

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



UPDATED: 15 MAR 2023

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
10-11	45 G. MacKinnon	85 G. MacKinnon

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
60-64	235 M. Thornton	325 M. Thornton

Men's 148 lb. class

Age	BENCH	DEADLIFT
14-15	180 W. Cook	300 W. Cook
16-17	225 W. Cook	385 W. Cook
OPN	245 M. Thornton	385 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	240 P. Flamengo	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
16-17	290 AJ Loomis	405 AJ Loomis
18-19	250 L. Bennett	395 L. Bennett
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	310 J. Louis	535 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	551.15 C. Robinson
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