

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: 3/22/2025

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			231	Dawn O'Donnell	
90kg/198.4lbs			441	Emily Merritt	
100kg/220.4lbs			331	Rachel Massey	
110kg/242.5lbs			419	Maddy Webster	
110+kg/242.6+lb			386	Hollie Sands	

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			154	Evelyn Lyon	
75kg/165.2lbs			154	Sarah Oesch	
82.5kg/181.7lbs			193	Sarah Oesch	
90kg/198.4lbs			187	Heather Streible	
100kg/220.4lbs			204	Nevaeh McIntosh	
110kg/242.5lbs			231	Maddy Webster	
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			331	Dawn O'Donnell	
90kg/198.4lbs			358	Kathryn French	
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			683	Dawn O'Donnell	
90kg/198.4lbs			667	Karson Tolle	
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	

67.5kg/148.7lbs					
	264	Chelsea Bolton			
75kg/165.2lbs					
	275	Sarah Oesch			
82.5kg/181.7lbs					
	303	Sarah Oesch			
90kg/198.4lbs					
	441	Emily Merritt			
100kg/220.4lb					
	325	Nevaeh McIntosh			
110kg/242.5lb					
110+kg/242.6+lb					
	485	Alex Wilson-McKenzie			

67.5kg/148.7lbs					
	154	Evelyn Lyon			
75kg/165.2lbs					
	176	Sarah Oesch			
82.5kg/181.7lbs					
	193	Sarah Oesch			
90kg/198.4lbs					
	187	Heather Streible			
100kg/220.4lb					
	204	Nevaeh McIntosh			
110kg/242.5lb					
	231	Maddy Webster			
110+kg/242.6+lb					
	270	Hollie Sands			

67.5kg/148.7lbs					
	270	Chelsea Bolton			
75kg/165.2lbs					
	334	Sarah Oesch			
82.5kg/181.7lbs					
	347	Sarah Oesch			
90kg/198.4lbs					
	353	Heather Streible			
100kg/220.4lb					
	380	Crystal Prather			
110kg/242.5lb					
110+kg/242.6+lb					
	452	Alex Wilson-McKenzie			

67.5kg/148.7lbs					
	661	Chelsea Bolton			
75kg/165.2lbs					
	744	Sarah Oesch			
82.5kg/181.7lbs					
	843	Sarah Oesch			
90kg/198.4lbs					
	766	Heather Streible			
100kg/220.4lb					
	805	Nevaeh McIntosh			
110kg/242.5lb					
110+kg/242.6+lb					
	1185	Alex Wilson-McKenzie			

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS					
SQUAT - EQUIPPED & GEARED					
Female					
52kg/114.5lbs					None
56kg/123.5lbs					None
60kg/132.2lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
90+kg/198.2+lbs					None

365 STRONG WORLD RANKINGS					
BENCH - EQUIPPED & GEARED					
Female					
52kg/114.5lbs					None
56kg/123.5lbs					None
60kg/132.2lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
90+kg/198.2+lbs					None

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPPED & GEARED					
Female					
52kg/114.5lbs					None
56kg/123.5lbs					None
60kg/132.2lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
90+kg/198.2+lbs					None

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPPED & GEARED					
Female					
52kg/114.5lbs					None
56kg/123.5lbs					None
60kg/132.2lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
90+kg/198.2+lbs					None

FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS					
SQUAT - RAW					
Female - Sub-Masters					
56kg/123.5lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
82.5kg/181.7lbs					None
90kg/198.4lb					None
100kg/220.4lb					None
	330	Crystal Prather			

365 STRONG WORLD RANKINGS					
BENCH - RAW					
Female - Sub-Masters					
56kg/123.5lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
82.5kg/181.7lbs					None
90kg/198.4lb					None
100kg/220.4lb					None
	154	Brett Sexton			

365 STRONG WORLD RANKINGS					
DEADLIFT - RAW					
Female - Sub-Masters					
56kg/123.5lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
82.5kg/181.7lbs					None
90kg/198.4lb					None
100kg/220.4lb					None
	364	Crystal Prather			

365 STRONG WORLD RANKINGS					
TOTAL - RAW					
Female - Sub-Masters					
56kg/123.5lbs					None
67.5kg/148.7lbs					None
75kg/165.2lbs					None
82.5kg/181.7lbs					None
90kg/198.4lb					None
100kg/220.4lb					None
	805	Crystal Prather			

110+kg/220.5+lb					
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110+kg/220.5+lb					
		154	Beth Mockbee		

110+kg/220.5+lb					
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110+kg/220.5+lb					
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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					
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		127	Chelsea Bolton		
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
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					
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					
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						
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	Tiffant Meadows		
RC 45-49	45		259	Renee Turner		
110kg/242.5lb						
R 40-44	42		165	Laura Kerr	3/22/2025	
110+kg/242.6+lb						

365 STRONG WORLD RANKINGS						
BENCH - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
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						
R 40-44	42		99	Laura Kerr	3/22/2025	
110+kg/242.6+lb						

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
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						
R 40-44	42		176	Laura Kerr	3/22/2025	
110+kg/242.6+lb						

365 STRONG WORLD RANKINGS						
TOTAL - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
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		441	Laura Kerr	3/22/2025	
110+kg/242.6+lb						

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	

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 13		154		Abrie Meadows	

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	

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	

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					
60kg/132.2lbs					

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					
60kg/132.2lbs					

365 STRONG WORLD RANKINGS					
DEADLIFT (Gear Noted)					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					

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					
75kg/165.2lbs					
RC		20	187	Sarah Oesch	
82.5kg/181.7lbs					
RC		21	303	Sarah Oesch	
90kg/198.2lbs					
RC		21	300	Sarah Oesch	
100kg/220.4lb					
None					
110kg/242.5lb					
R		23	402	Maddy Webster	

67.5kg/148.7lbs					
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	

67.5kg/148.7lbs					
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	

67.5kg/148.7lbs					
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
M2	R	48	193.8	198	Heather Streible	91.5
Open	R	29	294.9	308	Alex Wilson-McKenzie	115.7

