

AWPC Single Ply Men's Bench Records

Class	Record	Name	DOB	Nat	Date of Record	Location	
52	130	Sokushev Vadim	90	RUS	7/4/2014	Novosibirsk	
56							
60							
67.5	200.5	Sufiyanov Ayrat	84	RUS	8/24/2014	Moscow	
75	247.5	Teidis Kostas	89	RUS	7/23/2017	Blagoveschensk	
82.5	250	Telids Kostas	89	RUS	10/6/2019	Blagoveschensk Russia	
90	250	Khumuugul Battumur	74	MGL	8/24/2014	Moscow	
100	292.5	Abdullin Marat	85	RUS	8/24/2014	Moscow	
110	291	Yevstigneev Mikhail	76	RUS	8/13/2016	Kursk	4th
125	300	Bujinikham Altangerel	76	MGL	8/24/2014	Moscow	
140	355	Aumavae Sammy	72	USA	8/31/2014	Idaho Falls	
140+	290	Anderson Jay	78	USA	9/3/2022	Idaho Falls ID	

Women's AWPC Single Ply Bench Records

Class	Record	Name	DOB		Date of Record	Location	
44	47.5	Tskhay Natalya	75	KAZ	7/4/2014	Novosibirsk	
48	80	Vakhterova Yuliya	80	RUS	12/5/2015	Kursk	4th
52	112.5	Veilkaya Yekaterina	90	RUS	3/25/2016	Rostov	
56	100.5	Pustovit Mariya	85	RUS	12/5/2015	Kursk	
60	105	Baranova Kristina	88	RUS	7/4/2014	Novosibirsk	
67.5	140	Kuznetsova Yuliya	73	RUS	6/3/2017	Moscow	
75	120	Gomaleeva Natalya	85	RUS	3/21/2015	Yekaterinburg	
82.5	132.5	Pugovkina Alla	75	RUS	8/24/2014	Moscow	
90	115	Coleman Paulina	78	IRE	6/25/2022	Hungary	
100							
110	95	Green Julie	67	GBR	8/27/2024	Limerick Ireland	
110+							

Men's Junior 20-23 AWPC Single Ply Bench Records

Class	Record	Name	DOB		Date of Record	Location	
52							
56	60	Varun Dave	2001	IND	15/11/21	Moscow	
60							
67.5	157.5	Gansukh Ayurbold	91	RUS	8/24/2014	Moscow	
75	197.5	Abdyushev Arthur	93	RUS	3/25/2016	Rostov	
82.5	205	Lashkari Ali	95	IRN	12/1/2016	Kursk	
90	180	Karapetyan Artush	91	RUS	8/24/2014	Moscow	
100	227.5	Sonntag Joseph	90	USA	4/27/2014	Baton Rouge LA	
110	215	Fedoseev Kirill	92	RUS	2/8/2014	Yekaterinburg	
125	217.5	Myagmarjav Dorj	95	MGL	8/13/2016	Kursk	
140							
140+							

Women's Junior 20-23 AWPC Single Ply Bench Records

Class	Record	Name	DOB		Date of Record	Location	
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48
52
56
60
67.5
75
82.5
90
100
110
110+

91 RUS 8/24/2014 Moscow
95 RUS 4/16/2015 Rostov

Men's Teenage AWPC Single Ply Bench Records

13-15 Age Group

Class	Record	Name	DOB	Date of Record	Location
52	70	Mazitov Dmitriy	2004 RUS	8/12/2019	Chelyabinsk Russia
56	97.5	Selyanin Dmitriy	2005 RUS	6/12/2020	Moscow Russia
60	150	Selyanin Dmitriy	2005 RUS	6/18/2021	Bishkek Kyrgyzstan
67.5	115	Pearson Gregory	2007 GBR	5/22/2022	Manchester UK
75	120	Kuvshinov Ilya	99 RUS	8/24/2014	Moscow
82.5	130	Zazulin Nikita	98 RUS	2/8/2014	Yekaterinburg
90					
100					
110					
125					
140					
140+					

