

Weight Class: 44 / 97 Female				
Division	Bench Press	Name	Resides	Date
Open	54.4 kgs / 119.9 lbs	Elizabeth Parker	US-FL	6/2022
2: Open	54.0 kgs / 119.0 lbs	Karen Poyner	US-VA	12/2017
3: Open	53.5 kgs / 117.9 lbs	Karen Poyner	US-VA	4/2017
4: Open	53.0 kgs / 116.8 lbs	Karen Poyner	US-VA	2/2017
5: Open	51.0 kgs / 112.4 lbs	Jessica McBride	US-NY	11/2007
6: Open	49.8 kgs / 109.7 lbs	Jessica McBride	US-NY	11/2006
7: Open	36.2 kgs / 79.8 lbs	Maureen Cahill	US-NJ	9/2001
11 and under	47.5 kgs / 104.7 lbs	Beth-el Algarin	US-MN	2/2011
12-13	45.0 kgs / 99.2 lbs	Naomi Kutin	US-NJ	11/2013
14-15	42.5 kgs / 93.6 lbs	Kristine Connelly	US-IL	11/2007
16-17	47.5 kgs / 104.7 lbs	Ashley Christiansen	US-NC	3/2017
2: 16-17	45.0 kgs / 99.2 lbs	Ashley Christiansen	US-NC	2/2017
3: 16-17	44.0 kgs / 97.0 lbs	Ashley Christiansen	US-NC	6/2016
4: 16-17	42.5 kgs / 93.6 lbs	Danielle Tasher	US-PA	10/2012
18-19	49.8 kgs / 109.7 lbs	Jessica McBride	US-NY	11/2006
2: 18-19	24.9 kgs / 54.8 lbs	Treva Thatcher	US-NY	2003
20-24	54.4 kgs / 119.9 lbs	Elizabeth Parker	US-FL	6/2022
2: 20-24	52.5 kgs / 115.7 lbs	Ashley Christiansen	US-NC	11/2020
3: 20-24	51.0 kgs / 112.4 lbs	Jessica McBride	US-NY	11/2007
35-39	50.0 kgs / 110.2 lbs	Heather Feingold	US-VA	5/2015
2: 35-39	47.5 kgs / 104.7 lbs	Heather Feingold	US-VA	11/2014
3: 35-39	39.0 kgs / 85.9 lbs	Holli Smith	US-VT	12/2006
40-44	37.5 kgs / 82.6 lbs	Jade Nguen	US-VA	4/2021
2: 40-44	36.5 kgs / 80.4 lbs	Jade Nguen	US-VA	3/2021
3: 40-44	36.2 kgs / 79.8 lbs	Maureen Cahill	US-NJ	9/2001
55-59	35.5 kgs / 78.2 lbs	Rocky Luedeker	US-AZ	6/2014
2: 55-59	35.0 kgs / 77.1 lbs	Rocky Luedeker	US-AZ	3/2014
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	US-VA	12/2017
2: 60-64	53.5 kgs / 117.9 lbs	Karen Poyner	US-VA	4/2017
3: 60-64	53.0 kgs / 116.8 lbs	Karen Poyner	US-VA	2/2017
4: 60-64	50.0 kgs / 110.2 lbs	Karen Poyner	US-VA	9/2016
5: 60-64	36.5 kgs / 80.4 lbs	Rocky Luedeker	US-AZ	4/2016
6: 60-64	35.5 kgs / 78.2 lbs	Rocky Luedeker	US-AZ	10/2015
7: 60-64	35.0 kgs / 77.1 lbs	Rocky Luedeker	US-AZ	5/2015
8: 60-64	33.0 kgs / 72.7 lbs	Rocky Luedeker	US-AZ	3/2015
9: 60-64	32.5 kgs / 71.6 lbs	Rocky Luedeker	US-AZ	11/2014
65-69	47.5 kgs / 104.7 lbs	Karen Poyner	US-VA	4/2023
2: 65-69	47.0 kgs / 103.6 lbs	Karen Poyner	US-VA	11/2022
3: 65-69	45.0 kgs / 99.2 lbs	Karen Poyner	US-VA	7/2022
75-79	16.7 kgs / 36.8 lbs	Susan Bohling	US-FL	6/2022
Spec. Oly.	42.5 kgs / 93.6 lbs	Elizabeth Parker	US-FL	7/2021
Handicapped	20.0 kgs / 44.0 lbs	Sarla Devi	India	1/2021

Weight Class: 48 / 105 Female				
Division	Bench Press	Name	Resides	Date
Open	64.0 kgs / 141.0 lbs	McKenna Kozina	Canada	10/2017
2: Open	63.5 kgs / 139.9 lbs	Linda Richard	US-VA	7/2007
3: Open	60.1 kgs / 132.4 lbs	Karen Poyner	US-VA	11/2006
4: Open	38.5 kgs / 84.8 lbs	Krystle McKenzie	US-DC	12/1999
11 and under	50.0 kgs / 110.2 lbs	Giuliana Hess	US-NJ	6/2022

