

**IDAHO:  
MEN'S SINGLE LIFT STATE  
RECORDS  
R.A.W. UNITED POWERLIFTING  
FEDERATION**



**UPDATED: 15 MAR 2022**

# YOUTH SINGLE LIFT RECORDS, 13-Under

## Men's 66 lb. class

Age	BENCH	DEADLIFT
7-U	35 E. Bowen	50 E. Bowen

## Men's 77 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

## Men's 88 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

## Men's 97 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

## Men's 105 lb. class

Age	BENCH	DEADLIFT
13-U	OPEN	

# MEN'S SINGLE LIFT RECORDS, ALL AGES

## Men's 114 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## Men's 123 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>OPEN</b>	

## Men's 132 lb. class

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>13-U</b>	<b>85</b> <b>Q. Bowen</b>	<b>150</b> <b>Q. Bowen</b>
<b>14-15</b>	<b>165</b> <b>A. Crea</b>	<b>265</b> <b>A. Crea</b>
<b>OPN</b>	<b>235</b> <b>M. Thornton</b>	<b>335</b> <b>M. Thornton</b>
<b>55-59</b>	<b>235</b> <b>M. Thornton</b>	<b>335</b> <b>M. Thornton</b>

**Men's 148 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>180</b> <b>W. Cook</b>	<b>300</b> <b>W. Cook</b>
<b>16-17</b>	<b>195</b> <b>W. Cook</b>	<b>375</b> <b>W. Cook</b>
<b>OPN</b>	<b>245</b> <b>M. Thornton</b>	<b>375</b> <b>W. Cook</b>
<b>55-59</b>	<b>245</b> <b>M. Thornton</b>	<b>330</b> <b>M. Thornton</b>

**Men's 165 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>205</b> <b>J. Louis</b>	<b>360</b> <b>C. Wimberly</b>
<b>16-17</b>	<b>225</b> <b>C. Keener</b>	<b>420</b> <b>C. Keener</b>
<b>OPN</b>	<b>255</b> <b>Z. Webster</b>	<b>420</b> <b>C. Keener</b>

**Men's 181 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>255</b> <b>J. Louis</b>	<b>460</b> <b>C. Robinson</b>
<b>OPN</b>	<b>350</b> <b>E. Bowen</b>	<b>455</b> <b>C. Bloomsburg</b>

**Men's 198 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>16-17</b>	<b>240</b> <b>C. Robinson</b>	<b>520</b> <b>C. Robinson</b>
<b>OPN</b>	<b>335</b> <b>D. Cochrell</b>	<b>600</b> <b>C. Helm</b>
<b>40-44</b>	<b>335</b> <b>D. Cochrell</b>	
<b>45-49</b>	<b>350</b> <b>D. Cochrell</b>	<b>450</b> <b>D. Cochrell</b>
<b>55-59</b>	<b>230</b> <b>D. Atwood</b>	<b>445</b> <b>D. Atwood</b>

**Men's 220 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>390</b> <b>P. Miller</b>	<b>600</b> <b>C. Wood</b>

**Men's 242 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>385</b> <b>I. Fleming</b>	<b>605</b> <b>I. Fleming</b>

**Men's 275 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>14-15</b>	<b>280</b> <b>T. Beune</b>	<b>515</b> <b>T. Beune</b>
<b>16-17</b>	<b>330</b> <b>T. Beune</b>	<b>645</b> <b>T. Beune</b>
<b>OPN</b>	<b>330</b> <b>T. Beune</b>	<b>645</b> <b>T. Beune</b>
<b>50-54</b>	<b>315</b> <b>J. Martin</b>	<b>405</b> <b>J. Martin</b>
<b>60-64</b>	<b>265</b> <b>E. Freysinger</b>	<b>460</b> <b>E. Freysinger</b>

**Men's 308 lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>415</b> <b>J. Stockton</b>	<b>335</b> <b>J. Stockton</b>

**Men's 308+ lb. class**

<b>Age</b>	<b>BENCH</b>	<b>DEADLIFT</b>
<b>OPN</b>	<b>325</b> <b>M. Wilfong</b>	<b>515</b> <b>M. Wilfong</b>
<b>40-44</b>	<b>325</b> <b>M. Wilfong</b>	<b>515</b> <b>M. Wilfong</b>

