



WORLD WOMEN'S BENCH RECORDS

Updated by Ed Kutin

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10/26/2024

Weight Class: 44 / 97 Female

Division	Bench Press	Name	Resides	Date
Open	54.4 kgs / 119.9 lbs	Elizabeth Parker	US-FL	6/2022
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
18-19	49.8 kgs / 109.7 lbs	Jessica McBride	US-NY	11/2006
20-24	54.4 kgs / 119.9 lbs	Elizabeth Parker	US-FL	6/2022
35-39	50.0 kgs / 110.2 lbs	Heather Feingold	US-VA	5/2015
40-44	37.5 kgs / 82.6 lbs	Jade Nguen	US-VA	4/2021
55-59	35.5 kgs / 78.2 lbs	Rocky Luedeker	US-AZ	6/2014
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	US-VA	12/2017
65-69	47.5 kgs / 104.7 lbs	Karen Poyner	US-VA	4/2023
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	70.0 kgs / 154.3 lbs	Cassidy Conaghan	Canada	2/2024
11 and under	50.0 kgs / 110.2 lbs	Giuliana Hess	US-NJ	6/2022
12-13	47.5 kgs / 104.7 lbs	Naomi Kutin	US-NJ	6/2014
14-15	55.0 kgs / 121.2 lbs	Catherine Sableva	Ukraine	6/2013
16-17	64.0 kgs / 141.0 lbs	McKenna Kozina	Canada	10/2017
18-19	60.5 kgs / 133.3 lbs	McKenna Kozina	Canada	6/2019
20-24	70.0 kgs / 154.3 lbs	Cassidy Conaghan	Canada	2/2024
35-39	57.5 kgs / 126.7 lbs	Viktoriya Kruglyak	Ukraine	4/2014
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
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
11 and under	55.0 kgs / 121.2 lbs	Beth-el Algarin	US-MN	3/2012
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
16-17	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada	2/2017
18-19	55.0 kgs / 121.2 lbs	Courtney Krauss	Canada	8/2023
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
40-44	77.5 kgs / 170.8 lbs	Kerry Self	US-VA	6/2017
45-49	60.5 kgs / 133.3 lbs	Jill Keilty-Dilling	Canada	2/2024
50-54	74.5 kgs / 164.2 lbs	Kerry Self	US-VA	7/2024
55-59	65.0 kgs / 143.2 lbs	Lori McMahon	US-PA	12/2021
60-64	62.5 kgs / 137.7 lbs	Christina Lahey	Canada	5/2023
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
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
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
14-15	70.0 kgs / 154.3 lbs	Miranda Chambers	US-PA	11/2014
16-17	85.0 kgs / 187.3 lbs	Miranda Chambers	US-PA	10/2016
18-19	120.0 kgs / 264.5 lbs	Febrose Tsiode	Nauru	10/2018
20-24	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	US-VA	6/2021
35-39	80.5 kgs / 177.4 lbs	Natasha Beasley	US-VA	6/2018
40-44	85.0 kgs / 187.3 lbs	Elizabeth Craven	Australia	10/2018
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
60-64	60.5 kgs / 133.3 lbs	Susan Drach	US-VA	4/2019
65-69	47.5 kgs / 104.7 lbs	Jo Hendon	US-VA	2/2024
70-74	41.0 kgs / 90.3 lbs	Marcia Anderson	US-VA	7/2021
75-79	30.0 kgs / 66.1 lbs	Karola Meyer	US-MD	10/2020
80+	32.0 kgs / 70.5 lbs	Karola Meyer	US-MD	9/2021
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
11 and under	48.5 kgs / 106.9 lbs	Madison Berry	US-NC	10/2021
12-13	65.0 kgs / 143.2 lbs	Beth-el Algarin	US-MN	10/2012
14-15	67.5 kgs / 148.8 lbs	Nena Pfeffer	US-PA	4/2024
16-17	70.5 kgs / 155.4 lbs	Catherine Reynolds	US-VA	4/2018
18-19	75.0 kgs / 165.3 lbs	Catherine Reynolds	US-VA	10/2018
20-24	85.0 kgs / 187.3 lbs	Antonina Burbytko	Ukraine	4/2014
35-39	92.5 kgs / 203.9 lbs	Svetlana Dergaputskaya	Ukraine	4/2014

