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: 7/15/2025

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS
RAW (Knee Sleeves) SQUAT
FEMALE - OVERALL

Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	**132**	**Alessandra Reis**	1/21/2023
48kg/105.7lbs					
	66	101.4	**143**	**Pam Fisher**	7/12/2025
	14	105.4	**138**	Adalee Moss	1/11/2025
	12	105.2	**121**	Carmen Trivette	10/16/2021
52kg/114.5lbs					
	46	112.3	**259**	**Missy Taylor**	4/24/2021
	22	111.6	**250**	Elena Lopez	6/2/2018
	24	114.2	**215**	Amber Malchow	10/28/2017
	20	108	**165**	Maggie Parsons	11/19/2016
	19	112.4	**165**	McKenna Wright	6/17/2023
	72	106.3	**154**	Linda Costello	4/23/2022
	13	111.3	**154**	Carmen Trivette	10/22/2022
	44	113.8	**154**	Andria Allmond	4/26/2025
	62	108.2	**149**	Sue Ann Hurlbert	10/21/2023
	65	107.4	**143**	Pam Fisher	5/18/2024
56kg/123.5lbs					
	48	122.4	**314**	**Missy Taylor**	5/6/2023
	23	123	**281**	Isabella Sarks	12/4/2021
	19	123.4	**275**	Becca Dison	3/10/2018
	29	123.5	**248**	Krystal Scott	8/12/2017
	19	118.4	**242**	Olivia Pasin	11/19/2022
	20	120.6	**220**	Emily Gaiser	7/10/2021
	31	123	**209**	Meredith Ward	3/9/2019
	28	122.8	**204**	Shantel Hawkins	9/7/2019
	31	122.8	**187**	Heidi Schuck	6/19/2021
	54	119.6	**182**	Lisa Baker	12/19/2020
	23	120.2	**182**	Asia Hannans	9/7/2024
60kg/132.2lbs					
	30	130.7	**320**	**Morgan Long**	10/19/2024
	25	132	**320**	Kristin Kitlica	7/10/2021
	42	130	**300**	Dawn Bogart	7/9/2016
	25	125	**285**	Caitlin Cardone	4/9/2016
	28	129.4	**281**	Leslie Kutner	4/20/2018
	27	131.6	**280**	Samantha Sawyer	1/21/2017
	21	127.9	**275**	Alexis Rutledge	4/23/2022
	33	132.2	**264**	Amy Pierce	8/12/2017
	22	127.4	**259**	Emily Gaiser	9/17/2022
	26	126	**248**	Barbara Morales	12/9/2023
67.5kg/148.7lbs					
	29	141.8	**386**	**Morgan Long**	5/6/2023
	43	147.5	**359**	Emily Lilly	5/6/2023
	20	138	**331**	Hanna Young	4/20/2018
	39	145.3	**325**	Tosha Baughman	3/19/2023
	29	146.8	**314**	Alexandrea McClain	8/24/2024
	26	140.4	**309**	Courtney Bryant	10/19/2024
	40	144.4	**303**	Nicole Qualls	3/5/2022
	29	144.4	**303**	Leslie Kutner	11/9/2019
	34	145	**298**	Carmen Florian	5/11/2019
	61	148.6	**298**	Maureen Clary	4/22/2017
75kg/165.2lbs					
	44	159	**380**	**Emily Lilly**	10/21/2023
	24	155.4	**353**	Courtney Fox	11/23/2024
	30	153	**347**	Morgan Long	6/29/2024
	23	164.6	**336**	Candace Locklear	3/10/2018
	44	157.6	**325**	Hilary Clark	8/25/2018
	45	157	**325**	Jennifer Zwaan	10/21/2023
	27	165.3	**325**	Cody Lynn Powell	10/19/2024
	22	156.7	**320**	Nakato Bukya	12/7/2024
	23	161.5	**314**	Alisha Martin	4/24/2021
	48	164.6	**314**	Bonnie Mosley	10/17/2020

365 STRONG WORLD RANKINGS
RAW BENCH PRESS
FEMALE - OVERALL

Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	15	97	**83**	**Bella-Grace Meadows**	4/1/2023
	13	86	**71**	Alessandra Reis	1/21/2023
48kg/105.7lbs					
	55	98	**132**	**Nina Kiuru**	7/30/2022
	33	104.3	**110**	Stephanie Washington	7/10/2021
	66	101.4	**83**	Pam Fisher	7/12/2025
	12	105.2	**83**	Carmen Trivette	10/16/2021
	14	105.4	**77**	Adalee Moss	1/11/2025
52kg/114.5lbs					
	46	111.8	**182**	**Missy Taylor**	4/23/2022
	24	114.2	**132**	Amber Malchow	10/28/2017
	30	111.2	**127**	Aubrey Cornwell	8/12/2017
	34	114	**121**	Lindsey Seamons	6/29/2019
	27	111.5	**116**	Nykisha Garland	10/17/2020
	64	110.2	**110**	Sue Ann Hurlbert	2/8/2025
	13	111.3	**99**	Carmen Trivette	10/22/2022
	37	111.3	**99**	Tiffany Bellamy	4/22/2017
	13	112.8	**99**	McKayla Van Meter	2/20/2021
	21	108.3	**94**	Racquel Wilson	10/16/2021
56kg/123.5lbs					
	48	122.4	**209**	**Missy Taylor**	5/6/2023
	42	121.8	**175**	Dawn Bogart	4/9/2016
	19	123.4	**160**	Becca Dison	1/21/2017
	32	122.8	**155**	Tiffany Faulkner	1/21/2017
	29	123	**154**	Krystal Scott	10/28/2017
	19	118.4	**149**	Olivia Pasin	11/19/2022
	44	119.4	**143**	Tiffany Stone	7/27/2024
	31	120.4	**138**	Meredith Ward	4/20/2018
	20	120.6	**132**	Emily Gaiser	7/10/2021
	29	122	**132**	Amanda Isley	8/12/2017
	15	117.9	**127**	Chy Richardson	7/12/2025
60kg/132.2lbs					
	28	132.2	**242**	**Courtney Norris**	8/12/2017
	49	129.4	**231**	Missy Taylor	7/27/2024
	29	130.6	**231**	Brittany Bowles	10/27/2018
	30	130.7	**231**	Morgan Long	10/19/2024
	42	129	**210**	Dawn Bogart	10/29/2016
	57	131.3	**185**	Jami Bozzuto	10/2/2022
	47	127.2	**180**	Bela Ghosh	6/11/2016
	25	132	**171**	Kristin Kitlica	7/10/2021
	25	125.6	**165**	Caitlin Cardone	7/9/2016
	27	129	**165**	Leslie Kutner	10/28/2017
67.5kg/148.7lbs					
	29	140.4	**242**	**Morgan Long**	10/21/2023
	43	147.1	**231**	Emily Lilly	3/4/2023
	28	145.2	**226**	Brittany Shackelford	10/28/2017
	61	148.6	**226**	Maureen Clary	4/22/2017
	26	140.4	**220**	Courtney Bryant	10/19/2024
	27	144.2	**200**	Courtney Norris	7/9/2016
	39	145.3	**193**	Tosha Baughman	3/19/2023
	29	144.4	**182**	Leslie Kutner	11/9/2019
	29	146.8	**182**	Alexandrea McClain	8/24/2024
	21	138.3	**178**	Anya Kalnins	9/18/2021
75kg/165.2lbs					
	30	153	**253**	**Morgan Long**	6/29/2024
	44	159	**242**	Emily Lilly	10/21/2023
	42	165	**240**	Reyhan Roybal	10/17/2020
	65	162.7	**231**	Maureen Clary	6/5/2021
	26	164.5	**231**	Kari DeShazo	11/21/2020
	67	160.4	**209**	Barbara Haiden	12/9/2017
	22	159.2	**198**	Abby Rice	4/12/2025
	55	156.8	**193**	Candice Maness	10/28/2017
	44	158.3	**193**	Jennifer Zwaan	7/22/2023
	33	160	**187**	Heather Ingalls	8/12/2017