2: 11 and under	45.0 kgs / 99.2 lbs	Beth-el Algarin	US-MN	7/2011
12-13	47.5 kgs / 104.7 lbs	Naomi Kutin	US-NJ	6/2014
2: 12-13	35.0 kgs / 77.1 lbs	Savannah Sparkes	US-AZ	3/2014
14-15	55.0 kgs / 121.2 lbs	Catherine Sableva	Ukraine	6/2013
2: 14-15	41.0 kgs / 90.3 lbs	Amanda Henson	US-MA	9/2011
3: 14-15	38.5 kgs / 84.8 lbs	Krystle McKenzie	US-DC	12/1999
16-17	64.0 kgs / 141.0 lbs	McKenna Kozina	Canada	10/2017
2: 16-17	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada	8/2017
3: 16-17	57.5 kgs / 126.7 lbs	McKenna Kozina	Canada	3/2017
4: 16-17	51.0 kgs / 112.4 lbs	McKenna Kozina	Canada	11/2016
5: 16-17	50.5 kgs / 111.3 lbs	McKenna Kozina	Canada	10/2016
6: 16-17	50.0 kgs / 110.2 lbs	McKenna Kozina	Canada	8/2016
7: 16-17	47.5 kgs / 104.7 lbs	McKenna Kozina	Canada	3/2016
8: 16-17	45.0 kgs / 99.2 lbs	Laurel Trail	US-AZ	6/2011
18-19	60.5 kgs / 133.3 lbs	McKenna Kozina	Canada	6/2019
2: 18-19	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada	5/2018
3: 18-19	55.0 kgs / 121.2 lbs	Rylea Yanke	Canada	8/2015
4: 18-19	50.0 kgs / 110.2 lbs	Amanda Hunsucker	US-AZ	3/2014
5: 18-19	47.5 kgs / 104.7 lbs	Laurel Trail	US-AZ	2012
20-24	60.5 kgs / 133.3 lbs	Amanda Lajeunesse	US-AZ	6/2018
2: 20-24	60.0 kgs / 132.2 lbs	Amanda Hunsucker	US-AZ	4/2016
3: 20-24	56.0 kgs / 123.4 lbs	Amanda Hunsucker	US-AZ	5/2015
4: 20-24	55.0 kgs / 121.2 lbs	Amanda Hunsucker	US-AZ	3/2015
5: 20-24	52.5 kgs / 115.7 lbs	Amanda Hunsucker	US-AZ	8/2014
6: 20-24	50.0 kgs / 110.2 lbs	Lauren Rodriguez	US-VA	6/2014
7: 20-24	40.0 kgs / 88.1 lbs	Krystine Loring	US-VT	2009
35-39	57.5 kgs / 126.7 lbs	Viktoriya Kruglyak	Ukraine	4/2014
2: 35-39	45.0 kgs / 99.2 lbs	Jamie Brissey	US-VA	3/2014
40-44	63.5 kgs / 139.9 lbs	Linda Richard	US-VA	7/2007
45-49	59.0 kgs / 130.0 lbs	Jill Keilty	Canada	11/2023
2: 45-49	58.5 kgs / 128.9 lbs	Marzia Girardi	Italy	7/2012
50-54	60.1 kgs / 132.4 lbs	Karen Poyner	US-VA	11/2006
55-59	58.0 kgs / 127.8 lbs	Karen Poyner	US-VA	9/2012
60-64	53.5 kgs / 117.9 lbs	Karen Poyner	US-VA	4/2016
65-69	27.5 kgs / 60.6 lbs	Jenny Telles	US-NM	11/2014

Weight Class: 52 / 114 Female

Division	Bench Press	Name	Resides	Date
Open	77.5 kgs / 170.8 lbs	Kerry Self	US-VA	6/2017
2: Open	75.0 kgs / 165.3 lbs	Julie Puetz	US-NE	3/2017
3: Open	74.8 kgs / 164.9 lbs	Deborah Flanagan	US-NC	11/2003
11 and under	55.0 kgs / 121.2 lbs	Beth-el Algarin	US-MN	3/2012
2: 11 and under	35.0 kgs / 77.1 lbs	Sarah Hunt	US-PA	2011
12-13	60.0 kgs / 132.2 lbs	Miranda Chambers	US-PA	3/2014
14-15	55.0 kgs / 121.2 lbs	Lela Pensyl	US-PA	4/2023
2: 14-15	50.0 kgs / 110.2 lbs	Gwendolyn Sheridan	Canada	2/2012
16-17	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada	2/2017
2: 16-17	48.0 kgs / 105.8 lbs	Jessica Smith	US-NC	6/2016
3: 16-17	47.5 kgs / 104.7 lbs	Lizette Magana	US-AZ	4/2013
18-19	55.0 kgs / 121.2 lbs	Courtney Krauss	Canada	8/2023
2: 18-19	45.0 kgs / 99.2 lbs	Ludmila Navrotskaya	Ukraine	6/2013
20-24	68.5 kgs / 151.0 lbs	Elizabeth Cameron	US-AZ	9/2011

35-39	76.0 kgs / 167.5 lbs	Natasha Beasley	US-VA	10/2017
2: 35-39	75.0 kgs / 165.3 lbs	Julie Puetz	US-NE	3/2017
3: 35-39	60.0 kgs / 132.2 lbs	Jill Keilty	Canada	9/2013
40-44	77.5 kgs / 170.8 lbs	Kerry Self	US-VA	6/2017
2: 40-44	74.8 kgs / 164.9 lbs	Deborah Flanagan	US-NC	11/2003
45-49	60.0 kgs / 132.2 lbs	Nikki Chapman	Canada	9/2012
50-54	65.5 kgs / 144.4 lbs	Lisa Scheffelmaier	Canada	11/2014
2: 50-54	65.0 kgs / 143.2 lbs	Lisa Scheffelmaier	Canada	9/2014
3: 50-54	60.0 kgs / 132.2 lbs	Lisa Scheffelmaier	Canada	1/2014
55-59	65.0 kgs / 143.2 lbs	Lori McMahon	US-PA	12/2021
2: 55-59	50.5 kgs / 111.3 lbs	Janet Huntley	US-PA	10/2021
3: 55-59	50.0 kgs / 110.2 lbs	Susan White	Canada	11/2017
4: 55-59	48.0 kgs / 105.8 lbs	Janet Huntley	US-PA	10/2016
5: 55-59	45.0 kgs / 99.2 lbs	Ginger Enderson	US-NC	6/2013
60-64	62.5 kgs / 137.7 lbs	Christina Lahey	Canada	5/2023
2: 60-64	48.5 kgs / 106.9 lbs	Janet Huntley	US-PA	4/2023
3: 60-64	48.0 kgs / 105.8 lbs	Janet Huntley	US-PA	12/2022
4: 60-64	47.5 kgs / 104.7 lbs	Janet Huntley	US-PA	4/2022
5: 60-64	45.5 kgs / 100.3 lbs	Jo Hendon	US-VA	8/2021
6: 60-64	37.5 kgs / 82.6 lbs	Trish Kirkland	US-FL	6/2018
7: 60-64	33.0 kgs / 72.7 lbs	Roxanne Chance	US-AZ	6/2017
65-69	55.0 kgs / 121.2 lbs	Kathryn Eldred	US-AZ	6/2014
70-74	55.0 kgs / 121.2 lbs	Kathryn Eldred	US-AZ	5/2015
2: 70-74	35.0 kgs / 77.1 lbs	Mary Ann Little	US-PA	11/2014
75-79	27.5 kgs / 60.6 lbs	Doreen Kimura	Canada	1/2014
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Rebecca Breeden	US-VA	9/2015