16-17 Age Group

Class	Record	Name	DOB	Date of Record	Location	
52	50	Marchant Zac	2001 USA	8/30/2018	Idaho Falls ID	
56	100	Borenkov Maxim	96 RUS	5/30/2014	Kursk	
60						
67.5						
75	172.5	Simon Masih	2002 IND	12/15/2018	Dolgoprudnyy	4th
82.5	162.5	Sushkov Filipp	97 RUS	8/15/2015	Kursk	
90						
100						
110						
125						
140						
140+						

18-19 Age Group

Class	Record	Name	DOB	Date of Record	Location
52					
56					
60	100	Mourad Mohamed Ahmed Mohamed Elsaid	96 EGY	9/2/2015	Idaho Falls ID
67.5					

75	142.5	Tonkoglaz Vladimir
82.5	117.5	Ruane Peter
90	185	Ramatov Akzholtoi
100	190	Osipov Alexei
110	210	Kiselev Sergei
125	242.5	Pogorelov Roman
140		
140+		

96	RUS	8/24/2014	Moscow
96	USA	4/10/2015	Glen Elyn IL
96	RUS	8/14/2015	Kursk
96	RUS	10/25/2014	Krasnodar
95	RUS	5/30/2014	Kursk
96	RUS	8/15/2015	Kursk

Women's Teenage AWPC Single Ply Bench Records

13-15 Age Group

Class	Record	Name	DOB	Date of Record	Location
44					
48	60	Sokhina Anastasiya	2000	RUS 8/13/2016	Kursk
52					
56	70	Zotova Milena	2006	RUS 9/27/2020	Vladivostok Russia
60					
67.5	60	Brakhnova Anastasiya	2001	RUS 8/15/2015	Kursk
75					
82.5					
90					
100					
110					
110+					

16-17 Age Group

Class	Record	Name	DOB	Date of Record	Location
44					
48					
52	55	Lukina Alena	96	RUS 5/30/2014	Kursk
56					
60					
67.5	95	Safronova Marina	98	RUS 5/30/2014	Kursk
75	102.5	Safronova Marina	98	RUS 12/5/2014	Kursk
82.5					
90	82.5	O'Neal Finley	2002	USA 4/12/2019	Myrtle Beach SC
100					
110					
110+					

18-19 Age Group

Class	Record	Name	DOB	Date of Record	Location
44	50	Yenina Natalya	96	RUS 8/15/2015	Kursk
48					
52					
56	92.5	Martynenko Irina	97	RUS 8/13/2016	Kursk
60					
67.5					
75					

82.5
90
100
110
110+

Men's Submaster 33-39 AWPC Single Ply Bench Records

Class	Record	Name	DOB	Date of Record	Location
52					
56					
60					
67.5	195	Sufiyanov Ayrat	84	RUS 9/10/2017	Lisle IL
75	232.5	Sokolov Nikolai	79	RUS 8/24/2014	Moscow
82.5	175	Palisse Franck	78	FRA 6/24/2018	Le Pont de Claix France
90	245	Vinnichenko Sergei	74	RUS 8/24/2014	Moscow
100	292.5	Gasavov Alexei	82	RUS 7/16/2017	Chelyabinsk
110	267.5	Yevstigneev Mikhail	76	RUS 8/15/2015	Kursk
125	265	Grosz Joseph	81	USA 9/2/2015	Idaho Falls ID
140	300	Kolesnichenko Sergei	79	RUS 8/9/2014	Yekaterinburg
140+					

Women's Submaster 33-39 AWPC Single Ply Bench Records

Class	Record	Name	DOB	Date of Record	Location
44	47.5	Tskhay Natalya	75	KAZ 7/4/2014	Novosibirsk
48	80	Vakhterova Yuliya	80	RUS 12/5/2015	Kursk
52	77.5	Primak Tatyana	83	RUS 8/13/2016	Kursk
56	92.5	Bondareva Ekaterina	83	RUS 9/27/2020	Vladivostok Russia
60	65	Ryzhykh Olga	79	RUS 5/30/2014	Kursk
67.5					
75					
82.5	132.5	Pugovkina Alla	75	RUS 8/24/2014	Moscow
90					
100					
110					
110+					