365 STRONG WORLD RANKINGS
RAW (Knee Sleeves) DEADLIFT
FEMALE - OVERALL

Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	**204**	**Alessandra Reis**	1/21/2023
	9	63.8	**132**	Kambree Williamson	11/19/2022
	9	69.4	**77**	Alaina Allsbrook	5/27/2023
	8	88	**77**	Adelyn Salley	2/8/2025
48kg/105.7lbs					
	66	101.4	**242**	**Pam Fisher**	7/12/2025
	55	98	**237**	Nina Kiuru	7/30/2022
	14	105.4	**193**	Adalee Moss	1/11/2025
	12	105.2	**143**	Carmen Trivette	10/16/2021
52kg/114.5lbs					
	24	114.2	**303**	**Amber Malchow**	10/28/2017
	46	112.3	**275**	Missy Taylor	4/24/2021
	65	107.4	**242**	Pam Fisher	6/2/2018
	22	111.6	**240**	Elena Lopez	6/2/2018
	19	112.4	**237**	McKenna Wright	6/17/2023
	72	106.3	**226**	Carmen Trivette	5/6/2023
	62	110.7	**224**	Sue Ann Hurlbert	7/22/2023
	72	106.3	**220**	Linda Costello	4/23/2022
	20	108	**220**	Maggie Parsons	4/22/2017
	13	112.8	**220**	Makayla Van Meter	2/20/2021
56kg/123.5lbs					
	48	122.4	**331**	**Missy Taylor**	5/6/2023
	23	122.8	**320**	Isabella Sarks	4/23/2022
	19	123.4	**320**	Becca Dison	3/10/2018
	31	123	**314**	Meredith Ward	3/9/2019
	32	122.8	**305**	Tiffany Faulkner	1/21/2017
	20	120.6	**286**	Emily Gaiser	7/10/2021
	19	118.4	**281**	Olivia Pasin	11/19/2022
	29	123.5	**281**	Krystal Scott	8/12/2017
	23	120.2	**264**	Asia Hannans	9/7/2024
	28	122.8	**259**	Shantell Hawkins	9/7/2019
	31	122.8	**253**	Heidi Schuck	6/19/2021
60kg/132.2lbs					
	30	130.7	**408**	**Morgan Long**	10/19/2024
	26	126	**369**	Barbara Morales	12/9/2023
	42	130	**350**	Dawn Bogart	7/9/2016
	28	129.4	**347**	Leslie Kutner	4/20/2018
	25	132	**342**	Kristin Kitlica	7/10/2021
	26	128.4	**340**	Whitney Myers	6/2/2018
	22	127.4	**325**	Emily Gaiser	9/17/2022
	27	128	**325**	Nadia Zebouni	7/9/2016
	57	131.3	**325**	Jami Bozzuto	10/2/2022
	21	127.9	**320**	Alexis Rutledge	4/23/2022
67.5kg/148.7lbs					
	28	141.8	**435**	**Morgan Long**	5/6/2023
	29	146.8	**402**	Alexandrea McClain	8/24/2024
	29	144.4	**380**	Leslie Kutner	11/9/2019
	43	147.5	**369**	Emily Lilly	5/6/2023
	20	138	**364**	Hanna Young	4/20/2018
	60	148.4	**360**	Maureen Clary	10/29/2016
	39	145.3	**358**	Tosha Baughman	3/19/2023
	30	143.5	**347**	Maria Ackley	11/11/2023
	26	140.4	**342**	Courtney Bryant	10/19/2024
	36	139.4	**336**	LaDetra Cole	10/29/2022
75kg/165.2lbs					
	34	163.4	**424**	**Kendra Danzer**	4/20/2018
	30	153	**402**	Morgan Long	6/29/2024
	44	157.6	**402**	Hilary Clark	8/25/2018
	23	164.6	**402**	Candace Locklear	3/10/2018
	44	158.3	**386**	Jennifer Zwaan	7/22/2023
	35	154.6	**380**	LaDetra Cole	3/5/2022
	44	159	**380**	Emily Lilly	10/21/2023
	34	159.4	**380**	Deborah Omolewu	4/20/2018
	24	155.4	**369**	Courtney Fox	11/23/2024
	37	162.3	**369**	Lauren White	11/19/2022

365 STRONG WORLD RANKINGS
RAW (Knee Sleeves) TOTAL
FEMALE - OVERALL

Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	**386**	**Alessandra Reis**	1/21/2023
48kg/105.7lbs					
	66	101.4	**468**	**Pam Fisher**	7/12/2025
	14	105.4	**408**	Adalee Moss	1/11/2025
	55	98	**369**	Nina Kiuru	7/30/2022
	12	105.2	**347**	Carmen Trivette	10/16/2021
52kg/114.5lbs					
	46	112.3	**694**	**Missy Taylor**	4/24/2021
	24	114.2	**650**	Amber Malchow	10/28/2017
	22	111.6	**575**	Elena Lopez	6/2/2018
	19	112.4	**485**	McKenna Wright	6/17/2023
	13	111.3	**474**	Carmen Trivette	10/22/2022
	63	111.1	**472**	Sue Ann Hurlbert	2/10/2024
	20	108	**469**	Maggie Parsons	11/19/2016
	44	113.8	**469**	Andria Allmond	4/26/2025
	65	107.4	**463**	Pam Fisher	5/18/2024
	72	106.3	**457**	Linda Costello	4/23/2022
56kg/123.5lbs					
	48	122.4	**854**	**Missy Taylor**	5/6/2023
	19	123.4	**755**	Becca Dison	3/10/2018
	23	122.8	**705**	Isabella Sarks	4/23/2022
	29	123.5	**683**	Krystal Scott	8/12/2017
	19	118.4	**672**	Olivia Pasin	11/19/2022
	31	123	**661**	Meredith Ward	3/9/2019
	20	120.6	**639**	Emily Gaiser	7/10/2021
	23	120.2	**573**	Asia Hannans	9/7/2023
	31	122.8	**573**	Heidi Schuck	6/19/2021
	28	122.8	**567**	Shantell Hawkins	9/7/2019
	36	123	**523**	Sally Lloyd	6/10/2017
60kg/132.2lbs					
	30	130.7	**959**	**Morgan Long**	10/19/2024
	42	130	**855**	Dawn Bogart	7/9/2016
	25	132	**832**	Kristin Kitlica	7/10/2021
	28	129.4	**794**	Leslie Kutner	4/20/2018
	26	126	**755**	Barbara Morales	12/9/2023
	25	125	**745**	Caitlin Cardone	4/9/2016
	22	127.4	**727**	Emily Gaiser	9/17/2022
	33	132.2	**727**	Amy Pierce	8/12/2017
	28	128.8	**722**	April Rainey	2/26/2023
	27	131.6	**700**	Samantha Sawyer	1/21/2017
67.5kg/148.7lbs					
	29	141.8	**1064**	**Morgan Long**	5/6/2023
	43	147.5	**955**	Emily Lilly	5/6/2023
	29	146.8	**898**	Alexandrea McClain	8/24/2024
	39	145.3	**876**	Tosha Baughman	3/19/2023
	61	148.6	**876**	Maureen Clary	4/22/2017
	26	140.4	**871**	Courtney Bryant	10/19/2024
	20	138	**865**	Hanna Young	4/20/2018
	29	144.4	**865**	Leslie Kutner	11/9/2019
	30	143.5	**782**	Maria Ackley	11/11/2023
	40	144.4	**766**	Nicole Qualls	3/5/2022
75kg/165.2lbs					
	44	159	**1003**	**Emily Lilly**	10/21/2023
	30	153	**997**	Morgan Long	6/29/2024
	44	157.6	**904**	Hilary Clark	8/25/2018
	44	158.3	**898**	Jennifer Zwaan	7/22/2023
	34	163.4	**887**	Kendra Danzer	4/20/2018
	23	164.6	**876**	Candace Locklear	3/10/2018
	24	155.4	**865**	Courtney Fox	11/23/2024
	34	159.4	**832**	Deborah Omolewu	4/20/2018
	27	165.3	**827**	Cody Lynn Powell	10/19/2024
	39	163.6	**821**	Reyhan Roybal	7/15/2017

82.5kg/181.7lbs						
		45	166.9	402	Emily Lilly	6/29/2024
		25	179.4	353	Elizabeth Pinnix	7/10/2021
		28	181	331	Miranda Williams	5/6/2023
		35	177	325	Jessica Michell	4/26/2025
		27	167.3	320	Becca Grimes	9/7/2024
		29	177.6	314	Gabrielle Robbins	11/9/2019
		35	178.6	314	Charlee Marshall	11/23/2024
		15	173.3	309	Cecilia Luzarraga	10/19/2024
		45	178.6	309	Crystal McCullough	1/22/2022
		35	172.2	303	Meghan Rochelle	7/12/2025

82.5kg/181.7lbs						
		45	180.3	380	Shannon Nash	4/22/2017
		71	177	287	Barbara Haiden	12/4/2021
		45	166.9	237	Emily Lilly	6/29/2024
		30	178	231	Brittany Gagne	12/9/2023
		32	179	231	Ciearra Jackson-Griffen	7/22/2023
		34	175	226	Kristie Johnston	10/21/2023
		27	179.8	226	Helen Romero	4/20/2018
		35	177	220	Jessica Mitchell	4/26/2025
		28	181	209	Miranda Williams	5/6/2023
		29	177.6	204	Gabrielle Robbins	11/9/2019

