

365 Strong World Powerlifting Federation
Female Kentucky State Records

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: 5/21/2026

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) SQUAT						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			132	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			165	McKenna Wright		
56kg/123.5lbs			187	Heidi Schuck		
60kg/132.2lbs						
67.5kg/148.7lbs			254	Evelyn Lyon		
75kg/165.2lbs			314	Bonnie Mosley		
82.5kg/181.7lbs	37		380	Brittany Abner	5/16/2026	
90kg/198.4lbs			369	Brittany Abner		
100kg/220.4lbs			331	Rachel Massey		
110kg/242.5lbs			419	Maddy Webster		
110+kg/242.6+lb			402	Maddy Webster	5/16/2026	

365 STRONG WORLD RANKINGS						
RAW BENCH PRESS						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			71	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			83	McKenna Wright		
56kg/123.5lbs			132	Heidi Schuck		
60kg/132.2lbs			94	Beverly Lemay		
67.5kg/148.7lbs			215	Sarah Oesch	10/11/2025	
75kg/165.2lbs			154	Sarah Oesch		
82.5kg/181.7lbs	37		215	Brittany Abner	5/16/2026	
90kg/198.4lbs			226	Brittany Abner		
100kg/220.4lbs			204	Nevaeh McIntosh		
110kg/242.5lbs	15		248	Nevaeh McIntosh	5/16/2026	
110+kg/242.6+lb			270	Hollie Sands		

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) DEADLIFT						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			204	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			237	McKenna Wright		
56kg/123.5lbs			253	Heidi Schuck		
60kg/132.2lbs						
67.5kg/148.7lbs			331	Evelyn Lyon		
75kg/165.2lbs			331	Bonnie Mosley		
82.5kg/181.7lbs	37		369	Brittany Abner	5/16/2026	
90kg/198.4lbs			402	Brittany Abner		
100kg/220.4lbs			364	Crystal Prather		
110kg/242.5lbs			457	Maddy Webster		
110+kg/242.6+lb			518	Hollie Sands		

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) TOTAL						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			407	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			485	McKenna Wright		
56kg/123.5lbs			573	Heidi Schuck		
60kg/132.2lbs						
67.5kg/148.7lbs			723	Evelyn Lyon		
75kg/165.2lbs			816	Bonnie Mosley		
82.5kg/181.7lbs	37		964	Brittany Abner	5/16/2026	
90kg/198.4lbs			981	Brittany Abner		
100kg/220.4lbs			849	Rachel Massey		
110kg/242.5lbs			1102	Maddy Webster		
110+kg/242.6+lb			1174	Hollie Sands		

FEMALE RAW CLASSIC OVERALL LEADERS

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) SQUAT						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs				None		
56kg/123.5lbs				None		
60kg/132.2lbs			237	Beverly Lemay		

365 STRONG WORLD RANKINGS						
RAW CLASSIC BENCH						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			71	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			83	McKenna Wright		
56kg/123.5lbs			132	Heidi Schuck		
60kg/132.2lbs			94	Beverly Lemay		

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) DEADLIFT						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs				None		
56kg/123.5lbs				None		
60kg/132.2lbs			220	Beverly Lemay		

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) TOTAL						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs				None		
56kg/123.5lbs				None		
60kg/132.2lbs			551	Beverly Lemay		

100kg/220.4lb					
		330	Crystal Prather		
110+kg/220.5+lb					

100kg/220.4lb					
		154	Brett Sexton		
110+kg/220.5+lb					
		154	Beth Mockbee		

100kg/220.4lb					
		364	Crystal Prather		
110+kg/220.5+lb					

100kg/220.4lb					
		805	Crystal Prather		
110+kg/220.5+lb					

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs		264	Chelsea Bolton		
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb		369	Brittany Abner		
100kg/220.4lb		303	Crystal Prather		
110+kg/242.6+lb		270	Beth Mockbee		

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs					
75kg/165.2lbs					
82.5kg/181.7lbs		37	215	Brittany Abner	5/16/2026
90kg/198.4lb			226	Brittany Abner	
100kg/220.4lb			154	Brett Sexton	
110+kg/242.6+lb			154	Beth Mockbee	

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs			270	Chelsea Bolton	
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb			402	Brittany Abner	
100kg/220.4lb			375	Crystal Prather	
110+kg/242.6+lb			303	Beth Mockbee	

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs			661	Chelsea Bolton	
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb			981	Brittany Abner	
100kg/220.4lb			799	Crystal Prather	
110+kg/242.6+lb			727	Beth Mockbee	