Weight Class: 56 / 123 Female

Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Febrose Tsiode	Nauru	10/2018
2: Open	96.0 kgs / 211.6 lbs	Giorgia Pratesi	Italy	7/2012
3: Open	81.0 kgs / 178.5 lbs	Amy Eaton	US-NC	6/2011
4: Open	80.0 kgs / 176.3 lbs	Kelly Moore	US-WI	2009
5: Open	63.5 kgs / 139.9 lbs	Jumana Asroush	USA	12/1999
11 and under	57.5 kgs / 126.7 lbs	Beth-el Algarin	US-MN	6/2012
12-13	48.5 kgs / 106.9 lbs	Mackenzie Taylor	US-NC	8/2020
2: 12-13	48.0 kgs / 105.8 lbs	Mackenzie Taylor	US-NC	3/2020
3: 12-13	47.6 kgs / 104.9 lbs	Ariel Bulmash	US-GA	3/2009
14-15	70.0 kgs / 154.3 lbs	Miranda Chambers	US-PA	11/2014
2: 14-15	62.5 kgs / 137.7 lbs	Taisia Khramtsova	Ukraine	4/2014
16-17	85.0 kgs / 187.3 lbs	Miranda Chambers	US-PA	10/2016
2: 16-17	77.5 kgs / 170.8 lbs	Miranda Chambers	US-PA	6/2016
3: 16-17	63.5 kgs / 139.9 lbs	Leslie Kutner	US-FL	2007
18-19	120.0 kgs / 264.5 lbs	Febrose Tsiode	Nauru	10/2018
2: 18-19	65.0 kgs / 143.2 lbs	Christine Trac	Canada	1/2016
3: 18-19	57.5 kgs / 126.7 lbs	Rachel Jordan	US-NC	10/2015
4: 18-19	50.0 kgs / 110.2 lbs	Terese Mazurkewich	Canada	9/2015
5: 18-19	45.0 kgs / 99.2 lbs	Lucy Chung	US-NE	6/2014
20-24	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	US-VA	6/2021
2: 20-24	75.0 kgs / 165.3 lbs	Breann Thiessen	Canada	1/2015
3: 20-24	63.5 kgs / 139.9 lbs	Jumana Asroush	USA	12/1999
35-39	80.5 kgs / 177.4 lbs	Natasha Beasley	US-VA	6/2018

2: 35-39	80.0 kgs / 176.3 lbs	Julie Puetz	US-NE	11/2017
3: 35-39	78.5 kgs / 173.0 lbs	Amy Eaton	US-NC	2/2011
40-44	85.0 kgs / 187.3 lbs	Elizabeth Craven	Australia	10/2018
2: 40-44	81.0 kgs / 178.5 lbs	Amy Eaton	US-NC	6/2011
45-49	80.0 kgs / 176.3 lbs	Kelly Moore	US-WI	2009
50-54	72.5 kgs / 159.8 lbs	Diane Brill	US-NV	10/2012
55-59	74.8 kgs / 164.9 lbs	Lisa Hoyt	US-WA	6/2022
2: 55-59	70.0 kgs / 154.3 lbs	Diane Brill	US-NV	6/2019
3: 55-59	67.5 kgs / 148.8 lbs	Diane Brill	US-NV	4/2017
4: 55-59	57.5 kgs / 126.7 lbs	Susan Drach	US-VA	4/2014
60-64	60.5 kgs / 133.3 lbs	Susan Drach	US-VA	4/2019
2: 60-64	56.0 kgs / 123.4 lbs	Susan Drach	US-VA	4/2018
3: 60-64	55.0 kgs / 121.2 lbs	Susan Drach	US-VA	4/2016
4: 60-64	37.5 kgs / 82.6 lbs	Maralyn Goldstein	US-AZ	5/2015
65-69	45.0 kgs / 99.2 lbs	Jo Hendon	US-VA	9/2023
2: 65-69	42.5 kgs / 93.6 lbs	Trish Kirkland	US-FL	6/2019
70-74	41.0 kgs / 90.3 lbs	Marcia Anderson	US-VA	7/2021
2: 70-74	25.0 kgs / 55.1 lbs	Janet Bauer	US-OH	10/2017
75-79	30.0 kgs / 66.1 lbs	Karola Meyer	US-MD	10/2020
2: 75-79	28.0 kgs / 61.7 lbs	Karola Meyer	US-MD	7/2019
3: 75-79	27.5 kgs / 60.6 lbs	Karila Meyer	US-MD	4/2019
80+	32.0 kgs / 70.5 lbs	Karola Meyer	US-MD	9/2021
2: 80+	31.0 kgs / 68.3 lbs	Karola Meyer	US-MD	6/2021
Police/Fire/Mil	57.5 kgs / 126.7 lbs	Rebecca Breeden	US-VA	6/2013

