WV State Mens Single Lift Bench Press Records												
8/30/2014	114	123.25	132.25	148.75	165.25	181.75	198.25	220.25	242.5	275.5	308.5	SHW
PURE											230 K. Burgess 6/22/2014	
PURE NOVICE							127.5 D. Dickel 6/22/2014					
NATURAL/ Open												
HIGH SCHOOL												
TEENAGE (13-19)												
JUNIOR (13-23)								162.5 Z. Hall 6/22/2014				
INT. (24-29)								182.5 M. Williams 4/26/2014	187.5 C Whitt 4/27/2013			
SM 1 (30-34)												
SM 2 (35-39)												
SMP												
8/30/2014	114	123.25	132.25	148.75	165.25	181.75	198.25	220.25	242.5	275.5	308.5	SHW
MASTER 1 (40-49)												
MASTER 2 (50-59)						120 Helmondollar 4/27/2013	122.5 Helmondollar 4/26/2014				230 K. Burgess 6/22/2014	
MASTER 3 (60-69)					85 O. Roach 4/26/2014	77.5 O. Roach 4/27/2013						
MASTER 4 (70-UP)								**42.5** D. Gibson **4/26/2014**				
MASTERS PURE												
LAW / FIRE												