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS					
SQUAT - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
56kg/123.5lbs	R	55-59	55	176	Dawn Williams
60kg/132.2lbs					
67.5kg/148.7lbs					
75kg/165.2lbs	R	40-44	42	132	Melissa Judd
	R	45-49	48	314	Bonnie Mosley
	R	55-59	58	226	Dawn O'Donnell
82.5kg/181.7lbs	R	45-49	48	231	Amy Kivett
	RC	45-49	49	237	Heather Streible
	R	55-59	59	265	Dawn O'Donnell
90kg/198.2lbs	RC	45-49	49	292	Heather Streible
100kg/220.4lb	R	40-44	40	154	Tiffan Meadows
	RC	45-49	45	259	Renee Turner
110kg/242.5lb					

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
56kg/123.5lbs	R	55-59	55	116	Dawn Williams
60kg/132.2lbs					
67.5kg/148.7lbs					
75kg/165.2lbs	R	40-44	42	72	Melissa Judd
	R	45-49	48	171	Bonnie Mosley
	R	55-59	58	132	Dawn O'Donnell
82.5kg/181.7lbs	R	45-49	49	165	Heather Streible
	R	55-59	59	132	Dawn O'Donnell
90kg/198.2lbs	R	45-49	49	187	Heather Streible
90+kg/198.2+lbs	R	40-44	40	72	Tiffany Meadows
	R	45-49	45	165	Renee Turner
110kg/242.5lb					

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
56kg/123.5lbs	R	55-59	55	226	Dawn Williams
60kg/132.2lbs					
67.5kg/148.7lbs					
75kg/165.2lbs	R	40-44	42	204	Melissa Judd
	R	45-49	48	331	Bonnie Mosley
	R	55-59	58	314	Dawn O'Donnell
82.5kg/181.7lbs	R	45-49	48	292	Amy Kivett
	RC	45-49	49	320	Heather Streible
	R	55-59	59	331	Dawn O'Donnell
90kg/198.2lbs	RC	45-49	49	353	Heather Streible
90+kg/198.2+lbs	R	40-44	40	182	Tiffany Meadows
	RC	45-49	45	287	Renee Turner
110kg/242.5lb					

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
56kg/123.5lbs	R	55-59	55	518	Dawn Williams
60kg/132.2lbs					
67.5kg/148.7lbs					
75kg/165.2lbs	R	40-44	42	408	Melissa Judd
	R	45-49	48	816	Bonnie Mosley
	R	55-59	58	672	Dawn O'Donnell
82.5kg/181.7lbs	R	45-49	48	667	Amy Kivett
	RC	45-49	49	711	Heather Streible
	R	55-59	59	683	Dawn O'Donnell
90kg/198.2lbs	RC	45-49	49	766	Heather Streible
90+kg/198.2+lbs	R	40-44	40	408	Tiffany Meadows
	RC	45-49	45	689	Renee Turner
110kg/242.5lb					

R	40-44	42			165	Laura Kerr	
110+kg/242.6+lb							
R	40-44	44			386	Hollie Sands	

R	40-44	42			99	Laura Kerr	
110+kg/242.6+lb							
R	40-44	44			270	Hollie Sands	

R	40-44	42			176	Laura Kerr	
110+kg/242.6+lb							
R	40-44	44			518	Hollie Sands	

R	40-44	42			441	Laura Kerr	
110+kg/242.6+lb							
R	40-44	44			1174	Hollie Sands	

FEMALE TEENAGE

365 STRONG WORLD RANKINGS							
SQUAT (Gear Noted)							
FEMALE TEENAGE							
Weight Class	Age	Wgt	Lbs	Name	Date		
44kg/97lbs				None			
48kg/105.7lbs				None			
52kg/114.5lbs							
R	16-17	16	121	McKenna Wright			
R	18-19	19	165	McKenna Wright			
56kg/123.5lbs				None			
60kg/132.2lbs							
RC	13-15	14	237	Beverly Lemay			
67.5kg/148.7lbs							
RC	13-15	15	265	Beverly Lemay			
R	13-15	13	182	Beverly Lemay			
R	18-19	19	121	Ashton Bishop			
75kg/165.2lbs							
RC	18-19	18	270	Sarah Oesch			
RC	16-17	17	254	Sarah Oesch			
82.5kg/181.7lbs							
RC	18-19	19	286	Sarah Oesch			
RC	16-17	17	237	Sarah Oesch			
R	11-12	11	138	Nevaeh McIntosh			
R	16-17	16	105	Kayla McCubbins			
R	13-15	15	94	Kayla McCubbins			
90kg/198.4lbs							
RC	10-12	11	292	Nevaeh McIntosh			
R	16-17	16	204	Alyssa Beadles			
R	13-15	14	242	Karson Tolle			
100kg/220.4lb							
RC	10-12	12	325	Nevaeh McIntosh			
R	13-15	14	237	Karson Tolle			
110kg/242.5lb							
R	13-15	14	325	Abrie Meadows			
RC	13-15	15	419	Nevaeh McIntosh			
RC	13-15	14	391	Nevaeh McIntosh			

