

365 Strong World Powerlifting Federation
CURRENT OVERALL FEMALE DIVISIONAL TOP TEN WORLD RANKINGS

World Leaders in Yellow

RAW: Declared RAW (R) if lifter only wears knee sleeves or nothing
 RAW CLASSIC: Declared RAW CLASSIC (RC) once lifter wears knee wraps

EQUIPPED: Competitors are Equipped (EP) once they use Single-Ply lifting attire
 GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 4/28/2025

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS										
RAW (Knee Sleeves) SQUAT					RAW BENCH PRESS					RAW (Knee Sleeves) DEADLIFT					RAW (Knee Sleeves) TOTAL										
FEMALE - OVERALL					FEMALE - OVERALL					FEMALE - OVERALL					FEMALE - OVERALL										
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date		
44kg/97lbs						44kg/97lbs						44kg/97lbs						44kg/97lbs							
	13	86	132	Alessandra Reis	1/21/2023		15	97	83	Bella-Grace Meadows	4/1/2023		13	86	204	Alessandra Reis	1/21/2023		13	86	386	Alessandra Reis	1/21/2023		
							13	86	71	Alessandra Reis	1/21/2023		9	53.8	132	Kambree Williamson	11/19/2022								
													9	69.4	77	Alana Altbrock	5/27/2023								
													8	88	77	Adelyn Salley	2/8/2025								
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs							
	14	105.4	138	Adalee Moss	1/11/2025		55	98	132	Nina Kiuru	7/30/2022			14	105.4	408	Adalee Moss	1/11/2025		14	105.4	408	Adalee Moss	1/11/2025	
	12	105.2	121	Carmen Trivette	10/16/2021		33	104.3	110	Stephanie Washington	7/10/2021			12	105.2	83	Carmen Trivette	10/16/2021			12	105.2	347	Carmen Trivette	10/16/2021
							12	105.2	83	Carmen Trivette	10/16/2021			14	105.4	77	Adalee Moss	1/11/2025							
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs							
	46	112.3	259	Missy Taylor	4/24/2021		46	111.8	182	Missy Taylor	4/23/2022		24	114.2	303	Amber Malchow	10/28/2017		46	112.3	694	Missy Taylor	4/24/2021		
	22	111.6	250	Elena Lopez	6/2/2016		24	114.2	132	Amber Malchow	10/28/2017		46	112.3	275	Missy Taylor	4/24/2021		22	111.6	650	Amber Malchow	10/28/2017		
							30	111.2	127	Aubrey Cornwall	8/12/2017		65	107.4	242	Pam Fisher	6/2/2016		24	114.2	575	Elena Lopez	6/2/2016		
	20	108	165	Maggie Parsons	11/19/2016		34	114	121	Lindsay Seamonis	6/29/2018		22	111.6	240	Elena Lopez	6/2/2016		19	112.4	485	McKenna Wright	6/17/2023		
	19	112.4	165	McKenna Wright	6/17/2023		27	111.5	116	Nyasha Garland	10/17/2023		19	112.4	237	McKenna Wright	6/17/2023		13	111.3	474	Carmen Trivette	10/22/2022		
	72	106.3	154	Linda Costello	4/23/2023		64	110.2	110	Sue Ann Hurlbert	2/8/2026		14	114	226	Carmen Trivette	5/6/2023		63	111.1	472	Sue Ann Hurlbert	2/19/2024		
	13	111.3	154	Carmen Trivette	10/22/2022		13	111.3	99	Carmen Trivette	10/22/2022		62	110.7	224	Sue Ann Hurlbert	7/23/2023		20	108	469	Maggie Parsons	11/19/2016		
	44	113.8	154	Andria Almond	4/26/2025		37	111.3	99	Tiffany Bellamy	4/22/2017		72	106.3	220	Linda Costello	4/23/2022		44	113.8	469	Andria Almond	4/26/2025		
	62	108.2	149	Sue Ann Hurlbert	10/21/2023		13	112.8	99	McKayla Van Meter	2/20/2021		20	108	220	Maggie Parsons	4/22/2017		65	107.4	463	Pam Fisher	6/1/2024		
	65	107.4	143	Pam Fisher	5/18/2024		21	108.3	94	Raquel Wilson	10/16/2021		13	112.8	220	Makayla Van Meter	2/20/2021		72	106.3	457	Linda Costello	4/23/2022		
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs							
	48	122.4	314	Missy Taylor	5/6/2023		48	122.4	209	Missy Taylor	5/6/2023		48	122.4	331	Missy Taylor	5/6/2023		48	122.4	854	Missy Taylor	5/6/2023		
	23	123	281	Isabella Sarkis	12/4/2021		42	121.8	175	Dawn Bogart	4/9/2016		23	122.8	320	Isabella Sarkis	4/23/2022		19	123.4	755	Becca Dison	3/19/2018		
	19	123.4	275	Becca Dison	3/10/2018		19	123.4	160	Becca Dison	1/21/2017		19	123.4	320	Becca Dison	3/10/2018		23	122.8	705	Isabella Sarkis	4/23/2022		
