hawaii	325.0
102	Brandon Presto	Nevada	325.0
102	Ricky Ahlo-Pinera	Hawaii	325.0
113	Pablo Rodriguez	Argentina	319.5
113	Roger Sanchez	California	319.5
113	Jonathon Rosete	Oregon	319.5
113	Jonathan Omer	Washington	319.5
113	Jerry Riley	Oregon	319.5
113	Gabe Foss	Oregon	319.5
113	Dinael Martinez	California	319.5
120	Dave Constantineau	Wisconsin	316.2
121	Aaron Packer	Pennsylvania	315.1
122	Vince Caetano	Arkansas	315.0
122	Ryan Kelly	Florida	315.0
124	Matthew Castillo	Hawaii	314.0 Raw
124	Victor Wilson	New York	314.0
124	Trent Shepherd	Utah	314.0
124	Ryan Snelling	Missouri	314.0
124	Ross Macadangdang	Hawaii	314.0
124	Ray Segura	Washington	314.0
124	Mike Haynes	Utah	314.0
124	George Nabeshima	Hawaii	314.0
124	Frank Richey	Arizona	314.0
124	Donnie Engles	Washington	314.0
124	Darwin Dessau	Pennsylvania	314.0
124	Dale Kitchens	Georgia	314.0
124	Clint Sineath	Arizona	314.0
124	Brian Quintana	California	314.0
124	Brandon Leming	Tennessee	314.0
124	Augustin Soto	Texas	314.0
124	Josh Sisneros	California	314.0
141	Mark Foster	Oregon	310.0
142	William Smithe	Hawaii	309.0
143	Zach Brown	Washington	308.5
143	Scott Burpo	Oklahoma	308.5
143	Jan Corpus	Minnesota	308.5
143	Gary Remiticado	Hawaii	308.5
143	Donnie Miskinis	Ohio	308.5
143	David Young	Maryland	308.5
143	Daniel Weekly	Florida	308.5
143	Damian Lee Osgood	Maine	308.5

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
143	Bryan Uyeoka	California	308.5
143	Trevor Banaszak	Texas	308.5
143	Joshua Sisneros	California	308.5
154	Shane Surber	Oklahoma	305.2
154	Mark Lauricella	California	305.2
154	Juan "John" Laija	California	305.2
157	Ron Hildebrand	Oregon	304.1
157	Robert Nguyen	Texas	304.1
157	Makoa Nakamura	Oregon	304.1
160	Vick Snyder	Oregon	303.0
160	Spencer Cole	Washington	303.0
160	Scott Richey	Nevada	303.0
160	Mitchell Thomas	Hawaii	303.0
160	Luis Lopez	Texas	303.0
160	Joshua Lanham	California	303.0
160	Josh Tamayo	Texas	303.0
160	Jon Corpus	Utah	303.0
160	Jody Cranston	Canada	303.0
160	Jake Mahoney	Wisconsin	303.0
160	Hunter Hernandez	Nevada	303.0
160	Gary Neal	Texas	303.0
160	Bryan DaLuz	California	303.0
160	Brandon Tovey	Oregon	303.0
160	Andrew Bates	Michigan	303.0
160	Alexander Dimitrov	Oklahoma	303.0
160	Adam Parker	Georgia	303.0
177	Paul Gillott	Arizona	300.8
177	Nick Tsangeos	Ohio	300.8
179	Mike Guerra	Florida	300.0
180	Tim Aldag	Wisconsin	297.5
180	Ryu Sato	Hawaii	297.5
180	Manuel Pina	California	297.5
180	John Pirani	Alabama	297.5
180	Jim Godfrey	Washington	297.5
180	Caleb Nute	Maine	297.5
180	Andrew Shouse	California	297.5
187	Stuart Viars	Georgia	295.0
187	Jimmy Forehand	Oklahoma	295.0
187	Glen Ford	Florida	295.0
190	Ruben Chavez	California	294.0
191	Francisco Garcia	California	292.0
191	Richard Chavez	California	292.0
191	Mauricio Mendoza	Mexico	292.0
191	Mark Novak	Pennsylvania	292.0
191	David Renn	Texas	292.0
191	Eli Huizar Zuniga	Washington	292.0
191	Brandon Aoki	Hawaii	292.0
198	Alfredo Cerna	Texas	286.5 Raw
199	Kobe Moses	Hawaii	281.0 Raw
199	Trevor Banaszak	Texas	281.0 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
201	Scott Yang	Florida	280.0
201	Chris Donohoo	Illinois	280.0
203	Travis Collyar	Arkansas	275.5 Raw
203	Michael Jameson	Washington	275.5
203	Kajohn Southwood	Washington	275.5
203	Dominic Baldassare	Washington	275.5
203	Bret Mayo	North Dakota	275.5
208	Brandon Ando	Hawaii	259.0 Raw

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Donald Ramil	Hawaii	573.0
2	Kerwin Unten	Hawaii	567.5
3	Valentino Plummer	Oregon	558.7
4	Ray Hickman	Oregon	557.6
5	Michael Hara	California	556.5
6	Tom Albano	New York	529.0
6	David R. Smith	Texas	529.0
8	Taylor Tom	Hawaii	520.2
9	Adolfo Davila	California	519.1
9	Deron Agaran	Hawaii	519.1
10	Andrew Kim	Illinois	518.0
12	David Lenius	Idaho	512.5
13	Arron Pomerantz	Texas	507.0
13	Derek Ito	Hawaii	507.0
13	Willard Crossen III	Washington	507.0
16	Brandon Leming	Tennessee	502.6
17	Kekoa Paison Almeida	Hawaii	501.5
18	Miguel Ruelan	Michigan	490.5
19	Joe Luther	Washington	485.0
19	George Elliot Baker	Oklahoma	485.0
19	Freddie Evangelista	Oregon	485.0
22	John Alves	California	479.5
23	Dylan Price	Michigan	473.7
24	Divale Robertson	Illinois	468.2
24	A. J. Agamao	California	468.2
26	Jon Cunningham	Utah	463.8
27	Mike Bingham	Pennsylvania	452.8
28	Sean Kaneshiro	Hawaii	451.7
29	Kenneth Cook	Texas	447.3
30	Jallel Fabro	Hawaii	446.2
30	Sheldon Weingust	Texas	446.2
30	Jason Yoshimura	Hawaii	446.2
30	Evan Davidson	Arizona	446.2
34	Ryan Sandoval	Utah	440.7
34	Paul Silva	Arkansas	440.7
34	William Lumayas	Hawaii	440.7
34	Kevin Harmon	Mississippi	440.7
34	Jason Trumbetta	Pennsylvania	440.7
39	Rick King	Oregon	436.3
39	John Korn III	Mississippi	436.3
39	Willam Lumayas	Hawaii	436.3
42	Judd Sato III	Oregon	435.2
42	Damian Lee Osgood	Maine	435.2
42	Luis Alaniz	Texas	435.2
45	Mark Feldman	Nevada	430.8
46	Shawn Bell	Oregon	429.7
46	Anthony Alike Low	Hawaii	429.7
48	Daniel Sisneros	California	424.2
48	Travis Belen	Washington	424.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
48	Nick Santarone	New York	424.2
48	Matt Elrod	South Carolina	424.2
48	Craig Saewong	Hawaii	424.2
53	Raymond Gallegos	California	420.9 Raw
54	Dr. Marco Rodriguez	Texas	420.9
55	Steve Ward	California	418.7
55	Sakari Selkainaho	Finland	418.7
55	Al Watkins	Alabama	418.7
58	Sid Scardinia	Louisiana	413.2
58	Brandon Ha	Hawaii	413.2
60	Mark Davis	Florida	412.5
61	Ryan Birt	Florida	410.0
61	Don Laube	Oregon	410.0
63	Brandon Ha	Hawaii	408.8 Raw
64	Tony Hedrick	North Carolina	407.7
64	Shawn Dias	California	407.7
64	Pasi Sipilainen	Finland	407.7
64	Kenny Bateman	Nevada	407.7
64	Keith Daniels	Hawaii	407.7
64	Dominic Vespoli	Hawaii	407.7
64	David Renn	Texas	407.7
64	Clyde Higa	Hawaii	407.7
64	Brett Campbell	Georgia	407.7
64	Brent Moorehead	Florida	407.7
64	Alfred Jackson	Alabama	407.7
75	Nick Buck	Wisconsin	403.3
75	Jeff Button	Texas	403.3
75	Giovanni Golgano	Maine	403.3
78	Chris Balanga	California	402.2
78	Shane Butcher	Hawaii	402.2
78	Rogelio Saniatan	Hawaii	402.2
78	Monte Hokoana	Hawaii	402.2
78	Dinesh Mangra	New York	402.2
78	Lonnie Overturf	Texas	402.2
78	John Yu	Texas	402.2
78	Jed Lee	Ohio	402.2
78	Jed Hussein	Texas	402.2
78	Gabe Hamel	Oregon	402.2
78	Gabe Guitierrez	Texas	402.2
78	Daniel El Naggar	California	402.2
78	Anthony Carroll	Washington	402.2
78	Brian Mitchell	Idaho	402.2
92	Spencer Cole	Washington	396.7
92	Josh Wrye	Georgia	396.7
92	Ismael Filipe De Nardi	Brazil	396.7
95	Jose Perez	California	392.3
96	Tim Tyson	Louisiana	391.2
96	John Petersen	Wisconsin	391.2
96	Damon Hawley	Virginia	391.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
96	Aramiq Amirchian	Arizona	391.2
100	Doug Malmberg	Illinois	387.9
101	Tom Owens	Illinois	385.7
101	Shane Barden	Oregon	385.7
101	Randy Coffee	Oklahoma	385.7
101	Lance Rabacal	Hawaii	385.7
101	Don Linerud	Idaho	385.7
101	Dave Wallis	Utah	385.7
101	Andrew Somera	Washington	385.7
101	Camryn Knox	Texas	385.7
101	Barry Kunkel	Oregon	385.7
110	Allen McVaney	Ohio	380.2
110	Christopher Purta	Idaho	380.2
110	Brandon Presto	Nevada	380.2
110	Andy Kaszubski	Wisconsin	380.2
110	Shawn Grisham	Texas	380.2
110	Rudy Hillyard	Pennsylvania	380.2
110	Mitch Coopet	Minnesota	380.2
110	Leonard McAllister	Oregon	380.2
110	Justin Bittner	Pennsylvania	380.2
110	Gary Miller	Nevada	380.2
110	Forest Klein	Alabama	380.2
110	Eric Milburn	Utah	380.2
110	Derek Chiodo	Minnesota	380.2
110	Chuck Venturella	Pennsylvania	380.2
110	Chase Mitsuda	Hawaii	380.2
110	Brad Biroan	Hawaii	380.2
110	Bob Bish	Oregon	380.2
110	Christopher Purta	Idaho	380.2
128	Dylan Holcomb	Oregon	374.7
128	Randy Kawabata	Hawaii	374.7
128	Randall Wrye	Georgia	374.7
128	Rance Balidoy	Hawaii	374.7
128	Phillip Halverson	Illinois	374.7
128	Matt Smith	Michigan	374.7
128	Joseph Withers	Washington	374.7
128	Dr. David Scherer	Texas	374.7
128	Andrew Scherer	Texas	374.7
128	Kenny Lyons	Idaho	374.7
128	Mike Haynes	Utah	374.7
128	Rick Michaud	Maine	374.7
128	James Lin	Washington	374.7
141	Vilmar Oliveira	Brazil	369.2
141	Robert Gernert	California	369.2
141	Mattieu Coudriaud	France	369.2
141	Mark Camacho	Texas	369.2
141	Luis Perez	Texas	369.2
141	Leo Mattoni	Washington	369.2
141	Junior Dicion	Hawaii	369.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
141	John Marks	Michigan	369.2
141	Jesse Romero	Washington	369.2
141	Jason Dean	Alabama	369.2
141	James Windham	Louisiana	369.2
141	David Lesmes	Texas	369.2
141	Dan Marxheimer	Washington	369.2
141	Julian Kaipō Perez	Hawaii	369.2
155	Charles Smith	Tennessee	365.9
156	Larry Bradshaw	Oklahoma	365.0
157	Michael Mayhall	Alabama	364.8
158	David R Smith	Texas	363.7 Raw
158	Jonathan Rosete	Oregon	363.7
158	Travis Miller	Wisconsin	363.7
158	Phil Duke	Alabama	363.7
158	Martin Esparza	Texas	363.7
158	Louis Musinski	Michigan	363.7
158	Lee Luther	Washington	363.7
158	Justin Dausat	Louisiana	363.7
158	John Tyree	Texas	363.7
158	Jeffery Short	Nevada	363.7
158	Eric Lumpkin	Oregon	363.7
158	Eric Carmichel	Arizona	363.7
158	Augustine Mastroine	Ohio	363.7
158	Arthur Sharpe	Michigan	363.7
158	Al Nebo	Hawaii	363.7
158	Karter Brachear	Illinois	363.7
158	Spencer Shoesmith	Montana	363.7
175	Darrin Tyrell	Arkansas	361.3
176	Mark Dotson	Arkansas	360.0
177	Robert Goddard	Oregon	359.1
178	Tom Cencich	Colorado	358.0
178	Ray Segura	Washington	358.0
178	Llumel Magana	Hawaii	358.0
178	Ken VanBuren	Arizona	358.0
178	Jonathan Kimo Luna	Hawaii	358.0
178	Fulton White	Nevada	358.0
178	Brent Kegler	Minnesota	358.0
178	Arun Sharma	India	358.0
178	Jeramie Dawley	Oregon	358.0
187	Jeffrey Carter	Oklahoma	355.0
187	Carl Mustari	New York	355.0
189	SeraFin DeSimone	Argentina	354.7 Raw
190	Kekoa Pasion-Almeida	Hawaii	353.6 Raw
190	Nick Tsangeos	Ohio	353.6
191	Tim Brown	Texas	352.5
191	Tanner Surratt	Texas	352.5
191	Spencer Sequin	Hawaii	352.5
191	Philan Jordan	Washington	352.5
191	Paul Baer	Minnesota	352.5

