

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 40-60 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gerardo Merino Jaramillo	Ecuador	40-46	275.5
2	Ken Snell	Florida	40-46	231.2

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and Including August 22, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Ken Snell	Florida	47-53	214.7

HIGHEST ALL-TIME 114# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54+ - Includes Law / Fire Masters  
Effective up to and Including August 22, 2020

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Ken Snell	Florida	54-60	210.0
2	Chris Baeta	Hawaii	54-60	143.2

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Tony Scheldrup	Minnesota	40-46	292.0
2	Ken Snell	Florida	40-46	280.0
3	Bobby Sanders	California	40-46	253.5
4	Totte Salmi	Finland	40-46	225.7 Raw
5	Glenn Murphy, Jr.	Maryland	40-46	221.3
6	Michael Aguanno	New York	40-46	137.7

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gerardo Merino Jaramillo	Ecuador	47-53	319.5
2	Satoru Ebihara	Brazil	47-53	270.0
3	Ken Snell	Florida	47-53	260.0
4	Pentti Rimpi	Finland	47-53	242.5
4	Doug Warren	Alabama	47-53	242.5
6	Dale Yoshizu	Hawaii	47-53	214.7
7	Larry Muth	Oregon	47-53	203.7
8	Glenn Murphy	Maryland	47-53	192.7

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Robert Gill	Ohio	54-60	242.5
2	Andrew Bates	Michigan	54-60	231.2
3	Gerardo Merino Jaramillo	Ecuador	54-60	187.2 Raw
3	Dale Yoshizu	Hawaii	54-60	187.2
5	Larry Muth	Oregon	54-60	177.3
6	Frank Principati	Pennsylvania	54-60	110.0

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Dale Yoshizu	Hawaii	61-67	214.8
2	Homi Shivale	California	61-67	203.7
3	Dale Yoshizu	Has	61-67	187.2 Raw
4	Larry Muth	Oregon	61-67	170.7

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gary Nye Schwebs	Nevada	68-74	192.7
2	Skip Schacher	Montana	68-74	170.7
3	Salvatore Morabito	California	68-74	144.3

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gary Nye Schwebs	Nevada	75-79	203.7
2	Larry Crawford	Florida	75-79	155.0
3	Gee-Sing Goo	Hawaii	75-79	77.0

HIGHEST ALL-TIME 123# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 80+ - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gary Nye Schwebs	Pennsylvania	80-84	132.2 Raw
2	Gee-Sing Goo	Hawaii	80-84	82.5
3	Gee-Sing Goo	Hawaii	80-84	77.0 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Kerwin Unten	Hawaii	40-46	573.0
2	Donald Ramil Jr.	Hawaii	40-46	551.0
3	David R. Smith	Texas	40-46	446.2
4	Charles Venturella	Pennsylvania	40-46	426.4
5	Freddie Evangelista	Oregon	40-46	391.2
5	Raymond Gallegos	California	40-46	391.2
7	Allen McVaney	Ohio	40-46	385.7
8	Clyde Higa	Hawaii	40-46	380.2
9	Sheldon Weingust	Texas	40-46	363.7
10	Chris Balanga	California	40-46	358.0
10	Oscar Martinez	Washington	40-46	352.5
12	Dave Edmondson	Utah	40-46	341.5
12	Kenny Poitivent	Georgia	40-46	341.5
12	Jim Lawrence	Arizona	40-46	341.5
15	Willis McCoy	Ohio	40-46	337.1
16	Jason Arnold	California	40-46	336.0
16	Kenny Lyons	Idaho	40-46	336.0
18	Arun Sharma	India	40-46	325.0
18	Tom Cencich	Colorado	40-46	325.0
20	Drew Agaran	Hawaii	40-46	314.0
20	George Nabeshima	Hawaii	40-46	314.0
22	Mike Guerra	Florida	40-46	300.0
23	Tim Aldag	Wisconsin	40-46	295.7
24	Glen Ford	Florida	40-46	295.0
25	Mitchell Thomas	Hawaii	40-46	281.0
26	Dave Aldag	Wisconsin	40-46	275.5
26	Bret Mayo	North Dakota	40-46	275.5
26	Kajohn Southwood	Washington	40-46	275.5
29	Russell Gillies	Louisiana	40-46	272.2
30	Jerome Gardner	Texas	40-46	270.0
31	Rex White	Texas	40-46	259.0
32	Reagan Oshiro	Hawaii	40-46	253.5
33	Richard Smith	Georgia	40-46	248.0
34	Ron Reeder	Michigan	40-46	242.5
35	Alfred Gruenwald	Wisconsin	40-46	231.2
36	Jim Eastman	Michigan	40-46	214.7
36	John Newe	Minnesota	40-46	214.7
38	Chad McFarland	Oregon	40-46	187.2
39	Keith Portland	Oregon	40-46	154.2

Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Freddie Evangelista	Oregon	47-53	440.7
2	Chris Balanga	California	47-53	385.7
3	Randall Wrye	Georgia	47-53	364.8
4	Charles Venturella	Pennsylvania	47-53	363.7
4	Joe Bebe	Oregon	47-53	363.7
4	Mark Masuda	Hawaii	47-53	363.7
7	David Viars	Florida	47-53	355.0
8	Sheldon Weingust	Texas	47-53	352.5
9	Kaipo Perez	Hawaii	47-53	325.0
9	Rick King	Oregon	47-53	325.0
11	Kenny Lyons	Utah	47-53	319.5
12	Scott Richey	Nevada	47-53	303.0
12	Andrew Bates	Michigan	47-53	303.0
14	Dave Constantineau	Wisconsin	47-53	292.0
15	Oscar Martinez	Washington	47-53	286.5 Raw
16	Travis Collyar	Arkansas	47-53	275.5 Raw
16	John Lee	Colorado	47-53	275.5
18	James Fernandez	California	47-53	270.0
18	Robert D. Coisson	New York	47-53	270.0
20	Clotario Ortiz Portugal	Brazil	47-53	259.0
21	Robert Charles	Oklahoma	47-53	250.0
22	David Higgins	Washington	47-53	248.0
22	Mike Duhon	Texas	47-53	248.0
24	Edd Robins	Washington	47-53	242.5
25	Paul Wach	Utah	47-53	232.3
26	Chetram Mangra	New York	47-53	231.2
27	Michael Rihaly	Nevada	47-53	225.7
27	David Jamison	Washington	47-53	225.7
29	Chuck Wong	Minnesota	47-53	220.2
29	Roy Zeeb	New York	47-53	220.2
31	Daniel Yert	Maine	47-53	215.8
32	Chris Fjelstad	Minnesota	47-53	214.7 Raw
32	Michael Wolfe	Maine	47-53	214.7
32	Joel Rivera	Hawaii	47-53	214.7
35	Roosevelt Pristell	Washington	47-53	209.2
35	Homi Shivaie	California	47-53	209.2
37	A.J. Luckow	Illinois	47-53	187.2
38	Les Havlik	Ohio	47-53	181.7
39	James Needles	Washington	47-53	176.2 Raw
40	Clayton Johnson	Florida	47-53	170.0

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Freddie Evangelista	Oregon	54-60	480.6
2	Deron Agaran	Hawaii	54-60	462.7
3	Gary Miller	Nevada	54-60	358.0
4	Mark Masuda	Hawaii	54-60	325.0
5	Dave Constantineau	Wisconsin	54-60	316.5
6	Paul Gillott	Arizona	54-60	300.8
7	Andrew Bates	Michigan	54-60	292.0
8	James Fernandez	California	54-60	275.5 Raw
8	Russell Gillies	Louisiana	54-60	275.5
8	Michael Jameson	Washington	54-60	275.5
11	Alex Martinez	Arizona	54-60	270.0
11	Dee Vajgrt	California	54-60	270.0
13	David Higgins	Washington	54-60	259.0
14	Clotario Portugal	Brazil	54-60	242.5
15	Joseph Boyle	Montana	54-60	225.7 Raw
15	Steve Winslow	Idaho	54-60	225.7
17	Dee Vajgrt	California	54-60	220.2 Raw
17	David Jamison	Washington	54-60	220.2
17	Ted Feight	Michigan	54-60	220.2
20	Kenny Poitevint	Georgia	54-60	214.7 Raw
21	Gary Menaker	Nevada	54-60	203.7
22	James Needles	Washington	54-60	176.2 Raw
23	Keith Cook	Texas	54-60	154.2

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

LIFTER	STATE	AGE GROUP	LIFT	
1	Alfredo Evangelista	Oregon	61-67	424.2
2	Gary Miller	Nevada	61-67	352.5
3	Brian Yager	California	61-67	325.0
4	Hans Nagerl	Germany	61-67	288.7
5	Larry Vincent	Oregon	61-67	287.6
6	Richard Gidcumb	Michigan	61-67	253.5
7	Dave Constantineau	Wisconsin	61-67	248.0
8	Precious McKenzie	New Zealand	61-67	242.5
9	Dave Constantineau	Wisconsin	61-67	236.7 Raw
10	Moses Timbal	Hawaii	61-67	231.2
10	Lindy Blas	California	61-67	231.2
12	Richard Rogers	Washington	61-67	226.8
13	Dee Vajgrt	California	61-67	225.7 Raw
13	Orville Kuipers	Washington	61-67	225.7
15	Joe Moreno	Arizona	61-67	214.7 Raw
16	Carl Tennant	California	61-67	203.7
17	Robert C. Dorough	Florida	61-67	195.0
18	Bill Matheson	Nevada	61-67	181.7
18	Jack Fahey	Washington	61-67	181.7
20	Jake Padgett	Georgia	61-67	170.7

21 Raul Gerardo Lizano Peru 61-67 143.2 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bryan Yager	California	68-74	308.5
2	Larry Vincent	Oregon	68-74	281.0
3	Donald Barden	Washington	68-74	275.0
4	Guy Ha Sr.	Hawaii	68-74	270.0 Raw
5	Robert Cortes	California	68-74	253.5
6	Richard Gidcumb	Michigan	68-74	248.0
7	Bryan Yager	California	68-74	236.7 Raw
7	Thomas English	Nevada	68-74	236.7
9	Moses Timbal	Hawaii	68-74	233.4
10	Orville Kuipers	Washington	68-74	220.2
11	Dick Gibson	Oregon	68-74	187.2
12	Harvey Beebe	Oregon	68-74	181.7
12	Skip Schacher	Montana	68-74	181.7
14	Salvatore Morabito	California	68-74	159.7
15	Raymond Katayama	Hawaii	68-74	143.2
16	David Nakamoto	Hawaii	68-74	137.7

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Frank Richey	Arizona	75-79	314.0
2	Larry Vincent	Oregon	75-79	253.5
3	Robert Cortes	California	75-79	248.0
4	Wayne Paolo	Oregon	75-79	209.2 Raw
5	Gary Witzel	Washington	75-79	192.7
5	Harrison Benner	California	75-79	192.7
7	Skip Schacher	Montana	75-79	187.2
8	Clyde Bailey	Georgia	75-79	181.7
9	Sonny Berry	Oklahoma	75-79	170.0
10	Raymond Whalen	Canada	75-79	138.8
11	Gary Witzel	Washington	75-79	176.2 Raw
12	Arthur Whinston	Oregon	75-79	111.1
13	Raymond Katayama	Hawaii	75-79	99.0 Raw

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Larry Vincent	Oregon	80-84	215.8
2	Robert Fornachon	California	80-84	192.7
3	Jack Heizelman	Texas	80-84	187.2
4	Arthur Whinston	Oregon	80-84	110.0



HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gerald Lindas	Wisconsin	85-89	200.4 Raw
2	Jack Heizelman	Texas	85-89	176.2
3	Gerald Foster	Florida	85-89	122.3 Raw
4	Arthur Whinston	Oregon	85-89	83.6

HIGHEST ALL-TIME 148# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 90+ - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Roger Moore	Oregon	90-94	159.7 Raw

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Kerwin Unten	Hawaii	40-46	567.5
2	Donald Ramil	Hawaii	40-46	563.1
3	Valentino Plummer	Oregon	40-46	558.7
4	David R. Smith	Texas	40-46	529.0
5	Adolfo Davila	California	40-46	519.1
6	Jon Cunningham	Utah	40-46	463.8
7	Kenneth Cook	Texas	40-46	447.3
8	Miguel Ruelan	Michigan	40-46	440.7
8	Deron Agaran	Hawaii	40-46	440.7
10	Freddie Evangelista	Oregon	40-46	435.2
11	Sean Kaneshiro	Hawaii	40-46	424.2
12	Sakari Selkainaho	Finland	40-46	418.7
13	Sid Scardinia	Louisiana	40-46	413.2
14	Mark Davis	Florida	40-46	412.5
15	Clyde Higa	Hawaii	40-46	407.7
16	John Yu	Texas	40-46	402.2
17	John Petersen	Wisconsin	40-46	391.2
18	Brandon Ha	Hawaii	40-46	385.7 Raw
18	Allen McVaney	Ohio	40-46	385.7
18	Andrew Somera	Washington	40-46	385.7
21	Rick King	Oregon	40-46	381.3
22	Brad Biroan	Hawaii	40-46	380.2
22	Chuck Venturella	Pennsylvania	40-46	380.2
24	Mike Haynes	Utah	40-46	374.7
24	James Lin	Washington	40-46	374.7
26	Leo Mattoni	Washington	40-46	369.2
26	Dan Marxheimer	Washington	40-46	369.2
28	Arthur Sharpe	Michigan	40-46	363.7
28	Tom Cencich	Colorado	40-46	363.7
28	Eric Lumpkin	Oregon	40-46	363.7
31	Arun Sharma	India	40-46	358.0
32	David R Smith	Texas	40-46	352.5 Raw
32	Kenny Lyons	Idaho	40-46	352.5
32	Greydon Espinda	Hawaii	40-46	352.5
35	Jody Anest	Montana	40-46	342.8
36	Jim Dobie	Montana	40-46	341.5
37	Danny Winslow	Idaho	40-46	336.0
38	Craig Kornwolf	Minnesota	40-46	331.6
39	Alex Martinez	Arizona	40-46	330.5
39	Dariel Unson	Washington	40-46	330.5
39	Ronnie High	Texas	40-46	330.5
42	Sean Kearney	Florida	40-46	325.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
42	Ulisses Jara	California	40-46	325.0
42	Mark Laurel	California	40-46	325.0
45	Mike Motes	Florida	40-46	320.0
46	Joel Mendez	Argentina	40-46	319.5 Raw
46	Dave Edmondson	Utah	40-46	319.5
48	Mike Guerra	Florida	40-46	315.0
49	Roger Cole	Washington	40-46	314.0
49	George Nabeshima	Hawaii	40-46	314.0
49	Kom Phanekham	Washington	40-46	314.0
52	Chuck Radcliff	Georgia	40-46	303.0
52	Joe Sermenio	California	40-46	303.0
52	Robert Avery	Washington	40-46	303.0
55	Keith Cunningham	Washington	40-46	303.0
56	Robert Sunshine	New York	40-46	292.0
57	James Goepfinger	Texas	40-46	286.5 Raw
58	Robert Hughes	Idaho	40-46	281.0
59	Jonathan Rosete	Oregon	40-46	275.5 Raw
59	Dante Godinez-Zuniga	Mexico	40-46	275.5
61	Ronny Johnson	Texas	40-46	270.0
62	Pasi Pohjola	Finland	40-46	264.5 Raw
62	Randy Mayhak	Washington	40-46	264.5
62	Forest Smith	Pennsylvania	40-46	264.5
65	Ian Schein	New York	40-46	259.0
65	Greg Watson	Washington	40-46	259.0
67	Angel Perales	New Jersey	40-46	253.5
68	Robert Straker	Oregon	40-46	248.0
69	Trent Corrington	Montana	40-46	242.5 Raw
69	Chad McFarland	Oregon	40-46	242.5
71	Daniel Porrazo	Massachusetts	40-46	236.7
72	Patrick Synder	Florida	40-46	225.0
73	Kevin Poitras	Maine	40-46	220.2
73	Jim Eastman	Michigan	40-46	220.2
75	Todd Conforth	Arkansas	40-46	176.2
76	Amit Bhardwaj	California	40-46	170.7

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Kerwin Unten	Hawaii	47-53	567.5
2	Tom Albano	New York	47-53	529.0
3	David Lenius	Idaho	47-53	512.5
4	Deron Agaran	Hawaii	47-53	507.0
5	George Elliot Baker	Oklahoma	47-53	485.0
6	Sheldon Weingust	Texas	47-53	446.2
7	Jon Cunningham	Utah	47-53	440.7
8	Rick King	Oregon	47-53	436.3
9	Freddie Evangelista	Oregon	47-53	425.3
10	Nick Santarone	New York	47-53	424.2
11	Chris Balanga	California	47-53	407.7
12	Sean Kaneshiro	Hawaii	47-53	391.2
13	Allen McVaney	Ohio	47-53	380.2
13	Leonard McAllister	Oregon	47-53	380.2
15	Randall Wrye	Georgia	47-53	374.7
15	Kenny Lyons	Idaho	47-53	374.7
17	John Marks	Michigan	47-53	369.2
17	Julian Kaipo Pereza	Hawaii	47-53	369.2
19	Charles Smith	Tennessee	47-53	365.9
20	Donald Ramil	Hawaii	47-53	363.7 Raw
20	David R Smith	Texas	47-53	363.7 Raw
20	John Tyree	Texas	47-53	363.7
20	Eric Carmichel	Arizona	47-53	363.7
24	Fulton White	Nevada	47-53	358.0
25	SeraFin DeSimone	Argentina	47-53	355.0 Raw
25	Carl Mustari	New York	47-53	355.0
27	Paul Baer	Minnesota	47-53	352.5
28	Jim Cargill	Nevada	47-53	347.0
29	Bob Benzler	California	47-53	341.5
29	Mark Laurel	California	47-53	341.5
29	Eric Lumpkin	Oregon	47-53	341.5
32	Craig Furman	California	47-53	336.0
32	Carl Nishida	Hawaii	47-53	336.0
34	Dave Constantineau	Wisconsin	47-53	331.5
35	Bret Mayo	North Dakota	47-53	326.1
36	Pete Medico	Florida	47-53	325.0
36	Michael Williams	Florida	47-53	325.0
36	Keith Cunningham	Washington	47-53	325.0
39	Frank Burke	Florida	47-53	322.5
40	Ronald Slaughter	Alabama	47-53	308.5
40	Marloe Mosley	Texas	47-53	308.5
40	Eric Bergman	Texas	47-53	308.5
43	Craig Furman	California	47-53	303.0 Raw
44	James Hamilton	Florida	47-53	295.0
45	Mitchell Thomas	Hawaii	47-53	292.0 Raw

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
45	Mark Benson	Minnesota	47-53	292.0
45	Dana Veiga	California	47-53	292.0
48	Travis Collyar	Arkansas	47-53	286.5 Raw
48	Ferrel Gray	California	47-53	286.5
48	Mark Grouchy	Louisiana	47-53	286.5
51	Travis Collyar	Arkansas	47-53	281.0 Raw
52	Thomas Williams	Florida	47-53	280.0
53	James Hamilton	Florida	47-53	275.5
54	Nino Domingo	Arizona	47-53	270.0
55	Steve Graham	Oregon	47-53	259.0
56	Robert Baggett	Tennessee	47-53	242.5 Raw
56	Tom Corey	Georgia	47-53	242.5
58	Roy Zeeb	New York	47-53	236.7 Raw
59	Chad McFarland	Oregon	47-53	227.9
60	Rey Corpuz	Hawaii	47-53	225.7
61	Paul Wach	Utah	47-53	220.2
62	Mark Grouchy	Louisiana	47-53	203.7 Raw
63	Alan Sheen	Louisiana	47-53	193.8
64	Boyd Sears	California	47-53	192.7 Raw
65	Mark Leitner	Wisconsin	47-53	176.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Deron Agaron	Hawaii	54-60	519.1
2	Freddie Evangelista	Oregon	54-60	485.0
3	Sheldon Weingust	Texas	54-60	396.7
4	Gary Miller	Nevada	54-60	380.2
5	Al Nebo	California	54-60	363.7
6	Ken Van Buren	Arizona	54-60	358.0
7	Larry Cardon	Virginia	54-60	352.5
7	Fulton White	Nevada	54-60	352.5
9	Perry Plush	Washington	54-60	348.1
10	Wayne Paola	Oregon	54-60	345.0
11	Jim Dobie	Montana	54-60	341.5
12	Jody Fjelstad	Minnesota	54-60	336.0
13	Keith Cunningham	Washington	54-60	331.6
14	Deron Agaron	Hawaii	54-60	330.5 Raw
14	Mark Laurel	California	54-60	330.5
16	Rudy Lozano	California	54-60	325.0
16	Michael Jameson	Washington	54-60	325.0
16	Michael Williams	Florida	54-60	325.0
19	Dave Constantineau	Wisconsin	54-60	314.0
20	James Hamilton	Florida	54-60	305.0
21	Moses Timbal	Hawaii	54-60	303.0
22	Stefan Lemire	Utah	54-60	297.5
23	Dwayne Thompson	Arkansas	54-60	292.0 Raw
24	Pat Mulroy	Pennsylvania	54-60	287.6
25	Jack Benson	Washington	54-60	286.5
25	Jack Welch	Pennsylvania	54-60	286.5
27	Sean Roach	Oregon	54-60	281.0 Raw
27	Dwayne Thompson	Arkansas	54-60	281.0 Raw
27	Gregory Kleyn	Illinois	54-60	281.0
27	Peter Tuhus	Nevada	54-60	281.0
31	Dennis Cain	Nevada	54-60	275.5
32	Nino Domingo	Arizona	54-60	270.0 Raw
32	Dr. James Scherer	Texas	54-60	270.0
32	Dennis Lambard	Arizona	54-60	270.0
35	Julian Kaipō Pereza	Hawaii	54-60	264.5 Raw
35	Roy Zeeb	New York	54-60	264.5 Raw
35	Dave Higgins	Minnesota	54-60	264.5
38	Steve Garbush	Washington	54-60	253.5 Raw
38	Ashok Sharma	India	54-60	253.5
38	David Higgins	Washington	54-60	253.5
41	Ed Ambromaitis	New Jersey	54-60	248.0
42	Alan Sheen	Louisiana	54-60	243.6
43	Brian Thomas	Texas	54-60	242.5 Raw
43	Keith Cunningham	Washington	54-60	242.5 Raw
43	Guy Brenner	Louisiana	54-60	242.5
43	Dean Kaneshiro	Hawaii	54-60	242.5
47	Patrick Young	Idaho	54-60	236.7
47	David Anderson	Wisconsin	54-60	236.7

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire  
Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
49	Boyd Sears	California	54-60	220.2	Raw
49	Richi Carni	Colorado	54-60	220.2	Raw
51	Dennis Berry	Oklahoma	54-60	220.0	
51	Terry Bohn	Washington	54-60	220.0	
53	Jimmy Mora	Ecuador	54-60	214.7	Raw
53	Jeff Benesi	Washington	54-60	214.7	
55	David Brigance	Arkansas	54-60	187.2	
56	Steve Still	Texas	54-60	159.7	

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Alfredo Evangelista	Oregon	61-67	440.7
2	Perry Plush	Washington	61-67	352.5
3	Jody Fjelstad	Minnesota	61-67	336.0
4	George Johnson	Texas	61-67	331.6
5	Gary Miller	Nevada	61-67	330.5
6	Gerard Boucher	California	61-67	325.0
6	Robert Dye	Ohio	61-67	325.0
8	Fulton White	Nevada	61-67	314.0
8	Lee Lichtle	Florida	61-67	314.0
10	Kris Matsumoto	Hawaii	61-67	309.6 Raw
11	Larry Vincent	Oregon	61-67	286.5
12	Stefan Lemire	Utah	61-67	283.2
13	Gary Witzel	Washington	61-67	275.5
13	Dave Higgins	Minnesota	61-67	275.5
15	Ron White	Washington	61-67	270.0
15	Leon Dashevsky	Minnesota	61-67	270.0
17	Thomas English	Nevada	61-67	264.5
18	Steve Garbush	Washington	61-67	259.0 Raw
19	Bob Nussear	Florida	61-67	248.0
19	Richard Gidcumb	Michigan	61-67	248.0
21	Edward Hemmingsen	Maine	61-67	244.7
22	Brian Thomas	Texas	61-67	243.4 Raw
23	Robert Dye	Ohio	61-67	242.5 Raw
23	Moses Timbal	Hawaii	61-67	242.5
23	Arlindo DaSilva	Brazil	61-67	242.5
23	Tony Pena	California	61-67	242.5
27	Clotario Portugal Neto	Brazil	61-67	236.7 Raw
27	Carl Tennant	California	61-67	236.7
29	John Pastorius	Ohio	61-67	225.7 Raw
29	Ivy Gentolizo	Nevada	61-67	225.7
31	Joe Pablo	Montana	61-67	203.7
31	Robert Bienvenu	Louisiana	61-67	203.7
33	John Clay	Colorado	61-67	187.2
34	Dave Constantineau	Wisconsin	61-67	176.2 Raw
34	Vic Khanna	Missouri	61-67	176.2
36	Gary Johnson	Alabama	61-67	170.7 Raw
37	Dexter Higa	Hawaii	61-67	159.7 Raw
38	Steve Still	Texas	61-67	148.7
39	Lynn Forbes	Washington	61-67	137.7
39	Ray Gandeza, Sr.	Hawaii	61-67	137.7



HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Freddie Evangelista	Washington	68-74	391.2
2	Joe McDermott	Florida	68-74	331.6
3	Donald Barden	Washington	68-74	330.5
4	Bryan Yager	California	68-74	297.5
4	Kenneth Ha	Hawaii	68-74	297.5 Raw
6	Larry Vincent	Oregon	68-74	281.0
7	Richard Rogers	Washington	68-74	275.5
8	Gary Witzel	Washington	68-74	266.6
9	Stefan Lemire	Utah	68-74	264.5
10	Dale Garlitz	Montana	68-74	253.5 Raw
10	Jim Merlino	California	68-74	253.5
10	Leon Dashevsky	Minnesota	68-74	253.5
13	Andre Charbit	France	68-74	248.0
13	Robert Mattison	California	68-74	248.0
15	Moses Timbal	Hawaii	68-74	244.7
16	Bob Nussear	Florida	68-74	242.5
16	Ron Goodman	California	68-74	242.5
18	Bill Tinkler	Florida	68-74	235.0
19	Harold Hager	Arkansas	68-74	231.2
19	Jim Schall	Washington	68-74	231.2
19	Charlie Vause	Hawaii	68-74	231.2
19	Thomas English	Nevada	68-74	231.2
23	Ed Morishima, Sr.	Hawaii	68-74	225.0
23	Ron White	Washington	68-74	225.0
25	Richard Rogers	Washington	68-74	220.2 Raw
25	Julio Cesar Berrocal Cerriedo	Peru	68-74	220.2
25	Martin Garry	Nevada	68-74	220.2
28	Arlindo DaSilva	Brazil	68-74	209.2
29	Skip Schacher	Montana	68-74	198.2
30	Andy Agan	Nevada	68-74	176.2
31	Mike Flood	Washington	68-74	170.7 Raw
32	Gary Witzel	Washington	68-74	159.7 Raw
33	Raymond Katayama	Hawaii	68-74	154.2
34	Donald Judd	Arizona	68-74	122.3
35	Glen Anderson	Oregon	68-74	121.2
36	Ronald Baldwin	California	68-74	66.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Sonny Ronolo	Hawaii	75-79	330.5
2	Larry Vincent	Oregon	75-79	249.1
3	Robert Cortes	California	75-79	242.5
4	Gerald Lindas	Wisconsin	75-79	236.7
4	Ron Goodman	California	75-79	236.7
6	Andre Charbit	France	75-79	225.7
7	Robert Fornachon	California	75-79	220.2
8	Leon Dashevsky	Minnesota	75-79	203.7
9	Bill Tinkler	Florida	75-79	198.2
9	Enrique Garcia	Guatemala	75-79	198.2
11	Robert Denton	Arizona	75-79	192.7 Raw
11	Philip Reiter	Hawaii	75-79	192.7 Raw
11	Dick Gibson	Oregon	75-79	192.7
11	Charles Vause	Georgia	75-79	192.7
11	Skip Schacher	Montana	75-79	192.7
15	Ron White	Washington	75-79	176.2 Raw
17	Salvatore Morabito	California	75-79	159.7 Raw
18	Dr. Donald Dreyer	Louisiana	75-79	135.0
19	Andy Agan	Nevada	75-79	132.2
20	Bill Grubbs	Hawaii	75-79	130.0
21	Raymond Katayama	Hawaii	75-79	110.0 Raw
21	Leo Honkala	Sweden	75-79	110.0
23	Ward Church	Oregon	75-79	104.5

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 80 - 84 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gerald Campbell	Texas	80-84	275.5
2	Sonny Ronolo	Hawaii	80-84	270.0
3	Gerald Lindas	Wisconsin	80-84	220.2 Raw
4	Bill Tinkler	Florida	80-84	209.2
5	Joeseeph Cavness	California	80-84	205.9
6	Robert Fornachon	California	80-84	192.7
7	Roger Moore	Oregon	80-84	171.8
8	Jack Heizelman	Texas	80-84	170.7
8	Dick Gibson	Oregon	80-84	170.7
10	Charlie Vause	Hawaii	80-84	165.2
11	Jack Ford	Arizona	80-84	154.2
12	Charlie Vause	Hawaii	80-84	148.7 Raw
13	Jack Withers	Nevada	80-84	143.2
14	Sonny Nummi	Idaho	80-84	132.2 Raw
14	Irwin Tuttie	Maine	80-84	132.2
14	Dr. Donald Dreyer	Louisiana	80-84	132.2
17	Julio Cesar Berrocal	Peru	80-84	115.5 Raw
18	Sam Contakos	Pennsylvania	80-84	82.5

