

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

DATE: 7/4/2025

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		11	92	138	Harlynn Betts	6/27/2025						
							11	92	61	Harlynn Betts	6/27/2025		9	63.8	132	Kambree Williamson	1/19/2022						
												8	85.4	80	Adelyn Sallee	7/12/2025							
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs					
	66	101.4	143	Pam Fisher	7/12/2025		55	98	132	Nina Kuru	7/30/2022		66	101.4	242	Pam Fisher	7/12/2025		66	101.4	468	Pam Fisher	7/12/2025
	14	105.4	138	Adalee Moss	1/11/2025		33	104.3	110	Stephanie Washington	7/10/2021		55	98	237	Nina Kuru	7/30/2022		14	105.4	408	Adalee Moss	1/11/2025
	12	105.2	121	Carmen Trivette	10/16/2021		66	101.4	83	Pam Fisher	7/12/2025		14	105.4	193	Adalee Moss	1/11/2025		55	98	369	Nina Kuru	7/30/2022
							12	105.2	83	Carmen Trivette	10/16/2021		65	105	154	Renee Ferguson	6/6/2026		12	105.2	347	Carmen Trivette	10/16/2021
							14	105.4	77	Adalee Moss	1/11/2025		12	105.2	143	Carmen Trivette	10/16/2021						
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	6/28/2018		24	114.2	132	Amber Malchow	10/28/2017		46	112.3	275	Missy Taylor	4/24/2021		24	114.2	650	Amber Malchow	10/28/2017
	24	114.2	215	Amber Malchow	10/28/2017		30	111.2	127	Aubrey Cornwell	8/12/2017		65	107.4	242	Pam Fisher	6/2/2018		22	111.6	575	Elena Lopez	6/28/2018
	20	108	165	Maggie Parsons	11/19/2016		34	114	121	Lindsay Seamans	6/29/2018		22	111.6	240	Elena Lopez	6/2/2018		19	112.4	485	McKenna Wright	6/17/2023
	19	112.4	165	McKenna Wright	6/17/2023		27	111.5	116	Nykhisha Garland	10/17/2020		19	112.4	237	McKenna Wright	6/17/2023		65	109.3	479	Sue Ann Hurlbert	4/25/2026
	72	106.3	154	Linda Costello	4/23/2022		65	109.3	115	Sue Ann Hurlbert	4/29/2026		14	114	226	Carmen Trivette	5/8/2023		13	111.3	474	Carmen Trivette	10/22/2022
	13	111.3	154	Carmen Trivette	10/22/2022		64	110.2	110	Sue Ann Hurlbert	2/6/2025		62	110.7	224	Sue Ann Hurlbert	7/22/2023		63	111.1	472	Sue Ann Hurlbert	2/10/2024
	44	113.8	154	Andria Almond	4/26/2025		13	111.3	99	Carmen Trivette	10/22/2022		72	106.3	220	Linda Costello	4/23/2022		20	108	469	Maggie Parsons	11/19/2016
	62	106.2	149	Sue Ann Hurlbert	10/21/2023		37	111.3	99	Tiffany Belamy	4/22/2017		20	108	220	Maggie Parsons	4/22/2017		44	113.8	469	Andria Almond	4/26/2025
	65	109.3	144	Sue Ann Hurlbert	4/25/2026		13	112.8	99	McKayla Van Meter	2/29/2021		13	112.8	220	McKayla Van Meter	2/29/2021		65	107.4	463	Pam Fisher	5/18/2024
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
	29	122.3	314	Xiomara Prado	6/27/2026		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
	48	122.4	314	Missy Taylor	5/6/2023		42	121.8	175	Dawn Bogart	4/9/2016		29	122.3	320	Xiomara Prado	6/27/2026		29	122.3	772	Xiomara Prado	6/27/2026
	23	123	281	Isabella Sarks	12/4/2021		19	123.4	160	Becca Dixon	12/10/2017		23	123.4	320	Isabella Sarks	4/23/2022		19	123.4	755	Becca Dixon	3/10/2018
	19	123.4	275	Becca Dixon	3/10/2018		32	122.8	155	Tiffany Faulkner	12/10/2017		19	123.4	320	Becca Dixon	3/10/2018		23	122.8	705	Isabella Sarks	4/23/2022
	29	123.5	248	Krystal Scott	8/12/2017		29	122.3	154	Xiomara Prado	6/27/2026		31	123	314	Meredith Ward	3/9/2018		29	123.5	663	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	3/9/2018
	31	123	209	Meredith Ward	3/9/2018		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	Shantell Hawkins	9/7/2019		31	120.4	138	Meredith Ward	4/29/2018		23	123.5	281	Krystal Scott	8/12/2017		23	120.2	573	Asia Hannans	9/7/2023
	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	673	Heidi Schuck	6/19/2021
	54	119.6	182	Lisa Baker	12/19/2020		29	122	132	Amanda Isley	8/12/2017		28	122.8	259	Shantell Hawkins	9/7/2019		28	122.8	667	Shantell Hawkins	9/7/2019
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	12/9/2023		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	Caitlin Cardone	4/9/2016		30	130.7	231	Morgan Long	10/19/2024		26	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		28	129	755	Barbara Morales	12/9/2023
	27	131.6	280	Samantha Sawyer	12/16/2017		57	131.3	185	Jami Bozzuto	10/29/2023		26	128.4	340	Whitney Myers	6/2/2016		25	129	745	Caitlin Cardone	4/9/2016
	21	127.9	275	Alexis Rutledge	4/23/2022		47	127.2	180	Bella Ghosh	9/1/2020		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	7/9/2018		33	132.2	727	Amy Pierce	8/12/2017
	22	127.4	299	Emily Gaiser	9/17/2022		25	125.6	165	Caitlin Cardone	7/9/2016		57	131.3	325	Jami Bozzuto	10/29/2023		28	128.8	722	April Rainey	2/26/2023
	26	126	248	Barbara Morales	12/9/2023		27	129	165	Leslie Kutner	10/29/2017		27	127.9	320	Alexis Rutledge	4/23/2022		27	131.6	700	Samantha Sawyer	12/1/2017
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		44	148.4	259	Takeisha Reddick	12/6/2025		22	147.9	468	Maya Medina	7/27/2025		29	141.8	1064	Morgan Long	5/6/2023
	22	147.9	375	Maya Medina	7/27/2025		29	140.4	242	Morgan Long	10/21/2023		28	141.8	435	Morgan Long	5/6/2023		22	147.9	1058	Maya Medina	7/27/2025
	43	147.5	399	Emily Lilly	5/6/2023		43	147.1	231	Emily Lilly	3/4/2023		36	144.7	435	Kat Kalanina	6/6/2026		43	147.5	955	Emily Lilly	5/6/2023
	29	143.2	347	Mia Kimball	6/6/2026		28	145.2	226	Brittany Shackelford	10/29/2017		29	146.8	422	Alexandrea McClain	8/24/2024		36	144.7	953	Kat Kalanina	6/6/2026
	36	144.7	342	Kat Kalanina	6/6/2026		61	146.6	226	Maureen Clary	4/22/2017		29	144.4	390	Leslie Kutner	11/9/2019		29	146.8	898	Alexandrea McClain	8/24/2024
	20	138	331	Hanna Young	4/20/2018		26	140.4	220	Courtney Bryant	10/19/2024		29	143.4	369	Mia Kimball	6/6/2026		29	143.4	887	Mia Kimball	6/6/2026
	25	146.4	331	Elizabeth Morris	7/27/2025		22	147.9	215	Maya Medina	7/27/2025		43	147.5	369	Emily Lilly	5/6/2023		39	145.3	876	Tosha Baughman	3/19/2023
	28	143.5	325	Anaya Laney	7/27/2025		27	144.2	209	Courtney Norris	8/12/2017		39	145.3	364	Hanna Young	4/20/2018		61	146.6	876	Barbara Morales	12/9/2023
	28	145.3	325	Tosha Baughman	3/19/2023		25	144.2	193	Tosha Baughman	3/19/2023		50	144.3	360	Maureen Clary	3/25/2018		20	140.4	871	Courtney Bryant	10/19/2024
	34	143.9	314	Shawnee Owens	9/1/2025		28	143.5	187	Anaya Laney	7/27/2025		39	145.3	358	Tosha Baughman	3/19/2023		20	138	865	Hanna Young	4/20/2018
75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs					
	44	159	380	Emily Lilly	10/1/2023		30	153	253	Morgan Long	6/29/2024		34	163.4	424	Kendra Danzer	4/20/2018		44	159	1003	Emily Lilly	10/1/2023
	24	155.4	343	Courtney Fox	11/23/2024		44	159	242	Emily Lilly	10/1/2023		30	153	402	Morgan Long	6/29/2024		24	155.4	937	Morgan Long	6/29/2024
	30	153	347	Morgan Long	6/29/2024		42	165	240	Reyan Roybal	10/17/2020		34	157.6	402	Hilary Clark	8/25/2018		44	157.6	904	Hilary Clark	8/25/2018
	23	164.6	336	Candace Locklear	3/19/2018		66	162.7	231	Maureen Clary	8/5/2021		23	164.6	402	Candace Locklear	3/19/2018		23	164.6	898	Jennifer Zwaan	7/22/2022
	44	157.6	325	Hilary Clark	8/25/2018		28	164.5	231	Kat DeShazo	1/12/2020		44	158.3	366	Jennifer Zwaan	7/22/2023		44	158.3	897	Kendra Danzer	4/20/2018
	45	157	335	Jennifer Zwaan	6/21/2023		67	160.4	209	Barbara Hayden	12/9/2021		39	154.2	361	Ladell Clark	6/6/2023		23	164.6	876	Candace Locklear	3/19/2018
	27	165.3	325	Colby Lynn Powell	10/19/2024		22	159.2	198	Azby Rice	4/12/2025		34	159	380	Emily Lilly	10/1/2023		24	15			