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL
BY MALE LIFTERS
Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
191	Nolan Kido	Hawaii	352.5
191	Neal Evans	Illinois	352.5
191	Larry Cardon	Virginia	352.5
191	Justin Alford	Oregon	352.5
191	Josh Reyes	Illinois	352.5
191	Jacob Rogers	South Carolina	352.5
191	Humberto Verduzco	California	352.5
191	Greydon Espinda	Hawaii	352.5
191	Erick Kuskie	California	352.5
191	Daniel Sisneros	California	352.5
191	Andy Ellis	Texas	352.5
191	Allan Franks	California	352.5
191	Jonas Anderbring	Sweden	352.5
191	Michael Flies	Montana	352.5
191	Mason Harbour	Ohio	352.5
211	Jesse Carter	Idaho	350.0
212	Steve Hauger	Washington	347.0
213	Michael Sky Von Inter	Washington	347.0
213	Jim Cargill	Nevada	347.0
213	James Colon	Tennessee	347.0
213	Robert Hutchins	New Jersey	347.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Don Linerud	Idaho	606.2
2	Spencer Shoemith	Idaho	589.5
3	Valentino Plummer	Oregon	584.0
4	Trey Jewett	Texas	573.0
4	Willard Crossen III	Washington	573.0
6	Solomon Lee III	Hawaii	564.2
7	Josh Decker	Michigan	551.0
8	Richard Derengowski	Illinois	545.5
9	Janne Pöykiö	Finland	534.5
9	Danny Soto	Oregon	534.5
9	Brandon Leming	Tennessee	534.5
12	Tolan Furusho	Washington	532.3
13	Keith Daniels	Hawaii	531.2
13	Daniel Suzuki	Hawaii	531.2
15	Ryan Harris	Oregon	530.1
16	David Lenius	Idaho	529.0
16	Charles Walker	California	529.0
18	Andy Furnas	Ohio	524.6
19	A.J. Agamao	California	523.5
20	Deron Agaran	Hawaii	518.0
20	Jacob Rogers	Oklahoma	518.0
20	Mike Bingham	Pennsylvania	518.0
20	Brian Fisher	Georgia	518.0
20	Mosbeh El-Kenany	Texas	518.0
25	Steven Judah	Florida	515.8
26	Andrew Kim	Illinois	513.6
27	Daniel Sisneros	California	512.5
27	John Korn III	Mississippi	512.5
29	Rami Eerikainen	Finland	507.0
29	Tomi Vikla	Finland	507.0
29	Steve Hermann	Michigan	507.0
29	Marvin Coleman	Michigan	507.0
29	Matt Griffin	Texas	507.0
29	Kim Paivoke	Finland	507.0
29	Chris Neal	Mississippi	507.0
36	Anthony Stevens	Florida	505.0
37	Eric Millburn	Utah	502.6
38	Mike Ryan	Michigan	501.5
38	Kourtney Sanks	Alabama	501.5
38	Hoss Rhoton	Texas	501.5
38	Cody Okimoto	Hawaii	501.5
38	Brian Hughes	Montana	501.5
43	Jon Cunningham	Utah	497.1
44	Bob Levering	California	496.0
44	Dean Reiman	Minnesota	496.0
46	Byron Beebe	Oregon	491.6
47	Mike Saito	Hawaii	490.5
48	Dr. Marco Rodriguez	Texas	485.0
48	Apache Keawe-Aiko	Washington	485.0
48	Jake Rogers	Oklahoma	485.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
51	Luis Alaniz	Texas	479.5
51	Sheyne Demello	California	479.5
51	Lee Jones	California	479.5
51	Ed Morishima	Hawaii	479.5
55	Timothy Pruitt	Illinois	473.7
55	Ryan Morrison	California	473.7
55	Rudy Lopez	California	473.7
55	Nick Santarone	New York	473.7
55	Korry Kowarsch	Minnesota	473.7
55	Jeff Woods	Ohio	473.7
55	Andrew Somera	Washington	473.7
62	Sakari Selkainaho	Finland	468.2
62	Elliott Smith	New Mexico	468.2
62	Jay Shimabuku	Hawaii	468.2
65	Todd Scott	Washington	462.7
65	Steve Erlenbaugh	Illinois	462.7
65	Phil Cannizzaro	California	462.7
65	LeRoy Banks	Illinois	462.7
65	Joe Bruno	Washington	462.7
65	Chris Golden	Texas	462.7
71	Ryan Sandoval	Utah	457.2
71	Charles Mata	Texas	457.2
71	Anthony Low	Hawaii	457.2
71	Allen Berry	Washington	457.2
71	Gary Thomas	Pennsylvania	457.2
71	Llumel Magana	Arizona	457.2
77	James Burdette	Louisiana	455.0
78	Bret Campbell	Georgia	452.8
79	Burt Duer	California	451.7
79	Joseph Lamattina	Michigan	451.7
79	Sean Kaneshiro	Hawaii	451.7
79	Johnny Hernandez	Idaho	451.7
79	Jeff Sussman	California	451.7
79	Jack Brown	Tennessee	451.7
79	Dell Garcia	Texas	451.7
79	David Thompson	Oregon	451.7
79	Darren Carr	Utah	451.7
88	Leonard McAllister	Oregon	450.7
89	Travis Woods	California	447.3
90	Gustavo Almada	Argentina	446.2
90	Joe Stafford	Oregon	446.2
90	Amandeep Singh	India	446.2
93	Vincent Miyoi	Hawaii	440.7
93	Tom Ragusa	Illinois	440.7
93	Manu Manukian	Republic of Georgia	440.7
93	Jerry Riley	Oregon	440.7
93	Jacob Rogers	Kansas	440.7
93	Ilian Rojas	Texas	440.7
93	Cory Evans	Canada	440.7
93	Brian Baertlein	Oregon	440.7

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
93	Anton White	Illinois	440.7
102	T.R. Russo	Pennsylvania	435.2
102	Robert Dawidowicz	Poland	435.2
102	Rey Estrada	Arizona	435.2
102	Michael Early	Arizona	435.2
102	Martin Aguirre	Nevada	435.2
102	Kris Chitty	Texas	435.2
102	Jed Lee	Ohio	435.2
102	Dave Wallis	Utah	435.2
102	Clark Morgan	North Carolina	435.2
102	Anthony Zaffino	Georgia	435.2
102	Kawika Machado	Hawaii	435.2
113	Ryan Birt	Florida	430.0
114	Ryan Marble	Utah	429.7
114	Kevin Coombs	Montana	429.7
114	Brian McLaughlin	Oregon	429.7
114	Jarkko Forss	Finland	429.7
118	Ray Segura	Washington	425.3
119	Timothy Brown	Texas	424.2
119	Robert Wells	Massachusetts	424.2
119	Phillip Williamson	Pennsylvania	424.2
119	Kris Matsumoto	Hawaii	424.2
119	Jose Marin	Texas	424.2
119	Galen Lyle	Illinois	424.2
119	Fil Dena III	Nevada	424.2
119	Dylan Blum	Texas	424.2
119	Dr. Joseph Bozzelle	Louisiana	424.2
119	Barry Duran	Oregon	424.2
119	Alfred Jackson	Washington	424.2
119	Kaneala Ablao	Hawaii	424.2
119	Edwin Manmano	Hawaii	424.2
132	Matthew Jones	Michigan	419.8
132	Edward O'Brien	Nevada	419.8
132	Chad Bell	Texas	419.8
132	Brandon Akamine	Hawaii	419.8
136	Zach Miller	Washington	418.7
136	Vincente Medelez	Washington	418.7
136	Scott Miller	Alabama	418.7
136	Ron Garofalo	Colorado	418.7
136	Robert Ashe	Georgia	418.7
136	Patrick Thomas	Texas	418.7
136	Michael Goodmote	Pennsylvania	418.7
136	Kingston Lee	California	418.7
136	Justin Pascual	Hawaii	418.7
136	Johnny Green	Texas	418.7
136	Dominic Vespoli	Hawaii	418.7
136	Chris Rayner	Oklahoma	418.7
136	Anthony Muscatella	New York	418.7
136	Anthony Carroll	Washington	418.7
136	Shane Ahlo Jr.	Hawaii	418.7

