

2026 Bench Press Heptathlon V and Record Day
Clark's Gym, Columbia MO and Remote
11 – 12 April 2026

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	Bench Press Standard
Janet Thompson	68	164	74.5	1.0042	1.32	65
Allison Lupo	60	196.5	89.3	0.9015	1.21	60
Jeff Wenzel	51	228	103.6	0.8314	1.12	325
Jarrold Fobes	49	210	95.5	0.8685	1.10	245
Tony Lupo	60	241.5	109.8	0.8067	1.21	250
Riley Wenzel	21	152	69.1	1.0504	1.00	215
David DeForest	66	182	82.7	0.9424	1.28	135
Sanjiv Gupta	54	210	95.5	0.8685	1.15	175
Jerome Licini	67	230.3	104.7	0.8268	1.30	110

Name	Bench Press Feet Up	Bench Press Hand Together	Bench Press Alternate Grip	Bench Press Reverse Grip	Bench Press One Hand Left	Bench Press One Hand Right
Janet Thompson	55	55	55	65*	15*	15*
Allison Lupo	65	55*	60*	65*	20*	15
Jeff Wenzel	315	250*	300*	275	125	140**
Jarrold Fobes	225	205*	245*	245	85	85
Tony Lupo	240*	195*	225*	215*	105*	70*
Riley Wenzel	215	165	205	205**	85**	85**
David DeForest	135	120	120	135	65*	65*
Sanjiv Gupta	175	145*	125	115*	55*	55*
Jerome Licini	110	110*	100*	100*	40*	40*

Name	Total (lb)	Points (lb)	Rank
Janet Thompson	325	430.80	1
Allison Lupo	340	370.88	2
Jeff Wenzel	1730	1610.92	1
Jarrold Fobes	1335	1275.39	2
Tony Lupo	1300	1268.94	3
Riley Wenzel	1175	1234.22	4
David DeForest	775	934.86	5
Sanjiv Gupta	845	843.97	6
Jerome Licini	610	655.62	7

Special Events	Roman Chair	Lynch	Rank		Reg Park	Lynch	Rank
				Janet Thompson	44**	58.32	1
Jeff Wenzel	251**	233.72	1	Jeff Wenzel	240	223.48	1
Tony Lupo	110*	107.37	2	Riley Wenzel	180**	189.07	2
Riley Wenzel	100	105.04	3	Tony Lupo	150*	146.42	3
Sanjiv Gupta	75*	74.91	4	Dave DeForest	120*	144.75	4
				Jarrold Fobes	130*	124.20	5
				Sanjiv Gupta	110	109.87	6

Special Events	Rampage	Total	Lynch	Rank
Allison Lupo	15 lb x 53 Rep	795	867.20**	1
Janet Thompson	10 lb x 64 rep	640	848.35**	2
Riley Wenzel	65 lb x 80 rep	5200	5462.08**	1
David DeForest	55 lb x 58 rep	3016	3638.12*	2
Jarrold Fobes	95 lb x 40 rep	3800	3630.33*	3
Tony Lupo	90 lb x 37 rep	3330	3250.44*	4
Sanjiv Gupta	95 lb x 19 rep	1805	1802.79*	5
Jerome Licini	40 lb x 41 rep	1640	1762.74*	6

Referees

Clark's Gym: Bill Clark, Jeff Wenzel, Tony Lupo, David DeForest, Allison Lupo

High Country Vigour: Sanjiv Gupta, Nisha Gupta, Jarrod Fobes

Record Day – Clark's Gym

David DeForest 66 yrs 85 kg BWT

Pinch grip – strict – left – 42 lb

Pinch grip – strict - right – 42 lb

Pinch grip – strict – both – 107 lb

Deadlift – Fingers - Little – 105 lb

Pullover – stiff arm – 43 lb

Janet Thompson 68 yrs 75 kg BWT

Pullover – stiff arm – 10 lb

Deadlift - Fingers – Little – 76 lb

Deadlift – Fingers - Index – 80 lb

Deadlift – Fingers - Middle – 80 lb

Deadlift – Fingers - Ring – 80 lb

Jeff Wenzel 51 yrs 105 kg BWT

Bear hug – 211 lb.

Allison Lupo 60 yrs 90 kg BWT

Deadlift, Fulton Dumbbell L – 40 lb

Deadlift, Fulton Dumbbell R – 40 lb

Tony Lupo **60 yrs 110 kg BWT**

Pinch Grip – Strict – L – 46 lb

Pinch Grip Deadlift – 301 lb.

Pinch Grip Strict Two Hands – 111 lb

Deadlift Fulton Dumbbell – L – 150 lb.

High Country Vigour

Jarrold Fobes **49 yrs 100 kg BWT**

Deadlift, No Thumbs 236 lbs.

Sanjiv Gupta **54 yrs 100 kg BWT**

Vertical Bar, 1 Bar, 1", Left - 141 pounds

Vertical Bar, 1 Bar, 1", Right - 141 pounds

Vertical Bar, 2 Bars, 1" - 262 pounds