



## WORLD WOMEN'S BENCH RECORDS

Updated by Ed Kutin

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2/1/2025

### Weight Class: 44 / 97 Female

| Division     | Bench Press                 | Name                    | Resides      | Date          |
|--------------|-----------------------------|-------------------------|--------------|---------------|
| <b>Open</b>  | <b>54.4 kgs / 119.9 lbs</b> | <b>Elizabeth Parker</b> | <b>US-FL</b> | <b>6/2022</b> |
| 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        |
| Handicapped  | 42.5 kgs / 93.6 lbs         | Elizabeth Parker        | US-FL        | 7/2021        |

### Weight Class: 48 / 105 Female

| Division     | Bench Press                 | Name                    | Resides       | Date           |
|--------------|-----------------------------|-------------------------|---------------|----------------|
| <b>Open</b>  | <b>75.0 kgs / 165.3 lbs</b> | <b>Cassidy Conaghan</b> | <b>Canada</b> | <b>11/2024</b> |
| 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 |
|----------|-------------|------|---------|------|
|----------|-------------|------|---------|------|

|                 |                             |                     |              |               |
|-----------------|-----------------------------|---------------------|--------------|---------------|
| <b>Open</b>     | <b>77.5 kgs / 170.8 lbs</b> | <b>Kerry Self</b>   | <b>US-VA</b> | <b>6/2017</b> |
| 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           |
|-----------------|------------------------------|-----------------------|--------------|----------------|
| <b>Open</b>     | <b>120.0 kgs / 264.5 lbs</b> | <b>Febrose Tsiode</b> | <b>Nauru</b> | <b>10/2018</b> |
| 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           | 76.0 kgs / 167.5 lbs         | Kerry Self            | US-VA        | 11/2024        |
| 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          |
|--------------|------------------------------|--------------------------|--------------|---------------|
| <b>Open</b>  | <b>127.0 kgs / 279.9 lbs</b> | <b>Jennifer Thompson</b> | <b>US-NC</b> | <b>8/2006</b> |
| 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  |

| <b>Weight Class: 67.5 / 148 Female</b> |                             |                     |                |                |
|--|-----------------------------|---------------------|----------------|----------------|
| <b>Division</b>                        | <b>Bench Press</b>          | <b>Name</b>         | <b>Resides</b> | <b>Date</b>    |
| <b>Open</b>                            | <b>97.5 kgs / 214.9 lbs</b> | <b>Andrea White</b> | <b>US-NY</b>   | <b>11/2014</b> |
| 11 and under                           | 67.5 kgs / 148.8 lbs        | Madison Berry       | US-NC          | 5/2023         |
| 12-13                                  | 80.0 kgs / 176.3 lbs        | Giuliana Hess       | US-NJ          | 1/2025         |
| 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                                  | 82.5 kgs / 181.8 lbs        | Natasha Beasley     | US-VA          | 11/2024        |
| 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                                  | 65.0 kgs / 143.2 lbs        | Linda Lee           | US-VA          | 11/2024        |
| 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         |

| <b>Weight Class: 75 / 165 Female</b> |                              |                        |                |               |
|--------------------------------------|------------------------------|------------------------|----------------|---------------|
| <b>Division</b>                      | <b>Bench Press</b>           | <b>Name</b>            | <b>Resides</b> | <b>Date</b>   |
| <b>Open</b>                          | <b>105.0 kgs / 231.4 lbs</b> | <b>Alexis Kajencki</b> | <b>US-MD</b>   | <b>4/2024</b> |
| 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                                | 66.0 kgs / 145.5 lbs         | Linda Lee              | US-VA          | 1/2025        |
| 70-74                                | 60.0 kgs / 132.2 lbs         | Susan Shofner          | US-OH          | 12/2024       |
| 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          |
|-----------------|------------------------------|----------------------|--------------|---------------|
| <b>Open</b>     | <b>115.0 kgs / 253.5 lbs</b> | <b>Allison White</b> | <b>US-VA</b> | <b>5/2019</b> |
| 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           | 95.0 kgs / 209.4 lbs         | Mackenzie Taylor     | US-NC        | 11/2024       |
| 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          |
|-----------------|------------------------------|-----------------------|--------------|---------------|
| <b>Open</b>     | <b>117.5 kgs / 259.0 lbs</b> | <b>LaToya Parrish</b> | <b>US-VA</b> | <b>6/2008</b> |
| 11 and under    | 52.5 kgs / 115.7 lbs         | Olivia Stedman        | US-NC        | 2/2023        |
| 12-13           | 87.5 kgs / 192.9 lbs         | Madison Berry         | US-NC        | 11/2024       |
| 14-15           | 113.3 kgs / 249.7 lbs        | Shannon Summers       | US-SC        | 2/2000        |
| 16-17           | 100.0 kgs / 220.4 lbs        | Mackenzie Taylor      | US-NC        | 2/2025        |
| 18-19           | 75.0 kgs / 165.3 lbs         | Lizzy Welch           | US-KS        | 11/2024       |
| 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           |
|--------------|------------------------------|---------------------|--------------|----------------|
| <b>Open</b>  | <b>125.5 kgs / 276.6 lbs</b> | <b>Lisa Quevedo</b> | <b>US-CA</b> | <b>10/2013</b> |
| 11 and under | 57.5 kgs / 126.7 lbs         | Olivia Stedman      | US-NC        | 5/2023         |
| 12-13        | 90.0 kgs / 198.4 lbs         | Madison Berry       | US-NC        | 2/2025         |

|                 |                        |                      |        |         |
|-----------------|------------------------|----------------------|--------|---------|
| 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           | 73.5 kgs / 162.0 lbs   | Dorothy Sosnicki     | US-AZ  | 11/2024 |
| 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  |
| Handicapped     | 55.0 kgs / 121.2 lbs   | Joni Talavera        | US-PA  | 12/2024 |