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
151	Ryan Kelly	Florida	415.0
151	Sam Bassan	Wisconsin	413.2
151	Luke Blaskovitch	Montana	413.2
151	Jamie Siebrecht	Iowa	413.2
151	Greg Brink	Oregon	413.2
151	Eric Lumpkin	Oregon	413.2
151	Don Walker	Washington	413.2
151	Chris Desmond	California	413.2
151	Charles Phillips	Alabama	413.2
151	Brian Vales	Arizona	413.2
151	Bobby Hackett	California	413.2
151	Bart Cook	Washington	413.2
151	Aramiq Amirchian	Arizona	413.2
164	Larry Glenn, Jr.	Florida	410.0
165	John Burke	Texas	408.8
166	Scott Beach	Hawaii	407.7 Raw
166	Matthew Turner	Oklahoma	407.7 Raw
166	Drayden Steele-Kawewehi	Hawaii	407.7
166	Zachary Jones	Oklahoma	407.7
166	Sofala Maiava	Washington	407.7
166	Rudy Lozano	California	407.7
166	Rich Eley	Nevada	407.7
166	Nepi Casauga	Hawaii	407.7
166	Miguel Guillen	Michigan	407.7
166	Kirk Nakamura	Hawaii	407.7
166	Kevin Haley	Texas	407.7
166	Judd Sato III	Hawaii	407.7
166	Josh Reyes	Illinois	407.7
166	Josh Gammon	California	407.7
166	James Noblit	Oregon	407.7
166	Flavio Danna	Brazil	407.7
166	Edgar Bravo	Guatemala	407.7
166	Danny Russo	California	407.7
166	Brook Angelette	Louisiana	407.7
166	Brian Thompson	Hawaii	407.7
166	Wilson Nguyen	Oregon	407.7
187	Armando Dieppa	Texas	405.0
188	Luis Alaniz	Texas	402.2 Raw
188	Willard Crossen III	Washington	402.2 Raw
188	Filho Almada	Argentina	402.2
188	Kertis Jensen	Wisconsin	402.2
188	Willis Wiger	Indiana	402.2
188	Wayne Martinez	Utah	402.2
188	Tom Gonnering	Alabama	402.2
188	Tanner Cook	Arizona	402.2
188	Shawn Grisham	Texas	402.2
188	Ryan Bonds	Alabama	402.2
188	Russ Cwoozinski	Tennessee	402.2
188	Ralph Young	Ohio	402.2
188	Mark Lo	Hawaii	402.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
188	Kha Le	California	402.2
188	Ken Fasulo	California	402.2
188	Jeff Jones	California	402.2
188	Jeff Button	Texas	402.2
188	Jeb Brydon	Michigan	402.2
188	Jay Huitt	Oregon	402.2
188	Austin Witt	Nevada	402.2
188	Augie Mastroine	Ohio	402.2
188	Jackson Jones	Washington	402.2
188	Ronie Martinez	Hawaii	402.2
211	Tracy Parham	Oklahoma	400.0
211	John Peterson	Wisconsin	400.0
211	David Viars	Florida	400.0
214	Bobby Chanthavong	Arkansas	387.9 Raw
215	Chad Medina	New Mexico	374.7 Raw
215	Leandro P Saldana	Brazil	374.7 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Matt Lamarque	California	705.2
2	Ryan Marble	Utah	677.7
3	Max Panziera	California	661.2
3	Gustavo Warrington	Oregon	661.2
5	Jerry Aquino	Hawaii	655.7
6	Don Linerud	Idaho	640.3
7	James Burdette	California	639.2
8	Trey Jewett	Texas	634.8
9	Solomon Lee III	Hawaii	622.7
10	Simon Kankkonen	Finland	617.2
10	Jarko Forss	Finland	617.2
12	Daniel Suzuki	Hawaii	613.9
13	Frank Caminita	Louisiana	611.7
14	Richard Derengowski	Illinois	586.2
15	Charles Farmer	Montana	585.1
15	Tony Coduto	Illinois	585.1
17	Robert Norman	Wisconsin	584.0
17	Ben Brizendine	Oregon	584.0
19	Larry Cox	Texas	579.6
20	Coby Washburn	Texas	578.5
21	Dave Gronenthal	Idaho	573.0
21	Lee Rorie	North Carolina	573.0
23	Ed Morishima, Jr	Hawaii	563.1
24	Rami Haapavanta	Finland	562.0
24	Kim Paivoki	Finland	562.0
24	George Herring	Georgia	562.0
24	Lawrence De Alva	Arizona	562.0
28	Rick Marrama	Massachusetts	556.5
28	John Korn III	Mississippi	556.5
30	Kirk Whittenberg	California	551.0
30	Ronald W.C. Nipp	Hawaii	551.0
30	Jody Woods	California	551.0
30	Danny Soto	Washington	551.0
30	Brian Ramsey	Texas	551.0
30	Ian Bernard	Hawaii	551.0
36	Josh Decker	Michigan	545.5
36	Jason Carson	Illinois	545.5
36	Leonard Chong	Hawaii	545.5
39	Michael Earley	Arizona	540.0
39	Eric Milburn	Utah	540.0
39	Joey Murphy	Georgia	540.0
42	James Whitney	Texas	535.6
43	Louie Mansanas	Hawaii	534.5
44	Andre Planchon	California	525.7
45	Sheyne Demello	California	523.5
46	Ed Sim	Oregon	520.0
47	James Noblit	Oregon	518.0
47	Greg Gibson	California	518.0
47	Greg Arrell	Hawaii	518.0
47	Anthony Stevens	Florida	518.0

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
47	Michael Early	Arizona	518.0
52	Jason Jackson	Oklahoma	515.0
53	Nick Berriman	Oregon	513.6
53	Nathaniel Robino	Hawaii	513.6
53	Jeff Woods	Ohio	513.6
53	Benjamin Maielua	Hawaii	513.6
57	Seppo Junttila	Finland	512.5
57	Ryan Harris	Oregon	512.5
57	Robert Balasang	Hawaii	512.5
57	Bob Levering	California	512.5
57	Anthony Jones	Michigan	512.5
57	Adam Foster	Hawaii	512.5
63	Jacob Rogers	Oklahoma	507.0
63	Rodney Schrum	Indiana	507.0
63	Keith Kanemoto	California	507.0
63	Jerry Saldana	Texas	507.0
63	Ilian Rojas	Texas	507.0
63	Dan Swift	Illinois	507.0
63	Christopher Gillam	Arizona	507.0
63	Bill Shalkowski	Colorado	507.0
71	Justin Gardner	Texas	503.7
72	Patrick Thomas	Texas	502.6
72	David Militana	Tennessee	502.6
74	Preston Quinn	Wisconsin	501.5
74	Wes Brantley	Mississippi	501.5
74	Wayne Prose	Illinois	501.5
74	Thomas Ponzio	Utah	501.5
74	Michael Arrendell	Texas	501.5
74	Kincey Lloyd	Texas	501.5
74	Jared Bachmeier	Nevada	501.5
74	Israel Fuentes	Washington	501.5
74	Hoss Rhoton	Texas	501.5
74	Ed Wilkinson	Texas	501.5
74	Damon Klinedinst	Maine	501.5
74	Corey Wittway	Pennsylvania	501.5
74	Chad Bell	Texas	501.5
74	Brant Bishop	Alabama	501.5
74	Ben Baker	Kansas	501.5
74	Apache Keawe'aiko	Washington	501.5
74	Ahmed Abukhater	Palestine	501.5
74	Sherman White	Tennessee	501.5
74	Kegan Houx	Oregon	501.5
93	Janni Loippo	Finland	496.0
93	Ernie Mil-Homens	Canada	496.0
93	Darris Piggee	Washington	496.0
93	Benny Long	Oklahoma	496.0
97	Sean Boyle	Washington	490.5
97	Rocky Gingg	Arizona	490.5
97	Nolan Nip	Hawaii	490.5
97	Joe Smith	California	490.5

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
97	Doug Noebe	Ohio	490.5
97	C. J. Hollingshead	Kansas	490.5
97	Michael Diaz	Oregon	490.5
97	Kevin Sawyer	Oklahoma	490.5
105	Byron Beebe	Oregon	486.1
106	Ryan Morrison	California	485.0
106	Rudy Lopez	California	485.0
106	Heikki Tyrvainen	Finland	485.0
106	Charles Phillips	Alabama	485.0
106	Alexander Nieto	California	485.0
106	Rami Eerikainen	Finland	485.0
112	LeRoy Banks	Illinois	479.5
112	Cleveland King	Washington	479.5
112	Bryan Ryan	California	479.5
112	Bryan Gregory	Hawaii	479.5
116	Mark Shasteen	Tennessee	475.9
117	Rick Olson	Iowa	474.8
117	Mike Berteaux	Colorado	474.8
117	Bryan Lombardo	Pennsylvania	474.8
120	Wendall Omura	Hawaii	473.7
120	T.R. Russo	Pennsylvania	473.7
120	Ronnie Wright	Georgia	473.7
120	Ray Dohaniuk	Washington	473.7
120	Randall Cardona	California	473.7
120	Matthew Ogurek	Michigan	473.7
120	Jeff Sussman	Washington	473.7
120	Jeff Cook	North Carolina	473.7
120	Ikaika Gilman	Hawaii	473.7
120	Darryl Harvey	Texas	473.7
120	James Hunter	California	473.7
120	Brian Shekels	Wisconsin	473.7
132	Ryan Kelly	Florida	470.0
133	Tyler Carlson	Montana	469.3
133	Dalton Wilson	Georgia	469.3
135	Stefan Green	Washington	468.2
135	Mel Weil	Montana	468.2
135	Matt Christie	Georgia	468.2
135	Ken Dinolfo	Oregon	468.2
135	Johnny Hernandez	Idaho	468.2
135	Dalton Christian	West Virginia	468.2
135	Bronson Giernet	Minnesota	468.2
142	Clayton Lang	Florida	465.0
143	Jason Frickey	Louisiana	464.9
144	Allen Berry	Washington	463.8
145	Steve Pena	California	462.7
145	Ryan McKay	Indiana	462.7
145	Roderick Harrell	Alabama	462.7
145	Rick Brewer	Texas	462.7
145	Richard Champion	Alabama	462.7
145	Nate Olaivar	Hawaii	462.7

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
145	Mike Rubio	Georgia	462.7
145	Joseph Adams	Utah	462.7
145	Jordan Glenn	Texas	462.7
145	Guy Lopez	Hawaii	462.7
145	Gary McFarland	California	462.7
145	Fil Dena III	Nevada	462.7
145	Edgar Masters	Guatemala	462.7
145	Dennis Sugimoto	Washington	462.7
145	Brian Walker	Oregon	462.7
145	Adeel Dar	New York	462.7
161	Tyson Davis	Oklahoma	460.0
162	Spencer Shoosmith	Idaho	457.2 Raw
163	Richard Kelly	Texas	457.2
163	Mike Smothers	Illinois	457.2
163	Glenn Villarmia	Hawaii	457.2
163	Cyrus Gharib	Texas	457.2
163	Chad Matthews	Texas	457.2
163	Russ Clark	Colorado	457.2
163	Darren Carr	Utah	457.2
163	Patrick Rocha	Texas	457.2
171	Slavic Samoylich	Colorado	455.0
172	Joseph Daigle	Texas	453.9
173	Jermaine Lyles	Oklahoma	451.7 Raw
173	Jack Rogers	Oklahoma	451.7
173	Pete Ramundo	New York	451.7
173	William Foster	Tennessee	451.7
173	Vic Karpenko	California	451.7
173	Troy Richards	California	451.7
173	Tim Pruitt	Illinois	451.7
173	Ted Kennedy	Georgia	451.7
173	Ron Huebner	Wisconsin	451.7
173	Neil Saurers	Ohio	451.7
173	Mike Bazinet	Maine	451.7
173	Mark Hatfield	California	451.7
173	Larrik Dennison	Montana	451.7
173	Joseph Marshall	Nevada	451.7
173	Jose Marino	Ecuador	451.7
173	John DeLuca	California	451.7
173	Cory Dexter	Nevada	451.7
173	Brian Baertlein	Oregon	451.7
173	Andrew Marks	Hawaii	451.7
173	Edgar Garcia Sierra	Oregon	451.7
193	Jarred Loomis	Oregon	450.7
194	Michael Ireland	Washington	446.2
194	John Mendoza	Arizona	446.2
194	John Ihlenfeld	Pennsylvania	446.2
194	Ernest Reyes	Utah	446.2
194	Eric Timbers	Pennsylvania	446.2
194	Doug Tracy	Nevada	446.2
194	Bill Cox	Oregon	446.2

