

365 STRONG WORLD POWERLIFTING FEDERATION
FEMALE TESTED WORLD RECORD BEST OF THE BEST

March 22, 2023

Female Raw All

<u>44kg/97 lb</u>	Nation	SQT	BP	DL	TOTAL
Kambree Williamson	USA			132	
Bella-Grace Meadows	USA		77		
<u>48kg/105.75lb</u>					
Carmen Trivette	USA	121		143	347
Stephanie Washington	USA		110		
<u>52kg/114.5lb</u>					
Missy Taylor	USA	259	182		694
Amber Malchow	USA			303	
<u>56kg/123.5lb</u>					
Becca Dison	USA			320	755
Isabella Sarks	USA	281		320	
Missy Taylor	USA		176		
<u>60kg/132.25lb</u>					
Kristin Kitlica	USA	319			832
Bela Ghosh	INDIA		180		
Leslie Kutner	USA			347	
<u>67.5kg/148.75lb</u>					
Leslie Kutner	USA			380	
Emily Lilly	USA	358	231		953
<u>75kg/165.25lb</u>					
Candace Locklear	USA	336			
Kari DeShazo	USA		231		
Kendra Danzer	USA			424	887
<u>82.5kg/181.75lb</u>					
Lay Kaahu	USA			435	
Elizabeth Pinnix	USA	353			920
Miranda Williams	USA		209		
Kristie Johnston	USA		209		
<u>90kg/198.25lb</u>					
Emely Barahona	USA	331			849
Mona Espinosa	USA		204		
Priyanka Santiago	USA			400	
<u>100kg/220.25lb</u>					
Carla Akers	USA	331	204		865
Rachel Massey	USA	331			
Crystal Prather	USA			380	
<u>110kg/242.5lb</u>					
Maddy Webster	USA	419	231	457	1102

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125kg/275.5lb

Shauntre Lilley	USA	331			1174
Janet Martin	USA			370	
Linsay Finch	USA		176		

140kg/308.5lb

Alex Wilson-McKenzie	USA		248		
Lashonda Zander	USA			325	

Female Raw - Juniors (20-23) Division

52kg/114.5lb **Nation** **SQT** **BP (Raw)** **DL** **TOTAL**

Elena Lopez	USA	250		240	575
Racquel Wilson	USA		94		

56kg/123.5lb

Isabella Sarkis	USA	281	132	320	705
Emily Gaiser	USA		132		

60kg/132.25lb

Emily Gaiser	USA		143	325	727
Alexis Rutledge	USA	275			

67.5kg/148.75lb

Hanna Young	USA	331		364	865
Anyia Kalnins	USA		178		

75kg/165.25lb

Candace Locklear	USA	336		402	876
Alisha Martin	USA		171		

82.5kg/181.75lb

Katie Roseman	USA	259			
Kailee Heller	USA	259	154	303	716

90kg/198.25lb

Emely Barahona	USA	331	187	331	849
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100kg/220.4lb

None

110kg/242.5lb

Maddy Webster	USA	402	220	441	1064
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110+kg/242.6+lb

Shauntre Lilley	USA	331			843
Lashonda Zander	USA			325	

Female Raw Classic All

44kg/97 lb

Kambree Williamson	USA			132	
Bella-Grace Meadows	USA		77		

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<u>48kg/105.75lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
Stephanie Washington	USA	193	110	226	529
<u>52kg/114.5lb</u>					
Missy Taylor	USA	264	182	292	738
<u>56kg/123.5lb</u>					
Amber Gabriel	USA	282		309	711
Missy Taylor	USA		176		
<u>60kg/132.25lb</u>					
Melissa Hunt	USA	364		352	837
Bela Ghosh	INDIA		180		
<u>67.5kg/148.75lb</u>					
Taylor Jackson	USA	369		353	887
Emily Lilly	USA		231		
<u>75kg/165.25lb</u>					
Bridget McDermott	USA	347			832
Kari DeShazo	USA		231		
Jennifer Broome	USA			347	
<u>82.5kg/181.75lb</u>					
Kelley Lee	USA			419	
Emily Merritt	USA	386			937
Kristie Johnston	USA		209		
Miranda Williams	USA		209		
<u>90kg/198.25lb</u>					
Promandeep Kaur	USA			342	771
Emily Merritt	USA	441			
Linsey Eudy	USA		209		
<u>100kg/220.25lb</u>					
Trisha Crisman	USA	303			
Carla Akers	USA		204		
Crystal Prather	USA			380	782
<u>110kg/242.5lb</u>					
Katy Silvers	USA	391			
Ylander Ross	USA			400	955
Maddy Webster	USA		231		
<u>125kg/275.5lb</u>					
Linsay Finch	USA		176		
<u>140kg/308.5lb</u>					
Alex Wilson-McKenzie	USA	485	248	452	1185

