



WORLD WOMEN'S BENCH RECORDS

Updated by Ed Kutin

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Weight Class: 44 / 97 Female			
Division	Bench Press	Name	Resides
Open	54.4 kgs / 119.9 lbs	Elizabeth Parker	US-FL
11 and under	47.5 kgs / 104.7 lbs	Beth-el Algarin	US-MN
12-13	45.0 kgs / 99.2 lbs	Naomi Kutin	US-NJ
14-15	42.5 kgs / 93.6 lbs	Kristine Connelly	US-IL
16-17	47.5 kgs / 104.7 lbs	Ashley Christiansen	US-NC
18-19	49.8 kgs / 109.7 lbs	Jessica McBride	US-NY
20-24	54.4 kgs / 119.9 lbs	Elizabeth Parker	US-FL
35-39	50.0 kgs / 110.2 lbs	Heather Feingold	US-VA
40-44	37.5 kgs / 82.6 lbs	Jade Nguen	US-VA
50-54	27.5 kgs / 60.6 lbs	Jeanette Savage	US-NY
55-59	35.5 kgs / 78.2 lbs	Rocky Luedeker	US-AZ
60-64	54.0 kgs / 119.0 lbs	Karen Poyner	US-VA
65-69	47.5 kgs / 104.7 lbs	Karen Poyner	US-VA
75-79	16.7 kgs / 36.8 lbs	Susan Bohling	US-FL
Spec. Oly.	27.5 kgs / 60.6 lbs	Jeanette Savage	US-NY
Handicapped	42.5 kgs / 93.6 lbs	Elizabeth Parker	US-FL

Weight Class: 48 / 105 Female			
Division	Bench Press	Name	Resides
Open	75.0 kgs / 165.3 lbs	Cassidy Conaghan	Canada
11 and under	50.0 kgs / 110.2 lbs	Giuliana Hess	US-NJ
12-13	47.5 kgs / 104.7 lbs	Naomi Kutin	US-NJ
14-15	55.0 kgs / 121.2 lbs	Catherine Sableva	Ukraine
16-17	64.0 kgs / 141.0 lbs	McKenna Kozina	Canada
18-19	60.5 kgs / 133.3 lbs	McKenna Kozina	Canada
20-24	70.0 kgs / 154.3 lbs	Cassidy Conaghan	Canada
35-39	57.5 kgs / 126.7 lbs	Viktoriya Kruglyak	Ukraine
40-44	63.5 kgs / 139.9 lbs	Linda Richard	US-VA
45-49	59.0 kgs / 130.0 lbs	Jill Keilty	Canada
50-54	60.1 kgs / 132.4 lbs	Karen Poyner	US-VA
55-59	58.0 kgs / 127.8 lbs	Karen Poyner	US-VA
60-64	53.5 kgs / 117.9 lbs	Karen Poyner	US-VA
65-69	27.5 kgs / 60.6 lbs	Jenny Telles	US-NM

Weight Class: 52 / 114 Female			
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3/8/2026

Date
6/2022
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11/2007
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6/2022
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Date
11/2024
6/2022
6/2014
6/2013
10/2017
6/2019
2/2024
4/2014
7/2007
11/2023
11/2006
9/2012
4/2016
11/2014

Division	Bench Press	Name	Resides
Open	77.5 kgs / 170.8 lbs	Kerry Self	US-VA
11 and under	55.0 kgs / 121.2 lbs	Beth-el Algarin	US-MN
12-13	60.0 kgs / 132.2 lbs	Miranda Chambers	US-PA
14-15	55.0 kgs / 121.2 lbs	Lela Pensyl	US-PA
16-17	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada
18-19	55.0 kgs / 121.2 lbs	Courtney Krauss	Canada
20-24	68.5 kgs / 151.0 lbs	Elizabeth Cameron	US-AZ
35-39	76.0 kgs / 167.5 lbs	Natasha Beasley	US-VA
40-44	77.5 kgs / 170.8 lbs	Kerry Self	US-VA
45-49	60.5 kgs / 133.3 lbs	Jill Keilty-Dilling	Canada
50-54	74.5 kgs / 164.2 lbs	Kerry Self	US-VA
55-59	65.0 kgs / 143.2 lbs	Lori McMahon	US-PA
60-64	62.5 kgs / 137.7 lbs	Christina Lahey	Canada
65-69	55.0 kgs / 121.2 lbs	Kathryn Eldred	US-AZ
70-74	55.0 kgs / 121.2 lbs	Kathryn Eldred	US-AZ
75-79	27.5 kgs / 60.6 lbs	Doreen Kimura	Canada
Police/Fire/Mil	60.0 kgs / 132.2 lbs	Rebecca Breeden	US-VA