Weight Class: 60 / 132 Female

Division	Bench Press	Name	Resides	Date
Open	127.0 kgs / 279.9 lbs	Jennifer Thompson	US-NC	8/2006
2: Open	65.7 kgs / 144.8 lbs	Tausha Oxer	US-VA	2/2000
11 and under	48.5 kgs / 106.9 lbs	Madison Berry	US-NC	10/2021
2: 11 and under	47.5 kgs / 104.7 lbs	Madison Berry	US-NC	10/2021
3: 11 and under	42.5 kgs / 93.6 lbs	Madison Berry	US-NC	8/2021
4: 11 and under	40.0 kgs / 88.1 lbs	Madison Berry	US-NC	5/2021
5: 11 and under	30.0 kgs / 66.1 lbs	Mattea Ahlijah	Canada	5/2018
6: 11 and under	27.5 kgs / 60.6 lbs	Olivia Toth	US-NH	12/2008
12-13	65.0 kgs / 143.2 lbs	Beth-el Algarin	US-MN	10/2012
14-15	62.5 kgs / 137.7 lbs	Katelyn Barry	Canada	10/2018
2: 14-15	55.0 kgs / 121.2 lbs	Ashley Hoban	US-AZ	3/2014
3: 14-15	52.5 kgs / 115.7 lbs	Kelly Hennigan	US-PA	2013
16-17	70.5 kgs / 155.4 lbs	Catherine Reynolds	US-VA	4/2018
2: 16-17	66.5 kgs / 146.6 lbs	Catherine Reynolds	US-VA	8/2017
3: 16-17	65.7 kgs / 144.8 lbs	Tausha Oxer	US-VA	2/2000
18-19	75.0 kgs / 165.3 lbs	Catherine Reynolds	US-VA	10/2018
2: 18-19	72.5 kgs / 159.8 lbs	Catherine Reynolds	US-VA	8/2018
3: 18-19	60.0 kgs / 132.2 lbs	Krystal Stanczyk	US-PA	11/2014
20-24	85.0 kgs / 187.3 lbs	Antonina Burbytko	Ukraine	4/2014
2: 20-24	70.0 kgs / 154.3 lbs	Antonina Burbytko	Ukraine	6/2013
35-39	92.5 kgs / 203.9 lbs	Svetlana Dergaputskaya	Ukraine	4/2014
2: 35-39	35.0 kgs / 77.1 lbs	Jonni Sergi	US-NY	3/2014
40-44	85.0 kgs / 187.3 lbs	Kerry Self	US-VA	12/2017
2: 40-44	80.0 kgs / 176.3 lbs	Kerry Self	US-VA	5/2017
3: 40-44	72.5 kgs / 159.8 lbs	Jenifer Kelly	US-AZ	3/2011

4: 40-44	61.2 kgs / 134.9 lbs	Marcy Stein	US-NY	12/2007
45-49	85.0 kgs / 187.3 lbs	Kerry Self	US-VA	12/2018
2: 45-49	77.5 kgs / 170.8 lbs	Kelly Wescott	US-NC	11/2008
50-54	79.0 kgs / 174.1 lbs	Patti McKee	US-AZ	6/2014
2: 50-54	72.5 kgs / 159.8 lbs	Diane Brill	US-NV	2010
55-59	73.5 kgs / 162.0 lbs	Diane Brill	US-NV	6/2016
2: 55-59	73.0 kgs / 160.9 lbs	Diane Brill	US-NV	5/2015
3: 55-59	60.0 kgs / 132.2 lbs	Judith Wolff	US-MA	6/2011
60-64	60.0 kgs / 132.2 lbs	Judith Wolff	US-MA	6/2012
65-69	50.0 kgs / 110.2 lbs	Judith Wolff	US-MA	6/2018
2: 65-69	45.0 kgs / 99.2 lbs	Dianne MacMillan	US-MA	3/2009
70-74	45.5 kgs / 100.3 lbs	Linda Leightley	US-VA	3/2019
2: 70-74	45.0 kgs / 99.2 lbs	Linda Leightley	US-VA	5/2016
3: 70-74	43.0 kgs / 94.7 lbs	Linda Leightley	US-VA	10/2015
4: 70-74	42.5 kgs / 93.6 lbs	Linda Leightley	US-VA	6/2015
75-79	45.0 kgs / 99.2 lbs	Linda Leightley	US-VA	3/2020
80+	35.0 kgs / 77.1 lbs	Ruth Coak	US-AZ	6/2014
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Katie Johnson	US-MD	5/2015
2: Police/Fire/Mil	65.7 kgs / 144.8 lbs	Jan Shultis	US-MD	11/2006
Handicapped	50.0 kgs / 110.2 lbs	Varshaben Joshi	India	7/2019

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Resides	Date
Open	97.5 kgs / 214.9 lbs	Andrea White	US-NY	11/2014
2: Open	91.5 kgs / 201.7 lbs	Andrea White	US-NY	2013
3: Open	86.0 kgs / 189.5 lbs	Antonina Burbytko	Ukraine	9/2013
4: Open	85.0 kgs / 187.3 lbs	Tara Steadman	US-AZ	10/2010
5: Open	72.5 kgs / 159.8 lbs	Sarah Dolson	US-DC	9/2001
11 and under	67.5 kgs / 148.8 lbs	Madison Berry	US-NC	5/2023
2: 11 and under	65.0 kgs / 143.2 lbs	Madison Berry	US-NC	2/2023
3: 11 and under	62.5 kgs / 137.7 lbs	Madison Berry	US-NC	11/2022
4: 11 and under	61.5 kgs / 135.5 lbs	Madison Berry	US-NC	10/2022
5: 11 and under	57.5 kgs / 126.7 lbs	Madison Berry	US-NC	8/2022
6: 11 and under	55.0 kgs / 121.2 lbs	Madison Berry	US-NC	7/2022
7: 11 and under	52.5 kgs / 115.7 lbs	Madison Berry	US-NC	3/2022
8: 11 and under	51.0 kgs / 112.4 lbs	Madison Berry	US-NC	2/2022
9: 11 and under	40.0 kgs / 88.1 lbs	Trinity Marrow	US-NC	3/2012
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	US-NC	10/2021
2: 12-13	63.5 kgs / 139.9 lbs	Mackenzie Taylor	US-NC	5/2021
3: 12-13	59.0 kgs / 130.0 lbs	Lindsey Brill	US-NV	10/2010
14-15	70.5 kgs / 155.4 lbs	Kaitlyn Duncan	US-PA	11/2010
16-17	75.0 kgs / 165.3 lbs	Jamie Augustine	US-PA	10/2021
2: 16-17	71.0 kgs / 156.5 lbs	Sammantha Perrine	US-PA	3/2013
18-19	72.5 kgs / 159.8 lbs	Sarah Dolson	US-DC	9/2001
20-24	87.5 kgs / 192.9 lbs	Abby Hall	Canada	6/2019
2: 20-24	86.0 kgs / 189.5 lbs	Antonina Burbytko	Ukraine	9/2013
3: 20-24	85.0 kgs / 187.3 lbs	Tara Steadman	US-AZ	10/2010
35-39	97.5 kgs / 214.9 lbs	Andrea White	US-NY	11/2014
2: 35-39	91.5 kgs / 201.7 lbs	Andrea White	US-NY	2013
40-44	80.0 kgs / 176.3 lbs	Jenifer Kelly	US-AZ	6/2011
2: 40-44	72.5 kgs / 159.8 lbs	Christie Burnett	US-AZ	2009