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Female Raw Classic – Juniors (20-23) Division

<u>52kg/114.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
Racquel Wilson	USA		94		
<u>56kg/123.5lb</u>					
Emily Gaiser	USA		132		
Isabella Sarks	USA		132		
<u>60kg/132.25lb</u>					
Emily Gaiser	USA		143		
<u>67.5kg/148.75lb</u>					
Anyia Kalnins	USA	298	178	320	772
<u>75kg/165.25lb</u>					
Emily Tighe	USA			342	727
Dani Moore	USA	242			
Alisha Martin	USA		171		
<u>82.5kg/181.75lb</u>					
Hannah Ramsey	USA	226		204	568
Kailee Heller	USA		154		
<u>90kg/198.25lb</u>					
Emely Barahona	USA		187		
<u>100kg/220.4lb</u>					
None					
<u>110kg/242.5lb</u>					
Maddy Webster	USA		220		
<u>125kg/275.5lb</u>					
None					

Female Single-Ply (SP) & Multi-Ply (MP)

<u>52kg/114.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
Lindsay Seamans (SP)	USA	319	138	319	777
<u>56kg/123.5lb</u>					
Josefina Bueno (MP)	USA	248	127	297	672
Dawn Bogart (SP)	USA	265	175	295	735
<u>60kg/132.25lb</u>					
Priscilla Pardue (SP)	USA	331			
Dawn Bogart (SP)	USA		226	402	959
<u>67.5kg/148.75lb</u>					
Melissa Smith (MP)	USA	518	275		1146
Madeleine Giess (MP)	USA			425	
Priscilla Pardue (SP)	USA	308	176	281	755

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75kg/165.25lb

Candice Maness (SP)	USA	358	270	281	909
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82.5kg/181.75lb

Christina Lauffer (SP)	USA		253	309	
<u>90kg/198.25lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
Anika Harper (SP)	USA		237	336	

100kg/220.25lb

Anika Harper (SP)	USA		259	402	
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Female Single-Ply & Multi-Ply – Juniors (20-23) Division

56kg/123.5lb

Josefina Bueno (MP)	USA	248	127	297	672
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67.5kg/148.75lb

Madeleine Giess (MP)	USA	405	245	425	1075
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Female Sub-Masters (35-39) - Raw

56kg/123.5lb

Sally Lloyd	USA	176	99	248	524
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67.5kg/148.75lb

Amy Daugherty	USA	264			705
Ladetra Cole	USA			336	
Venessa Westbrook	USA		160		

75kg/165.25lb

Lauren White	USA	264			788
Reyhan Roybal	USA		237		
LaDetra Cole	USA			380	

82.5kg/181.75lb

Crystal McCullough	USA	308			
Lay Kaahu	USA		182	419	904

90kg/198.25lb

Naimah Abdullah	USA	226			634
Valerie Ryan	USA			292	
Linsey Eudy	USA		215		

100kg/220.25lb

Crystal Prather	USA		132		
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Female Sub-Masters (35-39) – Raw Classic

52kg/114.5lb

Tiffany Bellamy	USA	204	99	248	551
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56kg/123.5lb

Sally Lloyd	USA		99		
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67.5kg/148.75lb

Chelsea Bolton	USA	264		270	661
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Vanessa Westbrook USA 160

