



USA WOMEN'S BENCH RECORDS

Updated by Ed Kutin

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Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Resides
Open	67.5 kgs / 148.8 lbs	Angelina Hong	TX
11 and under	47.5 kgs / 104.7 lbs	Beth-el Algarin	MN
12-13	45.0 kgs / 99.2 lbs	Naomi Kutin	NJ
14-15	42.5 kgs / 93.6 lbs	Kristine Connelly	IL
16-17	47.5 kgs / 104.7 lbs	Ashley Christiansen	NC
18-19	67.5 kgs / 148.8 lbs	Angelina Hong	TX
20-24	54.4 kgs / 119.9 lbs	Elizabeth Parker	FL
35-39	54.4 kgs / 119.9 lbs	Ruth Snyder	PA
40-44	40.8 kgs / 89.9 lbs	Paula Lorenzi	PA
45-49	25.0 kgs / 55.1 lbs	Jeanette Savage	NY
50-54	27.5 kgs / 60.6 lbs	Jeanette Savage	NY
55-59	35.5 kgs / 78.2 lbs	Rocky Luedeker	AZ
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	VA
65-69	47.5 kgs / 104.7 lbs	Karen Poyner	VA
75-79	16.7 kgs / 36.8 lbs	Susan Bohling	FL
Spec. Oly.	27.5 kgs / 60.6 lbs	Jeanette Savage	NY
Handicapped	42.5 kgs / 93.6 lbs	Elizabeth Parker	FL

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Resides
Open	77.5 kgs / 170.8 lbs	Angelina Hong	TX
11 and under	50.0 kgs / 110.2 lbs	Giuliana Hess	NJ
12-13	47.5 kgs / 104.7 lbs	Naomi Kutin	NJ
14-15	50.2 kgs / 110.6 lbs	T. Fitzpatrick	USA
16-17	48.0 kgs / 105.8 lbs	Ashley Christiansen	NC
18-19	77.5 kgs / 170.8 lbs	Angelina Hong	TX
20-24	62.5 kgs / 137.7 lbs	Paulimar Balcom	PA
35-39	47.5 kgs / 104.7 lbs	Jamie Brissey	VA
40-44	63.5 kgs / 139.9 lbs	Linda Richard	VA
45-49	56.6 kgs / 124.7 lbs	Karen Poyner	VA
50-54	60.1 kgs / 132.4 lbs	Karen Poyner	VA
55-59	58.5 kgs / 128.9 lbs	Karen Poyner	VA
60-64	53.5 kgs / 117.9 lbs	Karen Poyner	VA
65-69	27.5 kgs / 60.6 lbs	Jenny Telles	NM

2/8/2026

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3/2015
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2/2014
7/2025
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7/2012
4/2016
11/2014

Police/Fire/Mil	42.5 kgs / 93.6 lbs	Elizabeth Zeuschel	NC
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Weight Class: 52 / 114 Female

Division	Bench Press	Name	Resides
Open	77.5 kgs / 170.8 lbs	Kerry Self	VA
11 and under	55.0 kgs / 121.2 lbs	Beth-el Algarin	MN
12-13	60.0 kgs / 132.2 lbs	Miranda Chambers	PA
14-15	55.0 kgs / 121.2 lbs	Lela Pensyl	PA
16-17	55.0 kgs / 121.2 lbs	Kaylum Mills	NC
18-19	57.5 kgs / 126.7 lbs	Kayla Johnson	NC
20-24	68.5 kgs / 151.0 lbs	Elizabeth Cameron	AZ
35-39	76.0 kgs / 167.5 lbs	Natasha Beasley	VA
40-44	77.5 kgs / 170.8 lbs	Kerry Self	VA
45-49	63.5 kgs / 139.9 lbs	Doreen Wofford	NC
50-54	74.5 kgs / 164.2 lbs	Kerry Self	VA
55-59	65.0 kgs / 143.2 lbs	Lori McMahon	PA
60-64	48.5 kgs / 106.9 lbs	Janet Huntley	PA
65-69	55.0 kgs / 121.2 lbs	Kathryn Eldred	AZ
70-74	55.0 kgs / 121.2 lbs	Kathryn Eldred	AZ
75-79	27.5 kgs / 60.6 lbs	Karola Meyer	MD
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Rebecca Breeden	VA