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Roger Moore	Oregon	85-89	192.7
2	Joseph Cavness	California	85-89	179.5 Raw
3	Robert Fornachon	California	85-89	161.9
4	Dick Gibson	Oregon	85-89	160.8
5	Bladen McClelland	Michigan	85-89	156.4
6	Roger Moore	Oregon	85-89	154.2 Raw
6	Dr. Donald Dreyer	Louisiana	85-89	154.2
6	Jack Ford	Arizona	85-89	154.2
9	Charles Vause	Hawaii	85-89	143.2 Raw
10	Nixon Munley	Oregon	85-89	106.7 Raw
11	Arthur Winston	Oregon	85-89	77.0

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 90-94 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bladen McClelland	Michigan	90-94	148.7
2	Dr. Donald Dreyer	Louisiana	90-94	134.4
3	Robert Fornachon	California	90-94	132.2

HIGHEST ALL-TIME 165# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 95+ - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Dr. Donald Dreyer	Louisiana	95+	121.2 R
1	Dr. Donald Dreyer	Louisiana	95+	121.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Valentino Plummer	Oregon	40-46	584.0
2	Keith Daniels	Hawaii	40-46	531.2
3	David Lenius	Idaho	40-46	529.0
4	Andy Furnas	Ohio	40-46	524.6
5	Brian Fisher	Georgia	40-46	518.0
5	Mike Bingham	Pennsylvania	40-46	518.0
5	Mosbeh El-Kaney	Florida	40-46	518.0
8	Daniel Suzuki	Hawaii	40-46	512.5
9	Rami Eerikainen	Finland	40-46	507.0
10	Jon Cunningham	Utah	40-46	497.1
11	Bob Levering	California	40-46	496.0
12	Byron Beebe	Oregon	40-46	491.6
13	Ed Morishima, Jr.	Hawaii	40-46	479.5
14	Andrew Somera	Washington	40-46	473.7
15	Dean Reiman	Minnesota	40-46	473.7
16	Jeff Woods	Ohio	40-46	473.7
17	Rudy Lopez	California	40-46	473.7
18	Sakari Selkainaho	Finland	40-46	468.2
19	Anthony Stevens	Florida	40-46	465.0
20	LeRoy Banks	Illinois	40-46	462.7
21	Jack Brown	Tennessee	40-46	451.7
22	David Thompson	Oregon	40-46	451.7
23	Darren Carr	Utah	40-46	451.7
24	Jerry Riley	Oregon	40-46	440.7
25	Manu Manukian	Republic of Georgia	40-46	440.7
26	Rey Estrada	Arizona	40-46	435.2
27	Brian Baertlein	Oregon	40-46	424.2
28	Ron Garofalo	Colorado	40-46	418.7
29	Greg Brink	Oregon	40-46	413.2
30	Don Walker	Washington	40-46	413.2
31	James Noblit	Oregon	40-46	407.7
32	Kevin Haley	Texas	40-46	407.7
33	Eric Lumpkin	Oregon	40-46	407.7
34	Marchand Fleming	Oklahoma	40-46	402.2
35	Jeff Jones	California	40-46	402.2
36	Deron Agaran	Hawaii	40-46	402.2
37	John Peterson	Wisconsin	40-46	400.0
38	Steve Hodge	Washington	40-46	381.3
39	Mark Lo	Hawaii	40-46	380.2
40	Mark Reifkind	California	40-46	380.2
41	Sofala Maiva	Washington	40-46	380.2
42	Will Crossen III	Washington	40-46	374.7 Raw
42	Chad Medina	New Mexico	40-46	374.7 Raw
44	Douglas Scarborough	South Carolina	40-46	374.7
45	Mike Ioannou	Massachusetts	40-46	374.7
46	Jim Dobie	Montana	40-46	374.7
47	Jason Kaneao	Hawaii	40-46	369.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
47	Greg Huerta	Texas	40-46	369.2
49	Randy Cardwell	Oregon	40-46	366.0
50	Darrell LeSage	Louisiana	40-46	365.0
51	Alex Zorbas	Minnesota	40-46	363.7
52	Kevin Mauer	Texas	40-46	363.7
53	Chris Bos	Michigan	40-46	363.7
54	Jan Lindqvist	Finland	40-46	363.7
55	Jody Cranston	Canada	40-46	359.1
56	Barron Stone	Texas	40-46	358.0
57	Ryan Birt	Florida	40-46	355.0
58	Jeff Sullivan	Alabama	40-46	352.5
59	Shawn Oliphant	Oregon	40-46	352.5
60	Terrell Smith	Texas	40-46	347.0
61	Fred Stokes	Michigan	40-46	347.0
62	Luciano Cruz	Brazil	40-46	341.5 Raw
63	Jeb Brydon	Michigan	40-46	336.0
64	Joel Mendez	Brazil	40-46	330.5 Raw
65	Vilmar Oliveira	Brazil	40-46	330.5
66	Dave Kahn	Oregon	40-46	330.5
67	Sterling Lowell	Maine	40-46	330.5
68	Dariel T. Unson	Washington	40-46	325.0
69	Mike Stanchfield	Minnesota	40-46	325.0
70	Chris Mortimer	Florida	40-46	320.0
71	Paul Nissen	Oklahoma	40-46	315.0
72	David Burgner	Hawaii	40-46	314.0 Raw
73	Roger Cole	Washington	40-46	314.0
74	Isaias Segura	Washington	40-46	314.0
75	Kenny Roth	California	40-46	308.5
76	Ed Richardson	Mississippi	40-46	308.5
77	Gunny Hays	Washington	40-46	308.5
78	Ulisses Jara	California	40-46	303.0
79	Nestor Bagayas	Hawaii	40-46	303.0
80	Jeff Beatty	Oklahoma	40-46	292.0
81	Greg Huerta	Texas	40-46	292.0
82	Alan Okomoto	Hawaii	40-46	286.5 Raw
83	Joseph Lee Chaney	Texas	40-46	286.5
84	Jason Roberts	Hawaii	40-46	286.5
85	John Malonie	Massachusetts	40-46	281.0
86	Andy Hoyas	California	40-46	281.0
87	Jeff Mumaw	Michigan	40-46	281.0
88	Paul Radmilovich	Oklahoma	40-46	275.5
89	Ross Blythe	Arkansas	40-46	270.0
90	Frank Sevier	Washington	40-46	264.5
91	Kim Paivoki	Finland	40-46	264.5
92	David Simmons	Texas	40-46	259.0
93	Warren Fahrenfeld	New Jersey	40-46	253.5
94	Bryan Vandiver	Oklahoma	40-46	242.5
95	Patrick Synder	Florida	40-46	240.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
96	Dale Straight	Wisconsin	40-46	231.2 Raw
97	John Henkel	Ohio	40-46	231.2
98	Ian Jones	Florida	40-46	225.7 Raw
99	Tom Sawyer	Montana	40-46	220.2 Raw
100	Jay Dolata	California	40-46	198.2 Raw
101	John Jarosiewicz	Minnesota	40-46	192.7
102	Amit Bhardwaj	California	40-46	187.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Valentino Plummer	Oregon	47-53	585.1
2	Mike Bingham	Pennsylvania	47-53	518.0
3	Keith Daniels	Hawaii	47-53	508.1
4	Deron Agaran	Hawaii	47-53	507.0
5	Jon Cunningham	Utah	47-53	497.1
6	Dean Reiman	Minnesota	47-53	496.0
7	David Lenius	Idaho	47-53	490.5
8	Nick Santarone	New York	47-53	473.7
9	Leonard McAllister	Oregon	47-53	450.7
10	Bob Levering	California	47-53	435.0
11	Martin Aguirre	Nevada	47-53	429.7
12	Fil Dena III	Nevada	47-53	424.2
13	Jay Shimabuku	Hawaii	47-53	418.7
14	Eric Lumpkin	Oregon	47-53	413.2
15	John Burke	Texas	47-53	408.8
16	Ralph Young	Ohio	47-53	402.2
16	Jerry Riley	Oregon	47-53	402.2
16	Willis Wiger	Indiana	47-53	402.2
16	Mark Lo	Hawaii	47-53	402.2
20	David Viars	Florida	47-53	400.0
21	Paul Chinen	Hawaii	47-53	396.7
21	Leamon Woodley	Washington	47-53	396.7
23	Ron Garofalo	Colorado	47-53	391.2
23	Duane Winkler	Illinois	47-53	391.2
23	Paul Janoff	California	47-53	391.2
26	Dean Furukawa	Hawaii	47-53	385.7
26	Edgar Martinez	Guatemala	47-53	385.7
26	Alan Traylor	Georgia	47-53	385.7
29	Carl Nishida	Hawaii	47-53	380.2
30	Alonzo Belen	Washington	47-53	374.7
30	Mark Yates	Arizona	47-53	374.7
30	Jody Fjelstad	Minnesota	47-53	374.7
30	Dan Marxheimer	Washington	47-53	374.7
30	Perry Plush	Washington	47-53	374.7
30	Danny Winslow	Idaho	47-53	374.7
36	Bruce Kenyon	Oregon	47-53	370.0
38	John Tyree	Texas	47-53	363.7
39	Bob Baker	Idaho	47-53	358.0
39	Pat Carroll	New York	47-53	358.0
40	Anthony Wilson	Arizona	47-53	353.6
41	Jim Krupicewicz	Michigan	47-53	352.5
42	Joey Murphy	Georgia	47-53	347.0 Raw
42	Gary Mekuly	Texas	47-53	347.0
44	Jon Cunningham	Utah	47-53	341.5 Raw
44	Eric Bergman	Texas	47-53	341.5
46	David Kahn	Oregon	47-53	336.0
46	Rick Hagedorn	Alabama	47-53	336.0



HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
46	Gene King	Oregon	47-53	336.0
49	Sterling Lowe II	Maine	47-53	330.5
49	Rocco Parodi	California	47-53	330.5
49	Jim Snodgrass	Texas	47-53	330.5
52	Dave Dimitre	Washington	47-53	327.2
53	Mike Stanch Field	Minnesota	47-53	325.0 Raw
53	Bryan Walter	Texas	47-53	325.0
53	Charles Folonius	Arizona	47-53	325.0
53	Dale Rene	California	47-53	325.0
57	Mike Stanchfield	Minnesota	47-53	322.8 Raw
58	Theron Fonder	Minnesota	47-53	320.6 Raw
58	Mike Harrison	Texas	47-53	320.6
60	Steve Kylis	Florida	47-53	320.0
61	Marloe Mosley	Texas	47-53	319.5
61	Mitch Sperling	California	47-53	319.5
61	Victor Perez	California	47-53	319.5
64	David Brekke	Colorado	47-53	315.1
65	Jeb Brydon	Michigan	47-53	314.0 Raw
65	Carl Groves	Indiana	47-53	314.0
67	Jesus Fragoso	Idaho	47-53	308.5 Raw
67	Dave McCarthy	Montana	47-53	308.5
67	Ashok Sharma	India	47-53	308.5
67	Dan Bell	Texas	47-53	308.5
71	Marchand Fleming	Oklahoma	47-53	303.0 Raw
71	Scott Rickfod	Minnesota	47-53	303.0 Raw
71	Ron McNeely	Alabama	47-53	303.0
71	Gene Alexander	Washington	47-53	303.0
71	David Anderson	Wisconsin	47-53	303.0
75	Glenn Miller	Arizona	47-53	286.5
75	Flavio Da Costa Bautista	Brazil	47-53	286.5
78	Todd Robinson	California	47-53	281.0
78	Harry Cull	Texas	47-53	281.0
81	Frank Towery	Arkansas	47-53	275.5 Raw
81	Gary Rochelle	California	47-53	275.5
81	T. Cushman	Washington	47-53	275.5
81	Tommy Hallmark	Georgia	47-53	275.5
84	Michael Spotted Blanket	Montana	47-53	270.0
85	Mark Knutson	Oklahoma	47-53	264.5
86	Robert Baggett	Tennessee	47-53	259.0 Raw
86	Greg Bonner	Utah	47-53	259.0
88	Tim Greene	Georgia	47-53	253.5
88	Pat Young	Idaho	47-53	253.5
90	Anthony Kokell	New York	47-53	248.0
90	Ferrel Gray	California	47-53	248.0
92	Christopher Becker	Texas	47-53	242.5
93	Craig Trask	Texas	47-53	236.7 Raw
94	Ernie McKee	Florida	47-53	230.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
95 Dwayne Stewart	California	47-53	225.7 Raw
96 Mark Epstein	Georgia	47-53	220.0
96 Gene Collier	Oklahoma	47-53	220.0
98 Chris Shimana	Nevada	47-53	214.7 Raw
99 Fred Martichuski	Washington	47-53	203.7
99 Dale Smith	Wisconsin	47-53	203.7

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
1	Deron Aragan	Hawaii	54-60	518.0
2	Tony Coduto	Illinois	54-60	468.2
2	Jay Shimabuku	Hawaii	54-60	468.2
4	Bob Levering	California	54-60	429.7
4	Jon Cunningham	Utah	54-60	429.7
6	Kris Matsumoto	Hawaii	54-60	424.2
6	Martin Aguirre	Nevada	54-60	424.2
8	Tom Gonnering	Alabama	54-60	402.2
9	Jim Klostergaard	Texas	54-60	396.7
9	Danny Winslow	Idaho	54-60	396.7
11	Mark Eichenseer	Louisiana	54-60	392.3
12	Jody Fjelstad	Minnesota	54-60	391.2
12	Fil Dena III	Nevada	54-60	391.2
14	Ken Van Buren	Arizona	54-60	385.7
14	Perry Plush	Washington	54-60	385.7
16	Russell Roberts	Texas	54-60	380.2
16	Charles Martin	California	54-60	380.2
16	Randy Barr	Illinois	54-60	380.2
16	Paul Janoff	California	54-60	380.2
20	Rich Tsutsui	California	54-60	374.7
20	Larry Cardon	Virginia	54-60	374.7
22	Gene King	Oregon	54-60	365.9
23	Bob Benzler	Hawaii	54-60	363.7
23	Jamie Alvarez	California	54-60	363.7
23	Doug Clayton	Wyoming	54-60	363.7
23	Edgar Martinez	Guatemala	54-60	363.7
23	Paul Janoff	California	54-60	363.7
28	Michael Ioannou	Massachusetts	54-60	358.0
28	Jamey Maudlin	Texas	54-60	358.0
28	Dan Hawkinson	Minnesota	54-60	358.0
28	Mark Lo	Hawaii	54-60	358.0
32	Ken Scheuer	Washington	54-60	353.6
33	Jim Dobie	Montana	54-60	352.5 Raw
33	Mike Harrison	Texas	54-60	352.5
33	Pat Carroll	New York	54-60	352.5
36	Bob Hill	Oregon	54-60	347.0
36	Jerry McCamman	California	54-60	347.0
36	Rob Lauver	Oregon	54-60	347.0
36	George Johnson	Texas	54-60	347.0
40	Bob Baker	Idaho	54-60	342.6
41	Dave Cummerow	California	54-60	341.5
41	David Wentworth	Maine	54-60	341.5
41	Eric Ansberry	California	54-60	341.5
41	Roberto Contreras	Texas	54-60	341.5
41	Leamon Woodley	Washington	54-60	341.5
41	Robert Hughes	Maine	54-60	341.5
47	Kris Matsumoto	Hawaii	54-60	338.2 Raw

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
48	Nino Domingo	Arizona	54-60	336.0
48	Mitch Sperling	California	54-60	336.0
48	Jim Snodgrass	Texas	54-60	336.0
51	Steve Kylis	Florida	54-60	335.0
52	Keith Cunningham	Washington	54-60	325.0
52	Joe Pablo	Montana	54-60	325.0
53	Flavio Bapstista DaCosta	Brazil	54-60	319.5
54	Ritchie Creevy	California	54-60	314.0
55	Paul Janoff	California	54-60	308.5 Raw
55	Scott Bowyer	Ohio	54-60	308.5
55	Ron Jones	Alabama	54-60	308.5
58	Sean Roach	Oregon	54-60	304.1 Raw
59	Danny Winslow	Idaho	54-60	303.0 Raw
59	Marc Tomlinson	Washington	54-60	303.0
61	Patrick Young	Idaho	54-60	297.0
62	Jim Schoaf	North Carolina	54-60	295.0 Raw
62	Alonzo Belen	Washington	54-60	292.0
64	Michel Rioland	France	54-60	292.0 Raw
65	Joel Korotkin	California	54-60	286.5
66	Thomas Hrasch	Oklahoma	54-60	285.0
67	Pete Rea	Oregon	54-60	281.0
67	R. Williams	California	54-60	281.0
67	Dennis Cain	Nevada	54-60	281.0
70	Michael Ellis	Texas	54-60	275.5 Raw
71	Randall Wyre	Georgia	54-60	264.5
71	Ashok Sharma	India	54-60	264.5
71	Richard Hunt	Georgia	54-60	264.5
74	Billy Roth	Louisiana	54-60	260.0
75	John McBroom	California	54-60	259.0
75	John Pastorius	Ohio	54-60	259.0
77	Les Cramer	Florida	54-60	255.0
78	David Willis	Utah	54-60	253.5 Raw
78	Steve Garbush	Washington	54-60	253.5 Raw
78	Terence Wilder	Texas	54-60	253.5
81	Barry Murphy	California	54-60	242.5
81	Kelly Cain	Nevada	54-60	242.5
83	Aarre Laurila	Finland	54-60	236.7 Raw
83	Brian Thomas	Texas	54-60	236.7 Raw
85	Terry Bohn	Washington	54-60	225.7
85	Alan Sheen	Louisiana	54-60	225.7
87	Ken Levine	Pennsylvania	54-60	220.2
88	James Micik	New York	54-60	203.7
89	Stephen Mann	Florida	54-60	200.0
90	Joao Luiz Medeiros	Brazil	54-60	198.2 Raw
90	James Froehle	Minnesota	54-60	198.2
92	Boyd Sears	California	54-60	192.7 Raw
92	David Brekke	Colorado	54-60	192.7
94	Jeffrey Thorton	Arizona	54-60	187.2
95	Skye Wolf MacGregor	Oregon	54-60	159.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jay Shimabuku	Hawaii	61-67	408.8
2	Rudy Lozano	California	61-67	407.7
3	Perry Plush	Washington	61-67	391.2
4	Russell Roberts	Texas	61-67	369.2
5	Dan Hawkinson	Minnesota	61-67	359.1
6	Fil Dena III	Nevada	61-67	353.6
7	Charles Smith	Tennessee	61-67	352.5 Raw
7	Michael Minietta	Nevada	61-67	352.5
7	Jody Fjelstad	Minnesota	61-67	352.5
10	Paul Janoff	California	61-67	347.0
11	Joe Beteta	Oregon	61-67	342.6
12	Joe Pablo	Montana	61-67	341.5
13	Paul Janoff	California	61-67	336.0
13	File Dena	Nevada	61-67	336.0
15	Terry Camp	Oregon	61-67	331.6
16	Jim Doble	Montana	61-67	325.0 Raw
16	Roy Guidry	Louisiana	61-67	325.0
16	Donald Barden	Washington	61-67	325.0
16	Andy Gibson	Tennessee	61-67	325.0
16	Bruce Begue	Ohio	61-67	325.0
20	Rich Hieb	Oregon	61-67	320.6
21	Mickey Glasco	Georgia	61-67	319.5
22	Ronald Hemenway	Michigan	61-67	314.0
22	Marvin Williams	Florida	61-67	314.0
22	George Hawkins	California	61-67	314.0
25	Mark Peterson	Washington	61-67	308.5
26	Daniel Hofeditz	Arizona	61-67	303.0
26	Ed Angstrom	Iowa	61-67	303.0
26	Barry Murphy	California	61-67	303.0
29	Jody Fjelstad	Minnesota	61-67	300.8 Raw
30	Kelley Collier	Florida	61-67	300.0
31	Stefan Lemire	Utah	61-67	297.5
31	Harlan Neal	Oregon	61-67	297.5
33	Ronald Greenlee	Louisiana	61-67	295.3
34	Michel Rioland	France	61-67	292.0
34	Charles McFarland	Oregon	61-67	292.0
36	Ed Regua	Arizona	61-67	286.5 Raw
36	Moses Timbal	Hawaii	61-67	286.5
39	Paul Janoff	California	61-67	281.0 Raw
39	Gary Witzel	Washington	61-67	281.0
39	Ray Skillman	Indiana	61-67	281.0
41	James Collier	Florida	61-67	280.0
42	Charles McFarland	Oregon	61-67	275.5 Raw
42	Dale West	Idaho	61-67	275.5
42	G. Jeffery Thornton	Arizona	61-67	275.5
46	John Bretz	Pennsylvania	61-67	270.0
47	Ross Phillips	Oregon	61-67	264.5
48	Richard Schuller	Washington	61-67	259.0

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
48	Bill Stoner	Michigan	61-67	259.0
50	Jerome Mautner	California	61-67	253.5
50	Russell Roberts	Texas	61-67	253.5
50	Earl Beardall	Utah	61-67	253.5
50	Ron White	Washington	61-67	253.5
54	Bob Baker	Idaho	61-67	248.0 Raw
54	Win Smith	Missouri	61-67	248.0
56	Robert Withers	Australia	61-67	242.5
56	Rick Hagedorn	Alabama	61-67	242.5
56	Gregory Kleyn	Illinois	61-67	242.5
59	Richard Cirigliano	California	61-67	236.7
59	G. Brand	Washington	61-67	236.7
59	Arnold Pereza	Hawaii	61-67	236.7
62	Steve Mann	Florida	61-67	231.2 Raw
63	Alan Sheen	Louisiana	61-67	226.8
64	Robert Bienvenu	Louisiana	61-67	225.7
64	Melton Harrell	Georgia	61-67	225.7
64	Sonny Nummi	Idaho	61-67	225.7
67	Don Swingle	New York	61-67	214.7
68	Robert Batko	Michigan	61-67	209.2
68	Larry Joiner	California	61-67	209.2
68	Joseph Frawley	Arizona	61-67	209.2
68	Craig Gustafson	Nevada	61-67	209.2
72	Emory Williams	Florida	61-67	205.0
73	James Bushard	Massachusetts	61-67	203.7 Raw
73	Ron Goncalves	Washington	61-67	203.7
75	Peter Assuma	New York	61-67	198.2
76	Don Covello	California	61-67	187.2
77	Edward Darling	Maine	61-67	170.7
78	James Bushard	Massachusetts	61-67	165.2
79	Geoffrey Eroo	Arizona	61-67	148.7
80	Donald Judd	Arizona	61-67	143.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Rudy Lozano	California	68-74	402.2
2	Ed Angstrom	Iowa	68-74	347.0
3	Kiyoshi Koki	Hawaii	68-74	336.0
4	Sonny Ronolo	Hawaii	68-74	331.6
5	Joe Beteta	Oregon	68-74	330.5
5	Donald Barden	Washington	68-74	330.5
7	Rich Hieb	Oregon	68-74	319.5
8	Dan Martin	Arizona	68-74	314.0
8	Michael Minietta	Nevada	68-74	314.0
10	Willie Kindred	Arizona	68-74	308.5
11	Charles McFarland	Oregon	68-74	303.0
12	Dan Hawkinson	Minnesota	68-74	300.0
13	Daniel Hofeditz	Arizona	68-74	297.5
14	Bryan Christenson	Oregon	68-74	292.0
15	T.C. Lewis	Arkansas	68-74	281.0
16	Sonny Nummi	Idaho	68-74	275.5
16	Don Frosland, Sr.	Oregon	68-74	275.5
16	Bill Stoner	Michigan	68-74	275.5
19	Bernie Miller	Washington	68-74	270.0
19	Stefan Lemire	Utah	68-74	270.0
21	Arnold Pereza	Hawaii	68-74	265.6
22	Ed Regua	New Mexico	68-74	264.5 Raw
22	John Bretz	Pennsylvania	68-74	264.5
24	Moses Timbal	Hawaii	68-74	253.5
25	Tom Trevorah	Florida	68-74	250.0
26	George Stimac	Washington	68-74	248.0
27	John McEwen	California	68-74	242.5
28	E. Noel Kocher	Florida	68-74	240.0
29	Robert Batko	Michigan	68-74	237.8
30	Dan Hawkinson	Minnesota	68-74	236.7 Raw
30	Jack Crouse	Arizona	68-74	236.7 Raw
30	Russell Roberts	Texas	68-74	236.7
30	Michael Dandini	California	68-74	236.7
30	Earle Conway	Arizona	68-74	236.7
30	Jerome Mautner	California	68-74	236.7
30	James Rouse	Illinois	68-74	236.7
30	Tom Haggenmiller	Minnesota	68-74	236.7
38	Bob Hill	Oregon	68-74	231.2 Raw
38	Charles Vause	Hawaii	68-74	231.2
38	Ron White	Washington	68-74	231.2
38	Stan Miyahira	Nevada	68-74	231.2
38	Ron Ringewold	Michigan	68-74	231.2
43	Bob Hochstein	Illinois	68-74	226.8 Raw
44	Calvin Everett	Florida	68-74	225.7
45	Harold Wolff	Washington	68-74	225.0
46	Carl Isgren	Texas	68-74	220.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
46 Larry Joiner	California	68-74	220.2
48 Don Nicholson	Oregon	68-74	203.7 Raw
48 Mark Clark	Oregon	68-74	203.7 Raw
48 Tom Haggemiller	Minnesota	68-74	203.7 Raw
48 Don Dornfeld	Minnesota	68-74	203.7
51 Wally Johnson	Texas	68-74	200.0
53 Mike Haigwood	Nevada	68-74	198.2
54 Ron Jones	Alabama	68-74	187.2 Raw
55 Earl Foran	Florida	68-74	185.0
56 Robert Batko	Michigan	68-74	178.4 Raw
57 Joseph DiGregorio	Nevada	68-74	176.2
58 David Boyes	Louisiana	68-74	148.7
59 Aaron Neureuther	Maine	68-74	137.7
59 Ronald Ford	California	68-74	137.7
61 Donald Judd	Arizona	68-74	132.2
62 Richard Judah	Massachusetts	68-74	88.0



HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Sonny Ronolo	Hawaii	75-79	341.5
2	William Prince	Nevada	75-79	297.5
3	Richard Simon	California	75-79	276.6
4	Charles Ferrando	California	75-79	275.5
5	Ed Angstrom	Iowa	75-79	270.0 Raw
6	Gerald Campbell	Texas	75-79	264.5
7	Bob Hill	Oregon	75-79	248.0 Raw
8	Bill Remley	Florida	75-79	230.0
9	John Bretz	Pennsylvania	75-79	220.2 Raw
10	Charles Vause	Hawaii	75-79	214.7
10	John Mc Ewen	California	75-79	214.7
12	Sonny Nummi	Idaho	75-79	209.2
13	Wesley Brummett	Louisiana	75-79	203.7
13	Wendell Smith	Michigan	75-79	203.7
15	Enrique Garcia	Guatemala	75-79	192.7
15	Sonny Nummi	Idaho	75-79	192.7 Raw
15	Mike Haigwood	Nevada	75-79	192.7 Raw
18	Larry Joiner	California	75-79	188.3
19	Greg Nieto	California	75-79	187.2 Raw
19	Bob Evans	Texas	75-79	187.2
21	Tom Haggemiller	Minnesota	75-79	181.7 Raw
21	Bob Accosta	California	75-79	181.7
21	Nixon Munley	Oregon	75-79	181.7
24	Robert Batko	Michigan	75-79	171.8 Raw
25	Richard Waite	Washington	75-79	170.7
26	Robert batko	Michigan	75-79	165.2
27	Stan Miyahira	Nevada	75-79	165.2
28	Dr. Donald Dreyer	Louisiana	75-79	154.2
29	Arnold Pereza	Hawaii	75-79	148.7 Raw
29	Aaron Neureuther	Maine	75-79	148.7
31	Ed Burtle	California	75-79	143.2 Raw
32	David Boyes	Louisiana	75-79	132.2
33	George Choi	California	75-79	121.2
33	Donald Judd	Arizona	75-79	121.2
35	Richard Judah	Maine	75-79	71.5 Raw

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bryan Christenson	Oregon	80-84 242.5
2	Bill Remley	Florida	80-84 240.0
3	Colonel John Mc Ewen	California	80-84 211.4
4	Bill Prince	Nevada	80-84 209.2
5	Greg Nieto	California	80-84 203.7 Raw
6	Wesley Williams	Washington	80-84 187.2
7	Larry Joiner	California	80-84 181.7
7	Robert Fornachon	California	80-84 181.7
9	Nixon Munly	Oregon	80-84 170.7
10	Michawl Nadeau	Idaho	80-84 165.2 Raw
10	Gene Keesy	Ohio	80-84 165.2 Raw
12	Dr. Donald Dreyer	Louisiana	80-84 156.4
13	Cleophus Scrutchions	Illinois	80-84 143.2
14	Stephen Lamb	Hawaii	80-84 137.7
15	Sonny Nummi	Idaho	80-84 132.2
16	George Choi	California	80-84 124.4
17	Bill Grubbs	Hawaii	80-84 123.4
18	David Boyes	Louisiana	80-84 93.5

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bladen McClellan	Michigan	85-89 200.4
2	Robert Fornachon	California	85-89 159.7
2	Seymour Perlis	Arizona	85-89 159.7
4	Dr. Donald Dreyer	Louisiana	85-89 157.5
5	Steven Montrose	Florida	85-89 139.9
6	Nixon Munley	Oregon	85-89 137.7
6	Cleophus Scrutchions	Illinois	85-89 137.7 Raw
8	Bob Accosta	California	85-89 132.2
9	George Escher	Hawaii	85-89 100.1

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 90-94 Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Robert Fornachon	California	90-94 143.2 Raw
2	Bob Accosta	California	90-94 132.2
3	Rodney Graves	Nevada	90-94 132.2
4	Dr. Donald Dreyer	Louisiana	90-94 121.2