45-49	77.5 kgs / 170.8 lbs	Tonya Motyka	Canada	4/2017
2: 45-49	73.5 kgs / 162.0 lbs	Mary Ann Wieckowski	US-PA	6/2013
3: 45-49	72.5 kgs / 159.8 lbs	Christe Burnett	US-AZ	3/2012
50-54	75.0 kgs / 165.3 lbs	Heather Flottmann	US-NY	4/2023
2: 50-54	73.0 kgs / 160.9 lbs	Heather Flottmann	US-NY	2/2023
3: 50-54	72.5 kgs / 159.8 lbs	Suzanne LaForge	US-MA	11/2014
4: 50-54	52.5 kgs / 115.7 lbs	Susan Daigle-Leach	US-AZ	3/2014
5: 50-54	42.5 kgs / 93.6 lbs	Jill Gossard	US-VA	3/2014
55-59	68.5 kgs / 151.0 lbs	Karen Walsh	US-OH	4/2022
2: 55-59	68.0 kgs / 149.9 lbs	Claudia Helmick	US-VA	12/2021
3: 55-59	65.5 kgs / 144.4 lbs	Claudia Helmick	US-VA	12/2019
4: 55-59	65.0 kgs / 143.2 lbs	Deb Ellard	Canada	3/2015
5: 55-59	60.0 kgs / 132.2 lbs	Annemarie Kemmerer	US-PA	10/2012
60-64	75.0 kgs / 165.3 lbs	Deb Ellard	Canada	9/2021
2: 60-64	60.0 kgs / 132.2 lbs	Debra Cohen	US-NJ	6/2018
3: 60-64	50.0 kgs / 110.2 lbs	Doris Santos	US-PA	10/2013
65-69	50.0 kgs / 110.2 lbs	Susan Shofner	US-OH	12/2019
2: 65-69	42.0 kgs / 92.5 lbs	Tonnie Alliance	US-OH	11/2014
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	US-OH	10/2016
2: 70-74	45.0 kgs / 99.2 lbs	Tonnie Alliance	US-OH	10/2015
3: 70-74	40.0 kgs / 88.1 lbs	Tonnie Alliance	US-OH	6/2015
75-79	47.5 kgs / 104.7 lbs	Janet Reynolds	US-FL	7/2021
2: 75-79	27.5 kgs / 60.6 lbs	Marlene Henriques	US-VA	3/2019
3: 75-79	15.8 kgs / 34.8 lbs	Josie Merrell	US-MI	12/2001
80+	41.7 kgs / 91.9 lbs	Janet Reynolds	US-FL	6/2022
2: 80+	30.5 kgs / 67.2 lbs	Marlene Henriques	US-VA	3/2022
3: 80+	30.0 kgs / 66.1 lbs	Bonnie Thurston	US-FL	7/2021
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Jamie Potter	US-VA	3/2012

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Resides	Date
Open	102.5 kgs / 225.9 lbs	Angela Lewis	Canada	7/2019
2: Open	98.0 kgs / 216.0 lbs	Tierra Tucker	US-MD	3/2019
3: Open	97.5 kgs / 214.9 lbs	Tammy Walker	US-NC	3/2009
4: Open	93.5 kgs / 206.1 lbs	Joan Gardner	US-VT	12/2006
5: Open	81.6 kgs / 179.8 lbs	Michelle Bertrand	US-VA	11/2002
11 and under	73.0 kgs / 160.9 lbs	Madison Berry	US-NC	11/2023
2: 11 and under	72.5 kgs / 159.8 lbs	Madison Berry	US-NC	10/2023
3: 11 and under	70.0 kgs / 154.3 lbs	Madison Berry	US-NC	8/2023
4: 11 and under	68.4 kgs / 150.7 lbs	Madison Berry	US-NC	6/2023
5: 11 and under	66.0 kgs / 145.5 lbs	Madison Berry	US-NC	4/2023
6: 11 and under	59.0 kgs / 130.0 lbs	Madison Berry	US-NC	8/2022
7: 11 and under	47.5 kgs / 104.7 lbs	Samantha Davis	US-OH	4/2017
8: 11 and under	38.5 kgs / 84.8 lbs	Megan Dishman	US-VA	11/2003
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	US-NC	10/2021
2: 12-13	62.0 kgs / 136.6 lbs	Mackenzie Taylor	US-NC	8/2021
3: 12-13	59.0 kgs / 130.0 lbs	Jessica Fagnoli	US-CT	6/2019
4: 12-13	47.5 kgs / 104.7 lbs	Lily Stoddard	US-NY	6/2018
5: 12-13	40.0 kgs / 88.1 lbs	Carly Dixon-Craddock	Canada	3/2013
14-15	90.0 kgs / 198.4 lbs	Mackenzie Taylor	US-NC	5/2023
2: 14-15	88.0 kgs / 194.0 lbs	Mackenzie Taylor	US-NC	2/2023
3: 14-15	87.5 kgs / 192.9 lbs	Beth-el Algarin	US-MN	10/2015