Men's Master AWPC Single Ply Bench Records

40-44 Age Group

Class	Record	Name	DOB	Date of Record	Location
52					
56					
60					
67.5					
75	170	Gurov Sergei	76	RUS 12/3/2017	Kursk Russia
82.5	202.5	Ruelan Miguel	70	USA 7/19/2014	Detroit MI
90	240	Konchakov Vladimir	73	RUS 7/4/2014	Novosibirsk
100					
110	291	Yevstigneev Mikhail	76	RUS 8/13/2016	Kursk
125	263	Jafarov Zaur	83	AZE 6/14/2024	Salo Finland

140	355	Aumavae Sammy
140+	290	Anderson Jay

72	USA	8/31/2014	Idaho Falls ID
78	USA	9/3/2022	Idaho Falls ID

45-49 Age Group

Class	Record	Name	DOB	Date of Record	Location
52					
56					
60					
67.5					
75	147.5	Bashtanov Igor	67	RUS 7/4/2014	Novosibirsk
82.5	187.5	Dremenkov Konstantin	66	BLR 8/24/2014	Moscow
90	215	Sender Aleksei	65	BLR 8/24/2014	Moscow
100	257.5	Ponzio Thomas	69	USA 9/1/2018	Idaho Falls ID
110	265	Morgan Paul	73	GBR 9/10/2022	Manchester UK
125	215	Shadrin Vyacheslav	68	RUS 11/3/2017	Moscow Russia
140					
140+	270	Bergert Lev	66	RUS 8/24/2014	Moscow

50-54 Age Group

Class	Record	Name	DOB	Date of Record	Location
52					
56					
60					
67.5					
75	150	Yemelin Yevgeniy	64	RUS 8/13/2016	Kursk
82.5	235	Elkanany Mosbeth	69	EGY 10/26/2020	Lombard IL
90	180.5	Caballero Tim	71	USA 9/2/2023	Idaho Falls ID
100	200	Farley Kevin	66	USA 10/26/2020	Lombard IL
110	252.5	Morgan Paul	73	GBR 5/25/2023	Limerick Ireland
125	220	McAteer Wade	64	USA 5/28/2017	Lisle IL
140	240	Darley Bruce	64	USA 9/2/2015	Idaho Falls ID
140+	280	Bergert Lev	66	RUS 11/3/2017	Moscow Russia

Men's Master AWPC Single Ply Bench Records

55-59 Age Group

Class	Record	Name	DOB	Date of Record	Location
52					
56					
60					
67.5					
75	130	Bolshakov Sergey	64	RUS 7/22/2023	Chelyabinsk Russia
82.5	153	Petrov Igor	56	RUS 10/30/2014	Saint Petersburg
90	200	Reshetov Nikolai	59	RUS 3/25/2016	Rostov
100	190.5	Farley Kevin	66	USA 10/1/2021	Lombard IL
110	172.5	Bergert Lev	66	RUS 6/18/2021	Bishkek Kyrgyzstan
125	200	Elvekrok Petter	70	SWE 8/27/2024	Limerick Ireland
140	230	Bergert Lev	66	RUS 12/18/2022	Moscow Russia
140+					

60-64 Age Group

Class	Record	Name	DOB	Date of Record	Location	
52						
56						
60						
67.5						
75	87.5	Shipleigh Cliff	59	USA 10/1/2021	Lombard IL	
82.5	155	Petrov Igor	86	RUS 6/3/2017	Moscow	4th
90	165	Fleiszig Les	57	CAN 6/22/2019	Ontario Canada	
100	167.5	Bakke Jay	57	USA 8/29/2019	Idaho Falls ID	
110						
125	185	Popov Vladimir	56	RUS 8/13/2016	Kursk	
140	200	Popov Vladimir	56	RUS 6/3/2017	Moscow	
140+	185	Kelly Richard	54	USA 9/10/2017	Lisle IL	

65-69 Age Group

Class	Record	Name	DOB	Date of Record	Location	
52						
56						
60						
67.5						
75						
82.5	97.5	Zhurkin Yevgeniy	45	RUS 8/24/2014	Moscow	
90	125	Obmelyukhin Gennadiy	48	RUS 8/15/2015	Kursk	
100	157.5	Bakke Jay	57	USA 9/2/2023	Idaho Falls ID	
110	192.5	Dickerson Dick	48	USA 8/6/2016	Grand Rapids MI	4th
125						
140	187.5	Wetenhall Jim	54	USA 4/20/2018	Grand Rapids MI	
140+						