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
194	Andy Whitaker	Louisiana	446.2
194	Elton Dalmolin	Arizona	446.2
194	Kawika Machado	Hawaii	446.2
204	Tim Lang	Florida	442.0
205	Scott Cook	West Virginia	441.8
205	Brian Welker	Texas	441.8
205	Brandon Alvarez	Nevada	441.8
208	Edward Young	Nevada	440.7
208	Tom Gonnering	Alabama	440.7
208	Ilkka Naskali	Finland	440.7
208	Kaneala Ablao	Hawaii	440.7
208	Toe Preston	Hawaii	440.7
208	Todd Cossey	Hawaii	440.7
208	Steve Ramey	Georgia	440.7
208	Pablo Arriaga	Texas	440.7
208	Michael Ross	Nevada	440.7
208	John O'Reilly	California	440.7
208	Joe Castorina	California	440.7
208	Jeremy McDaniel	Alabama	440.7
208	Ellis Orso	Alabama	440.7
208	Dave Ross	Minnesota	440.7
208	Craig Palmer	Montana	440.7
208	Butch Zemaitis	Pennsylvania	440.7
208	Adrian Larsen	Oregon	440.7
208	Kamalei Benjamin-Maielua	Hawaii	440.7
226	Phil Davi	California	435.2
226	Nelson Callahan	Hawaii	435.2
226	Neil Schoenebeck	Michigan	435.2
226	Joseph Parsons	Oklahoma	435.2
226	Jake Thomas	Oregon	435.2
226	Greg Alves	California	435.2
226	Anthony Woods	Nevada	435.2
233	Tony Gomez	Idaho	429.7
233	Steven Jones	Alabama	429.7
233	Jason Hoyt	Oregon	429.7
233	DuJuan Calvo	Texas	429.7
233	Don Mike Gillis	Hawaii	429.7
233	David Salinas	Texas	429.7
233	David Bradshaw	California	429.7
240	Dex Gardner	Arkansas	424.2 Raw
240	Justin Gardner	Texas	424.2 Raw
242	Bryson Murata	Hawaii	418.7 Raw
243	Tommy Genrty	Illinois	414.3 Raw
244	Sam Bussan	Wisconsin	413.2
245	Pete Ramundo	New York	407.7 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Greg Powell	Texas	804.5
2	Ryan Marble	Utah	777.0
3	Matt Lamarque	California	771.5
4	Rick Marrama	Massachusetts	716.2
5	Jerry Aquino	Hawaii	707.5
6	Trey Jewett	Texas	706.3
7	Seth Reed	Maine	705.2
8	Chad Bertleman	Hawaii	683.2
9	Michael Green	Florida	677.7
10	Mike Saunders	Utah	672.7
10	Ken Millrany	Tennessee	672.7
12	Mohammad Golmohammadi	Iran	661.2
13	Jimmy Kolb	Ohio	650.2
14	Jose Mireles	Michigan	644.7
14	James Kelly	Hawaii	644.7
16	Joey Murphy	Georgia	639.2
17	Clint Smith	Florida	633.7
18	Kim Brownfield	Oklahoma	625.0
19	Henry Lehtola	Finland	622.7
19	Gustavo Warrington	Oregon	622.7
21	Petri Heitamaki	Finland	617.2
21	Coby Washburn	Texas	617.2
23	Richard McKeefer	Oklahoma	611.7
23	Joe Guerra	Texas	611.7
23	Joe Bianchi	Massachusetts	611.7
23	Jason Jackson	Oklahoma	611.7
27	Jeremiah Lopez	California	607.3
28	Matthew Arnaldo	California	606.2
29	Dean Ideue	Hawaii	601.8
30	Michael Early	Arizona	600.7
30	Ian Bernard	Hawaii	600.7
30	Justin Stansfield	Utah	600.7
30	Robert Norman	Wisconsin	600.7
30	Ray Perez	California	600.7
30	Levi Van Dyke	Washington	600.7
30	Joshua Peterson	Montana	600.7
30	Aaron Iramina	Hawaii	600.7
38	Chad Mathews	Texas	595.0
39	Charles Farmer	Montana	589.5
39	Scott Edmondson	Oregon	589.5
39	Jason Kemp	Tennessee	589.5
39	Terry Baldwin	Montana	589.5
43	Dave Gronenthal	Idaho	584.0
43	Kalle Rasanen	Finland	584.0
43	Armando Soto	Texas	584.0
46	Doug Haycraft	Illinois	579.6
47	Jake Romo	California	578.5
47	Stefan Green	Washington	578.5
49	Sean Demarinis	California	576.3
50	George Herring	Georgia	575.2

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
50	Tyler Carlson	Montana	575.2
52	Daniel Ducharme	Arizona	574.1
52	Nick Berrimann	Oregon	574.1
52	Lawrence De Alva	Arizona	574.1
52	Mark Stosich	Montana	574.1
56	Shahid Shabazz	Illinois	573.0
56	Phil Davi	California	573.0
56	Mike Ludovico	California	573.0
56	Kim Paivoki	Finland	573.0
56	John Nelson	Montana	573.0
56	Alvin Yearby	Florida	573.0
56	Don Goldsworthy	Washington	573.0
63	Greg Stephens	California	568.6
64	Tony Blas	Oregon	567.5
64	Byron Brubaker	California	567.5
64	Brant Bishop	Alabama	567.5
64	Brad Neal	Missouri	567.5
68	Joseph Lamattina	Michigan	562.0
68	Tatu Avola	Finland	562.0
68	Steve Pena	California	562.0
68	Matt Vinopal	Wisconsin	562.0
68	Adam Foster	Hawaii	562.0
73	Jim Noblit	Oregon	556.5
73	Ed Barnes	California	556.5
73	Clinton Sims	California	556.5
73	Bruce Young	Hawaii	556.5
77	Scott Cook	West Virginia	552.1
77	Matt Ogurek	Michigan	552.1
77	Hoss Rhoton	Texas	552.1
80	Jason Carson	Illinois	551.0
80	Sean Boyle	Oregon	551.0
80	Mike Graziose	California	551.0
80	Mark Arnold	Georgia	551.0
80	James Houston	California	551.0
80	Heikki Tyrvaainen	Finland	551.0
80	Greg Arrell	Hawaii	551.0
80	Glen Villarmia	Hawaii	551.0
80	Ed Wilkinson	Texas	551.0
80	Christopher Gillam	Arizona	551.0
80	Bronson Pieper	Hawaii	551.0
80	Austin Sellers	Texas	551.0
80	Matthew Arnaldo	California	551.0
93	Bud Fetty	Ohio	550.0
94	Todd Stark	Washington	545.5
94	Steve Beaudoin	Oregon	545.5
94	Kincey Lloyd	Texas	545.5
94	Jon Kobayashi	Hawaii	545.5
94	Joe Raynor	North Carolina	545.5
94	Will Beavers	California	545.5
94	Joe Gardner	Illinois	545.5

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
101	Lance Fuhrman	Washington	541.1
102	Neal Caballero	Hawaii	540.0
102	Matt Cole	Illinois	540.0
102	Luis Nocera	Pennsylvania	540.0
102	John Mendoza	Arizona	540.0
102	Harry Woods	Alabama	540.0
102	Elijah Brown	Georgia	540.0
102	Bronson Glernet	Minnesota	540.0
102	Seppo Junttilla	Finland	540.0
102	Brian Shekels	Wisconsin	540.0
102	Justin Stansfield	Utah	540.0
112	Kevin Scully	Minnesota	535.6
113	Jesse Avila	Utah	534.5
113	William Murray	North Carolina	534.5
113	Timothy Wharton	Maryland	534.5
113	Ray Dohaniuk	Washington	534.5
113	Nathan Lane	Washington	534.5
113	Joseph Williams	Ohio	534.5
113	Alex Dacanay	Arizona	534.5
113	Fabio de Melo Leite	Brazil	534.5
121	Isaac Kama Moises	Hawaii	531.2
122	Mike Berteaux	Colorado	530.1
122	Ken Dinolfo	Oregon	530.1
122	Justin Gardiner	Texas	530.1
125	Robert Aiu	Hawaii	530.1
126	Don Rygh Jr	Minnesota	529.0
126	Scott Mecham	Utah	529.0
126	Samuli Ketola	Finland	529.0
126	Robert Golgano	Maine	529.0
126	Patrick Thomas	Texas	529.0
126	Michael Ireland	Arizona	529.0
126	Markus Ravander	Finland	529.0
126	Mark Keyser	Pennsylvania	529.0
126	Juan Laija	California	529.0
126	Jari Rintala	Finland	529.0
126	Chris Duffin	Oregon	529.0
137	Josh Wilkens	Washington	525.0
138	Tony Coduto	Illinois	524.6
139	Mike Meza	Texas	523.5
139	Marc LeClair	Michigan	523.5
139	Leonard Chong	Hawaii	523.5
139	John Rowland	Georgia	523.5
139	James Seaver	Arizona	523.5
139	Gary Gulseth	Wisconsin	523.5
139	David Bradshaw	California	523.5
139	Andre L.G. Souza	Brazil	523.5
139	Brian Reynolds	Washington	523.5
148	Gary McFarland	California	520.2
149	Tony Arterburn	North Carolina	519.1
150	Atte Poikonen	Finland	518.0 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
150	Jarko Forss	Finland	518.0
150	Wayne Prose	Illinois	518.0
150	Shawn O'Kelly	Indiana	518.0
150	Robert Lipinski	Michigan	518.0
150	Rick Hess	New Jersey	518.0
150	Mike Frizzell	Illinois	518.0
150	Kerwin Sawyer	Oklahoma	518.0
150	John DeLuca	California	518.0
150	Joah Ash	Oregon	518.0
150	Jeff Begue	Ohio	518.0
150	Ben O'Brien	Arizona	518.0
162	Ryan Shim	Hawaii	512.5
162	John Westleigh	Maine	512.5
162	Rami Leiviska	Finland	512.5
162	Kurt Michael Green	Alabama	512.5
162	Josh Jagers	Hawaii	512.5
162	Chris Senese	Alabama	512.5
168	Preston Quinn	Wisconsin	507.0
168	Steadman Mathis	Washington	507.0
168	Morris Johnson	Oregon	507.0
168	Michael Ireland	Washington	507.0
168	Kegan Engelke	Washington	507.0
168	Joseph Adams	Utah	507.0
168	Jack Griffin	Montana	507.0
175	Rocky Gingg	Arizona	504.8
176	Tim Martin	Washington	502.6
176	Ronnie Edwards	Georgia	502.6
178	James Hunter	California	501.5 Raw
178	J.D. Cartlidge	Nevada	501.5
178	Tom Pernu	Minnesota	501.5
178	Steven Kaufman	Texas	501.5
178	Shayne Unea	Oregon	501.5
178	Ryan Becsei	Arizona	501.5
178	Robert Harris	Nevada	501.5
178	Nick Massey	California	501.5
178	Mike Smothers	Illinois	501.5
178	Mike McKenzie	Colorado	501.5
178	Mike Bazinet	Maine	501.5
178	Mel Weil	Montana	501.5
178	Mark Hatfield	California	501.5
178	Kainoa Caballero	Hawaii	501.5
178	Juha Pukkila	Finland	501.5
178	Jody Woods	California	501.5
178	Jay Rinehart	Florida	501.5
178	James Smith	Kentucky	501.5
178	Ed McCauley	Oregon	501.5
178	David Barth	Pennsylvania	501.5
178	Dave Marba	California	501.5
178	Darryl Zuchelli	Alabama	501.5
178	Dalen Randa	California	501.5