	29	123.5	248	Krystal Scott	8/12/2017		32	122.8	155	Tiffany Faulkner	1/21/2017		31	123	314	Meredith Ward	3/9/2019		29	123.5	683	Krystal Scott	8/12/2017		
	19	118.4	242	Olivia Pasin	11/19/2022		29	123	154	Krystal Scott	10/28/2017		32	122.8	305	Tiffany Faulkner	1/21/2017		19	118.4	672	Olivia Pasin	11/19/2022		
	20	120.6	220	Emily Gaiser	7/10/2021		19	118.4	149	Olivia Pasin	11/19/2022		20	120.6	286	Emily Gaiser	7/10/2021		31	123	661	Meredith Ward	3/9/2019		
	31	123	209	Meredith Ward	3/9/2019		44	119.4	143	Tiffany Stone	7/27/2024		19	118.4	281	Olivia Pasin	11/19/2022		20	120.6	639	Emily Gaiser	7/10/2021		
	28	122.8	204	Shanelle Hawkins	9/7/2019		31	120.4	138	Meredith Ward	4/20/2018		29	123.5	281	Krystal Scott	8/12/2017		23	120.2	573	Asia Hannans	9/7/2024		
	31	122.8	187	Heidi Schuck	6/19/2021		20	120.6	132	Emily Gaiser	7/10/2021		23	120.2	264	Asia Hannans	9/7/2024		31	122.8	573	Heidi Schuck	6/19/2021		
	54	119.8	182	Lisa Baker	12/19/2020		29	122	132	Antamanda Isley	8/12/2017		28	122.8	259	Shantell Hawkins	8/7/2019		28	122.8	567	Shantell Hawkins	8/7/2019		
	23	120.2	182	Asia Hannans	9/7/2024		29	120.2	127	Asia Hannans	9/7/2024		31	122.8	253	Heidi Schuck	6/19/2021		36	123	523	Sally Lloyd	6/19/2017		
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs							
	30	130.7	320	Morgan Long	10/19/2024		28	132.2	242	Courtney Norris	8/12/2017		30	130.7	408	Morgan Long	10/19/2024		30	130.7	959	Morgan Long	10/19/2024		
	25	132	320	Kristin Kilica	7/10/2021		49	129.4	231	Missy Taylor	7/27/2024		26	126	369	Barbara Morales	1/29/2023		42	130	855	Dawn Bogart	7/9/2016		
	42	130	300	Dawn Bogart	7/9/2016		29	130.6	231	Brittany Bowles	10/27/2018		42	130	350	Dawn Bogart	7/9/2016		25	132	832	Kristin Kilica	7/10/2021		
	25	125	285	Callin Cardone	4/9/2016		30	130.7	231	Morgan Long	10/19/2024		28	129.4	347	Leslie Kutner	4/20/2018		28	129.4	794	Leslie Kutner	4/20/2018		
	28	129.4	281	Leslie Kutner	4/20/2018		42	129	210	Dawn Bogart	10/29/2016		25	132	342	Kristin Kilica	7/10/2021		25	126	755	Barbara Morales	1/29/2023		
	27	131.6	280	Samantha Sawyer	1/21/2017		57	131.3	185	Jami Bozzuto	10/2/2022		26	128.4	340	Whitney Myers	6/2/2018		25	125	745	Callin Cardone	4/9/2016		
	21	127.9	275	Alexis Rutledge	4/23/2022		47	127.2	180	Bela Ghosh	6/11/2016		22	127.4	325	Emily Gaiser	9/17/2022		22	127.4	727	Emily Gaiser	9/17/2022		
	33	132.2	264	Amy Pierce	8/12/2017		25	132	171	Kristin Kilica	7/10/2021		27	128	325	Nadia Zebouni	7/9/2016		33	132.2	727	Amy Pierce	8/12/2017		
	22	127.4	259	Emily Gaiser	9/17/2022		25	125.6	165	Callin Cardone	7/9/2016		57	131.3	325	Jami Bozzuto	10/2/2022		28	128.8	722	April Rainey	2/26/2023		
	26	126	248	Barbara Morales	1/29/2023		27	129	165	Leslie Kutner	10/28/2017		21	127.9	320	Alexis Rutledge	4/23/2022		27	131.6	700	Samantha Sawyer	1/21/2017		
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs							
	29	141.8	386	Morgan Long	5/6/2023		29	140.4	242	Morgan Long	10/21/2023		29	141.8	435	Morgan Long	5/6/2023		29	141.8	1064	Morgan Long	5/6/2023		
	43	147.5	359	Emily Lilly	5/6/2023		43	147.1	231	Emily Lilly	3/4/2023		29	146.8	402	Alexandrea McClain	8/24/2024		43	147.5	955	Emily Lilly	5/6/2023		
	20	138	331	Hanna Young	4/20/2018		28	145.2	226	Brittany Shackelford	10/28/2017		29	144.4	380	Leslie Kutner	11/9/2019		29	146.8	898	Alexandrea McClain	8/24/2024		
	39	145.3	325	Tosha Baughman	3/19/2023		61	146.6	226	Maureen Clay	4/22/2017		43	147.5	368	Emily Lilly	5/6/2023		39	145.3	876	Tosha Baughman	3/19/2023		
	29	146.8	314	Alexandrea McClain	8/24/2024		26	140.4	220	Courtney Bryant	10/19/2024		20	138	364	Hanna Young	4/20/2018		61	148.6	876	Maureen Clay	4/22/2017		
	26	140.4	309	Courtney Bryant	10/19/2024	</																			