365 STRONG WORLD RANKINGS							
BENCH PRESS (Gear Noted)							
FEMALE TEENAGE							
Weight Class	Age	Wgt	Lbs	Name	Date		
44kg/97lbs				None			
48kg/105.7lbs				None			
52kg/114.5lbs							
R	16-17	16	77	McKenna Wright			
R	18-19	19	83	McKenna Wright			
56kg/123.5lbs				None			
60kg/132.2lbs							
R	13-15	14	94	Beverly Lemay			
67.5kg/148.7lbs							
R	13-15	15	110	Beverly Lemay			
R	18-19	19	72	Ashton Bishop			
75kg/165.2lbs							
R	16-17	17	165	151	Sarah Oesch		
R	18-19	18	157	143	Sarah Oesch		
82.5kg/181.7lbs							
RC	18-19	19	182	Sarah Oesch			
RC	16-17	17	149	Sarah Oesch			
R	11-12	11	94	Nevaeh McIntosh			
R	13-15	15	61	Kayla McCubbins			
90kg/198.2lbs							
R	10-12	10	116	Nevaeh McIntosh			
R	16-17	16	121	Alyssa Beadles			
R	13-15	14	121	Karson Tolle			
100kg/220.4lb							
R	10-12	12	204	Nevaeh McIntosh			
R	13-15	14	105	Karson Tolle			
110kg/242.5lb							
R	13-15	14	248	Nevaeh McIntosh			
SP	13-15	14	270	Nevaeh McIntosh			

365 STRONG WORLD RANKINGS							
DEADLIFT (Gear Noted)							
FEMALE TEENAGE							
Weight Class	Age	Wgt	Lbs	Name	Date		
44kg/97lbs				None			
48kg/105.7lbs				None			
52kg/114.5lbs							
R	16-17	16	193	McKenna Wright			
R	18-19	19	237	McKenna Wright			
56kg/123.5lbs				None			
60kg/132.2lbs							
RC	13-15	14	220	Beverly Lemay			
67.5kg/148.7lbs							
RC	13-15	15	265	Beverly Lemay			
R	13-15	13	176	Beverly Lemay			
R	18-19	19	231	Ashton Bishop			
75kg/165.2lbs							
RC	16-17	17	165	333	Sarah Oesch		
RC	18-19	18	157	331	Sarah Oesch		
R	18-19	19	215	Ashton Bishop			
82.5kg/181.7lbs							
RC	18-19	19	353	Sarah Oesch			
RC	16-17	17	326	Sarah Oesch			
R	11-12	11	200	Nevaeh McIntosh			
R	13-15	15	160	Kayla McCubbins			
R	16-17	16	149	Kayla McCubbins			
90kg/198.2lbs							
R	16-17	16	286	Alyssa Beadles			
RC	10-12	11	231	Nevaeh McIntosh			
R	13-15	14	308	Karson Tolle			
100kg/220.4lb							
RC	10-12	12	275	Nevaeh McIntosh			
R	13-15	14	275	Karson Tolle			
110kg/242.5lb							
R	13-15	13	309	Abrie Meadows			
RC	13-15	15	364	Nevaeh McIntosh			
RC	13-15	14	364	Nevaeh McIntosh			