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
178	Cory Dexter	Nevada	501.5
178	Charlie Turco	Texas	501.5
178	Chad Maki	Ohio	501.5
178	Andrew Jensen	Wisconsin	501.5
178	Atte Poikonen	Finland	501.5
178	Jerimiah Lopez	California	501.5
178	Michael Sullivan	Texas	501.5
208	Troy Charlie	Oregon	496.0
208	Neal Garcia	Texas	496.0
208	Craig Palmer	Montana	496.0
208	Craig Nightingale	Texas	496.0
208	Chris Cabasag	Hawaii	496.0
208	Alvin Foster, Jr.	Hawaii	496.0
214	Nick Dwinnell	Oklahoma	491.6
214	Bryan Haney	Ohio	491.6
216	Tony Leach	Oklahoma	490.5
216	Sadao (Ross) Narikiyo	Hawaii	490.5
216	Robert Brinkley	Texas	490.5
216	Nicholas Montibon	Hawaii	490.5
216	Jerame Linnell	Oregon	490.5
216	Dusty Burns	Oklahoma	490.5
216	Dustin Wharton	Maryland	490.5
223	Lauri Marttila	Finland	485.0 Raw
224	James Kelly	Hawaii	479.0 Raw
225	Percy Colvin	Illinois	473.7 Raw
226	Henry Lehtola	Finland	468.2 Raw

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Jimmy Kolb	Ohio	903.7
2	Greg Powell	Texas	815.5
3	Jason Jackson	Oklahoma	804.5
4	Matt Lamarque	California	801.2
5	Rick Marrama	Massachusetts	777.0
6	Harley Timbs	Tennessee	755.0
7	Jerry Aquino	Hawaii	744.0
8	Rob Golgano	Maine	734.1
9	James Hunter	California	733.0
9	Chris Carson	Ohio	733.0
11	Juha Someroja	Finland	727.5
12	Joe Martinez	California	705.2
12	Gustavo Warrington	Oregon	705.2
12	Austin Sellers	Texas	705.2
15	Ken Millrany	Tennessee	701.9
16	Chad Bertelmann	Hawaii	700.8
16	Ricky lee Durham	Texas	700.8
16	Guy Marcantino	Pennsylvania	700.8
16	Heikki Tyrvaianen	Finland	700.8
20	Tony Blas	Oregon	677.7
20	Juha Marsyla	Finland	677.7
20	Frank Wakakuwa	Nevada	677.7
23	Seth Reed	Maine	672.2
24	James Kelly	Hawaii	661.2
25	Patrick Parnell	Texas	650.2
26	Keithyon Gunter	Texas	644.7
26	BJ Dirk	Washington	644.7
28	James Houston	California	639.2
28	Eric Wright	Texas	639.2
28	Ed Wilkinson	Texas	639.2
31	Wayne Prose	Illinois	634.8
31	Russell Kitani	Nevada	634.8
33	Greg Stephens	California	633.7
33	Adrian Larsen	Oregon	633.7
33	Joey Murphy	Georgia	633.7
36	Jerame Linnell	Oregon	630.4
37	Phil Davi	California	628.2
38	Chris Senese	Alabama	626.0
39	Dusty Burns	Oklahoma	624.9
40	Scott Pollard	Pennsylvania	623.8
40	Ric Duncan	Texas	623.8
42	Darren Dunham	Oregon	622.7
43	Scott Edmondson	Oregon	618.3
44	Freddy Crosby	Illinois	617.2
44	Roderick Thomas	Alabama	617.2
44	Bruce Young	Hawaii	617.2
44	Brian Brubaker	California	617.2
48	Kim Brownfield	Oklahoma	616.0
49	James Seaver	Arizona	611.7
49	Ryan Chmura	Pennsylvania	611.7
49	Chad Matthews	Texas	611.7
52	Brant Bishop	Alabama	606.2
52	Richard McKeefter	Oklahoma	606.2

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
54	James Noblit	Oregon	602.9
55	Dave Gronenthal	Idaho	600.7
55	Jerimiah Lopez	California	600.7
55	Steve Munoz	California	600.7
55	Ray Perez	California	600.7
55	Nick Galletta	California	600.7
55	Jeff Begue	Ohio	600.7
55	David Fischer	Georgia	600.7
55	Danny Riston	Arkansas	600.7
55	Carlton James	Texas	600.7
55	Bert Hafner	Washington	600.7
55	Mike Frizzell	Illinois	600.7
66	Sami Huhtala	Finland	595.0
66	Matt Christie	Georgia	595.0
66	Ed Macauley	Oregon	595.0
69	Joseph Gast	Washington	589.5
70	Ryan Kennelly	Washington	584.0
70	Kevin Loudermilk	Oklahoma	584.0
70	Alex Uemura	Hawaii	584.0
70	Jeremy Myers	Montana	584.0
74	Seppo Juntilla	Finland	578.5
74	Joe Guerra	Texas	578.5
76	Roland Garza	Oregon	575.2
77	Nick Berriman	Oregon	573.0
77	Matt Vinopal	Wisconsin	573.0
77	Kimo Ah Quinn III	Hawaii	573.0
77	John Bowers	Washington	573.0
77	Jari Rosendahl	Finland	573.0
77	Ed Barnes	California	573.0
77	Chad Rogers	Canada	573.0
77	Stephen Verano	Hawaii	573.0
85	Sean Finnegan	Texas	567.5
85	Mike Hamby	Oklahoma	567.5
85	Frank Mclaughlin	Pennsylvania	567.5
85	Elijah Brown	Georgia	567.5
89	Brian Whited	Oklahoma	563.1
90	John Westleigh	Maine	562.0
90	Will Crossen, Jr	Washington	562.0
90	Stan Carradine	Colorado	562.0
90	Larry Birgado	Hawaii	562.0
90	Kent Doerfler	Oregon	562.0
90	John Boettger	Missouri	562.0
90	Joe Raynor	North Carolina	562.0
90	George Nelson	Oregon	562.0
90	Doug Haycraft	Illinois	562.0
90	Dennis Lowry	California	562.0
100	Roope Kaura	Finland	556.5
100	Nathan Lane	Washington	556.5
100	Juan Laija	California	556.5
100	Bennie Dooley	Washington	556.5
100	Matt Ogurek	Michigan	556.5
105	Tim James	Florida	555.0
105	Lance Fuhrman	Washington	555.0

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
107 Daniel Ducharme	Arizona	554.3
108 Mike Desrosiers	Arizona	553.2
109 Chad Maki	Ohio	552.1
110 Eduardo Elgart	Argentina	551.0
110 W. C. Carter	Alabama	551.0
110 Tod Norman	Ohio	551.0
110 Steve Pena	California	551.0
110 Steve Beaudoin	Oregon	551.0
110 Richard Niemritz	Washington	551.0
110 Jeremy Zimmerman	Canada	551.0
110 Gregg Chrun	Missouri	551.0
110 Ulrich Zamora	Nevada	551.0
110 Renan DeMarchi	Brazil	551.0
120 Ted Kennedy	Georgia	545.5
120 Mike Cordova	Utah	545.5
120 Kegan Engelke	Washington	545.5
120 Derek Arredondo	California	545.5
120 Chris Hinkley	Montana	545.5
120 Bob Gunn	North Carolina	545.5
120 Bert Hafner	Washington	545.5
120 Alvin Foster	Hawaii	545.5
128 Aaron Brown	Michigan	542.2
129 Joe Gardner	Illinois	540.0
129 Zeke Zermeno	Arizona	540.0
129 Vic Fonolmoana	Hawaii	540.0
129 Todd Christensen	Washington	540.0
129 Steadman Mathis	Washington	540.0
129 Michael Thomas	Texas	540.0
129 John Peru	Arizona	540.0
129 Jeff Alvari	Utah	540.0
129 Arthur Thompson	California	540.0
138 Gary McFarland	Vermont	536.7
139 Chad McMullin	Mississippi	535.6
139 Blane Tindull	Alabama	535.6
141 Tracy Ward	Arkansas	534.5
141 Mike McKenzie	Colorado	534.5
141 Malik Adam	California	534.5
141 Keith Taylor	Louisiana	534.5
141 Jensen Richardson	Hawaii	534.5
141 Don Rygh	Minnesota	534.5
141 Ben Prewitt	Montana	534.5
141 Sean Maly	Wisconsin	534.5
149 Renan Moreno	Brazil	529.0
149 Damon Klinedinst	Maine	529.0
149 Sadao (Ross) Narikiyo	Hawaii	529.0
149 Ryan Nielsen	Idaho	529.0
149 Mike Connor	Oregon	529.0
149 Jimmie Fullerton	Texas	529.0
149 Jeff Hinrichs	Arizona	529.0
149 Frank Schuetz	Virginia	529.0
149 Don Goldsworthy	Washington	529.0
149 Bryan Haney	Ohio	529.0
149 Bobby Leitz	Texas	529.0

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
160 Mark Patrick	Georgia	526.8
161 Mike Burns	Idaho	523.5
161 Shane Sowers	Tennessee	523.5
161 Richard Kiesel-Kauhane	Hawaii	523.5
161 Neal Garcia	Texas	523.5
161 Mike Bazinet	Maine	523.5
161 Joseph Trunzo	Utah	523.5
161 Jason Perez	Texas	523.5
161 Jason Gibson	Utah	523.5
161 Dan Ducharme	Arizona	523.5
161 Chip Tallman	Michigan	523.5
161 Darryl Zuchelli	Alabama	523.5
161 Shayne Unea	Oregon	523.5
161 Bobby Purser	Oklahoma	523.5
174 Jason Yelle	Nevada	519.1
175 Tom Cassata	Illinois	518.0
175 Robert Brinkley	Texas	518.0
175 Rob Carbo	California	518.0
175 Keoki Dacaycuy	Hawaii	518.0
175 Juha Pukkila	Finland	518.0
175 Don Black	Washington	518.0
175 Darwin English	Nevada	518.0
175 Dan Tubridy	California	518.0
175 Brandon Goda	Hawaii	518.0
175 Bob Lipinski	Michigan	518.0
175 Ulrich Zamora	Nevada	518.0
175 Tom Ekenberg	Texas	518.0
187 Ryan Myers	Oklahoma	515.0
188 Brian Hamilton	Washington	513.6
189 Andrew Levensalor	Maine	512.5
190 Pentti Liukkonen	Finland	512.5
190 Tony Arterburn	Texas	512.5
190 Steve Williams	California	512.5
190 Reggie McCoy	Texas	512.5
190 Nick Massey	California	512.5
190 Mark Christian	Texas	512.5
190 Jeremy Biewer	Minnesota	512.5
190 Ira Kekaualua	Oregon	512.5
190 Carroll Moon	Oregon	512.5
190 Brian Boggs	California	512.5
190 Austin Shipley	Arizona	512.5
190 Du Juan Calvo	Texas	512.5
190 Joe Guerra	Texas	512.5
203 Gabriel Martin	Florida	510.0
204 Lonnie Wilborn	Nevada	507.0
204 Terry Baldwin	Montana	507.0
204 Pauli Peltonen	Finland	507.0
204 Michael Stanford	Texas	507.0
204 Mark Lankford	Tennessee	507.0
204 Josh Lerch	Illinois	507.0
204 Joseph Davis	Arkansas	507.0
204 Jason Lake	Washington	507.0
204 Janne Heittokanges	Finland	507.0