HIGHEST ALL-TIME 181# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 95+ Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Robert Fornachon	California	95-99 95.7 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Matt Lamarque	California	40-46	678.8
2	Daniel Suzuki	Hawaii	40-46	613.9
3	Robert Norman	Wisconsin	40-46	584.0
4	Ed Morishima Jr.	Hawaii	40-46	563.1
5	George Herring	Georgia	40-46	562.0
5	Kim Paivoke	Finland	40-46	562.0
5	Lawrence De Alva	Arizona	40-46	562.0
8	Ronald W. C. Nipp	Hawaii	40-46	551.0
9	Don Linerud	Idaho	40-46	545.5
10	Danny Soto	Oregon	40-46	540.0
11	Louie Mansanas	Hawaii	40-46	529.0
12	Tony Coduto	Illinois	40-46	519.1
13	James Noblit	Oregon	40-46	518.0
14	Anthony Jones	Michigan	40-46	512.5
14	Bob Levering	California	40-46	512.5
16	Charlie Farmer	Montana	40-46	507.0
16	Keith Kanemoto	California	40-46	507.0
18	Jeff Woods	Ohio	40-46	501.5
18	Michael Arrendell	Texas	40-46	501.5
20	Anthony Stevens	Florida	40-46	500.0
21	Darris Piggee	Washington	40-46	496.0
21	Benny Long	Oklahoma	40-46	496.0
23	Charles Phillips	Alabama	40-46	485.0
23	Rudy Lopez	California	40-46	485.0
23	Rami Eerikainen	Finland	40-46	485.0
26	Bryan Gregory	Hawaii	40-46	479.5
26	LeRoy Banks	Illinois	40-46	479.5
28	Sean Boyle	Washington	40-46	477.0
29	Nolan Nip	Hawaii	40-46	473.7
29	Wendall Omura	Hawaii	40-46	473.7
29	James Hunter	California	40-46	473.7
32	Jason Frickey	Louisiana	40-46	464.9
33	Dennis Sugimoto	Washington	40-46	462.7
33	Fil Dena III	Nevada	40-46	462.7
33	Rick Brewer	Texas	40-46	462.7
36	Glenn Villarmia	Hawaii	40-46	457.2
36	Stephen Webb	Illinois	40-46	457.2
36	Johnny Hernandez	Idaho	40-46	457.2
36	Mike Smothers	Illinois	40-46	457.2
40	Joseph Daigle	Texas	40-46	453.9
41	Brian Baertlein	Oregon	40-46	451.7
41	Kevin Sawyer	Oklahoma	40-46	451.7
41	Mark Hatfield	California	40-46	451.7
41	Michael Emond	New York	40-46	451.7
41	Mike Bazinet	Maine	40-46	451.7
46	Bill Cox	Oregon	40-46	446.2
47	Tim Lang	Florida	40-46	442.0
48	Barry Sullivan	Minnesota	40-46	440.7
48	Butch Zemaitis	Pennsylvania	40-46	440.7
48	Craig Palmer	Montana	40-46	440.7
48	Doug Noebe	Ohio	40-46	440.7
48	Joe Castorina	California	40-46	440.7
48	Todd Cossey	Hawaii	40-46	440.7
54	Allen Berry	Washington	40-46	435.2
54	Anthony Woods	Nevada	40-46	435.2

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
54	Neil Schoenebeck	Michigan	40-46	435.2
57	David Bradshaw	California	40-46	429.7
58	Paul Fears	Oklahoma	40-46	425.0
59	Justin Gardner	Texas	40-46	424.2 Raw
59	Darren Carr	Utah	40-46	424.2
59	Don Moser	Texas	40-46	424.2
59	Ed Lund	Wisconsin	40-46	424.2
59	Joe Gardner	Illinois	40-46	424.2
59	Robert Miller	Texas	40-46	424.2
59	Frank Johnson	Arizona	40-46	424.2
66	Casey Fisher	Idaho	40-46	420.0
67	Richard Warriner	Texas	40-46	418.7
67	Steve Olson	Washington	40-46	418.7
69	Rick Boudreaux	Louisiana	40-46	415.0
70	Carl Nishida	Hawaii	40-46	413.2
71	Anthony Bellocchio	Pennsylvania	40-46	407.7
71	Larry Delis	Michigan	40-46	407.7
71	Doug Bryan	Arkansas	40-46	407.7
71	Richard Romeo	Pennsylvania	40-46	407.7
75	Sean Aberman	Utah	40-46	403.3
76	Murphy Knott	Oregon	40-46	402.2
76	Mark Shasteen	Tennessee	40-46	402.2
76	Daniel Taylor	Ohio	40-46	402.2
76	Frank Peters	Washington	40-46	402.2
76	Michael Happach	Illinois	40-46	402.2
76	Mike Ioannou	Massachusetts	40-46	402.2
76	Raymond Clift	Utah	40-46	402.2
76	Robert Chavez	California	40-46	402.2
76	Jason Kaneao	Hawaii	40-46	402.2
76	Michael Botticelli	Nevada	40-46	402.2
86	Mike Borg	Minnesota	40-46	400.0
86	Tim King	North Carolina	40-46	400.0
88	John Jachim	Michigan	40-46	391.2
88	Stephen Lemarie	Louisiana	40-46	391.2
88	William Metcalfe	Michigan	40-46	391.2
91	Randy Fry	Wisconsin	40-46	385.7 Raw
91	Barron Stone	Texas	40-46	385.7
91	Harry Williams	Nevada	40-46	385.7
91	Keith Young	Texas	40-46	385.7
95	Barry Cavanaugh	California	40-46	380.2
95	Darrell Horn	Michigan	40-46	380.2
95	John DeBose, Jr	Texas	40-46	380.2
95	Mark Johnson	Indiana	40-46	380.2
95	Stacy Green	Texas	40-46	380.2
100	Gary Nakamoto	Hawaii	40-46	374.7
100	Jeff Holloway	Oregon	40-46	374.7
100	Joel Struntz	Minnesota	40-46	374.7
100	Steve Switzer	Washington	40-46	374.7
100	Mike Magee	Montana	40-46	374.7
100	Jason Kaneao	Hawaii	40-46	374.7
100	Jason Smith	Oklahoma	40-46	374.7
107	Ted Butler	Alabama	40-46	370.0
108	Raymond Cullar	Illinois	40-46	369.2 Raw
108	John Harpe	Washington	40-46	369.2

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
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<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
108 Khmelnytskyy Bohden	Russia	40-46	369.2
108 Randy Budd	Arizona	40-46	369.2
108 Rolando Espinoza	Texas	40-46	369.2
113 Sam Murphy	Oklahoma	40-46	365.0
114 Jason Smith	Oklahoma	40-46	363.7 Raw
114 Joey Lewis	Oklahoma	40-46	363.7
114 Larry Rhodes	Michigan	40-46	363.7
114 Roger Urtado	Michigan	40-46	363.7
118 Bob Keynon	Washington	40-46	360.0
119 Adam Johnson	Washington	40-46	358.0
119 Israel Cervantes	California	40-46	358.0
121 Paul Radmilovich	Oklahoma	40-46	355.0
122 Jason Kaneao	Hawaii	40-46	352.5 Raw
122 Edwardo Javier Clair	Uruguay	40-46	352.5 Raw
122 Eric Georgeon	Oregon	40-46	352.5
122 Fred Stokes	Michigan	40-46	352.5
122 Mike Godawa	Louisiana	40-46	352.5
122 Pasi Koukkula	Finland	40-46	352.5
122 Ted Ornduff	California	40-46	352.5
122 Tom Jackson	Arizona	40-46	352.5
130 Chris Bos	Michigan	40-46	348.1
131 Richard Joachim	Oregon	40-46	347.0
131 Toby McCormick	Alabama	40-46	347.0
131 Dave Wallentine	Washington	40-46	347.0
134 Eduardo Clair	Argentina	40-46	341.5 Raw
134 Dave Kahn	Oregon	40-46	341.5
134 Gary Ferstler	Hawaii	40-46	341.5
134 Richard Romeo	Pennsylvania	40-46	341.5
134 Robert Reynolds	California	40-46	341.5
134 Todd DeBerg	Idaho	40-46	341.5
140 Brian Smith	California	40-46	336.5 Raw
140 John Pfeiffer	Ohio	40-46	336.5
140 William Rogers	Oklahoma	40-46	336.5
143 Barry Reece	Georgia	40-46	330.5
143 Dave Vandersteen	Minnesota	40-46	330.5
143 Vincent Okimoto	Hawaii	40-46	330.5
143 Isaias Segura	Washington	40-46	330.5
147 Robert Ramsey	Texas	40-46	325.0 Raw
147 Ted Carter	Georgia	40-46	325.0
149 Kevin Coombs	Montana	40-46	319.5 Raw
149 Mike Healy	California	40-46	319.5
149 Tim Welton	Colorado	40-46	319.5
149 Jeff Schneider	Michigan	40-46	319.5
153 Steve Savard	Washington	40-46	315.0
154 Alex Yakolis	Texas	40-46	314.0
154 James Combs	Montana	40-46	314.0
156 Andy Lenon	Nevada	40-46	308.5 Raw
156 Jason Roberts	Hawaii	40-46	308.5
156 Kevin Mauer	Texas	40-46	308.5
159 Jason Simkins	Maine	40-46	303.0 Raw
159 Daniel Weinberg	Nevada	40-46	303.0
159 Nestor Bagayas	Hawaii	40-46	303.0
159 Ross Blythe	Arkansas	40-46	303.0
159 Sterling Lowe	Maine	40-46	303.0

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<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
164 George Price	Washington	40-46	292.0
165 Shannon Douglas	Florida	40-46	290.0
166 Lamperti Alejandro	Argentina	40-46	286.5
166 Bryan Vandiver	Oklahoma	40-46	286.5
166 Jason Simkins	Maine	40-46	286.5
169 Mariano Miravalles	Argentina	40-46	275.5 Raw
169 Daniel Stewart	Arkansas	40-46	275.5
169 Mark Crater	Michigan	40-46	275.5
172 Raj Pal	India	40-46	264.0
173 Carlos Azevedo	Brazil	40-46	253.5 Raw
173 Stance Oyama	Hawaii	40-46	253.5 Raw
175 Seth Reardon	Maine	40-46	248.5
176 Tim Gowen Sr.	Florida	40-46	248.0
177 Paulo Shakarian	Arizona	40-46	242.5 Raw
177 Doug Swafford	Tennessee	40-46	242.5
179 Randy Ewing	Oklahoma	40-46	236.7 Raw
179 Brian Ackerman	Montana	40-46	236.7 Raw
181 John Jarosiewicz	Minnesota	40-46	225.7
182 Ethan Migliori	Utah	40-46	187.2 Raw
183 Craig Boudreau	Arizona	40-46	137.7

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Tony Coduto	Illinois	47-53	585.1
2	Jody Woods	California	47-53	551.0
3	Keith Daniels	Hawaii	47-53	540.0
3	Joey Murphy	Georgia	47-53	540.0
5	Jeff Woods	Ohio	47-53	513.6
6	Rocky Gingg	Arizona	47-53	490.5
6	Doug Noebe	Ohio	47-53	490.5
6	Kevin Sawyer	Oklahoma	47-53	490.5
9	Mark Shasteen	Tennessee	47-53	475.9
10	Mike Berteaux	Colorado	47-53	474.8
10	Rick Olson	Iowa	47-53	474.8
12	Ray Dohaniuk	Washington	47-53	473.7
13	Byron Beebe	Oregon	47-53	468.2
13	Bob Levering	California	47-53	468.2
15	Gary McFarland	California	47-53	462.7
16	Russ Clark	Colorado	47-53	457.2
16	Patrick Rocha	Texas	47-53	457.2
18	James Noblit	Oregon	47-53	452.8
19	Fil Dena III	Nevada	47-53	451.7
19	Bryan Brubaker	Arizona	47-53	451.7
21	Ernest Reyes	Utah	47-53	446.2
21	Darren Carr	Utah	47-53	446.2
23	Brian Welker	Texas	47-53	441.8
24	Dennis Sugimoto	Washington	47-53	440.7
24	Tom Gonnering	Alabama	47-53	440.7
26	Greg Alves	California	47-53	435.2
27	Butch Zemaitis	Pennsylvania	47-53	429.7
27	Don Mike Gillis	Hawaii	47-53	429.7
29	George Phipps	Nevada	47-53	424.2
29	Frank Johnson	Arizona	47-53	424.2
31	Tommy Gentry	Illinois	47-53	414.3 Raw
32	Hector Montoya	Texas	47-53	413.2
32	Steve Swingle	Pennsylvania	47-53	413.2
34	Mike McCormack	California	47-53	408.8
35	Richard Joachim	Oregon	47-53	407.7
35	Louie Mansanas	Hawaii	47-53	407.7 Raw
35	Murphy Knott	Oregon	47-53	407.7
35	Tony Luce	Oklahoma	47-53	407.7
35	Ralph Young	Ohio	47-53	407.7
40	Alonzo Belen	Washington	47-53	402.2
40	Ingram DeSouza	Brazil	47-53	402.2
40	Keith Kanemoto	California	47-53	402.2
40	Warren Orbaugh	Guatemala	47-53	402.2
40	Sterling Lowe	Maine	47-53	402.2
45	Michael Ward	Wisconsin	47-53	396.7
46	Kim Conaway	Florida	47-53	395.0
47	Alan Traylor	Georgia	47-53	391.2
47	Richard May	California	47-53	391.2
47	Doug Claton	Wyoming	47-53	391.2

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
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 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
50	Bill Sekermestrovich	Oregon	47-53	390.0
51	Robert Shasteen	Tennessee	47-53	385.7 Raw
51	Emmanuel Howard	Louisiana	47-53	385.7
51	William Stirling	Canada	47-53	385.7
54	Ray Clift	Utah	47-53	380.2
54	Darrell Horn	Michigan	47-53	380.2
54	Bob Watts	California	47-53	380.2
57	Jason Smith	Oklahoma	47-53	374.7 Raw
57	Dale Rene	California	47-53	374.7
57	Maurice Lowry	Oklahoma	47-53	374.7
57	Perry Plush	Washington	47-53	374.7
57	Dean Furukawa	Hawaii	47-53	374.7
62	Steve Rudolfsky	Nevada	47-53	369.2
63	Jason Smith	Oklahoma	47-53	363.7 Raw
63	Bob Baker	Idaho	47-53	363.7
63	Jamie Mauldin	Texas	47-53	363.7
63	Reid Solar	Arizona	47-53	363.7
63	Dave Shockman	Oregon	47-53	363.7
68	Roy Weaver	Oklahoma	47-53	360.0
69	Michael Johnson	California	47-53	358.0
70	Anthony Wilson	Washington	47-3	352.5 Raw
70	Gerald Brown	Oregon	47-53	352.5
70	Luis Fernando Meireles Dias	Brazil	47-53	352.5
70	Robert Harris	Nevada	47-53	352.5
70	Rocky McCullough	Texas	47-53	352.5
75	Rod Douglas	Florida	47-53	350.0
76	Jason Kaneao	Hawaii	47-53	347.0 Raw
76	Kaleo Pereza	Hawaii	47-53	347.0
76	Robbin Johnston	Idaho	47-53	347.0
76	Todd Robinson	California	47-53	347.0
80	Frank Towery	Arkansas	47-53	341.5 Raw
80	Randy Marchant	Utah	47-53	341.5
80	Carlos Martinez	Texas	47-53	341.5
83	Chris Hatley	Arkansas	47-53	336.0 Raw
83	David Franke	Nevada	47-53	336.0
85	Ian Chapman	California	47-53	330.5 Raw
85	Michael Collins	California	47-53	330.5
85	Phil Fernandez	Washington	47-53	330.5
85	Rick Hagedorn	Alabama	47-53	330.5
85	Jeff Pagan	Arkansas	47-53	330.5
90	Alejandro Lamperti	Argentina	47-53	325.0
90	Charles McFarland	Oregon	47-53	325.0
90	Robert Cowles	Wyoming	47-53	325.0
90	Telford Allen	Maine	47-53	325.0
90	Dave Wallentine	Washington	47-53	325.0
90	Percy Taylor	Texas	47-53	325.0
96	Maury Cole	Arkansas	47-53	320.6
97	Jean Routalammi	Finland	47-53	319.5 Raw
97	Benigno Cepeda	Texas	47-53	319.5 Raw



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	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
97	Phil Hernandez	Washington	47-53	319.5
97	Mike Basayne	California	47-53	319.5
97	Duane Van Zandt	Washington	47-53	319.5
97	Eric Georgeon	Oregon	47-53	319.5
97	John Henkel	Ohio	47-53	319.5
97	Raul Lopez	Nevada	47-53	319.5
97	Raymond Mace	Arkansas	47-53	319.5
97	Tim Welton	Colorado	47-53	319.5
107	Keith miller	Florida	47-53	315.0 Raw
108	Tommy Gentry	Illinois	47-53	314.0 Raw
108	Herb Williams	California	47-53	314.0
108	Scott Pribyl	Wisconsin	47-53	314.0
108	Steve Rosenberg	Texas	47-53	314.0
112	Andrew Van Ripper	Wisconsin	47-53	309.0 Raw
113	Kim Paivoki	Finland	47-53	308.5
113	Bill Marchetti	New York	47-53	308.5
115	Phil Kirschenmann	Washington	47-53	303.0
115	Dan Guches	Oregon	47-53	303.0
117	David Anderson	Wisconsin	47-53	297.5
117	Larry Tilley	Florida	47-53	297.5
119	Ricky Martinez	Idaho	47-53	292.0 Raw
119	Julio Cesar Berrocal Jr	Peru	47-53	292.0 Raw
119	Mick Stevens	Washington	47-53	292.0
119	Richard Lopez	Louisiana	47-53	292.0
123	Darwin Cavanaugh	Oklahoma	47-53	286.5
124	Barran Stone	Texas	47-53	281.0 Raw
124	Cecil Wood	Texas	47-53	281.0
124	Ron Proctor	Georgia	47-53	281.0
127	Jorge Guardado	Oklahoma	47-53	275.5
127	Mike Korach	Ohio	47-53	275.5
127	Jean Routalammi	Finland	47-53	275.5
127	Shannon Douglas	Florida	47-53	275.5
131	Carlos Martinez	Texas	47-53	270.0 Raw
131	Dwyer Broussard	Louisiana	47-53	270.0
133	Scott Stackpole	Maine	47-53	264.5 Raw
133	Charlie Jones	Alaska	47-53	264.5
135	Jeff Graff	Utah	47-53	253.5 Raw
135	Joel Korotkin	California	47-53	253.5
135	Richard O'Malley	Maine	47-53	253.5
135	Gene Wenzel	Ohio	47-53	253.5
139	Bryan Vandiver	Oklahoma	47-53	248.0
139	Gary Koch	Wisconsin	47-53	248.0
141	Ismael Sanchez	Texas	47-53	242.5 Raw
141	Corey Brown	Georgia	47-53	242.5
141	Tim Epting	Texas	47-53	242.5
144	Tim Repman	Pennsylvania	47-53	225.7
144	Tory Lando	Massachusetts	47-53	225.7 Raw
144	John Reece	Georgia	47-53	225.7
147	Lawrence Vieau	Illinois	47-53	192.7 Raw

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	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
148	Ethan Migliori	Utah	47-53	190.5 Raw
149	John Flagg	Minnesota	47-53	187.2

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Tony Coduto	Illinois	54-60	551.0
2	Jody Woods	California	54-60	512.5
3	Ty Faust	Texas	54-60	487.2
4	Bob Levering	California	54-60	479.5
4	Jeff Woods	Ohio	54-60	479.5
6	Dan Swift	Illinois	54-60	473.7
7	Byron Beebe	Oregon	54-60	446.2
8	Steve Ramey	Georgia	54-60	440.7
8	Toe Preston	Hawaii	54-60	440.7
10	Ernest Reyes	Utah	54-60	435.2
10	Joseph Parsons	Oklahoma	54-60	435.2
10	Fil Dena III	Nevada	54-60	435.2
13	Mark Eichenseer	Louisiana	54-60	426.4
14	Dean Furukawa	Hawaii	54-60	424.2
14	Darren Carr	Utah	54-60	424.2
16	Jerry Marentette	Florida	54-60	420.0
17	Jarnail Singh Birring	United Kingdom	54-60	418.7
17	Nin Beseda	Washington	54-60	418.7
17	Terry Camp	Oregon	54-60	418.7
17	John De Bose	Texas	54-60	418.7
21	Cody Evans	Texas	54-60	413.2
22	Frank Johnson	Arizona	54-60	408.8
23	Jody Fjelstad	Minnesota	54-60	403.3
24	Larry Anderson	Minnesota	54-60	402.2
24	Moses Caballero	Hawaii	54-60	402.2
24	Ricky Dexter	Iowa	54-60	402.2
24	Tom Gonnering	Alabama	54-60	402.2
28	Brian Kline	Texas	54-60	391.2
28	David "Butch" Martinez	California	54-60	391.2
28	John Mitsoupolis	New Jersey	54-60	391.2
31	Bob Hill	Oregon	54-60	385.7
33	Ralph Young	Ohio	54-60	380.2
33	Michael Ioannou	Massachusetts	54-60	380.2
33	Maurice Lowry	Oklahoma	54-60	380.2
32	Steven Kylis	Florida	54-60	380.2
36	Phil Newsome	Georgia	54-60	374.7
36	Rich Tsutsui	California	54-60	374.7
38	Dan Hawkinson	Minnesota	54-60	371.4
39	Charles Martin	California	54-60	369.2
39	Doug Clayton	Wyoming	54-60	369.2
39	Rudy Kadlub	Oregon	54-60	369.2
39	Tim Epting	Texas	54-60	369.2
43	Roul Chwalek	Washington	54-60	365.9
44	Dean Furukawa	Hawaii	54-60	364.8 Raw
44	Godfrey Holzinger	Washington	54-60	364.8
46	Bob Levering	California	54-60	363.7 Raw
46	Dan Bell	Texas	54-60	363.7
46	Doug Morong	Tennessee	54-60	363.7
46	Ray Clift	Utah	54-60	363.7
50	Bruce Begue	Ohio	54-60	359.1

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
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	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
51	Mark "Jamey" Mauldin	Texas	54-60	358.0
51	R. Garry Glenn	Georgia	54-60	358.0
53	Doug Woods	Washington	54-60	354.7
54	Jim Snodgrass	Texas	54-60	352.5
54	Pat Carroll	New York	54-60	352.5
54	Rocky McCullough	Texas	54-60	352.5
57	Randy Hilmer	Arkansas	54-60	347.0 Raw
57	Dale Palmer	Washington	54-60	347.0
57	Dale Rene	California	54-60	347.0
57	Eric Ansberry	California	54-60	347.0
57	Rodney Brim	Washington	54-60	347.0
62	Jeff Pagan	Arkansas	54-60	341.5
62	Jon Cunninham	Utah	54-60	341.5
62	Mac Urrutia	Washington	54-60	341.5
62	Raineer Gessman	Germany	54-60	341.5
62	Darrell Horn	Michigan	54-60	341.5
62	Eric Georgeon	Oregon	54-60	341.5
68	Percy Taylor	Texas	54-60	336.0
68	Bob Hochstein	Illinois	54-60	336.0
68	Emmanuel Howard	Louisiana	54-60	336.0
68	Joe Pablo	Montana	54-60	336.0
68	Randy Marchant	Utah	54-60	336.0
73	Bryan Vandiver	Oklahoma	54-60	330.5
73	Michael Martin	Wis`	54-60	330.5
73	Darryl Tyner	Oregon	54-60	330.5
73	Tom Haggemiller	Minnesota	54-60	330.5
77	Theron Fonder	Minnesota	54-60	325.0 Raw
77	Earl Cotton, Jr.	Oregon	54-60	325.0
77	Randy Daugherty	Idaho	54-60	325.0
77	Charles McFarland	Oregon	54-60	325.0
81	Alfred Franke	Nevada	54-60	319.5
81	Terry Lancaster	Texas	54-60	319.5
83	Ron Jones	Alabama	54-60	314.0
83	Phil Fernandes	Washington	54-60	314.0
83	Michael Ward	Wisconsin	54-60	314.0
86	Alan Zeitlin	Utah	54-60	308.5
86	Henry Carstens	Oregon	54-60	308.5
86	Marc Tomlinson	Washington	54-60	308.5
89	Dale Brack	Washington	54-60	303.0
89	Drew Maliskas	Louisiana	54-60	303.0
91	Barron Stone	Texas	54-60	298.0 Raw
92	Scott Sciaretta	Montana	54-60	297.5
92	Michael Collins	California	54-60	297.5 Raw
94	Roberto Contreras	Texas	54-60	292.5
95	Joel Korotkin	California	54-60	286.5
95	James Spainhower	Washington	54-60	286.5 Raw
95	Larry Wyckoff	California	54-60	286.5
98	Francis McBride	Florida	54-60	285.0
99	Ricky Martinez	Idaho	54-60	281.0
99	Mauri Cole	Arkansas	54-60	281.0 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
101 Rodney Womack	Texas	54-60	275.5 Raw
101 Felipe Silva, Sr.	Texas	54-60	275.5
101 Peter Murphy	California	54-60	275.5
101 Robert Barna	Pennsylvania	54-60	275.5
105 Jorge Guardado	Oklahoma	54-60	275.0
106 Phil Fernandes	Washington	54-60	270.0
106 Dale West	Idaho	54-60	270.0 Raw
106 John Pastorius	Ohio	54-60	270.0
106 Louie Langlinalis	Louisiana	54-60	270.0
110 Barry Murphy	California	54-60	264.5
110 Dave Smith	Oregon	54-60	264.5
110 Jim Richardson	Washington	54-60	264.5
113 Michael Spotted blanket	Montana	54-60	259.0 Raw
113 Albert Mihalco	Texas	54-60	259.0
113 Alex Witten-Hannah	New Zealand	54-60	259.0
113 Neal Gerace	New Jersey	54-60	259.0
117 Luis Soto	Oregon	54-60	253.5 Raw
117 John McBroom	California	54-60	253.5
119 Dan Guches	Oregon	54-60	248.0
120 Al Dalton	Nevada	54-60	242.5 Raw
121 Ronald Carrier	Maine	54-60	225.7
122 Randy Daugherty	Idaho	54-60	220.2 Raw
122 Kenneth Kirk	California	54-60	220.2
122 Craig Gustafson	Nevada	54-60	220.2
122 James Froehle	Minnesota	54-60	220.2
126 Brian Bombola	California	54-60	214.7
127 Chuck Brown	Alabama	54-60	192.7

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Dan Swift	Illinois	61-67	507.0
2	Joe Beteta	Oregon	61-67	425.3
3	Ken Anderson	Texas	61-67	424.2
4	Nin Beseda	Washington	61-67	402.2
5	Ken Scheuer	Washington	61-67	396.7
6	Ron Matheson	Arizona	61-67	391.2
6	Steven LaFollette	California	61-67	391.2
8	Godfrey Holzinger	Washington	61-67	381.3
9	Ernest Reyes	Utah	61-67	374.7
10	Mark Eichenseer	Ohio	61-67	363.7
10	Doug Dienelt	California	61-67	363.7
10	Jerry Dye	California	61-67	363.7
10	Eric Ansberry	California	61-67	363.7
14	Dave Holmes	Washington	61-67	358.0
14	Jon Wolbers	Canada	61-67	358.0
16	Darryl Hawkins	Oregon	61-67	353.6
17	Leamon Woodley	Washington	61-67	352.5
17	Daniel Hofeditz	Arizona	61-67	352.5
17	Olicio dos Santo Filho	Brazil	61-67	352.5
17	Pete Wilson	California	61-67	352.5
17	Ronald Hemenway	Michigan	61-67	352.5
22	File Dena III	Nevada	61-67	347.0
22	William Denniston	Michigan	61-67	347.0
22	Bob Bassman	Texas	61-67	347.0
22	Joseph Kim	Hawaii	61-67	347.0
26	Bob Levering	California	61-67	332.7 Raw
27	Patrick O'Donnell	California	61-67	331.6 Raw
28	Dean Furukawa	Hawaii	61-67	330.5 Raw
28	Charles Martin	California	61-67	330.5
28	James Rouse	Illinois	61-67	330.5
28	John Mutty	California	61-67	330.5
32	Nin Beseda	Washington	61-67	325.0 Raw
32	David "Butch" Martinez	California	61-67	325.0
34	Ritchie Creevy	California	61-67	319.5
35	Bob Blow	Florida	61-67	315.0
36	Robert Heriford	Oregon	61-67	314.0
37	Gary Mendoca Sr	Hawaii	61-67	308.5 Raw
37	Fran Manzie	Maine	61-67	308.5
37	Ron Jones	Alabama	61-67	308.5
37	Barry Murphy	California	61-67	308.5
41	Bernie Miller	Washington	61-67	304.1
42	Roy Eriksen	Nevada	61-67	303.0
43	Ted Langlais	Florida	61-67	300.0
44	Brian Briggs	Wisconsin	61-67	297.5
45	Thoma Strong Jr	Arkansas	61-67	292.0 Raw
45	Steve Bloom	California	61-67	292.0
47	Charles McFarland	Oregon	61-67	286.5 Raw
47	Rich Hieb	Oregon	61-67	286.5
49	Jim Kusuda	Wisconsin	61-67	282.0 Raw