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 Kasha	10/28/2017		45	166.9	1025	Emily Lilly	6/29/2024
	63	181.4	397	Jodie Reynolds	1/25/2026		71	177	287	Barbara Haden	12/4/2021		35	172.2	402	Meghan Rochelle	7/12/2025		37	173.7	964	Brittany Abner	5/16/2026
	37	173.7	390	Brittany Abner	5/16/2026		39	172	248	Linsey Eudy	3/7/2026		19	175.4	402	Shelby Sprinkle	12/19/2021		25	175.4	920	Elizabeth Pinnix	7/19/2021
	25	179.4	353	Elizabeth Pinnix	7/19/2021		45	168.9	237	Emily Lilly	6/29/2024		29	177.6	397	Gabrielle Robbins	1/19/2019		37	177.6	914	Gabrielle Robbins	1/19/2019
	28	181	331	Miranda Williams	5/6/2023		30	178	231	Brittany Gaege	12/9/2023		30	166.9	386	Emily Lilly	6/29/2024		30	175	904	Lay Kasha	8/12/2017
	35	177	325	Jessica Michell	4/26/2025		32	179	231	Clearra Jackson-Griffin	7/22/2023		25	179.4	386	Elizabeth Pinnix	7/19/2021		35	177	898	Jessica Michell	4/26/2025
	27	167.3	320	Becca Grimes	9/7/2024		34	175	226	Kristie Johnston	10/21/2023		37	173.7	369	Brittany Abner	5/16/2026		28	181	893	Miranda Williams	5/6/2023
	29	177.6	314	Gabrielle Robbins	1/19/2019		27	179.8	226	Helen Romero	4/20/2018		32	178.8	364	Clearra Jackson-Griffin	10/21/2023		35	172.2	876	Meghan Rochelle	7/12/2025
	35	178.6	314	Charles Marshall	1/12/2024		35	177	220	Jessica Mitchell	4/26/2025		35	177	353	Jessica Mitchell	4/26/2025		63	181.4	865	Jodie Reynolds	1/25/2026
	15	173.3	309	Cecilia Luzarraga	10/19/2024		37	173.7	215	Brittany Abner	5/16/2026		28	177.4	353	Mikhylla Dunn	4/15/2023		45	176.8	838	Crystal McCullough	1/22/2022
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		53	192.1	475	Traci Baggett	3/28/2026		52	195.5	1075	Traci Baggett	10/11/2025
	52	196.5	391	Traci Baggett	10/11/2025		31	180.4	303	Alexis Elapoune	10/28/2017		41	194.9	465	Allison White	4/26/2025		41	195.1	953	Rebecca Caudill	12/1/2024
	24	196.7	364	Isabella Heffner	10/21/2023		38	196	266	Linsey Eudy	10/19/2024		24	196.7	424	Isabella Heffner	10/21/2023		24	196.7	946	Isabella Heffner	10/21/2023
	41	195.1	358	Rebecca Caudill	12/7/2024		28	192	220	Jess Lemachko	8/19/2023		41	195.1	413	Rebecca Caudill	12/7/2024		28	192	909	Jess Lemachko	8/19/2023
	35	187.6	342	Charlie Marshall	5/10/2026		52	187.8	215	Traci Baggett	7/12/2026		33	189	400	Priyanka Santiago	10/29/2022		35	187.6	871	Charlie Marshall	5/10/2026
	22	184.1	331	Emely Barahona	6/5/2021		33	189	200	Priyanka Santiago	10/29/2022		39	185	375	Linsey Eudy	6/28/2025		22	184.1	849	Emely Barahona	6/5/2021
	28	192	331	Jess Lemachko	8/19/2023		16	194.2	198	Allison Sanders	7/27/2024		26	184.8	358	Kathryn French	3/10/2018		44	197.8	838	Carla Akers	4/20/2018
	24	193	320	Allyson Abbs	4/20/2018		40	187.2	193	Mona Espinoza	1/22/2022		38	187.5	358	Chelse Zamorano	5/22/2021		22	196.5	810	Kaitlyn McKenzie	5/16/2026
	44	197.8	320	Carla Akers	4/20/2018		21	182.2	190	Sarah Oesch	3/1/2024		28	192	358	Jess Lemachko	8/19/2023		24	193	799	Allyson Abbs	4/20/2018
	22	196.5	303	Kaitlyn McKenzie	5/16/2026		22	184.1	187	Emely Barahona	6/5/2021		24	196	353	Lauren Davis	6/5/2021		28	187.5	768	Chelse Zamorano	5/22/2021
100kg/220.2lbs						100kg/220.2lbs						100kg/220.2lbs						100kg/220.2lbs					
	41	213	347	Gina Woolard	3/5/2022		29	213.6	237	Jessica Hottle	3/5/2022		26	218.5	369	Amy Portillo	7/22/2023		17	206.1	887	Alexandria Jefferson	10/19/2024
	28	219.6	347	Amy Portillo	5/10/2025		17	206.1	215	Alexandria Jefferson	10/19/2024		30	213.8	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	9/4/2024		35	216.3	364	Crystal Prather	6/17/2023		45	219.1	865	Carla Akers	10/27/2025
	32	216.5	331	Rachel Massey	6/11/2022		12	218.1	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		28	219.6	839	Amy Portillo	5/10/2025
	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		30	210.5	832	Haley Shields	10/21/2023
	30	210.5	286	Haley Shields	10/21/2023		46	212.8	185	Heather Streible	5/6/2023		43	214.5	353	Anika Harper	5/6/2023		35	216.3	805	Crystal Prather	6/17/2023
	47	214.3	264	Barbara VanVleet	11/11/2023		33	219.1	182	Emma Staroff	11/23/2024		28	219.6	353	Amy Portillo	5/10/2025		28	219.6	805	Amy Portillo	7/22/2023
	32	199	299	Angela Dunn	6/17/2022		32	216.5	171	Rachel Massey	6/11/2022		32	216.5	347	Rachel Massey	6/11/2022		34	208.3	766	Laura Bos	6/9/2024
	34	208.3	299	Laura Bos	6/9/2024		31	206.4	165	Delena Maynard	4/26/2024		34	208.3	342	Laura Bos	6/9/2024		32	199	678	Angela Dunn	6/17/2022
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	467	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	5/6/2023		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	6/20/2018		27	237.6	959	Amy Portillo	7/27/2024
	15	232.8	325	Abrie Meadows	6/17/2023		50	240	215	Yander Rose	12/1/2017		26	239.4	397	Amy Portillo	10/21/2023		33	230.2	849	Jessie Hunt	10/17/2021
	33	230.2	314	Jessie Hunt	10/17/2021		29	228.8	204	Brittany Berryhill	12/19/2020		43	225.1	366	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	4/13/2024		33	230.2	358	Jessie Hunt	10/17/2021		43	225.1	766	Kimberly Dorton	7/22/2023
	19	240.7	270	McKenzie Grover	4/26/2025		33	223.8	190	Melissa Shade	6/20/2018		54	223.6	353	Janet Martin	5/6/2023		15	232.4	689	Kennedy Green	10/12/2019
	42	241.2	259	Erma Kolar	4/26/2025		34	234.3	162	Jessie Hunt	4/26/2021		27	225.3	314	Rose Hoang	11/11/2023		42	241.2	683	Erma Kolar	4/26/2025
	43	225.1	226	Kimberly Dorton	7/22/2023		42	241.2	176	Erma 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	Namah Abdullah	6/9/2021		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/242.6lbs						110+kg/242.6lbs						110+kg/242.6lbs						110+kg/242.6lbs					
	42	261.5	386	Hollie Sands	10/12/2019		42	261.5	270	Hollie Sands	10/12/2019		42	261.5	618	Hollie Sands	10/12/2019		42	261.5	1174	Hollie Sands	10/12/2019
	40	277.1	380	Katy Silvers	10/16/2021		29	264.9	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	Shauntrie 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	Shauntrie Lilley	12/4/2021
	24	291.9	325	Celeste Kanasa	7/10/2021		40	272.2	226	Andrea Willis	6/19/2021		53	251	370	Janet Martin	10/22/2022		26	305.2	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	785	Mary-Ann Ricks	5/9/2022
	29	273.8	303	Mary-Ann Ricks	5/9/2022		43	251.3	204	Katy Silvers	6/19/2024		40	272.2	358	Andrea Willis	6/19/2021		22	330.2	759	Lashonda Zander	6/2/2019
	26	305.2	303	Jaime Cain	7/27/2024		23	262.8	193	Shauntrie Lilley	12/4/2021		42	351.5	331	Jessica Guilbeau	6/6/2026		34	283.5	738	Angela Dunn	10/19/2024
	22	330.2	280	Lashonda Zander	6/2/2019		29	273.8	182	Mary-Ann Ricks	5/9/2022		22	330.2	325	Lashonda Zander	6/2/2019		42	251.5	727	Jessica Guilbeau	6/6/2026
	31	249.2	275	Stephanie Smith	8/19/2023		33	306.6	182	Angela Dunn	7/22/2023		27	248	320	Aubrey Dowding	5/10/2019		23	254.8	716	Nathalie Vargas	12/18/2021
	42	251.5	275	Jessica Guilbeau	6/6/2026		54	243.2	176	Shari Wolford	6/9/2018		23	262.8	320	Shauntrie Lilley	12/4/2021		27	248	711	Aubrey Dowding	5/10/2019