22	156.7	320	Nakato Bukya	12/7/2024	55	156.8	193	Candice Maness	10/28/2017	34	159.4	380	Deborah Omolewu	4/20/2018	34	159.4	832	Deborah Omolewu	4/20/2018
23	161.5	314	Alisha Martin	4/24/2021	44	158.3	193	Jennifer Zwaan	7/22/2023	24	155.4	369	Courtney Fox	11/23/2024	27	165.3	827	Cody Lynn Powell	10/19/2024
48	164.6	314	Bonnie Mosley	10/17/2020	33	160	187	Heather Ingalls	8/12/2017	37	162.3	369	Lauren White	11/19/2022	39	163.6	821	Reyhan Roybal	7/15/2017
82.5kg/181.7lbs					82.5kg/181.7lbs					82.5kg/181.7lbs					82.5kg/181.7lbs				
45	166.9	402	Emily Lilly	6/29/2024	45	180.3	380	Shannon Nash	4/22/2017	38	175.8	435	Lay Kaahu	10/28/2017	45	166.9	1025	Emily Lilly	6/29/2024
25	179.4	353	Elizabeth Pinnix	7/10/2021	71	177	287	Barbara Haiden	12/4/2021	19	175.4	402	Shelby Sprinkle	12/18/2021	25	179.4	920	Elizabeth Pinnix	7/10/2021
28	181	331	Miranda Williams	5/6/2023	45	166.9	237	Emily Lilly	6/29/2024	29	177.6	397	Gabrielle Robbins	11/9/2019	29	177.6	914	Gabrielle Robbins	11/9/2019
35	177	325	Jessica Michell	4/26/2025	30	178	231	Brittany Gagne	12/9/2023	30	166.9	386	Emily Lilly	6/29/2024	38	175	904	Lay Kaahu	8/12/2017
27	167.3	320	Becca Grimes	9/7/2024	32	179	231	Clearra Jackson-Griffen	7/22/2023	25	179.8	386	Elizabeth Pinnix	7/10/2021	35	177	898	Jessica Michell	4/26/2025
29	177.8	314	Gabrielle Robbins	11/9/2019	34	175	226	Kristie Johnson	10/21/2023	32	178.8	386	Clearra Jackson-Griffen	7/22/2023	28	181	893	Miranda Williams	5/6/2023
35	178.8	314	Charlie Marshall	11/23/2024	27	179.8	226	Helen Romero	4/20/2018	35	177	353	Jessica Michell	4/26/2025	45	178.8	838	Crystal McCullough	1/22/2022
15	173.3	309	Cecilia Luzarraga	10/19/2024	35	177	220	Jessica Mitchell	4/26/2025	28	177.4	353	Nikheya Dunn	4/15/2023	45	180.3	832	Shannon Nash	4/22/2017
45	178.6	309	Crystal McCullough	1/22/2022	28	181	208	Miranda Williams	5/6/2023	45	178.6	353	Crystal McCullough	1/22/2022	19	175.4	827	Shelby Sprinkle	12/18/2021
38	175	303	Lay Kaahu	8/12/2017	28	177.6	204	Gabrielle Robbins	11/9/2019	28	181	353	Miranda Williams	5/6/2023	43	176.4	827	Brandy Guleskie	9/7/2024
90kg/198.2lbs					90kg/198.2lbs					90kg/198.2lbs					90kg/198.2lbs				
41	194.9	391	Allison White	4/26/2025	45	185.6	380	Shannon Nash	10/28/2017	41	194.9	468	Allison White	4/26/2025	41	195.1	953	Rebecca Caudill	12/7/2024
24	196.7	364	Isabella Hefner	10/21/2023	31	190.4	303	Alexis Elcoupos	10/28/2017	24	196.7	424	Isabella Hefner	10/21/2023	24	196.7	948	Isabella Hefner	10/21/2023
41	195.1	358	Rebecca Caudill	12/7/2024	38	196	286	Linsley Eudy	10/19/2024	41	195.1	413	Rebecca Caudill	12/7/2024	28	192	909	Jess Lemachko	8/19/2023
22	184.1	331	Emely Barahona	6/5/2021	28	192	220	Jess Lemachko	8/19/2023	33	189	400	Priyanka Santiago	10/20/2022	22	184.1	849	Emely Barahona	6/5/2021
28	192	331	Jess Lemachko	8/19/2023	33	189	200	Priyanka Santiago	10/20/2022	26	184.8	358	Kathryn French	3/10/2018	44	197.8	838	Carla Akers	4/20/2018
24	193	320	Alyson Abbs	4/20/2018	16	194.2	198	Allison Sanders	7/27/2024	28	187.5	358	Chelse Zamorano	5/22/2021	24	193	799	Alyson Abbs	4/20/2018
44	197.8	320	Carla Akers	4/20/2018	40	187.2	193	Mona Espinosa	1/22/2022	28	192	358	Jess Lemachko	8/19/2023	28	187.5	788	Chelse Zamorano	5/22/2021
28	187.5	270	Chelse Zamorano	5/22/2021	21	182.2	190	Sarah Oesch	3/1/2024	24	196	353	Lauren Davis	6/5/2021	48	195.6	750	Johella Wilson	6/25/2022
27	188.7	270	Brittany Marquez	1/21/2017	22	184.1	187	Emely Barahona	6/5/2021	44	190.4	331	Carla Akers	10/28/2017	15	196.6	667	Karson Tolle	10/22/2022
48	195.5	259	Johella Wilson	6/25/2022	45	194	187	Heather Streible	3/19/2023	22	184.1	331	Emely Barahona	6/5/2021	22	195.6	668	Kelly Benson	10/29/2016
100kg/220.25lbs					100kg/220.25lbs					100kg/220.25lbs					100kg/220.25lbs				
41	213	347	Gina Woolard	3/5/2022	29	213.6	237	Jessica Moxie	3/5/2022	26	216.5	369	Amy Portillo	7/22/2023	17	206.1	887	Alexandria Jefferson	10/19/2024
26	218.5	342	Amy Portillo	7/22/2023	17	206.1	215	Alexandria Jefferson	10/19/2024	30	213.6	366	Jessica Littleton	7/22/2023	41	213	865	Gina Woolard	3/5/2022
17	206.1	331	Alexandria Jefferson	10/19/2024	31	215.2	215	Megan Geiger	5/4/2024	35	216.4	364	Crystal Prather	6/17/2023	45	219.1	865	Carla Akers	10/27/2018