82.5kg/181.7lbs						
		38	175.8	435	Lay Kaahu	10/28/2017
		35	172.2	402	Meghan Rochelle	7/12/2025
		19	175.4	402	Shelby Sprinkle	12/18/2021
		29	177.6	397	Gabrielle Robbins	11/9/2019
		30	166.9	386	Emily Lilly	6/29/2024
		25	179.4	386	Elizabeth Pinnix	7/10/2021
		32	178.8	364	Ciearra Jackson-Griffen	10/21/2023
		35	177	353	Jessica Mitchell	4/26/2025
		28	177.4	353	Mikhayla Dunn	4/15/2023
		45	178.6	353	Crystal McCullough	1/22/2022

82.5kg/181.7lbs						
		45	166.9	1025	Emily Lilly	6/29/2024
		25	179.4	920	Elizabeth Pinnix	7/10/2021
		29	177.6	914	Gabrielle Robbins	11/9/2019
		38	175	904	Lay Kaahu	8/12/2017
		35	177	898	Jessica Michell	4/26/2025
		28	181	893	Miranda Williams	5/6/2023
		35	172.2	876	Meghan Rochelle	7/12/2025
		45	178.6	838	Crystal McCullough	1/22/2022
		45	180.3	832	Shannon Nash	4/22/2017
		19	175.4	827	Shelby Sprinkle	12/18/2021

90kg/198.2lbs						
		41	194.9	391	Allison White	4/26/2025
		52	187.8	380	Traci Baggett	7/12/2025
		24	196.7	364	Isabella Heffner	10/21/2023
		41	195.1	358	Rebecca Caudill	12/7/2024
		35	187.6	342	Charlie Marshall	5/10/2025
		22	184.1	331	Emely Barahona	8/5/2021
		28	192	331	Jess Lemachko	8/19/2023
		24	193	320	Allyson Abbe	4/20/2018
		44	197.8	320	Carla Akers	4/20/2018
		28	187.5	270	Chelse Zamorano	5/22/2021

90kg/198.2lbs						
		45	185.6	380	Shannon Nash	10/28/2017
		31	190.4	303	Alexis Eliopoulos	10/28/2017
		38	196	286	Linsey Eudy	10/19/2024
		28	192	220	Jess Lemachko	8/19/2023
		52	187.8	215	Traci Baggett	7/12/2025
		33	189	200	Priyanka Santiago	10/2/2022
		16	194.2	198	Allison Sanders	7/27/2024
		40	187.2	193	Mona Espinosa	1/22/2022
		21	182.2	190	Sarah Oesch	3/1/2024
		22	184.1	187	Emely Barahona	6/5/2021

90kg/198.2lbs						
		41	194.9	468	Allison White	4/26/2025
		52	187.8	457	Traci Baggett	7/12/2025
		24	196.7	424	Isabella Heffner	10/21/2023
		41	195.1	413	Rebecca Caudill	12/7/2024
		33	189	400	Priyanka Santiago	10/2/2022
		39	185	375	Linsey Eudy	6/28/2025
		26	184.8	358	Kathryn French	3/10/2018
		28	187.5	358	Chelse Zamorano	5/22/2021
		28	192	358	Jess Lemachko	8/19/2023
		24	196	353	Lauren Davis	6/5/2021

90kg/198.2lbs						
		52	187.8	1053	Traci Baggett	7/12/2025
		41	195.1	953	Rebecca Caudill	12/7/2024
		24	196.7	948	Isabella Heffner	10/21/2023
		28	192	909	Jess Lemachko	8/19/2023
		35	187.6	871	Charlie Marshall	5/10/2025
		22	184.1	849	Emely Barahona	6/5/2021
		44	197.8	838	Carla Akers	4/20/2018
		24	193	799	Allyson Abbe	4/20/2018
		28	187.5	788	Chelse Zamorano	5/22/2021
		48	195.5	750	Joheliah Wilson	6/25/2022

100kg/220.25lbs						
		41	213	347	Gina Woolard	3/5/2022
		28	219.6	347	Amy Portillo	5/10/2025
		17	206.1	331	Alexandria Jefferson	10/19/2024
		32	216.5	331	Rachel Massey	6/11/2022
		45	219.1	331	Carla Akers	10/27/2018
		35	216.3	303	Crystal Prather	6/17/2023
		30	210.5	286	Haley Shields	10/21/2023
		47	214.3	264	Barbara VanVliet	11/11/2023
		32	199	259	Angela Dunn	9/17/2022
		34	208.3	259	Laura Bos	6/9/2024

100kg/220.25lbs						
		29	213.6	237	Jessica Hoxie	3/5/2022
		17	206.1	215	Alexandria Jefferson	10/19/2024
		31	215.2	215	Megan Geiger	5/4/2024
		12	218.1	204	Nevaeh McIntosh	5/6/2023
		45	219.1	204	Carla Akers	10/27/2018
		30	210.5	187	Haley Shields	10/21/2023
		46	212.8	185	Heather Streible	3/1/2024
		33	219.1	182	Emma Sternlof	11/23/2024
		32	216.5	171	Rachel Massey	6/11/2022
		31	206.4	165	Delena Maynard	4/28/2024

100kg/220.25lbs						
		26	218.5	369	Amy Portillo	7/22/2023
		30	213.8	366	Jessica Littleton	7/22/2023
		35	216.3	364	Crystal Prather	6/17/2023
		30	210.5	358	Haley Shields	10/21/2023
		17	206.1	353	Alexandria Jefferson	10/19/2024
		41	213	353	Gina Woolard	3/5/2022
		43	214.5	353	Anika Harper	5/6/2023
		28	219.6	353	Amy Portillo	5/10/2025
		32	216.5	347	Rachel Massey	6/11/2022
		34	208.3	342	Laura Bos	6/9/2024

100kg/220.25lbs						
		17	206.1	887	Alexandria Jefferson	10/19/2024
		41	213	865	Gina Woolard	3/5/2022
		45	219.1	865	Carla Akers	10/27/2018
		32	216.5	849	Rachel Massey	6/11/2022
		28	219.6	838	Amy Portillo	5/10/2025
		30	210.5	832	Haley Shields	10/21/2023
		35	216.3	805	Crystal Prather	6/17/2023
		26	218.5	805	Amy Portillo	7/22/2023
		34	208.3	766	Laura Bos	6/9/2024
		32	199	678	Angela Dunn	9/17/2022

110kg/242.5lbs						
		27	237.6	430	Amy Portillo	7/27/2024
		24	230.6	419	Maddy Webster	3/19/2023
		32	240.1	408	Megan Geiger	12/7/2024
		15	232.8	325	Abrie Meadows	6/17/2023
		33	230.2	314	Jessie Hunt	10/17/2020
		15	232.4	286	Kennedy Green	10/12/2019
		19	240.7	270	Mekenzie Grover	4/26/2025
		42	241.2	259	Emma Kolar	4/26/2025
		43	225.1	226	Kimberly Dorton	7/22/2023
		37	236.5	226	Naimah Abdullah	6/5/2021

110kg/242.5lbs						
		24	230.6	231	Maddy Webster	3/19/2023
		14	239	226	Nevaeh McIntosh	10/19/2024
		32	240.1	226	Megan Geiger	12/7/2024
		50	240	215	Ylander Ross	1/21/2017
		29	228.8	204	Brittany Berryhill	12/19/2020
		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 Wofford	4/20/2018

110kg/242.5lbs						
		24	230.6	457	Maddy Webster	3/19/2023
		32	240.1	430	Megan Geiger	12/7/2024
		33	223.8	400	Melissa Shade	6/2/2018
		26	239.4	397	Amy Portillo	10/21/2023
		43	225.1	386	Kimberly Dorton	7/22/2023
		33	230.2	358	Jessie Hunt	10/17/2020
		54	223.6	353	Janet Martin	5/6/2023
		27	225.3	314	Rose Hoang	11/11/2023
		15	232.8	309	Abrie Meadows	6/17/2023
		29	241.5	303	Laura Salazar	12/8/2018

110kg/242.5lbs						
		24	230.6	1102	Maddy Webster	3/19/2023
		32	240.1	1064	Megan Geiger	12/7/2024
		27	237.6	959	Amy Portillo	7/27/2024
		33	230.2	849	Jessie Hunt	10/17/2021
		15	232.8	772	Abrie Meadows	6/17/2023
		43	225.1	766	Kimberly Dorton	7/22/2023
		15	232.4	689	Kennedy Green	10/12/2019
		42	241.2	683	Emma Kolar	4/26/2025
		27	225.3	661	Rose Hoang	11/11/2023
		29	241.5	661	Laura Salazar	12/8/2018