FEMALE RAW JUNIORS (20-23)

365 STRONG WORLD RANKINGS RAW (Knee Sleeves) SQUAT					365 STRONG WORLD RANKINGS RAW BENCH PRESS					365 STRONG WORLD RANKINGS RAW (Knee Sleeves) DEADLIFT					365 STRONG WORLD RANKINGS RAW (Knee Sleeves) TOTAL				
FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)				

FEMALE RAW SUB-MASTERS (35-39)

FEMALE RAW SUB-MASTERS (35-39)

FEMALE RAW/RAW CLASSIC TEENAGE**FEMALE RAW/RAW CLASSIC TEENAGE**

T1-RC	13-15	13	145.1	284	Haleigh Batchelor	11/19/2022	T2	16-17	16	145.3	132	Sara Hampton	10/21/2023	T1-RC	13-15	15	135.6	265	Beverly Lemay	3/1/2024	T1-RC	13-15	15	135.6	640	Beverly Lemay	3/1/2024
T2	16-17	16	145.3	231	Sara Hampton	10/21/2023	T1	13-15	15	135.6	110	Beverly Lemay	3/1/2024	T1-RC	13-15	13	145.1	249	Haleigh Batchelor	11/19/2022	T2	16-17	16	145.3	623	Sara Hampton	10/21/2023
T1	13-15	15	146.8	231	Macy Lantz	4/20/2018	T1	13-15	15	143.1	105	Mazie Eudy	7/12/2025	T1	13-15	15	143.1	242	Mazie Eudy	7/12/2025	T1	13-15	15	146.8	573	Macy Lantz	4/20/2018
T3	18-19	19	145.9	198	Lily Springfield	5/31/2025	T3	18-19	19	145.9	99	Lily Springfield	5/31/2025	T1	13-15	15	146.8	242	Macy Lantz	4/20/2018	T3	18-19	19	145.9	512	Lily Springfield	5/31/2025
T3	18-19	19	142.2	121	Ashton Bishop	3/6/2021	T1	13-15	15	146.8	99	Macy Lantz	4/20/2018	T3	18-19	19	142.2	231	Ashton Bishop	3/6/2021	T3	18-19	19	142.2	424	Ashton Bishop	3/6/2021
T1	13-15	13	138.4	105	Peyton Lauffer	6/19/2021	T3	18-19	19	142.2	72	Ashton Bishop	3/6/2021	T3	18-19	19	145.9	215	Lily Springfield	5/31/2025	T1	13-15	13	138.4	320	Peyton Lauffer	6/19/2021
							T3	18-19	16	140.4	70	Destiny Dula	10/29/2016	T3	18-19	16	140.4	200	Destiny Dula	10/29/2016							
							T1	13-15	13	138.4	60	Peyton Lauffer	6/19/2021	T2	16-17	16	148.5	185	Aiana Peterson	10/12/2022							
75kg/165.2lbs							75kg/165.2lbs							75kg/165.2lbs							75kg/165.2lbs						
T3	18-19	19	150.4	275	Sarah Oesch	6/11/2022	T3	18-19	19	150.4	176	Sarah Oesch	6/11/2022	T3	18-19	19	150.4	334	Sarah Oesch	6/11/2022	T3	18-19	19	150.4	772	Sarah Oesch	6/11/2022
T1	13-15	15	162.7	275	Cadence Caudill	12/7/2024	T2	16-17	17	165	151	Sarah Oesch	10/17/2020	T2	16-17	17	165	333	Sarah Oesch	10/17/2020	T2	16-17	17	165	737	Sarah Oesch	10/17/2020
T3	18-19	19	161.5	270	Katarina Giancroce	4/22/2017	T1	13-15	14	157.9	132	Tyler Glover	9/19/2024	T2	16-17	17	151.7	331	Alessia Sylveran	10/19/2024	T3	18-19	19	161.5	689	Katarina Giancroce	4/22/2017
T2	16-17	17	165	254	Sarah Oesch	10/17/2020	T3	18-19	19	161.5	126	Katarina Giancroce	4/22/2017	T1	13-15	14	162.9	320	Olivia Dubrow	9/18/2021	T1	13-15	14	157.9	683	Tyler Glover	9/19/2024
T3	18-19	14	157.9	237	Tyler Glover	9/18/2021	T2	16-17	17	151.7	121	Alessia Sylveran	10/19/2024	T1	13-15	14	157.9	314	Tyler Glover	9/18/2021	T1	13-15	15	162.7	667	Cadence Caudill	12/7/2024
T1	13-15	14	149	209	Jannah Reynolds	7/24/2021	T1	13-15	14	162.9	116	Olivia Dubrow	9/18/2021	T3	18-19	19	161.5	292	Katarina Giancroce	4/22/2017	T2	16-17	17	151.7	656	Alessia Sylveran	10/19/2024
T2	16-17	17	151.7	209	Alessia Sylveran	10/19/2024	T2	16-17	17	152.8	110	Danielle Ortiz	10/29/2016	T3	18-19	14	162.9	281	Cadence Caudill	12/7/2024	T1	13-15	14	162.9	579	Olivia Dubrow	9/18/2021
T1	13-15	15	151.2	196	Jocelyn Lily	6/29/2024	T1	13-15	15	162.7	110	Cadence Caudill	12/7/2024	T2	16-17	17	152.8	255	Danielle Ortiz	10/29/2016	T2	16-17	17	152.8	545	Danielle Ortiz	10/29/2016
T1	13-15	13	164.8	183	Harley Milone	12/9/2017	T2	16-17	16	156.2	105	Floortje Sakkers	6/19/2024	T1	13-15	13	164.8	248	Harley Milone	12/9/2017	T1	13-15	14	149	829	Jannah Reynolds	7/24/2021
T2	16-17	17	152.8	180	Danielle Ortiz	10/29/2016	Y	10-12	11	160.7	99	Ryleigh Kennedy	5/10/2025	T1	13-15	14	149	226	Jannah Reynolds	7/24/2021	T1	13-15	13	164.8	829	Harley Milone	12/9/2017
T1	13-15	14	162.9	143	Olivia Dubrow	9/18/2021	T1	13-15	13	164.8	99	Harley Milone	12/9/2017	T3	18-19	15	151.2	226	Jocelyn Lily	6/29/2024	T1	13-15	15	151.2	913	Jocelyn Lily	6/29/2024
							T1	13-15	14	149	94	Jannah Reynolds	7/24/2021	T3	18-19	19	153.5	215	Ashton Bishop	8/22/2020							
							T1	13-15	15	151.2	88	Jocelyn Lily	6/29/2024	Y	10-12	11	160.7	176	Ryleigh Kennedy	5/10/2025							
82.5kg/181.7lbs							82.5kg/181.7lbs							82.5kg/181.7lbs							82.5kg/181.7lbs						
T1	13-15	15	173.3	309	Cecilia Luzarraga	10/19/2024	T3	18-19	19	175	182	Sarah Oesch	10/22/2022	T3	18-19	19	175.4	402	Shelby Sprinkle	12/18/2021	T3	18-19	19	175.4	827	Shelby Sprinkle	12/18/2021
