

WV State Mens Single Lift Bench Press Records												
11/28/2009	114	123.25	132.25	148.75	165.25	181.75	198.25	220.25	242.5	275.5	308.5	SHW
PURE	50 Martin/Odell	100 S.Caldwell 11/13/2004	110 A. Phillips 3/19/2006	157.5 J. Keseker 4/22/2006	155 Underwood 8/1/1998	187.5 Underwood 10/9/1999	187.5 C.McIntyre 4/24/1999	210 W. Davis 4/26/2008	210 J. Adkins 11/13/2004	250 Blake/Frazier	245 Burgess 10/6/2007	240 K. Hamrick 7/16/2006
PURE NOVICE	57.5 K. Fisher 4/24/2004	60 R. Sebok 11/10/2001	117.5 A. Phillips 4/22/2006	95 A. Owens 7/30/2005	155 S. Martin 7/30/2005	170 K. Trippett 4/24/2002	192.5 C. McIntyre 4/27/2001	192.5 J. Collins 4/27/2002	200 S. Beatty 11/12/2005	185 McCallister 5/4/1998	227.5 JJ Pruitt 11/16/1997	207.5 K. Hamrick 3/19/2006
NATURAL/ Open	57.5 T. O'Dell 4/28/2007	57.5 P. Grubbs 4/26/2003	85 K. Street 4/24/2004	112.5 R. Sebok 11/15/2003	220 S. Martin 11/9/2008	165 S. Martin 11/4/2006	192.5 C. McIntyre 11/15/2003	210 W. Davis 4/26/2008	200 J. Adkins 4/24/2004	250 J. Frazier 11/8/2008	245 Burgess 10/6/2007	207.5 K. Hamrick 3/19/2006
HIGH SCHOOL	50 O'Dell 3/19/2006	87.5 G. Oliver 4/2/2005	102.5 R. Sebok 4/26/2003	112.5 R. Sebok/ Keseker	142.5 M. Muecheck 5/15/2004	130 D. Roberson 4/28/2007	145 J. Beverlin 4/24/2004	167.5 E. Haney 5/15/2004	167.5 D. Kipp 3/19/2006	187.5 Z. Howerton 4/26/2008	170 J Saunders 4/27/2003	162.5 S. Casto 1/12/2002
TEENAGE (13-19)	62.5 T. O'Dell 3/18/2007	62.5 K. Street 7/12/2003	95 C. Clevenger 10/6/2007	157.5 J. Keseker 4/22/2006	162.5 M. Heckert 3/19/2006	150 E. Adkins 11/14/98 !	171 Siemaczko 11/14/98 !	155 S. Sebok 11/10/2001	167.5 D. Kipp 3/19/2006	187.5 Z. Howerton 4/26/2008	200 B. Siders 11/10/1996	177.5 D. Nichols 8/12/2001
JUNIOR (13-23)	57.5 K. Fisher 4/24/2004	90 S Caldwell 4/26/2003	90 S.Caldwell 11/10/2001	115 D. Dent 4/27/2002	155 S. Martin 7/30/2005	170 K. Trippett 4/27/2002	162.5 T. Hitt 4/25/2009	187.5 J Weigle 5/6/2000	185 S. Sebok 3/13/2005	175 D. Thomas 3/19/2006	210 AJ Freda 4/28/2007	187.5 D. Nichols 4/28/2002
INT. (24-29)	NONE	NONE	NONE	125 A. Falbo 7/19/2009	220 S. Martin 11/9/2008	165 J. White 6/23/2001	180 Vince D. 3/19/2006	190 M.Harless 4.26/2008	245 S. Sebok 2/21/2009	190 D. Holbert 11/10/1996	202.5 JJ Pruitt 5/4/1997	272.5! A. Shields 6/23/2001
SM 1 (30-34)	NONE	NONE	NONE	NONE	NONE	162.5 D. Webb 4/24/2004	195 C. McIntyre 7/13/2002	205 E. Lilly 8/31/1996	185 S. Criser 11/18/2000	197.5 S. Adkins 4/22/2006	255 W. Shamblin 7/15/2007	177.5 McCommack 7/19/2009
SM 2 (35-39)	NONE	NONE	NONE	NONE	NONE	137.5 D. Snyder 6/1/1996	157.5 Hager/Diaz	205 B. Davis 4/25/2009	260 C. Asbury 7/12/2008	197.5 Modesitt 11/10/1996	170 C. Pruitt 11/18/2000	182.5 C. Pruitt 5/7/2000
SMP	NONE	NONE	NONE	NONE	172.5 K. Trippett 7/19/2009	162.5 Webb Hutchinson	157.5 D. Diaz 11/4/2006	210 W. Davis 4/26/2008	257.5 C. Asbury 11/4/2006	227.5 W. Shamblin 4/22/2006	NONE	165 M. Ramsey 4/22/2006
11/28/2009	114	123.25	132.25	148.75	165.25	181.75	198.25	220.25	242.5	275.5	308.5	SHW
MASTER 1 (40-49)	NONE	NONE	NONE	132.5 Wooddell 5/3/97 !	155 Underwood 8/1/1998	162.5 M. Hager 4/26/2003	182.5 G. Combs 4/24/1999	222.5 D. Currence 7/15/2007	202.5 S. Beatty 4/28/2007	241 K. Burgess 7/16/2006	236 Burgess 11/9/2002	240 K. Hamrick 7/16/2006
MASTER 2 (50-59)	NONE	NONE	NONE	110 Wooddell 11/9/2002	105 S. Phillips 7/19/2009	130 Helmondollar 4/26/2008	162.5 S. Milam 4/24/1999	192.5 D. Taylor 10/6/2007	170 K. Dolin 7/12/2008	245 K. Burgess 11/14/2009	251 K. Burgess 4/24/2009	NONE
MASTER 3 (60-69)	NONE	NONE	NONE	NONE	102.5 K. Samples 11/12/2005	120 K. Samples 6/23/2001	142.5 S. Milam 4/30/2005	137.5 V. White 11/12/2005	130 J. Ayers 15-Nov	115 C. Stevens 5/6/2000	NONE	NONE
MASTER 4 (70-UP)	NONE	NONE	NONE	NONE	NONE	50 S. Mason 4/28/2007	NONE	NONE	NONE	NONE	NONE	NONE
MASTERS PURE	NONE	NONE	NONE	NONE	102.5 K. Samples 11/12/2005	191 Underwood 5/7/2000	182.5 G. Combs 4/24/1999	192.5 G. Combs 7/13/2002	213.5 K. Burgess 2/13/99 !	241 K. Burgess 7/16/2006	236 Burgess 11/9/2002	240 K. Hamrick 7/16/2006
LAW / FIRE	NONE	NONE	NONE	NONE	NONE	165 K. Baker 7/10/2004	172.5 K. Baker 10/22/2005	192.5 G. Combs 7/13/2002	172.5 A. Petry 11/8/2008	195 M. Runyon 7/16/2006	NONE	NONE