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
50	Larry Johnson	Arizona	61-67	281.0 Raw
50	David Morgan	Ohio	61-67	281.0
52	Robert Nasser	California	61-67	275.5
52	T.C. Lewis	Arkansas	61-67	275.5
52	Barry Waters	Illinois	61-67	275.5
55	Bob Sikora	Wisconsin	61-67	270.0 Raw
55	Aubrey Whitaker	Florida	61-67	270.0
55	John Herbein	Pennsylvania	61-67	270.0
58	Bob Hochstein	Illinois	61-67	264.5
58	Jerry Gladson	Washington	61-67	264.5
58	Jorge Guardado	Oklahoma	61-67	264.5
61	Tim Shaver	California	61-67	260.0 Raw
61	Tom Haggemiller	Minnesota	61-67	260.0
63	Dusty Long	Pennsylvania	61-67	253.5
64	Kevin Farber	Florida	61-67	250.0 Raw
65	Thomas Sybouts	Arizona	61-67	248.0 Raw
65	Gary Ferstler	Hawaii	61-67	248.0 Raw
67	Michael Strahan	Oregon	61-67	242.5 Raw
67	Stephen Mann	Florida	61-67	242.5 Raw
67	Reginald Garcia	California	61-67	242.5 Raw
67	Gordon Brand	Washington	61-67	242.5
67	John McBroom	California	61-67	242.5
72	Andrew Chisto	New Hampshire	61-67	231.2
72	Ed Rust	California	61-67	231.2
72	Rodney Guidry	Louisiana	61-67	231.2
75	Dale Rene	California	61-67	225.7 Raw
76	Ken Schleif	Washington	61-67	220.2
77	Ken Kirk	Colorado	61-67	203.7
77	Pete Goucher	Washington	61-67	203.7
79	Dean Knapp	Tennessee	61-67	187.2
79	Greg Sawyer	California	61-67	187.2
81	Robert Leverich	Washington	61-67	176.2 Raw
81	Mike Gunion	Colorado	61-67	176.2
83	Jim Day	Tennessee	61-67	176.0
84	David Vereb	Nevada	61-67	166.3
85	Nelson Raymond	Maine	61-67	157.7
86	Scott Dolan	Idaho	61-67	154.2

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Dan Swift	Illinois	68-74	474.8
2	Rudy Lozano	California	68-74	402.2
2	Joe Beteta	Oregon	68-74	402.2
4	Bob Stephens	California	68-74	386.8
5	Joe Cantu	Texas	68-74	385.7
6	Mike Tanner	Oklahoma	68-74	363.7
6	Robert Rudge	California	68-74	363.7
8	Eric Ansberry	California	68-74	352.5
9	Billy Lumpkin	Oklahoma	68-74	347.0
10	Al Franke	Nevada	68-74	342.6
11	Michael Minietta	Nevada	68-74	341.5
12	Charles McFarland	Oregon	68-74	330.5
12	Nin Beseda	Washington	68-74	330.5
12	James Rouse	Illinois	68-74	330.5
12	Daniel Hofeditz	Arizona	68-74	330.5
16	Steve Bloom	California	68-74	325.0
17	William Prince	Nevada	68-74	319.5
18	Larry Pinkham	Oregon	68-74	308.5
19	Charles McFarland	Oregon	68-74	304.1 Raw
20	Steven O'Brien	California	68-74	303.0 Raw
20	Thomas Eskins	Ohio	68-74	303.0
22	Ed Hashim	Washington	68-74	297.5
23	Nin Beseda	Washington	68-74	281.0 Raw
23	Darryl Hawkins	Oregon	68-74	281.0
23	Roy Eriksen	Nevada	68-74	281.0
26	Tom Trevorah	Florida	68-74	275.5
27	Nick Di Liddo	California	68-74	270.0
27	Sonny Nummi	Idaho	68-74	270.0
29	Dale Radford	Tennessee	68-74	264.5
30	Reginald Garcia	California	68-74	259.0 Raw
31	John Herbein	Pennsylvania	68-74	253.5
31	Frank Manzie	Maine	68-74	253.5
33	David Duffee	Arizona	68-74	248.0 Raw
33	Bill Peckham	California	68-74	248.0
35	Earle Conway	Arizona	68-74	236.7
35	Raymond Rhodes	California	68-74	236.7
35	Tom Haggemiller	Minnesota	68-74	236.7
35	Clarence Ed Rust	California	68-74	236.7
39	Dan Waters	California	68-74	231.2 Raw
39	Tom O'Keefe	Colorado	68-74	231.2
39	Dennis Barstow	Washington	68-74	231.2
42	Woody Ellis	Florida	68-74	230.0
43	Jack Crouse	Arizona	68-74	225.7 Raw
43	Paul Wagner	California	68-74	225.7
45	Don Maloney	California	68-74	214.7
46	Larry Joiner	California	68-74	209.2
47	Tony Drakey	Michigan	68-74	203.7
48	Richard Perkins	Louisiana	68-74	198.2
49	George LaBelle	Minnesota	68-74	192.7
49	Roger Woodbury	Maine	68-74	192.7



HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
51	Joeseph DiGregorio	Nevada	68-74	187.2
52	Edward Graham	Michigan	68-74	176.2 Raw
53	Frank Hammer	Hawaii	68-74	170.7
54	Michael Clason	California	68-74	165.2 Raw
55	Ed Burgle	California	68-74	154.4
56	Aaron Neureuther	Maine	68-74	148.7
56	Ronald Ford	California	68-74	148.7
58	Donald Judd	Arizona	68-74	143.2
58	Russ Larson	Texas	68-74	143.2
60	Dean Baker	California	68-74	110.0

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	<b>Dan Swift</b>	<b>Illinois</b>	<b>75-79</b>	<b>336.0</b>
2	Robert Rudge	California	75-79	325.0 Raw
3	Bob Bassman	Texas	75-79	319.5
4	William Prince	Nevada	75-79	316.2
5	Harold Smith	Montana	75-79	310.7
6	Bill Remley	Florida	75-79	309.6
7	Bryan Christenson	Washington	75-79	293.1
8	Charles Ferrando	California	75-79	275.5
9	Nick Di Liddo	California	75-79	270.0
10	Rich Hieb	Oregon	75-79	253.5
11	Joe Beteta	Oregon	75-79	248.0
11	James Hayden	Arizona	75-79	248.0
13	Joe Beteta	Oregon	75-79	236.7
13	Donald Lovas	California	75-79	236.7
15	John Herbein	Pennsylvania	75-79	231.2
15	Roger Kunz	California	75-79	231.2
17	Alvin Yavorka	Nevada	75-79	225.7
18	Otis Whitehead	Idaho	75-79	221.2
19	Mike Haigwood	Nevada	75-79	220.2 Raw
20	Alfred Franke	Nevada	75-79	207.0
21	James Weiss	California	75-79	198.2
22	Joe Beteta	Oregon	75-79	192.7 Raw
23	Don Maloney	California	75-79	187.2
23	David E. Brown	California	75-79	187.2
23	Sonny Nummi	Idaho	75-79	187.2
26	Richard Waite	Washington	75-79	181.7
27	Arnold Pereza	Hawaii	75-79	176.2 Raw
27	Aaron Neureuther	Maine	75-79	176.2
29	Arnold Pereza	Hawaii	75-79	170.7 Raw
30	George Stimac	Washington	75-79	165.2
31	Ed Burtle	California	75-79	159.7 Raw
32	Rex Monahan	Colorado	75-79	143.2
33	Sigurd Sandstrom	Wisconsin	75-79	137.7 Raw
33	Ronald Ford	California	75-79	137.7
35	David Boyes	Louisiana	75-79	135.5
36	Dean Baker	California	75-79	132.2
37	Donald Judd	Arizona	75-79	126.7
37	Robert Cook	Nevada	75-79	126.7

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bill Prince	Nevada	80-84	303.0
2	Charles Rice	California	80-84	259.0
3	Burt Rosenfield	Florida	80-84	255.0
4	Bryan Christenson	Oregon	80-84	248.0
5	Charles Lee	Florida	80-84	240.0
6	John Herbein	Pennsylvania	80-84	210.3
7	Bill Prince	Nevada	80-84	203.7 Raw

7	Jack Heizelman	Texas	80-84	203.7
7	Wesley Williams	Washington	80-84	203.7
10	Joseph Di Gregorio	Nevada	80-84	165.2 Raw
11	Edwin Free	Tennessee	80-84	154.0
12	George Choi	California	80-84	121.2
13	Ed Olsen	California	80-84	88.0

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 85-89 - Includes Law / Fire  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Charles Rice	California	85-89	242.5
2	Eugene Miranda	California	85-89	214.7
3	Joseph Di Gregorio	Nevada	85-89	181.7 Raw
4	Seymour Perlis	Arizona	85-89	176.2
4	William Leedy	California	85-89	176.2
6	Rodney Graves	Nevada	85-89	159.7
7	James Weiss	California	85-89	154.2
8	George Escher	Hawaii	85-89	104.5

HIGHEST ALL-TIME 198# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 90+ - Includes Law / Fire  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Charles Rice	California	90-94	203.7
2	Seymour Perlis	Arizona	90-94	190.2
3	James Weiss	California	90-94	122.3
4	Rodney Graves	Nevada	90-94	121.2
5	George Escher	Hawaii	90-94	99.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Chad Bertelmann	Hawaii	40-46	672.2
2	Ken Millrany	Tennessee	40-46	666.7
3	James Kelly	Hawaii	40-46	644.7
4	Coby Washburn	Texas	40-46	601.8
4	Dean Ideue	Hawaii	40-46	601.8
6	Michael Early	Arizona	40-46	600.7
6	Joey Murphy	Georgia	40-46	600.7
8	Charles Farmer	Montana	40-46	589.5
9	Doug Haycraft	Illinois	40-46	579.6
10	Scott Edmondson	Oregon	40-46	578.5
10	Bert Hafner	Oregon	40-46	578.5
12	George Herring	Georgia	40-46	575.2
13	Daniel Ducharme	Arizona	40-46	574.1
14	Kim Paivoke	Finland	40-46	573.0
14	John Nelson	Montana	40-46	573.0
16	Tony Blas	Oregon	40-46	567.5
16	Byron Brubaker	California	40-46	567.5
18	Bruce Young	Hawaii	40-46	556.5
19	Jason Carson	Illinois	40-46	551.0
19	Glenn Villarmia	Hawaii	40-46	551.0
19	Ed Wilkinson	Texas	40-46	551.0
22	Steve Beaudoin	Oregon	40-46	545.5
22	Mike Ludovico	California	40-46	545.5
24	Lance Fuhrman	Washington	40-46	541.1
25	Neal Caballero	Hawaii	40-46	540.0
25	Jim Noblit	Oregon	40-46	540.0
27	Joe Adams	Utah	40-46	535.6
28	Jesse Avila	Utah	40-46	534.5
28	Timothy Wharton	Maryland	40-46	534.5
28	Alex Dacanay	Arizona	40-46	534.5
31	Matt Ogurek	Michigan	40-46	530.1
32	Rob Golgano	Maine	40-46	529.0
32	Michael Ireland	Arizona	40-46	529.0
34	Mike Meza	Texas	40-46	523.5
34	James Seaver	Arizona	40-46	523.5
34	Gary Gulseth	Wisconsin	40-46	523.5
34	David Bradshaw	California	40-46	523.5
34	Andre L.G. Souza	Brazil	40-46	523.5
39	Shawn O'Kelly	Indiana	40-46	518.0
40	Kevin Sawyer	Oklahoma	40-46	512.5
41	Jack Griffin	Montana	40-46	507.0
42	Tom Pernu	Minnesota	40-46	501.5
42	Steve Pena	California	40-46	501.5
42	Robert Harris	Nevada	40-46	501.5
42	Nick Massey	California	40-46	501.5
42	Mike McKenzie	Colorado	40-46	501.5
42	Mike Bazinet	Maine	40-46	501.5
42	Mark Hatfield	California	40-46	501.5
42	Juha Pukkila	Finland	40-46	501.5

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
42	Ed Macauley	Oregon	40-46	501.5
42	Andrew Jensen	Wisconsin	40-46	501.5
52	Craig Palmer	Montana	40-46	496.0
52	Chris Cabasag	Hawaii	40-46	496.0
54	John Westleigh	Maine	40-46	490.5
55	Neil Schoenebeck	Michigan	40-46	485.0
55	Ed Hanson	California	40-46	485.0
57	James Kelly	Hawaii	40-46	479.5 Raw
57	Jack Rogers	Oklahoma	40-46	479.5
57	Johnny Campbell	Texas	40-46	479.5
60	Mathew Bolton	California	40-46	473.7
60	Byron Fletcher	Illinois	40-46	473.7
60	Rodney Womack	Texas	40-46	473.7
60	Mike Smothers	Illinois	40-46	473.7
64	Barran Stone	Texas	40-46	469.3
65	Billy Grant	Maine	40-46	468.2
66	Zach Clark	California	40-46	462.7
66	Thomas Sybouts	Washington	40-46	462.7
66	Jeff Alvani	Utah	40-46	462.7
66	Faron Lash	Washington	40-46	462.7
66	Dean Yamada	Hawaii	40-46	462.7
66	Bruce Read	Oregon	40-46	462.7
72	Johnny Hernandez	Idaho	40-46	457.2
73	Gordon Schrank	Florida	40-46	455.0
73	Doug Peterson	Florida	40-46	455.0
75	Tim Womack	Alabama	40-46	451.7
75	Roland Garza	Oregon	40-46	451.7
75	Mike De Gennaro	California	40-46	451.7
75	Michael Happach	Illinois	40-46	451.7
75	Eddie Ross	Texas	40-46	451.7
75	Carl Payne	Minnesota	40-46	451.7
75	Brian Whited	Oklahoma	40-46	451.7
75	Aaron Carrion	California	40-46	451.7
75	Todd Chapman	Tennessee	40-46	451.7
84	Tim Lang	Florida	40-46	450.0
85	Tracy Ward	Arkansas	40-46	446.2
85	Joe Castorina	California	40-46	446.2
85	Brian Reynolds	Washington	40-46	446.2
88	Steven Peterson	Texas	40-46	440.7
88	Jerry Tremblay	Oklahoma	40-46	440.7
90	Jason "Tadow" Carson	Illinois	40-46	435.2 Raw
90	Rick Van Fossen	Wisconsin	40-46	435.2
90	Michael Kuzmack	California	40-46	435.2
90	Joe Gardner	Illinois	40-46	435.2
90	George Merrill	Oregon	40-46	435.2
90	Dale Skidmore	Utah	40-46	435.2
90	Bill Cox	Oregon	40-46	435.2
90	Anthony Woods	Nevada	40-46	435.2
98	Roderick Rogers	Alabama	40-46	431.9

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
99	Todd Adams	Oregon	430.8
100	Ray Whatley	Colorado	430.0
101	Rami Haaparanta	Finland	429.7 Raw
101	Tony Luce	Oklahoma	429.7
101	Mike Robinson	California	429.7
101	Larry Benner	Washington	429.7
101	Jim Crain	Oregon	429.7
101	Ismansjah Soekardi	California	429.7
101	Gerry Kuzian	New York	429.7
108	Brian Fahrenfeld	New York	424.2
108	Patrick Morris	Michigan	424.2
108	Fenn Cournoyer	Minnesota	424.2
108	Dennis Sugimoto	Washington	424.2
108	Cordie Wofford	Pennsylvania	424.2
108	Lonnie Wilborn	Nevada	424.2
114	Jack Cambra	Hawaii	418.7
114	Todd Dartez	Texas	418.7
114	Ted Ornduff	California	418.7
114	Richard Joachim	Oregon	418.7
114	Craig Bowen	Texas	418.7
114	Carl Nishida	Hawaii	418.7
120	Trini Garcia	Texas	413.2
120	Dave Shockman	Oregon	413.2
120	Freddy Crosby	Illinois	413.2
123	Duane Chesmore	Oklahoma	410.0
124	Rick Hess	New Jersey	407.7
124	Gene King	Oregon	407.7
124	Donnie Hamblin	Arizona	407.7
124	Derek Devries	California	407.7
124	Curtis Pete Fremin	Louisiana	407.7
129	Joe Adams	Utah	405.5 Raw
130	Daniel Taylor	Ohio	403.3
131	Robert Saludares	Hawaii	402.2
131	Nick Berriman	Oregon	402.2
131	Rodger Urtado	Michigan	402.2
131	Richard Pichardo	California	402.2
131	John A. Roberts	Texas	402.2
131	Darrell Andrews	Idaho	402.2
131	Butch Zemaitis	Pennsylvania	402.2
138	Randy Fry	Wisconsin	398.9 Raw
139	Lewis Anderson	Arkansas	396.7 Raw
139	Chris Leong	Hawaii	396.7
139	Oswaldo Jaimi De Paz	Guatemala	396.7
139	Dave Wilcox	California	396.7
143	John Hendrix	Texas	391.2
144	Lewis Anderson	Arkansas	385.7 Raw
144	Mike Casey	California	385.7 Raw
144	Josh Smith	Oregon	385.7 Raw
144	Michael Roquemore	Texas	385.7

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
144 Kent Doerfler	Oregon	40-46	385.7
144 Jesse Jones	Texas	40-46	385.7
144 Jeff Bignell	Minnesota	40-46	385.7
144 Andy Gose	Oregon	40-46	385.7
152 Rick Garcia	Texas	40-46	380.2
152 Paul Wondra	California	40-46	380.2
152 Duane Burlingame	Illinois	40-46	380.2
152 Clinton Joe Gardner	Illinois	40-46	380.2
152 Al Kennedy	Illinois	40-46	380.2
152 Byron Fletcher	Illinois	40-46	380.2 Raw
158 Kim Paivoki	Finland	40-46	374.7 Raw
158 Michael Bryant	Maine	40-46	374.7 Raw
158 Kevin Coombs	Montana	40-46	374.7 Raw
158 Dave Warren	California	40-46	374.7
158 Terry Matchen	Alabama	40-46	374.7
158 Mark Straley	Washington	40-46	374.7
158 Marcelo Schneider	Brazil	40-46	374.7
158 Luiz Rodrigo de Freitas	Brazil	40-46	374.7
158 Chris Eastman	Wisconsin	40-46	374.7
158 Brian Fahrenfeld	New York	40-46	374.7
168 John La Grill	California	40-46	369.2
168 Bill Webb	Oregon	40-46	369.2
168 James Ludwig	Arkansas	40-46	369.2
171 Dennis Lias	Arizona	40-46	364.8 Raw
172 Darryl Zuchelli	Alabama	40-46	363.7 Raw
172 Dennis Garcia	Arizona	40-46	363.7 Raw
172 Jack Cambra Jr	Hawaii	40-46	363.7 Raw
172 Chris Bohenek	Montana	40-46	363.7 Raw
176 Ismansjah Soekardi	California	40-46	358.0
176 Steven Hardesty	Colorado	40-46	358.0
176 George Phipps	Nevada	40-46	358.0
176 Chris Hall	California	40-46	358.0
180 Clifford Villareal	Hawaii	40-46	353.6 Raw
181 Tony Arterburn	Missouri	40-46	352.5
181 Mark Shannon	Washington	40-46	352.5
181 Tom Chapman	Tennessee	40-46	352.5
181 George Price	Washington	40-46	352.5
185 John Pfeiffer	Ohio	40-46	342.6
186 Steve Pena	California	40-46	341.5 Raw
186 Brett Zimmerman	Utah	40-46	341.5 Raw
186 William Sean Moore	Oregon	40-46	341.5
186 Ronald England	Texas	40-46	341.5
186 John Ray Moore	Texas	40-46	341.5
191 John Seymour	Arizona	40-46	336.0
191 Doug Amburgey	Ohio	40-46	336.0
191 Chris Loomis	New Jersey	40-46	336.0
191 Adam Bellingham	Wisconsin	40-46	336.0
195 Matthew Bolton	California	40-46	330.5 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
195 Brandon Lewter	Tennessee	40-46	330.5
195 Sean Aberman	Utah	40-46	330.5
195 Mikko Mantymaki	Finland	40-46	330.5
195 Matthew Zerpa	Texas	40-46	330.5
195 Severino Vitorio Filho	Brazil	40-46	330.5
201 Wayne Peabody	California	40-46	327.2 Raw
202 Nick Berriman	Oregon	40-46	326.1 Raw
202 James Combs	Montana	40-46	326.1
204 Jason Burgoon	Minnesota	40-46	325.0 Raw
204 Jimmy Taylor	Utah	40-46	325.0 Raw
204 Robert Saludares	Hawaii	40-46	325.0
207 Lamar Lewis	Arizona	40-46	319.5 Raw
207 Christian Draayer	Minnesota	40-46	319.5
209 Marco Govea	Texas	40-46	314.0 Raw
209 Peter Buchanan	Wisconsin	40-46	314.0
209 Louis Soto	Oregon	40-46	314.0
212 Daniel Muller	Argentina	40-46	308.5 Raw
213 Ernest Cano	Arizona	40-46	303.0
214 Hany Sukkary Sr.	California	40-46	297.5
214 Eric Santos	California	40-46	297.5
216 Cory Palmer	Montana	40-46	292.0 Raw
216 Robert Bierschwale	Idaho	40-46	292.0 Raw
218 David Chadwick	Arkansas	40-46	286.5 Raw
218 Reed Trontel	Montana	40-46	286.5 Raw
218 Bruce Sabel	Iowa	40-46	286.5 Raw
218 John Henkel	Ohio	40-46	286.5
222 Haloa Paakonia	Hawaii	40-46	281.0 Raw
222 Steve Sohn	California	40-46	281.0 Raw
222 Marco Govea	Texas	40-46	281.0
225 Carril Cooks	Louisiana	40-46	271.1
226 Archibald Hamilton	Arkansas	40-46	270.0 Raw
226 Wesley Briggs	Arizona	40-46	270.0 Raw
226 Bryan Johnson	Montana	40-46	270.0 Raw
229 Brian Bombola	California	40-46	264.5 Raw
230 Brandon Lewter	Tennessee	40-46	253.5 Raw
231 Angelo Cala	Ohio	40-46	231.2
232 Matthew Ross	Oregon	40-46	198.2 Raw
233 Woodrow Samples	Washington	40-46	159.7 Raw



HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Greg Powell	Texas	47-53	749.5
2	Matt Lamarque	California	47-53	700.8
3	Ken Millrany	Tennessee	47-53	661.2
4	Joey Murphy	Georgia	47-53	639.2
5	Alvin Yearby	Florida	47-53	573.0
6	Clinton Sims	California	47-53	556.5
6	Jim Noblit	Oregon	47-53	556.5
8	Joe Gardner	Illinois	47-53	545.5
8	John Westleigh	Maine	47-53	545.5
10	Kevin Scully	Minnesota	47-53	535.6
11	Ray Dohaniuk	Washington	47-53	534.5
12	Mike Berteaux	Colorado	47-53	530.1
13	Tony Coduto	Illinois	47-53	524.6
14	Terry Baldwin	Montana	47-53	523.5
14	Brian Reynolds	Washington	47-53	523.5
16	Gary McFarland	California	47-53	520.2
17	Kevin Sawyer	Oklahoma	47-53	518.0
17	Mark LeClair	Michigan	47-53	518.0
19	Charles Farmer	Montana	47-53	512.5
19	Dwight Roberson	Illinois	47-53	512.5
21	Mike Frizzell	Illinois	47-53	507.0
21	Steadman Mathis	Washington	47-53	507.0
23	Rocky Gingg	Arizona	47-53	504.7
24	James Hunter	California	47-53	501.5 Raw
24	Charlie Turco	Texas	47-53	501.5
24	Jody Woods	California	47-53	501.5
24	John Westleigh	Maine	47-53	501.5
28	Nick Dwinnell	Oklahoma	47-53	491.6
29	Don Rygh, Jr.	Minnesota	47-53	490.5
29	Tony Leach	Oklahoma	47-53	490.5
31	Mark Patrick	Georgia	47-53	485.0
31	Steve Ramey	Georgia	47-53	485.0
33	Gene Harris	Oregon	47-53	479.5
33	Mike Borg	Minnesota	47-53	479.5
35	Byron Beebe	Oregon	47-53	474.8
36	Gary Gulseth	Wisconsin	47-53	468.2
36	Billy Martin	Washington	47-53	468.2
36	Robert Hackett	California	47-53	468.2
39	Bob Watts	California	47-53	462.7
39	Jeffrey Allen Jones	Nevada	47-53	462.7
39	Rick Beaudreau	Louisiana	47-53	462.7
39	Juha Pukkila	Finland	47-53	462.7
39	Neal Garcia	Texas	47-53	462.7
39	Gerry Kuzian	New Jersey	47-53	462.7
45	Andrew Jensen	Wisconsin	47-53	457.2
45	George Phipps	Nevada	47-53	457.2
45	Mark Salansky	Montana	47-53	457.2
48	Michael Happach	Illinois	47-53	453.9
49	Steven Petersen	Texas	47-53	451.7

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
49	Yan Howah	Georgia	47-53	451.7
51	Jim Curley	Colorado	47-53	446.2
51	Sean Finnegan	Texas	47-53	446.2
53	Greg Alves	California	47-53	441.8
54	Butch Martinez	California	47-53	435.2
54	Don Mike Gillis	Hawaii	47-53	435.2
54	John Wood	Minnesota	47-53	435.2
57	Steve Swingle	Pennsylvania	47-53	429.7
58	George Merrill	Oregon	47-53	424.2
58	Mike Armstrong	California	47-53	424.2
58	Phillippe Darbouze	New York	47-53	424.2
58	Ralph Allen	Maine	47-53	424.2
58	Butch Zemaitis	Pennsylvania	47-53	424.2
63	Gary McFarland	California	47-53	418.7 Raw
63	Junior Aparecido	Brazil	47-53	418.7
63	Dinael Martinez	California	47-53	418.7
63	Rick Vraspier	Texas	47-53	418.7
67	Michael Overbey	Georgia	47-53	415.4
68	Eric Bauer	Ohio	47-53	413.2
68	Chad Drecksel	Utah	47-53	413.2
68	Mark Gibson	Texas	47-53	413.2
68	Mike Sinner	Washington	47-53	413.2
68	Tom Gonnering	Alabama	47-53	413.2
73	Brian Welker	Texas	47-53	407.7
73	Randy Marchant	Utah	47-53	407.7
73	Rob Schultz	Texas	47-53	407.7
73	Warren Orbaugh	Guatemala	47-53	407.7
77	Ismansjah Soekardi	California	47-53	402.2
77	Buzz Landon	Oregon	47-53	402.2
77	Dave Shockman	Oregon	47-53	402.2
77	Donald Madere	Louisiana	47-53	402.2
77	Douglas Marci	Oregon	47-53	402.2
77	Mark Mari	Wyoming	47-53	402.2
77	Randy Jumper	Arkansas	47-53	402.2
77	Ron Proctor	Georgia	47-53	402.2
77	Ted Butler	Alabama	47-53	402.2
86	Aparecido Junior	Brazil	47-53	400.0
86	Dean Wilson	Oregon	47-53	400.0
88	Dave Warren	California	47-53	396.7
88	William Denniston	Michigan	47-53	396.7
90	Kim Paivoki	Finland	47-53	391.2 Raw
90	Ed Molnar	Minnesota	47-53	391.2
90	Jon Padgett	Washington	47-53	391.2
90	Steve Borushko	Pennsylvania	47-53	391.2
90	Steven Hardesty	Colorado	47-53	391.2
95	Lee Byars	Texas	47-53	385.7
96	Dave Lhota	Pennsylvania	47-53	380.2

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
97	Dave Wallentine	Washington	47-53	374.7
97	Edward Pipp	Wisconsin	47-53	374.7
99	Les Peratrovich	Washington	47-53	369.2
99	Michael McHale	Hawaii	47-53	369.2
99	Tim Coffman	California	47-53	369.2
102	David Warren	California	47-53	363.7
102	Silvio Padilha Arruda	Brazil	47-53	363.7
102	Jon Wolbers	Canada	47-53	363.7
102	Larry Wyckoff	California	47-53	363.7
102	Raineer Gessman	Germany	47-53	363.7
102	Randy Daugherty	Idaho	47-53	363.7
102	Michael Collins	California	47-53	363.7
109	Brian Fahrenfeld	New York	47-53	358.0
110	Kim Pavoki	Finland	47-53	352.5 Raw
110	Marcelo Puga	Brazil	47-53	352.5
110	Darrell Andrews	Idaho	47-53	352.5
110	Luis Fernando Dias	Brazil	47-53	352.5
110	Chris Hatley	Arkansas	47-53	352.5
115	Dave Wallentine	Washington	47-53	347.0 Raw
115	Eduardo Grumann	Brazil	47-53	347.0 Raw
117	Mark Hatfield	California	47-53	341.5 Raw
117	Randy Hilmer	Arkansas	47-53	341.5 Raw
117	James Combs	Montana	47-53	341.5
117	Michael Davis	California	47-53	341.5
121	David Bertier	California	47-53	336.0
122	A.C. Alexander	Wisconsin	47-53	330.5 Raw
122	Chris Hatley	Arkansas	47-53	330.5 Raw
122	Todd Cathers	Oregon	47-53	330.5 Raw
122	Joe Pablo	Montana	47-53	330.5
122	Duane Burlingame	Illinois	47-53	330.5
122	Mauri Cole	Arkansas	47-53	330.5
128	Mike Desrosier	Arizona	47-53	325.0 Raw
129	Nathan Wenzel	Wisconsin	47-53	319.5 Raw
129	Eric Nelson	Alabama	47-53	319.5
131	Thomas Burke	Arizona	47-53	314.0 Raw
132	Reggie Russ	Florida	47-53	310.0
133	Barron Stone	Texas	47-53	309.6 Raw
134	Bob Miller	Minnesota	47-53	308.5 Raw
134	Joseph Lee Chaney	Texas	47-53	308.5 Raw
134	Tim Epting	Texas	47-53	308.5
134	Percy Taylor	Texas	47-53	308.5
138	Malcolm Fling	Illinois	47-53	287.0 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
139 Darwin Cavanaugh	Oklahoma	47-53	286.5
139 Craig Zenner	Michigan	47-53	286.5
141 Richard Vieau	Illinois	47-53	281.0 Raw
142 Jorge Guardado	Oklahoma	47-53	275.5
142 Tim Southwell	Texas	47-53	275.5
144 Chris Loomis	New Jersey	47-53	270.0
144 Greg Olsen	Minnesota	47-53	270.0
146 Bob Beckett	Nevada	47-53	264.5
147 James Kelly	Hawaii	47-53	248.0 Raw
147 Toby Levensalor	Maine	47-53	248.0 Raw
149 George Tolman	Oregon	47-53	242.5 Raw
149 Gene Wenzel	Ohio	47-53	242.5
151 John Vonspiegel	Ohio	47-53	236.7
152 Casey Jackson	Oregon	47-53	225.7 Raw
152 Tim Sparks	Arizona	47-53	225.7 Raw
154 Larry Hadley	Utah	47-53	203.7 Raw
154 John Flagg	Minnesota	47-53	203.7
156 Ethan Migliori	Utah	47-53	192.7 Raw
157 Dale Ginn	Maine	47-53	170.7

