



USA WOMEN'S BENCH RECORDS

Updated by Ed Kutin

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8/8/2026

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
50-54	27.5 kgs / 60.6 lbs	Jeanette Savage	NY	1/2026
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
70-74	48.0 kgs / 105.8 lbs	Karen Poyner	VA	8/2026
75-79	16.7 kgs / 36.8 lbs	Susan Bohling	FL	6/2022
Spec. Oly.	27.5 kgs / 60.6 lbs	Jeanette Savage	NY	1/2026
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	62.5 kgs / 137.7 lbs	Paulimar Balcom	PA	7/2025
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 Zeutschel	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	67.5 kgs / 148.8 lbs	Jennifer Molina	VA	5/2026
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	77.0 kgs / 169.7 lbs	Kerry Self	VA	7/2025
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	47.5 kgs / 104.7 lbs	Marcia Anderson	VA	6/2025
80+	33.5 kgs / 73.8 lbs	Mariann Strain	PA	11/2025
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	70.0 kgs / 154.3 lbs	Nena Pfeffer	PA	3/2025

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
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+	35.5 kgs / 78.2 lbs	Linda Leightley	VA	2/2025
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	92.5 kgs / 203.9 lbs	Alexis Kajencki	MD	11/2025
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	72.5 kgs / 159.8 lbs	Linda Lee	VA	8/2025
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	90.0 kgs / 198.4 lbs	Madison Berry	NC	10/2025
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	81.0 kgs / 178.5 lbs	Kimberly Lindner	MA	11/2025
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	65.0 kgs / 143.2 lbs	Nancy Breen	VA	4/2025
70-74	75.0 kgs / 165.3 lbs	Linda Arvey	PA	4/2024
75-79	70.0 kgs / 154.3 lbs	Linda Arvey	PA	11/2025
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	91.0 kgs / 200.6 lbs	Madison Berry	NC	8/2025
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	SC	2/2000
16-17	113.5 kgs / 250.2 lbs	Mackenzie Taylor	NC	8/2025
18-19	102.5 kgs / 225.9 lbs	Mackenzie Taylor	NC	2/2026
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	70.0 kgs / 154.3 lbs	Linda Arvey	PA	7/2025
Police/Fire/Mil	95.0 kgs / 209.4 lbs	Mona Espinosa	NC	7/2025
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
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	85.0 kgs / 187.3 lbs	Savannah Glanville	NC	11/2025
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	115.0 kgs / 253.5 lbs	Ashley Tinsley	VA	11/2025
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	67.5 kgs / 148.8 lbs	Dorothy Sosnicki	AZ	3/2025