

**UNITED STATES POWERLIFTING FEDERATION  
American Records - Men**

**Category: Submasters (35-39)**

| <u>WEIGHT</u>  | <u>LIFT</u> | <u>KGS</u> | <u>LBS</u> | <u>NAME</u>        | <u>DATE</u> |
|----------------|-------------|------------|------------|--------------------|-------------|
| 52kg/114.5lb   | Squat       | 135.0      | 297.0      | Glenn Murphy, Jr.  | 05/10/96    |
|                | Bench Press | 92.5       | 203.7      | Glenn Murphy, Jr.  | 05/10/96    |
|                | Deadlift    | 150.0      | 331.0      | Glenn Murphy, Jr.  | 05/10/96    |
|                | TOTAL       | 375.0      | 826.7      | Glenn Murphy, Jr.  | 05/10/96    |
| 56kg/123.5lb   | Squat       | 195.0      | 429.0      | Greg Young         | 07/12/97    |
|                | Bench Press | 115.0      | 253.5      | Chul-Yun Kim       | 05/18/91    |
|                | Deadlift    | 197.5      | 435.2      | Chul-Yun Kim       | 05/18/91    |
|                | TOTAL       | 457.5      | 1008.5     | Chul-Yun Kim       | 05/18/91    |
| 60kg/132.2lb   | Squat       | 215.0      | 473.9      | Greg Young         | 07/24/99    |
|                | Bench Press | 135.0      | 297.0      | Jonathan Arenberg  | 07/12/97    |
|                | Deadlift    | 205.0      | 451.0      | Jonathan Arenberg  | 07/12/97    |
|                | TOTAL       | 537.5      | 1185.0     | Jonathan Arenberg  | 07/12/97    |
| 67.5kg/148.7lb | Squat       | 272.5      | 600.7      | Scott Layman       | 02/16/08    |
|                | Bench Press | 177.5      | 391.2      | Scott Layman       | 08/09/06    |
|                | Deadlift    | 272.5      | 600.7      | Lloyd Weinstein    | 07/27/96    |
|                | TOTAL       | 680.0      | 1499.0     | Scott Layman       | 06/28/08    |
| 75kg/165.2lb   | Squat       | 333.2      | 735.0      | Rickey Dale Crain  | 06/27/92    |
|                | Bench Press | 188.5      | 415.5      | Tony Conyers       | 12/03/94    |
|                | Deadlift    | 305.0      | 672.2      | Rickey Dale Crain  | 12/14/91    |
|                | TOTAL       | 792.5      | 1747.0     | Rickey Dale Crain  | 12/14/91    |
| 82.5kg/181.7lb | Squat       | 272.5      | 600.7      | Dennis Cook        | 05/16/92    |
|                | Bench Press | 182.5      | 402.3      | Brian Pacheco      | 05/17/08    |
|                | Deadlift    | 292.5      | 644.7      | John Tyree         | 05/15/93    |
|                | TOTAL       | 717.5      | 1581.7     | John Tyree         | 05/15/93    |
| 90kg/198.2lb   | Squat       | 315.0      | 694.2      | Sylvester Anderson | 05/11/96    |
|                | Bench Press | 202.5      | 446.2      | Keith Kanemoto     | 05/19/95    |
|                | Deadlift    | 315.0      | 694.2      | John Dorsten       | 05/05/07    |
|                | TOTAL       | 802.5      | 1769.0     | Sylvester Anderson | 05/11/96    |
| 100kg/220lb    | Squat       | 387.5      | 854.2      | Mike Mastrean      | 08/19/06    |
|                | Bench Press | 227.5      | 501.5      | M. Peck            | 05/16/93    |
|                | Deadlift    | 322.5      | 710.7      | Mike Mastrean      | 08/19/06    |
|                | TOTAL       | 937.5      | 2066.8     | Mike Mastrean      | 08/19/06    |
| 110kg/242lb    | Squat       | 350.0      | 771.5      | Gil Thompson       | 05/19/91    |
|                | Bench Press | 260.0      | 573.0      | Gil Thompson       | 05/19/91    |
|                | Deadlift    | 322.5      | 710.7      | Tim Bruner         | 11/16/96    |
|                | TOTAL       | 917.5      | 2022.5     | Gil Thompson       | 05/19/91    |
| 125kg/275lb    | Squat       | 395.0      | 870.7      | Scott Smith        | 6/29/2008   |
|                | Bench Press | 312.5      | 688.7      | Scott Smith        | 6/29/2008   |
|                | Deadlift    | 337.5      | 744.0      | Scott Smith        | 6/29/2008   |
|                | TOTAL       | 1045.0     | 2303.4     | Scott Smith        | 6/29/2008   |
| 140kg/308lb    | Squat       | 440.0      | 970.0      | Scott Cartwright   | 01/24/09    |
|                | Bench Press | 300.0      | 661.3      | Scott Cartwright   | 01/24/09    |
|                | Deadlift    | 347.5      | 766.0      | Carlton Saunders   | 04/23/05    |
|                | TOTAL       | 1057.5     | 2331.3     | Scott Cartwright   | 01/24/09    |
| 140+kg/SHW     | Squat       | 410.0      | 903.7      | Kotcha Doonkeen    | 10/09/93    |
|                | Bench Press | 262.5      | 578.5      | Gary Garcia        | 03/19/05    |
|                | Deadlift    | 344.5      | 759.2      | Jack Pugh          | 02/27/93    |
|                | TOTAL       | 942.5      | 2073.5     | Joe Reeves         | 07/13/97    |