Weight Class: 56 / 123 Female

Division	Bench Press	Name	Resides
Open	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	VA
11 and under	57.5 kgs / 126.7 lbs	Beth-el Algarin	MN
12-13	48.5 kgs / 106.9 lbs	Mackenzie Taylor	NC
14-15	70.0 kgs / 154.3 lbs	Miranda Chambers	PA
16-17	85.0 kgs / 187.3 lbs	Miranda Chambers	PA
18-19	70.3 kgs / 154.9 lbs	Leslie Kutner	FL
20-24	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	VA
35-39	82.5 kgs / 181.8 lbs	Natasha Beasley	VA
40-44	82.5 kgs / 181.8 lbs	Kerry Self	VA
45-49	80.0 kgs / 176.3 lbs	Kelly Moore	WI
50-54	77.0 kgs / 169.7 lbs	Kerry Self	VA
55-59	74.8 kgs / 164.9 lbs	Lisa Hoyt	WA
60-64	60.5 kgs / 133.3 lbs	Susan Drach	VA
65-69	47.5 kgs / 104.7 lbs	Jo Hendon	VA
70-74	41.0 kgs / 90.3 lbs	Marcia Anderson	VA
75-79	47.5 kgs / 104.7 lbs	Marcia Anderson	VA
80+	33.5 kgs / 73.8 lbs	Mariann Strain	PA
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Yvonne Young	VA

Weight Class: 60 / 132 Female

Division	Bench Press	Name	Resides
Open	127.0 kgs / 279.9 lbs	Jennifer Thompson	NC
11 and under	48.5 kgs / 106.9 lbs	Madison Berry	NC
12-13	65.0 kgs / 143.2 lbs	Beth-el Algarin	MN
14-15	70.0 kgs / 154.3 lbs	Nena Pfeffer	PA
16-17	70.5 kgs / 155.4 lbs	Catherine Reynolds	VA

8/2014

Date
6/2017
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8/2012

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8/2006
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18-19	75.0 kgs / 165.3 lbs	Catherine Reynolds	VA
20-24	91.8 kgs / 202.3 lbs	Amy Perlmutter	NJ
35-39	85.5 kgs / 188.4 lbs	Natasha Beasley	VA
40-44	85.0 kgs / 187.3 lbs	Kerry Self	VA
45-49	85.0 kgs / 187.3 lbs	Kerry Self	VA
50-54	79.0 kgs / 174.1 lbs	Patti McKee	AZ
55-59	73.5 kgs / 162.0 lbs	Diane Brill	NV
60-64	60.5 kgs / 133.3 lbs	Linda Lee	VA
65-69	50.0 kgs / 110.2 lbs	Judith Wolff	MA
70-74	45.5 kgs / 100.3 lbs	Linda Leightley	VA
75-79	45.0 kgs / 99.2 lbs	Linda Leightley	VA
80+	35.5 kgs / 78.2 lbs	Linda Leightley	VA
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Katie Johnson	MD

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Resides
Open	104.6 kgs / 230.6 lbs	Michelle Borzak	PA
11 and under	67.5 kgs / 148.8 lbs	Madison Berry	NC
12-13	80.0 kgs / 176.3 lbs	Giuliana Hess	NJ
14-15	75.0 kgs / 165.3 lbs	Gianna Ancona	CT
16-17	79.4 kgs / 175.0 lbs	Angie Miller	PA
18-19	72.5 kgs / 159.8 lbs	Sarah Dolson	DC
20-24	85.0 kgs / 187.3 lbs	Tara Steadman	AZ
35-39	97.5 kgs / 214.9 lbs	Andrea White	NY
40-44	92.5 kgs / 203.9 lbs	Alexis Kajencki	MD
45-49	73.5 kgs / 162.0 lbs	Mary Ann Wieckowski	PA
50-54	75.0 kgs / 165.3 lbs	Heather Flottmann	NY
55-59	68.5 kgs / 151.0 lbs	Karen Walsh	OH
60-64	65.7 kgs / 144.8 lbs	Suzanne LaForge	FL
65-69	65.0 kgs / 143.2 lbs	Linda Lee	VA
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	OH
75-79	47.5 kgs / 104.7 lbs	Janet Reynolds	FL
80+	41.7 kgs / 91.9 lbs	Janet Reynolds	FL
Police/Fire/Mil	80.0 kgs / 176.3 lbs	Katie Johnson	MD

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Resides
Open	105.0 kgs / 231.4 lbs	Alexis Kajencki	MD
11 and under	73.0 kgs / 160.9 lbs	Madison Berry	NC
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	NC
14-15	90.0 kgs / 198.4 lbs	Mackenzie Taylor	NC
16-17	74.8 kgs / 164.9 lbs	Ashley Buck	PA
18-19	80.0 kgs / 176.3 lbs	Jamie Augustine	PA
20-24	97.5 kgs / 214.9 lbs	Tara Steadman	AZ
35-39	90.0 kgs / 198.4 lbs	Hayley Bloom	IA
40-44	105.0 kgs / 231.4 lbs	Alexis Kajencki	MD
45-49	92.9 kgs / 204.8 lbs	Lynne Nelson	VA
50-54	97.5 kgs / 214.9 lbs	Joan Gardner	VT
55-59	88.5 kgs / 195.1 lbs	Cynthia Crossland	OK
60-64	77.5 kgs / 170.8 lbs	Cynthia Crossland	OK

