



UNITED STATES WOMENS BENCH PRESS RECORDS

Updated by Ed Kutin
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Weight Class: 97 Female				
Division	Bench Press	Name	Resides	Date
Open	67.5 kgs / 148.8 lbs	Angelina Hong	TX	3/2015
11 and under	47.5 kgs / 104.7 lbs	Beth-el Algarin	MN	2/2011
12-13	45.0 kgs / 99.2 lbs	Naomi Kutin	NJ	11/2013
14-15	42.5 kgs / 93.6 lbs	Kristine Connelly	IL	11/2007
16-17	47.5 kgs / 104.7 lbs	Ashley Christiansen	NC	3/2017
18-19	67.5 kgs / 148.8 lbs	Angelina Hong	TX	3/2015
20-24	51.0 kgs / 112.4 lbs	Jessica McBride	NY	11/2007
35-39	54.4 kgs / 119.9 lbs	Ruth Snyder	PA	1999
40-44	40.8 kgs / 89.9 lbs	Paula Lorenzi	PA	2003
55-59	35.5 kgs / 78.2 lbs	Rocky Luedeker	AZ	6/2014
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	VA	12/2017

Weight Class: 105 Female				
Division	Bench Press	Name	Resides	Date
Open	77.5 kgs / 170.8 lbs	Angelina Hong	TX	2/2014
11 and under	45.0 kgs / 99.2 lbs	Beth-el Algarin	MN	7/2011
12-13	47.5 kgs / 104.7 lbs	Naomi Kutin	NJ	6/2014
14-15	50.2 kgs / 110.6 lbs	T. Fitzpatrick	USA	12/2001
16-17	48.0 kgs / 105.8 lbs	Ashley Christiansen	NC	11/2016
18-19	77.5 kgs / 170.8 lbs	Angelina Hong	TX	2/2014
20-24	60.0 kgs / 132.2 lbs	Amanda Hunsucker	AZ	4/2016
35-39	47.5 kgs / 104.7 lbs	Jamie Brissey	VA	4/2014
40-44	63.5 kgs / 139.9 lbs	Linda Richard	VA	7/2007
45-49	56.6 kgs / 124.7 lbs	Karen Poyner	VA	6/2005
50-54	60.1 kgs / 132.4 lbs	Karen Poyner	VA	11/2006
55-59	58.5 kgs / 128.9 lbs	Karen Poyner	VA	7/2012
60-64	53.5 kgs / 117.9 lbs	Karen Poyner	VA	4/2016
65-69	27.5 kgs / 60.6 lbs	Jenny Telles	NM	11/2014
Police/Fire/Mil	42.5 kgs / 93.6 lbs	Elizabeth Zeutschel	NC	8/2014

Weight Class: 114 Female				
Division	Bench Press	Name	Resides	Date
Open	77.5 kgs / 170.8 lbs	Kerry Self	VA	6/2017
11 and under	55.0 kgs / 121.2 lbs	Beth-el Algarin	MN	3/2012
12-13	60.0 kgs / 132.2 lbs	Miranda Chambers	PA	3/2014
14-15	48.5 kgs / 106.9 lbs	Adrienne Zimmerman	PA	2007
16-17	48.0 kgs / 105.8 lbs	Jessica Smith	NC	6/2016
18-19	57.5 kgs / 126.7 lbs	Kayla Johnson	NC	2/2015
20-24	68.5 kgs / 151.0 lbs	Elizabeth Cameron	AZ	9/2011

35-39	76.0 kgs / 167.5 lbs	Natasha Beasley	VA	10/2017
40-44	77.5 kgs / 170.8 lbs	Kerry Self	VA	6/2017
45-49	63.5 kgs / 139.9 lbs	Doreen Wofford	NC	8/2008
50-54	47.6 kgs / 104.9 lbs	Jackie Burkett	VA	11/2003
55-59	48.0 kgs / 105.8 lbs	Janet Huntley	PA	10/2016
60-64	33.0 kgs / 72.7 lbs	Roxanne Chance	AZ	6/2017
65-69	55.0 kgs / 121.2 lbs	Kathryn Eldred	AZ	6/2014
70-74	55.0 kgs / 121.2 lbs	Kathryn Eldred	AZ	5/2015
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Rebecca Breeden	VA	9/2015

