



WORLD WOMEN'S BENCH RECORDS

Updated by Ed Kutin

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1/30/2019

Weight Class: 97 Female				
Division	Bench Press	Name	Resides	Date
Open	54.0 kgs / 119.0 lbs	Karen Poyner	US-VA	12/2017
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	51.0 kgs / 112.4 lbs	Jessica McBride	US-NY	11/2007
35-39	50.0 kgs / 110.2 lbs	Heather Feingold	US-VA	5/2015
40-44	36.2 kgs / 79.8 lbs	Maureen Cahill	US-NJ	9/2001
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

Weight Class: 105 Female				
Division	Bench Press	Name	Resides	Date
Open	64.0 kgs / 141.0 lbs	McKenna Kozina	Canada	10/2017
11 and under	45.0 kgs / 99.2 lbs	Beth-el Algarin	US-MN	7/2011
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	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada	5/2018
20-24	60.5 kgs / 133.3 lbs	Amanda Lajeunse	US-AZ	6/2018
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	58.5 kgs / 128.9 lbs	Marzia Girardi	Italy	7/2012
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: 114 Female				
Division	Bench Press	Name	Resides	Date
Open	77.5 kgs / 170.8 lbs	Kerry Self	US-VA	6/2017

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	50.0 kgs / 110.2 lbs	Gwendolyn Sheridan	Canada	2/2012
16-17	60.0 kgs / 132.2 lbs	McKenna Kozina	Canada	2/2017
18-19	45.0 kgs / 99.2 lbs	Ludmila Navrotskaya	Ukraine	6/2013
20-24	68.5 kgs / 151.0 lbs	Elizabeth Cameron	US-AZ	10/2011
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	60.0 kgs / 132.2 lbs	Nikki Chapman	Canada	9/2012
50-54	65.5 kgs / 144.4 lbs	Lisa Scheffelmaier	Canada	11/2014
55-59	50.0 kgs / 110.2 lbs	Susan White	Canada	11/2017
60-64	37.5 kgs / 82.6 lbs	Trish Kirkland	US-FL	6/2018
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: 123 Female

Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Febrose Tsiode	Nauru	10/2018
11 and under	57.5 kgs / 126.7 lbs	Beth-el Algarin	US-MN	6/2012
12-13	47.6 kgs / 104.9 lbs	Ariel Bulmash	US-GA	3/2009
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	75.0 kgs / 165.3 lbs	Breann Thiessen	Canada	1/2015
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	72.5 kgs / 159.8 lbs	Diane Brill	US-NV	10/2012
55-59	67.5 kgs / 148.8 lbs	Diane Brill	US-NV	4/2017
60-64	56.0 kgs / 123.4 lbs	Susan Drach	US-VA	4/2018
70-74	25.0 kgs / 55.1 lbs	Janet Bauer	US-OH	10/2017
Police/Fire/Mil	57.5 kgs / 126.7 lbs	Rebecca Breeden	US-VA	6/2013

Weight Class: 132 Female

Division	Bench Press	Name	Resides	Date
Open	127.0 kgs / 279.9 lbs	Jennifer Thompson	US-NC	8/2006
11 and under	30.0 kgs / 66.1 lbs	Mattea Ahlijah	Canada	5/2018
12-13	65.0 kgs / 143.2 lbs	Beth-el Algarin	US-MN	10/2012
14-15	62.5 kgs / 137.7 lbs	Katelyn Barry	Canada	10/2018
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	60.0 kgs / 132.2 lbs	Judith Wolff	US-MA	6/2012
65-69	50.0 kgs / 110.2 lbs	Judith Wolff	US-MA	6/2018
70-74	45.0 kgs / 99.2 lbs	Linda Leightley	US-VA	5/2016
75-79	22.6 kgs / 49.8 lbs	Josie Merrell	US-MI	
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

Weight Class: 148 Female

Division	Bench Press	Name	Resides	Date
Open	97.5 kgs / 214.9 lbs	Andrea White	US-NY	11/2014
11 and under	40.0 kgs / 88.1 lbs	Trinity Marrow	US-NC	3/2012
12-13	59.0 kgs / 130.0 lbs	Lindsey Brill	US-NV	10/2010
14-15	70.5 kgs / 155.4 lbs	Kaitlyn Duncan	US-PA	11/2010
16-17	71.0 kgs / 156.5 lbs	Sammantha Perrine	US-PA	3/2013
18-19	72.5 kgs / 159.8 lbs	Sarah Dolson	US-DC	9/2001
20-24	86.0 kgs / 189.5 lbs	Antonina Burbytko	Ukraine	9/2013
35-39	97.5 kgs / 214.9 lbs	Andrea White	US-NY	11/2014
40-44	80.0 kgs / 176.3 lbs	Jenifer Kelly	US-AZ	6/2011
45-49	77.5 kgs / 170.8 lbs	Tonya Motyka	Canada	4/2017
50-54	72.5 kgs / 159.8 lbs	Suzanne LaForge	US-MA	11/2014
55-59	65.0 kgs / 143.2 lbs	Deb Ellard	Canada	3/2015
60-64	60.0 kgs / 132.2 lbs	Debra Cohen	US-NJ	6/2018
65-69	42.0 kgs / 92.5 lbs	Tonnie Alliance	US-OH	11/2014
70-74	45.5 kgs / 100.3 lbs	Tonnie Alliance	US-OH	10/2016
75-79	15.8 kgs / 34.8 lbs	Josie Merrell	US-MI	12/2001
Police/Fire/Mil	72.5 kgs / 159.8 lbs	Jamie Potter	US-VA	3/2012