Weight Class: 56 / 123 Female

Division	Bench Press	Name	Resides
Open	120.0 kgs / 264.5 lbs	Febrose Tsiode	Nauru
11 and under	57.5 kgs / 126.7 lbs	Beth-el Algarin	US-MN
12-13	48.5 kgs / 106.9 lbs	Mackenzie Taylor	US-NC
14-15	70.0 kgs / 154.3 lbs	Miranda Chambers	US-PA
16-17	85.0 kgs / 187.3 lbs	Miranda Chambers	US-PA
18-19	120.0 kgs / 264.5 lbs	Febrose Tsiode	Nauru
20-24	87.5 kgs / 192.9 lbs	Jonalyn Barcarse	US-VA
35-39	80.5 kgs / 177.4 lbs	Natasha Beasley	US-VA
40-44	85.0 kgs / 187.3 lbs	Elizabeth Craven	Australia
45-49	80.0 kgs / 176.3 lbs	Kelly Moore	US-WI
50-54	77.0 kgs / 169.7 lbs	Kerry Self	US-VA
55-59	74.8 kgs / 164.9 lbs	Lisa Hoyt	US-WA
60-64	60.5 kgs / 133.3 lbs	Susan Drach	US-VA
65-69	47.5 kgs / 104.7 lbs	Jo Hendon	US-VA
70-74	41.0 kgs / 90.3 lbs	Marcia Anderson	US-VA
75-79	47.5 kgs / 104.7 lbs	Marcia Anderson	US-VA
80+	33.5 kgs / 73.8 lbs	Mariann Strain	US-PA
Police/Fire/Mil	57.5 kgs / 126.7 lbs	Rebecca Breeden	US-VA

Weight Class: 60 / 132 Female

Division	Bench Press	Name	Resides
Open	127.0 kgs / 279.9 lbs	Jennifer Thompson	US-NC
11 and under	48.5 kgs / 106.9 lbs	Madison Berry	US-NC
12-13	65.0 kgs / 143.2 lbs	Beth-el Algarin	US-MN
14-15	70.0 kgs / 154.3 lbs	Nena Pfeffer	US-PA
16-17	70.5 kgs / 155.4 lbs	Catherine Reynolds	US-VA
18-19	75.0 kgs / 165.3 lbs	Catherine Reynolds	US-VA
20-24	85.0 kgs / 187.3 lbs	Antonina Burbytko	Ukraine
35-39	92.5 kgs / 203.9 lbs	Svetlana Dergaputskaya	Ukraine

Date
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Date
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40-44	85.0 kgs / 187.3 lbs	Kerry Self	US-VA
45-49	85.0 kgs / 187.3 lbs	Kerry Self	US-VA
50-54	79.0 kgs / 174.1 lbs	Patti McKee	US-AZ
55-59	73.5 kgs / 162.0 lbs	Diane Brill	US-NV
60-64	60.5 kgs / 133.3 lbs	Linda Lee	US-VA
65-69	50.0 kgs / 110.2 lbs	Judith Wolff	US-MA
70-74	45.5 kgs / 100.3 lbs	Linda Leightley	US-VA
75-79	45.0 kgs / 99.2 lbs	Linda Leightley	US-VA
80+	35.5 kgs / 78.2 lbs	Linda Leightley	US-VA
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Katie Johnson	US-MD
Handicapped	50.0 kgs / 110.2 lbs	Varshaben Joshi	India

