

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							
75							
82.5							
90	117.5	Williams Chris	59	USA	5/28/2017	Lombard, IL	
100	120	Bretz Richard	48	USA	8/29/2024	Idaho Falls ID	
110	212.5	Hernandez Jose	85	USA	8/31/2023	Idaho Falls ID	
125	200	Brandon Michael	70	USA	8/5/2017	Grand Rapids, MI	
140							
140+							

Police & Fire AWPC 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							
110	212.5	Hernandez Jose	85	USA	8/31/2023	Idaho Falls ID	
125							
140							
140+							

Police & Fire AWPC 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	200	Brandon Michael	70	USA	8/5/2017	Grand Rapids, MI	
140							
140+							

Police & Fire AWPC 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	140	Dorozhenko Dmitriy	72	RUS	9/25/2022	Krasnodar Russia	
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	117.5	Williams Chris	59	USA	5/28/2017	Lombard, IL	
100							
110							
125							
140							
140+							

60-64 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	67.5	Vachon Alain	61	CAN	4/26/2025	Ontario Canada	4th
125							
140							
140+							

Police & Fire AWPC Men's Master Bench Records

75-79 Age Group

Class	Weight	Name	DOB	NAT	Date of Record	Location
52						
56						
60						
67.5						
75						
82.5						
90						
100	120	Bretz Richard	48	USA	8/29/2024	Idaho Falls ID
110						
125						
140						
140+						

Women's Open

100	77.5	Elliott Autumn	73	USA	4/29/2022	Gatlinburg TN
110	87.5	Elliott Autumn	73	USA	9/10/2022	Manchester UK
110+	77.5	Elliott Autumn	73	USA	10/27/2020	Lombard IL

Women's 45-49 Age Group

100	77..5	Elliott Autumn	73	USA	4/29/2022	Gatlinburg TN
110	87.5	Elliott Autumn	73	USA	9/10/2022	Manchester UK
110+	77.5	Elliott Autumn	73	USA	10/27/2020	Lombard IL