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
204 Dave Henderson	Oregon	507.0
204 Casey Gallagher	Oregon	507.0
204 Buzz Landon	Oregon	507.0
204 Claudir Soares Lopes	Brazil	507.0
204 Jan Sjogen	Sweden	507.0
218 Steve Shipley	Oregon	505.0
219 Shota Bejashvili	Republic of Georgia	502.6
219 John Propcopio	New Jersey	502.6
221 Lauri Marttila	Finland	501.5 Raw
221 Percy Colvin	Illinois	501.5 Raw
221 Kevin Loudermilk	Oklahoma	501.5 Raw
221 Brent Gapusan	Washington	501.5
221 Ismansjah Soekardi	California	501.5
221 Chris Raglin	Texas	501.5
221 Tony Luce	Oklahoma	501.5
221 Tom Emelander	Texas	501.5
221 Rick Samples	Georgia	501.5
221 Randy Ryan	Pennsylvania	501.5
221 Randy Biggiam	Illinois	501.5
221 Michael Martin	Texas	501.5
221 Jonathan Leftwich	Alabama	501.5
221 John Anthony	Oregon	501.5
221 Joey Zorn	Minnesota	501.5
221 Jesse Fain	Georgia	501.5
221 Jeff Kim	California	501.5
221 Cody Colchado	Texas	501.5
221 Brian Ferguson	California	501.5
221 Austin Keanu	Hawaii	501.5
221 Arthur Clayton	California	501.5
242 Matt Krueger	Washington	490.5
242 Eddie Ross	Texas	490.5
242 Duane Fuss	Canada	490.5
242 Chris Erhardt	Oregon	490.5
246 John Rodriguez	Texas	486.0
247 Joelson Dos Santos Pimenta	Brazil	485.0 Raw
247 Jamail Randle	Texas	485.0 Raw
247 William Evans	Oregon	485.0
247 Tyler Pittiglio	Michigan	485.0
247 Pradeep Tandan	India	485.0
247 Leonard Pokora	Michigan	485.0
247 Gene Elser	Missouri	485.0
247 Cliff Wicks	Nevada	485.0
247 Cameron Gillespie	Virginia	485.0
247 Alan Waterfield	Ohio	485.0
257 Quincy Hampton	Arkansas	479.5 Raw
257 Ryan Girard	California	479.5
257 Kevin Rose	Washington	479.5
257 John Horn	Oregon	479.5
257 Greg McCoy	Texas	479.5
257 Ethan McLaughlin	Nevada	479.5
257 Doug Mulder	Oregon	479.5
257 Don Bodenstab	Oregon	479.5
257 Brian Bagnall	Pennsylvania	479.5

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
257 Alvin Waldon	California	479.5
267 Scotty Clark	Arkansas	478.1 Raw

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Rob Golgano	Maine	805.6
2	Christopher Carson	Ohio	782.0
3	Patrick Parnell	Texas	777.0
4	Henry Lehtola	Finland	760.5
5	Gustavo Warrington	Oregon	755.0
6	Jason Laskowski	Texas	749.5
7	James Hunter	California	735.2
8	Guy Marcantino	Pennsylvania	728.6
9	Tony Blas	Oregon	727.5
10	Adrian Larsen	Oregon	710.7
11	Troy Chun	Oregon	705.2
11	Tommy Harrison	Illinois	705.2
11	Chris Senese	Alabama	705.2
14	Tom Emelander	Texas	700.8
15	Jussi Tuomainen	Finland	694.2
16	Will Crossen, Jr.	Washington	690.9
17	Seth Reed	Maine	683.2
18	Joey Murphy	Georgia	674.4
19	Mark Zingaro	Pennsylvania	673.3
20	John Stewart	Texas	672.2
20	Jeff Peshek	Ohio	672.2
22	Ken Millrany	Tennessee	662.3
23	Renan Moreno	Brazil	661.2
23	Eric Doublin	Texas	661.2
23	John Erickson	Oklahoma	661.2
23	Juha Marsyla	Finland	661.2
27	Keithyon Gunter	Texas	655.7
28	Jeff Begue	Ohio	652.4
29	Scott Hoekstra	California	650.2
29	Sadao Ross Nariklyo	Hawaii	650.2
29	Robert Lincoln Jr.	California	650.2
32	Patrick Holloway	Arizona	644.7
32	Eric Wright	Texas	644.7
34	Joe Gast	Washington	640.3
35	Leonard Rich	Pennsylvania	628.2
35	Ken Malone	Texas	628.2
37	Ric Duncan	Texas	622.7
37	Ed Macauley	Oregon	622.7
37	Aaron Iramina	Hawaii	622.7
40	Cody Giampa	Massachusetts	619.4
41	Sean Finegan	Texas	617.2
41	Jason Dedmon	Tennessee	617.2
43	Jeff Criss	Arkansas	611.7
43	Jeremy Meyers	Montana	611.7
43	Carlton James	Texas	611.7
46	Chris Chopp	Utah	606.2
46	Aaron Moises	Hawaii	606.2
46	Rich Ludlam	California	606.2
46	Mike Desrosiers	Arizona	606.2
46	Kegan Engelke	Washington	606.2
46	Jani Ihalainen	Finland	606.2
46	Bruce Young	Hawaii	606.2
46	Bill Welch	Tennessee	606.2
54	Jon Rowland	Georgia	602.9
55	Michael Womack	California	601.8

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
56	Travis Osborne	Oregon	600.7
56	Steve Shipley	Oregon	600.7
56	Ryan Chmura	Pennsylvania	600.7
56	Nathan Lane	Washington	600.7
56	James Guffey	Illinois	600.7
56	Dan Pasholk	Wisconsin	600.7
56	Carl Rogers	Utah	600.7
56	Brandon Lee Faulk	Texas	600.7
56	Bert Hafner	Washington	600.7
56	Mike Frizzell	Illinois	600.7
66	Kaleb Crafts	Utah	589.5
67	Mike Castillo	Hawaii	587.3
68	Paul Vargo	Ohio	586.2
69	Thomas Kesling	Tennessee	584.0
69	Steven Ross	Texas	584.0
69	Shane McShane	Hawaii	584.0
69	Preston Turner	Texas	584.0
69	Arnold Weaver	Arkansas	584.0
74	Timothy James	Florida	578.5
74	J.B. Hill	Tennessee	578.5
74	Joseph Davis	Arizona	578.5
77	Mark Stanford	Arizona	573.0
77	Lonnie Newman	Ohio	573.0
77	George Nelson	Oregon	573.0
77	Bryan Scott Bell	Texas	573.0
77	Pauli Peltonen	Finland	573.0
77	Kenny Rodriguez	California	573.0
83	Marc Villarreal	Texas	567.5
83	Chip E'Dalgo	Georgia	567.5
83	Bennie Dooley	Washington	567.5
83	Andrew Porter	California	567.5
83	John Johnson	Michigan	567.5
88	Austin Shipley	Arizona	563.1
89	Mick Quilici	Nevada	562.0
89	Glenn Machado	Hawaii	562.0
89	Jeff Hinrichs	Arizona	562.0
89	J.J. Richardson	Hawaii	562.0
89	J.C. Tolle	California	562.0
89	David Groves	Washington	562.0
89	Daniel Reeves	Arizona	562.0
96	Tim Moon	Georgia	556.5
96	Nick Galletta	California	556.5
96	Dave Freeland	California	556.5
96	Boomer Fleming	Oregon	556.5
96	Daniel Oldham	Idaho	556.5
101	Calvin Robbins	Maine	551.0
101	Vili Rinkinen	Finland	551.0
101	Todd Christiansen	Washington	551.0
101	Ryan Wycoff	Texas	551.0
101	Raymond Plunkett	Texas	551.0
101	Kyrylo Olenych	Texas	551.0
101	Gary Gulseth	Wisconsin	551.0
101	Dave Anderson	California	551.0
101	Chris Mallott II	Oklahoma	551.0
101	Adam Bruton	Arkansas	551.0

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
101	Brett Ekebom	Illinois	551.0
112	Phil Morrison	Oregon	546.6
112	Josh Lerch	Illinois	546.6
114	Mark Rapoza	Hawaii	545.5
114	John Boettger	Missouri	545.5
114	Jaime Tovar	California	545.5
114	Forest Hofer	Oregon	545.5
118	Roger Ryan	Illinois	540.0
118	Leonard Pokora	Michigan	540.0
118	Greg Chrun	Missouri	540.0
118	Bill Hislop	Michigan	540.0
122	Darwin English	Nevada	536.7
123	Seth Carter	Tennessee	534.5
123	Mark Patrick	Georgia	534.5
123	Jagdeep Samra	California	534.5
126	Jim Yoder	California	530.1
127	Jesse Johnson	Utah	529.0
127	Josh Carter	Montana	529.0
127	Don Bodenstab	Oregon	529.0
127	Cyrus Keoki Foster	Hawaii	529.0
127	Fabricio Lauder	Brazil	529.0
127	Buddy McKee	Alabama	529.0
133	Jim Masten	California	525.7
134	Jeremy Myers	Montana	524.6
135	Steve Pena	California	523.5
135	Raymond Packtol	Hawaii	523.5
135	Leonard Zarate	California	523.5
135	Kincey Lloyd	Texas	523.5
135	Gene Loss	Oregon	523.5
135	Brandon Goda	Hawaii	523.5
135	Ben Rogers	Washington	523.5
135	Ben Prewitt	Montana	523.5
143	Michael Neely	Montana	518.0
143	Tom Cassata	Illinois	518.0
143	Joseph Schneider	Oregon	518.0
143	Flip Silva	Texas	518.0
143	Brad Cikana	California	518.0
148	Ron L'Huillier	Michigan	514.7
149	John Rowland	Georgia	513.6
150	Harri Salomaa	Finland	512.5
150	Reed Bueche	Louisiana	512.5
150	Mike Camlin	Washington	512.5
150	Len Webb	California	512.5
150	Jose Trejo	Texas	512.5
150	Dearl Mann	Texas	512.5
150	Pauli Jussila	Finland	512.5
157	Nick Massey	California	507.0
157	Paul Mercado	Illinois	507.0
157	Mike Harden	Alabama	507.0
157	Mike Burns	California	507.0
157	Craig Mitchell	New York	507.0
157	Ben Seath	Washington	507.0
163	Stephen Henry	California	504.8
164	Roland Sanchez	California	502.6
164	Kekoa Moniz	Hawaii	502.6