Weight Class: 67.5 / 148 Female

Division	Bench Press	Name	Resides
Open	97.5 kgs / 214.9 lbs	Andrea White	US-NY
11 and under	67.5 kgs / 148.8 lbs	Madison Berry	US-NC
12-13	80.0 kgs / 176.3 lbs	Giuliana Hess	US-NJ
14-15	75.0 kgs / 165.3 lbs	Gianna Ancona	US-CT
16-17	75.0 kgs / 165.3 lbs	Jamie Augustine	US-PA
18-19	72.5 kgs / 159.8 lbs	Sarah Dolson	US-DC
20-24	87.5 kgs / 192.9 lbs	Abby Hall	Canada
35-39	97.5 kgs / 214.9 lbs	Andrea White	US-NY
40-44	92.5 kgs / 203.9 lbs	Alexis Kajencki	US-MD
45-49	77.5 kgs / 170.8 lbs	Tonya Motyka	Canada
50-54	77.5 kgs / 170.8 lbs	Sue Kish	Canada
55-59	68.5 kgs / 151.0 lbs	Karen Walsh	US-OH
60-64	75.0 kgs / 165.3 lbs	Deb Ellard	Canada
65-69	65.0 kgs / 143.2 lbs	Linda Lee	US-VA
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	US-OH
75-79	47.5 kgs / 104.7 lbs	Janet Reynolds	US-FL
80+	41.7 kgs / 91.9 lbs	Janet Reynolds	US-FL
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Jamie Potter	US-VA

Weight Class: 75 / 165 Female

Division	Bench Press	Name	Resides
Open	105.0 kgs / 231.4 lbs	Alexis Kajencki	US-MD
11 and under	73.0 kgs / 160.9 lbs	Madison Berry	US-NC
12-13	67.5 kgs / 148.8 lbs	Mackenzie Taylor	US-NC
14-15	90.0 kgs / 198.4 lbs	Mackenzie Taylor	US-NC
16-17	65.0 kgs / 143.2 lbs	Nicole Hardy	US-PA
18-19	80.0 kgs / 176.3 lbs	Jamie Augustine	US-PA
20-24	97.5 kgs / 214.9 lbs	Tara Steadman	US-AZ
35-39	90.0 kgs / 198.4 lbs	Hayley Bloom	US-IA
40-44	105.0 kgs / 231.4 lbs	Alexis Kajencki	US-MD
45-49	85.0 kgs / 187.3 lbs	Eileen Gorry	Ireland
50-54	93.5 kgs / 206.1 lbs	Joan Gardner	US-VT
55-59	88.5 kgs / 195.1 lbs	Cynthia Crossland	US-OK
60-64	77.5 kgs / 170.8 lbs	Cynthia Crossland	US-OK
65-69	72.5 kgs / 159.8 lbs	Linda Lee	US-VA
70-74	60.0 kgs / 132.2 lbs	Susan Shofner	US-OH

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80+	27.5 kgs / 60.6 lbs	Nada Brewer	US-AZ
Police/Fire/Mil	90.0 kgs / 198.4 lbs	Hayley Bloom	US-IA
Spec. Oly.	52.5 kgs / 115.7 lbs	Vivienne Shockley	US-MT