110+kg/242.6+lbs						
		42	261.5	386	Hollie Sands	10/12/2019
		40	277.1	380	Katy Silvers	10/16/2021
		23	262.8	331	Shauntre Lilley	12/4/2021
		24	291.9	325	Celeste Kamasa	7/10/2021
		38	253.5	314	Allison Busby	10/21/2023
		29	273.8	303	Mary-Ann Ricks	3/5/2022
		26	309.2	303	Jaime Cain	7/27/2024
		22	330.2	280	Lashonda Zander	6/2/2018
		31	249.2	275	Stephanie Smith	8/19/2023
		23	254.8	275	Nathalie Vargas	12/18/2021

110+kg/242.6+lbs						
		42	261.5	270	Hollie Sands	10/12/2019
		29	294.9	248	Alex Wilson-McKenzie	10/22/2022
		14	244.5	237	Nevaeh McIntosh	7/27/2024
		40	272.2	226	Andrea Willis	6/19/2021
		38	253.5	215	Allison Busby	10/21/2023
		43	251.3	204	Katy Silvers	9/7/2024
		23	262.8	193	Shauntre Lilley	12/4/2021
		29	273.8	182	Mary-Ann Ricks	3/5/2022
		33	308.6	182	Angela Dunn	7/22/2023
		54	243.2	176	Shari Wofford	6/9/2018

110+kg/242.6+lbs						
		42	261.5	518	Hollie Sands	10/12/2019
		40	277.1	380	Katy Silvers	10/16/2021
		38	253.5	375	Allison Busby	10/21/2023
		53	251	370	Janet Martin	10/22/2022
		26	309.2	364	Jaime Cain	7/27/2024
		40	272.2	358	Andrea Willis	6/19/2021
		22	330.2	325	Lashonda Zander	6/2/2018
		27	248	320	Aubrey Dowding	5/11/2019
		23	262.8	320	Shauntre Lilley	12/4/2021
		25	251.9	303	Leah Simpson	3/6/2021

110+kg/242.6+lbs						
		42	261.5	1174	Hollie Sands	10/12/2019
		38	253.5	893	Allison Busby	10/21/2023
		23	262.8	843	Shauntre Lilley	12/4/2021
		26	309.2	816	Jaime Cain	7/27/2024
		29	273.8	788	Mary-Ann Ricks	3/5/2022
		22	330.2	780	Lashonda Zander	6/2/2018
		34	283.5	738	Angela Dunn	10/19/2024
		23	254.8	716	Nathalie Vargas	12/18/2021
		27	248	711	Aubrey Dowding	5/11/2019
		31	249.2	705	Stephanie Smith	8/19/2023

FEMALE RAW JUNIORS (20-23)

365 STRONG WORLD RANKINGS
RAW (Knee Sleeves) SQUAT
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
	22	111.6	250	Elena Lopez	6/2/2018
	20	108	165	Maggie Parsons	11/19/2016
56kg/123.5lbs					
	23	123	281	Isabella Sarks	12/4/2021
	20	120.6	220	Emily Gaiser	7/10/2021
	23	120.2	182	Asia Hannans	9/7/2024
	21	115.7	148	Joszlyn Drews	4/26/2025
	21	123.4	143	Gwyneth Reiman	7/27/2024
60kg/132.2lbs					
	21	127.9	275	Alexis Rutledge	4/23/2022
	21	126.3	182	Gabby Bennett	7/10/2021
	22	127.7	138	Moriah Bushard	5/6/2023

365 STRONG WORLD RANKINGS
RAW BENCH PRESS
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
	23	99.2	110	Emerson Graham	10/21/2023
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
56kg/123.5lbs					
	20	120.6	132	Emily Gaiser	7/10/2021
	23	122.8	132	Isabella Sarks	4/23/2022
	23	120.2	127	Asia Hannans	9/7/2024
	21	115.7	88	Joszlyn Drews	4/26/2025
	21	123.4	77	Gwyneth Reiman	7/27/2024
60kg/132.2lbs					
	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

365 STRONG WORLD RANKINGS
RAW (Knee Sleeves) DEADLIFT
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
	23	99.2	253	Emerson Graham	10/21/2023
52kg/114.5lbs					
	22	111.6	240	Elena Lopez	6/2/2018
	20	108	220	Maggie Parsons	11/19/2016
56kg/123.5lbs					
	23	122.8	320	Isabella Sarks	4/23/2022
	20	120.6	286	Emily Gaiser	7/10/2021
	23	120.2	264	Asia Hannans	9/7/2024
	21	115.7	226	Joszlyn Drews	4/26/2025
	21	123.4	165	Gwyneth Reiman	7/27/2024
60kg/132.2lbs					
	20	127.3	237	Kristen McPherson	10/17/2020
	21	127.9	226	Alexis Rutledge	4/23/2022
	21	126.3	215	Gabby Bennett	7/10/2021

365 STRONG WORLD RANKINGS
RAW (Knee Sleeves) TOTAL
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
	22	111.6	575	Elena Lopez	6/2/2018
	20	108	468	Maggie Parsons	11/19/2016
56kg/123.5lbs					
	23	122.8	705	Isabella Sarks	4/23/2022
	20	120.6	639	Emily Gaiser	7/10/2021
	20	120.2	573	Asia Hannans	9/7/2024
	21	115.7	463	Joszlyn Drews	4/26/2025
	21	123.4	386	Gwyneth Reiman	7/27/2024
60kg/132.2lbs					
	21	127.9	639	Alexis Rutledge	4/23/2022
	21	126.3	474	Gabby Bennett	7/10/2021
	20	127.3	468	Kristen McPherson	10/17/2020

	20	127.3	132	Kristen McPherson	10/17/2020	
67.5kg/148.7lbs						
	20	138	331	**Hanna Young**	4/20/2018	
	20	144.6	292	Everette Sherrill	7/22/2023	
	22	147.5	286	Abby Foy	12/19/2020	
	21	138.3	270	Anya Kalnins	9/18/2021	
	23	148.6	264	Courtney Fox	7/22/2023	
	23	145	248	Delaney Fish	6/10/2017	
	21	147.7	231	Savannah Gautier	1/18/2025	
	21	144.2	209	Emily Schnupp	8/12/2017	
75kg/165.2lbs						
	23	164.6	336	**Candace Locklear**	3/10/2018	
	22	156.7	320	Nakato Bukya	12/7/2024	
	23	161.5	314	Alisha Martin	4/24/2021	
	23	153.2	308	Courtney Fox	10/21/2023	
	22	159.2	286	Abby Rice	4/12/2025	
	20	157.2	281	Lisha Lamb	11/19/2016	
	20	158	281	Carley Bradshaw	11/19/2016	
	21	162.6	259	Aleya Woodall	6/19/2021	
	22	163.1	253	Shennell Smith	9/21/2024	
	20	159.5	248	Ivanna Guzman	4/22/2017	
82.5kg/181.7lbs						
	21	180.3	303	**Sarah Oesch**	4/28/2024	
	20	168.6	276	Brianna Ormezzano	7/27/2024	
	21	180.8	276	Christina Walton	7/22/2023	
	21	173.1	259	Katie Roseman	12/19/2020	
	23	177	259	Kailee Heller	7/10/2021	
	23	170	242	Savannah Moon	1/22/2022	
	22	174.8	193	Michelle Wood	10/28/2017	
90kg/198.2lbs						
	23	195.1	358	**Isabella Heffner**	7/22/2023	
	22	184.1	331	Emely Barahona	6/5/2021	
	22	195.6	225	Kelly Benson	10/29/2016	
	21	194.2	198	Mariah Flint	4/22/2017	
100kg/220.25lbs						
110kg/242.5lbs						
	23	224	402	**Maddy Webster**	10/22/2022	
110+kg/242.6+lbs						
	23	263	331	**Shauntre Lilley**	12/4/2021	
	22	330.2	280	Lashonda Zander	6/2/2018	
	23	254.9	275	Nathalie Vargas	12/18/2021	
	22	282.2	209	Capri Cameron	8/12/2017	

	21	138.3	178	**Anya Kalnins**	9/18/2021	
	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	
	22	159.2	198	**Abby Rice**	4/12/2025	
	23	161.5	171	Alisha Martin	4/24/2021	
	23	164.6	160	Candace Locklear	3/10/2018	
	23	159.4	149	Emily Tighe	6/9/2018	
	21	162.6	149	Aleya Woodall	6/19/2021	
	20	157.2	138	Lisha Lamb	11/19/2016	
	22	156.7	132	Nakato Bukya	12/7/2024	
	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	
	21	180.3	193	**Sarah Oesch**	4/28/2024	
	20	167.3	171	Brianna Ormezzano	11/23/2024	
	23	177	154	Kailee 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	
	21	195.1	190	**Sarah Oesch**	3/1/2024	
	22	184.1	187	Emely Barahona	6/5/2021	
	23	195.1	171	Isabella Heffner	7/22/2023	
	22	195.6	170	Kelly Benson	10/29/2016	
	21	194.2	110	Mariah Flint	4/22/2017	
	23	224	220	**Maddy Webster**	10/22/2022	
	23	263	193	**Shauntre Lilley**	12/4/2021	
	22	330.2	175	Lashonda Zander	6/2/2018	
	22	282.2	160	Capri Cameron	8/12/2017	
	23	254.9	149	Nathalie Vargas	12/18/2021	