T3-RC	18-19	19	175	286	Sarah Oesch	10/22/2022	T1	13-15	15	173.3	154	Cecilia Luzarraga	10/19/2024	T3-RC	18-19	19	175	353	Sarah Oesch	10/22/2022	T3-RC	18-19	19	175	821	Sarah Oesch	10/22/2022
T3	18-19	19	175.4	281	Shelby Sprinkle	10/19/2024	T3	18-19	19	180.6	150	Victoria Renfroe	7/9/2016	T1	13-15	15	173.3	326	Cecilia Luzarraga	10/19/2024	T1	13-15	15	173.3	799	Cecilia Luzarraga	10/19/2024
T3	18-19	19	180.6	255	Victoria Renfroe	7/9/2016	T2	16-17	17	170.8	149	Sarah Oesch	10/3/2020	T3	18-19	19	180.6	330	Victoria Renfroe	7/9/2016	T3	18-19	19	180.6	735	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	237	Sarah Oesch	10/3/2020	T3	18-19	19	175.4	143	Shelby Sprinkle	12/18/2021	T2	16-17	17	170.8	326	Sarah Oesch	10/3/2020	T2	16-17	17	170.8	712	Sarah Oesch	10/3/2020
T2-SF	16-17	16	174.5	220	Adalyn Schroeder	1/25/2026	T3	18-19	18	171.8	110	Emma Love	10/29/2016	T2-SF	16-17	16	174.5	226	Adalyn Schroeder	1/25/2026	T2-SF	16-17	16	174.5	581	Adalyn Schroeder	1/25/2026
T2	16-17	16	179	198	Sarah Sells	10/21/2023	T2-SF	16-17	16	174.5	105	Adalyn Schroeder	10/21/2023	T3	18-19	19	175.3	226	Gabriela Drury	10/19/2024	T2	16-17	16	179	529	Sarah Sells	10/21/2023
T3	18-19	18	171.8	190	Emma Love	10/29/2016	T2	16-17	16	179	105	Sarah Sells	10/21/2023	T2	16-17	16	179	226	Sarah Sells	10/21/2023	T3	18-19	18	171.8	490	Emma Love	10/29/2016
T2	16-17	17	179	154	Chesney Samaha	11/19/2022	Y	11-12	11	176.8	94	Nevaeh McIntosh	3/6/2021	Y	11-12	11	176.8	200	Nevaeh McIntosh	3/6/2021	T3	18-19	19	175.3	452	Gabriela Drury	10/19/2024
T3	18-19	19	175.3	149	Gabriela Drury	10/19/2024	T2	16-17	17	179	83	Chesney Samaha	11/19/2022	T3	18-19	18	171.8	185	Emma Love	10/29/2016	Y	11-12	11	176.8	432	Nevaeh McIntosh	3/6/2021
Y	11-12	11	176.8	138	Nevaeh McIntosh	3/6/2021	T3	18-19	19	175.3	77	Gabriela Drury	10/19/2024	T2	16-17	17	179	182	Chesney Samaha	11/19/2022	Y	11-12	11	176.8	429	Chesney Samaha	11/19/2022
T2	16-17	16	173.8	195	Kayla McCubbins	3/6/2021	T2	16-17	16	173.8	72	Kayla McCubbins	3/6/2021	T1	13-15	15	173.5	160	Kayla McCubbins	10/3/2020	T2	16-17	16	173.8	325	Kayla McCubbins	3/6/2021
T1	13-15	15	173.5	94	Kayla McCubbins	10/3/2020	T1	13-15	15	173.5	61	Kayla McCubbins	10/3/2020	T2	16-17	16	173.8	149	Kayla McCubbins	3/6/2021	T1	13-15	15	173.5	364	Kayla McCubbins	10/3/2020
90kg/198.2lbs							90kg/198.2lbs							90kg/198.2lbs							90kg/198.2lbs						
Y	10-12	11	192.7	292	Nevaeh McIntosh	10/16/2021	Y	10-12	10	183.8	149	Nevaeh McIntosh	4/24/2021	T1	13-15	15	196.5	308	Karson Tolle	10/22/2022	T1	13-15	15	196.5	679	Karson Tolle	10/22/2022
T3	18-19	19	191.6	242	Kasylee Borque	7/12/2025	T3	18-19	19	191.6	143	Kasylee Borque	7/12/2025	T2	16-17	16	192.4	286	Alyssa Beadles	6/19/2021	T3	18-19	19	191.6	832	Kasylee Borque	7/12/2025
T1	13-15	15	196.5	242	Karson Tolle	10/22/2022	T2	16-17	16	192.4	121	Alyssa Beadles	6/19/2021	T3	18-19	19	191.6	253	Kasylee Borque	7/12/2025	Y	10-12	11	192.7	639	Nevaeh McIntosh	10/16/2021
T2	16-17	16	192.4	204	Alyssa Beadles	6/19/2021	T1	13-15	15	196.5	121	Karson Tolle	10/22/2022	Y	10-12	11	192.7	231	Nevaeh McIntosh	10/16/2021	T2	16-17	16	192.4	612	Alyssa Beadles	6/19/2021
100kg/220.4lbs							100kg/220.4lbs							100kg/220.4lbs							100kg/220.4lbs						
T2	16-17	17	206.1	331	Alex Jefferson	10/19/2024	T2	16-17	17	206.1	215	Alex Jefferson	10/19/2024	T2	16-17	17	206.1	353	Alex Jefferson	10/19/2024	T2	16-17	17	206.1	887	Alex Jefferson	10/19/2024
Y	10-12	12	218.1	325	Nevaeh McIntosh	9/6/2023	Y	10-12	12	218.1	204	Nevaeh McIntosh	9/6/2023	T1	13-15	13	200.7	303	Alex Jefferson	10/17/2020	Y	10-12	12	218.1	855	Nevaeh McIntosh	9/6/2023
T1	13-15	13	200.7	448	Alex Jefferson	10/17/2020	T1	13-15	13	200.7	149	Alex Jefferson	10/17/2020	T1	13-15	14	200	275	Karson Tolle	6/11/2022	T1	13-15	13	200.7	694	Alex Jefferson	10/17/2020
T1	13-15	14	200	237	Karson Tolle	6/11/2022	T1	13-15	14	200	105	Karson Tolle	6/11/2022	Y	10-12	12	218.1	275	Nevaeh McIntosh	9/6/2023	T1	13-15	14	200	617	Karson Tolle	6/11/2022
110kg/242.5lbs							110kg/242.5lbs							110kg/242.5lbs							110kg/242.5lbs						
T1-RC	13-15	14	242.1	391	Nevaeh McIntosh	5/31/2025	T1	13-15	15	240.1	248	Nevaeh McIntosh	5/16/2026	T1-RC	13-15	14	242.1	364	Nevaeh McIntosh	5/31/2025	T1-RC	13-15	14	242.1	1003	Nevaeh McIntosh	5/31/2025
T1	13-15	15	238.5	325	Abrie Meadows	6/17/2023	T1	13-15	15	238.5	154	Abrie Meadows															