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Ken Millrany	Tennessee	54-60	640.3
2	Arnold Weaver	Arkansas	54-60	600.7
3	Terry Baldwin	Montana	54-60	589.5
4	Don Rygh Junior	Minnesota	54-60	529.0
5	Mike Frizzell	Illinois	54-60	518.0
6	Ronnie Edwards	Georgia	54-60	507.0
7	Mike Mercer	Texas	54-60	501.5
8	Neal Garcia	Texas	54-60	496.0
9	Jim Noblit	Oregon	54-60	485.0
10	Nin Beseda	Washington	54-60	480.6
11	Billy Martin	Washington	54-60	479.5
12	Lydell Corn	Tennessee	54-60	473.7
12	Bill Sekermestrovich	Oregon	54-60	473.7
12	Michael Ward	Wisconsin	54-60	473.7
12	Gene Harris	Oregon	54-60	473.7
16	Larry Anderson	Minnesota	54-60	462.7
16	Tom Gonnering	Alabama	54-60	462.7
18	Andrew Jensen	Wisconsin	54-60	457.2
19	William Denniston	Michigan	54-60	451.7
19	Kenneth Matteson	Massachusetts	54-60	451.7
21	Mike Berteaux	Nevada	54-60	447.3
22	Greg Alves	California	54-60	446.2
23	Jeffrey Allen Jones	Nevada	54-60	440.7
24	John Phillips	Ohio	54-60	435.2
25	Gary McFarland	California	54-60	429.7 Raw
25	David "Butch" Martinez	California	54-60	429.7
25	Paul Hlodnicki	Arizona	54-60	429.7
28	John Regis	Idaho	54-60	424.2
28	Charles Turco	Texas	54-60	424.2
28	Jarnail Singh Birring	Great Britain	54-60	424.2
28	Larry Orlando	California	54-60	424.2
28	Randy Marchant	Utah	54-60	424.2
33	Tommie Jenkins	Florida	54-60	413.2
34	Maurice Lowry	Arkansas	54-60	402.2
34	Bruce Begue	Ohio	54-60	402.2
36	Ron Matheson	Arizona	54-60	397.8
37	Dan Bell	Texas	54-60	391.2
38	Tim Epting	Texas	54-60	385.7
39	Jim McCaffery	Oregon	54-60	385.0
40	Michael Collins	California	54-60	381.3
41	Randy Jumper	Arkansas	54-60	380.2
41	Maurice Lowry	Oklahoma	54-60	380.2
41	Mauro Flores	Texas	54-60	380.2
44	Percy Taylor	Texas	54-60	374.7
44	Dennis Cone	California	54-60	374.7
44	Donald Madere	Louisiana	54-60	374.7
44	John Mutty	California	54-60	374.7
44	Mac Urrutia	Washington	54-60	374.7
44	Larry Wyckoff	California	54-60	374.7

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
50	David Georges	Hawaii	54-60 363.7 Raw
50	Jon Wolbers	Canada	54-60 363.7
50	Ted Butler	Alabama	54-60 363.7
50	James Spainhower	Washington	54-60 363.7
54	Edward Price	Hawaii	54-60 359.0
55	Randy Hilmer	Arkansas	54-60 358.0 Raw
55	Harry Munro	California	54-60 358.0
55	Dale Rene	California	54-60 358.0
58	Ed Macauley	Oregon	54-60 352.5 Raw
58	Randy Waldorf	Minnesota	54-60 352.5
58	Toe Preston	Hawaii	54-60 352.5
61	Erik Dye	Oklahoma	54-60 347.0
61	Greg Fay	Michigan	54-60 347.0
61	Ron Spradlin	Tennessee	54-60 347.0
61	Randy Daugherty	Idaho	54-60 347.0
65	Greg Policastro	Florida	54-60 345.0
66	Dale West	Idaho	54-60 341.5
66	Phil Kesterson	Alabama	54-60 341.5
68	Skip Hall	Alabama	54-60 340.0
69	Harold Bodden	Texas	54-60 336.0
69	Jeff Pagan	Arkansas	54-60 336.0
69	Tim Coffman	California	54-60 336.0
69	Mark Eichenseer	Louisiana	54-60 336.0
73	Duane Burlingame	Illinois	54-60 327.2
74	Joe Pablo	Montana	54-60 325.0
75	Steven Peterson	Texas	54-60 319.5
76	Robert Crossley	Florida	54-60 314.0 Raw
76	Reno Birt	Florida	54-60 314.0 Raw
78	Hal Pittman	Arizona	54-60 308.5 Raw
78	Peter Murphy	California	54-60 308.5
78	Jim Curley	Colorado	54-60 308.5
81	Kevin Farber	Florida	54-60 305.0
82	Mark Webber	Washington	54-60 303.0
82	Dennis George	Wisconsin	54-60 303.0
82	Les Peratrovich	Washington	54-60 303.0
82	Mauri Cole	Arkansas	54-60 303.0
86	Jeff Holloway	Oregon	54-60 298.6
87	Andrew Jensen	Wisconsin	54-60 292.0 Raw
88	Mark Webber	Washington	54-60 286.5 Raw
88	Alan Koch	Montana	54-60 286.5 Raw
88	Ernest Stuart	Texas	54-60 286.5
91	Wayne Bunch	Louisiana	54-60 286.0
92	David Duncan	Florida	54-60 285.0
93	J.C. Bailey	Texas	54-60 275.5

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
94 Neal Gerace	New Jersey	54-60	270.0
95 Brian Bombola	California	54-60	259.0
96 Solomon Lee	Hawaii	54-60	253.5
96 Gene Wenzel	Ohio	54-60	253.5
98 Pete Diaz	New Jersey	54-60	248.0
99 Gene Wenzel	Ohio	54-60	242.5 Raw
100 John Hedrick	Georgia	54-60	236.7
101 Dennis George	Wisconsin	54-60	231.2 Raw
101 Kenneth Kirk	California	54-60	231.2
103 George Ugalde	Hawaii	54-60	225.7 Raw
103 Reid Solar	Arizona	54-60	225.7 Raw
103 Euggene Merrill	Arkansas	54-60	225.7 Raw
106 Peter Assumma	New York	54-60	209.2
107 Luiz Cesar Moraes Barbosa	Brazil	54-60	176.2
108 Dale Ginn	Maine	54-60	126.7

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Vince Breaux	Louisiana	61-67	502.6
2	Dave Marba	California	61-67	501.2
3	Dan Swift	Illinois	61-67	485.0
4	Tom Gonnering	Alabama	61-67	452.8
5	Mike Frizzell	Illinois	61-67	451.7
5	Ken Anderson	Texas	61-67	451.7
7	William Denniston	Michigan	61-67	429.7
8	Terry Lancaster	Texas	61-67	424.2
8	Rudy Kadlub	Oregon	61-67	424.2
10	Nin Beseda	Washington	61-67	407.7
11	Jim Bourisow	Missouri	61-67	402.2
11	Larry Anderson	Minnesota	61-67	402.2
13	Ken Scheuer	Washington	61-67	400.0
14	Jim Parham	Oklahoma	61-67	397.8
15	Randy Marchant	Utah	61-67	391.2
16	Tommy Jenkins	Florida	61-67	390.0
17	Jon Wolbers	Canada	61-67	385.7
18	James Walker	Florida	61-67	380.2 Raw
18	John Phillips	Ohio	61-67	380.2
20	Joe Beteta	Oregon	61-67	374.7
21	David Martinez	California	61-67	369.2
22	William Caldwell	Oregon	61-67	363.7
22	James Spainhower	Washington	61-67	363.7
24	Harold Smith	Montana	61-67	358.0
25	Olicio Dos Santos Filho	Brazil	61-67	352.5
25	Pete Wilson	California	61-67	352.5
25	Mauro Flores	Texas	61-67	352.5
25	Charles Fayle	Texas	61-67	352.5
29	Robert White	Washington	61-67	348.1
30	Kenneth Mattson	Massachusetts	61-67	347.0 Raw
30	Nino Murray	Hawaii	61-67	347.0
30	Bob Hill	Oregon	61-67	347.0
33	Lawrence Kollauf	Minnesota	61-67	341.5
33	Brian Briggs	Wisconsin	61-67	341.5
35	Charles Folinius	Arizona	61-67	338.2
36	Charles Martin	California	61-67	330.5 Raw
37	Al Cooner	Florida	61-67	330.0
38	Robert Crossley	Florida	61-67	325.0 Raw
38	Nin Beseda	Washington	61-67	325.0 Raw
38	Mickey Glasco	Georgia	61-67	325.0
41	Gary Medonca Sr	Hawaii	61-67	320.0 Raw
42	Julian Leos, Jr	Nevada	61-67	319.5
42	John Green Jr	Washington	61-67	319.5
42	Al Williamson	Wisconsin	61-67	319.5
42	Robert Urrea	California	61-67	319.5
46	Gary Medonca Sr	Hawaii	61-67	315.1 Raw
47	Roy Eriksen	Nevada	61-67	314.0
47	Tom Haggemiller	Minnesota	61-67	314.0
47	Antonio Suhuba-Baruti	Michigan	61-67	314.0
47	Charles Lambert	Louisiana	61-67	314.0



HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>	
47	Gerald Burke	Pennsylvania	61-67	314.0
52	Richard Yoshida	Hawaii	61-67	308.5
53	Allen Fulker	Idaho	61-67	304.1
54	Terry O'Neal	Arizona	61-67	303.0 Raw
54	Mauri Cole	Arkansas	61-67	303.0 Raw
54	Sonny Nummi	Idaho	61-67	303.0
57	David "Butch" Martinez	California	61-67	297.5 Raw
57	Patrick Ryan	Florida	61-67	297.5
57	Tim Welton	Colorado	61-67	297.5
57	Terry Bunce	Oregon	61-67	297.5
61	Jim Kusuda	Wisconsin	61-67	292.0 Raw
61	Dana Gillespie	Maine	61-67	292.0
61	Ron Axtman	Idaho	61-67	292.0
64	Tim Langlais	Florida	61-67	290.0
65	Robert Tupper	Wisconsin	61-67	286.5 Raw
65	Kevin Farber	Florida	61-67	286.5
67	Mauro Flores	Texas	61-67	281.0 Raw
67	Lyndon Watson	Texas	61-67	281.0
69	Randy Daugherty	Idaho	61-67	276.0
70	Tim Shaver	Nevada	61-67	275.5 Raw
70	James P Sullivan	Arizona	61-67	275.5 Raw
70	Larry Johnson	Arizona	61-67	275.5 Raw
70	Thomas Sybouts	Washington	61-67	275.5 Raw
70	Randy Waldorf	Minnesota	61-67	275.5
70	Rudolph Carter	New Jersey	61-67	275.5
70	John Herbein	Pennsylvania	61-67	275.5
77	Kevin Farber	Florida	61-67	270.0 Raw
78	Imre Budai	California	61-67	264.5 Raw
79	James Spainhower	Arizona	61-67	253.5 Raw
80	Josef Ehrenberg	Illinois	61-67	248.0 Raw
80	Pete Goucher	Washington	61-67	248.0
82	Bob Sikora	Wisconsin	61-67	242.5 Raw
82	Roger Kunz	California	61-67	242.5
84	Ben Canedo	California	61-67	236.7 Raw
85	Gene Wenzel	Ohio	61-67	231.2 Raw
86	Gregory Olson	Minnesota	61-67	225.7 Raw
87	Sidney Gendin	Michigan	61-67	225.0
88	Peter Murphy	California	61-67	220.2
89	William Hollecker	Oklahoma	61-67	220.0
90	Ernest Stuart	Texas	61-67	209.2
90	Peter Assuma	New York	61-67	209.2
92	Peter Murphy	California	61-67	192.7 Raw
93	Randy Daugherty	Idaho	61-67	190.0 Raw
94	Les Peratrovich	Washington	61-67	187.2
95	Orson Judd	Arizona	61-67	176.2
96	Alfonso Mosesso	California	61-67	170.7
97	Manny Burruel	California	61-67	165.2

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68 - 74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Dan Swift	Illinois	68-74	479.5
2	Vince Breau	Louisiana	68-74	424.2
3	Jim Parham	Oklahoma	68-74	418.7
4	Louis Sposato	Florida	68-74	409.9
5	Joe Beteta	Oregon	68-74	405.5
6	Joe Parsons	Oklahoma	68-74	402.2
6	Jim Bourisow	Missouri	68-74	402.2
8	Johnny Yong	Florida	68-74	398.9
9	Bob Bassman	Texas	68-74	391.2
10	Tommie Jenkins	Florida	68-74	390.0
11	Joe Cantu	Texas	68-74	385.7
12	Jon Wolbers	Canada	68-74	369.2
12	Harold Smith	Montana	68-74	369.2
14	Ron Hemenway	Michigan	68-74	363.7
15	Billy Lumpkin	Oklahoma	68-74	360.0
16	Al Williamson	Wisconsin	68-74	358.0
17	Nin Beseda	Washington	68-74	341.5
17	Dave Holmes	Washington	68-74	341.5
17	James Hayden	Arizona	68-74	341.5
20	Al Franke	Nevada	68-74	338.5
21	William Prince	Nevada	68-74	337.1
22	Robert White	Washington	68-74	326.1
23	Tommy Jenkins	Florida	68-74	325.0 Raw
23	Godfrey Holzinger	Washington	68-74	325.0
23	Earl Cotton	Oregon	68-74	325.0
26	Allen Fulker	Idaho	68-74	320.7
27	Robert Urrea	California	68-74	319.5
27	Jack Puccio	Texas	68-74	319.5
29	Dan Swift	Illinois	68-74	314.0 Raw
29	Tommie Jenkins	Florida	68-74	314.0 Raw
31	Charles Green	Tennessee	68-74	308.5
31	Tom Mollan	Wisconsin	68-74	308.5
33	Steven O'Brien	California	68-74	303.0 Raw
33	Ron Axtman	Idaho	68-74	303.0
33	Ernest Anderson	California	68-74	303.0
33	Roger Kunz	California	68-74	303.0
37	Nin Beseda	Washington	68-74	297.5 Raw
38	Vince Breaux	Louisiana	68-74	292.0 Raw
39	Tom Trevorah	Florida	68-74	285.0
39	Robert Nasser	California	68-74	285.0
41	John Herbein	Pennsylvania	68-74	281.0
41	Ed Marshall	Arizona	68-74	281.0
43	Jim Thomas	Texas	68-74	275.5 Raw
43	Jon Wolbers	Canada	68-74	275.5 Raw
43	Doug Dienelt	California	68-74	275.5
47	Imre Budai	California	68-74	272.2 Raw
48	Pete Goucher	Washington	68-74	265.6
49	Jerry Gladson	Washington	68-74	264.5
50	Tom Haggemiller	Minnesota	68-74	259.0
51	Josef Erhenberg	Illinois	68-74	220.2 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68 - 74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
52	Richard Clatu	Montana	68-74	187.2 Raw
53	Roger Sturdevant	Wisconsin	68-74	126.7 Raw
50	Lyndle Taylor	Arkansas	68-74	259.0
52	Gary Flood	Oklahoma	68-74	253.5
53	Ed Rust	California	68-74	253.5
54	Eugene Miranda	California	68-74	250.2
55	Jerri Guiliano	California	68-74	248.0 Raw
56	Jack O'Loughlin	Washington	68-74	245.0
57	Jerry Guiliano	California	68-74	242.5 Raw
57	Raymond Rhodes	California	68-74	242.5
57	Jim Huggins	Washington	68-74	242.5
60	John Ketchersid	California	68-74	236.7
61	Donald Lovas	California	68-74	231.2
62	Scott Dolan	Idaho	68-74	220.2
62	Richard Turner	California	68-74	220.2
64	Kevin Farber	Florida	68-74	214.7 Raw
65	Ron Axtman	Idaho	68-74	209.2 Raw
66	Paul Downes	Florida	68-74	181.7 Raw
66	Roger Woodbury	Maine	68-74	181.7 Raw
66	David Brown	California	68-74	181.7
69	Paul Downies	Florida	68-74	170.7 Raw
69	Wayne Wickersham	Arizona	68-74	170.7
71	Roy Wells	Nevada	68-74	165.2
71	Richard Perkins	Louisiana	68-74	165.2
73	Ronald Ford	California	68-74	145.4
74	Fred Cummings	Florida	68-74	135.0
75	Roger Sturdevant	Wisconsin	68-74	110.0 Raw
76	Mac Baker	California	68-74	99.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Harold Smith	Montana	75-79	352.5
2	Richard Austin	Maine	75-79	347.0
3	Johnny Yong	Florida	75-79	337.1
3	Joe Cantu	Texas	75-79	337.1
5	Bob Bassman	Texas	75-79	319.5
6	Leon McClean	Arkansas	75-79	314.0 Raw
7	William Prince	Nevada	75-79	303.0
8	Russell Combest	Ohio	75-79	288.7 Raw
9	Charles Rice	California	75-79	287.5
10	Fredrick Shubayev	Illinois	75-79	275.5
10	Robert Urrea	California	75-79	275.5
12	Eugene Miranda	California	75-79	259.0
13	Jerry Guiliano	California	75-79	238.9 Raw
14	Gary Flood	Oklahoma	75-79	209.2
15	Joseph DiGregorio	Nevada	75-79	194.9
16	Vito Lombardo	Florida	75-79	180.0

17	Sunny Nummi	Idaho	75-79	181.7 Raw
18	James Weiss	California	75-79	165.2
19	Gary Flood	Oklahoma	75-79	154.2 Raw
20	Ronald Ford	California	75-79	137.7
21	Dean Baker	California	75-79	126.7
22	Sigurd Sandstrom	Wisconsin	75-79	121.2 Raw

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 80-84 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Richard Austin	Maine	80-84	352.5
2	Bob Woods	Oregon	80-84	303.0
3	Johnny Yong	Florida	80-84	275.0 Raw
4	Bill Prince	Nevada	80-84	254.6
5	Russell Combest	Ohio	80-84	209.2 Raw
6	James Weiss	California	80-84	187.2
7	Joseph DiGregorio	Nevada	80-84	176.2 Raw
8	Paul McCuiston	California	80-84	143.2 Raw
9	Sigurd Sandstrom	Wisconsin	80-84	115.0 Raw
9	Ron Broyles	California	80-84	115.5
11	Jack Peters	California	80-84	88.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 85-89 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Richard Austin	Maine	85-89	249.1
2	Charles Rice	California	85-89	248.0
3	Eugene Miranda	California	85-89	214.7
4	Russell Combest	Ohio	85-89	209.2 Raw
5	James Weiss	California	85-89	165.2
6	Rodney Graves	Nevada	85-89	132.2
6	Bill Collins	California	85-89	132.2
8	Dale Oleson	California	85-89	88.0

HIGHEST ALL-TIME 220# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 90-94 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Eugene Miranda	California	90-94	165.2
2	Eugene Miranda	California	90-94	139.9 Raw

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Harley Timbs	Tennessee	40-46	755.0
2	Rob Golgano	Maine	40-46	734.1
3	James Hunter	California	40-46	733.0
4	Gustavo Warrington	Oregon	40-46	705.2
5	Frank Wakakuwa	Hawaii	40-46	677.7
6	Ken Millrany	Tennessee	40-46	670.0
7	Ed Wilkinson	Texas	40-46	639.2
8	Russell Kitani	Nevada	40-46	634.8
9	Joey Murphy	Georgia	40-46	633.7
10	Freddy Crosby	Illinois	40-46	617.2
10	Brian Brubaker	California	40-46	617.2
12	Dave Gronenthal	Idaho	40-46	606.2
12	Brant Bishop	Alabama	40-46	606.2
14	David Fischer	Georgia	40-46	601.8
15	Bruce Young	Hawaii	40-46	600.7
15	Bert Hafner	Washington	40-46	600.7
17	Sami Huhtala	Finland	40-46	595.0
18	Chad Bertelmann	Hawaii	40-46	584.0
18	Tony Blas	Oregon	40-46	584.0
20	Joe Guerra	Texas	40-46	578.5
21	Roland Garza	Oregon	40-46	575.2
22	John Bowers	Washington	40-46	573.0
22	Kimo Ah Quinn III	Hawaii	40-46	573.0
24	Doug Haycraft	Illinois	40-46	562.0
24	Dennis Lowry	California	40-46	562.0
24	Kent Doerfler	Washington	40-46	562.0
27	Matt Ogurek	Michigan	40-46	556.5
28	Lance Fuhrman	Washington	40-46	555.0
29	Will Crossen, Jr	Washington	40-46	552.1
30	Steve Beaudoin	Oregon	40-46	551.0
31	Todd Christensen	Washington	40-46	540.0
31	James Noblit	Oregon	40-46	540.0
31	Arthur Thompson	California	40-46	540.0
31	Jeff Alvari	Utah	40-46	540.0
35	Keith Taylor	Louisiana	40-46	534.5
35	Tracy Ward	Arkansas	40-46	534.5
35	Ed Macauley	Oregon	40-46	534.5
35	Daniel Ducharme	Arizona	40-46	534.5
39	Mike Connor	Oregon	40-46	529.0
39	Jeff Hinrichs	Arizona	40-46	529.0
39	Steve Pena	California	40-46	529.0
42	Mike Bazinet	Maine	40-46	523.5
43	Darwin English	Nevada	40-46	518.0
43	Gary McFarland	California	40-46	518.0
45	Steve Williams	California	40-46	512.5
45	Nick Massey	California	40-46	512.5
45	Mark Christian	Texas	40-46	512.5
45	Flip Silva	Texas	40-46	512.5
49	Buzz Landon	Oregon	40-46	507.0
49	Dave Henderson	Oregon	40-46	507.0
51	Steve Shipley	Oregon	40-46	505.0
52	Matthew Bolton	California	40-46	501.5

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
52	Cody Colchado	Texas	40-46	501.5
52	Austin Keanu	Hawaii	40-46	501.5
52	Aaron Carrion	California	40-46	501.5
52	Jeff Kim	California	40-46	501.5
52	Arthur Clayton	California	40-46	501.5
52	Tony Luce	Oklahoma	40-46	501.5
52	Alvin K. Foster	Hawaii	40-46	501.5
52	Kevin Loudermilk	Oklahoma	40-46	501.5
52	Tim Heisler	Montana	40-46	501.5
62	Gordon Schrank	Florida	40-46	500.0
63	Shota Bejashvili	Republic of Georgia	40-46	490.5
63	Duane Fuss	Canada	40-46	490.5
63	Eddie Ross	Texas	40-46	490.5
63	David Lilienthal	Oregon	40-46	490.5
67	John Rodriguez	Texas	40-46	486.1
68	Jeff Bignell	Minnesota	40-46	485.0
68	Gene Elser	Missouri	40-46	485.0
70	James Guffy	Illinois	40-46	479.5
70	Alan Berry	Washington	40-46	479.5
70	Chris Williams	Oregon	40-46	479.5
70	Dan Foor	Michigan	40-46	479.5
74	Nelson Brewer	Washington	40-46	473.7
74	Tajinder Singh	India	40-46	473.7
74	Phillip Arroyo	Washington	40-46	473.7
77	David Brown	Florida	40-46	470.0
78	Rick Soland	Washington	40-46	469.3
79	Chris Russo	New Jersey	40-46	468.2
79	Samuel Schultz	Oregon	40-46	468.2
79	John Laskowski	Wisconsin	40-46	468.2
82	Guy Black	Maryland	40-46	462.7
82	Dan Davidson	Alabama	40-46	462.7
82	John Anthony	Oregon	40-46	462.7
85	Eric Patterson	Arizona	40-46	457.2
85	Terry Matchen	Alabama	40-46	457.2
85	Don Frosland	Oregon	40-46	457.2
85	Don Bodenstab	Oregon	40-46	457.2
85	Gary Lands	Georgia	40-46	457.2
85	Paul Blackwell	Illinois	40-46	457.2
91	Adriano Sansao	Brazil	40-46	451.7
91	Tim Prince	Utah	40-46	451.7
91	Mike De Gennaro	California	40-46	451.7
91	Yan Howah	Georgia	40-46	451.7
91	Gene King	Oregon	40-46	451.7
91	George Phipps	Nevada	40-46	451.7
91	Buddy McKee	Alabama	40-46	451.7
91	Robert Exum	California	40-46	451.7
91	Paul DeAngelis	Wisconsin	40-46	451.7
91	David Jacob Maielua	Hawaii	40-46	451.7
101	Jeremy Bennett	Florida	40-46	450.0 Raw
102	Donnie Hamblin	Arizona	40-46	446.2
102	Mike Bennett	Utah	40-46	446.2
102	David Vasquez	California	40-46	446.2

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
102	John Hendrix	Texas	40-46	446.2
106	Jeff Hooks	Wisconsin	40-46	440.7 Raw
106	Malcom Lehano	Hawaii	40-46	440.7 Raw
106	Fateh Sihota	India	40-46	440.7
106	Michael Botticelli	Nevada	40-46	440.7
106	Howard Lavin	Louisiana	40-46	440.7
106	Kazar Kharabadze	Republic of Georgia	40-46	440.7
106	Craig Bowen	Texas	40-46	440.7
113	Mike Brownfield	Idaho	40-46	435.2 Raw
113	Tony Capps	North Carolina	40-46	435.2
113	Chris Warrick	California	40-46	435.2
116	Joey Lewis	Oklahoma	40-46	429.7
116	Matt Guernsey	Maine	40-46	429.7
118	Robert Hyde	Pennsylvania	40-46	424.2
118	Lawrence Moore	Georgia	40-46	424.2
118	Mark Gibson	Texas	40-46	424.2
118	Jason Steffens	Minnesota	40-46	424.2
122	Jason Dexter	Indiana	40-46	418.7 Raw
122	Tom Pennella	Washington	40-46	418.7
122	Noble Cozine	Iowa	40-46	418.7
125	Ken Wilson	Idaho	40-46	413.2
125	Ernest Cano	Arizona	40-46	413.2
125	Chris Lesondak	California	40-46	413.2
128	Gary Slate	Georgia	40-46	410.0
128	Tim Chinchor	Florida	40-46	410.0
130	Cory Flager	Arizona	40-46	408.8 Raw
131	Joe Adams	Utah	40-46	407.7 Raw
131	Rodrigo Poderosa	Brazil	40-46	407.7 Raw
131	Rich Smith	Michigan	40-46	407.7
131	Joseph Gerald Pablo	Montana	40-46	407.7
135	Jerry Reed	Florida	40-46	405.0
136	Nathan Ragragola	Hawaii	40-46	402.2 Raw
136	Frank Gonzales	Nevada	40-46	402.2
136	Larry Benner	Washington	40-46	402.2
136	Richard Fisher	Oregon	40-46	402.2
136	Mark LeBlanc	Texas	40-46	402.2
136	Edward Brown	Oregon	40-46	402.2
142	Mike Desrosiers	Arizona	40-46	396.7 Raw
142	Steven Arredondo	California	40-46	396.7
142	Michael Porter	Missouri	40-46	396.7
145	Mike Lutz	California	40-46	391.2
145	Paul Herrmann	Arizona	40-46	391.2
145	Tim Dahlstrom	Washington	40-46	391.2
145	Brian Fahrenfeld	New York	40-46	391.2
149	Kim Paivoke	Finland	40-46	385.7 Raw
150	Mel Lehano	Hawaii	40-46	380.2 Raw
150	Doug Amburgey	Ohio	40-46	380.2
150	Vernon Joe Rutherford	Tennessee	40-46	380.2
153	Wesley Pellam	Arizona	40-46	374.7 Raw
153	Anthony Covello	Hawaii	40-46	374.7

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
153	Al Dawson	Washington	40-46	374.7
153	Greg Damminga	Washington	40-46	374.7
157	Abel Talbo	Arizona	40-46	363.7 Raw
157	Bill Webb	Washington	40-46	363.7
157	David Palmer	Maine	40-46	363.7
160	Steve Gaytan	California	40-46	352.5
160	Sika Ulutoa	Montana	40-46	352.5
162	Dan Jonas	Florida	40-46	350.0
163	Don Miskinis	Ohio	40-46	347.0
164	Shawn Genengels	Washington	40-46	341.5
165	John Pfeiffer	Ohio	40-46	336.1
166	Alex Mahon	Florida	40-46	336.0
166	Bill Splawn	Washington	40-46	336.0
166	Ike Pablo	Montana	40-46	336.0
169	David Callas	Georgia	40-46	335.0
170	Damon Sansom	Florida	40-46	320.0
171	Mike Woody	Indiana	40-46	319.5
172	Brad Stewart	Utah	40-46	314.0
172	Dale Lindsey	Nevada	40-46	314.0
172	John Shifflett	Virginia	40-46	314.0
172	Billy Oglesby	Louisiana	40-46	314.0
176	Jesse Migliori	Utah	40-46	308.5 Raw
177	Chris Parker	Nevada	40-46	303.0
178	Malcolm Fling	Illinois	40-46	292.0 Raw
179	Mark Weber	Montana	40-46	286.5 Raw
179	Reid Cashdollar	Texas	40-46	286.5
181	Andy Taylor	Idaho	40-46	281.0 Raw
182	Thomas Booker	New York	40-46	275.5
182	Eric Bowen	Idaho	40-46	275.5
184	William Stoffel	Texas	40-46	242.5 Raw
185	Bobby Stanley	Texas	40-46	203.7 Raw



HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Joey Murphy	Georgia	47-53	700.8
1	Ken Millrany	Tennessee	47-53	700.8
3	Matt Lamarque	California	47-53	690.9
4	James Seaver	Arizona	47-53	611.7
5	Jim Noblit	Oregon	47-53	602.9
6	Ed Macauley	Oregon	47-53	595.0
7	Bryon Brubaker	California	47-53	567.5
7	Frank Mclaughlin	Pennsylvania	47-53	567.5
9	Bert Hafner	Washington	47-53	563.1
9	Brian Whited	Oklahoma	47-53	563.1
11	George Nelson	Oregon	47-53	562.0
11	Will Crossen, Jr	Washington	47-53	562.0
13	Bennie Dooley	Washington	47-53	556.5
13	Clinton Sims	California	47-53	556.5
15	Jason "Tadow" Carson	Illinois	47-53	552.1
16	Alvin K. Foster Sr.	Hawaii	47-53	545.5
16	Bob Gunn	North Carolina	47-53	545.5
18	Jesse Avila	Utah	47-53	540.0
18	Joe Gardner	Illinois	47-53	540.0
18	Kent Doerfler	Oregon	47-53	540.0
18	Steadman Mathis	Washington	47-53	540.0
22	Brant Bishop	Alabama	47-53	536.7
22	Gary McFarland	Vermont	47-53	536.7
24	Blane Tindull	Alabama	47-53	535.6
25	Don Rygh	Minnesota	47-53	534.5
25	Mike McKenzie	Colorado	47-53	534.5
27	Mark Patrick	Georgia	47-53	526.8
28	Juha Pukkila	Finland	47-53	518.0
28	Michael Thomas	Texas	47-53	518.0
28	Rob Carbo	California	47-53	518.0
31	Lonnie Wilborn	Nevada	47-53	507.0
31	Terry Baldwin	Montana	47-53	507.0
33	Mike Frizzell	Illinois	47-53	501.5
34	Jeremiah Johnson	Utah	47-53	485.0
35	Alvin Waldon	California	47-53	479.5
35	Greg McCoy	Texas	47-53	479.5
35	Michael Neely	Montana	47-53	479.5
38	Tom Starkweather	California	47-53	476.0
39	James Kelly	Hawaii	47-53	473.7 Raw
39	Don Eldridge	California	47-53	473.7
39	Forest Hofer	Oregon	47-53	473.7
42	Barry Holt	Alabama	47-53	468.2 Raw
42	Matt Bolton	California	47-53	468.2
44	Mark Salansky	Idaho	47-53	462.7
44	Michael Happach	Illinois	47-53	462.7
46	Frank Powell	Oklahoma	47-53	458.3
47	Ed Molnar	Minnesota	47-53	457.2
47	Ronnie Edwards	Georgia	47-53	457.2
49	Tommy Mason	Arkansas	47-53	451.7 Raw
49	Steven Petersen	Texas	47-53	451.7
49	Andy Gose	Oregon	47-53	451.7
49	Doug Seath	Washington	47-53	451.7

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
49	Mike Borg	Minnesota	47-53	451.7
49	Phillip Arroyo	Washington	47-53	451.7
49	Roger Nelson	Washington	47-53	451.7
49	Ron L'Huillier	Michigan	47-53	451.7
57	Gary Stevens	Wyoming	47-53	446.2
58	George Phipps	Nevada	47-53	435.2
58	Mark Gibson	Texas	47-53	435.2
58	Tim Z. Chinchor	Florida	47-53	435.2
61	Rob Schultz	Texas	47-53	430.8
62	Kirk Gosnell	Hawaii	47-53	429.7 Raw
62	Cody Colchado	Texas	47-53	429.7
62	Dan Peterson	California	47-53	429.7
62	Jason Julian	Colorado	47-53	429.7
62	Kevin Heller	West Virginia	47-53	429.7
67	Harry Munro	California	47-53	424.2
67	Joe Smolinski	Michigan	47-53	424.2
67	Mike Magruder	Washington	47-53	424.2
67	Terry Borck	Washington	47-53	424.2
71	Dan Prevatt	Florida	47-53	418.7
71	Fred Kendall	California	47-53	418.7
71	Scottie Namuo	Hawaii	47-53	418.7
71	Shawn Genengels	Washington	47-53	418.7
71	Marcelo Schneider	Brazil	47-53	418.7
76	David Palmer	Maine	47-53	413.2
77	Larry Benner	Washington	47-53	407.7
77	Phil Markel	Oregon	47-53	407.7
77	Rick Vraspier	Texas	47-53	407.7
77	Ron Proctor	Georgia	47-53	407.7
81	Ismanjah Soekardi	California	47-53	402.2 Raw
81	David Wolfe	Wyoming	47-53	402.2
81	Frank Butcher	Hawaii	47-53	402.2
81	Shane Ahlo	Hawaii	47-53	402.2
85	Marcelo Schneider	Brazil	47-53	396.7 Raw
85	Dennis Rolon	New York	47-53	396.7
87	Richard Peterson	Minnesota	47-53	391.2
87	Richard Brickey	Arkansas	47-53	391.2
89	Neal Garcia	Texas	47-53	385.7
89	Tim Sparkes	Arizona	47-53	385.7
91	Frank Shockley	Oklahoma	47-53	385.0
91	Patrick Conn	Florida	47-53	385.0
91	Skip Sandberg	Washington	47-53	385.0
94	Ken Grizzle	Georgia	47-53	380.2
94	Patrick Fay	Washington	47-53	380.2
96	Mike Davis	Texas	47-53	375.0
97	Clifford Villareal	Hawaii	47-53	374.7
97	Silvio Padilha Arruda	Brazil	47-53	374.7
97	Andy Clayton	California	47-53	374.7
97	Raymond Kauhola	Hawaii	47-53	374.7
101	Douglas Strong	California	47-53	369.2
101	Kenneth Engleman	California	47-53	369.2
101	Robert Hansen	Wisconsin	47-53	369.2
104	Shane Tuttle	Montana	47-53	363.7 Raw

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
104	Michael Mosner	New York	47-53	363.7
104	Tom Hennessy	Washington	47-53	363.7
107	Greg Ramsdell	Oregon	47-53	360.0
108	Doug Ward	Idaho	47-53	358.0
109	Chad Parson	Montana	47-53	352.5 Raw
109	Matt Maini	Alabama	47-53	352.5 Raw
109	John Schaer	Oregon	47-53	352.5
109	Michael McHale	Colorado	47-53	352.5
109	Pasi Jokela	Finland	47-53	352.5
109	Dave Ettinger	Canada	47-53	352.5
115	John Hatten	Florida	47-53	350.0 Raw
116	Ron Towery	Arkansas	47-53	347.0 Raw
116	Harold Wooten	Arizona	47-53	347.0
116	Mike Murphy	Washington	47-53	347.0
116	Tim Coffman	California	47-53	347.0
120	Jose Afonso Braga	Brazil	47-53	341.5 Raw
120	Jeff Holloway	Oregon	47-53	341.5
120	Matthew Zerafa	Texas	47-53	341.5
123	Jim Williams	Minnesota	47-53	336.0 Raw
123	Marcelo Wagner	Argentina	47-53	336.0 Raw
125	Amado Monzon	Argentina	47-53	330.5 Raw
125	Eldon Olson	California	47-53	330.5
127	George Joe Washington	Michigan	47-53	330.0
128	Lawrence Widener	Florida	47-53	325.0
128	Sandy Norton	Louisiana	47-53	325.0
128	T.R. Syverson	Florida	47-53	325.0
128	Ron Garcia	California	47-53	325.0
132	Burnell Harvin	California	47-53	319.5
133	Alvin Kekua Foster	Hawaii	47-53	314.0
134	Malcolm Fling	Illinois	47-53	305.2 Raw
135	Doug Carroll	California	47-53	303.0
136	Samuel Wenz	Wisconsin	47-53	297.5
137	Joe May	Minnesota	47-53	292.0
138	Bernard Joyaux	Washington	47-53	286.5
138	Dale Reynolds	Maine	47-53	286.5
138	Marc Boardman	Washington	47-53	286.5
141	Kirk Adams	Pennsylvania	47-53	281.0
141	Dale Lowrimore	Oklahoma	47-53	281.0 Raw
143	Lawrene Widener	Florida	47-53	280.0 Raw
144	Steve Pena	California	47-53	275.5 Raw
144	Eugene Merrill	Arizona	47-53	275.5
146	Guy Ha Sr	Hawaii	47-53	270.0 Raw
147	Amado Menzon	Argentina	47-53	264.5 Raw
148	Ken Edmonds	Washington	47-53	253.5
149	David Duncan	Florida	47-53	240.0
150	Joe Collins	Washington	47-53	209.2 Raw

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Ken Millrany	Tennessee	54-60	700.8
2	Ric Duncan	Texas	54-60	633.7
3	Mike Frizzell	Illinois	54-60	600.7
4	Ed Macauley	Oregon	54-60	584.0
5	Sean Finnegan	Texas	54-60	567.5
6	George Nelson	Oregon	54-60	551.0
6	Greg Chrun	Missouri	54-60	551.0
8	Michael Thomas	Texas	54-60	540.0
9	Neal Garcia	Texas	54-60	523.5
10	Leonard Pokora	Michigan	54-60	501.5
11	Marv "Buzz" Landon	Oregon	54-60	486.1
12	Claudir Soares Lopes	Brazil	54-60	485.0
12	Olavi Rintanen	Finland	54-60	485.0
14	Michael Happach	Illinois	54-60	479.5
14	Steadman Mathis	Washington	54-60	479.5
16	Ron L'Huillier	Michigan	54-60	468.2
17	Cliff Tallman	New York	54-60	462.7
17	Forest Hofer	Washington	54-60	462.7
19	Jason Julian	Colorado	54-60	457.2
19	Nin Beseda	Washington	54-60	457.2
21	Bill Sekermestrovich	Oregon	54-60	455.0
22	Jim Noblit	Oregon	54-60	451.7
22	Mike Suhr	Texas	54-60	451.7
22	Andy Gose	Oregon	54-60	451.7
22	Greg Alves	California	54-60	451.7
22	Oliver Johnson	Alabama	54-60	451.7
27	Rob Carbo	California	54-60	449.5
28	Bob Evans	California	54-60	447.3
29	Dave Marba	California	54-60	446.2
30	Daniel Smith III	California	54-60	441.8
31	Paul Hlodnicki	Arizona	54-60	440.7
31	Randy Marchant	Utah	54-60	440.7
31	Bill Chapoton	Texas	54-60	440.7
34	Tim Womack	Alabama	54-60	440.0
35	Kevin Heller	West Virginia	54-60	435.2
36	Gary McFarland	California	54-60	431.9 Raw
37	Michael McHale	Arizona	54-60	424.2
37	Johnny Park	Oklahoma	54-60	424.2
37	Gary Stevens	Wyoming	54-60	424.2
40	Bert Merriman	Canada	54-60	418.7
41	Adrian Ninaber	Canada	54-60	407.7
41	Moses Caballero	Hawaii	54-60	407.7
43	Billy Graham	Alabama	54-60	403.3
44	George Merrill	Oregon	54-60	402.2
44	Michael Mosner	New York	54-60	402.2
44	Kenneth Tawzer	California	54-60	402.2
44	Ronald Proctor	Georgia	54-60	402.2
48	Mike Magruder	Washington	54-60	391.2
48	Richard Brickey	Arkansas	54-60	391.2
50	Doug Ward	Idaho	54-60	385.7
50	Rex Harrison	Alabama	54-60	385.7
52	Larry Jones	Washington	54-60	380.2

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53	Stephen Cohle	Michigan	54-60	374.7
54	Randy Waldorf	Minnesota	54-60	372.5
55	Melvyn McGinley	Oregon	54-60	369.2
55	Jimmy Duckett	Oklahoma	54-60	369.2
55	Harry Munro	California	54-60	369.2
58	Dave Sickelr	Wisconsin	54-60	363.7 Raw
58	John Towne	Idaho	54-60	363.7
58	Kenneth Engleman	California	54-60	363.7
58	David Wolf	Wyoming	54-60	363.7
58	McElvin Pope	Maryland	54-60	363.7
58	Bob Hagenrater	Texas	54-60	363.7
64	Tim Miller	Alabama	54-60	352.5
64	Greg Wallace	Washington	54-60	352.5
66	Charles Lambert	Louisiana	54-60	347.0
66	Omar Bruce	California	54-60	347.0
68	Al Bianchi	Florida	54-60	342.0 Raw
69	Juha Pukkila	Finland	54-60	341.5 Raw
69	Tim Epting	Texas	54-60	341.5
71	Don Adams	Utah	54-60	336.0
72	George Joe Washington	Michigan	54-60	331.6
73	James Murphy	Oklahoma	54-60	330.5 Raw
73	Chuck Evans	Pennsylvania	54-60	330.5
73	Michael Anderson	Minnesota	54-60	330.5
76	Greg Fay	South Carolina	54-60	325.0
76	Terry Bunce	Oregon	54-60	325.0
76	Al Kennedy	Illinois	54-60	325.0 Raw
79	J. Fitzgerald	Georgia	54-60	319.5
79	James Pettit	Texas	54-60	319.5
81	Thomas Wright	Nevada	54-60	314.0
82	Dale Lowrimore	Oklahoma	54-60	308.5 Raw
82	Marc Vainas	Massachusetts	54-60	308.5
84	Markl Webber	Washington	54-60	303.0 Raw
84	Ernest Scott	Texas	54-60	303.0
86	Eugene Merrill	Arkansas	54-60	292.0
87	Steve Rosenberg	Texas	54-60	286.5
87	Marc Boardman	Washington	54-60	286.5
89	Tom Matlock	Arizona	54-60	281.0
89	Howard Lavin	Louisiana	54-60	281.0
91	Mark Vainas	Massachusetts	54-60	270.0 Raw
91	Harold Barrat	Washington	54-60	270.0
93	Lawrence Widener	Florida	54-60	253.5 Raw
93	Eugene Merrill	Arkansas	54-60	253.5 Raw
93	Manny Burruel	California	54-60	253.5
96	William Caughey	Utah	54-60	253.0
97	Joe May	Minnesota	54-60	248.0
98	Brian Taylor	utah	54-60	187.2 Raw
99	Robert Hadman	Washington	54-60	176.2
100	Danny Jackson	Arkansas	54-60	170.7

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Sean finegan	Oregon	61-67	529.0
2	Leonard Pokora	Michigan	61-67	502.6
3	George Nelson	Oregon	61-67	501.5
4	Dave Marba	California	61-67	451.7
5	Tom Gonnering	Alabama	61-67	446.2
6	Ken Anderson	Texas	61-67	440.7
7	Bob Evans	California	61-67	437.4
8	Daniel Smith III	California	61-67	436.3
9	Skip Sandberg	Washington	61-67	435.2
10	Randy Ellis	Oregon	61-67	429.7
11	Richard Zareck	Florida	61-67	424.2
12	William Caldwell	Oregon	61-67	407.7
13	Dan Broverman	Florida	61-67	405.0
13	Norman Bailey	Georgia	61-67	405.0
15	Bill Bidinotto	Ohio	61-67	402.2
15	Jim Parham	Oklahoma	61-67	402.2
15	Terry Bunce	Oregon	61-67	402.2
18	James Walker	Florida	61-67	396.7 Raw
18	Mac Urrutia	Washington	61-67	396.7
20	Sam Childs	Wisconsin	61-67	391.2
21	Bob Kehl	California	61-67	385.7
22	Richard Fischer	Wisconsin	61-67	380.2
22	Tom Ekenberg	Texas	61-67	380.2
24	Steadman Mathis	Washington	61-67	374.7 Raw
24	Murray Marsh	Michigan	61-67	374.7
26	Howard Garris	California	61-67	369.2
27	Sunny Nummi	Idaho	61-67	365.0
28	Harold Smith	Montana	61-67	363.7
29	James Rickert	Wisconsin	61-67	358.0
29	Charles Fayle	Texas	61-67	358.0
29	Jim Leitner	Texas	61-67	358.0
32	Al VanBuskirk	Washington	61-67	352.5
33	Kenny Phillips	Oklahoma	61-67	347.0
34	Bob Brodt	Wisconsin	61-67	341.5
34	Mike Bonifield	California	61-67	341.5
36	Scott Dolan	California	61-67	336.0
37	Wayne Sowers	Maine	61-67	330.5 Raw
38	Howard Lavin	Louisiana	61-67	325.0
39	Scott Dolan	Idaho	61-67	320.6
40	Rogero Smith	Utah	61-67	319.5 Raw
40	Tom Lafors	Washington	61-67	319.5
40	Paavo Eskelinen	Finland	61-67	319.5
43	Solomon Lee Jr.	Hawaii	61-67	303.0
43	Eddie Morgan	Arkansas	61-67	303.0
45	Imre Budai	California	61-67	297.5
46	Francis McBride	Florida	61-67	295.0
47	Doug Mulder	Oregon	61-67	286.5 Raw
47	Manny Burruel	California	61-67	286.5
49	Howard Lavin	Louisiana	61-67	281.0 Raw
49	Thomas Wright	Kansas	61-67	281.0
51	Sam Kaanapu	California	61-67	275.5
51	Chris Hennefer	Utah	61-67	275.5

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53 James Spainhower	Arizona	61-667	264.5 Raw
54 Tom Matlock	Arizona	61-67	261.2
55 Donald Sherrill	Georgia	61-67	259.0
56 John Solleder	Texas	61-67	236.7 Raw
57 Dennis George	Wisconsin	61-67	231.2 Raw
58 Mickey Glasco	Georgia	61-67	225.7
59 William B Caughey	Utah	61-67	187.2
59 Richard Perkins	Louisiana	61-67	187.2
61 George Weiss	California	61-67	104.5

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Skip Sandberg	Washington	68-74	440.7
1	Ernie Anderson	California	68-74	440.7
3	Joe Parsons	Oklahoma	68-74	418.7
4	Jonny Yong	Florida	68-74	405.0
5	Tom Gonnering	Alabama	68-74	386.8 Raw
6	Daniel Smith III	California	68-74	381.3 Raw
7	Harold Smith	Montana	68-74	369.2
8	Terry Bunce	Oregon	68-74	363.7
9	Dave Holmes	Washington	68-74	358.0
10	William Prince	Nevada	68-74	353.6
11	Mike Bonifield	California	68-74	341.5
12	Al Williamson	Wisconsin	68-74	336.0
13	Earl Robinson, Sr.	Pennsylvania	68-74	319.5
14	Whitley Kit Price	Texas	68-74	314.0
15	Ralph Cavanaugh	Oregon	68-74	303.0
15	Roger Davis	Idaho	68-74	303.0
17	Lefty Meyers	Florida	68-74	295.0
18	Howard Lavin	Louisiana	68-74	292
19	Jerry Gladson	Washington	68-74	275.5
20	Bill Bradford	Florida	68-74	275.0
21	Robert Wass	Oregon	68-74	270.0
22	Gary Flood	Oklahoma	68-74	264.5
23	Jimmy Schulz	Oklahoma	68-74	260.0
24	Cal Davis	Washington	68-74	259.0
25	John Ketchersid	California	68-74	242.5
25	Ed Marshall	Arizona	68-74	242.5
27	Jack Peters	California	68-74	225.7
28	William Coleman	Hawaii	68-74	221.3
29	Ron Antman	Idaho	68-74	220.2 Raw
29	Ray Oster	Nevada	68-74	220.2
31	Gene Lawrence	Arizona	68-74	214.7
32	LeRoy Taylor	Washington	68-74	203.7
33	James Longwell	Louisiana	68-74	170.0
34	Dude Rice	Oregon	68-74	159.0



HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Al Ailliamson	Wisconsin	75-79	363.7
2	Harold Smith	Montana	75-79	336.0
3	Daniel Smith III	California	75-79	308.5 Raw
4	Victor Starkel	Montana	75-79	303.0
5	Russell Combest	Ohio	75-79	281.0
6	John Ketchersid	California	75-79	259.0
7	Herb Brandt	Florida	75-79	225.7
8	Gene Lawrence	Arizona	75-79	214.7
9	Sheldon Levy	New York	75-79	203.7
10	William Coleman	Hawaii	75-79	188.3 Raw
11	Jack Peters	California	75-79	176.2
12	Jere Moorman	California	75-79	165.2
13	Gary Flood	Oklahoma	75-79	159.7
14	Jack Walters	California	75-79	137.7

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL BY  
 MALE MASTER LIFTERS Age 80-84 - Includes Law / Fire  
 Masters Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	James Hayden	Arizona	80-84	277.7
2	Russell Combest	Ohio	80-84	209.2
3	Ron Broyles	California	80-84	133.3
4	Paul Pendley	Louisiana	80-84	132.0

HIGHEST ALL-TIME 242# BENCH PRESSES IN WABDL BY  
 MALE MASTER LIFTERS Age 85-89 - Includes Law / Fire  
 Masters Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Walter Richter	Arizona	85-89	253.5
2	Russell Combest	Ohio	85-89	231.2 Raw
3	Victor Starkel	Montana	85-89	187.2
4	Jack Walters	California	85-89	121.2 Raw
5	Dale Oleson	California	85-89	106.7

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Rob Golgano	Maine	40-46	805.6
2	Patrick Parnell	Texas	40-46	777.0
3	Gustavo Warrington	Oregon	40-46	755.0
4	Jason Laskowski	Texas	40-46	749.5
5	James Hunter	California	40-46	735.2
6	Tommy Harrison	Texas	40-46	705.2
6	Troy Chun	Oregon	40-46	705.2
8	Jeff Peshek	Ohio	40-46	672.2
9	Joey Murphy	Georgia	40-46	663.2
10	Ken Millrany	Tennessee	40-46	662.3
11	Scott Hoekstra	California	40-46	650.2
11	Robert Lincoln, Jr	California	40-46	650.2
13	Patrick Holloway	Arizona	40-46	644.7
14	Leonard Rich	Pennsylvania	40-46	628.2
15	Aaron Iramina	Hawaii	40-46	622.7
16	Jeff Criss	Arkansas	40-46	611.7
17	Rich Ludlam	California	40-46	606.2
17	Bruce Young	Hawaii	40-46	606.2
19	Bert Hafner	Washington	40-46	600.7
19	Ken Malone	Texas	40-46	600.7
19	Chris Chopp	Utah	40-46	600.7
22	Steven Ross	Texas	40-46	584.0
23	Kenny Rodriguez	California	40-46	573.0
24	Mark Stanford	Arizona	40-46	567.5
24	John Johnson	Michigan	40-46	567.5
26	J.C. Tolle	California	40-46	556.5
26	Boomer Fleming	Oregon	40-46	556.5
26	Tim Moon	Georgia	40-46	556.5
29	James Guffy	Illinois	40-46	551.0
29	Robert Molay	Alabama	40-46	551.0
29	Todd Christiansen	Washington	40-46	551.0
29	Gary Gulseth	Wisconsin	40-46	551.0
29	Brett Ekebom	Illinois	40-46	551.0
34	Phil Morrison	Oregon	40-46	546.6
35	Matt Ogurek	Michigan	40-46	540.0
36	Darwin English	Nevada	40-46	536.7
37	Jim Yoder	California	40-46	530.1
38	Don Bodenstab	Oregon	40-46	529.0
39	Flip Silva	Texas	40-46	518.0
40	Dearl Mann	Texas	40-46	512.5
41	Paul Mercado	Illinois	40-46	507.0
42	Kenneth Rains	Florida	40-46	505.0
43	Mike Drake	California	40-46	501.5
43	Yanto Soekardi	California	40-46	501.5
43	John Barada	Washington	40-46	501.5
43	Mark Rapoza	Hawaii	40-46	501.5
43	Mike Dalpoas	Oklahoma	40-46	501.5
48	Tom Starkweather	California	40-46	485.0
48	Rick Soland	Washington	40-46	485.0
50	Mick Quilici	Nevada	40-46	480.6
51	Arthur Clayton	California	40-46	479.5
52	Gordon Schrank	Florida	40-46	475.0

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53	Gilbert Shibao	Hawaii	40-46	473.7
53	John Schaer	Oregon	40-46	473.7
53	Tom Pennella	Washington	40-46	473.7
53	Paul Herrmann	Arizona	40-46	473.7
53	David Menchaca	Texas	40-46	473.7
58	Jesse Garza Jr.	Michigan	40-46	468.2
58	Steve Pena	California	40-46	468.2
60	Dan Foor	Michigan	40-46	464.9
61	Allen Heisler	Montana	40-46	457.2
62	Taylor Stermitz	Montana	40-46	451.7 Raw
62	David Vasquez	California	40-46	451.7
62	Gregg Damminga	Washington	40-46	451.7
62	Marvin Broadwater	Georgia	40-46	451.7
62	Cody Colchado	Texas	40-46	451.7
62	Clifford Villareal	Hawaii	40-46	451.7
68	Ernest Cano	Arizona	40-46	446.2
69	Frank Gonzales	Nevada	40-46	440.7
69	Ken Miller	Oklahoma	40-46	440.7
69	Guy Powell	Wisconsin	40-46	440.7
72	Dr Joseph McMurray	California	40-46	435.2
73	Jeremy Bennett	Florida	40-46	435.0 Raw
74	Thomas Crampton	Michigan	40-46	429.7
74	Jeff Bignell	Minnesota	40-46	429.7
76	Joseph Gerald Pablo	Montana	40-46	425.3
77	Donovan Ballo	Hawaii	40-46	424.2 Raw
77	Sam Mitchell	Idaho	40-46	424.2 Raw
77	Tim Potteiger	Oklahoma	40-46	424.2 Raw
77	Randrell Gaines	California	40-46	424.2 Raw
77	Jason Steffens	Minnesota	40-46	424.2
77	Richard Fisher	Oregon	40-46	424.2
83	Kirk Gosnell	Hawaii	40-46	418.7 Raw
83	Scott Gagnon	NEW Hampshire	40-46	418.7
85	Dwayne Poucher	Florida	40-46	415.0
86	Michael Porter	Missouri	40-46	413.2
86	Dave Van Dyck	Michigan	40-46	413.2
88	Khalid Shadid	Texas	40-46	407.7
88	Greg Ramsdell	Oregon	40-46	407.7
90	Flip Silva	Texas	40-46	402.2 Raw
90	Jerry Warren	Oklahoma	40-46	402.2
90	Robert Jackson	Texas	40-46	402.2
90	Andy Clayton	California	40-46	402.2
90	Robert Gonzales	Texas	40-46	402.2
95	Valcemar Claudino	Brazil	40-46	396.7 Raw
95	Wayne Green	Texas	40-46	396.7
97	Skip Bloom	California	40-46	391.2
97	Patrick Ruiz	Louisiana	40-46	391.2
97	Bill Splawn	Washington	40-46	391.2
100	Lawrence Widener	Florida	40-46	385.0
101	Mike Weltz	California	40-46	380.2
101	Lejon Giles	Texas	40-46	380.2
101	Joe Fernandez	Oregon	40-46	380.2

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
104 Tajinder Singh	India	40-46	374.7
104 Freddy Crosby	Illinois	40-46	374.7
106 Bradley Butler	Louisiana	40-46	369.2
106 Jon Gealon	Oregon	40-46	369.2
108 Derrick Nelson	Oregon	40-46	363.7 Raw
108 Richard Kamoku	Hawaii	40-46	363.7 Raw
108 Duane Harris	Oregon	40-46	363.7
111 Chris Johnson	Washington	40-46	358.0
112 Matt Murray	California	40-46	352.5 Raw
112 Michael Cox	Arkansas	40-46	352.5 Raw
114 Jesse Migliori	Utah	40-46	347.0 Raw
115 Reynold Ines	Nevada	40-46	341.5
116 Robert Presley	Arkansas	40-46	336.0
117 Brian Westney	Arkansas	40-46	330.5 Raw
117 Gerald Habanek	Wisconsin	40-46	330.5
119 Damon Sansom	Florida	40-46	325.0 Raw
119 Pete Lindstrom	Georgia	40-46	325.0
121 Stephen Burns	Nevada	40-46	319.5
122 Scott Mahl	Indiana	40-46	314.0
123 Ari Nokelainen	Finland	40-46	308.5
124 Reid Cashdollar	Texas	40-46	304.1
125 David Rosenberg	Arkansas	40-46	303.0 Raw
126 Leo Mitchell	Tennessee	40-46	298.6
127 Don Smith	Pennsylvania	40-46	275.5
127 Adam Cummings	New York	40-46	275.5
129 Troy Schmidt	Minnesota	40-46	242.5

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bill Gillespie	Virginia	47-53	673.3
2	John Stewart	Texas	47-53	672.2
3	Ken Malone	Texas	47-53	628.2
4	Ed Macauley	Oregon	47-53	622.7
5	Bill Welch	Tennessee	47-53	606.2
6	Jamie Tovar	California	47-53	601.8
7	Steve Shipley	Oregon	47-53	600.7
8	Arnold Weaver	Arkansas	47-53	584
9	Lonnie Newman	Ohio	47-53	573
9	Mark Stanford	Arizona	47-53	573
11	Willard Crossen, Jr.	Washington	47-53	568.6
12	Bennie Dooley	Washington	47-53	567.5
13	John Johnson	Michigan	47-53	562
14	Jim Nobliit	Oregon	47-53	551
15	Forest Hofer	Oregon	47-53	545.5
15	Mark Rapoza	Hawaii	47-53	545.5
15	Mick Quilici	Nevada	47-53	545.5
18	Tracy Lundin	Oregon	47-53	540
18	Roger Ryan	Illinois	47-53	540
18	Greg Chrun	Missouri	47-53	540
21	Jessie Johnson	Utah	47-53	534.5
21	Mark Patrick	Georgia	47-53	534.5
23	Glenn Machado	Hawaii	47-53	530.1
24	Buddy McKee	Alabama	47-53	529
25	Jim Masten	California	47-53	525.7
26	Nick Massey	California	47-53	518
26	Ric Duncan	Texas	47-53	518
28	Reed Bueche	Louisiana	47-53	512.5
29	Mike Harden	Alabama	47-53	507
30	Matt Ogurek	Michigan	457-53	501.5
30	Troy Chun	Oregon	47-53	501.5
30	Don Frosland, Jr	Oregon	47-53	501.5
30	Ron L'Huillier	Michigan	47-53	501.5
30	Rob Carbo	California	47-53	501.5
30	David Palmer	Maine	47-53	501.5
36	Mike Frizzell	Illinois	47-53	485
37	Mike Wright	Florida	47-53	480
38	Tom Sullivan	Alabama	47-53	479.5
39	Al Suarez	Florida	47-53	475
40	Enrique Molina	Texas	47-53	473.7
41	Nelson Brewer	Washington	47-53	468.2
42	J.C. Tolle	California	47-53	462.7
43	Mike Wright	Florida	47-53	455
44	Phillip Arroyo	Washington	47-53	451.7
44	Doug Seath	Washington	47-53	451.7
44	Noble Cozine	Iowa	47-53	451.7
44	Mike DeWitt	Washington	47-53	451.7
48	Jonathan Voight	Florida	47-53	450
49	Andy Gose	Oregon	47-53	446.2
50	Cody Colchado	Texas	47-53	440.7
50	Tim Chinchor	Florida	47-53	440.7
50	Gil Anderson	Utah	47-53	440.7