32	216.5	331	Rachel Massey	6/11/2022	12	216.1	204	Nevaeh McIntosh	5/6/2023	30	210.5	358	Haley Shields	10/21/2023	32	216.5	849	Rachel Massey	6/11/2022
45	219.1	331	Carla Akers	10/27/2018	45	219.1	204	Carla Akers	10/27/2018	17	206.1	353	Alexandria Jefferson	10/19/2024	30	210.5	832	Haley Shields	10/21/2023
35	216.3	303	Crystal Prather	6/17/2023	30	210.5	187	Haley Shields	10/21/2023	41	213	353	Gina Woolard	3/5/2022	35	216.3	805	Crystal Prather	6/17/2023
30	210.5	286	Haley Shields	10/21/2023	46	212.8	185	Heather Streible	3/1/2024	43	214.5	353	Anika Harper	5/6/2023	26	218.5	805	Amy Portillo	7/22/2023
47	214.3	264	Barbara VanVleet	11/11/2023	33	219.1	182	Emma Stemfoll	11/23/2024	32	216.5	347	Rachel Massey	6/11/2022	34	208.3	766	Laura Bos	6/9/2024
32	199	259	Angela Dunn	9/17/2022	32	216.5	171	Rachel Massey	6/11/2022	34	208.3	342	Laura Bos	6/9/2024	32	199	678	Angela Dunn	9/17/2022
34	208.3	259	Laura Bos	6/9/2024	31	206.4	165	Delena Maynard	4/28/2024	55	217.6	335	Janet Martin	3/1/2024	34	208.3	672	Valerie Ryan	1/22/2022
110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs				
27	237.6	430	Amy Portillo	7/27/2024	24	230.6	231	Maddy Webster	3/19/2023	24	230.6	457	Maddy Webster	3/19/2023	24	230.6	1102	Maddy Webster	3/19/2023
24	230.6	419	Maddy Webster	3/19/2023	14	239	226	Nevaeh McIntosh	10/19/2024	32	240.1	430	Megan Geiger	12/7/2024	32	240.1	1064	Megan Geiger	12/7/2024
32	240.1	408	Megan Geiger	12/7/2024	32	240.1	226	Megan Geiger	12/7/2024	33	223.8	400	Melissa Shade	6/2/2018	27	237.6	959	Amy Portillo	7/27/2024
15	232.8	325	Abrie Meadows	6/17/2023	50	240	215	Tylander Ross	1/21/2017	26	239.4	397	Amy Portillo	10/21/2023	33	230.2	849	Jessie Hunt	6/17/2023
33	232.8	314	Jessie Hunt	10/17/2023	29	238.8	204	Brittany Bethyell	12/9/2023	43	225.1	386	Kimberly Dorton	7/22/2023	15	232.8	772	Abrie Meadows	6/17/2023
15	232.4	286	Kennedy Green	10/12/2019	42	241.2	193	Katy Silvers	9/7/2024	33	230.2	358	Jessie Hunt	10/17/2023	43	225.1	766	Kimberly Dorton	7/22/2023
19	240.7	270	Mekenzee Grover	4/26/2025	33	223.8	190	Melissa Shade	6/2/2018	54	223.6	353	Janet Martin	5/6/2023	15	232.4	689	Kennedy Green	10/12/2019
42	241.2	259	Emma Kolar	4/26/2025	34	234.3	182	Jessie Hunt	11/11/2023	27	225.3	314	Rose Hoang	11/11/2023	42	241.2	683	Emma Kolar	4/26/2025
43	225.1	226	Kimberly Dorton	7/22/2023	42	241.2	176	Emma Kolar	4/26/2025	15	232.8	309	Abrie Meadows	6/17/2023	27	225.3	661	Rose Hoang	11/11/2023
37	236.5	226	Naimah Abdullah	6/5/2021	54	242	176	Shari Wolford	4/20/2018	29	241.5	303	Laura Salazar	12/8/2018	29	241.5	661	Laura Salazar	12/8/2018
110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs				
42	261.5	386	Hollie Sands	10/12/2019	42	261.5	270	Hollie Sands	10/12/2019	42	261.5	518	Hollie Sands	10/12/2019	42	261.5	1174	Hollie Sands	10/12/2019
40	277.1	380	Katy Silvers	10/16/2021	29	294.9	248	Alex Wilson-McKenzie	10/22/2022	40	277.1	380	Katy Silvers	10/16/2021	38	253.5	893	Allison Busby	10/21/2023
23	262.8	331	Shaunre Lilley	12/4/2021	14	244.5	237	Nevaeh McIntosh	7/27/2024	38	253.5	375	Allison Busby	10/21/2023	23	262.8	843	Shaunre Lilley	12/4/2021
24	291.9	325	Celeste Kamasa	7/10/2021	40	272.2	226	Andrea Willis	6/19/2021	53	251	370	Janet Martin	10/22/2022	26	309.2	816	Jaime Cain	7/27/2024
38	253.5	314	Allison Busby	10/21/2023	38	253.5	215	Allison Busby	10/21/2023	26	309.2	364	Jaime Cain	7/27/2024	29	273.8	788	Mary-Ann Ricks	3/5/2022
29	273.8	303	Mary-Ann Ricks	3/5/2022	43	251.3	204	Katy Silvers	9/7/2024	40	272.2	358	Andrea Willis	6/19/2021	22	330.2	780	Lashonda Zander	6/2/2018
26	309.2	303	Jaime Cain	7/27/2024	23	262.8	193	Shaunre Lilley	12/4/2021	22	330.2	325	Lashonda Zander	6/2/2018	34	283.5	738	Angela Dunn	10/19/2024
22	330.2	280	Lashonda Zander	6/2/2018	29	273.8	182	Mary-Ann Ricks	3/5/2022	27	248	320	Aubrey Dowling	5/11/2019	23	254.8	716	Nathalie Vargas	12/18/2021
31	249.2	275	Stephanie Smith	8/19/2023	33	306.6	182	Angela Dunn	7/22/2023	23	262.8	320	Shaunre Lilley	12/4/2021	27	248	711	Aubrey Dowling	5/11/2019
23	254.8	275	Nathalie Vargas	12/18/2021	54	243.2	176	Shari Wolford	6/9/2018	25	251.9	303	Leah Simpson	3/6/2021	31	249.2	705	Stephanie Smith	8/19/2023