[illegible]

	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 Laufer	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 Berryhill	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 Berryhill	12/19/2020	
	50	240	340	Ylander Ross	1/21/2017		50	240	215	Ylander Ross	1/21/2017		29	228.8	358	Brittany Berryhill	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 Berryhill	12/19/2020		13	239.8	305	Neveah McIntosh	3/12/2024		13	239.8	830	Neveah McIntosh	3/12/2024	
							42	241.2	193	Katy Silvers	4/13/2024													
							33	223.8	190	Melissa Shade	6/2/2018													
							34	234.3	182	Jessie Hunt	4/24/2021													
							42	241.2	176	Emma Kolar	4/26/2025													
							54	242	176	Shari Wolford	4/29/2018													
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	9/11/2024		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	Neaveah McIntosh	7/27/2024		40	277.2	236	Andrea Willis	6/16/2021		34	250	336	Tara Farnham	5/22/2021		14	244.5	904	Neaveah 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	9/11/2024		37	285.2	843	Kimberly Soracco	9/11/2024	
	34	250	308	Tara Farnham	5/22/2021		23	262.8	193	Shauntea Lilley	12/4/2021		19	278.2	308	Meredith Arnold	4/24/2021		34	250	782	Tara Farnham	5/22/2021	
	36	282.2	270	Beth Mockbee	1/21/2023		29	273.8	182	Mary-Ann Rickis	3/5/2022		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	7/22/2023		14	244.5	282	Neaveah 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	6/2/2018													
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	Racquel Wilson	10/16/2021													
							22	111.6	85	Elena Lopez	6/2/2018													
							20	108	83	Maggie Parsons	11/19/2016													
						58kg/123.5lbs																		
							20	120.6	132	Emily Gaiser	7/10/2021													
							23	122.8	132	Isabella Sarkis	4/23/2022													
							23	120.2	127	Aiaa Hannans	9/7/2024													
							21	115.7	88	Joslynn 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 Ruffedge	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						67.5kg/148.7lbs						67.5kg/148.7lbs						
	20	145.8	298	Anyia Kalnins	2/20/2021		21	138.3	178	Anyia Kalnins	9/18/2021			21	138.2	320	Anyia Kalnins	9/18/2021		20	145.8	772	Anyia Kalnins	2/20/2021
							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						75kg/165.2lbs						75kg/165.2lbs						
	22	161.6	242	Dani Moore	6/10/2017		23	154.9	204	Abby Rice	3/28/2026		23	159.4	342	Emily Tighe	6/9/2016		23	159.4	727	Emily Tighe	6/9/2016	
	23	159.4	237	Emily Tighe	6/9/2016		23	161.5	171	Alisha Martin	4/24/2021		20	161.6	303	Sarah Oesch	3/18/2023		22	161.6	626	Dani Moore	6/10/2017	
	20	161.6	187	Sarah Oesch	3/18/2023		23	164.6	160	Cardace Locklear	3/10/2018		22	161.6	283	Dani Moore	6/10/2017		20	161.6	623	Sarah Oesch	3/18/2023	
							23	159.4	149	Emily Tighe	6/9/2016													
							21	162.6	149	Alysa 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													
							20	159.5	110	Ivanna Guzman	4/22/2017													
82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						
	21	180.3	303	Sarah Oesch	4/28/2024		21	180.3	193	Sarah Oesch	4/28/2024		21	180.3	347	Sarah Oesch	4/28/2024		21	180.3	843	Sarah Oesch	4/28/2024	
	23	178.4	226	Hannah Ramsey	10/18/2020		20	167.3	171	Brianna Omezzano	11/23/2024		23	178.4	204	Hannah Ramsey	10/18/2020		23	178.4	968	Hannah Ramsey	10/18/2020	
							23	177	164	Kalee Heller	7/10/2021													
							20	179.4	138	Rebekah Kemper	11/21/2020													
							22	174.8	132	Michelle Wood	10/28/2017													
							21	173.1	121	Katie Roseman	12/19/2020													
							23	170	116	Karina Salmeron	11/21/2020													
							21	180.8	116	Christina Walton	7/22/2023													
							23	170	110	Savannah Moon	1/22/2022													
90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

FEMALE EQUIPPED & GEARED

FP	R	29	177.8	314	Gabrielle Robbins	1/19/2019	FP	R	26	177.5	165	Emily Merritt	5/1/2019	FP	R	45	166.9	386	Emily Lilly	6/29/2021	FP	R	29	177.8	914	Gabrielle Robbins	1/19/2019
FP	R	31	176.2	281	Emily Gison	10/17/2020	FP	R	31	176.2	149	Emily Gison	10/17/2020	FP	R	31	176.2	342	Emily Gison	10/17/2020	FP	R	31	176.2	772	Emily Gison	10/17/2020
FP	R	27	169.5	242	Dasia Sanders	1/19/2024	PP	R	39	174.4	132	Pamela Buskirk	7/24/2021	PP	R	39	178	285	Pamela Buskirk	3/5/2022	FP	R	27	169.5	623	Dasia Sanders	1/19/2024
FP	R	39	176	220	Pamela Buskirk	3/5/2022	FP	R	27	169.5	127	Dasia Sanders	1/19/2024	FP	R	27	169.5	253	Dasia Sanders	1/19/2024							
30+kg/196.2+lbs						Female	30+kg/196.2+lbs						Female	30+kg/196.2+lbs						Female	30+kg/196.2+lbs						Female
FP	R	41	194.9	391	Allison White	4/26/2020	FP	R	34	250	138	Tarra Farnham	5/22/2021	FP	R	41	194.9	488	Allison White	4/26/2020	FP	R	41	194.9	782	Tarra Farnham	5/22/2021
FP	RC	34	250	308	Tarra Farnham	5/22/2021								FP	RC	34	250	336	Tarra Farnham	5/22/2021							

