

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		72.5	Bill Hurley	2010	Master 50 - 54		
	Master 55 - 59		Master 60 - 64			132.5	Gary Bobrovitz	2004
	130	Gary Bobrovitz	2008	Master 75 - 79			Master 65 - 69	
	Master 70 - 74					Master 80 +		

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			171	Gary Bobrovitz	2004
	137.5	Gary Bobrovitz	2010	Master 75 - 79			Master 65 - 69	
	Master 70 - 74					Master 80 +		

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

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

Men - 90kg/
BENCH ONLY

13 - 15
Junior
140kg Troy Bramer 2010
Master 40 - 44
190kg Brian Johnston 2010
Master 55 - 59
Master 70 - 74

16 - 17
Open
260 Corey Evans 2005
Master 45 - 49
162.5kg Andy Fisher 2010
Master 60 - 64
Master 75 - 79

18 - 19
182.5kg Tanner Humphrey 2005
Submaster
175kg Jason Zalewski 2006
Master 50 - 54
137.5kg Norm Lambert 2006
Master 65 - 69
Master 80 +

Men - 100kg/
BENCH ONLY

13 - 15
Junior
165kg Liam Woodroffe 2010
Master 40 - 44
220kg Tony Tomra 2006
Master 55 - 59
190kg Bert Merriman 2006
Master 70 - 74

16 - 17
Open
227.5kg Steve Wiseman 2006
Master 45 - 49
230kg Peter Jakobowski 2009
Master 60 - 64
Master 75 - 79

18 - 19
Submaster
92.5kg Harold Russell 2006
Master 50 - 54
152.5 Dennis Campeau 2010
Master 65 - 69
Master 80 +

Men - 110kg/
BENCH ONLY

13 - 15
87.5 Brandon Pereira 2010
Junior
167.5 James Loach 2010
Master 40 - 44
225kg Gibby Chasse 2009
Master 55 - 59
Master 70 - 74

16 - 17
Open
300 Jeremy Zimmerman 2004
Master 45 - 49
260kg Bruce McIntyre 2006
Master 60 - 64
Master 75 - 79

18 - 19
Submaster
Master 50 - 54
195kg Cory Velting 2010
Master 65 - 69
Master 80 +

Men - 125kg/
BENCH ONLY

13 - 15
Junior
145 Ben Foreman 2009
Master 40 - 44
Master 55 - 59
Master 70 - 74

16 - 17
Open
280 Allan Mehan 2004
Master 45 - 49
Master 60 - 64
Master 75 - 79

18 - 19
Submaster
320kg Mario Piattelli 2009
Master 50 - 54
125kg Dennis Baumgartner 2005
Master 65 - 69
Master 80 +

Men - 140kg/
BENCH ONLY

13 - 15
Junior
Master 40 - 44
Master 55 - 59
Master 70 - 74

16 - 17
Open
325 Mario Piattelli 2005
Master 45 - 49
Master 60 - 64
227.5kg Robert O Smith 2006
Master 75 - 79

18 - 19
Submaster
Master 50 - 54
Master 65 - 69
Master 80 +

Men - SHW
BENCH ONLY

13 - 15
Junior
Master 40 - 44
Master 55 - 59
Master 70 - 74

16 - 17
Open
Master 45 - 49
Master 60 - 64
Master 75 - 79

18 - 19
Submaster
Master 50 - 54
Master 65 - 69
Master 80 +