FEMALE RAW JUNIORS (20-23)

365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS											
RAW (Knee Sleeves) SQUAT					RAW BENCH PRESS					RAW (Knee Sleeves) DEADLIFT					RAW (Knee Sleeves) TOTAL											
FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)											
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date			
48kg/105.7lbs						48kg/105.7lbs		23	99.2	110	Emerson Graham	10/21/2023	48kg/105.7lbs						48kg/105.7lbs							
52kg/114.5lbs						52kg/114.5lbs		21	108.2	94	Racquel Wilson	10/16/2021	52kg/114.5lbs		22	111.6	240	Elena Lopez	6/2/2018	52kg/114.5lbs		22	111.6	575	Elena Lopez	6/2/2018
								20	108	85	Elena Lopez	6/2/2018			20	108	220	Maggie Parsons	11/19/2016			20	108	468	Maggie Parsons	11/19/2016
								20	108	83	Maggie Parsons	11/19/2016														
56kg/123.5lbs						56kg/123.5lbs</																				

100kg/220.25lbs					100kg/220.25lbs					100kg/220.25lbs					100kg/220.25lbs								
28	206.1	463	Jessica Hoxie	5/22/2021	29	213.6	237	Jessica Hoxie	3/5/2022	29	213.6	424	Jessica Hoxie	3/5/2022	29	206.1	1102	Jessica Hoxie	5/22/2021				
44	209.4	424	Anika Harper	4/13/2024	17	206.1	215	Alexandra Jefferson	10/19/2024	31	215.2	408	Megan Geiger	5/4/2024	31	215.2	981	Megan Geiger	5/4/2024				
31	215.2	358	Megan Geiger	5/4/2024	31	215.2	215	Megan Geiger	5/4/2024	34	207.7	380	Crystal Prather	10/22/2022	44	209.4	909	Anika Harper	4/13/2024				
12	218.1	325	Neveah McIntosh	5/6/2023	12	218.1	204	Neveah McIntosh	5/6/2023	46	212.8	355	Heather Streible	3/1/2024	36	216.2	850	Crystal Prather	3/1/2024				
36	216.2	320	Crystal Prather	3/1/2024	45	219.1	204	Carla Akers	10/27/2018	44	209.4	342	Anika Harper	4/13/2024	46	212.8	815	Heather Streible	3/1/2024				
37	211.4	303	Trisha Crisman	8/25/2018	30	210.5	187	Haley Shields	10/21/2023	37	213.8	342	Brett Sexton	10/12/2019	12	218.1	805	Neveah McIntosh	5/6/2023				
46	212.8	275	Heather Streible	3/1/2024	46	212.8	185	Heather Streible	3/1/2024	55	217.6	335	Janet Martin	3/1/2024	37	211.4	771	Trisha Crisman	8/25/2018				
46	211	259	Renee Turner	6/17/2023	32	216.5	171	Rachel Massey	6/11/2022	37	211.4	314	Trisha Crisman	8/25/2018	37	213.8	749	Brett Sexton	10/12/2019				
37	213.8	253	Brett Sexton	10/12/2019	31	206.4	165	Delena Maynard	4/28/2024	42	209.2	303	Christina Lauffer	6/19/2021	46	211	689	Renee Turner	6/17/2023				
25	217.1	242	Grace Jones	12/19/2020	34	208.3	165	Laura Bos	6/9/2024	46	211	287	Renee Turner	6/17/2023	42	209.2	623	Christina Lauffer	6/19/2021				
110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs								
42	240.3	408	Katy Silvers	7/22/2023	24	230.6	231	Maddy Webster	3/19/2023	50	240	400	Ylander Ross	1/21/2017	42	240.3	987	Katy Silvers	7/22/2023				
29	228.8	380	Brittany Beryhill	12/19/2020	14	239	226	Neveah McIntosh	10/19/2024	42	240.3	397	Katy Silvers	7/22/2023	50	240	955	Ylander Ross	1/21/2017				
14	239	380	Neveah McIntosh	10/19/2024	32	240.1	226	Megan Geiger	12/7/2024	34	234.3	375	Jessie Hunt	4/24/2021	29	228.8	942	Brittany Beryhill	12/19/2020				
50	240	340	Ylander Ross	1/21/2017	50	240	215	Ylander Ross	1/21/2017	29	228.8	358	Brittany Beryhill	12/19/2020	34	234.3	882	Jessie Hunt	4/24/2021				
34	234.3	325	Jessie Hunt	4/24/2021	29	228.8	204	Brittany Beryhill	12/19/2020	13	239.8	305	Neveah McIntosh	3/1/2024	13	239.8	830	Neveah McIntosh	3/1/2024				
					42	241.2	193	Katy Silvers	4/13/2024														
					33	223.8	190	Melissa Shade	6/22/2018														
					34	234.3	182	Jessie Hunt	4/24/2021														
					42	241.2	176	Emma Kolar	4/26/2025														
					54	242	176	Shari Wolford	4/20/2018														
110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs								