10/2018
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65-69	72.5 kgs / 159.8 lbs	Linda Lee	VA
70-74	60.0 kgs / 132.2 lbs	Susan Shofner	OH
80+	27.5 kgs / 60.6 lbs	Nada Brewer	AZ
Police/Fire/Mil	90.0 kgs / 198.4 lbs	Hayley Bloom	IA
Spec. Oly.	52.5 kgs / 115.7 lbs	Vivienne Shockley	MT

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Resides
Open	115.0 kgs / 253.5 lbs	Allison White	VA
11 and under	75.0 kgs / 165.3 lbs	Madison Berry	NC
12-13	90.0 kgs / 198.4 lbs	Madison Berry	NC
14-15	93.4 kgs / 205.9 lbs	Mackenzie Taylor	NC
16-17	95.0 kgs / 209.4 lbs	Mackenzie Taylor	NC
18-19	92.5 kgs / 203.9 lbs	Tara Maier	AZ
20-24	106.5 kgs / 234.7 lbs	LaToya Parrish	VA
35-39	115.0 kgs / 253.5 lbs	Allison White	VA
40-44	107.5 kgs / 236.9 lbs	Tammy Walker	NC
45-49	112.5 kgs / 248.0 lbs	Tammy Walker	NC
50-54	81.0 kgs / 178.5 lbs	Kimberly Lindner	MA
55-59	87.5 kgs / 192.9 lbs	Cynthia Crossland	OK
60-64	92.5 kgs / 203.9 lbs	Erika Grill	AZ
65-69	65.0 kgs / 143.2 lbs	Nancy Breen	VA
70-74	75.0 kgs / 165.3 lbs	Linda Arvey	PA
75-79	70.0 kgs / 154.3 lbs	Linda Arvey	PA
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Hayley Bloom	IA
Spec. Oly.	50.0 kgs / 110.2 lbs	Joni Talavera	PA
Handicapped	67.5 kgs / 148.8 lbs	Alexis Rowley	PA

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Resides
Open	122.4 kgs / 269.8 lbs	LaToya Parrish	VA
11 and under	52.5 kgs / 115.7 lbs	Olivia Stedman	NC
12-13	91.0 kgs / 200.6 lbs	Madison Berry	NC
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	SC
16-17	113.5 kgs / 250.2 lbs	Mackenzie Taylor	NC
18-19	102.5 kgs / 225.9 lbs	Mackenzie Taylor	NC
20-24	122.4 kgs / 269.8 lbs	LaToya Parrish	VA
35-39	102.5 kgs / 225.9 lbs	Nikki Creecy	NC
40-44	99.7 kgs / 219.7 lbs	Kari Saban	FL
45-49	87.5 kgs / 192.9 lbs	Erika Grill	AZ
50-54	80.0 kgs / 176.3 lbs	Lisa Klaus	IL
55-59	83.0 kgs / 182.9 lbs	Hyacinth Joseph	NC
60-64	85.0 kgs / 187.3 lbs	Hyacinth Joseph	NC
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	VA
70-74	70.0 kgs / 154.3 lbs	Linda Arvey	PA
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Mona Espinosa	NC
Spec. Oly.	52.5 kgs / 115.7 lbs	Joni Talavera	PA
Handicapped	70.0 kgs / 154.3 lbs	Alexis Rowley	PA

Weight Class: 90+ / 198+ Female

8/2025
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6/2016
12/2023

Division	Bench Press	Name	Resides
Open	125.5 kgs / 276.6 lbs	Lisa Quevedo	CA
11 and under	57.5 kgs / 126.7 lbs	Olivia Stedman	NC
12-13	90.0 kgs / 198.4 lbs	Madison Berry	NC
14-15	104.3 kgs / 229.9 lbs	Shannon Summers	SC
16-17	124.7 kgs / 274.9 lbs	Shannon Summers	SC
18-19	85.0 kgs / 187.3 lbs	Savannah Glanville	NC
20-24	125.5 kgs / 276.6 lbs	Lisa Quevedo	CA
35-39	117.5 kgs / 259.0 lbs	Jessica Read	VA
40-44	115.0 kgs / 253.5 lbs	Ashley Tinsley	VA
45-49	100.0 kgs / 220.4 lbs	Leslie Irwin	VA
50-54	120.24 kgs / 265.0 lbs	Anna Stamets	FL
55-59	85.0 kgs / 187.3 lbs	Dorothy Sosnicki	AZ
60-64	97.5 kgs / 214.9 lbs	Bonnie Petersen	NE
65-69	54.4 kgs / 119.9 lbs	Beatrice Temple	FL
70-74	35.0 kgs / 77.1 lbs	Sandra Foli	IL
80+	25.0 kgs / 55.1 lbs	Corrinne Cassidy	NH
Police/Fire/Mil	100.0 kgs / 220.4 lbs	Leslie Irwin	VA
Spec. Oly.	47.5 kgs / 104.7 lbs	Joni Talavera	PA
Handicapped	67.5 kgs / 148.8 lbs	Dorothy Sosnicki	AZ

Date
10/2013
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