Weight Class: 123 Female

Division	Bench Press	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Miranda Chambers	PA	10/2016
11 and under	57.5 kgs / 126.7 lbs	Beth-el Algarin	MN	6/2012
12-13	47.6 kgs / 104.9 lbs	Ariel Bulmash	GA	3/2009
14-15	70.0 kgs / 154.3 lbs	Miranda Chambers	PA	11/2014
16-17	85.0 kgs / 187.3 lbs	Miranda Chambers	PA	10/2016
18-19	70.3 kgs / 154.9 lbs	Leslie Kutner	FL	3/2008
20-24	80.0 kgs / 176.3 lbs	Melissa Hexter	MD	10/2015
35-39	80.0 kgs / 176.3 lbs	Julie Puetz	NE	11/2017
40-44	82.5 kgs / 181.8 lbs	Kerry Self	VA	8/2017
45-49	80.0 kgs / 176.3 lbs	Kelly Moore	WI	2009
50-54	72.5 kgs / 159.8 lbs	Diane Brill	NV	10/2012
55-59	67.5 kgs / 148.8 lbs	Diane Brill	NV	4/2017
60-64	55.0 kgs / 121.2 lbs	Susan Drach	VA	4/2016
70-74	25.0 kgs / 55.1 lbs	Janet Bauer	OH	10/2017
75-79	18.1 kgs / 39.9 lbs	Dorothy Johnson	PA	3/2008
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Yvonne Young	VA	8/2012

Weight Class: 132 Female

Division	Bench Press	Name	Resides	Date
Open	127.0 kgs / 279.9 lbs	Jennifer Thompson	NC	8/2006
11 and under	27.5 kgs / 60.6 lbs	Olivia Toth	NH	12/2008
12-13	65.0 kgs / 143.2 lbs	Beth-el Algarin	MN	10/2012
14-15	55.0 kgs / 121.2 lbs	Ashley Hoban	AZ	3/2014
16-17	66.5 kgs / 146.6 lbs	Catherine Reynolds	VA	8/2017
18-19	62.5 kgs / 137.7 lbs	Krystal Stanczyk	PA	4/2014
20-24	91.8 kgs / 202.3 lbs	Amy Perlmutter	NJ	5/2000
35-39	85.0 kgs / 187.3 lbs	Andrea White	NY	6/2014
40-44	85.0 kgs / 187.3 lbs	Kerry Self	VA	12/2017
45-49	77.5 kgs / 170.8 lbs	Kelly Wescott	NC	11/2008
50-54	79.0 kgs / 174.1 lbs	Patti McKee	AZ	6/2014
55-59	73.5 kgs / 162.0 lbs	Diane Brill	NV	6/2016
60-64	60.0 kgs / 132.2 lbs	Judith Wolff	MA	6/2012
65-69	45.0 kgs / 99.2 lbs	Dianne MacMillan	MA	3/2009
70-74	45.0 kgs / 99.2 lbs	Linda Leightley	VA	5/2016
75-79	22.6 kgs / 49.8 lbs	Josie Merrell	MI	
80+	35.0 kgs / 77.1 lbs	Ruth Coak	AZ	6/2014
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Katie Johnson	MD	5/2015

Weight Class: 148 Female

Division	Bench Press	Name	Resides	Date
Open	104.6 kgs / 230.6 lbs	Michelle Borzak	PA	7/2005