29	294.9	485	Alex Wilson-McKenzie	10/22/2022	42	261.5	270	Hollie Sands	10/12/2019	29	294.9	452	Alex Wilson-McKenzie	10/22/2022	29	294.9	1185	Alex Wilson-McKenzie	10/22/2022				
24	255	408	Lindsay Finch	5/6/2023	29	294.9	248	Alex Wilson-McKenzie	10/22/2022	40	276	375	Katy Silvers	9/18/2021	24	255	948	Lindsay Finch	5/6/2023				
37	285.2	386	Kimberly Soracco	5/11/2024	14	244.5	237	Neveah McIntosh	7/27/2024	24	255	364	Lindsay Finch	5/6/2023	40	276	920	Katy Silvers	9/18/2021				
14	244.5	375	Neveah McIntosh	7/27/2024	40	272.2	226	Andrea Willis	6/18/2021	34	250	336	Tarra Farnham	5/22/2021	14	244.5	904	Neveah McIntosh	7/27/2024				
40	276	375	Katy Silvers	9/18/2021	43	251.3	204	Katy Silvers	9/7/2024	37	285.2	320	Kimberly Soracco	5/11/2024	37	285.2	843	Kimberly Soracco	5/11/2024				
34	250	308	Tarra Farnham	5/22/2021	29	262.8	193	Shaunette Lilly	4/24/2021	19	278.2	308	Meredith Arnold	4/24/2021	34	250	782	Tarra Farnham	5/22/2021				
36	282.2	270	Beth Mockbee	1/21/2023	29	273.8	182	Mary-Ann Rickes	3/8/2023	36	282.2	303	Beth Mockbee	1/21/2023	36	282.2	727	Beth Mockbee	1/21/2023				
19	278.2	242	Meredith Arnold	4/24/2021	33	308.6	182	Angela Dunn	7/27/2024	14	244.5	292	Neveah McIntosh	7/27/2024	19	278.2	700	Meredith Arnold	4/24/2021				
40	271	198	Ann McManus	12/9/2023	54	243.2	176	Shari Wolford	6/9/2018	40	271	281	Ann McManus	12/9/2023	40	271	612	Ann McManus	12/9/2023				
					22	330.2	175	Lashonda Zander	6/22/2018														
365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS								
RAW CLASSIC (Knee Wraps) SQUAT					RAW BENCH PRESS					RAW CLASSIC					RAW CLASSIC (Knee Wraps) TOTAL								
FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)								
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date
						52kg/114.5lbs																	
						21	108.2	94	Raquel Wilson	10/18/2021													
						22	111.6	85	Elena Lopez	6/22/2018													
						20	108	83	Maggie Parsons	11/19/2016													
						56kg/123.5lbs																	
						20	120.6	132	Emily Gaiser	7/10/2021													
						23	122.8	132	Isabella Sarkis	4/23/2022													
						23	120.2	127	Asia Hannans	9/7/2024													
						21	115.7	88	Joselyn Drews	4/26/2025													
						21	123.4	77	Gwyneth Reiman	7/27/2024													
						60kg/132.2lbs																	
						22	127.2	143	Emily Gaiser	9/17/2022													
						21	127.9	138	Alexis Rutledge	4/23/2022													
						20	127.3	99	Kristen McPherson	10/17/2020													
						21	126.3	77	Gabby Bennett	7/10/2021													
						67.5kg/148.7lbs																	
67.5kg/148.7lbs						21	138.3	178	Anyia Kalnins	9/18/2021	67.5kg/148.7lbs							67.5kg/148.7lbs					
						20	138	171	Hanna Young	4/20/2018													
						22	147.5	171	Abby Foy	12/19/2020													
						20	143.5	138	Paige Harrod	11/19/2016													
						21	144.2	138	Emily Schnupp	8/12/2017													
						20	144.6	121	Everette Sherrill	7/22/2023													
						23	145	116	Delaney Fish	6/10/2017													
						23	148.6	110	Courtney Fox	7/22/2023													
						75kg/165.2lbs																	
75kg/165.2lbs						22	159.2	198	Abby Rice	4/12/2025							75kg/165.2lbs						
						23	161.5	171	Alisha Martin	4/24/2021	20	161.6	303	Sarah Oesch	3/18/2023	23	159.4	727	Emily Tighe	6/9/2018			
						23	164.6	160	Candace Locklear	3/10/2018	22	161.6	253	Dani Moore	6/10/2017	22	161.6	628	Dani Moore	6/10/2017			
						23	159.4	149	Emily Tighe	6/9/2018							20	161.6	623	Sarah Oesch	3/18/2023		
						21	162.6	149	Aleya Woodall	6/19/2021													
						20	157.2	138	Lisha Lamb	11/19/2016													
						22	161.6	132	Dani Moore	6/10/2017													
						20	158	127	Carley Bradshaw	11/19/2016													
						23	153.2	121	Courtney Fox	10/21/2023													