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS									
SQUAT - EQUIPMENT NOTED						BENCH - EQUIPMENT NOTED						DEADLIFT - EQUIPMENT NOTED						TOTAL - EQUIPMENT NOTED									
Female - Masters						Female - Masters						Female - Masters						Female - Masters									
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/106.7lbs						48kg/106.7lbs						48kg/106.7lbs						48kg/106.7lbs									
R	55-59	66	101.4	143	Pam Fisher	7/12/2025	R	55-59	55	98	132	Nina Kiuru	7/30/2022	R	55-59	66	101.4	242	Pam Fisher	7/12/2025	R	55-59	66	101.4	468	Pam Fisher	7/12/2025
						R	55-59	66	101.4	83	Pam Fisher	7/12/2025	R	55-59	55	98	237	Nina Kiuru	7/30/2022	R	55-59	55	98	369	Nina Kiuru	7/30/2022	
												R	55-59	67	105.4	154	Renee Ferguson	6/6/2026									
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs									
RC	45-49	46	111.8	264	Missy Taylor	4/23/2022	R	45-49	46	111.8	182	Missy Taylor	4/23/2022	RC	45-49	46	111.8	292	Missy Taylor	4/23/2022	RC	45-49	46	111.8	738	Missy Taylor	4/23/2022
R	45-49	46	112.2	289	Missy Taylor	7/24/2021	R	45-49	46	112.2	160	Missy Taylor	7/24/2021	R	45-49	46	112.2	275	Missy Taylor	7/24/2021	R	45-49	46	112.2	694	Missy Taylor	7/24/2021
R	70-74	73	106.3	154	Linda Costello	4/23/2022	R	60-64	64	110.2	110	Sue Ann Hurtbert	2/8/2025	R	60-64	62	110.7	242	Pam Fisher	5/18/2024	R	60-64	62	110.7	688	Andria Almond	4/26/2025
R	40-44	44	113.8	154	Andria Almond	4/26/2025	R	40-44	44	113.8	94	Andria Almond	4/26/2025	R	60-64	62	110.7	224	Sue Ann Hurtbert	7/22/2023	R	60-64	62	110.7	464	Sue Ann Hurtbert	7/22/2023
R	60-64	62	108.2	149	Sue Ann Hurtbert	10/21/2023	R	70-74	73	106.3	83	Linda Costello	4/23/2022	R	70-74	73	106.3	220	Linda Costello	4/23/2022	R	65-69	65	107.4	463	Pam Fisher	5/18/2024
R	55-59	55	107.4	143	Pam Fisher	5/18/2024	R	55-59	55	107.4	83	Pam Fisher	5/18/2024	R	40-44	44	113.8	220	Andria Almond	4/26/2025	R	70-74	73	106.3	487	Linda Costello	4/23/2022
R	55-59	59	108.9	105	Sue Ann Hurtbert	10/17/2020	R	55-59	59	108.9	83	Sue Ann Hurtbert	10/17/2020	R	55-59	59	108.9	176	Sue Ann Hurtbert	10/17/2020	R	55-59	59	108.9	364	Sue Ann Hurtbert	10/17/2020
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs									
R	45-49	48	122.4	314	Missy Taylor	5/6/2023	R	45-49	48	122.4	209	Missy Taylor	5/6/2023	RC	40-44	44	119.4	331	Tiffany Stone	7/27/2024	SP	45-49	48	122.4	854	Missy Taylor	5/6/2023
RC	40-44	44	119.4	275	Tiffany Stone	7/27/2024	R	40-44	42	121.8	175	Dawn Bogart	4/9/2016	R	45-49	48	122.4	331	Missy Taylor	5/6/2023	RC	40-44	44	119.4	749	Tiffany Stone	7/27/2024
SP	40-44	42	121.8	265	Dawn Bogart	4/9/2016	MP	60-64	60	121.4	160	JoJo Brasseaux	3/1/2024	SP	40-44	42	121.8	295	Dawn Bogart	4/9/2016	RC	40-44	42	121.8	735	Dawn Bogart	4/9/2016
R	50-54	54	119.6	182	Lisa Baker	12/19/2020	R	40-44	44	119.4	143	Tiffany Stone	7/27/2024	R	50-54	54	119.6	237	Lisa Baker	12/19/2020	R	55-59	56	118.6	918	Dawn Williams	7/24/2021
R	55-59	56	118.6	176	Dawn Williams	7/24/2021	R	55-59	56	118.6	116	Dawn Williams	7/24/2021	R	55-59	56	118.6	226	Dawn Williams	7/24/2021	R	50-54	54	119.6	912	Lisa Baker	12/19/2020
RC	45-49	46	118.9	160	Kathy Wilson	12/8/2018	R	50-54	52	119.7	110	Bridge Edwards	7/27/2025	RC	45-49	46	118.9	187	Kathy Wilson	12/8/2018	R	55-59	56	118.6	435	Kathy Wilson	12/8/2018
R	55-59	55	116	143	Anju Sethi	7/12/2025	R	50-54	54	119.6	94	Lisa Baker	12/19/2020	R	50-54	52	119.7	182	Bridge Edwards	7/27/2025	R	50-54	52	119.7	424	Bridge Edwards	7/27/2025
R	50-54	52	119.7	132	Bridge Edwards	7/27/2025	R	45-49	46	118.9	98	Kathy Wilson	12/8/2018	R	55-59	55	116	149	Anju Sethi	7/12/2025	R	55-59	55	116	364	Anju Sethi	7/12/2025
						R	55-59	55	116	71	Anju Sethi	7/12/2025															
						R	60-64	62	123	66	Nina Snipes	10/21/2023															
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs									
SP	40-44	43	131.9	331	Dawn Bogart	4/22/2017	SP	45-49	49	132.3	314	Missy Taylor	11/23/2024	SP	40-44	43	131.9	402	Dawn Bogart	4/22/2017	SP	40-44	43	131.9	859	Dawn Bogart	4/22/2017
SP	50-54	54	132	331	Priscilla Pardue	4/20/2018	R	45-49	49	129.4	231	Missy Taylor	7/27/2024	RC	40-44	42	130	350	Dawn Bogart	7/9/2016	R	40-44	42	130	855	Dawn Bogart	7/9/2016
RC	50-54	53	132.2	308	Priscilla Pardue	10/28/2017	SP	40-44	43	131.9	226	Dawn Bogart	4/22/2017	R	55-59	57	131.3	325	Jami Bozzuto	10/22/2022	R	50-54	54	132	761	Priscilla Pardue	4/20/2018