Men's Master AWPC Single Ply Bench Records**70-74 Age Group**

Class	Record	Name	DOB	Date of Record	Location	
52						
56						
60						
67.5	102.5	Kim Miron	41	RUS 8/24/2014	Moscow	
75	110	Kim Miron	41	RUS 6/5/2015	Saint Petersburg	
82.5	150	Lichtle Lee	44	USA 9/2/2015	Idaho Falls ID	4th
90	150.5	Minietta Michael	43	USA 9/2/2015	Idaho Falls ID	
100	100	Bhagwan	50	IND 6/16/2022	Bishkek Kyrgyzstan	
110						
125						
140						
140+						

75-79 Age Group

Class	Record	Name	DOB	Date of Record	Location
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52
56
60
67.5
75
82.5
90
100
110
125
140
140+

117.5 McDermott Joe
95 Sannikov Vladislav

40 USA 8/6/2016 Grand Rapids MI
38 RUS 8/24/2014 Moscow

85 Roberts William

42 USA 8/16/2019 Orlando FL

80-84 Age Group

Class Record Name

DOB Date of Record Location

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

66 Roberts William

42 USA 6/9/2024 Baton Rouge LA

85-89 Age Group

Class Record Name

DOB Date of Record Location

52
56
60
67.5
75
82.5
90
100
110
125
140
140+

75 Lindas Gerald

36 USA 8/29/2024 Idaho Falls ID

Women's Master AWPC Single Ply Bench Records

40-44 Age Group

Class Record Name

DOB Date of Record Location

44
48
52
56

57.5 Pugach Yelena

75 RUS 8/15/2015 Kursk

60						
67.5	140	Kuznetsova Yuliya	73	RUS	6/3/2017	Moscow
75						
82.5						
90	115	Coleman Paulina	78	IRE	6/25/2022	Hungary
100						
110						
110+						

45-49 Age Group

Class	Record	Name	DOB		Date of Record	Location	
44							
48							
52							
56							
60	102.5	Patel Heena	72	USA	9/4/2021	Idaho Falls ID	
67.5	120	Lukyanova Marina	72	RUS	12/15/2019	Moscow Russia	
75							
82.5							
90							
100	130	Coleman Paulinea	77	IRE	9/10/2022	Manchester UK	4th
110							
110+							

50-54 Age Group

Class	Record	Name	DOB		Date of Record	Location	
44							
48							
52							
56							
60							
67.5	90	Badeeva Tatyana	69	RUS	6/2/2024	St Petersburg Russia	
75							
82.5	102.5	Yakovleva Irina	70	RUS	6/12/2020	Moscow Russia	
90							
100							
110	100	Green Julie	68	GBR	5/17/2025	Bolton UK	4th
110+							

Women's Master AWPC Single Ply Bench Records

55-59 Age Group

Class	Record	Name	DOB		Date of Record	Location	
44							
48							
52							
56							
60	55	Wood Kitty	68	USA	6/9/2024	Baton Rouge LA	
67.5							
75							

82.5						
90						
100						
110	95	Green Julie	67	GBR	8/27/2024	Limerick Ireland
110+						

60-64 Age Group

Class	Record	Name	DOB		Date of Record	Location
44						
48						
52						
56	85	Gosteva Valentina	55	RUS	8/12/2018	Kursk Russia
60						
67.5						
75						
82.5						
90	100.5	Wetenhall Kathy	53	USA	4/20/2018	Grand Rapids MI
100						
110						
110+						

65-69 Age Group

Class	Record	Name	DOB		Date of Record	Location
44						
48						
52						
56						
60						
67.5	57.5	Jones Kim	58	USA	9/1/2023	Idaho Falls ID
75						
82.5						
90						
100						
110						
110+						

Women's Master AWPC Single Ply Bench Records

70-74 Age Group

Class	Record	Name	DOB		Date of Record	Location
44						
48						
52						
56						
60						
67.5						
75						
82.5						
90						
100						

110
110+

75-79 Age Group

Class	Record	Name	DOB	Date of Record	Location
44					
48					
52					
56					
60					
67.5					
75					
82.5					
90					
100					
110					
110+					

80-84 Age Group

Class	Record	Name	DOB	Date of Record	Location
44					
48					
52					
56					
60					
67.5					
75					
82.5					
90					
100					
110					
110+					