40-44	85.0 kgs / 187.3 lbs	Kerry Self	US-VA	12/2017
45-49	85.0 kgs / 187.3 lbs	Kerry Self	US-VA	12/2018
50-54	79.0 kgs / 174.1 lbs	Patti McKee	US-AZ	6/2014
55-59	73.5 kgs / 162.0 lbs	Diane Brill	US-NV	6/2016
60-64	60.5 kgs / 133.3 lbs	Linda Lee	US-VA	7/2024
65-69	50.0 kgs / 110.2 lbs	Judith Wolff	US-MA	6/2018
70-74	45.5 kgs / 100.3 lbs	Linda Leightley	US-VA	3/2019
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
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
11 and under	67.5 kgs / 148.8 lbs	Madison Berry	US-NC	5/2023
12-13	75.0 kgs / 165.3 lbs	Giuliana Hess	US-NJ	6/2024
14-15	75.0 kgs / 165.3 lbs	Gianna Ancona	US-CT	1/2024
16-17	75.0 kgs / 165.3 lbs	Jamie Augustine	US-PA	10/2021
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
35-39	97.5 kgs / 214.9 lbs	Andrea White	US-NY	11/2014
40-44	80.0 kgs / 176.3 lbs	Jenifer Kelly	US-AZ	6/2011
45-49	77.5 kgs / 170.8 lbs	Tonya Motyka	Canada	4/2017
50-54	75.0 kgs / 165.3 lbs	Heather Flottmann	US-NY	4/2023
55-59	68.5 kgs / 151.0 lbs	Karen Walsh	US-OH	4/2022
60-64	75.0 kgs / 165.3 lbs	Deb Ellard	Canada	9/2021
65-69	50.0 kgs / 110.2 lbs	Susan Shofner	US-OH	12/2019
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	US-OH	10/2016
75-79	47.5 kgs / 104.7 lbs	Janet Reynolds	US-FL	7/2021
80+	41.7 kgs / 91.9 lbs	Janet Reynolds	US-FL	6/2022
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	105.0 kgs / 231.4 lbs	Alexis Kajencki	US-MD	4/2024
11 and under	73.0 kgs / 160.9 lbs	Madison Berry	US-NC	11/2023
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	US-NC	10/2021
14-15	90.0 kgs / 198.4 lbs	Mackenzie Taylor	US-NC	5/2023
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
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
40-44	105.0 kgs / 231.4 lbs	Alexis Kajencki	US-MD	4/2024
45-49	85.0 kgs / 187.3 lbs	Eileen Gorry	Ireland	10/2019
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
60-64	77.5 kgs / 170.8 lbs	Cynthia Crossland	US-OK	2/2023
65-69	65.5 kgs / 144.4 lbs	Nancy Breen	US-VA	10/2024
70-74	37.5 kgs / 82.6 lbs	Monica Johnston	Canada	9/2022

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
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
11 and under	75.0 kgs / 165.3 lbs	Madison Berry	US-NC	3/2024
12-13	82.0 kgs / 180.7 lbs	Madison Berry	US-NC	8/2024
14-15	93.4 kgs / 205.9 lbs	Mackenzie Taylor	US-NC	6/2023
16-17	93.0 kgs / 205.0 lbs	Mackenzie Taylor	US-NC	5/2024
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
35-39	115.0 kgs / 253.5 lbs	Allison White	US-VA	5/2019
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
50-54	80.0 kgs / 176.3 lbs	Mary Ann Wieckowski	US-PA	11/2014
55-59	87.5 kgs / 192.9 lbs	Cynthia Crossland	US-OK	6/2018
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
70-74	75.0 kgs / 165.3 lbs	Linda Arvey	US-PA	4/2024
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Hayley Bloom	US-IA	11/2017
Spec. Oly.	50.0 kgs / 110.2 lbs	Joni Talavera	US-PA	6/2015
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
11 and under	52.5 kgs / 115.7 lbs	Olivia Stedman	US-NC	2/2023
12-13	82.5 kgs / 181.8 lbs	Madison Berry	US-NC	10/2024
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	US-SC	2/2000
16-17	97.5 kgs / 214.9 lbs	Mackenzie Taylor	US-NC	10/2024
18-19	72.5 kgs / 159.8 lbs	Shelby Taylor	US-OH	6/2021
20-24	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA	6/2008
35-39	102.5 kgs / 225.9 lbs	Martina Burton	US-MD	3/2020
40-44	102.5 kgs / 225.9 lbs	Sara Burwash	Canada	5/2018
45-49	87.5 kgs / 192.9 lbs	Erika Grill	US-AZ	10/2017
50-54	80.0 kgs / 176.3 lbs	Lisa Klaus	US-IL	6/2024
55-59	80.0 kgs / 176.3 lbs	Hyacinth Joseph	US-NC	6/2016
60-64	85.0 kgs / 187.3 lbs	Hyacinth Joseph	US-NC	10/2016
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	US-VA	12/2017
70-74	60.0 kgs / 132.2 lbs	Karen Hansen	US-VA	7/2019
Police/Fire/Mil	92.5 kgs / 203.9 lbs	Mona Espinosa	US-VA	9/2021
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
11 and under	57.5 kgs / 126.7 lbs	Olivia Stedman	US-NC	5/2023

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
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
45-49	100.0 kgs / 220.4 lbs	Leslie Irwin	US-VA	8/2018
50-54	120.24 kgs / 265.0 lbs	Anna Stamets	US-FL	3/2023
55-59	85.0 kgs / 187.3 lbs	Dorothy Sosnicki	US-AZ	6/2019
60-64	72.5 kgs / 159.8 lbs	Kristianne Bebout	US-NC	11/2022
65-69	54.4 kgs / 119.9 lbs	Beatrice Temple	US-FL	6/2022
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
Spec. Oly.	50.0 kgs / 110.2 lbs	Rachel Ryan	Canada	3/2017