365 STRONG WORLD RANKINGS							
TOTAL (Gear Noted)							
FEMALE TEENAGE							
Weight Class	Age	Wgt	Lbs	Name	Date		
44kg/97lbs				None			
48kg/105.7lbs				None			
52kg/114.5lbs							
R	16-17	16	391	McKenna Wright			
R	18-19	19	485	McKenna Wright			
56kg/123.5lbs				None			
60kg/132.2lbs							
RC	13-15	14	551	Beverly Lemay			
67.5kg/148.7lbs							
RC	13-15	15	640	Beverly Lemay			
R	13-15	13	430	Beverly Lemay			
R	18-19	19	424	Ashton Bishop			
75kg/165.2lbs							
RC	18-19	18	157	744	Sarah Oesch		
RC	16-17	17	165	737	Sarah Oesch		
82.5kg/181.7lbs							
RC	18-19	19	810	Sarah Oesch			
RC	16-17	17	712	Sarah Oesch			
R	11-12	11	432	Nevaeh McIntosh			
R	16-17	16	325	Kayla McCubbins			
R	13-15	15	314	Kayla McCubbins			
90kg/198.2lbs							
RC	10-12	11	639	Nevaeh McIntosh			
R	16-17	16	612	Alyssa Beadles			
R	13-15	14	667	Karson Tolle			
100kg/220.4lb							
RC	10-12	12	805	Nevaeh McIntosh			
R	13-15	14	617	Karson Tolle			
110kg/242.5lb							
R	13-15	13	772	Abrie Meadows			
RC	13-15	15	1014	Nevaeh McIntosh			
RC	13-15	14	1003	Nevaeh McIntosh			

FEMALE JUNIORS (20-23)

365 STRONG WORLD RANKINGS							
SQUAT (Gear Noted)							
FEMALE - JUNIORS (20-23)							
Wgt Class	Age	Wgt	Lbs	Name	Date		
52kg/114.5lbs							
56kg/123.5lbs							

365 STRONG WORLD RANKINGS							
BENCH PRESS (Gear Noted)							
FEMALE - JUNIORS (20-23)							
Wgt Class	Age	Wgt	Lbs	Name	Date		
52kg/114.5lbs							
56kg/123.5lbs							

365 STRONG WORLD RANKINGS							
DEADLIFT (Gear Noted)							
FEMALE - JUNIORS (20-23)							
Wgt Class	Age	Wgt	Lbs	Name	Date		
52kg/114.5lbs							
56kg/123.5lbs							

365 STRONG WORLD RANKINGS							
TOTAL (Gear Noted)							
FEMALE - JUNIORS (20-23)							
Wgt Class	Age	Wgt	Lbs	Name	Date		
52kg/114.5lbs							
56kg/123.5lbs							

60kg/132.2lbs					
67.5kg/148.7lbs					
RC		22	298	Sarah Oesch	10/11/2025
75kg/165.2lbs					
RC		20	187	Sarah Oesch	
82.5kg/181.7lbs					
RC		21	303	Sarah Oesch	
90kg/198.2lbs					
RC		22	303	Kaitlyn McKenzie	5/16/2026
100kg/220.4lb					
None					
110kg/242.5lb					
R		23	402	Maddy Webster	

60kg/132.2lbs					
67.5kg/148.7lbs					
RC		22	215	Sarah Oesch	10/11/2025
75kg/165.2lbs					
R		20	132	Sarah Oesch	
82.5kg/181.7lbs					
R		21	193	Sarah Oesch	
90kg/198.2lbs					
R		21	190	Sarah Oesch	
100kg/220.4lb					
None					
110kg/242.5lb					
R		23	220	Maddy Webster	

60kg/132.2lbs					
67.5kg/148.7lbs					
RC		22	380	Sarah Oesch	10/11/2025
75kg/165.2lbs					
RC		20	303	Sarah Oesch	
82.5kg/181.7lbs					
RC		21	347	Sarah Oesch	
90kg/198.2lbs					
RC		21	390	Sarah Oesch	
100kg/220.4lb					
None					
110kg/242.5lb					
R		23	441	Maddy Webster	

60kg/132.2lbs					
67.5kg/148.7lbs					
RC			887	Sarah Oesch	10/11/2025
75kg/165.2lbs					
RC		20	623	Sarah Oesch	
82.5kg/181.7lbs					
RC		21	843	Sarah Oesch	
90kg/198.2lbs					
RC		21	880	Sarah Oesch	
100kg/220.4lb					
None					
110kg/242.5lb					
R		23	1064	Maddy Webster	

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS					
SQUAT - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	RC	26	386	Emily Merritt	
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	R	26	165	Emily Merritt	
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	RC	26	391	Emily Merritt	
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	RC		937	Emily Merritt	
90+kg/198.2+lbs					

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
DIV	RAW	AGE	WGT	Wgt/CI	NAME	LIFT
Juniors	R	21	180.3	181	Sarah Oesch	80
SM	R	37	173.7	181	Brittany Abner	75
M2	R	48	193.8	198	Heather Streible	91.5
SM	R	37	189.4	198	Brittany Abner	70
Open	R	29	294.9	308	Alex Wilson-McKenzie	115.7