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
166 Frank Ford	California	501.5
166 Yanto Soekardi	California	501.5
166 Rob Carbo	California	501.5
166 Mike Drake	California	501.5
166 John Barada	Washington	501.5
166 Jay Anderson	Utah	501.5
166 Jason Lake	Washington	501.5
166 Ethan Mclaughlin	Nevada	501.5
166 Don Frosland, Jr.	Oregon	501.5
166 C.J. Allen	Oregon	501.5
166 Damon Klinedinst	Maine	501.5
166 Cale Sherwood	Oklahoma	501.5
166 Anothny Rangel	Oregon	501.5
166 Vijay Maulit	Arizona	501.5
166 David Palmer	Maine	501.5
166 Steve Thompson	Ohio	501.5
166 William Hobbs	Texas	501.5
166 Mike Dalpoas	Oklahoma	501.5
166 Bruce Mamea	Hawaii	501.5
166 Dujuan Calvo	Texas	501.5
186 Victor Lopez	Florida	500.0
186 Jeremy Bennett	Florida	500.0
188 Taylor Lipscomb	Montana	496.0
188 Matthew Lawson	Tennessee	496.0
188 Jake Garbush	Washington	496.0
191 Mark Nishida	Hawaii	490.5
192 Bruce Mamea	Hawaii	485.0 Raw
192 Tom Starkweather	California	485.0
192 Cody Plumb	Washington	485.0
192 Rick Soland	Washington	485.0
192 Kevin Romano	Georgia	485.0
192 John McMullen	Washington	485.0
192 Jatinder Jawanda	California	485.0
192 Jason DuBois	Oregon	485.0
192 Gregory Brown	Texas	485.0
192 Cardyl Trionfante	Ohio	485.0
192 Bobby Wallace	Hawaii	485.0
192 Barry Driskell	Washington	485.0
192 Jamail Randle	Texas	485.0
205 Mike Wright	Florida	480.0
206 Allen Heisler	Montana	479.5
206 Tom Sullivan	Florida	479.5
206 Tom Ekenberg	Texas	479.5
206 Tim Prince	Utah	479.5
206 Paul Fitschen	Washington	479.5
206 Kelvin Tatum	Texas	479.5
206 Greg McCoy	Texas	479.5
206 Donavan Boell	Oregon	479.5
206 Bret Cassella	Pennsylvania	479.5
206 Arthur Clayton	California	479.5
206 Greg Brown	Texas	479.5
217 David Vasquez	California	475.9
217 Alexandro Silva Da Rosa	Brazil	475.9
219 Calvin Wrenn	Arkansas	462.7 Raw
219 Vesa Keskimaa	Finland	462.7 Raw

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL
BY MALE LIFTERS
Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
221 Jesse Matthews	Idaho	457.5 Raw
221 Jeremy Fulton	Arizona	457.2 Raw
223 Malcolm Lehano	Hawaii	451.7 Raw
223 Tommy Mason	Arkansas	451.7 Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	John Stewart	Texas	832.0
2	Tommy Harrison	Illinois	826.5
3	David Lewis	Illinois	804.5
4	Michael Womack	California	777.0
5	Jussi Tuomainen	Finland	771.5
6	Patrick Parnell	Texas	762.7
7	Sam Aumavae	Oregon	760.5
7	Jason Laskowski	Texas	760.5
9	Tim Moon	Georgia	744.0
10	Harley Timbs	Tennessee	738.5
10	Rob Golgano	Maine	738.5
12	Eric Doublin	Texas	728.6
13	Joey Murphy	Georgia	722.7
14	Robert Lincoln, Jr.	California	710.7
14	Bill Gillespie	Virginia	710.7
16	Terry Gibson	Pennsylvania	706.3
17	Williard Crossen Jr.	Washington	705.2
17	Jeff Peshek	Ohio	705.2
19	Patrick Holloway	Arizona	678.8
20	John Erickson	Oklahoma	672.2
20	Adrian Larsen	Oregon	672.2
22	Harjit Kumar	India	667.8
23	Jerry Wood	California	666.7
24	Nils Sjodin	Sweden	661.0
25	Paul Vargo	Ohio	657.9
26	Tiny Meeker	Texas	656.8
27	Ryan Kennelly	Washington	655.0
28	Roger Ryan	Illinois	650.2
28	Jaime Tovar	California	650.2
30	Bill Welch	Tennessee	644.7
31	Justin Ross	Alabama	639.2
31	Ben Rogers	Washington	639.2
33	Jeff Bogue	Ohio	634.8
33	Aaron Pono Moises	Hawaii	634.8
35	Rich Ludlam	California	633.7
35	Mike Desrosier	Arizona	633.7
35	Jay Carlile	Minnesota	633.7
35	Frank Wakakuwa	Hawaii	633.7
35	Brandon Bankston	Louisiana	633.7
35	Bobby Leitz	Texas	633.7
41	Norman Tavares	Hawaii	628.2
41	Richard Scott	New York	628.2
41	Jani Ihalainen	Finland	628.2
41	Goran Rosen	Sweden	628.2
41	Jason Gibson	Utah	628.2
46	Valente Inniss-Thompson	Texas	624.9
47	James Guffy	Illinois	617.2
48	George Nelson	Oregon	615.0
49	Bert Hafner	Washington	612.8
49	Darren Kaleleiki	Hawaii	612.8
51	Tracy Lundin	Oregon	611.7
51	Mike Plaso	West Virginia	611.7
51	Mike Frizzell	Illinois	611.7
51	Michael Mamac	Hawaii	611.7
51	Jari Rosendahl	Finland	611.7
51	Bennie Dooley	Washington	611.7

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
57	Glenn Machado	Oregon	606.2
57	Chris Chopp	Utah	606.2
57	Gary Gulseth	Wisconsin	606.2
57	Jakke Rajala	Finland	606.2
57	Nick Rhame	Texas	606.2
62	Arnold Weaver	Arkansas	601.8
63	Connor Karwowski	Wisconsin	600.7
63	Vinny Afoa	Hawaii	600.7
63	Tomonari Yamanaka	Japan	600.7
63	Kendall Walden	Oregon	600.7
63	John Johnson	Michigan	600.7
63	Craig Stutes	Louisiana	600.7
63	Carl Rogers	Utah	600.7
63	Buddy McKee	Alabama	600.7
63	Adam Bruton	Arkansas	600.7
72	Forest Hofer	Washington	595.0
73	John McPherson	Hawaii	589.5
73	Joe Dibert	Indiana	589.5
73	Eddie Stockbridge	California	589.5
76	Ric Duncan	Texas	584.0
76	Mark Stanford	Arizona	584.0
76	Janne Heittokangas	Finland	584.0
76	Dave Freeland	California	584.0
76	Brandon Rogers	Illinois	584.0
76	Cody Knebel	Texas	584.0
76	Chris Malatt	Oklahoma	584.0
83	Swede Selstrom	Washington	579.6
83	Joe Harms	Washington	579.6
85	Joshua Carter	Montana	578.5
85	Darren Thompson	Idaho	578.5
87	Boomer Fleming	Oregon	574.1
88	Todd Christiansen	Washington	573.0
88	Terry Schrupp	Minnesota	573.0
88	Ricardo Nort	Brazil	573.0
88	John Rowland	Georgia	573.0
88	Jeff Snyder	Texas	573.0
88	Jay Fernandez	Hawaii	573.0
88	Carroll Moon	Oregon	573.0
95	Steve Shipley	Oregon	570.8
96	Thomas Kesling	Tennessee	567.5
96	Steven Ross	Texas	567.5
96	Chris Owens	Texas	567.5
96	Jesse Johnson	Utah	567.5
96	Kalani Kaleleiki	Hawaii	567.5
101	Tim Cowgar	Wyoming	562.0
101	Scott Hoekstra	California	562.0
101	Matt Myers	Idaho	562.0
101	Kevin Stewart	Washington	562.0
101	Daniel Reeves	Arizona	562.0
101	Brad Cikana	California	562.0
101	Boyd Hurley	Hawaii	562.0
108	Patrick Dean	Alabama	556.5
108	Jim Yoder	California	556.5
108	David Heizer	Washington	556.5
111	Jeff Hinrichs	Arizona	552.1

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
112	Ted Angelo	Oregon	551.0
112	Ron Hood	Oklahoma	551.0
112	Roger Neff	Idaho	551.0
112	Robert Lincoln, Sr.	California	551.0
112	Norman Rial	California	551.0
112	John Leonard	Pennsylvania	551.0
112	Joe Raynor	North Carolina	551.0
112	Blane Stussy	Washington	551.0
112	Tommy Mason	Arkansas	551.0
112	Kenny Rodriguez	California	551.0
112	Macus Ellison	Illinois	551.0
123	Bob Garza	Texas	547.0
124	Scott Cartwright	California	545.5
124	Joshua Sipes	Texas	545.5
124	Jesse Irizarry	New York	545.5
124	Javier Ramos	California	545.5
124	Jarred Loomis	Oregon	545.5
124	Chris Melillo	Texas	545.5
124	Chris Jacka	California	545.5
131	Stephen Henry	California	541.1
132	David Palmer	Maine	540.0
132	Drew Prendergast	Wisconsin	540.0
132	Steve Wong	California	540.0
132	Sam Schultz	Oregon	540.0
132	Jim Presley	California	540.0
132	Jeff Markoff	Washington	540.0
132	Jay Anderson	Utah	540.0
132	Eric Linzey	Illinois	540.0
132	Arthur Nakamura	Oregon	540.0
141	Calvin Wrenn	Arkansas	535.6 Raw
142	Walt Faulkner	California	534.5
142	Ken Malone	Texas	534.5
142	Jerry Pritchett	Arizona	534.5
142	Frank Sua	Washington	534.5
142	Colin Bonneau	Canada	534.5
142	Bill Passero	Nevada	534.5
142	Dwayne Harris	Oregon	534.5
149	Randy VanWagnen	Michigan	529.0
149	Mariano Godoy	Idaho	529.0
149	Ken Berry	Washington	529.0
149	J.C. Tolle	California	529.0
149	Gene Loss	Oregon	529.0
149	David Groves	Washington	529.0
149	Chris Henry	Oregon	529.0
149	Carl Wimmer	Utah	529.0
149	Bob Vessels	Alabama	529.0
149	Aki Tuulaniemi	Finland	529.0
159	Damon Klinedinst	Maine	526.8
160	David Menchaca	Texas	526.0
161	Joshua Conley	Pennsylvania	524.6
162	River Newman	Montana	523.5
162	William Wegesend	Hawaii	523.5
162	Wayne Watts	Georgia	523.5
162	Shane Palmer	Idaho	523.5
162	Ryan Orr	Ohio	523.5

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
162	Phil Andrews	California	523.5
162	Jesse Fain	Georgia	523.5
162	Don Frosland, Jr.	Oregon	523.5
162	Cameron Gillespie	Connecticut	523.5
171	Al Suarez	Florida	520.0
172	Pauli Jussila	Finland	518.0 Raw
172	Travis Osborne	Oregon	518.0
172	Peter Martin	Oregon	518.0
172	Gilbert Shibao	Hawaii	518.0
172	Eric Johnson	California	518.0
172	Deshawn Milliken	Washington	518.0
172	Clint Berey	Georgia	518.0
172	Bradley Bingham	Wisconsin	518.0
180	Sergio Gonzalez	Florida	515.0
181	Bobby Wallace	Hawaii	514.7
182	Paula Finau	Nevada	512.5
182	Rob Carbo	California	512.5
182	Ken Scroggins	Arkansas	512.5
182	John Heikes	Oregon	512.5
182	Jeff Fahrenbruch	Arizona	512.5
187	Larry Schreiber	Florida	510.0
188	Tapio Laine	Finland	507.0
188	Ted Striverson	Indiana	507.0
188	Mike Hamby	Oklahoma	507.0
188	Mike DeWitt	Washington	507.0
188	Kyle Moosman	Utah	507.0
188	Jaime Villa	Texas	507.0
188	Gregory Brown	Texas	507.0
188	Cody Smith	Texas	507.0
188	Chris Barada	Washington	507.0
197	Jason Wethering	Florida	505.0
198	Ricky Lahourcade	Washington	502.6
198	Ben Prewitt	Montana	502.6
200	Scott Clark	Arkansas	501.5 Raw
200	Tim Prince	Utah	501.5
200	Noble Cozine	Iowa	501.5
200	Kurt Sacher	Oregon	501.5
200	Joe Garcia	Oregon	501.5
200	Jimmy Sayre	Oklahoma	501.5
200	J.D. Scott	Montana	501.5
200	Howard Strickland	Florida	501.5
200	George Sutton	Washington	501.5
200	David McCoy	Illinois	501.5
200	Clint Johnson	Utah	501.5
200	Chris Erhardt	Oregon	501.5
200	David Palmer	Maine	501.5
213	Todd Sisson	Oklahoma	500.0
214	Tommy Mason	Arkansas	490.5 Raw
215	Samuli Ketola	Finland	485.0 Raw
216	Aki Lehtinen	Finland	473.7 Raw
217	Chase Ulrick	Minnesota	468.2 Raw