	22	127.7	143	Moriah Bushard	5/6/2023	
67.5kg/148.7lbs						
	20	138	364	**Hanna Young**	4/20/2018	
	21	138.3	320	Anya Kalnins	9/18/2021	
	20	143.5	314	Paige Harrod	11/19/2016	
	20	144.6	292	Everette Sherrill	7/22/2023	
	22	147.5	292	Abby Foy	12/19/2020	
	23	148.6	264	Courtney Fox	7/22/2023	
	23	145	253	Delaney Fish	6/10/2017	
	21	144.2	248	Emily Schnupp	8/12/2017	
75kg/165.2lbs						
	23	164.6	402	**Candace Locklear**	3/10/2018	
	22	156.7	364	Nakato Bukya	12/7/2024	
	22	159.2	331	Abby Rice	4/12/2025	
	23	161.5	331	Alisha Martin	4/24/2021	
	20	159.5	325	Ivanna Guzman	4/22/2017	
	23	153.2	314	Courtney Fox	10/21/2023	
	21	162.6	309	Aleya Woodall	6/19/2021	
	20	157.2	298	Lisha Lamb	11/19/2016	
	20	158	292	Carley Bradshaw	11/19/2016	
	22	163.1	270	Shennell Smith	9/21/2024	
82.5kg/181.7lbs						
	21	180.3	347	**Sarah Oesch**	4/28/2024	
	21	167.3	314	Brianna Ormezzano	11/23/2024	
	23	177	303	Kailee Heller	7/10/2021	
	21	173.1	292	Katie Roseman	12/19/2020	
	21	180.8	292	Christina Walton	7/22/2023	
	23	170	264	Savannah Moon	1/22/2022	
	22	174.8	226	Michelle Wood	10/28/2017	
90kg/198.2lbs						
	23	195.1	391	**Isabella Heffner**	7/22/2023	
	22	184.1	331	Emely Barahona	6/5/2021	
	22	194.2	320	Mariah Flint	4/22/2017	
	22	195.6	265	Kelly Benson	10/29/2016	
100kg/220.25lbs						
110kg/242.5lbs						
	23	224	441	**Maddy Webster**	10/22/2022	
110+kg/242.6+lbs						
	22	330.2	325	**Lashonda Zander**	6/2/2018	
	23	263	320	Shauntre Lilley	12/4/2021	
	23	254.9	292	Nathalie Vargas	12/18/2021	
	22	282.2	259	Capri Cameron	8/12/2017	

	20	138	865	**Hanna Young**	4/20/2018	
	21	138.3	761	Anya Kalnins	9/18/2021	
	22	147.5	749	Abby Foy	11/9/2019	
	20	144.6	705	Everette Sherrill	7/22/2023	
	23	148.6	639	Courtney Fox	7/22/2023	
	23	145	617	Delaney Fish	6/10/2017	
	21	144.2	595	Emily Schnupp	8/12/2017	
	21	147.7	568	Savannah Gautier	1/18/2025	
75kg/165.2lbs						
	22	156.7	953	**Nakato Bukya**	12/7/2024	
	23	164.6	876	Candace Locklear	3/10/2018	
	23	161.5	816	Alisha Martin	4/24/2021	
	22	159.2	805	Abby Rice	4/12/2025	
	23	153.2	744	Courtney Fox	10/21/2023	
	20	157.2	716	Lisha Lamb	11/19/2016	
	21	162.6	716	Aleya Woodall	6/19/2021	
	20	158	700	Carley Bradshaw	11/19/2016	
	20	159.5	683	Ivanna Guzman	4/22/2017	
	22	163.1	634	Shennell Smith	9/21/2024	
82.5kg/181.7lbs						
	21	180.3	843	**Sarah Oesch**	4/28/2024	
	21	167.3	755	Brianna Ormezzano	11/23/2024	
	23	177	716	Kailee Heller	7/10/2021	
	21	180.8	683	Christina Walton	7/22/2023	
	21	173.1	672	Katie Roseman	12/19/2020	
	23	170	617	Savannah Moon	1/22/2022	
	22	174.8	551	Michelle Wood	10/28/2017	
90kg/198.2lbs						
	23	195.1	920	**Isabella Heffner**	7/22/2023	
	22	184.1	849	Emely Barahona	6/5/2021	
	22	195.6	660	Kelly Benson	10/29/2016	
	21	194.2	628	Mariah Flint	4/22/2017	
100kg/220.25lbs						
110kg/242.5lbs						
	23	224	1064	**Maddy Webster**	10/22/2022	
110+kg/242.6+lbs						
	23	263	843	**Shauntre Lilley**	12/4/2021	
	22	330.2	780	Lashonda Zander	6/2/2018	
	23	254.9	716	Nathalie Vargas	12/18/2021	
	22	282.2	628	Capri Cameron	8/12/2017	

FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS
SQUAT - RAW
FEMALE - SUB-MASTERS (35-39)

56kg/123.5lbs						
	36	123	176	**Sally Lloyd**	6/10/2017	
	35	123	143	Alisha Zornes	3/21/2020	
60kg/132.2lbs						
	39	124.6	220	**Jennifer Watson**	7/12/2025	
	36	129.4	204	Cara Jo	10/21/2023	
67.5kg/148.7lbs						
	39	145.3	325	**Tosha Baughman**	3/19/2023	
	36	147.9	265	Jessica Loden	9/7/2024	
	39	144.8	264	Amy Daugherty	5/22/2021	
	35	134.9	231	Jennifer Jones	7/12/2025	
	35	148.2	226	Andrea Fox	3/10/2018	
	35	148	225	Desiree Savarese	1/21/2017	
	36	139.4	215	LaDetra Cole	10/29/2022	
	38	141.4	215	Kelian Hagerty	4/22/2017	
	37	146.2	215	Vanessa Westbrook	12/17/2022	
	37	146.8	215	Kelly Brant	9/7/2019	
75kg/165.2lbs						
	39	155.2	308	**Emily Drew Mash**	2/10/2024	
	35	157	270	7/12/2025	2/10/2024	
	37	162.3	264	Lauren White	11/19/2022	

365 STRONG WORLD RANKINGS
BENCH - RAW
FEMALE - SUB-MASTERS (35-39)

52kg/114.5lbs						
	37	111.2	99	**Tiffany Bellamy**	4/22/2017	
56kg/123.5lbs						
	36	123	99	**Sally Lloyd**	6/10/2017	
60kg/132.2lbs						
	39	124.6	121	**Jennifer Watson**	7/12/2025	
	36	129.4	99	Cara Jo	10/21/2023	
67.5kg/148.7lbs						
	39	145.3	193	**Tosha Baughman**	3/19/2023	
	37	146.2	160	Vanessa Westbrook	12/17/2022	
	36	147.9	160	Jessica Loden	9/7/2024	
	38	141.4	154	Kelian Hagerty	4/22/2017	
	36	146.5	149	Krista Causey	2/20/2021	
	37	146.8	149	Kelly Brant	9/7/2019	
	35	148.2	149	Andrea Fox	3/10/2018	
	35	148	140	Desiree Savarese	1/21/2017	
	39	144.8	138	Amy Daugherty	5/22/2021	
	38	146	132	Angie Peck	6/10/2017	
75kg/165.2lbs						
	39	164.4	237	**Reyhan Roybal**	4/20/2018	
	35	157	171	Jessica Loden	2/10/2024	
	39	155.2	165	Emily Drew Mash	7/12/2025	

365 STRONG WORLD RANKINGS
DEADLIFT - RAW
FEMALE - SUB-MASTERS (35-39)

56kg/123.5lbs						
	36	123	248	**Sally Lloyd**	6/10/2017	
60kg/132.2lbs						
	39	124.6	259	**Jennifer Watson**	7/12/2025	
	36	129.4	253	Cara Jo	10/21/2023	
67.5kg/148.7lbs						
	39	145.3	358	**Tosha Baughman**	3/19/2023	
	36	139.4	336	LaDetra Cole	10/29/2022	
	35	148.2	319	Andrea Fox	3/10/2018	
	38	141.4	309	Kelian Hagerty	4/22/2017	
	39	144.8	303	Amy Daugherty	5/22/2021	
	37	146.8	303	Kelly Brant	9/7/2019	
	35	148.4	303	Jessica Loden	5/18/2024	
	35	134.9	297	Jennifer Jones	7/12/2025	
	35	148	290	Desiree Savarese	1/21/2017	
	37	146.2	275	Vanessa Westbrook	12/17/2022	
75kg/165.2lbs						
	35	154.6	380	**LaDetra Cole**	3/5/2022	
	37	162.3	369	Lauren White	11/19/2022	
	39	155.2	342	Emily Drew Mash	7/12/2025	

