



USA WOMEN'S BENCH RECORDS

Updated by Ed Kutin

edkutin@gmail.com

2/1/2025

| Weight Class: 44 / 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 | 54.4 kgs / 119.9 lbs | Elizabeth Parker | FL | 6/2022 |
| 35-39 | 54.4 kgs / 119.9 lbs | Ruth Snyder | PA | 1999 |
| 40-44 | 40.8 kgs / 89.9 lbs | Paula Lorenzi | PA | 2003 |
| 45-49 | 25.0 kgs / 55.1 lbs | Jeanette Savage | NY | 1/2023 |
| 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 |
| 65-69 | 47.5 kgs / 104.7 lbs | Karen Poyner | VA | 4/2023 |
| 75-79 | 16.7 kgs / 36.8 lbs | Susan Bohling | FL | 6/2022 |
| Spec. Oly. | 25.0 kgs / 55.1 lbs | Jeanette Savage | NY | 1/2023 |
| Handicapped | 42.5 kgs / 93.6 lbs | Elizabeth Parker | FL | 7/2021 |

| Weight Class: 48 / 105 Female | | | | |
|-------------------------------|-----------------------------|----------------------|-----------|---------------|
| Division | Bench Press | Name | Resides | Date |
| Open | 77.5 kgs / 170.8 lbs | Angelina Hong | TX | 2/2014 |
| 11 and under | 50.0 kgs / 110.2 lbs | Giuliana Hess | NJ | 6/2022 |
| 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 | 60.5 kgs / 133.3 lbs | Amanda Lajeunesse | AZ | 6/2018 |
| 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 Zeuschel | NC | 8/2014 |

| Weight Class: 52 / 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 | 55.0 kgs / 121.2 lbs | Lela Pensyl | PA | 4/2023 |
| 16-17 | 55.0 kgs / 121.2 lbs | Kaylum Mills | NC | 5/2023 |
| 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 | 74.5 kgs / 164.2 lbs | Kerry Self | VA | 7/2024 |
| 55-59 | 65.0 kgs / 143.2 lbs | Lori McMahon | PA | 12/2021 |
| 60-64 | 48.5 kgs / 106.9 lbs | Janet Huntley | PA | 4/2023 |
| 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 |
| 75-79 | 27.5 kgs / 60.6 lbs | Karola Meyer | MD | 2/2020 |
| Police/Fire/Mil | 60.0 kgs / 132.2 lbs | Rebecca Breeden | VA | 9/2015 |

| Weight Class: 56 / 123 Female | | | | |
|--------------------------------------|-----------------------------|-------------------------|----------------|---------------|
| Division | Bench Press | Name | Resides | Date |
| Open | 87.5 kgs / 192.9 lbs | Jonalyn Barcarse | VA | 6/2021 |
| 11 and under | 57.5 kgs / 126.7 lbs | Beth-el Algarin | MN | 6/2012 |
| 12-13 | 48.5 kgs / 106.9 lbs | Mackenzie Taylor | NC | 8/2020 |
| 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 | 87.5 kgs / 192.9 lbs | Jonalyn Barcarse | VA | 6/2021 |
| 35-39 | 82.5 kgs / 181.8 lbs | Natasha Beasley | VA | 11/2018 |
| 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 | 76.0 kgs / 167.5 lbs | Kerry Self | VA | 11/2024 |
| 55-59 | 74.8 kgs / 164.9 lbs | Lisa Hoyt | WA | 6/2022 |
| 60-64 | 60.5 kgs / 133.3 lbs | Susan Drach | VA | 4/2019 |
| 65-69 | 47.5 kgs / 104.7 lbs | Jo Hendon | VA | 2/2024 |
| 70-74 | 41.0 kgs / 90.3 lbs | Marcia Anderson | VA | 7/2021 |
| 75-79 | 30.0 kgs / 66.1 lbs | Karola Meyer | MD | 10/2020 |
| 80+ | 32.0 kgs / 70.5 lbs | Karola Meyer | MD | 9/2021 |
| Police/Fire/Mil | 60.0 kgs / 132.2 lbs | Yvonne Young | VA | 8/2012 |

| Weight Class: 60 / 132 Female | | | | |
|--------------------------------------|------------------------------|--------------------------|----------------|---------------|
| Division | Bench Press | Name | Resides | Date |
| Open | 127.0 kgs / 279.9 lbs | Jennifer Thompson | NC | 8/2006 |
| 11 and under | 48.5 kgs / 106.9 lbs | Madison Berry | NC | 10/2021 |
| 12-13 | 65.0 kgs / 143.2 lbs | Beth-el Algarin | MN | 10/2012 |
| 14-15 | 67.5 kgs / 148.8 lbs | Nena Pfeffer | PA | 4/2024 |
| 16-17 | 70.5 kgs / 155.4 lbs | Catherine Reynolds | VA | 4/2018 |
| 18-19 | 75.0 kgs / 165.3 lbs | Catherine Reynolds | VA | 10/2018 |