11 and under	40.0 kgs / 88.1 lbs	Trinity Marrow	NC	3/2012
12-13	59.0 kgs / 130.0 lbs	Lindsey Brill	NV	10/2010
14-15	70.5 kgs / 155.4 lbs	Kaitlyn Duncan	PA	11/2010
16-17	79.4 kgs / 175.0 lbs	Angie Miller	PA	2004
18-19	72.5 kgs / 159.8 lbs	Sarah Dolson	DC	9/2001
20-24	85.0 kgs / 187.3 lbs	Tara Steadman	AZ	10/2010
35-39	97.5 kgs / 214.9 lbs	Andrea White	NY	11/2014
40-44	80.0 kgs / 176.3 lbs	Jenifer Kelly	AZ	6/2011
45-49	73.5 kgs / 162.0 lbs	Mary Ann Wieckowski	PA	6/2012
50-54	72.5 kgs / 159.8 lbs	Suzanne LaForge	MA	11/2014
55-59	65.7 kgs / 144.8 lbs	Cynthia Hochstetler	IL	9/2010
60-64	50.0 kgs / 110.2 lbs	Doris Santos	PA	10/2013
65-69	42.0 kgs / 92.5 lbs	Tonnie Alliance	OH	11/2014
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	OH	10/2016
75-79	15.8 kgs / 34.8 lbs	Josie Merrell	MI	12/2001
Police/Fire/Mil	80.0 kgs / 176.3 lbs	Katie Johnson	MD	10/2015

Weight Class: 165 Female

Division	Bench Press	Name	Resides	Date
Open	97.5 kgs / 214.9 lbs	Joan Gardner	VT	12/2006
11 and under	47.5 kgs / 104.7 lbs	Samantha Davis	OH	4/2017
12-13	45.3 kgs / 99.8 lbs	C. Easter	USA	1999
14-15	87.5 kgs / 192.9 lbs	Beth-el Algarin	MN	10/2015
16-17	74.8 kgs / 164.9 lbs	Ashley Buck	PA	2005
18-19	77.5 kgs / 170.8 lbs	Kristina-Marie Coleman	VA	6/2016
20-24	97.5 kgs / 214.9 lbs	Tara Steadman	AZ	6/2010
35-39	90.0 kgs / 198.4 lbs	Hayley Bloom	IA	6/2017
40-44	97.5 kgs / 214.9 lbs	Tammy Walker	NC	3/2009
45-49	92.9 kgs / 204.8 lbs	Lynne Nelson	VA	10/2006
50-54	97.5 kgs / 214.9 lbs	Joan Gardner	VT	12/2006
55-59	80.0 kgs / 176.3 lbs	Claudia Helmick	VA	3/2017
60-64	70.5 kgs / 155.4 lbs	Linda Jess	NE	6/2017
65-69	27.5 kgs / 60.6 lbs	Judy Phipps	PA	6/2015
80+	27.5 kgs / 60.6 lbs	Nada Brewer	AZ	3/2014
Police/Fire/Mil	90.0 kgs / 198.4 lbs	Hayley Bloom	IA	6/2017
Spec. Oly.	52.5 kgs / 115.7 lbs	Vivienne Shockley	MT	6/2013

Weight Class: 181 Female

Division	Bench Press	Name	Resides	Date
Open	112.5 kgs / 248.0 lbs	Tammy Walker	NC	5/2014
11 and under	54.4 kgs / 119.9 lbs	Victoria Vasquez	MD	6/2008
12-13	57.5 kgs / 126.7 lbs	Victoria Vasquez	MD	
14-15	70.0 kgs / 154.3 lbs	Shelby Taylor	OH	4/2017
16-17	82.2 kgs / 181.2 lbs	Anna McCloskey	PA	8/2009
18-19	92.5 kgs / 203.9 lbs	Tara Maier	AZ	12/2013
20-24	106.5 kgs / 234.7 lbs	LaToya Parrish	VA	12/2007
35-39	102.5 kgs / 225.9 lbs	Missy Gentry	MT	8/2016
40-44	107.5 kgs / 236.9 lbs	Tammy Walker	NC	5/2010
45-49	112.5 kgs / 248.0 lbs	Tammy Walker	NC	5/2014
50-54	80.0 kgs / 176.3 lbs	Mary Ann Wieckowski	PA	11/2014
55-59	77.5 kgs / 170.8 lbs	Hyacinth Joseph	NC	3/2013
60-64	92.5 kgs / 203.9 lbs	Erika Grill	AZ	6/2016
65-69	40.0 kgs / 88.1 lbs	Carol Pacetti	VT	10/2009