365 STRONG WORLD RANKINGS
TOTAL - RAW
FEMALE - SUB-MASTERS (35-39)

56kg/123.5lbs						
	36	123	524	**Sally Lloyd**	6/10/2017	
60kg/132.2lbs						
	39	124.6	601	**Jennifer Watson**	7/12/2025	
	36	129.4	551	Cara Jo	10/21/2023	
67.5kg/148.7lbs						
	39	145.3	876	**Tosha Baughman**	3/19/2023	
	35	148.4	727	Jessica Loden	5/18/2024	
	39	144.8	705	Amy Daugherty	5/22/2021	
	35	148.2	694	Andrea Fox	3/10/2018	
	38	141.4	678	Kelian Hagerty	4/22/2017	
	36	139.4	667	LaDetra Cole	10/29/2022	
	37	146.8	667	Kelly Brant	9/7/2019	
	35	148	655	Desiree Savarese	1/21/2017	
	35	134.9	650	Jennifer Jones	7/12/2025	
	37	146.2	650	Vanessa Westbrook	12/17/2022	
75kg/165.2lbs						
	39	163.6	821	**Reyhan Roybal**	7/15/2017	
	39	155.2	815	Emily Drew Mash	7/12/2025	
	37	162.3	788	Lauren White	11/19/2022	

		35	154.6	253	LaDetra Cole	3/5/2022			36	165.1	165	Jennifer Broome	10/27/2018			39	163.6	342	Reyhan Roybal	7/15/2017			35	154.6	772	LaDetra Cole	3/5/2022
		39	165	143	Amber Jenkins	6/9/2018			37	162.3	154	Lauren White	11/19/2022			35	157	297	Jessica Loden	2/10/2024			35	157	738	Jessica Loden	2/10/2024
									35	163.8	149	Vanessa Westbrook	7/10/2021			39	165	232	Amber Jenkins	6/9/2018			39	165	463	Amber Jenkins	6/9/2018
									35	154.6	138	LaDetra Cole	3/5/2022																
									39	165	88	Amber Jenkins	6/9/2018																
82.5kg/181.7lbs							**82.5kg/181.7lbs**							**82.5kg/181.7lbs**							**82.5kg/181.7lbs**						
		35	177	325	**Jessica Mitchell**	4/26/2025			35	177	220	**Jessica Mitchell**	4/26/2025			38	175	419	**Lay Kaahu**	8/12/2017			38	175	904	**Lay Kaahu**	8/12/2017
		35	178.6	314	Charlee Marshall	11/23/2024			38	175	182	Lay Kaahu	8/12/2017			35	172.2	402	Meghan Rochelle	7/12/2025			35	177	898	Jessica Mitchell	4/26/2025
		35	172.2	303	Meghan Rochelle	7/12/2025			35	172.2	171	Meghan Rochelle	7/12/2025			35	177	353	Jessica Mitchell	4/26/2025			35	172.2	876	Meghan Rochelle	7/12/2025
		38	175	303	Lay Kaahu	8/12/2017			35	178.6	171	Charlee Marshall	11/23/2024			35	178.6	320	Charlee Marshall	11/23/2024			35	178.6	805	Charlee Marshall	11/23/2024
		39	170	264	Ivana Smith	7/10/2021			38	181	165	Natalie Mayfield	11/19/2016			37	173.1	314	Vanessa Westbrook	6/25/2022			37	173.1	705	Vanessa Westbrook	6/25/2022
		37	173.1	231	Vanessa Westbrook	6/25/2022			39	170	160	Ivana Smith	7/10/2021			39	178	286	Pamela Buskirk	3/5/2022			39	170	678	Ivana Smith	7/10/2021
		39	178	220	Pamela Buskirk	3/5/2022			36	181	154	Kelley Spohrer	8/12/2017			38	168	281	Katie McMinn	1/22/2022			38	168	628	Katie McMinn	1/22/2022
		38	168	204	Katie McMinn	1/22/2022			37	173.1	149	Vanessa Westbrook	6/25/2022			39	170	253	Ivana Smith	7/10/2021			36	174.6	479	Lydia Braspenning	6/9/2024
		36	174.6	149	Lydia Braspenning	6/9/2024			38	168	143	Katie McMinn	1/22/2022			36	174.6	237	Lydia Braspenning	6/9/2024								
									35	178.6	143	Jessica Snay	9/21/2024															
90kg/198.2lbs							**90kg/198.2lbs**							**90kg/198.2lbs**							**90kg/198.2lbs**						
		35	197.5	209	**Valerie Ryan**	12/17/2022			38	196	286	**Linsey Eudy**	10/19/2024			39	185	375	**Linsey Eudy**	6/28/2025			35	197.5	628	**Valerie Ryan**	12/17/2022
		36	194.7	204	Krystal Pietroforte	9/21/2024			35	197.5	127	Valerie Ryan	12/17/2022			35	197.5	292	Valerie Ryan	12/17/2022			36	194.7	557	Krystal Pietroforte	9/21/2024
									36	194.7	116	Krystal Pietroforte	9/21/2024			36	194.7	237	Krystal Pietroforte	9/21/2024								
100kg/220.25lbs							**100kg/220.25lbs**							**100kg/220.25lbs**							**100kg/220.25lbs**						
		36	216.2	320	**Crystal Prather**	3/1/2024			36	216.2	160	**Crystal Prather**	3/1/2024			36	216.2	370	**Crystal Prather**	3/1/2024			36	216.2	850	**Crystal Prather**	3/1/2024
									37	211.4	154	Trisha Crisman	8/25/2018															
									37	213.8	154	Brett Sexton	10/12/2019															
110kg/242.5lbs							**110kg/242.5lbs**							**110kg/242.5lbs**							**110kg/242.5lbs**						
		37	236.5	226	**Naimah Abdullah**	6/5/2021			37	236.5	154	**Naimah Abdullah**	6/5/2021			37	236.5	253	**Naimah Abdullah**	6/5/2021			37	236.5	634	**Naimah Abdullah**	6/5/2021
110+kg/242.6+lbs							**110+kg/242.6+lbs**							**110+kg/242.6+lbs**							**110+kg/242.6+lbs**						
		38	253.5	314	**Allison Busby**	10/21/2023			38	253.5	215	**Allison Busby**	10/21/2023			38	253.5	375	**Allison Busby**	10/21/2023			38	253.5	893	**Allison Busby**	10/21/2023
									39	268.8	160	Katy Silvers	12/19/2020															
									37	285.2	138	Kimberly Soracco	5/11/2024															
									36	263.7	127	Beth Mockbee	4/16/2022															

FEMALE RAW/RAW CLASSIC TEENAGE

365 STRONG WORLD RANKINGS
SQUAT (Gear Listed)
FEMALE TEEN/YOUTH/KIDS CLUB

Weight Clas	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
T1 13-15	13	86	132	**Alessandra Reis**	1/21/2023
48kg/105.7lbs					
T1 13-15	14	105.4	138	**Adalee Moss**	1/11/2025
Y 10--12	12	105.2	121	**Carmen Trivette**	10/16/2021
52kg/114.5lbs					
T3 18-19	19	112.4	165	**McKenna Wright**	6/17/2023
T1 13-15	13	111.3	154	**Carmen Trivette**	10/22/2022
T2 16-17	16	108.3	121	**McKenna Wright**	3/6/2021
T1 13-15	13	112.8	116	Makayla Van Meter	2/20/2021
Y 10--12	12	112.9	66	**Natasha Shelby**	3/22/2025
56kg/123.5lbs					
T3 18-19	19	123.25	275	**Becca Dison**	3/10/2018
T3 18-19	19	118.4	242	Olivia Pasin	11/19/2022
T2 16-17	17	116.2	137	**Angelina Peterson**	10/21/2023
T2 16-17	17	123	99	Scarlett Schuping	5/31/2025
60kg/132.2lbs					
T3 18-19	19	132	242	**Claire Rosser**	8/12/2017
T1-RC 13-15	14	130.7	237	**Beverly Lemay**	3/18/2023
T2 16-17	17	131.2	200	**Makayla Van Meter**	5/10/2025
T2 16-17	16	129	198	Mara Hall	2/20/2021
T2 16-17	17	128.5	165	Sophia Drury	10/21/2023
T3 18-19	19	127.4	154	Sophia Drury	7/12/2025
T1 13-15	14	129.4	143	**Macy Lantz**	10/28/2017
67.5kg/148.7lbs					
T3 18-19	19	142.6	314	**Hanna Young**	8/12/2017
T1-RC 13-15	15	135.6	265	**Beverly Lemay**	3/1/2024
T1-RC 13-15	13	145.1	264	Haleigh Batchelor	11/19/2022
T2 16-17	16	145.3	231	**Sara Hampton**	10/21/2023
T1 13-15	15	146.8	231	**Macy Lantz**	4/20/2018
T3 18-19	19	145.9	198	Lily Springfield	5/31/2025