110+kg/220.5+lbs	37	285.2	386	Kimberly Soracco	5/11/2024	110+kg/220.5+lbs	39	268.8	160	Katy Silvers	12/19/2020	110+kg/220.5+lbs	37	285.2	347	Katy Silvers	12/19/2020	110+kg/220.5+lbs	37	285.2	843	Kimberly Soracco	5/11/2024
	39	268.8	309	Katy Silvers	12/19/2020		37	236.5	154	Naimah Abdullah	6/5/2021		37	268.8	320	Kimberly Soracco	5/11/2024		39	268.8	816	Katy Silvers	12/19/2020
	36	263.7	226	Beth Mockbee	4/16/2022		37	285.2	138	Kimberly Soracco	5/11/2024		36	263.7	253	Beth Mockbee	4/16/2022		36	263.7	617	Beth Mockbee	4/16/2022
							36	263.7	127	Beth Mockbee	4/16/2022												

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS EQUIPPED & GEARED SQUAT						365 STRONG WORLD RANKINGS EQUIPPED & GEARED BENCH						365 STRONG WORLD RANKINGS EQUIPPED & GEARED DEADLIFT						365 STRONG WORLD RANKINGS EQUIPPED & GEARED TOTAL					
FEMALE						FEMALE						FEMALE						FEMALE					
Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs					
SP	34	113.4	319	Lindsay Seamans	11/9/2019	SP	34	113.4	138	Lindsay Seamans	11/9/2019	SP	34	113.4	319	Lindsay Seamans	11/9/2019	SP	34	113.4	777	Lindsay Seamans	11/9/2019
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
SP	42	121.8	265	Dawn Bogart	4/9/2016	SP	42	121.8	175	Dawn Bogart	4/9/2016	MP	20	123.4	297	Josefina Bueno	3/5/2022	SP	42	121.8	735	Dawn Bogart	4/9/2016
MP	20	123.4	248	Josefina Bueno	3/5/2022	MP	60	121.4	160	Jojo Brasseaux	3/1/2024	SP	42	121.8	295	Dawn Bogart	4/9/2016	MP	20	123.4	672	Josefina Bueno	3/5/2022
						MP	20	123.4	127	Josefina Bueno	3/5/2022												
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs					
SP	43	131.9	331	Dawn Bogart	4/22/2017	SP	49	132.3	314	Missy Taylor	11/23/2024	SP	43	131.9	402	Dawn Bogart	4/22/2017	SP	43	131.9	959	Dawn Bogart	4/22/2017
SP	54	132	331	Priscilla Pardue	4/20/2018	SP	43	131.9	226	Dawn Bogart	4/22/2017	SP	54	132	265	Priscilla Pardue	4/20/2018	SP	54	132	761	Priscilla Pardue	4/20/2018
MP	59	129.6	132	Jojo Brasseaux	10/21/2023	MP	60	129.6	193	Jojo Brasseaux	10/19/2024												
						SP	54	132	165	Priscilla Pardue	4/20/2018												
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs					
MP	49	142.2	551	Melissa Smith	10/21/2023	MP	48	141.3	331	Melissa Smith	7/22/2023	MP	21	148.2	425	Madeleine Giess	1/21/2017	MP	49	142.2	1245	Melissa Smith	10/21/2023
MP	21	148.2	405	Madeleine Giess	1/21/2017	MP	21	148.2	245	Madeleine Giess	1/21/2017	SP	55	142.5	281	Priscilla Pardue	5/11/2019	MP	21	148.2	1075	Madeleine Giess	1/21/2017
SP	55	142.5	303	Priscilla Pardue	5/11/2019	SP	55	142.5	176	Priscilla Pardue	5/11/2019												
75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs					
SP	46	154.1	358	Candice Maness	10/27/2018	SP	46	157	275.6	Christina McDowell	11/19/2016	SP	56	154.1	281	Candice Maness	10/27/2018	SP	56	154.1	909	Candice Maness	10/27/2018
						SP	56	154.1	270	Candice Maness	10/27/2018												
						SP	61	164.5	209	Cindy Meeker	4/23/2022												
						SP	63	154.4	204	Maureen Clary	2/15/2020												
82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs					
MP	32	177.6	505	Jasmine Jenkins	10/30/2016	MP	50	181.6	441	Gi Gi Eller	10/16/2021	SP	27	179.4	470	Helen Romero	6/2/2018	MP	32	177.6	1325	Jasmine Jenkins	10/30/2016
SP	27	179.4	415	Helen Romero	6/2/2018	MP	32	177.6	355	Jasmine Jenkins	10/30/2016	MP	32	177.6	465	Jasmine Jenkins	10/30/2016	SP	27	179.4	1120	Helen Romero	6/2/2018
						SP	27	179.4	265	Helen Romero	6/2/2018	SP	43	177.3	399	Christina Lauffer	4/23/2022						
						SP	43	177.3	253	Christina Lauffer	4/23/2022	MP	47	180.1	393	Jennifer Wagner	4/15/2023						
						SP	62	169.1	215	Cindy Meeker	5/7/2023												
						MP	47	180.1	165	Jennifer Wagner	4/15/2023												
90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs					
MP	47	198	672	Shelley Yates	10/22/2022	MP	48	196.4	452	Shelley Yates	7/22/2023	MP	47	198	457	Shelley Yates	10/22/2022	MP	48	196.4	1538	Shelley Yates	7/22/2023
MP	62	188.3	441	Jodie Reynolds	1/11/2025	MP	46	184.1	253	Jeanine Russell	7/22/2023	MP	43	192.7	413	Kendra Archer	1/11/2025	MP	62	188.3	1080	Jeanine Russell	7/22/2023
MP	46	184.1	419	Jeanine Russell	7/22/2023	SP	42	198.2	253	Anika Harper	10/22/2022	MP	46	184.1	408	Jeanine Russell	7/22/2023	MP	62	188.3	1019	Jodie Reynolds	1/11/2025
						MP	62	188.3	226	Jodie Reynolds	1/11/2025	MP	62	188.3	353	Jodie Reynolds	1/11/2025						
						SP	43	189.8	220	Christina Lauffer	1/22/2022	SP	42	190.9	336	Anika Harper	4/23/2022						
											SP	43	189.8	308	Christina Lauffer	1/22/2022							
100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs					
MP	46	198.7	650	Shelley Yates	4/23/2022	MP	46	196.7	375	Shelley Yates	4/23/2022	MP	45	216	452	Shelley Yates	10/17/2020	MP	46	198.7	1449	Shelley Yates	4/23/2022
SP	33	217.6	243	Morgan Leddy	6/25/2022	SP	43	215.4	270	Anika Harper	7/22/2023	SP	41	216.5	402	Anika Harper	7/24/2021	SP	33	217.6	689	Morgan Leddy	6/25/2022
						SP	33	217.6	132	Morgan Leddy	6/25/2022												
110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs					
None						None						None						None					
110.1+kg/242.6+lbs						110.1+kg/242.6+lbs						110.1+kg/242.6+lbs						110.1+kg/242.6+lbs					
SP	41	281.1	336	Ann McManus	4/12/2025	SP	41	281.1	336	Ann McManus	4/12/2025												

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
MP	20	123.4	248	Josefina Bueno	3/5/2022	MP	20	123.4	127	Josefina Bueno	3/5/2022	MP	20	123.4	297	Josefina Bueno	3/5/2022	MP	20	123.4	672	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs					
MP	21	148.2	405	Madeleine Giess	1/21/2017	MP	21	148.2	245	Madeleine Giess	1/21/2017	MP	21	148.2	425	Madeleine Giess	1/21/2017	MP	21	148.2	1075	Madeleine Giess	1/21/2017

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS SQUAT - EQUIPMENT NOTED						365 STRONG WORLD RANKINGS BENCH - EQUIPMENT NOTED						365 STRONG WORLD RANKINGS DEADLIFT - EQUIPMENT NOTED						365 STRONG WORLD RANKINGS TOTAL - EQUIPMENT NOTED									
M/P/F Divisional Leaders						M/P/F Divisional Leaders						M/P/F Divisional Leaders						M/P/F Divisional Leaders									
Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date	Weight Class	Age	Wgt	Lbs	Name	Date				
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs									
	33	104.3	193	Stephanie Washington	7/10/2021		33	104.3	110	Stephanie Washington	7/10/2021		33	104.3	226	Stephanie Washington	7/10/2021		33	104.3	529	Stephanie Washington	7/10/2021				
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs									
FP	RC	29	122	242	Amanda Isley	10/28/2017	FP	RC	29	122	132	Amanda Isley	8/12/2017	FP	RC	29	122	303	Amanda Isley	10/28/2017	FP	RC	29	122	678	Amanda Isley	10/28/2017
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs									

