

Police & Fire WPC Men's Open 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	160	Ashot Antonyan	87	ARM	8/29/2024	Idaho Falls ID	
110	212.5	Hernandez Jose	85	USA	8/31/2023	Idaho Falls ID	
125	102.5	Johnson Todd	69	USA	8/29/2024	Idaho Falls ID	
140	140	Curzon Logan	80	USA	8/29/2024	Idaho Falls ID	
140+	247.5	Dansby Michael	83	USA	11/14/2024	Lisle IL	

Police & Fire WPC Men's Submaster 33-39 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	160	Ashot Antonyan	87	ARM	8/29/2024	Idaho Falls ID	
110	212.5	Hernandez Jose	85	USA	8/31/2023	Idaho Falls ID	
125							
140							
140+							

Police & Fire WPC 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							
75							
82.5							
90							
100							
110							
125							
140	140	Curzon Logan	80	USA	8/29/2024	Idaho Falls ID	
140+	247.5	Dansby Michael	83	USA	11/14/2024	Lisle IL	

Police & Fire WPC Men's Master Bench Records**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							
125							
140							
140+							

Police & Fire WPC Men's Master Bench Records**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							
90							
100							
110							
125							
140							
140+							

55-59 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
B							
52							
56							
60							
67.5							
75							
82.5							
90							
100							
110							
125	102.5	Johnson Todd	69	USA	8/29/2024	Idaho Falls ID	
140							
140+							

75-79 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location	Lifts to achieve total
B							
52							
56							
60							
67.5							
75							
82.5							
90							
100	122.5	Bretz Richard	49	USA	11/14/2024	Lisle IL	
110							
125							
140							
140+							

Women's Open

67.5	107.5	Braithwaithe Tia	85	CAN	8/30/2024	Idaho Falls ID	4th
100	95	Bell Asia	80	USA	9/1/2023	Idaho Falls ID	

Women's Submaster 33-39

67.5	107.5	Braithwaithe Tia	85	CAN	8/30/2024	Idaho Falls ID	4th
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Women's 40-44 Age Group

100	5	Bell Asia	80	USA	9/1/2023	Idaho Falls ID	
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Women's 50-54 Age Group

67.5	97.5	Caldwell Jo Ellen	70	USA	6/9/2024	Baton Rouge LA	
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