4: 14-15	82.5 kgs / 181.8 lbs	Beth-el Algarin	US-MN	11/2014
5: 14-15	62.5 kgs / 137.7 lbs	Nicole Hardy	US-PA	10/2011
16-17	65.0 kgs / 143.2 lbs	Nicole Hardy	US-PA	3/2012
18-19	80.0 kgs / 176.3 lbs	Jamie Augustine	US-PA	11/2022
2: 18-19	77.5 kgs / 170.8 lbs	Kristina-Marie Coleman	US-VA	6/2016
3: 18-19	62.5 kgs / 137.7 lbs	Kristi Amerson	US-NC	6/2010
20-24	97.5 kgs / 214.9 lbs	Tara Steadman	US-AZ	6/2010
35-39	90.0 kgs / 198.4 lbs	Hayley Bloom	US-IA	6/2017
2: 35-39	82.5 kgs / 181.8 lbs	Erlinda Gomez	US-TX	6/2014
3: 35-39	80.0 kgs / 176.3 lbs	Renae Witzaney	Canada	1/2014
40-44	100.0 kgs / 220.4 lbs	Alexis Kajencki	US-MD	11/2023
2: 40-44	98.0 kgs / 216.0 lbs	Alexis Kajencki	US-MD	6/2023
3: 40-44	83.0 kgs / 182.9 lbs	Natasha Beasley	US-VA	8/2022
4: 40-44	82.5 kgs / 181.8 lbs	Eileen Gorry	Ireland	10/2018
5: 40-44	82.0 kgs / 180.7 lbs	Eileen Gorry	Ireland	5/2018
6: 40-44	80.5 kgs / 177.4 lbs	Eileen Gorry	Ireland	2/2018
7: 40-44	80.0 kgs / 176.3 lbs	Erlinda Gomez	US-TX	5/2015
8: 40-44	77.5 kgs / 170.8 lbs	Jennifer Lyonnais	US-AZ	8/2014
9: 40-44	72.0 kgs / 158.7 lbs	Karen Nace	US-PA	3/2014
10: 40-44	67.5 kgs / 148.8 lbs	Bonita Hein	South Africa	2012
45-49	85.0 kgs / 187.3 lbs	Eileen Gorry	Ireland	10/2019
2: 45-49	84.0 kgs / 185.1 lbs	Eileen Gorry	Ireland	8/2019
3: 45-49	82.5 kgs / 181.8 lbs	Eileen Gorry	Ireland	6/2019
4: 45-49	76.0 kgs / 167.5 lbs	Mary Ann Wieckowski	US-PA	6/2013
50-54	93.5 kgs / 206.1 lbs	Joan Gardner	US-VT	12/2006
55-59	88.5 kgs / 195.1 lbs	Cynthia Crossland	US-OK	3/2020
2: 55-59	85.0 kgs / 187.3 lbs	Cynthia Crossland	US-OK	10/2018
3: 55-59	80.0 kgs / 176.3 lbs	Claudia Helmick	US-VA	3/2017
4: 55-59	53.5 kgs / 117.9 lbs	Doris Santos	US-PA	6/2013
60-64	77.5 kgs / 170.8 lbs	Cynthia Crossland	US-OK	2/2023
2: 60-64	75.0 kgs / 165.3 lbs	Claudia Helmick	US-VA	12/2022
3: 60-64	70.5 kgs / 155.4 lbs	Linda Jess	US-NE	6/2017
4: 60-64	60.0 kgs / 132.2 lbs	Geneva Koutas	US-VA	6/2013
5: 60-64	45.0 kgs / 99.2 lbs	Kathy Okerlund	US-AZ	9/2011
65-69	60.0 kgs / 132.2 lbs	Susan Shofner	US-OH	4/2022
2: 65-69	55.0 kgs / 121.2 lbs	Susan Shofner	US-OH	4/2021
3: 65-69	27.5 kgs / 60.6 lbs	Judy Phipps	US-PA	6/2015
70-74	37.5 kgs / 82.6 lbs	Monica Johnston	Canada	9/2022
2: 70-74	35.0 kgs / 77.1 lbs	Linda Odum	US-VA	7/2018
80+	27.5 kgs / 60.6 lbs	Nada Brewer	US-AZ	3/2014
Police/Fire/Mil	90.0 kgs / 198.4 lbs	Hayley Bloom	US-IA	6/2017
2: Police/Fire/Mil	81.6 kgs / 179.8 lbs	Michelle Bertrand	US-VA	11/2002
Spec. Oly.	52.5 kgs / 115.7 lbs	Vivienne Shockley	US-MT	6/2013

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Resides	Date
Open	115.0 kgs / 253.5 lbs	Allison White	US-VA	5/2019
2: Open	112.5 kgs / 248.0 lbs	Tammy Walker	US-NC	5/2014
3: Open	107.5 kgs / 236.9 lbs	Tammy Walker	US-NC	5/2010
4: Open	81.6 kgs / 179.8 lbs	Kacie Sharp	US-NE	2007
5: Open	56.6 kgs / 124.7 lbs	Solita Williams	US-NC	12/1999