RC 40-44	42	309.2	187	Christina Lauffler	8/19/2021	R 50-54	54	215.0	143	Janet Martin	10/21/2023	R 45-49	47	214.3	287	Barbara VanVliet	11/11/2023	R 40-44	41	204.2	408	Tiffany Meadows	8/17/2023
R 40-44	41	204.2	154	Tiffany Meadows	8/17/2023	R 55-59	56	217.6	136	Janet Martin	3/1/2024	RC 45-49	46	211	287	Renes Turner	8/17/2023						
						R 40-44	42	209.2	132	Christina Lauffler	8/19/2021	R 40-44	42	201.6	237	Christy Chesin	12/18/2021						
						R 45-49	47	214.3	105	Barbara VanVliet	11/11/2023	R 40-44	41	204.2	182	Tiffany Meadows	8/17/2023						
110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs						110kg/242.5lbs					
RC 40-44	42	240.3	408	Katy Silvers	7/22/2023	R 50-54	50	240	215	Ylander Ross	1/21/2017	R 40-44	44	229.3	402	Kimberly Dorton	10/21/2023	RC 40-44	42	240.3	987	Katy Silvers	7/22/2023
RC 50-54	50	240	340	Ylander Ross	1/21/2017	R 40-44	42	241.2	193	Katy Silvers	4/13/2024	RC 50-54	50	240	400	Ylander Ross	1/21/2017	RC 50-54	50	240	955	Ylander Ross	1/21/2017
R 45-49	45	219.1	330	Carla Akers	10/27/2018	R 40-44	42	241.2	176	Emma Kolar	4/26/2025	RC 40-44	42	240.3	397	Katy Silvers	7/22/2023	R 40-44	44	229.3	882	Kimberly Dorton	10/21/2023
R 40-44	44	229.3	325	Kimberly Dorton	10/21/2023	R 40-44	44	229.3	154	Kimberly Dorton	10/21/2023	R 45-49	49	237.5	358	Janet Martin	10/27/2018	R 40-44	42	241.2	683	Emma Kolar	4/26/2025
R 40-44	42	241.2	259	Emma Kolar	4/26/2025	R 45-49	49	237.5	149	Janet Martin	10/27/2018	R 40-44	42	241.2	248	Emma Kolar	4/26/2025	R 40-44	42	229.3	441	Laura Kerr	3/22/2025
R 40-44	42	229.3	165	Laura Kerr	3/22/2025	R 40-44	42	229.3	99	Laura Kerr	3/22/2025	R 40-44	42	229.3	176	Laura Kerr	3/22/2025						
110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs					
R 40-44	42	261.5	386	Hollie Sands	10/12/2019	SP 40-44	41	261.1	336	Ann McManus	4/12/2025	R 40-44	42	261.6	518	Hollie Sands	10/12/2019	R 40-44	42	261.6	1174	Hollie Sands	10/12/2019
RC 40-44	40	277.8	380	Katy Silvers	10/16/2021	R 40-44	42	261.6	270	Hollie Sands	10/12/2019	RC 40-44	40	277.8	370	Katy Silvers	10/16/2021	RC 40-44	40	272.3	883	Katy Silvers	7/24/2021
R 40-44	40	271	198	Ann McManus	12/9/2023	R 40-44	40	272.2	226	Andrea Willis	10/17/2020	R 50-54	53	251	370	Janet Martin	10/22/2022	R 40-44	40	271	612	Ann McManus	12/9/2023
R 40-44	41	284.4	187	Jessica Rosney	4/26/2025	R 40-44	43	261.3	204	Katy Silvers	8/7/2024	R 40-44	40	272.2	358	Andrea Willis	6/18/2021	R 40-44	40	272.2	584	Andrea Willis	6/18/2021
						R 50-54	54	243.2	182	Shari Wolford	6/9/2018	R 45-49	49	245	325	Janet Martin	4/20/2018	R 40-44	41	284.4	573	Jessica Rosney	4/26/2025
						R 50-54	53	251	171	Janet Martin	10/22/2022	R 40-44	40	271	281	Ann McManus	12/9/2023	R 50-54	53	251	541	Janet Martin	10/22/2022
						R 40-44	41	284.4	149	Jessica Rosney	4/26/2025	R 40-44	41	284.4	237	Jessica Rosney	4/26/2025	R 45-49	49	245	474	Janet Martin	6/9/2018

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS																							
Standing Curl																							
FEMALE																							

DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTL
M5	R	62	123	37.5	Nina Snipes	10/21/2023	123
Open	R	62	123	37.5	Nina Snipes	10/21/2023	123
T1	R	14	118.6	37.5	Elena Sannicandro	8/19/2023	123
M5	R	61	125	32.5	Nina Snipes	6/27/2023	132
T1	R	15	124.4	52.5	Elena Sannicandro	6/11/2024	132
T2	R	17	126.2	37.5	Antia Sannicandro	8/19/2023	132
T3	R	18	127.6	40	Sophia Drury	10/19/2024	132
M4	R	59	127.2	60	Jojo Brasseaux	6/17/2023	132
MPF	R	59	129.6	60	Jojo Brasseaux	10/21/2023	132
Open	R	59	129.6	60	Jojo Brasseaux	10/21/2023	132
Open	R	28	132	45	Sharon Mitchell	5/18/2024	132
M3	R	46	137	50	Alysha Hayes	6/8/2021	148
Open	R	31	147.4	100	Angalina Bennett	4/26/2025	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
Open	R	31	147.3	65	MacKenzie Rideout	5/4/2024	148
Open	R	25	136.1	40	Isabella Tuly	5/18/2024	148
T3	R	19	141.3	25	Lily Springfield	2/8/2025	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Crystal Rhoades	10/21/2023	165
M1	R	41	150.8	95	Katy Gaglione	4/26/2025	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
M6	R	68	159.2	65	Maureen Clary	7/27/2024	165
JR	R	21	180.3	80	Sarah Oesch	4/28/2024	181
T3	R	19	175.3	55	Gabriella Drury	10/19/2024	181
Open	R	32	179.8	75	Cesira Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-NeNeil	11/9/2024	181
M5	R	63	179.5	95	Gloria Knight-NeNeil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-NeNeil	11/9/2024	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-NeNeil	11/9/2024	181
MPF	R	39	178	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/5/2021	181
M4	R	59	170.6	60	Nelda Newton	3/5/2022	181
M2	R	48	194.7	60	Mandy Self-Sparrow	2/10/2024	198
M4	R	58	191.8	65	Shelly Moore	1/22/2022	198
M1	R	40	187.2	85	Mona Espinosa	1/22/2022	198
M3	R	54	215.8	85	Janet Martin	10/21/2023	220
M4	R	55	215.4	80	Janet Martin	10/19/2024	220
M3	R	53	251	104.5	Janet Martin	10/22/2022	275
Open	R	29	294.9	115.7	Alex Wilson-McKenzie	10/22/2022	308

FEMALE REP CHALLENGE

Div	Gear	Age	Wgt	Name	Date	Wgt	Reps
M6	R	68	165	Maureen Clary			
				BENCH	#####	80	28
				DEADLIFT	#####	140	10
				STRICT CURL	#####	35	30
				CHEAT CURL	#####	65	20