365 STRONG WORLD RANKINGS
RAW BENCH PRESS
FEMALE TEEN/YOUTH/KIDS CLUB

Weight Clas	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
T1 13-15	15	97	83	**Bella-Grace Meadows**	4/1/2023
T1 13-15	13	86	71	Alessandra Reis	1/21/2023
48kg/105.7lbs					
Y 10--12	12	105.2	83	**Carmen Trivette**	10/16/2021
T1 13-15	14	105.4	77	**Adalee Moss**	1/11/2025
52kg/114.5lbs					
T1 13-15	13	111.3	99	**Carmen Trivette**	10/22/2022
T1 13-15	13	112.8	99	Makayla Van Meter	2/20/2021
T2 16-17	17	112	88.2	**Leighann Allen**	11/19/2016
T3 18-19	19	112.4	83	**McKenna Wright**	6/17/2023
T2 16-17	16	108.3	77	McKenna Wright	3/6/2021
Y 10--12	12	112.9	55	**Natasha Shelby**	3/22/2025
56kg/123.5lbs					
T3 18-19	19	123.25	160	**Becca Dison**	3/10/2018
T3 18-19	19	118.4	149	Olivia Pasin	11/19/2022
T1 13-15	15	117.9	127	**Chy Richardson**	7/12/2025
T2 16-17	17	116.2	88	**Angelina Peterson**	10/21/2023
T2 16-17	17	123	71	Scarlett Shuping	5/31/2025
60kg/132.2lbs					
T3 18-19	19	132	138	**Claire Rosser**	8/12/2017
T2 16-17	17	131.2	132	**Makayla Van Meter**	5/10/2025
T2 16-17	16	129	110	Mara Hall	2/20/2021
T1 13-15	14	130.7	94	**Beverly Lemay**	3/18/2023
T1 13-15	14	129.4	88	Macy Lantz	10/28/2017
T3 18-19	19	127.4	77	Sophia Drury	7/12/2025
T2 16-17	17	128.5	77	Sophia Drury	10/21/2023
T2 16-17	17	124.8	66	Scarlett Shuping	2/8/2025
67.5kg/148.7lbs					
T3 18-19	19	142.6	165	**Hanna Young**	8/12/2017
T1 13-15	13	147.1	143	**Haleigh Batchelor**	10/22/2022
T2 16-17	16	145.3	132	**Sara Hampton**	10/21/2023
T1 13-15	15	135.6	110	Beverly Lemay	3/1/2024
T1 13-15	15	143.1	105	Mazie Eudy	7/12/2025
T3 18-19	19	145.9	99	Lily Springfield	5/31/2025

365 STRONG WORLD RANKINGS
DEADLIFT (Gear Listed)
FEMALE TEEN/YOUTH/KIDS CLUB

Weight Clas	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
T1 13-15	13	86	204	**Alessandra Reis**	1/21/2023
KC 5--10	9	63.8	132	**Kambree Williamson**	11/19/2022
KC 5--10	8	85.4	80	Adelyn Salley	7/12/2025
48kg/105.7lbs					
T1 13-15	14	105.4	193	**Adalee Moss**	1/11/2025
Y 10--12	12	105.2	143	**Carmen Trivette**	10/16/2021
52kg/114.5lbs					
T3 18-19	19	112.4	237	**McKenna Wright**	6/17/2023
T1 13-15	14	114	231	**Carmen Trivette**	5/6/2023
T1 13-15	13	112.8	220	Makayla Van Meter	2/20/2021
T2 16-17	17	112	215	**Leighann Allen**	11/19/2016
T2 16-17	16	108.3	193	McKenna Wright	3/6/2021
Y 10--12	12	112.9	105	**Natasha Shelby**	3/22/2025
56kg/123.5lbs					
T3 18-19	19	123.25	320	**Becca Dison**	3/10/2018
T3 18-19	19	118.4	281	Olivia Pasin	11/19/2022
T1 13-15	15	117.9	215	**Chy Richardson**	7/12/2025
T2 16-17	17	123	193	**Scarlett Shuping**	5/31/2025
T2 16-17	17	116.2	171	Angelina Peterson	10/21/2023
60kg/132.2lbs					
T3 18-19	19	132	303	**Claire Rosser**	8/12/2017
T2 16-17	17	131.2	264	**Makayla Van Meter**	5/10/2025
T2 16-17	16	129	259	Mara Hall	2/20/2021
T1-RC 13-15	14	130.7	220	**Beverly Lemay**	3/18/2023
T2 16-17	17	128.5	204	Sophia Drury	10/21/2023
T1 13-15	14	131.6	193	**Macy Lantz**	8/12/2017
T3 18-19	18	127.6	187	Sophia Drury	10/19/2024
T2 16-17	17	124.8	171	Scarlett Shuping	2/8/2025
T2 16-17	16	127.8	155	Fiorella Tito	10/1/2022
KC 5--10	9	132.3	100	**Scarlett Samaha**	11/19/2022
67.5kg/148.7lbs					
T3 18-19	19	142.6	303	**Hanna Young**	8/12/2017
T2 16-17	16	145.3	275	**Sara Hampton**	10/21/2023
T1-RC 13-15	15	135.6	265	**Beverly Lemay**	3/1/2024
T1-RC 13-15	13	145.1	249	Haleigh Batchelor	11/19/2022
T1 13-15	15	143.1	242	**Mazie Eudy**	7/12/2025
T1 13-15	15	146.8	242	Macy Lantz	4/20/2018

365 STRONG WORLD RANKINGS
TOTAL (Gear Listed)
FEMALE TEEN/YOUTH/KIDS CLUB

Weight Clas	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
T1 13-15	13	86	386	**Alessandra Reis**	1/21/2023
48kg/105.7lbs					
T1 13-15	14	105.4	408	**Adalee Moss**	1/11/2025
Y 10--12	12	105.2	347	**Carmen Trivette**	10/16/2021
52kg/114.5lbs					
T3 18-19	19	112.4	485	**McKenna Wright**	6/17/2023
T1 13-15	13	111.3	473	**Carmen Trivette**	10/22/2022
T2 16-17	16	108.3	391	**McKenna Wright**	3/6/2021
T2 16-17	17	112	281	Leighann Allen	11/19/2016
Y 10--12	12	112.9	226	**Natasha Shelby**	3/22/2025
56kg/123.5lbs					
T3 18-19	19	123.25	755	**Becca Dison**	3/10/2018
T3 18-19	19	118.4	672	Olivia Pasin	11/19/2022
T2 16-17	17	116.2	396	**Angelina Peterson**	10/21/2023
T2 16-17	17	123	347	Scarlett Schuping	5/31/2025
60kg/132.2lbs					
T3 18-19	19	132	683	**Claire Rosser**	8/12/2017
T2 16-17	17	131.2	579	**Makayla Van Meter**	5/10/2025
T2 16-17	16	129	568	Mara Hall	2/20/2021
T1-RC 13-15	14	130.7	551	**Beverly Lemay**	3/18/2023
T2 16-17	17	128.5	446	Sophia Drury	10/21/2023
T3 18-19	18	127.6	419	Sophia Drury	10/19/2024
T1 13-15	14	131.6	391	**Macy Lantz**	8/12/2017
67.5kg/148.7lbs					
T3 18-19	19	142.6	816	**Hanna Young**	8/12/2017
T1-RC 13-15	13	145.1	651	**Haleigh Batchelor**	11/19/2022
T1-RC 13-15	15	135.6	640	Beverly Lemay	3/1/2024
T2 16-17	16	145.3	623	**Sara Hampton**	10/21/2023
T1 13-15	15	146.8	573	**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	13	138.4	105	Peyton Lauffer	6/19/2021
75kg/165.2lbs							
T3	18-19	19	150.4	275	**Sarah Oesch**	6/11/2022
T1	13-15	15	162.7	275	**Cadence Caudill**	12/7/2024
T3	18-19	19	161.5	270	Katarina Giancroce	4/22/2017
T2	16-17	17	165	254	**Sarah Oesch**	10/17/2020
T1	13-15	14	157.9	237	Tyler Glover	9/18/2021
T1	13-15	14	149	209	Jennah Reynolds	7/24/2021
T2	16-17	17	151.7	209	Alesia Sylverain	10/19/2024
T1	13-15	15	151.2	198	Jocelyn Lilly	6/29/2024
T1	13-15	13	164.8	182	Harley Milone	12/9/2017
T2	16-17	17	152.8	180	Danielle Ortiz	10/29/2016
T1	13-15	14	162.9	143	Olivia Dubrow	9/18/2021
82.5kg/181.7lbs							
T1	13-15	15	173.3	309	**Cecilia Luzarraga**	10/19/2024
T3-RC	18-19	19	175	286	**Sarah Oesch**	10/22/2022
T3	18-19	19	175.4	281	**Shelby Sprinkle**	12/18/2021
T3	18-19	19	180.6	255	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	237	**Sarah Oesch**	10/3/2020
T2	16-17	16	179	198	Sarah Sells	10/21/2023
T3	18-19	18	171.8	190	Emma Love	10/29/2016
T2	16-17	17	179	154	Chesney Samaha	11/19/2022
T3	18-19	19	175.3	149	Gabriella Drury	10/19/2024
Y	11--12	11	176.8	138	**Nevaeh McIntosh**	3/6/2021
T2	16-17	16	173.8	105	Kayla McCubbins	3/6/2021
T1	13-15	15	173.5	94	Kayla McCubbins	10/3/2020
90kg/198.2lbs							
Y	10--12	11	192.7	292	**Nevaeh McIntosh**	10/16/2021
T3	18-19	19	191.6	242	**Kasylee Borque**	7/12/2025
T1	13-15	15	196.5	242	**Karson Tolle**	10/22/2022
T2	16-17	16	192.4	204	**Alyssa Beadles**	6/19/2021
100kg/220.4lbs							
T2	16-17	17	206.1	331	**Alex Jefferson**	10/19/2024
Y	10--12	12	218.1	325	**Nevaeh McIntosh**	5/6/2023
T1	13-15	13	200.7	248	**Alex Jefferson**	10/17/2020
T1	13-15	14	200	237	Karson Tolle	6/11/2022
110kg/242.5lbs							
T1-RC	13-15	14	242.1	391	**Nevaeh McIntosh**	5/31/2025
T1	13-15	15	238.5	325	**Abrie Meadows**	6/17/2023
T1	13-15	15	232.4	286	Kennedy Green	10/12/2019
110+kg/242.5+lbs							
T3	18-19	19	278.2	242	**Meredith Arnold**	4/24/2021
T1-RC	13-15	14	244.5	375	**Nevaeh McIntosh**	7/27/2024
T3	18-19	19	278.2	242	**Meredith Arnold**	4/24/2021

