

CANADIAN RECORDS

Benchpress - MEN

RED INDICATES WORLD RECORD / ALL WEIGHTS IN KGS

Weight	Class	Year	Weight	Class	Year	Weight	Class	Year
Men - 52kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		

Men - 56kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		

Men - 60kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		
	130 Gary Bobrovitz 2008					132.5 Gary Bobrovitz 2004		

Men - 67.5kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		
	135 Gary Bobrovitz 2007					171 Gary Bobrovitz 2004		

Men - 75kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	127.5kg Dane Percival 2006		102.5 Adam Humphrey 2004			110 Tanner Humphrey 2004		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	Master 55 - 59		Master 60 - 64			Master 65 - 69		
	Master 70 - 74		Master 75 - 79			Master 80 +		
			85 Birchman Pereira 2009			70kg Michael Raffan 2005		

Men - 82.5kg/ BENCH ONLY	13 - 15		16 - 17			18 - 19		
	Junior		Open			Submaster		
	140kg Brandon Zaremba 2009		272.5 Corey Evans 2009			272.5 Corey Evans 2009		
	Master 40 - 44		Master 45 - 49			Master 50 - 54		
	140kg Ken Allen 2005		82.5kg Phil Toews 2006			Master 65 - 69		
	Master 55 - 59		Master 60 - 64			Master 80 +		

Master 70 - 74	Master 75 - 79	Master 80 +
	105kg Roy Mitchell 2006	

Men - 90kg/
BENCH ONLY

13 - 15	16 - 17	18 - 19
Junior	Open	Submaster
Master 40 - 44	260 Corey Evans 2005	182.5kg Tanner Humphrey 2005
190kg Brian Johnston 2010	Master 45 - 49	175kg Jason Zalewski 2006
Master 55 - 59	147.5kg Dennis Campeau 2006	Master 50 - 54
Master 70 - 74	Master 60 - 64	137.5kg Norm Lambert 2006
	Master 75 - 79	Master 65 - 69
		Master 80 +

Men - 100kg/
BENCH ONLY

13 - 15	16 - 17	18 - 19
Junior	Open	Submaster
Master 40 - 44	227.5kg Steve Wiseman 2006	92.5kg Harold Russell 2006
220kg Tony Tomra 2006	Master 45 - 49	Master 50 - 54
Master 55 - 59	230kg Peter Jakobowski 2009	100kg John Ashby 2005
190kg Bert Merriman 2006	Master 60 - 64	Master 65 - 69
Master 70 - 74	Master 75 - 79	Master 80 +

Men - 110kg/
BENCH ONLY

13 - 15	16 - 17	18 - 19
Junior	Open	Submaster
Master 40 - 44	300 Jeremy Zimmerman 2004	Master 50 - 54
225kg Gibby Chasse 2009	Master 45 - 49	Master 65 - 69
Master 55 - 59	260kg Bruce McIntyre 2006	Master 80 +
Master 70 - 74	Master 60 - 64	
	Master 75 - 79	

Men - 125kg/
BENCH ONLY

13 - 15	16 - 17	18 - 19
Junior	Open	Submaster
145 Ben Foreman 2009	280 Allan Mehan 2004	320kg Mario Piattelli 2009
Master 40 - 44	Master 45 - 49	Master 50 - 54
Master 55 - 59	Master 60 - 64	125kg Dennis Baumgartner 2005
Master 70 - 74	Master 75 - 79	Master 65 - 69
		Master 80 +

Men - 140kg/
BENCH ONLY

13 - 15	16 - 17	18 - 19
Junior	Open	Submaster
Master 40 - 44	325 Mario Piattelli 2005	Master 50 - 54
Master 55 - 59	Master 45 - 49	Master 65 - 69
Master 70 - 74	Master 60 - 64	Master 80 +
	227.5kg Robert O Smith 2006	
	Master 75 - 79	

Men - SHW
BENCH ONLY

13 - 15	16 - 17	18 - 19
Junior	Open	Submaster
Master 40 - 44	Master 45 - 49	Master 50 - 54
Master 55 - 59	Master 60 - 64	Master 65 - 69
Master 70 - 74	Master 75 - 79	Master 80 +