R	40-44	42	130	300	Dawn Bogart	7/9/2016	R	40-44	42	130	205	Dawn Bogart	7/9/2016	R	45-49	47	127.2	315	Bela Ghosh	6/11/2016	RC	50-54	53	132.2	711	Priscilla Pardue	10/28/2017
R	40-44	44	124.8	154	Meredith McPherson	7/12/2025	MP	60-64	60	129.6	193	JoJo Brasseaux	10/19/2024	SP	50-54	54	132	265	Priscilla Pardue	4/20/2018	R	55-59	57	131.3	510	Jami Bozzuto	10/22/2022
RC	45-49	47	131.4	105	Angie Terry	10/29/2016	R	55-59	57	131.3	165	Jami Bozzuto	10/22/2022	RC	50-54	53	132.2	299	Priscilla Pardue	10/28/2017	R	45-49	47	127.2	495	Bela Ghosh	6/11/2016
						R	45-49	47	127.2	180	Bela Ghosh	6/11/2016	R	40-44	44	124.8	204	Meredith McPherson	7/12/2025	R	40-44	44	124.8	427	Meredith McPherson	7/12/2025	
						SP	50-54	54	132	165	Priscilla Pardue	4/20/2018	R	75-79	76	130.5	180	Cindy Davis	11/15/2025	RC	45-49	47	131.4	395	Angie Terry	10/29/2016	
						R	50-54	53	132.2	143	Priscilla Pardue	10/28/2017	RC	45-49	47	131.4	165	Angie Terry	10/29/2016								
						MP	55-59	59	129.6	132	JoJo Brasseaux	10/21/2023															
						R	40-44	44	124.8	99	Meredith McPherson	7/12/2025															
						R	60-64	61	125	72	Nina Snipes	5/27/2023															
						R	75-79	76	130.5	72	Cindy Davis	11/15/2025															
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs									
MP	45-49	49	142.2	551	Melissa Smith	10/21/2023	MP	45-49	48	141.3	331	Melissa Smith	7/22/2023	MP	45-49	48	141.3	375	Melissa Smith	10/21/2023	MP	45-49	49	142.2	1245	Melissa Smith	10/21/2023
R	40-44	43	147.5	359	Emily Lilly	5/6/2023	R	40-44	44	148.4	259	Takessa Reddick	12/6/2025	R	40-44	43	147.5	369	Emily Lilly	5/6/2023	R	40-44	43	147.5	955	Emily Lilly	5/6/2023
SP	55-59	55	142.5	303	Priscilla Pardue	5/11/2019	R	40-44	43	147.5	231	Emily Lilly	3/4/2023	R	60-64	60	148.4	380	Maureen Clary	10/28/2018	R	60-64	61	148.6	876	Maureen Clary	4/22/2017
R	40-44	40	144.4	303	Nicole Qualls	3/5/2022	R	60-64	61	148.6	226	Maureen Clary	4/22/2017	R	40-44	41	143.3	320	Mona Hope	1/20/2024	R	65-69	65	148.7	801	Maureen Clary	10/28/2018
R	60-64	61	148.6	226	Maureen Clary	4/22/2017	R	55-59	55	148.7	211	Emily Lilly	12/22/2023	R	55-59	55	148.7	320	Maureen Clary	12/22/2023	R	40-44	40	144.4	766	Nicole Qualls	3/5/2022
R	40-44	41	143.3	292	Mona Hope	1/20/2024	SP	55-59	55	148.7	176	Priscilla Pardue	5/11/2019	RC	40-44	40	137.8	309	Alexandra Gray	4/19/2023	RC	40-44	42	136.2	756	Alexandra Gray	11/19/2024
RC	40-44	42	136.2	286	Alexandra Gray	11/19/2024	R	40-44	42	142.5	165	Alexandra Gray	11/19/2024	R	45-49	45	140	303	Gina Casper	5/9/2023	SP	55-59	55	132.5	755	Priscilla Pardue	5/11/2019
R	50-54	53	139.1	270	Yvette Bushard	10/16/2021	R	45-49	48	145.3	165	Aiysha Hayes	12/22/2022	R	40-44	40	144.4	303	Nicole Qualls	3/5/2022	R	50-54	53	139.1	711	Yvette Bushard	10/16/2021
R	65-69	65	148.7	270	Maureen Clary	10/22/2022	R	50-54	53	139.1	160	Yvette Bushard	10/16/2021	R	55-59	55	139.8	292	Yvette Bushard	5/9/2023	R	50-54	53	139.1	711	Yvette Bushard	10/16/2021
RC	50-54	52	145.4	265	Priscilla Pardue	10/29/2016	R	40-44	40	144.4	160	Nicole Qualls	3/5/2022	R	45-49	48	145.3	292	Aiysha Hayes	12/22/2022	R	55-59	55	139.8	689	Yvette Bushard	5/9/2023
R	55-59	55	139.8	253	Yvette Bushard	5/6/2023	R	45-49	45	140	149	Gina Casper	5/9/2023	RC	55-69	68	145.1	286	Deborah Cohen	11/15/2025	R	45-49	45	140	689	Gina Casper	5/9/2023
R	45-45	45	144.8	248	Sharon Crook	6/25/2022	R	45-45	45	144.8	149	Sharon Crook	6/25/2022	R	50-54	53	139.1	281	Yvette Bushard	10/16/2021	R	45-45	45	144.8	687	Sharon Crook	6/25/2022
R	45-45	45	140	237	Gina Casper	5/27/2023	R	55-59	55	148.6	143	Yvette Bushard	5/6/2023	SP	55-59	55	142.5	281	Priscilla Pardue	5/11/2019	RC	50-54	53	142.2	845	Priscilla Pardue	4/22/2017
R	50-54	53	147.8	226	Sonja Drury	10/21/2023	R	40-44	40	140.4	138	Yvette Bushard	12/22/2022	R	45-45	45	144.8	276	Sharon Crook	6/25/2022	RC	55-59	58	145.1	828	Deborah Cohen	11/15/2025
RC	40-44	41	140.6	209	Vanley Valdes	6/6/2026	R	50-54	53	144.2	132	Priscilla Pardue	4/22/2017	R	50-54	51	138.2	259	Sue Walker	6/12/2017	RC	40-44	41	140.6	572	Vanley Valdes	6/6/2026
RC	55-59	68	145.1	209	Deborah Cohen	11/15/2025	R	55-59	68	145.1	132	Deborah Cohen	11/15/2025	RC	40-44	41	140.6	253	Vanley Valdes	6/6/2026	R	50-54	53	147.9	582	Sonja Drury	10/21/2023
R	40-44	41	139.9	182	Iona Eichhorn	6/9/2024	R	40-44	41	143.3	121	Mona Hope	1/20/2024	R	50-54	53	144.2	253	Priscilla Pardue	4/22/2017	R	40-44	41</				