75kg/165.25lb

Reyhan Roybal USA 358 237 408 1003

82.5kg/181.75lb

Kelley Spohrer **Nation** **SQT** **BP (Raw)** **DL** **TOTAL**
 USA 369 419 942

Lay Kaahu USA 182

90kg/198.25lb

Linsey Eudy USA 209

100kg/220.25lb

Crystal Prather USA 303 132 375 799

125kg/275.5lb

Katy Silvers USA 341 160 370 882

125.1+kg/275.6+lb

Beth Mockbee USA 270 154 303 727

Female Masters

M1-40-44, M2-45-49, M3-50-54, M4-55-59, M5-60-64, M6-65-69, M7-70-74, M8-75-79

52kg/114.5lb **Nation** **SQT** **BP** **DL** **TOTAL**

M2 Missy Taylor (R) USA 259 182 275 694

M2 Missy Taylor (RC) USA 264 182 292 738

M4 Sue Ann Hurlbert (R) USA 105 83 176 364

M5 Sue Ann Hurlbert (R) USA 133 102 220 446

M7 Linda Costello (R) USA 154 83 220 457

Div. 56kg/123.5lb

M1 Dawn Bogart (SP) USA 265 175 295 735

M2 Kathy Wilson (RC) USA 160 88 187 435

M2 Missy Taylor (R) USA 265 176 314 722

M3 Lisa Baker (R) USA 182 94 237 512

M4 Dawn Williams (R) USA 176 116 226 518

60kg/132.25lb

Nation **SQT** **BP** **DL** **TOTAL**

M3 Priscilla Pardue (RC) USA 308 143 259 711

M3 Priscilla Pardue (SP) USA 331 165 265 761

M2 Bela Ghosh (R) INDIA 180 315 495

M2 Angie Terry (RC) USA 105

67.5kg/148.75lb

M1 Emily Lilly (R) USA 358 231 364 953

M2 Aiysha Hayes (R) USA 165 292

M2 Melissa Smith (MP) USA 518 275 358 1146

M3 Priscilla Pardue (RC) USA 265 132 645

M3 Priscilla Pardue (SP) USA 308 154 264 727

M3 Yvette Bushard (R) USA 270 160 281 711

M4 Priscilla Pardue (SP) USA 303 176 281 755

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75kg/165.25lb

M1	Tara Peele (R)	USA	270	160	347	777
M2	Bonnie Mosley (R)	USA	314	171	331	816
M3	Kelly Padget (R)	USA	237		286	661
M3	Tammy Crowley-Deloatch(R)	USA		187		
M3	Candice Maness (SP)	USA	243	182	254	678
M4	Candice Maness (SP)	USA	358	270	281	909
M4	Dawn O'Donnell (R)	USA	226	132	314	672
M5	Cindy Meeker (SP)	USA		209		
M5	Cindy Meeker (R)	USA			284	

82.5kg/181.75lb

		Nation	SQT	BP	DL	TOTAL
M1	Christina Lauffer (SP)	USA		253	309	
M2	Crystal McCullough (R)	USA	308	176	353	834
M2	Heather Streible (RC)	USA	237	176	320	722
M3	Sujata Bhakat (R)	INDIA	265	143	292	700
M4	Cindy Meeker (RC)	USA	281		319	727
M4	Carolyn Beck (R)	USA		149		
M4	Dawn O'Donnell (R)	USA	231		331	694
M5	Gloria Knight-McNeil (R)	USA		198		

90kg/198.25lb

M1	Anika Harper (SP)	USA		237	336	
M1	Carla Akers (R)	USA	320		336	838
M1	Mona Espinosa (R)	USA		204		
M1	Tricia Emrich (RC)	USA	260		285	695
M2	Heather Streible (RC)	USA	264	187	353	766
M4	Cathy Cranford (R)	USA	190		248	500
M4	Shelly Moore (R)	USA		99		

100kg/220.25lb

M1	Anika Harper (SP)	USA		248	402	
M1	Christy Owens (R)	USA		149		
M2	Carla Akers (R)	USA	330	204	330	865
M2	Renee Turner (RC)	USA	209		275	634

110kg/242.5lb

M1	Katy Silvers	USA	391			
M3	Ylander Ross	USA		215	400	955

110.1+kg/242.6+lb

M1	Katy Silvers	USA	380			920
M1	Hollie Sands (R)	USA		242	441	
M2	Janet Martin (R)	USA		132	265	
M3	Janet Martin (R)	USA		171	370	

Female Youth, Teenage & Kids Club

T1-13-15, T2-16-17, T3-18-19

44kg/97.0lb

		Nation	SQT	BP	DL	TOTAL
KC	Kambree Williamson (R)	USA			132	

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T1	Bella-Grace Meadows (R)	USA		77		
T1	Alessandra Reis (R)	USA	132		204	407

48kg/105.75lb

Y	Carmen Trivette (R)	USA	121	83	143	347
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52kg/114.5lb

T3	McKenna Wright (R)	USA		77	231	
T2	Leighann Allen (R)	USA		88	215	
T2	McKenna Wright (R)	USA	121			391
T1	Makayla Van Meter (R)	USA		105	220	
T1	Carmen Trivette (R)	USA	154		220	474