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
50	Dennis Rolon	New York	47-53	440.7
50	Dave Sickler	Wisconsin	47-53	440.7
55	Charles McDonald	Pennsylvania	47-53	435.2
56	Manny Burruel	California	47-53	429.7
57	Jon Gealon	Oregon	47-53	424.2 Raw
57	Jason Laskowski	Texas	47-53	424.2
57	Allan Gronfors	Finland	47-53	424.2
57	Austin Keanu	Hawaii	47-53	424.2
61	Thomas Bennett	Michigan	47-53	419.8
62	Scottie Namuo	Hawaii	47-53	418.7
63	Craig Bowen	Texas	47-53	413.2
64	Billy Haavisto	Finland	47-53	407.7 Raw
65	Daniel Prevatt	Florida	47-53	402.2
65	Tom Pennella	Washington	47-53	402.2
67	Eric Knudsen	Minnesota	47-53	396.7
68	Jim Kalinowski	Texas	47-53	385.7
69	Kim Conaway	Florida	47-53	375
70	Gary Rupp	Michigan	47-53	374.7
70	Robert Hanson	Wisconsin	47-53	374.7
70	David Sneen	Minnesota	47-53	374.7
70	Gary Rupp	Michigan	47-53	374.7
70	Bradley Butler	Louisiana	47-53	374.7
75	Casey Szparaga	Florida	47-53	370 Raw
76	Tom LaFors	Washington	47-53	369.2
76	Jason Wolgamott	Oregon	47-53	369.2
78	Fran Weir	Massachusetts	47-53	363.7 Raw
78	Don Eldridge	California	47-53	363.7
80	Willis Smith	Texas	47-53	358 Raw
80	Jack Romano	Georgia	47-53	358
80	Michael Johnson	California	47-53	358
80	Thomas Cignarella	New York	47-53	358
84	Rich Ludlam	California	47-53	352.5
84	Jeff Holloway	Oregon	47-53	352.5
84	Scott Kunz	Arizona	47-53	352.5
84	Francis Weir	Massachusetts	47-53	352.5
88	Howard Lavin	Louisiana	47-53	347
94	Reynold Ines	Nevada	47-53	314.5
89	Gary Stevens	California	47-53	336
90	Archie Smith	Utah	47-53	330.5 Raw
90	Don Miskinis	Ohio	47-53	330.5
92	Raymond Kauhola	Hawaii	47-53	325
93	Mark Marczak	Nevada	47-53	319.5
95	Richard Campbell	Texas	47-53	308
96	Joe May	Minnesota	47-53	275.5
97	Jerry Saunders	Georgia	47-53	270
98	Carlos Abel Oliverira	Brazil	47-53	264.5 Raw
98	Delbert Reynolds	Oregon	47-53	264.5
100	Shaun Bodington	California	47-53	236.7 Raw
101	Bion Arnold	Georgia	47-53	225.7
102	Kevin Bennett	Florida	47-53	148.7 Raw

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Will Crossen, Jr.	Washington	54-60	690.9
2	Ric Duncan	Texas	54-60	622.0
3	Sean Finnegan	Texas	54-60	617.2
4	Mike Frizzell	Illinois	54-60	573.0
4	George Nelson	Oregon	54-60	573.0
6	Greg Chrun	Missouri	54-60	541.1
7	Jim Masten	California	54-60	529.0
8	Robert C. Lincoln	California	54-60	518.0
9	Ron L'Huillier	Michigan	54-60	514.7
10	J.C. Tolle	California	54-60	512.5
11	Jesse Johnson	Utah	54-60	501.5
12	Leonard Pokora	Michigan	54-60	485.0
13	Greg McCoy	Texas	54-60	479.5
13	Mike Neely	Montana	54-60	479.5
15	Vesa Keskimaa	Finland	54-60	462.7 Raw
15	Mike Magruder	Washington	54-60	462.7
17	Jim Noblit	Oregon	54-60	457.2
17	Jim Presley	California	54-60	457.2
17	Johnny Park	Oklahoma	54-60	457.2
20	Gary McFarland	California	54-60	452.0 Raw
21	Fletcher Gibbs	Florida	54-60	451.7
22	Gilbert Anderson	Utah	54-60	440.7
23	Dave Sickler	Wisconsin	54-60	435.2
24	Tom Ekenberg	Texas	54-60	429.7
25	Allan Gronfors	Finland	54-60	424.2 Raw
25	Gene Knight	Oklahoma	54-60	424.2
27	Andy Gose	Oregon	54-60	418.7
28	John Towne	Idaho	54-60	408.8
29	Serafin Rocha Limo Filho	Brazil	54-60	396.7
30	Frank Bivona, Jr	Louisiana	54-60	391.2
30	Ronald Womack	California	54-60	391.2
32	David Sneen	Minnesota	54-60	385.7
32	Mike Fryar	Washington	54-60	385.7
34	Steve Brown	Oregon	54-60	375.8
35	Jay Donkers	Oregon	54-60	374.7
36	James Rickert	Wisconsin	54-60	369.2
37	Palmer Hoovestal	Montana	54-60	363.7 Raw
37	Jim Kalinowski	Texas	54-60	363.7
39	Tim Epting	Texas	54-60	358.0
39	Rich Ludlam	California	54-60	358.0
41	Manny Burruel	California	54-60	354.7
42	Kelvin Tatum	Texas	54-60	353.0 Raw
43	Jim Graham	California	54-60	352.5
43	Willie Foster	New York	54-60	352.5
43	Jim Graham	California	54-60	352.5
43	Kenneth Tawzer	California	54-60	352.5
47	Daniel prevatt	Florida	54-60	350.0
48	Ron Schubert	Minnesota	54-60	336.0
48	David Wolf	Wyoming	54-60	336.0
50	Ron Harlow	Illinois	54-60	325.0
50	Gary Showalter	Washington	54-60	325.0
50	Martin Hollis	Utah	54-60	325.0

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53 Patrick Fay	Florida	54-60	320.0
54 Don Bryant	Washington	54-60	319.5 Raw
55 Al Kennedy	Illinois	54-60	315.1 Raw
56 Francis McBride	Florida	54-60	305.0
57 Miguel Ruiz	Florida	54-60	300.0
58 Dan Harkins	Washington	54-60	292.0
59 Ed Holmes	Arizona	54-60	270.0
60 Mark Gibson	Texas	54-60	259.0



HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Willard Crossen Jr	Washington	61-67	644.7
2	Sean Finegan	Texas	61-67	606.2
3	Robert C. Lincoln	California	61-67	551.0
4	Leonard Pokora	Michigan	61-67	540.0
5	George Nelson	Oregon	61-67	479.5
5	Tom Ekenberg	Texas	61-67	479.5
7	Richard Zareck	Florida	61-67	457.2
8	Ed Acey	Utah	61-67	440.7
9	Danny Herrera	California	61-67	424.2
10	Forest Hofer	Washington	61-67	413.2 Raw
11	Richard Fischer	Wisconsin	61-67	407.7
11	Bill Bidinotto	Ohio	61-67	407.7
13	Leroy Ford	Florida	61-67	405.0
14	Mike Fryar	Washington	61-67	402.2
14	Jimmy Duckett	Oklahoma	61-67	402.2
14	Bob Kehl	California	61-67	402.2
17	Steadman Mathis	Washington	61-67	391.2 Raw
18	Al Dahl	Canada	61-67	385.7
19	James Rickert	Wisconsin	61-67	380.2
20	Jim Ray	Wisconsin	61-67	374.7 Raw
20	John Towne	Idaho	61-67	374.7
20	Mike Bonifield	California	61-67	374.7
23	Jim Presley	California	61-67	369.2
23	Eldon Olson	California	61-67	369.2
23	Tom Lafors	Washington	61-67	369.2
25	Johnny Park	Oklahoma	61-67	367.0
26	Sonny Nummi	Idaho	61-67	363.7
26	Manny Torres	Hawaii	61-67	363.7
28	Howard Garris	California	61-67	347.0
29	Paul Goodwin	California	61-67	342.6
30	Scott Dolan	Idaho	61-67	320.6
31	Kenneth Johnson	Washington	61-67	303.0
31	Ed Holmes	Arizona	61-67	303.0
33	Francis McBride	Florida	61-67	292.5
34	John Towne	Idaho	61-67	295.0 Raw
35	Donald Bryant	Washington	61-67	286.5 Raw
36	Frank Shockley	Oklahoma	61-67	264.5
37	Tom Matlock	Arizona	61-67	225.7 Raw
38	William Caughey	Utah	61-67	203.7
39	Robert Hadman	Washington	61-67	181.7

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bob Kehl	California	68-74	443.2
2	Danny Herrera	California	68-74	440.7
3	Skip Sandberg	Washington	68-74	435.2
	Tom Gonnering	Alabama	68-74	391.2 Raw
4	Whitney Price	Texas	68-74	391.2
5	Ed Acey	Utah	68-74	380.2
6	Mike Bonifield	California	68-74	341.5
7	Richard Fischer	Wisconsin	68-74	330.5
8	Frank Shockley	Oklahoma	68-74	303 Raw
9	Robert Wass	Oregon	68-74	270.0
10	Paul Rando	Louisiana	68-74	264.5
11	Gene Lawrence	Arizona	68-74	260.1
12	John Von Rohr	South Carolina	68-74	260.0
13	SeraFim Rocha	Brazil	68-74	259.0
14	Bob Borofsky	<sup>NEW</sup> Hampshire	68-74	248 Raw
15	Ray Oster	Nevada	68-74	242.5
16	J.P. Krachunis	California	68-74	220.2
16	James Hodges	Arkansas	68-74	220.2

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters Effective up to  
 and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Al Williamson	Wisconsin	75-79	352.5
2	Eldon Olson	Montana	75-79	330.5
3	Ed Acey	Utah	75-79	326.1
4	Ralph Soffredine	Michigan	75-79	319.5
5	Ed Acey	Utah	75-79	286.5 Raw
6	Denny Faler	California	75-79	270 Raw
7	Russell Combest	Ohio	75-79	253.5 Raw
8	John Ketchersid	California	75-79	203.7
9	Mac McClatchey	Wisconsin	75-79	154.2 Raw
10	Robert Wilson	California	75-79	143.2

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 80+ - Includes Law / Fire Masters Effective up to and  
 including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	John Ketchersid	California	80-84	259.0
2	Cal Davis	Washington	80-84	231.2

HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME 259# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	John Stewart	Texas	40-46	832.0
2	David Lewis	Illinois	40-46	804.5
3	Patrick Parnell	Texas	40-46	762.7
4	Jason Laskowski	Texas	40-46	760.5
5	Tommy Harrison	Illinois	40-46	755.0
6	Harley Timbs	Tennessee	40-46	738.5
7	Eric Doublin	Texas	40-46	728.6
8	Joey Murphy	Georgia	40-46	722.7
9	Robert Lincoln, Jr.	California	40-46	710.7
10	Terry Gibson	Pennsylvania	40-46	706.3
11	Jeff Peshek	Ohio	40-46	705.2
12	Patrick Holloway	Arizona	40-46	672.2
13	Jerry Wood	California	40-46	666.7
14	Nils Sjodin	Sweden	40-46	661.0
15	Jaime Tovar	California	40-46	650.2
16	Rich Ludlam	California	40-46	633.7
17	Richard Scott	New York	40-46	628.2
17	Goran Rosen	Sweden	40-46	628.2
17	Jason Gibson	Utah	40-46	628.2
20	James Guffy	Illinois	40-46	617.2
21	Bert Hafner	Washington	40-46	612.8
22	Mike Plaso	West Virginia	40-46	611.7
23	Chris Chapp	Utah	40-46	606.2
23	Gary Gulseth	Wisconsin	40-46	606.2
23	Jakke Rajala	Finland	40-46	606.2
26	Carl Rogers	Utah	40-46	600.7
26	John Johnson	Michigan	40-46	600.7
26	Tracy Lundin	Oregon	40-46	600.7
29	Eddie Stockbridge	California	40-46	589.5
30	Carroll Moon	Oregon	40-46	573.0
30	Todd Christensen	Washington	40-46	573.0
32	Steve Shipley	Oregon	40-46	570.8
33	Steven Ross	Texas	40-46	567.5
34	Tim Cowgar	Wyoming	40-46	562.0
34	Kevin Stewart	Washington	40-46	562.0
34	Boyd Hurley	Hawaii	40-46	562.0
37	Kenny Rodriguez	California	40-46	551.0
37	Tommy Mason	Arkansas	40-46	551.0
39	Jim Presley	California	40-46	540.0
40	Ken Malone	Texas	40-46	534.5
40	Walt Faulkner	California	40-46	534.5
40	Dwayne Harris	Oregon	40-46	534.5
43	Darren Kaleleiki	Hawaii	40-46	529.0
44	David Menchaca	Texas	40-46	526.0
45	Arthur Nakamura	Oregon	40-46	519.1
46	Kelvin Tatum	Texas	40-46	512.5
47	Janne Ihalainen	Finland	40-46	507.0
47	Kyle Moosman	Utah	40-46	507.0
49	Joe Garcia	Oregon	40-46	502.6
50	Matt Murray	California	40-46	501.5
50	Chris Minis	Georgia	40-46	501.5
50	Mike Dalpoas	Oklahoma	40-46	501.5



HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
50	Hayden Minix	Georgia	40-46	501.5
50	J.D. Scott	Montana	40-46	501.5
55	Maurice Threadgill	Arkansas	40-46	496.0
56	Guy Powell	Wisconsin	40-46	490.5
57	J.C. Tolle	California	40-46	485.0
57	Ben Rogers	Washington	40-46	485.0
59	Ron West	Washington	40-46	479.5
59	J.J. Warren	Oklahoma	40-46	479.5
61	Taylor Stermitz	Montana	40-46	474.8 Raw
62	Tommy Mason	Arkansas	40-46	473.7 Raw
62	Aki LehTinen	Finland	40-46	473.7 Raw
62	Terry Hawes	Utah	40-46	473.7
62	Mario Ceccarelli	Washington	40-46	473.7
62	Matt Reynolds	Texas	40-46	473.7
62	John Minahan	California	40-46	473.7
62	Peter Helsham	Hawaii	40-46	473.7
69	Jerry Vest	Iowa	40-46	468.2
70	Gilbert Shibao	Hawaii	40-46	462.7
70	Glen Cabatingan	Hawaii	40-46	462.7
70	Robert Huizar	California	40-46	462.7
70	Michael Timbs	Michigan	40-46	462.7
70	Roger Bullington	Arkansas	40-46	462.7
75	Lonny Haywood	Washington	40-46	460.0
76	Joseph Pyle	Oregon	40-46	457.2
76	Terry Putman	Oklahoma	40-46	457.2
78	Harjit Kumar	India	40-46	451.7
78	Tom Ovens	Washington	40-46	451.7
78	Eric Patterson	Arizona	40-46	451.7
78	Michael West	California	40-46	451.7
82	Jeff French	Florida	40-46	450.0
83	Odd Haugen	Norway	40-46	446.2
84	Dwayne Poucher	Florida	40-46	445.0
85	Jeremy Bennett	Florida	40-46	440.7 Raw
85	Jeff Capps	Texas	40-46	440.7
85	Bob Smith	California	40-46	440.7
85	Patrick Mitchell	Michigan	40-46	440.7
89	Manny Burruel	California	40-46	435.2
89	Marvin Broadwater	Georgia	40-46	435.2
91	Mike Mazanet	Wisconsin	40-46	429.7 Raw
91	Corey Huwe	Washington	40-46	429.7
91	Eric Welch	Nevada	40-46	429.7
91	Eric Knudsen	Minnesota	40-46	429.7
95	Tim Boyce	Oklahoma	40-46	424.2 Raw
95	Pat Mallough	Canada	40-46	424.2
95	Sam Schultz	Oregon	40-46	424.2
95	Darryl Ng	Hawaii	40-46	424.2
95	Khalid Shadid	Texas	40-46	424.2
100	Matt Murray	California	40-46	414.3 Raw
101	Janni Ihalainen	Finland	40-46	413.2
102	Chris Johnson	Washington	40-46	407.7
103	Patrick Ruiz	Louisiana	40-46	402.2
103	Darren Monahan	California	40-46	402.2

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
103 William Burke	Georgia	40-46	402.2
103 Arthur Lindsay	Nevada	40-46	402.2
103 Steve Fronk	Wisconsin	40-46	402.2
103 Scott Birdwell	Oregon	40-46	402.2
109 Jon Kennedy	Florida	40-46	400.0
110 Harri Vaisanen	Finland	40-46	396.7 Raw
110 Randall Bannister	Texas	40-46	396.7
110 Frank Sondgeroth	Arizona	40-46	396.7
113 Rodney Sheetz	California	40-46	385.7
113 Naresh Kumar	India	40-46	385.7
113 Bobby Gray	California	40-46	385.7
116 Mark Patrick	Georgia	40-46	380.2
116 Michael Runnels	Texas	40-46	380.2
118 Eddie McDonald	Missouri	40-46	375.8
119 Alan Reynolds	Michigan	40-46	374.7
119 Jerry Robinson	Michigan	40-46	374.7
119 Bradley Butler	Louisiana	40-46	374.7
122 Greg Pruitt	Kentucky	40-46	369.2 Raw
122 WillisSmith	Texas	40-46	369.2
124 Richard Kamoku	Hawaii	40-46	363.7 Raw
124 Rick Uber	North Carolina	40-46	363.7
124 Calvin Brown	Arkansas	40-46	363.7
127 Ted Stewart	Nevada	40-46	336.0
128 Johnny Pelt	Georgia	40-46	330.0
129 Thomas Crampton	Michigan	40-46	286.5
130 Ken Raines	Hawaii	40-46	275.0
131 Shawn Cain	Alabama	40-46	253.5

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	John Stewart	Texas	47-53	745.1
2	Rob Golgano	Maine	47-53	738.5
3	Bill Gillespie	Virginia	47-53	710.7
3	Eric Doublin	Texas	47-53	710.7
5	Tim Moon	Georgia	47-53	705.2
6	Bill Welch	Tennessee	47-53	666.7
7	Roger Ryan	Illinois	47-53	650.2
8	Ken Malone	Texas	47-53	633.7
8	Bobby Leitz	Texas	47-53	633.7
10	Darren Kaleleiki	Hawaii	47-53	612.8
11	Tracy Lundin	Oregon	47-53	611.7
12	Buddy McKee	Alabama	47-53	600.7
13	Forest Hofer	Washington	47-53	595.0
14	Mark Stanford	Arizona	47-53	584.0
14	Bennie Dooley	Washington	47-53	584.0
16	Joe Harms	Washington	47-53	579.6
17	George Nelson	Oregon	47-53	575.0
18	Boomer Fleming	Oregon	47-53	574.1
19	Terry Schrupp	Minnesota	47-53	573.0
20	Jesse Johnson	Utah	47-53	567.5
20	Kalani Kaleleiki	Hawaii	47-53	567.5
22	Dennis Schultz	California	47-53	551.0
23	Chris Jacka	California	47-53	545.5
24	David Palmer	Maine	47-53	540.0
24	Sam Schultz	Oregon	47-53	540.0
26	Frank Sua	Washington	47-53	534.5
26	Mike Harden	Alabama	47-53	534.5
28	Jim Presley	California	47-53	529.0
29	Don Frosland, Jr.	Oregon	47-53	523.5
29	Phil Andrews	California	47-53	523.5
31	Dr. Jeff Fahrenbruch	Arizona	47-53	512.5
31	J.C. Tolle	California	47-53	512.5
33	Ted Striverson	Indiana	47-53	507.0
33	Mike DeWitt	Washington	47-53	507.0
35	Noble Cozine	Iowa	47-53	501.5
35	Kurt Sacher	Oregon	47-53	501.5
37	Rob Carbo	California	47-53	498.0
38	Tommy Mason	Arkansas	47-53	490.5 Raw
39	Jeremiah Johnson	Utah	47-53	485.0
39	Greg McCoy	Texas	47-53	485.0
39	Calvin Thompson	Georgia	47-53	485.0
42	Tommy Mason	Arkansas	47-53	479.5 Raw
42	Bruce Sabin	California	47-53	479.5
44	Joe Zmyewski	Florida	47-53	475.0
45	Mike Magruder	Washington	47-53	473.7
46	Ken Eyre	Utah	47-53	468.2
47	Sam Pecktol	Oregon	47-53	462.7
47	Steve Brown	Iowa	47-53	462.7
49	Allen Heisler	Montana	47-53	457.2
49	Rich Ludlam	California	47-53	457.2
49	Brent Mikesell	Washington	47-53	457.2
52	Jay Simmons	Texas	47-53	451.7

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
52	Marvin Rodenbeck	Montana	47-53	451.7
54	Randy Dey	Florida	47-53	450.0
55	Eric Knudsen	Minnesota	47-53	446.2
55	Roger Nelson	Washington	47-53	446.2
55	A. Gonzales	Texas	47-53	446.2
55	Joe Garcia	Oregon	47-53	446.2
59	Billy Haavisto	Finland	47-53	440.0
60	Leo Desselle III	Louisiana	47-53	435.2
61	Kirk Gosnell	Hawaii	47-53	429.7 Raw
61	Leo Contreras	California	47-53	429.7
61	Burt Tyree	Texas	47-53	429.7
64	Jon Galeon	Oregon	47-53	424.2 Raw
64	Steve Fronk	Wisconsin	47-53	424.2
64	Robert Sweeney	Massachusetts	47-53	424.2
67	Rene Echeverria	Ecuador	47-53	419.8
68	Jack Hawks	Arizona	47-53	418.7 Raw
68	Eric Jones	Michigan	47-53	418.7
68	Collin Bonneau	Canada	47-53	418.7
68	Daniel Better	Washington	47-53	418.7
72	Rodney Vickery	Georgia	47-53	410.0
73	Tim Chinchor	Florida	47-53	405.0
74	Bill Garvey	California	47-53	391.2
75	Allen Heisler	Montana	47-53	385.7 Raw
75	Nick Frazzetta	Illinois	47-53	385.7
77	Charles Kelly	Missouri	47-53	380.2
78	Allen Heta	New Zealand	47-53	374.7
78	William Poston	South Carolina	47-53	374.7
78	Bradley Butler	Louisiana	47-53	374.7
78	Patrick Fay	Washington	47-53	374.7
82	Lee Carter	Montana	47-53	369.7 Raw
82	Bobby Gray	California	47-53	369.7
84	Jack Romano	Georgia	47-53	363.7
84	John Solleder	Texas	47-53	363.7
84	Gary Gertner	Colorado	47-53	363.7
87	Dennis May	Texas	47-53	360.0
88	Michael Johnson	California	47-53	353.6
89	Tim Myers	Montana	47-53	352.5
90	John Swab	Oregon	47-53	341.5
91	Ed Williams	Idaho	47-53	336.0
92	James Whitehead	Hawaii	47-53	330.5 Raw
93	Ronnie Holden	Tennessee	47-53	325.0
94	Marc Marczak	Nevada	47-53	303.0
95	Martin Hollis	Utah	47-53	297.5
95	Tom Morgan	Arizona	47-53	297.5
97	Joe Fernandez	Oregon	47-53	270.0 Raw
98	Joe Mayes	California	47-53	165.2
99	Kevin Bennet	Florida	47-53	148.7 Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Will Crossen, Jr.	Washington	54-60	705.2
2	George Nelson	Oregon	54-60	615.0
3	Mike Frizzell	Illinois	54-60	611.7
3	Bennie Dooley	Washington	54-60	611.7
5	Jeff Peshek	Ohio	54-60	606.2
6	Ric Duncan	Texas	54-60	584.0
7	Ron Hood	Oklahoma	54-60	551.0
8	Bob Garza	Texas	54-60	547.0
9	Colin Bonneau	Canada	54-60	534.5
10	Al Suarez	Florida	54-60	520.0
11	Robert Lincoln, Sr.	California	54-60	501.5
11	Dr. Jeff Fahrenbruch	Arizona	54-60	501.5
11	Enrique Molina	Texas	54-60	501.5
11	Jim Presley	California	54-60	501.5
15	Jay Simmons	Texas	54-60	490.5
16	Rich Ludlam	California	54-60	462.7
17	Rob Schultz	Texas	54-60	457.2
18	Austin Webb	Arkansas	54-60	451.2
19	Gene Knight	Oklahoma	54-60	446.2
19	Ted Striverson	Indiana	54-60	446.2
21	Ed Acey	Utah	54-60	435.2
22	Mike Sinner	Washington	54-60	429.7
22	Steve Brown	Oregon	54-60	429.7
24	Dave VanBrocklin	California	54-60	424.2
24	Eric Jones	Michigan	54-60	424.2
26	Dennis Schultz	California	54-60	413.2
27	Eldon Olson	California	54-60	407.7
27	Pedro Velazco	Guatemala	54-60	407.7
27	Ken Tawzer	California	54-60	407.7
27	John Von Rohr	North Carolina	54-60	407.7
31	Nick Frazzetta	Illinois	54-60	402.2 Raw
31	Ronald Womack	California	54-60	402.2
33	Fred Flack	Florida	54-60	400.0
34	Eric Jones	Michigan	54-60	396.7 Raw
35	Ron Harlow	Illinois	54-60	385.7
35	Doug Knapp	California	54-60	385.7
37	JC Tolle	California	54-60	380.2 Raw
37	Hendrik Kuiper	Mississippi	54-60	380.2
39	Fletcher Gibbs	Florida	54-60	380.0
40	Robert Jackson	Texas	54-60	374.7
40	Ron Schubert	Minnesota	54-60	374.7
42	Michal Johnson	California	54-60	369.2
42	Tim Myers	Montana	54-60	369.2
44	Dave Sickler	Wisconsin	54-60	363.7 Raw
44	Dennis Cone	California	54-60	363.7
46	Dave Sickler	Wisconsin	54-60	358.0 Raw
47	John Solleder	Texas	54-60	352.5
47	Malcom Ahlo	Hawaii	54-60	352.5
49	Buddy Wright	Texas	54-60	347.0
50	Gordon Groves	Arizona	54-60	320.0 Raw
51	Don Bryant	Washington	54-60	319.5
52	Kirt Adams	Oregon	54-60	314.0

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53 Bob Dustman	Michigan	54-60	308.5
54 Ted Stewart	Nevada	54-60	303.0
55 Dennis Shock	Utah	54-60	297.5
56 Thomas Lucas	Texas	54-60	286.0
57 Don Miskinis	Ohio	54-60	259.0 Raw
58 Jon Solleder	Texas	54-60	236.7 Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Will Crossen, Jr.	Washington	61-67	699.7
2	Robert Lincoln, Sr.	California	61-67	551.0
3	Ron Hood	Oklahoma	61-67	507.0
4	Tom Ekenberg	Texas	61-67	480.6
5	Dieter Frey	Germany	61-67	479.5
6	Herschell Hogan	Florida	61-67	474.8
7	Eldon Olson	Montana	61-67	440.7
8	Forest Hofer	Washington	61-67	435.2 Raw
9	Randy Ellis	Oregon	61-67	429.7
9	Robert Bowyer	Ohio	61-67	429.7
9	Bob Hubbard	Washington	61-67	429.7
12	Gary Thomas	Washington	61-67	425.0
13	Danny Herrera	California	61-67	424.2
14	Doug Knapp	California	61-67	418.7
16	Jim Ray	Wisconsin	61-67	402.2 Raw
15	Ron Moormeister	California	61-67	407.7
17	Ed Acey	Utah	61-67	396.7
18	Manny Herrera	Utah	61-67	392.3
19	Doyle Chapman	Oregon	61-67	385.7
20	Mike Fryar	Washington	61-67	380.2
20	Jimmy Duckett	Oklahoma	61-67	380.2
20	David Johnson	Washington	61-67	380.2
23	John Towne	Idaho	61-67	374.7
24	Curt Nichols	Oregon	61-67	369.2
25	Willard Crossen Jr	Washington	61-67	363.7 Raw
25	Tom LaFors	Washington	61-67	363.7
27	Richard Cerrato	Florida	61-67	360.0
28	Jim Graham	California	61-67	352.5
29	Bill Isley	Oregon	61-67	347.0
30	Dan Higgins	Oregon	61-67	330.5 Raw
31	Tim Myers	Montana	61-67	325.0
32	Donald Bryant	Washington	61-67	319.7
33	Larry Risky	Oregon	61-67	314.0
34	Ed Hargrove	Florida	61-67	310.0
35	Alan Fraser	Nevada	61-67	303.0
36	Tom Morgan	Arizona	61-67	297.5 Raw
37	John Towne	Idaho	61-67	292.0 Raw
38	Ted Stewart	Wyoming	61-67	281.0
39	Charles Lehman	Washington	61-67	264.0
40	Hal Hudson	Texas	61-67	236.7
40	John Solleder	Texas	61-67	236.7 Raw
42	Michael Johnson	California	61-67	203.7 Raw



HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Will Crossen Jr	Washington	68-74	540.0
2	Eldon Olson	Montana	68-74	486.1
3	Bob Kehl	California	68-74	485.0
4	Ralph Soffredine	Michigan	68-74	446.2
5	Leonard Pokora	Michigan	68-74	424.2
6	Danny Herrera	California	68-74	407.7
7	Ed Acey	Utah	68-74	402.2
7	Robert Brousseau	Oklahoma	68-74	402.2
9	Bob Hubbard	Washington	68-74	358.0
10	Mike Fryar	Washington	68-74	341.5
11	Palmer Hoovestall	Montana	68-74	336.0 Raw
11	Jimmy Duckett	Oklahoma	68-74	336.0
13	Edward Hargrove	Florida	68-74	335.0
14	Roger Davis	Minnesota	68-74	303.0
14	John Von Rohr	South Carolina	68-74	303.0
16	Cal Davis	Washington	68-74	286.5
17	Ed Acey	Utah	68-74	275.5 Raw
18	Robert Wass	Oregon	68-74	248.0

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters Effective up to  
 and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bob Kehl	California	75-79	413.2
2	Ed Acey	Utah	75-79	275.5 Raw
3	Robert Wass	Oregon	75-79	203.7 Raw

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 80+ - Includes Law / Fire Masters Effective up to and  
 including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	John ketchersid	California	80-84	214.7

HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME 275# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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Raw  
Raw

Raw

Raw

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Sam Aumavae	Oregon	40-46	843.2
2	Jeff Peshek	Ohio	40-46	801.2
3	Dave Forstner	Michigan	40-46	749.5
4	Bill Gillespie	Washington	40-46	711.8
5	Tommy Harrison	Illinois	40-46	705.2
6	Dr. John Hudson	Texas	40-46	700.8
7	David Lewis	Illinois	40-46	677.7
9	Tim Boyce	Oklahoma	40-46	650.2
8	Tom Manno	Arizona	40-46	672.2
9	Jim Schermerhorn	Utah	40-46	650.2
9	Dave Marchant	Utah	40-46	650.2
12	Tracy Lundin	Oregon	40-46	639.2
12	David Reece	Texas	40-46	639.2
14	Jaime Tovar	California	40-46	633.7
14	Vic Aleaga	Washington	40-46	633.7
16	Ken Overbey	Alabama	40-46	628.2
17	Jim Cunningham	Oregon	40-46	623.8
18	Jim Presley	California	40-46	611.7
19	John Dennison	Utah	40-46	606.2
20	Wayne Watts	Georgia	40-46	601.8
21	Jeremiah Johnson	Utah	40-46	600.7
22	Cyril Lewis	Nevada	40-46	578.5
23	Guy Powell	Wisconsin	40-46	573.0
23	Bob Arnold	Washington	40-46	573.0
23	Sean Erhardt	Washington	40-46	573.0
26	Keoni Reich	Hawaii	40-46	562.0
27	Mario Ceccarelli	Washington	40-46	556.5
28	Dan Forstner	Michigan	40-46	551.0
28	Kyle Moosman	Utah	40-46	551.0
28	Glen Cabatingan	Hawaii	40-46	551.0
28	Lance Polk	Texas	40-46	551.0
32	Warren Orr	Canada	40-46	545.5
33	Tommy Mason	Arkansas	40-46	534.5
34	J.D. Scott	Montana	40-46	525.0
35	Kent Hostkoetter	Oregon	40-46	523.5
35	Paul Ratsch	Washington	40-46	523.5
37	Mike Hamby	Oklahoma	40-46	518.0
38	Wayne Kaaloa	Hawaii	40-46	513.6
39	Elzy Morrow	Texas	40-46	507.0
40	Mike Dalpoas	Oklahoma	40-46	501.5
40	Gary Brower	Idaho	40-46	501.5
40	Steve Mata	Texas	40-46	501.5
40	Al Bond	Oregon	40-46	501.5
44	Tom Nash	Florida	40-46	500.0
45	Jim Barnard	California	40-46	485.0
46	Lyle Kamaka	Hawaii	40-46	473.7
47	Joseph Pyle	Oregon	40-46	469.3
48	Omar Sanchez	Texas	40-46	468.2
49	John Jackson	Pennsylvania	40-46	462.7
49	Daniel Smith	California	40-46	462.7
51	Matt Slate	Nevada	40-46	455.0 Raw
52	Pasi Mehtala	Finland	40-46	451.7 Raw

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
52 Ricardo Nort	Brazil	40-46	451.7 Raw
52 Steve Khader	Alabama	40-46	451.7
52 Khalid Shadid	Texas	40-46	451.7
56 Corey Huwe	Washington	40-46	446.0
57 Silvio Edson Francisco Braga	Brazil	40-46	440.7
57 Robert Gains	Oklahoma	40-46	440.7
57 Jay Larsen	Illinois	40-46	440.7
60 Kevin Payne	Georgia	40-46	435.2
61 Stan Martin	Montana	40-46	429.7 Raw
61 Russ Goodman	California	40-46	429.7
63 John Henry Johnson	Arkansas	40-46	424.2 Raw
63 Jason Sacre	Montana	40-46	424.2 Raw
65 Pete Marcoff	Washington	40-46	418.7
66 John Newman	Washington	40-46	407.7
66 Elzy Morrow	Texas	40-46	407.7
66 Steve Klasen	Canada	40-46	407.7
69 Bobby Gray	California	40-46	402.2
70 David Curtsinger	Texas	40-46	385.7
71 Jeff Arnold	Alabama	40-46	385.0
72 Tom Mahoney	Florida	40-46	380.0
73 Keith Ward	Hawaii	40-46	369.2
74 Stephen Wright	Maine	40-46	363.7
75 Jon Kennedy	Florida	40-46	360.0
76 Thomas Washburn	Washington	40-46	341.5
76 Rock Henderson	Montana	40-46	341.5
78 Ronald Dickerson	Idaho	40-46	340.0
79 Kevin Krauss	New York	40-46	336.0
80 Frank Simmons	California	40-46	314.0
81 Thomas Crampton	Michigan	40-46	275.5

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw



HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bill Gillespie	Virginia	47-53	804.5
2	Tim Moon	Georgia	47-53	755.0
3	Jeff Peshek	Ohio	47-53	744.0
3	Dave Forstner	Michigan	47-53	744.0
5	Roger Ryan	Illinois	47-53	727.5
6	Bobby Leitz	Texas	47-53	705.2
6	Anthony Petrino	Maine	47-53	705.2
6	John Stewart	Texas	47-53	705.2
9	Bill Welch	Tennessee	47-53	699.7
10	Tom Manno	Arizona	47-53	662.3
11	Eric Doublin	Texas	47-53	655.7
12	John Courtenay	Texas	47-53	650.2
13	Dennis Schultz	California	47-53	633.7
14	Gilbert Fleming	Oregon	47-53	622.7
15	Richard Luklan	Ohio	47-53	600.7
16	Forest Hofer	Oregon	47-53	573.0
17	Buddy McKee	Alabama	47-53	568.6
18	Frank Beeler	Switzerland	47-53	567.5
19	Jim Presley	California	47-53	551.0
19	John Minahan	California	47-53	551.0
21	Ron Hood	Oklahoma	47-53	546.0
22	Randy Patterson	Oregon	47-53	534.5
22	Joe Mickelson	Washington	47-53	534.5
24	Lyle Kamaka	Hawaii	47-53	529.0
25	Sam Pecktol	Oregon	47-53	523.5
26	Collin Bonneau	Canada	47-53	512.5
27	Carl Rosborough	Texas	47-53	507.0
27	Frank Sua	Washington	47-53	507.0
29	Darren Kaleleiki	Hawaii	47-53	501.5
29	Wayne Kaaloa	Hawaii	47-53	501.5
29	Steve Brown	Iowa	47-53	501.5
29	Daniel Stevens	Oregon	47-53	501.5
29	Dave McCreary	Oregon	47-53	501.5
29	Paul Hilliard	Pennsylvania	47-53	501.5
29	Warren Orr	Canada	47-53	501.5
36	Odd Haugen	Norway	47-53	490.5
36	Eric Knudsen	Minnesota	47-53	490.5
38	Daniel Better	Washington	47-53	485.0
39	Mike Dalpoas	Oklahoma	47-53	479.5 Raw
39	Don Otto	Texas	47-53	479.5
41	Alan Aerts	California	47-53	473.7
41	Mike DeWitt	Washington	47-53	473.7
41	Corey Reuben	Minnesota	47-53	473.7
41	Ken Eyre	Utah	47-53	473.7
41	Jay Larson	Illinois	47-53	473.7
46	Austin Webb	Arkansas	47-53	462.7
47	Joe Garcia	Oregon	47-53	451.7
48	Leo Desselle III	Louisiana	47-53	450.0
49	Naresh Kumar	India	47-53	440.7
49	Billy Tucker	Rhode Island	47-53	440.7
49	Steve Fronk	Wisconsin	47-53	440.7
52	Kerry Simplot	Wisconsin	47-53	435.2

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
52	Leo Contreras	California	47-53	435.2
52	Blair Fisher	Canada	47-53	435.2
55	Michael Johnson	California	47-53	424.2
55	Paul Goodwin	California	47-53	424.2
57	Khalid Shadid	Texas	47-53	419.8
58	Meafua Tualaina	Montana	47-53	405.5
59	Don Miskinis	Ohio	47-53	402.2
59	Ed Williams	Indiana	47-53	402.2
59	Don James	Oregon	47-53	402.2
62	Nathan Jones	Oklahoma	47-53	400.0
63	Dwayne Nill	Washington	47-53	375.0 Raw
64	Alan Heta	New Zealand	47-53	374.0
65	Veikko Yli-Rajala	Finland	47-53	369.2
65	Tim Myers	Montana	47-53	369.2
65	John Solleder	Texas	47-53	369.2
68	Armando Gonzales	New Jersey	47-53	363.7
69	Blair Fisher	Canada	47-53	352.5
69	Robert Boyer	Pennsylvania	47-53	352.5
71	Lee Carter	Montana	47-53	347.0 Raw
72	Tyrone Rincon	California	47-53	325.0
73	Tracy Burns	Illinois	47-53	303.0

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Roger Ryan	Illinois	54-60	755.0
2	Tim Moon	Georgia	54-60	716.2
3	Bobby Leitz	Texas	54-60	619.4
4	Forest Hofer	Oregon	54-60	617.2
5	Bruce Sabin	California	54-60	611.7
6	Joe Mickelson	Washington	54-60	546.6
7	Dr. Jeff Fahrenbruch	Arizona	54-60	534.5
8	Steve Brown	Oregon	54-60	529.0
9	Kerry Simplot	Wisconsin	54-60	518.0
9	Dan Stevens	Oregon	54-60	518.0
11	Marvin Rodenbeck	Indiana	54-60	490.5 Raw
11	Austin Webb	Arkansas	54-60	490.5
13	Robert Bowyer	Ohio	54-60	485.0
14	Michael Socoby	Maine	54-60	473.7
15	Jim Presley	California	54-60	468.2
16	Fred Keiser	Oregon	54-60	462.5
17	Noah Addison	Alabama	54-60	456.0
18	Tom Ekenberg	Texas	54-60	451.7
19	Robert Jackson	Texas	54-60	440.7
20	Gene Knight	Oklahoma	54-60	436.3
21	Blair Fisher	Canada	54-60	435.2
22	Steven Mandreger	Michigan	54-60	429.7
23	Montana	George Strutzel	54-60	425.3 Raw
24	Tua Meafua	Montana	54-60	424.2 Raw
24	Nick Frazzetta	Illinois	54-60	424.2 Raw
26	Paul Goodwin	California	54-60	418.7
26	John Towne	Idaho	54-60	418.7
26	Dave VanBrocklin	California	54-60	418.7
29	Doug Knapp	California	54-60	413.2
29	Daniel Better	Washington	54-60	413.2
29	Don Otto	Texas	54-60	413.2
32	Warren Orr	Illinois	54-60	407.7
32	Dr. John Von Rohr	North Carolina	54-60	407.7
34	Eric Jones	Michigan	54-60	403.3 Raw
35	Nathan Jones	Oklahoma	54-60	400.0
36	JC Tolle	California	54-60	391.2 Raw
37	Richard Hamilton	Washington	54-60	380.2
38	John White	Washington	54-60	375.0
39	Jay Larson	Illinois	54-60	374.7
39	Gary Gertner	Colorado	54-60	374.7
41	Isaac Pankratz	Oregon	54-60	369.2
42	Don Lougee	Oregon	54-60	363.7 Raw
42	David Schlattman	Illinois	54-60	363.7
42	Robert Boyer Jr	Pennsylvania	54-60	363.7
45	Gary Kachar	Wisconsin	54-60	358.0
46	John Solleder	Texas	54-60	352.5
47	Paul Rando	Louisiana	54-60	347.0
48	Bob Dustman	Michigan	54-60	341.0
49	Michael Johnson	California	54-60	336.0
50	Ted Stewart	Nevada	54-60	326.1
51	Larry Prince	Texas	54-60	325.0
51	Eugene Carlson	Wisconsin	54-60	325.0

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
51	Daniel Prevatt	Florida	54-60	325.0
54	Tracy Burns	Illinois	54-60	314.0
55	Solomon Lee, Jr.	Hawaii	54-60	308.5
56	Khalid Shadid	Texas	54-60	286.5 Raw
57	Don Higgins	Oregon	54-60	248.0 Raw
58	George Farren	Washington	54-60	209.0

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Robert O. Smith	Canada	61-67	578.5
2	Forest Hofer	Washington	61-67	551.0
3	Ron Moormeister	California	61-67	507.0
4	Forest Hofer	Washington	61-67	466.3 Raw
5	Jim Ray	Wisconsin	61-67	451.7 Raw
6	Gary Thomas	Washington	61-67	447.3
7	Tom Ekenberg	Texas	61-67	424.2
7	Manny Herrera	Utah	61-67	424.2
9	Doug Knapp	California	61-67	419.8
10	David Schlattman	Illinois	61-67	418.7
11	David Johnson	Washington	61-67	407.7
12	Butch Adams	Illinois	61-67	402.2
13	Fred Flack	Florida	61-67	400.0
14	George Strutzel	Montana	61-67	385.7 Raw
15	Larry Risky	Oregon	61-67	380.2
16	Leroy Broaders	Florida	61-67	363.7 Raw
17	J.P. Krachunis	California	61-67	353.6
18	Eric Jones	Michigan	61-67	352.5 Raw
18	Joe Morales	Arizona	61-67	352.5 Raw
18	Gary Johnson	Washington	61-67	352.5
21	Ed Hargrove	Florida	61-67	340.0
22	Alan Fraser	Nevada	61-67	330.5
23	Jimmy Duckett	Oklahoma	61-67	325.0
24	Tom Morgan	Arkansas	61-67	314.0
25	Tim Myers	Montana	61-67	308.5
26	Edward Lucas	Arizona	61-67	286.5
27	Michael Johnson	California	61-67	275.5
28	Paul Davids	Pennsylvania	61-67	264.5
29	Patrick Fay	Florida	61-67	255.0
30	Bill Bradford	Georgia	61-67	253.5 Raw
31	Robert Jackson	Texas	61-67	248.0 Raw
32	Ted Stewart	Wyoming	61-67	231.2 Raw
33	Eugene Carlson	Wisconsin	61-67	209.2

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Randy Patterson	Arizona	68-74	402.2
2	Ed Acey	Utah	68-74	391.2
3	David Schlattman	Illinois	68-74	363.7
4	Ed Hargrove	Florida	68-74	344.0
5	Joe Morales	Arizona	68-74	325.0 Raw
5	Gary Johnson	Washington	68-74	325.0
7	James Noggles	Washington	68-74	314.0
7	Denny Faler	California	68-74	314.0
9	Tom Morgan	Arkansas	68-74	303.0 Raw
10	Edward Lucas	Arizona	68-74	253.5 Raw

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters Effective up to  
 and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Denny Faler	California	75-79	264.5
2	J. P. Krachunis	California	75-79	231.2

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 80+ - Includes Law / Fire Masters Effective up to and  
 including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	J.P. Krachunis	California	80-84	121.2

HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME 308# BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Tiny Meeker	Texas	40-46	914.7
2	Sam Aumavae	Oregon	40-46	826.5
3	Bill Gillespie	Virginia	40-46	800.1
4	Darren Elisage	Hawaii	40-46	766.0
5	Robert Vick	Illinois	40-46	728.6
6	Hiram Kaikana III	Hawaii	40-46	727.5
7	Mike Hamby	Oklahoma	40-46	723.1
8	Dave Marchant	Utah	40-46	716.2
8	Christopher Sutton	Texas	40-46	716.2
8	Dave Forstner	Michigan	40-46	716.2
8	Wayne Watts	Georgia	40-46	716.2
12	Ken Overbey	Alabama	40-46	707.4
13	Tom Manno	Arizona	40-46	705.2
14	Jonathan Koma	Hawaii	40-46	688.7
15	Eddie Aleaga	Washington	40-46	678.8
16	Jeffrey Place	Oregon	40-46	677.7
17	John Hudson	Illinois	40-46	672.2
17	Paul Ratsch	Washington	40-46	672.2
19	Jim Sheffield	California	40-46	661.2
19	Roy Bradshaw	California	40-46	661.2
21	Vic Aleaga	Washington	40-46	650.2
22	Rich Lopez	California	40-46	633.7
23	Scott Bromeisl	Wisconsin	40-46	622.7
23	Harjinder Kumar	India	40-46	622.7
23	Keoni Reich	Hawaii	40-46	622.7
26	Matt Craig	Texas	40-46	611.7
27	Tim Boyce	Oklahoma	40-46	600.7
27	Bob Arnold	Washington	40-46	600.7
29	Brad Tripp	Utah	40-46	589.5
30	Art Ramsey	California	40-46	584.0
30	Lance Polk	Texas	40-46	584.0
32	Michael Cain	Florida	40-46	579.6
33	Thomas McKinney	Texas	40-46	562.0
34	Dan Chaffin	Oklahoma	40-46	561.0
35	Gary Shim	Hawaii	40-46	545.0
36	Greg Guernsey	Maine	40-46	540.0
36	Dennis Schultz	California	40-46	540.0
36	David Chase	Florida	40-46	540.0
39	Warren Orr	Canada	40-46	529.0
39	Glenn Cabatingan	Hawaii	40-46	529.0
39	James Mersberg	Hawaii	40-46	529.0
42	Randy Young	Washington	40-46	523.5
42	Malcolm Ahlo	Hawaii	40-46	523.5
42	Vince Eldridge	Washington	40-46	523.5
45	Kevin McGowan	Pennsylvania	40-46	518.0
45	43 Steve Mata	Texas	40-46	518.0
45	43 Eric Stevens	Texas	40-46	518.0
48	46 John Wooner	California	40-46	507.0
49	47 Scott Wesley Jordan	Arizona	40-46	501.5
49	47 Brian Rehberg	Washington	40-46	501.5
49	Jesse Ricketts	California	40-46	501.5
52	Toby Harper	Oklahoma	40-46	490.5 Raw

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
53	Rocardo Nort	Brazil	40-46	485.0 Rlaw
54	Marvin Bishop	Ohio	40-46	479.5 Raw
54	Shawn Akana	Hawaii	40-46	479.5
56	Eric Welch	Nevada	40-46	473.7
56	Jimmy LaBlanca	Texas	40-46	473.7
58	Tim Boyce	Oklahoma	40-46	451.7 Raw
58	Ron West	Washington	40-46	451.7
58	Al Bond	Oregon	40-46	451.7
58	Peter Herdt	Oregon	40-46	451.7
58	Kevin Payne	Georgia	40-46	451.7
63	Chris Gent	Florida	40-46	440.7
64	Marcus Austin	Oklahoma	40-46	435.2
65	Mike Salinas	Texas	40-46	429.7
66	Lorenzo Barrett	Virginia	40-46	424.2
67	Merwyn "Kekau" Mersberg	Hawaii	40-46	407.7 Raw
67	Ken Havlicek	Arizona	40-46	407.7
69	Stephen Wright	Maine	40-46	402.2
70	James Green	Montana	40-46	396.7
71	Jerry Hill	Oregon	40-46	391.2
72	Ollie Walker	Texas	40-46	363.7
73	Gary Linton	Idaho	40-46	352.5
73	Ramon Gutierrez	Texas	40-46	352.5
75	Eric Sotengco	Florida	40-46	341.5 Raw
75	Kevin Krauss	New York	40-46	341.5
77	Patrick Benvin	Nevada	40-46	303.0
78	John Meuser	Oregon	40-46	292.0
79	Miguel Maynez	Texas	40-46	265.6 Raw
80	Matthew Estes	Oregon	40-46	187.2 Raw

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bill Welch	Tennessee	47-53	733.0
2	Jim Mersberg	Hawaii	47-53	706.3
3	Tom Manno	Arizona	47-53	683.2
4	Dennis Schultz	California	47-53	672.2
5	Jeffrey Place	Oregon	47-53	668.9
6	Gary Shim	Hawaii	47-53	664.5
7	Michael Bowden	Arizona	47-53	633.7
8	John Minahan	California	47-53	611.7
9	Jim Ray	Wisconsin	47-53	589.5
10	Gary Gertner	Colorado	47-53	576.3
11	Pete Lattanzi	Texas	47-53	573.0
12	Joe Mickelson	Washington	47-53	563.1
13	Scott Bromeisl	Wisconsin	47-53	562.0
14	DeWitt Martin	Indiana	47-53	551.0 Raw
14	Lyle Kamaka	Hawaii	47-53	551.0
16	Carl Rosborough	Texas	47-53	540.0
17	Michael Johnson	California	47-53	514.7
18	Paul Goodwin	California	47-53	513.6
19	Warren Orr	Canada	47-53	512.5
19	Bill Lobins	Texas	47-53	512.5
21	Don Otto	Texas	47-53	507.0
22	James Grendahl	Washington	47-53	501.5
23	Jimmy LaBianca	Texas	47-53	490.5
24	Nathan Nash	South Carolina	47-53	485.0 Raw
24	Burt Tyree	Texas	47-53	485.0
26	Ray Pelis	Georgia	47-53	473.7
27	Martin Roelofs	Utah	47-53	469.3
28	Ken Havlicek	Arizona	47-53	468.2
29	Kevin Pitman	Texas	47-53	462.7
29	George Brink	California	47-53	462.7 Raw
31	Al Tanner	Oklahoma	47-53	457.2
31	Gary Thomas	Pennsylvania	47-53	457.2
33	Leo Contreras	California	47-53	451.7 Raw
34	Al Tanner	Oklahoma	47-53	440.7
35	Tom Dierickx	Arizona	47-53	429.7 Raw
36	Ed Williams	Idaho	47-53	424.2
37	Nathan Jones	Oklahoma	47-53	415.0
38	Thomas Guiney	Oklahoma	47-53	413.2
39	Tom Terry	Arkansas	47-53	396.7 Raw
39	Daniel Better	Oregon	47-53	396.7
39	Keith Ward	Hawaii	47-53	396.7
42	Tom Terry	Arkansas	47-53	385.7 Raw
42	Robert Boyer, Jr.	Pennsylvania	47-53	385.7
44	Fred Kendall	California	47-53	352.5
45	Keith Sayles	Texas	47-53	325.0
46	Vince Eldridge	Washington	47-53	281.0 Raw
47	Scott VonBargen	California	47-53	275.5 Raw
48	Brian Phillips	Nevada	47-53	270.0
49	Danny Jackson	Arkansas	47-53	259.0

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Jim Mersberg	Hawaii	54-60	706.3
2	Randy Patterson	Oregon	54-60	705.2
3	Bill Gillespie	Virginia	54-60	683.2
4	Gary Shim	Hawaii	54-60	635.9
5	Bill Lobins	Pennsylvania	54-60	600.7
6	Joe Mickelson	Washington	54-60	578.5
7	Jim Ray	Wisconsin	54-60	540.0
8	Lyle Kamaka	Hawaii	54-60	501.5
8	Michael Socoby	Maine	54-60	501.5
10	Scott Bromcisl	Wisconsin	54-60	473.7
10	Al Tanner	Oklahoma	54-60	473.7
12	Sam Pecktol	Oregon	54-60	468.2
13	Robert Bowyer	Ohio	54-60	440.7
13	Kerry Simplot	Wisconsin	54-60	440.7
15	Peter Herdt	Idaho	54-60	429.7
16	Al Tanner	Oklahoma	54-60	418.7 Raw
17	Leo Contreras	California	54-60	407.7
18	John Wooner	California	54-60	396.7
19	John White	Washington	54-60	375.0
20	Keith Sayles	Texas	54-60	308.5
21	Mike Valdes	Michigan	54-60	281.0 Raw
22	Alceed Thomas	Oklahoma	54-60	259.0 Raw
23	Keith Sayles	Texas	54-60	181.7 Raw

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Randy Patterson	Arizona	61-67	600.7
2	Joe Mickelson	Washington	61-67	545.5
3	Don James	Oregon	61-67	523.5
4	Robert O. Smith	Canada	61-67	518.0
6	Alan Fraser	Nevada	61-67	363.7
7	Buddy Taylor	Texas	61-67	358.0
10	Joe Mickelson	Washington	61-67	347.0 Raw
8	Jack Griffin	Texas	61-67	352.5
8	J.P. Krachunis	California	61-67	352.5
11	Joe Morales	Arizona	61-67	325.0 Raw
12	Wayne Hanson	Minnesota	61-67	308.5
14	Patrick Garrahan	Nevada	61-67	303.0 Raw
16	Buddy Surls	South Carolina	61-67	292.0 Raw
19	Alceed Thomas	Oklahoma	61-67	214.7 Raw
14	Ed Sheets	Indiana	61-67	303.0
20	Allen Miluso	California	61-67	203.7
22	Ronald Heldt	Nevada	61-67	120.0

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters Effective up to  
 and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Sam Pecktol	Oregon	68-74	374.7 Raw
2	Alan Fraser	Nevada	68-74	307.5
3	J.P. Krachunis	California	68-74	220.2
4	Allen Miluso	California	68-74	203.7

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL BY MALE  
 MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters Effective up to  
 and including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	J.P. Krachunis	California	75-79	220.2

HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
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HIGHEST ALL-TIME SHW BENCH PRESSES IN WABDL  
BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
Effective up to and including July 1, 2023

<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
			Raw
			Raw
			Raw
			Raw

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 40-46 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Joe Cunha	Idaho	40-46	341.5
2	Michael Cochran	Alabama	40-46	314.0
3	Ruben Garcia, Jr.	Florida	40-46	308.5
4	Allen Young	Arkansas	40-46	305.0
5	Freddie Evangelista	Oregon	40-46	297.5
6	Kajohn Southwood	Washington	40-46	271.7
7	Pablo Wach	Utah	40-46	220.2
7	James Bryant	Oklahoma	40-46	220.2
9	Paul Siebert	Tennessee	40-46	170.7

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 47-53 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Charles Venturella	Pennsylvania	47-53	380.2
2	Scott Richey	Nevada	47-53	303.0
3	Rolando de Leon	Guatemala	47-53	297.5
4	Mark Masuda	Hawaii	47-53	292.0
5	Gary Bobrovitz	Canada	47-53	286.5
6	Steve Gee	Pennsylvania	47-53	270.0
6	Andre Grier	Florida	47-53	270.0
8	Ken Snell	Florida	47-53	255.7
9	Doug Warren	Alabama	47-53	248.0
10	Robert D. Coisson	New York	47-53	242.5
10	Chetram Mangra	New York	47-53	242.5
12	Joe Rivera	Hawaii	47-53	225.7
13	Larry Muth	Oregon	47-53	220.2
13	Chip Fjelstad	Arizona	47-53	220.2
15	Derrick Tsuruda	Hawaii	47-53	214.7 Raw
15	Homi Shivaie	California	47-53	214.7
17	Kajohn Southwood	Washington	47-53	192.7
18	Gary Landess	Indiana	47-53	172.9
19	Gustavo Almada	Argentina	47-53	115.5 Raw

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 54-60 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gary Bobrovitz	Canada	54-60	297.5
2	Andrew Bates	Michigan	54-60	275.5
3	Chetram Mangra	New York	54-60	249.1
4	Rodney Aulridge	Tennessee	54-60	242.5 Raw
5	Jean Michel Moreiro	France	54-60	236.7
6	Larry Muth	Oregon	54-60	181.7
7	Homi Shivaie	California	54-60	176.2



HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 61-67 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Gary Miller	Nevada	61-67	315.1
2	Bryan Yager	California	61-67	314.0
3	Precious McKenzie	New Zealand	61-67	254.6
4	Carlos Tantog	Hawaii	61-67	242.5
5	Homi Shivaie	California	61-67	220.2
6	Richard Del Gallo	Maine	61-67	192.7

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 68-74 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Bryan Yager	California	68-74	275.5
2	Precious McKenzie	New Zealand	68-74	264.5
3	Chet Mangra	New York	68-74	220.2
4	Gary Miller	Nevada	68-74	210.3
5	Gary Nye Schwebs	Nevada	68-74	206.0
6	Skip Schacher	Montana	68-74	192.7
7	Steve Smith	Florida	68-74	174.0
8	Richard Del Gallo	Maine	68-74	165.2 Raw
9	Salvatore Morabito	California	68-74	154.2
10	Eugene Kawamata	Hawaii	68-74	121.3

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 75-79 - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Larry Vincent	Oregon	75-79	238.9
2	Precious McKenzie	New Zealand	75-79	220.2
3	Steve Smith	Florida	75-79	176.2
3	Skip Schacher	Montana	75-79	176.2
5	Eugene Kawamata	Hawaii	75-79	105.6 Raw

HIGHEST ALL-TIME 132# BENCH PRESSES IN WABDL  
 BY MALE MASTER LIFTERS Age 80+ - Includes Law / Fire Masters  
 Effective up to and Including July 1, 2023

	<b>LIFTER</b>	<b>STATE</b>	<b>AGE GROUP</b>	<b>LIFT</b>
1	Frank Richey	Arizona	80-84	209.2
2	Larry Vincent	Oregon	80-84	187.2 Raw