

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



UPDATED: 10 JUL 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

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Men's 123 lb. class

| Age | BENCH | DEADLIFT |
|------------|--------------|-----------------|
| OPN | OPEN | |

Men's 132 lb. class

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

Men's 148 lb. class

| Age | BENCH | DEADLIFT |
|--------------|----------------------------------|----------------------------------|
| 14-15 | 180 W. Cook | 300 W. Cook |
| 16-17 | 205 W. Cook | 375 W. Cook |
| OPN | 245 M. Thornton | 375 W. Cook |
| 55-59 | 245 M. Thornton | 330 M. Thornton |

Men's 165 lb. class

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

Men's 181 lb. class

| Age | BENCH | DEADLIFT |
|--------------|-------------------------------|------------------------------------|
| 14-15 | 255 J. Louis | 460 C. Robinson |
| OPN | 350 E. Bowen | 455 C. Bloomsburg |

Men's 198 lb. class

| Age | BENCH | DEADLIFT |
|--------------|----------------------------------|----------------------------------|
| 10-11 | 100 Cu. Logman | 205 Cu. Logman |
| 16-17 | 240 C. Robinson | 520 C. Robinson |
| OPN | 335 D. Cochrell | 600 C. Helm |
| 40-44 | 335 D. Cochrell | |
| 45-49 | 350 D. Cochrell | 450 D. Cochrell |
| 55-59 | 230 D. Atwood | 445 D. Atwood |

Men's 220 lb. class

| Age | BENCH | DEADLIFT |
|--------------|---------------------------------|---------------------------------|
| 10-11 | 100 Cr. Logman | 205 Cr. Logman |
| 16-17 | 270 R. Lysne | 465 R. Lysne |
| OPN | 390 P. Miller | 625 C. Wood |

Men's 242 lb. class

| Age | BENCH | DEADLIFT |
|------------|---------------------------------|---------------------------------|
| OPN | 385 I. Fleming | 605 I. Fleming |

Men's 275 lb. class

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

Men's 308 lb. class

| Age | BENCH | DEADLIFT |
|--------------|----------------------------------|----------------------------------|
| 16-17 | 275 C. Logman | 405 C. Logman |
| OPN | 415 J. Stockton | 335 J. Stockton |

Men's 308+ lb. class

| Age | BENCH | DEADLIFT |
|--------------|---------------------------------|---------------------------------|
| OPN | 325 M. Wilfong | 515 M. Wilfong |
| 40-44 | 325 M. Wilfong | 515 M. Wilfong |