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|-----------------|----------------------|-----------------|----|---------|
| 20-24 | 91.8 kgs / 202.3 lbs | Amy Perlmutter | NJ | 5/2000 |
| 35-39 | 85.5 kgs / 188.4 lbs | Natasha Beasley | VA | 6/2019 |
| 40-44 | 85.0 kgs / 187.3 lbs | Kerry Self | VA | 12/2017 |
| 45-49 | 85.0 kgs / 187.3 lbs | Kerry Self | VA | 12/2018 |
| 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 | 60.5 kgs / 133.3 lbs | Linda Lee | VA | 7/2024 |
| 65-69 | 50.0 kgs / 110.2 lbs | Judith Wolff | MA | 6/2018 |
| 70-74 | 45.5 kgs / 100.3 lbs | Linda Leightley | VA | 3/2019 |
| 75-79 | 45.0 kgs / 99.2 lbs | Linda Leightley | VA | 3/2020 |
| 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: 67.5 / 148 Female

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|------------------------|-----------|---------------|
| Open | 104.6 kgs / 230.6 lbs | Michelle Borzak | PA | 7/2005 |
| 11 and under | 67.5 kgs / 148.8 lbs | Madison Berry | NC | 5/2023 |
| 12-13 | 80.0 kgs / 176.3 lbs | Giuliana Hess | NJ | 1/2025 |
| 14-15 | 75.0 kgs / 165.3 lbs | Gianna Ancona | CT | 1/2024 |
| 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 | 82.5 kgs / 181.8 lbs | Natasha Beasley | VA | 11/2024 |
| 45-49 | 73.5 kgs / 162.0 lbs | Mary Ann Wieckowski | PA | 6/2012 |
| 50-54 | 75.0 kgs / 165.3 lbs | Heather Flottmann | NY | 4/2023 |
| 55-59 | 68.5 kgs / 151.0 lbs | Karen Walsh | OH | 4/2022 |
| 60-64 | 65.7 kgs / 144.8 lbs | Suzanne LaForge | FL | 6/2022 |
| 65-69 | 65.0 kgs / 143.2 lbs | Linda Lee | VA | 11/2024 |
| 70-74 | 45.5 kgs / 100.3 lbs | Tonnie Alliance | OH | 10/2016 |
| 75-79 | 47.5 kgs / 104.7 lbs | Janet Reynolds | FL | 7/2021 |
| 80+ | 41.7 kgs / 91.9 lbs | Janet Reynolds | FL | 6/2022 |
| Police/Fire/Mil | 80.0 kgs / 176.3 lbs | Katie Johnson | MD | 10/2015 |

Weight Class: 75 / 165 Female

| Division | Bench Press | Name | Resides | Date |
|--------------|------------------------------|------------------------|-----------|---------------|
| Open | 105.0 kgs / 231.4 lbs | Alexis Kajencki | MD | 4/2024 |
| 11 and under | 73.0 kgs / 160.9 lbs | Madison Berry | NC | 11/2023 |
| 12-13 | 67.5 kgs / 148.8 lbs | Mackenzie Taylor | NC | 10/2021 |
| 14-15 | 90.0 kgs / 198.4 lbs | Mackenzie Taylor | NC | 5/2023 |
| 16-17 | 74.8 kgs / 164.9 lbs | Ashley Buck | PA | 2005 |
| 18-19 | 80.0 kgs / 176.3 lbs | Jamie Augustine | PA | 11/2022 |
| 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 | 105.0 kgs / 231.4 lbs | Alexis Kajencki | MD | 4/2024 |
| 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 | 88.5 kgs / 195.1 lbs | Cynthia Crossland | OK | 3/2020 |
| 60-64 | 77.5 kgs / 170.8 lbs | Cynthia Crossland | OK | 2/2023 |
| 65-69 | 66.0 kgs / 145.5 lbs | Linda Lee | VA | 1/2025 |