R	40-44	44	157.4	325	Hilary Clark	8/25/2018	R	65-69	67	160.4	209	Barbara Haiden	12/9/2017	R	40-44	41	164.8	347	Tara Peele	10/27/2018	R	45-49	48	164.6	816	Bonnie Mosley	10/17/2020
R	40-44	44	158.3	320	Jennifer Zwaan	7/22/2023	SP	60-64	61	164.5	209	Cindy Meaker	4/23/2022	R	65-69	67	162	345	Maureen Clary	3/10/2024	RC	55-59	55	156.8	799	Candice Maness	10/28/2017
R	45-49	48	164.6	314	Bonnie Mosley	10/17/2020	SP	60-64	63	154.4	204	Maureen Clary	2/10/2020	R	45-49	48	164.6	331	Bonnie Mosley	10/17/2020	RC	65-69	67	160.4	782	Barbara Haiden	12/9/2017
RC	55-59	55	156.8	309	Candice Maness	10/28/2017	R	55-59	55	156.8	192	Candice Maness	10/28/2017	R	50-54	54	161.6	325	Kelly Padgett	11/23/2024	R	40-44	41	164.8	777	Tara Peele	10/27/2018
RC	65-69	67	160.4	275	Barbara Haiden	12/9/2017	R	40-44	44	158.3	192	Jennifer Zwaan	7/22/2023	R	55-59	59	159.2	314	Dawn O'Donnell	4/23/2022	R	50-54	54	161.6	716	Kelly Padgett	11/23/2024
R	40-44	41	164.8	270	Tara Peele	10/27/2018	R	50-54	52	162.3	187	Tammy DiGirolamo	11/9/2018	R	50-54	51	165.1	358	Hadewi Stootweg	8/9/2024	R	55-59	57	152	689	Paige Hitt	12/2/2021
R	55-59	57	152	259	Paige Hitt	12/4/2021	R	50-54	54	160.8	182	Candice Maness	4/23/2022	R	55-59	58	159.8	298	Candice Maness	10/28/2017	RC	50-54	54	160.8	678	Candice Maness	4/23/2022
R	50-54	54	161.6	259	Kelly Padgett	11/23/2024	R	45-49	45	157	176	Jennifer Zwaan	9/21/2023	RC	65-69	67	160.4	298	Barbara Haiden	12/9/2017	R	40-44	41	158.1	650	Jennifer Edwards	10/21/2020
R	40-44	41	158.1	248	Jennifer Edwards	10/21/2020	R	40-44	44	157.4	176	Hilary Clark	8/25/2018	R	60-64	61	164.5	284	Cindy Meaker	4/23/2022	R	50-54	51	165.1	628	Hadewi Stootweg	8/9/2024
RC	50-54	54	160.6	242	Candice Maness	4/23/2022	R	45-49	48	164.6	171	Bonnie Mosley	10/17/2020	SP	55-59	56	154.1	281	Candice Maness	10/27/2018	R	55-59	58	157	623	Dawn O'Donnell	6/19/2021
R	55-59	59	159.2	226	Dawn O'Donnell	4/23/2022	R	55-59	57	152	165	Paige Hitt	12/4/2021	R	45-49	49	165	280	Tina Bush	4/9/2016	R	40-44	44	154.1	612	Jennifer May	5/27/2023
R	40-44	40	160.1	226	Cindy Thompson	7/22/2023	R	40-44	40	160.1	160	Cindy Thompson	7/22/2023	R	40-44	44	154.1	275	Jennifer May	5/27/2023	R	45-49	49	165	585	Tina Bush	4/9/2016
R	50-54	51	165.1	220	Hadewi Stootweg	8/9/2024	R	40-44	41	164.8	160	Tara Peele	10/27/2018	R	55-59	57	154.3	270	Paige Hitt	4/23/2022	R	40-44	40	160.1	579	Cindy Thompson	7/22/2023
R	40-44	44	154.1	215	Jennifer May	5/27/2023	R	40-44	41	158.1	154	Jennifer Edwards	10/21/2020	R	40-44	41	158.1	253	Jennifer Edwards	10/21/2020	R	40-44	44	157.5	408	Melissa Judd	6/17/2023
R	45-49	49	165	195	Tina Bush	4/9/2016	R	50-54	52	163	138	Kelly Padgett	9/17/2022	R	50-54	52	170.3	231	Marlies Bakker	6/9/2024	R	60-64	60	162.9	391	Crystal Rhoades	10/21/2023
R	40-44	44	157.6	132	Melissa Judd	6/17/2023	R	55-59	59	159.2	132	Dawn O'Donnell	4/23/2022	R	40-44	44	157.6	254	Melissa Judd	6/17/2023							
R	60-64	60	162.9	132	Crystal Rhoades	10/21/2023	R	60-64	60	162.9	94	Crystal Rhoades	10/21/2023	R	40-44	40	160.1	192	Cindy Thompson	7/22/2023							
													R	60-64	60	162.9	165	Crystal Rhoades	10/21/2023								
82.5kg/181.7lbs							82.5kg/181.7lbs							82.5kg/181.7lbs						82.5kg/181.7lbs							
R	45-49	45	166.9	402	Emily Lilly	6/29/2024	MP	50-54	50	181.6	441	Gi Gi Eller	10/16/2021	RC	45-49	46	181	435	Shannon Nash	4/20/2018	RC	45-49	46	181	1152	Shannon Nash	4/20/2018
MP	60-64	63	181.4	397	Jodie Reynolds	1/25/2026	R	45-49	45	180.3	380	Shannon Nash	4/20/2018	R	45-49	45	166.9	386	Emily Lilly	6/29/2024	RC	70-74	71	177	1058	Barbara Haiden	12/4/2021
RC	70-74	71	177	386	Barbara Haiden	12/4/2021	R	70-74	71	177	287	Barbara Haiden	12/4/2021	RC	70-74	71	177	386	Barbara Haiden	12/4/2021	R	45-49	45	166.9	1025	Emily Lilly	6/29/2024
R	45-49	46	181	380	Shannon Nash	4/20/2018	SP	40-44	43	177.3	253	Christina Lauffer	4/23/2022	R	45-49	45	178.6	353	Crystal McCullough	1/22/2022	MP	60-64	63	181.4	865	Jodie Reynolds	1/25/2026
R	45-49	45	178.6	308	Crystal McCullough	1/22/2022	R	45-49	45	166.9	237	Emily Lilly	6/29/2024	R	40-44	43	176.4	336	Brandy Gullede	9/7/2024	R	45-49	45	178.6	838	Crystal McCullough	1/22/2022
R	40-44	43	176.4	303	Brandy Gullede	9/11/2019	SP	60-64	62	189.1	215	Cindy Meaker	3/7/2023	RC	55-59	58	181	336	Cindy Meaker	3/11/2019	R	45-49	45	180.3	832	Shannon Nash	4/20/2018
R	55-59	58	181	303	Cindy Meaker	3/11/2019	R	60-64	63	179.5	198	Gloria Knight-McNeil	10/22/2023	R	55-59	58	169.9	331	Dawn O'Donnell	10/22/2023	R	40-44	43	176.4	827	Brandy Gullede	9/7/2024
R	50-54	52	172	275	Zanitha Hastings	7/12/2025	R	40-44	43	176.4	187	Brandy Gullede	9/7/2024	RC	45-49	45	177.7	320	Hedder Streible	10/22/2023	RC	55-59	58	181	756	Cindy Meaker	9/5/2021
R	45-49	49	179.3	275	Janelle Campbell	5/11/2019	R	65-69	65	180.6	187	Gloria Knight-McNeil	11/9/2024	MP	60-64	63	181.4	314	Jodie Reynolds	1/25/2026	RC	45-49	45	177.7	711	Hedder Streible	10/22/2023
R	50-54	51	181	265	Sujata Bhakat	4/20/2018	R	50-54	65	180.6	187	Gloria Knight-McNeil	11/9/2024	SP	40-44	43	177.3	309	Christina Lauffer	4/23/2022	R	45-49	49	179.3	705	Janelle Campbell	5/11/2019
R	45-49	46	178.7	242	Stephanie Spinosi	4/25/2026	R	45-49	48	176.8	162	Cherie Goldsmith	4/13/2024	SP	45-49	47	180.1	303	Jennifer Wagner	4/15/2023	R	50-54	51	181	700	Sujata Bhakat	4/20/2018
RC	45-49	45	177.7	237	Hedder Streible	10/22/2023	R	45-49	45	178.6	176	Crystal McCullough	1/22/2022	R	40-44	43	176.8	297	Erin Newman	5/18/2024	R	50-54	52	172	689	Zanitha Hastings	7/12/2025
R	55-59	59	166.9	231	Dawn O'Donnell	10/22/2022	R	45-49	45	177.7	165	Hedder Streible	10/22/2022	R	45-49	48	172.6	292	Amy Kivett	6/18/2021	R	55-59	59	166.9	683	Dawn O'Donnell	10/22/2022
R	45-49	48	172.6	231	Amy Kivett	6/18/2021	SP	45-49	47	180.1	165	Jennifer Wagner	4/13/2024	R	50-54	51	181	292	Sujata Bhakat	4/20/2018	R	45-49	48	172.6	667	Amy Kivett	6/18/2021
R	40-44	43	176.8	226	Erin Newman	5/18/2024	R	45-49	49	180	155	Sujata Bhakat	6/11/2016	R	50-54	52	172	286	Zanitha Hastings	7/12/2025	R	45-49	46	179.7	656	Stephanie Spinosi	4/25/2026
R	45-49	45	180.3	226	Shannon Nash	4/20/2018	MP	60-64	63	181.4	154	Jodie Reynolds	1/25/2026	R	45-49	49	179.3	286	Janelle Campbell	5/11/2019	R	40-44	43	176.8	639	Erin Newman	5/18/2024
R	55-59	59	174.4	209	Carolyn Beck	6/19/2021	R	55-59	59	174.4	149	Carolyn Beck	6/19/2021	R	45-49	49	179.3	275	Sujata Bhakat	4/20/2018	R	55-59	59	174.4	606	Carolyn Beck	6/19/2021
RC	55-59	57	177.3	187	Shelly Moore	6/5/2021	R	45-49	48	172.6	143	Amy Kivett	6/18/2021	R	45-49	46	177.7	270	Stephanie Spinosi	4/25/2026	RC	55-59	57	177.3	545	Shelly Moore	6/5/2021
RC	55-59	58	175.9	165	Cathy Cranford	11/9/2019	R	45-49	49	179.3	143	Janelle Campbell	5/11/2019	R	65-69	65	180.6	270	Gloria Knight-McNeil	11/9/2024	RC	55-59	58	175.9	474	Cathy Cranford	11/9/2019
R	60-64	62	178.1	105	Laura B. Rectenwal	7/12/2025	R	45-49	46	178.7	143	Stephanie Spinosi	4/25/2026	R	45-49	46	173.6	263	Marjolein Majer	6/9/2024	R	65-69	65	180.6	457	Gloria Knight-McNeil	11/9/2024
							R	50-54	51	181	143	Sujata Bhakat	4/20/2018	R	55-59	59	174.4	248	Carolyn Beck	6/19/2021	R	45-49	49	180	430	Sujata Bhakat	6/11/2016
							R	55-59	58	181	143	Cindy Meaker	3/11/2019	R	55-59	59	169.1	243	Nelda Newton	10/16/2021	R	60-64	62	178.1	413	Laura B. Rectenwal	7/12/2025
							R	55-59	59	166.9	132	Dawn O'Donnell	10/22/2022	RC	55-59	57	177.3	237	Shelly Moore	6/5/2021							
							R	40-44	42	171.5	127	Erin Newman	10/20/2024	R	50-54	52	170.3	231	Marlies Bakker	6/9/2024							
							R	50-54	52	172	127	Zanitha Hastings	7/12/2025	R	60-64	62	178.1	187	Laura B. Rectenwal	7/12/2025							
90kg/198.2lbs							90kg/198.2lbs							90kg/198.2lbs						90kg/198.2lbs							
MP	45-49	47	198	672	Shelley Yates	10/22/2022	MP	45-49	48	196.4	452	Shelley Yates	7/22/2023	R	50-54	53	192.1	475	Traci Baggett	3/26/2026	MP	45-49	46	196.4	1538	Shelley Yates	7/22/2023
RC	60-64	62	188.3	441	Jodie Reynolds	1/11/2025	R	45-49	45	185.6	380	Shannon Nash	10/28/2017	R													

365 STRONG WORLD RANKINGS				
	Standing Curl			
	FEMALE			

FEMALE REP CHALLENGE							
Div	Gear	Age	Wgt	Name	Date	WgtL	Reps
M6	R	68	165	Maureen Clary			
				BENCH	10/19/2024	89	28
				DEADLIFT	10/19/2024	149	10
				STRICT CURL	10/19/2024	35	30
				CHEAT CURL	10/19/2024	65	20