11 and under	72.5 kgs / 159.8 lbs	Madison Berry	US-NC	12/2023
2: 11 and under	45.0 kgs / 99.2 lbs	Olivia Stedman	US-NC	8/2022
3: 11 and under	41.5 kgs / 91.4 lbs	Olivia Stedman	US-NC	3/2022
12-13	57.5 kgs / 126.7 lbs	Victoria Vasquez	US-MD	
14-15	93.4 kgs / 205.9 lbs	Mackenzie Taylor	US-NC	6/2023
2: 14-15	91.0 kgs / 200.6 lbs	Mackenzie Taylor	US-NC	4/2023
3: 14-15	85.0 kgs / 187.3 lbs	Mackenzie Taylor	US-NC	11/2022
4: 14-15	80.0 kgs / 176.3 lbs	Mackenzie Taylor	US-NC	8/2022
5: 14-15	70.0 kgs / 154.3 lbs	Shelby Taylor	US-OH	4/2017
6: 14-15	67.5 kgs / 148.8 lbs	Brooke Bonney	US-NY	6/2012
16-17	90.0 kgs / 198.4 lbs	Mackenzie Taylor	US-NC	12/2023
2: 16-17	80.0 kgs / 176.3 lbs	Anna McCloskey	US-PA	11/2009
18-19	92.5 kgs / 203.9 lbs	Tara Maier	US-AZ	12/2013
20-24	100.0 kgs / 220.4 lbs	Cristi Bartlett	US-NC	11/2010
2: 20-24	81.6 kgs / 179.8 lbs	Kacie Sharp	US-NE	2007
35-39	115.0 kgs / 253.5 lbs	Allison White	US-VA	5/2019
2: 35-39	102.5 kgs / 225.9 lbs	Missy Gentry	US-MT	8/2016
3: 35-39	100.0 kgs / 220.4 lbs	Missy Gentry	US-MT	4/2016
4: 35-39	81.0 kgs / 178.5 lbs	Dana Sandler	Canada	8/2015
5: 35-39	77.5 kgs / 170.8 lbs	Kashona Singleton	US-NY	6/2015
6: 35-39	75.0 kgs / 165.3 lbs	Sophia Hussary	US-AZ	12/2013
40-44	107.5 kgs / 236.9 lbs	Tammy Walker	US-NC	5/2010
45-49	112.5 kgs / 248.0 lbs	Tammy Walker	US-NC	5/2014
2: 45-49	80.0 kgs / 176.3 lbs	Susanna Perrone	Italy	2012
50-54	80.0 kgs / 176.3 lbs	Mary Ann Wieckowski	US-PA	11/2014
2: 50-54	77.5 kgs / 170.8 lbs	Mary Ann Wieckowski	US-PA	6/2014
3: 50-54	55.0 kgs / 121.2 lbs	Laura Reagle	US-AZ	6/2014
55-59	87.5 kgs / 192.9 lbs	Cynthia Crossland	US-OK	6/2018
2: 55-59	70.0 kgs / 154.3 lbs	Kim Douth	US-PA	6/2016
3: 55-59	50.0 kgs / 110.2 lbs	Vicky Cornish	Canada	9/2014
4: 55-59	45.0 kgs / 99.2 lbs	Sheryl Shockley	US-MT	6/2014
60-64	92.5 kgs / 203.9 lbs	Erika Grill	US-AZ	6/2016
65-69	57.5 kgs / 126.7 lbs	Kathy Brennan	Canada	4/2023
2: 65-69	50.0 kgs / 110.2 lbs	Susan Gregory	US-NE	11/2022
3: 65-69	42.5 kgs / 93.6 lbs	Margaret Estabrooks	Canada	9/2014
4: 65-69	40.0 kgs / 88.1 lbs	Margaret Estabrooks	Canada	6/2014
70-74	72.5 kgs / 159.8 lbs	Linda Arvey	US-PA	4/2023
2: 70-74	37.5 kgs / 82.6 lbs	Helena Pettit	US-MD	2/2020
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Hayley Bloom	US-IA	11/2017
2: Police/Fire/Mil	80.0 kgs / 176.3 lbs	Franky Moore	US-NC	5/2015
3: Police/Fire/Mil	75.0 kgs / 165.3 lbs	Monique Skelton	US-NE	6/2014
Spec. Oly.	50.0 kgs / 110.2 lbs	Joni Talavera	US-PA	6/2015
2: Spec. Oly.	47.6 kgs / 104.9 lbs	Joni Talavera	US-PA	7/2011
Handicapped	67.5 kgs / 148.8 lbs	Alexis Rowley	US-PA	4/2023

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Resides	Date
Open	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA	6/2008
2: Open	113.3 kgs / 249.7 lbs	Shannon Summers	US-SC	2/2000
11 and under	52.5 kgs / 115.7 lbs	Olivia Stedman	US-NC	2/2023

2: 11 and under	50.0 kgs / 110.2 lbs	Olivia Stedman	US-NC	11/2022
3: 11 and under	45.0 kgs / 99.2 lbs	Olivia Stedman	US-NC	10/2022
4: 11 and under	25.0 kgs / 55.1 lbs	Ashley Daugherty	US-NC	6/2017
12-13	62.5 kgs / 137.7 lbs	Victoria Vasquez	US-MD	11/2009
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	US-SC	2/2000
16-17	72.5 kgs / 159.8 lbs	Shelby Taylor	US-OH	12/2018
2: 16-17	55.0 kgs / 121.2 lbs	Rachel Vincent	US-NE	6/2013
3: 16-17	50.0 kgs / 110.2 lbs	Rachel Hess	US-PA	10/2012
18-19	72.5 kgs / 159.8 lbs	Shelby Taylor	US-OH	6/2021
2: 18-19	58.9 kgs / 129.8 lbs	Jennifer Seyfried	US-MI	9/2001
20-24	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA	6/2008
2: 20-24	86.1 kgs / 189.8 lbs	America Marrow	US-NC	2005
35-39	102.5 kgs / 225.9 lbs	Martina Burton	US-MD	3/2020
2: 35-39	90.0 kgs / 198.4 lbs	Rebecca Tucker	US-NY	6/2018
3: 35-39	86.1 kgs / 189.8 lbs	Karen Stone	US-NC	2/2006
40-44	102.5 kgs / 225.9 lbs	Sara Burwash	Canada	5/2018
2: 40-44	100.0 kgs / 220.4 lbs	Sara Burwash	Canada	10/2017
3: 40-44	99.7 kgs / 219.7 lbs	Kari Saban	US-FL	8/2006
4: 40-44	61.2 kgs / 134.9 lbs	Helen Hoffer	USA	11/2003
45-49	87.5 kgs / 192.9 lbs	Erika Grill	US-AZ	10/2017
2: 45-49	72.5 kgs / 159.8 lbs	Charlotte Baker	US-VA	4/2017
3: 45-49	70.0 kgs / 154.3 lbs	Jennie Merritt	US-VA	6/2016
4: 45-49	68.0 kgs / 149.9 lbs	Charlotte Baker	US-VA	6/2015
5: 45-49	67.5 kgs / 148.8 lbs	Donna Hadley	US-NY	11/2009
50-54	71.0 kgs / 156.5 lbs	Mary Hodge	US-VA	11/2020
2: 50-54	70.5 kgs / 155.4 lbs	Mary Hodge	US-VA	8/2020
3: 50-54	67.5 kgs / 148.8 lbs	Maureen Hodges	US-VA	9/2015
4: 50-54	65.0 kgs / 143.2 lbs	Terri Korba	US-NY	8/2015
55-59	80.0 kgs / 176.3 lbs	Hyacinth Joseph	US-NC	6/2016
2: 55-59	77.1 kgs / 169.9 lbs	Kathy Wetenhall	US-OH	10/2008
60-64	85.0 kgs / 187.3 lbs	Hyacinth Joseph	US-NC	10/2016
2: 60-64	62.5 kgs / 137.7 lbs	Sandy Flaus	US-VA	10/2015
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	US-VA	12/2017
2: 65-69	53.0 kgs / 116.8 lbs	Karen Hansen	US-VA	6/2017
3: 65-69	45.0 kgs / 99.2 lbs	Karen Hansen	US-VA	9/2015
4: 65-69	40.0 kgs / 88.1 lbs	Margaret Estabrooks	Canada	9/2015
5: 65-69	37.5 kgs / 82.6 lbs	Margaret Estabrooks	Canada	3/2015
70-74	60.0 kgs / 132.2 lbs	Karen Hansen	US-VA	7/2019
2: 70-74	57.5 kgs / 126.7 lbs	Karen Hansen	US-VA	10/2018
3: 70-74	52.5 kgs / 115.7 lbs	Karen Hansen	US-VA	6/2018
4: 70-74	37.5 kgs / 82.6 lbs	Carol Pacetti	US-VT	4/2013
Police/Fire/Mil	92.5 kgs / 203.9 lbs	Mona Espinosa	US-VA	9/2021
2: Police/Fire/Mil	87.5 kgs / 192.9 lbs	Mona Espinosa	US-VA	6/2021
3: Police/Fire/Mil	86.0 kgs / 189.5 lbs	Mona Espinosa	US-VA	10/2020
4: Police/Fire/Mil	82.5 kgs / 181.8 lbs	Hyacinth Joseph	US-NC	11/2017
Spec. Oly.	52.5 kgs / 115.7 lbs	Joni Talavera	US-PA	6/2016
Handicapped	70.0 kgs / 154.3 lbs	Alexis Rowley	US-PA	12/2023