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|-----------------|----------------------|-------------------|----|---------|
| 70-74 | 60.0 kgs / 132.2 lbs | Susan Shofner | OH | 12/2024 |
| 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: 82.5 / 181 Female

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|----------------------|-----------|---------------|
| Open | 115.0 kgs / 253.5 lbs | Allison White | VA | 5/2019 |
| 11 and under | 75.0 kgs / 165.3 lbs | Madison Berry | NC | 3/2024 |
| 12-13 | 82.0 kgs / 180.7 lbs | Madison Berry | NC | 8/2024 |
| 14-15 | 93.4 kgs / 205.9 lbs | Mackenzie Taylor | NC | 6/2023 |
| 16-17 | 95.0 kgs / 209.4 lbs | Mackenzie Taylor | NC | 11/2024 |
| 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 | 115.0 kgs / 253.5 lbs | Allison White | VA | 5/2019 |
| 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 | 87.5 kgs / 192.9 lbs | Cynthia Crossland | OK | 6/2018 |
| 60-64 | 92.5 kgs / 203.9 lbs | Erika Grill | AZ | 6/2016 |
| 65-69 | 50.0 kgs / 110.2 lbs | Susan Gregory | NE | 11/2022 |
| 70-74 | 75.0 kgs / 165.3 lbs | Linda Arvey | PA | 4/2024 |
| 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 |
| Handicapped | 67.5 kgs / 148.8 lbs | Alexis Rowley | PA | 4/2023 |

Weight Class: 90 / 198 Female

| Division | Bench Press | Name | Resides | Date |
|-----------------|------------------------------|-----------------------|-----------|---------------|
| Open | 122.4 kgs / 269.8 lbs | LaToya Parrish | VA | 5/2008 |
| 11 and under | 52.5 kgs / 115.7 lbs | Olivia Stedman | NC | 2/2023 |
| 12-13 | 87.5 kgs / 192.9 lbs | Madison Berry | NC | 11/2024 |
| 14-15 | 113.3 kgs / 249.7 lbs | Shannon Summers | SC | 2/2000 |
| 16-17 | 100.0 kgs / 220.4 lbs | Mackenzie Taylor | NC | 2/2025 |
| 18-19 | 75.0 kgs / 165.3 lbs | Lizzy Welch | KS | 11/2024 |
| 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 | 80.0 kgs / 176.3 lbs | Lisa Klaus | IL | 6/2024 |
| 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 | 60.0 kgs / 132.2 lbs | Karen Hansen | VA | 7/2019 |
| Police/Fire/Mil | 92.5 kgs / 203.9 lbs | Mona Espinosa | VA | 9/2021 |
| Spec. Oly. | 52.5 kgs / 115.7 lbs | Joni Talavera | PA | 6/2016 |
| Handicapped | 70.0 kgs / 154.3 lbs | Alexis Rowley | PA | 12/2023 |

Weight Class: 90+ / 198+ Female

| Division | Bench Press | Name | Resides | Date |
|-------------|------------------------------|---------------------|-----------|----------------|
| Open | 125.5 kgs / 276.6 lbs | Lisa Quevedo | CA | 10/2013 |

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|-----------------|------------------------|----------------------|----|---------|
| 11 and under | 57.5 kgs / 126.7 lbs | Olivia Stedman | NC | 5/2023 |
| 12-13 | 90.0 kgs / 198.4 lbs | Madison Berry | NC | 2/2025 |
| 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 | 77.5 kgs / 170.8 lbs | Shelby Taylor | OH | 12/2019 |
| 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 | 107.5 kgs / 236.9 lbs | Rochelle Comly-Dubbs | PA | 6/2018 |
| 45-49 | 100.0 kgs / 220.4 lbs | Leslie Irwin | VA | 8/2018 |
| 50-54 | 120.24 kgs / 265.0 lbs | Anna Stamets | FL | 3/2023 |
| 55-59 | 85.0 kgs / 187.3 lbs | Dorothy Sosnicki | AZ | 6/2019 |
| 60-64 | 97.5 kgs / 214.9 lbs | Bonnie Petersen | NE | 3/2018 |
| 65-69 | 54.4 kgs / 119.9 lbs | Beatrice Temple | FL | 6/2022 |
| 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 | 100.0 kgs / 220.4 lbs | Leslie Irwin | VA | 8/2018 |
| Spec. Oly. | 47.5 kgs / 104.7 lbs | Joni Talavera | PA | 12/2023 |
| Handicapped | 55.0 kgs / 121.2 lbs | Joni Talavera | PA | 12/2024 |