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Resides
Open	115.0 kgs / 253.5 lbs	Allison White	US-VA
11 and under	75.0 kgs / 165.3 lbs	Madison Berry	US-NC
12-13	90.0 kgs / 198.4 lbs	Madison Berry	US-NC
14-15	93.4 kgs / 205.9 lbs	Mackenzie Taylor	US-NC
16-17	95.0 kgs / 209.4 lbs	Mackenzie Taylor	US-NC
18-19	92.5 kgs / 203.9 lbs	Tara Maier	US-AZ
20-24	100.0 kgs / 220.4 lbs	Cristi Bartlett	US-NC
35-39	115.0 kgs / 253.5 lbs	Allison White	US-VA
40-44	107.5 kgs / 236.9 lbs	Tammy Walker	US-NC
45-49	112.5 kgs / 248.0 lbs	Tammy Walker	US-NC
50-54	81.0 kgs / 178.5 lbs	Kimberly Lindner	US-MA
55-59	87.5 kgs / 192.9 lbs	Cynthia Crossland	US-OK
60-64	92.5 kgs / 203.9 lbs	Erika Grill	US-AZ
65-69	65.0 kgs / 143.2 lbs	Nancy Breen	US-VA
70-74	75.0 kgs / 165.3 lbs	Linda Arvey	US-PA
75-79	70.0 kgs / 154.3 lbs	Linda Arvey	US-PA
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Hayley Bloom	US-IA
Spec. Oly.	50.0 kgs / 110.2 lbs	Joni Talavera	US-PA
Handicapped	67.5 kgs / 148.8 lbs	Alexis Rowley	US-PA

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Resides
Open	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA
11 and under	52.5 kgs / 115.7 lbs	Olivia Stedman	US-NC
12-13	91.0 kgs / 200.6 lbs	Madison Berry	US-NC
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	US-SC
16-17	113.5 kgs / 250.2 lbs	Mackenzie Taylor	US-NC
18-19	102.5 kgs / 225.9 lbs	Mackenzie Taylor	US-NC
20-24	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA
35-39	102.5 kgs / 225.9 lbs	Martina Burton	US-MD
40-44	102.5 kgs / 225.9 lbs	Sara Burwash	Canada
45-49	95.0 kgs / 209.4 lbs	Anna McCardle	New Zealand
50-54	80.0 kgs / 176.3 lbs	Lisa Klaus	US-IL
55-59	80.0 kgs / 176.3 lbs	Hyacinth Joseph	US-NC
60-64	85.0 kgs / 187.3 lbs	Hyacinth Joseph	US-NC
65-69	57.5 kgs / 126.7 lbs	Karen Hansen	US-VA
70-74	70.0 kgs / 154.3 lbs	Linda Arvey	US-PA
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Mona Espinosa	US-NC
Spec. Oly.	52.5 kgs / 115.7 lbs	Joni Talavera	US-PA
Handicapped	70.0 kgs / 154.3 lbs	Alexis Rowley	US-PA

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Resides
Open	125.5 kgs / 276.6 lbs	Lisa Quevedo	US-CA

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Date
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11 and under	57.5 kgs / 126.7 lbs	Olivia Stedman	US-NC
12-13	90.0 kgs / 198.4 lbs	Madison Berry	US-NC
14-15	104.3 kgs / 229.9 lbs	Shannon Summers	US-SC
16-17	124.7 kgs / 274.9 lbs	Shannon Summers	US-SC
18-19	85.0 kgs / 187.3 lbs	Savannah Glanville	US-NC
20-24	125.5 kgs / 276.6 lbs	Lisa Quevedo	US-CA
35-39	117.5 kgs / 259.0 lbs	Jessica Read	US-VA
40-44	115.0 kgs / 253.5 lbs	Ashley Tinsley	US-VA
45-49	100.0 kgs / 220.4 lbs	Leslie Irwin	US-VA
50-54	120.24 kgs / 265.0 lbs	Anna Stamets	US-FL
55-59	85.0 kgs / 187.3 lbs	Dorothy Sosnicki	US-AZ
60-64	77.5 kgs / 170.8 lbs	Dorothy Sosnicki	US-AZ
65-69	60.0 kgs / 132.2 lbs	Wanda Sommerfeld	Canada
70-74	35.0 kgs / 77.1 lbs	Sandra Foli	US-IL
80+	25.0 kgs / 55.1 lbs	Corrinne Cassidy	US-NH
Police/Fire/Mil	100.0 kgs / 220.4 lbs	Leslie Irwin	US-VA
Spec. Oly.	50.0 kgs / 110.2 lbs	Rachel Ryan	Canada
Handicapped	67.5 kgs / 148.8 lbs	Dorothy Sosnicki	US-AZ

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