<u>Div.</u>	<u>56kg/123.5lb</u>	<u>Nation</u>	<u>SQT</u>	<u>BP</u>	<u>DL</u>	<u>TOTAL</u>
T3	Becca Dison (R)	USA	276	160	320	755

60kg/132.25lb

T3	Claire Rosser (R)	USA	242	138	303	683
T2	Mara Hall (R)	USA	198	110	259	568
T1	Beverly Lemay (RC)	USA	237	94	220	551
T1	Macy Lantz (R)	USA	143		193	391
KC	Scarlett Samaha (R)	USA			100	

67.5kg/148.75lb

T3	Hanna Young (R)	USA	314	165	303	816
T2	Aiana Peterson (R)	USA			165	
T1	Haleigh Batchelor (RC)	USA	264	143	249	651
T1	Macy Lantz (R)	USA	231		243	573

75kg/165.25lb

T3	Katarina Giancroce (R)	USA	270	126	292	689
T3	Sarah Oesch (RC)	USA	275	176	334	772
T2	Sarah Oesch (RC)	USA	253	151	333	737
T1	Tyler Glover (R)	USA	237	132		683
T1	Olivia Dubrow (R)	USA			320	

82.5kg/181.75lb

T3	Shelby Sprinkle (R)	USA	281		402	827
T3	Sarah Oesch (RC)	USA	287	182	353	822
T2	Sarah Oesch (RC)	USA	237	149	326	712
T2	Chesney Samaha (R)	USA	154		181	419
T1	Kayla McCubbins (R)	USA	94	61	160	314
Y	Neveah McIntosh (R)	USA	138	94	200	432

Cat. 90kg/198.25lb

T2	Alyssa Beadles (R)	USA	204	121	286	612
T1	Karson Tolle (R)	USA	242	121	308	671
Y	Neveah McIntosh	USA	292	116	231	639

100kg/220.4lb

Y	Neveah McIntosh (RC)	USA	297	132	242	656
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T1	Karson Tolle (R)	USA	237	105	275	617
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110kg/242.5lb

T1	Abrie Meadows (R)	USA		149		
T1	Kennedy Green (R)	USA	286		275	689

110+kg/242.6+lb

T1	Alex Jefferson (RC)	USA		143	303	
T3	Meredith Arnold (RC)	USA	242	149	309	700

Female M/P/F

48kg/105.75lb

RC	Stephanie Washington	USA	193	110	226	529
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Cat. 56kg/123.5lb

RC	Amanda Isley	USA	242			675
R	Tiffany Faulkner	USA		155	305	

Cat. 60kg/132.25lb

R	Bela Ghosh	INDIA		180	315	495
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Cat. 67.5kg/148.75lb

R	LaDetra Cole	USA	215	116	336	656
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Cat. 75kg/165.25lb

R	LaDetra Cole	USA			380	771
R	Mikhayla Dunn	USA	275			
R	Heather Ingalls	USA		187		

Cat. 82.5kg/181.75lb

R	Gabrielle Robbins	USA	314	204	397	914
R	Sujata Bhakat	INDIA	265	155	292	700
RC	Emily Merritt	USA	386		391	937

Cat. 90kg/198.25lb

None

Cat. 90.01+kg/198.26+lb

RC	Tarra Farnham	USA	308	138	336	782
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Paralifter

<u>44kg/97 lb</u>	Nation	SQT	BP	DL	TOTAL
Bella-Grace Meadows	USA		77		

Female Standing Curl

<u>Lifter</u>	<u>Division</u>	<u>Age</u>	<u>BW</u>	<u>Wgt Cl</u>	<u>Best Curl</u>
Miranda	Open	29	122	123	60
Nina Snipes	Masters-5	61	120.2	123	27.5
Julie Johnson	Open	n/a	142	148	80
Aiysha Hayes	Masters-2	46	137	148	50
Haleigh Batchelor	Teen-1	13	147.6	148	71.5
Maureen Clary	Masters-5	62	156.9	165	88
Ashley Stacharowski	Open	32	162.5	165	77

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Heather Streible	Masters-2	45	173.8	181	91.5
Pamela Buskirk	Submasters	39	178.1	181	66
Nelda Newton	Masters-4	59	170.2	181	60
Gloria Knight-McNeil	Masters-5	63	179.5	181	95
Shelly Moore	Masters-4	58	191.8	198	65
Mona Espinosa	Masters-1	40	187.2	198	85
Janet Martin	Masters-3	53	250.9	275	104.5
Alex Wilson-McKenzie	Open	29	294.8	308	115.7