Police/Fire/Mil	95.0 kgs / 209.4 lbs	Hayley Bloom	IA	11/2017
Spec. Oly.	50.0 kgs / 110.2 lbs	Joni Talavera	PA	4/2012

Weight Class: 198 Female

Division	Bench Press	Name	Resides	Date
Open	122.4 kgs / 269.8 lbs	LaToya Parrish	VA	5/2008
11 and under	25.0 kgs / 55.1 lbs	Ashley Daugherty	NC	6/2017
12-13	62.5 kgs / 137.7 lbs	Victoria Vasquez	MD	11/2009
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	SC	2/2000
16-17	58.9 kgs / 129.8 lbs	Charlie Fohringer	PA	2/2008
18-19	65.0 kgs / 143.2 lbs	CaDeisha Debroux	VA	4/2012
20-24	122.4 kgs / 269.8 lbs	LaToya Parrish	VA	5/2008
35-39	102.5 kgs / 225.9 lbs	Nikki Creecy	NC	3/2013
40-44	99.7 kgs / 219.7 lbs	Kari Saban	FL	8/2006
45-49	87.5 kgs / 192.9 lbs	Erika Grill	AZ	10/2017
50-54	68.5 kgs / 151.0 lbs	Terri Korba	NY	10/2017
55-59	83.0 kgs / 182.9 lbs	Hyacinth Joseph	NC	2/2016
60-64	85.0 kgs / 187.3 lbs	Hyacinth Joseph	NC	10/2016
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	VA	12/2017
70-74	37.5 kgs / 82.6 lbs	Carol Pacetti	VT	4/2013
Police/Fire/Mil	82.5 kgs / 181.8 lbs	Hyacinth Joseph	NC	11/2017
Spec. Oly.	52.5 kgs / 115.7 lbs	Joni Talavera	PA	6/2016

Weight Class: 198+ Female

Division	Bench Press	Name	Resides	Date
Open	125.5 kgs / 276.6 lbs	Lisa Quevedo	CA	10/2013
12-13	68.5 kgs / 151.0 lbs	Victoria Vasquez	MD	7/2010
14-15	104.3 kgs / 229.9 lbs	Shannon Summers	SC	12/1998
16-17	124.7 kgs / 274.9 lbs	Shannon Summers	SC	12/1999
18-19	75.0 kgs / 165.3 lbs	Brittany Luzier	PA	4/2017
20-24	125.5 kgs / 276.6 lbs	Lisa Quevedo	CA	10/2013
35-39	117.5 kgs / 259.0 lbs	Jessica Read	VA	7/2012
40-44	102.5 kgs / 225.9 lbs	Rochelle Comly-Dubbs	PA	12/2017
45-49	98.5 kgs / 217.1 lbs	Michelle Carlsen	NY	11/2011
50-54	97.5 kgs / 214.9 lbs	Michelle Carlsen	NY	6/2012
55-59	72.5 kgs / 159.8 lbs	Sue Nova	AZ	10/2017
60-64	55.0 kgs / 121.2 lbs	Sandy Flaus	VA	8/2017
65-69	45.3 kgs / 99.8 lbs	Suci Stinnett	VA	11/2005
70-74	35.0 kgs / 77.1 lbs	Sandra Foli	IL	6/2014
80+	25.0 kgs / 55.1 lbs	Corrinne Cassidy	NH	3/2012
Police/Fire/Mil	97.5 kgs / 214.9 lbs	Latonia Brown	NC	8/2017
Spec. Oly.	32.5 kgs / 71.6 lbs	Girlvester Thompson	VA	12/2016