

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

October 19, 2026

Female Strict Curl

World Records Curls in Yellow

<u>Lifter</u>	<u>Division</u>	<u>Age</u>	<u>BW</u>	<u>Wgt Cl</u>	<u>Best Curl</u>
Elena Sannicandro	Teen-1	14	118.6	123	37.5
Miranda	Open	29	122	123	60
Nina Snipes	Masters-5	62	122.6	123	37.5
Nina Snipes	Open	62	122.6	123	37.5
Elena Sannicandro	Teen-1	15	124.4	132	52.5
Antia Sannicandro	Teen-2	17	126.2	132	37.5
Nina Snipes	Masters-5	61	125	132	32.5
JoJo Brasseaux	Masters-4	59	127.2	132	60
JoJo Brasseaux	M/P/F	59	129.6	132	60
Anna Bruce	Open	28	132	132	90
Shannon Mitchell	Open	28	132	132	45
Sophia Drury	Teen-3	18	128	132	40
Angelina Bennett	Open	31	147.4	148	100
Julie Johnson	Open	n/a	142	148	80
MacKenzie Rideout	Open	31	147.3	148	65
Shannon Mitchell	Open	29	137.8	148	50
Isabella Tully	Open	25	136.1	148	40
Aiysha Hayes	Masters-2	46	137	148	50
Lily Springfield	Teen-3	19	141.3	148	25
Haleigh Batchelor	Teen-1	13	147.6	148	71.5
Mazie Eudy	Teen-1	15	143.4	148	60
Katy Gaglione	Masters-1	41	150.8	165	95
Mona E. Cauble	Masters-2	45	156.9	165	75
Mona E. Cauble	M/P/F	45	156.9	165	75
Maureen Clary	Masters-5	62	156.9	165	88
Ashley Stacharowski	Open	32	162.5	165	77
Mona E. Cauble	Open	45	156.9	165	75
Crystal Rhoades	Masters-5	60	162.8	165	40
Nilda Bushee	Novice	29	160.3	165	60
Maureen Clary	Masters-6	68	158.5	165	65
Gabriella Drury	Teen-3	19	175	181	55
Sarah Oesch	Juniors	21	180.3	181	80
Heather Streible	Masters-2	45	173.8	181	91.5
Ciearra Jackson	Open	32	179.8	181	75
Brittany Abner	Submasters	38	168.2	181	80
Pamela Buskirk	Submasters	39	178.1	181	66
Nelda Newton	Masters-4	59	170.2	181	60
Gloria Knight-McNeil	Masters-5	63	179.5	181	95
Gloria Knight-McNeil	Masters-6	65	180.6	181	85
Gloria Knight-McNeil	Open	65	180.6	181	85
Brittany Abner	Open	38	168.2	181	80

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Linsey Eudy	Submasters	39	182.8	198	80
Brittany Abner	Submasters	37	189.4	198	70
Mandy Self-Sparrow	Masters-2	48	194.7	198	60
Shelly Moore	Masters-4	58	191.8	198	65
Mona Espinosa	Masters-1	40	187.2	198	85
Janet Martin	Masters-3	54	215.8	220	85
Janet Martin	Masters-4	55	215.2	220	80
Olina Ortega	Open	28	225.8	242	70
Janet Martin	Masters-4	57	226.7	242	75
Katy Silvers	Masters-1	44	246.5	275	45
Janet Martin	Masters-3	53	250.9	275	104.5
Alex Wilson-McKenzie	Open	29	294.8	308	115.7

Power Lift Challenge (Rep Contest)

75kg/165.3lb

M6	Maureen Clary	Lift	Nation	Wgt	Reps
		Bench	USA	80	28
		Deadlift	USA	140	10
		Strict Curl	USA	35	30
		Cheat Curl	USA	65	20

75kg/165.3lb

M7	Maureen Clary	Lift	Nation	Wgt	Reps
		Bench	USA	75	51