HIGHEST ALL-TIME SHW# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
1	Michael Womack	California	942.2
2	Tiny Meeker	Texas	914.7
3	Robert Vick	Illinois	909.2
4	Christopher Sutton	Texas	866.1
5	Ray Voight	Michigan	843.2
6	James Crawford III	Washington	840.8
7	Darren Elisaga	Hawaii	826.5
7	Sam Aumavae	Oregon	826.5
9	Jani Murtomeki	Finland	804.5
9	Doug Gerona	Hawaii	804.5
11	Bill Gillespie	Washington	800.1
12	Bill Welch	Tennessee	733.0
13	Hiram Kaikana	Hawaii	728.6
14	Scott Wesley Jordan	Arizona	727.5
14	Mike Hamby	Oklahoma	727.5
14	Jussi Tuomainen	Finland	727.5
14	James Carter	Alabama	727.5
18	Dave Marchant	Utah	723.1
19	Roy Bradshaw	California	722.0
20	Dave Forstner	Michigan	716.2
20	Tom Manno	Arizona	716.2
20	Lee Mateer	Illinois	716.2
20	Ken Overbey	Alabama	716.2
20	Wayne Watts	Georgia	716.2
25	Jim Mersberg	Hawaii	706.3
26	Rich Lopez	California	705.2
26	Randy Patterson	Oregon	705.2
26	Chane Cline	Ohio	705.2
26	Jonathon Koma	Hawaii	705.2
30	Kiu Tuita	Tonga	701.9
31	Terry Corwin	Oregon	700.8
32	Eddie Aleaga	Washington	688.3
33	Jeff Place	Oregon	678.8
34	John Hudson	Illinois	677.7
35	Paul Ratsch	Washington	672.2
35	Jim Sheffield	California	672.2
35	Dennis Schultz	California	672.2
35	Bill Duarte	Hawaii	672.2
35	Arthur Tupuola	Hawaii	672.2
40	Kevin Jones	Florida	670.0
41	Gary Shim	Hawaii	664.5
42	Vlc Aleaga	Washington	661.2
43	Nate Tuffanelli	California	650.2
43	Jeff Begue	Ohio	650.2
45	Mark Ned	Louisiana	644.7
45	Kevin Patterson	Pennsylvania	644.7
47	Scott Bromeisl	Wisconsin	633.7
47	Michael Bowden	Arizona	633.7
49	Merwyn Kekau Mersberg	Hawaii	628.2
49	Joaquin Diaz de Leon	Oregon	628.2
49	Jason Nindorf	Texas	628.2
52	Ramon Gutierrez	California	622.7

HIGHEST ALL-TIME SHW# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
52	Harjinder Kumar	India	622.7
52	Dustin Meaux	Texas	622.7
52	Keoni Reich	Hawaii	622.7
56	Matt Barker	Utah	618.3
57	Matt Craig	Texas	611.7
57	John Minahan	California	611.7
57	Dave O'Neill	Oregon	611.7
60	Roy Lamont	California	606.2
61	Marvin Bishop	Ohio	601.8
62	Jerry Pritchett	Arizona	600.7
62	Jake Eddy	Wisconsin	600.7
62	Don Kralovetz	Arizona	600.7
62	David Willaman	Ohio	600.7
62	Brian Jackson	Oregon	600.7
62	Bob Arnold	Washington	600.7
62	Bill Lobins	Pennsylvania	600.7
69	Josh Smith	Texas	595.0
70	Mike Phillips	Texas	589.5
70	Malcolm Ahlo	Hawaii	589.5
70	Jim Ray	Wisconsin	589.5
70	Frank Ginez III	Texas	589.5
70	Brad Tripp	Utah	589.5
75	Lance Christensen	Utah	585.1
76	Art Ramsey	California	584.0
76	Shawn Woelk	Texas	584.0
76	Lance Polk	Texas	584.0
76	Johannes Impio	Finland	584.0
76	Frank Delatore	California	584.0
81	Michael Cain	Ohio	579.6
82	Joe Mickelson	Washington	578.5
82	Randy Shepard	Hawaii	578.5
82	Bubba McConnell	Alabama	578.5
85	Gary Gertner	Colorado	576.3
86	Tony Lualemaga	Nevada	573.0
86	Pete Lattanzi	Texas	573.0
86	Mitch Klindt	Montana	573.0
86	Brett Fleak	Oklahoma	573.0
90	William Carpenter	Washington	562.0
90	Thomas McKinney	Texas	562.0
90	Michael Kromer	Washington	562.0
90	Aaron Wolfe	Hawaii	562.0
94	Dan Chaffin	Oklahoma	561.0
95	Ron Richter	Oklahoma	560.0
96	Spencer Mather	Virginia	559.8
97	Kent Hostkoetter	Oregon	556.5
97	Keola Kekaulike	Hawaii	556.5
99	DeWitt Martin	Indiana	551.0 Raw
99	Lyle Kamaka	Hawaii	551.0
99	Esa Multanen	Finland	551.0
99	Dee Brown	Texas	551.0
99	Chris Kowach	Pennsylvania	551.0
99	Chad Aichs	Nevada	551.0

HIGHEST ALL-TIME SHW# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

	LIFTER	STATE	LIFT
99	Alan Fornaro	Massachusetts	551.0
99	Cameron Gillispie	Connecticut	551.0
107	Michael Mattila	Oregon	541.1
108	Mike McElroy	Idaho	540.0 Raw
108	Vince Eldridge	Washington	540.0
108	Greg Guernsey	Maine	540.0
108	Eli Martinez	Idaho	540.0
108	David Chase	Florida	540.0
108	Carl Rosborough	Texas	540.0
114	Charlie Poteete	Tennessee	535.6
115	Lonny Haywood	Washington	534.5
115	Justin Sager	Illinois	534.5
115	Eric Zumwalt	Oregon	534.5
115	Michael-Jon Hartley	Oregon	534.5
119	Warren Orr	Canada	529.0
119	Rob Ferr	Louisiana	529.0
119	Glenn Cabatingan	Hawaii	529.0
122	Kauka Lindsey	Hawaii	525.7 Raw
123	Doug Gerona	Hawaii	523.5 Raw
123	Ryan Kimble	Oregon	523.5
123	Thom Chase	Vermont	523.5
123	Darren Elisaga	Hawaii	523.5 Raw
123	Roberto Heberle	Brazil	523.5
123	Randy Young	Washington	523.5
123	Don James	Oregon	523.5
123	Anthony Troutman	Canada	523.5
131	Paul Paldino	Massachusetts	519.0
132	Garrett Jarrell	Texas	518.0
132	Steve Mata	Texas	518.0
132	Robert O. Smith	Canada	518.0
132	Kevin McGowan	Pennsylvania	518.0
132	Gordon Castling	Arkansas	518.0
132	Eric Stevens	Texas	518.0
132	Dion Turner	Texas	518.0
132	Armando Mineiro	Virginia	518.0
140	Michael Johnson	California	514.7
141	Paul Goodwin	California	513.6
142	Michael Socoby	Maine	512.5
143	Toby Harper	Oklahoma	507.0 Raw
143	Ricardo Nort	Brazil	507.0
143	John Wooner	California	507.0
143	Don Otto	Texas	507.0
143	Dan Forstner	Michigan	507.0
148	David Garcia	Texas	501.5
148	Renee Phillips	Louisiana	501.5
148	Leo Scott	California	501.5
148	Julian Erevia	Oregon	501.5
148	James Grendahl	Washington	501.5
148	James Greene	Montana	501.5
148	Cody Lentz	Pennsylvania	501.5
148	Brian Rehberg	Washington	501.5
148	Brian Vickers	Texas	501.5

HIGHEST ALL-TIME SHW# BENCH PRESSES IN WABDL
 BY MALE LIFTERS
 Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT	
148	Jesse Ricketts	California	501.5
158	Joe Dismuke	Alabama	500.0
158	David Jones	Florida	500.0
158	Clayton Berry	Florida	500.0
161	Jimmy LaBianca	Texas	490.5
162	Nathan Nash	South Carolina	485.0 Raw
162	Ricardo Nort	Brazil	485.0 Raw
162	Tyrel Hendrix	Idaho	485.0
162	Richard Rodriquez	Indiana	485.0
162	Lonnie Atkins	Ohio	485.0
162	Burt Tyree	Texas	485.0
162	Andreas Stahlberg	Finland	485.0
169	Quentin Aucoin	Louisiana	480.0
170	Marvin Bishop	Ohio	479.5 Raw
170	Ted Webber	Oregon	479.5
170	Rick McClung	Oregon	479.5
170	Shawn Akana	Hawaii	479.5
174	Anthony Marcus	Hawaii	473.7 Raw
174	Marcus Hannah	Illinois	473.7 Raw
174	Richard Griffin	Oregon	473.7
174	Ray Pelis	Georgia	473.7
174	Jim Barnard	California	473.7
174	Garrett Guernsey	Maine	473.7
174	Eric Welch	Nevada	473.7
174	Brian Cain	Texas	473.7
174	Kauka Lindsey	Hawaii	473.7
183	Martin Roelofs	Utah	469.3
184	Ken Havlicek	Arizona	468.2
184	Jason Gillen	Oregon	468.2
184	James Hughes	North Carolina	468.2
184	Slade Murrell	Oklahoma	468.2
184	Sam Pectktol	Oregon	468.2
189	Kyle Lockhart	Maine	462.7 Raw
189	Kevin Pitman	Texas	462.7
189	Tim Equals	Idaho	462.7
189	Kevin Crump	Georgia	462.7
189	George Brink	California	462.7
194	Gary Plum Lee	Idaho	460.5 Raw
195	Randall Colson	Oklahoma	460.0
196	Amado Nacapuy	Hawaii	458.3
197	Al Tanner	Oklahoma	457.2
197	William Baker	Canada	457.2
197	Mark Turner	Oregon	457.2
197	Heath Thiel	Wisconsin	457.2
201	Scott McDaniel	Oklahoma	455.0
201	Jeff Manion	Oklahoma	455.0
203	Rodney Hudson	Washington	451.7
203	Rick Russell	California	451.7
203	Mike Beatty	Tennessee	451.7
203	Dean Munsey	Oregon	451.7
203	Al Bond	Oregon	451.7
208	Clay Tawzer	California	446.2

HIGHEST ALL-TIME SHW# BENCH PRESSES IN WABDL
BY MALE LIFTERS

Effective up to and Including October 8, 2020

LIFTER	STATE	LIFT
208 Jussi Kanenen	Finland	446.2
208 Mags Schultz	Canada	446.2
211 Al Tanner	Oklahoma	440.7 Raw
211 Sheldon Adviento	Hawaii	440.7 Raw