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Resides	Date
Open	125.5 kgs / 276.6 lbs	Lisa Quevedo	US-CA	10/2013
2: Open	124.7 kgs / 274.9 lbs	Shannon Summers	US-SC	9/2000
3: Open	104.3 kgs / 229.9 lbs	Shannon Summers	US-SC	2/2000
11 and under	57.5 kgs / 126.7 lbs	Olivia Stedman	US-NC	5/2023
2: 11 and under	55.0 kgs / 121.2 lbs	Olivia Stedman	US-NC	4/2023
12-13	68.5 kgs / 151.0 lbs	Victoria Vasquez	US-MD	7/2010
14-15	104.3 kgs / 229.9 lbs	Shannon Summers	US-SC	2/2000
16-17	124.7 kgs / 274.9 lbs	Shannon Summers	US-SC	9/2000
18-19	77.5 kgs / 170.8 lbs	Shelby Taylor	US-OH	12/2019
2: 18-19	75.0 kgs / 165.3 lbs	Brittany Luzier	US-PA	4/2017
3: 18-19	62.0 kgs / 136.6 lbs	Sheila Paulin	Canada	9/2012
20-24	125.5 kgs / 276.6 lbs	Lisa Quevedo	US-CA	10/2013
35-39	117.5 kgs / 259.0 lbs	Jessica Read	US-VA	10/2012
40-44	107.5 kgs / 236.9 lbs	Rochelle Comly-Dubbs	US-PA	6/2018
2: 40-44	105.0 kgs / 231.4 lbs	Rochelle Dubbs	US-PA	4/2018
3: 40-44	102.5 kgs / 225.9 lbs	Rochelle Comly-Dubbs	US-PA	12/2017
4: 40-44	97.5 kgs / 214.9 lbs	Latonia Brown	US-NC	8/2017
5: 40-44	94.0 kgs / 207.2 lbs	Latonia Brown	US-NC	4/2017
6: 40-44	93.0 kgs / 205.0 lbs	Latonia Brown	US-NC	2/2017
7: 40-44	81.6 kgs / 179.8 lbs	Gail Woodson	US-NC	11/2003
45-49	100.0 kgs / 220.4 lbs	Leslie Irwin	US-VA	8/2018
2: 45-49	98.5 kgs / 217.1 lbs	Michelle Carlsen	US-NY	11/2011
50-54	120.24 kgs / 265.0 lbs	Anna Stamets	US-FL	3/2023
2: 50-54	97.5 kgs / 214.9 lbs	Michelle Carlsen	US-NY	6/2012
55-59	85.0 kgs / 187.3 lbs	Dorothy Sosnicki	US-AZ	6/2019
2: 55-59	75.0 kgs / 165.3 lbs	Kristianne Bebout	US-NC	4/2019
3: 55-59	72.5 kgs / 159.8 lbs	Sue Nova	US-AZ	10/2017
4: 55-59	63.5 kgs / 139.9 lbs	Laura McIntyre	US-AZ	6/2014
5: 55-59	60.0 kgs / 132.2 lbs	Laura McIntyre	US-AZ	3/2014
60-64	72.5 kgs / 159.8 lbs	Kristianne Bebout	US-NC	11/2022
2: 60-64	70.0 kgs / 154.3 lbs	Sandy Flaus	US-VA	11/2019
3: 60-64	62.5 kgs / 137.7 lbs	Sandy Flaus	US-VA	8/2017
65-69	54.4 kgs / 119.9 lbs	Beatrice Temple	US-FL	6/2022
2: 65-69	45.3 kgs / 99.8 lbs	Suci Stinnett	US-VA	11/2005
70-74	35.0 kgs / 77.1 lbs	Sandra Foli	US-IL	6/2014
80+	25.0 kgs / 55.1 lbs	Corrinne Cassidy	US-NH	3/2012
Police/Fire/Mil	100.0 kgs / 220.4 lbs	Leslie Irwin	US-VA	8/2018
2: Police/Fire/Mil	97.5 kgs / 214.9 lbs	Latonia Brown	US-NC	8/2017
3: Police/Fire/Mil	94.0 kgs / 207.2 lbs	Latonia Brown	US-NC	4/2017
4: Police/Fire/Mil	93.0 kgs / 205.0 lbs	Latonia Brown	US-NC	2/2017
5: Police/Fire/Mil	70.0 kgs / 154.3 lbs	Linda Lopez	US-VA	10/2015
6: Police/Fire/Mil	67.5 kgs / 148.8 lbs	Linda Lopez	US-VA	9/2015
Spec. Oly.	50.0 kgs / 110.2 lbs	Rachel Ryan	Canada	3/2017
2: Spec. Oly.	47.5 kgs / 104.7 lbs	Rachel Ryan	Canada	7/2011