

Police & Fire AWPC Men's Open Bench Records

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52							
56							
60							
67.5	145.5	David Edmondson	61	USA	4/8/2006	Baton Rouge	
75	222.5	Jeffery Haiduke	83	USA	7/31/2009	Burr Ridge, IL	
82.5	207.5	Michael Bingham	65	USA	4/13/2008	Lake George	
90	187.5	Arvai George	921	USA	10/1/2021	Lombard IL	
100	232.5	Ronald Vironda	81	USA	4/13/2012	Burr Ridge, IL	
110	220	Ed Fitzpatrick	48	USA	8/1/2008	Oak Brook, IL	
125	330	Tommy Harrison, Jr.	73	USA	7/22/2006	Flint, MI	
140	320	Tommy Harrison, Jr.	73	USA	7/31/2009	Burr Ridge, IL	
140+							

Police & Fire AWPC Women's Open Bench Records

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
44							
48							
52							
56							
60							
67.5	102.5	Kim Carter	75	USA	7/22/2006	Flint	
75	60	L. Robinson		USA			
82.5							
90	117.5	Michonne Berry	68	USA	7/31/2009	Burr Ridge	
90+							

Police & Fire AWPC Men's Submaster 33-39 MP Bench Records

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52							
56							
60							
67.5							
75							
82.5							
90							
100							
110							
125	272.5	Dale Szymanski	69	USA	4/8/2006	Baton Rouge, LA	
140							
140+							

Police & Fire AWPC Women's Submaster 33-39 Bench Records

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
44							
48							
52							
56							
60							
67.5							
75							
82.5							
90							
90+							

Police & Fire AWPC Men's Master Bench Records**40-44 Age Group**

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52							
56							
60							
67.5	145.5	David Edmondson	61	USA	4/1/2006	Baton Rouge, LA	
75	210	Michael Bingham	65	USA	7/31/2009	Burr Ridge, IL	
82.5	207.5	Michael Bingham	65	USA	4/13/2008	Lake George	
90							
100	232.5	Ronald Vironda	81	USA	4/13/2012	Burr Ridge, IL	
110	215	Peter Berg	67	USA	4/3/2011	West Palm Beach, FL	
125							
140							
140+							

45-49 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52							
56							
60							
67.5							
75							
82.5							
90							
100							
110	215	Anthony Bartolomei		USA	2003		
125	272.5	Roger Ryan		USA	7/29/2005	Lincolnwood	
140							
140+							

50-54 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52							
56							
60							
67.5							
75							
82.5	165	Rudy Ruettiger		USA	7/30/2005	Lincolnwood	
90							
100	178	Dick Zenzen		USA	2004		
110							
125	167.5	John Beggs		USA	2004		
140							
140+							

55-59 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
52							
56							
60							
67.5							
75							
82.5							
90							
100							

110	215	Ed Fitzpatrick	48	USA	4/13/2008	Lake George
125	186	Kenneth Tawzer	51	USA	4/5/2009	Idaho Falls, ID
140						
140+						

60-64 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
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52
56
60
67.5
75
82.5
90
100
110
125
140
140+

110	220	Ed Fitzpatrick	48	USA	8/1/2008	Oakbrook, IL
125	217.5	Ed Fitzpatrick	48	USA	7/16/2010	West Palm Beach, FL

65-69 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
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52
56
60
67.5
75
82.5
90
100
110
125
140
140+