Weight Class: 165 Female

Division	Bench Press	Name	Resides	Date
Open	97.5 kgs / 214.9 lbs	Tammy Walker	US-NC	3/2009
11 and under	47.5 kgs / 104.7 lbs	Samantha Davis	US-OH	4/2017
12-13	47.5 kgs / 104.7 lbs	Lily Stoddard	US-NY	6/2018
14-15	87.5 kgs / 192.9 lbs	Beth-el Algarin	US-MN	10/2015
16-17	65.0 kgs / 143.2 lbs	Nicole Hardy	US-PA	3/2012
18-19	77.5 kgs / 170.8 lbs	Kristina-Marie Coleman	US-VA	6/2016
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	82.5 kgs / 181.8 lbs	Eileen Gorry	Ireland	10/2018
45-49	76.0 kgs / 167.5 lbs	Mary Ann Wieckowski	US-PA	6/2013
50-54	93.5 kgs / 206.1 lbs	Joan Gardner	US-VT	12/2006
55-59	85.0 kgs / 187.3 lbs	Cynthia Crossland	US-OK	10/2018
60-64	70.5 kgs / 155.4 lbs	Linda Jess	US-NE	6/2017
65-69	27.5 kgs / 60.6 lbs	Judy Phipps	US-PA	6/2015
70-74	35.0 kgs / 77.1 lbs	Linda Odum	US-VA	7/2018
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: 181 Female

Division	Bench Press	Name	Resides	Date
Open	112.5 kgs / 248.0 lbs	Tammy Walker	US-NC	5/2014
12-13	57.5 kgs / 126.7 lbs	Victoria Vasquez	US-MD	
14-15	70.0 kgs / 154.3 lbs	Shelby Taylor	US-OH	4/2017
16-17	80.0 kgs / 176.3 lbs	Anna McCloskey	US-PA	11/2009
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	102.5 kgs / 225.9 lbs	Missy Gentry	US-MT	8/2016
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	42.5 kgs / 93.6 lbs	Margaret Estabrooks	Canada	9/2014
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

Weight Class: 198 Female

Division	Bench Press	Name	Resides	Date
Open	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA	6/2008
11 and under	25.0 kgs / 55.1 lbs	Ashley Daugherty	US-NC	6/2017
12-13	62.5 kgs / 137.7 lbs	Victoria Vasquez	US-MD	11/2009
14-15	113.3 kgs / 249.7 lbs	Shannon Summers	US-SC	2/2000
16-17	72.5 kgs / 159.8 lbs	Shelby Taylor	US-OH	12/2018
18-19	58.9 kgs / 129.8 lbs	Jennifer Seyfried	US-MI	9/2001
20-24	117.5 kgs / 259.0 lbs	LaToya Parrish	US-VA	6/2008
35-39	90.0 kgs / 198.4 lbs	Rebecca Tucker	US-NY	6/2018
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	67.5 kgs / 148.8 lbs	Maureen Hodges	US-VA	9/2015
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	57.5 kgs / 126.7 lbs	Karen Hansen	US-VA	10/2018
Police/Fire/Mil	82.5 kgs / 181.8 lbs	Hyacinth Joseph	US-NC	11/2017
Spec. Oly.	52.5 kgs / 115.7 lbs	Joni Talavera	US-PA	6/2016

Weight Class: 198+ Female

Division	Bench Press	Name	Resides	Date
Open	125.5 kgs / 276.6 lbs	Lisa Quevedo	US-CA	10/2013
12-13	68.5 kgs / 151.0 lbs	Victoria Vasquez	US-MD	7/2010
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	75.0 kgs / 165.3 lbs	Brittany Luzier	US-PA	4/2017
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	97.5 kgs / 214.9 lbs	Michelle Carlsen	US-NY	6/2012

55-59	72.5 kgs / 159.8 lbs	Sue Nova	US-AZ	10/2017
60-64	62.5 kgs / 137.7 lbs	Sandy Flaus	US-VA	8/2017
65-69	45.3 kgs / 99.8 lbs	Suci Stinnett	US-VA	11/2005
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