T1	13-15	15	146.8	99	Macy Lantz	4/20/2018
T3	18-19	19	142.2	72	Ashton Bishop	3/6/2021
T3	18-19	18	140.4	70	Destiny Dula	10/29/2016
T1	13-15	13	138.4	60	Peyton Lauffer	6/19/2021
75kg/165.2lbs							
T3	18-19	19	150.4	176	**Sarah Oesch**	6/11/2022
T2	16-17	17	165	151	**Sarah Oesch**	10/17/2020
T1	13-15	14	157.9	132	**Tyler Glover**	9/18/2021
T3	18-19	19	161.5	126	Katarina Giancroce	4/22/2017
T2	16-17	17	151.7	121	Alesia Sylverain	10/19/2024
T1	13-15	14	162.9	116	Olivia Dubrow	9/18/2021
T2	16-17	17	152.8	110	Danielle Ortiz	10/29/2016
T1	13-15	15	162.7	110	Cadence Caudill	12/7/2024
T2	16-17	16	156.2	105	Floortje Sakkers	6/9/2024
Y	10--12	11	160.7	99	**Ryleigh Kennedy**	5/10/2025
T1	13-15	13	164.8	99	Harley Milone	12/9/2017
T1	13-15	14	149	94	Jennah Reynolds	7/24/2021
T1	13-15	15	151.2	88	Jocelyn Lilly	6/29/2024
82.5kg/181.7lbs							
T3	18-19	19	175	182	**Sarah Oesch**	10/22/2022
T1	13-15	15	173.3	154	**Cecilia Luzarraga**	10/19/2024
T3	18-19	19	180.6	150	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	149	**Sarah Oesch**	10/3/2020
T3	18-19	19	175.4	143	Shelby Sprinkle	12/18/2021
T3	18-19	18	171.8	110	Emma Love	10/29/2016
T3	18-19	19	175.3	105	Sarah Sells	10/21/2023
Y	11--12	11	176.8	94	**Nevaeh McIntosh**	3/6/2021
T3	18-19	19	175.3	83	Chesney Samaha	11/19/2022
T3	18-19	19	175.3	77	Gabriela Drury	10/19/2024
T2	16-17	16	173.8	72	Kayla McCubbins	3/6/2021
T1	13-15	15	173.5	61	Kayla McCubbins	10/3/2020
90kg/198.2lbs							
Y	10--12	10	183.8	149	**Nevaeh McIntosh**	4/24/2021
T3	18-19	19	191.6	143	**Kasylee Borque**	7/12/2025
T2	16-17	16	192.4	121	**Alyssa Beadles**	6/19/2021
T1	13-15	15	196.5	121	**Karson Tolle**	10/22/2022
100kg/220.4lbs							
T2	16-17	17	206.1	215	**Alex Jefferson**	10/19/2024
Y	10--12	12	218.1	204	**Nevaeh McIntosh**	5/6/2023
T1	13-15	13	200.7	143	**Alex Jefferson**	10/17/2020
T1	13-15	14	200	105	Karson Tolle	6/11/2022
110kg/242.5lbs							
T1	13-15	14	242.2	248	**Nevaeh McIntosh**	5/31/2025
T1	13-15	15	238.5	154	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	138	Kennedy Green	10/12/2019
110+kg/242.5+lbs							
T3	18-19	19	278.2	149	**Meredith Arnold**	4/24/2021
T1	13-15	14	244.5	237	**Nevaeh McIntosh**	7/27/2024
T3	18-19	19	278.2	149	**Meredith Arnold**	4/24/2021

T3	18-19	19	142.2	231	Ashton Bishop	3/6/2021
T3	18-19	19	145.9	215	Lily Springfield	5/31/2025
T3	18-19	18	140.4	200	Destiny Dula	10/29/2016
T2	16-17	16	148.5	165	Aiana Peterson	10/1/2022
75kg/165.2lbs							
T3	18-19	19	150.4	334	**Sarah Oesch**	6/11/2022
T2	16-17	17	165	333	**Sarah Oesch**	10/17/2020
T2	16-17	17	151.7	331	Alesia Sylverain	10/19/2024
T1	13-15	14	162.9	320	**Olivia Dubrow**	9/18/2021
T1	13-15	14	157.9	314	Tyler Glover	9/18/2021
T3	18-19	19	161.5	292	Katarina Giancroce	4/22/2017
T1	13-15	15	162.7	281	Cadence Caudill	12/7/2024
T2	16-17	17	152.8	255	Danielle Ortiz	10/29/2016
T1	13-15	13	164.8	248	Harley Milone	12/9/2017
T1	13-15	14	149	226	Jennah Reynolds	7/24/2021
T1	13-15	15	151.2	226	Jocelyn Lilly	6/29/2024
T3	18-19	19	153.5	215	Ashton Bishop	8/22/2020
Y	10--12	11	160.7	176	**Ryleigh Kennedy**	5/10/2025
82.5kg/181.7lbs							
T3	18-19	19	175.4	402	**Shelby Sprinkle**	12/18/2021
T3-RC	18-19	19	175	353	**Sarah Oesch**	10/22/2022
T1	13-15	15	173.3	336	**Cecilia Luzarraga**	10/19/2024
T3	18-19	19	180.6	330	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	326	**Sarah Oesch**	10/3/2020
T3	18-19	19	175.3	226	Gabriela Drury	10/19/2024
T2	16-17	16	179	226	Sarah Sells	10/21/2023
Y	11--12	11	176.8	200	**Nevaeh McIntosh**	3/6/2021
T3	18-19	18	171.8	185	Emma Love	10/29/2016
T2	16-17	17	179	182	Chesney Samaha	11/19/2022
T1	13-15	15	173.5	160	Kayla McCubbins	10/3/2020
T2	16-17	16	173.8	149	Kayla McCubbins	3/6/2021
90kg/198.2lbs							
T1	13-15	15	196.5	308	**Karson Tolle**	10/22/2022
T2	16-17	16	192.4	286	**Alyssa Beadles**	6/19/2021
T3	18-19	19	191.6	253	**Kasylee Borque**	7/12/2025
Y	10--12	11	192.7	231	**Nevaeh McIntosh**	10/16/2021
100kg/220.4lbs							
T2	16-17	17	206.1	353	**Alex Jefferson**	10/19/2024
T1	13-15	13	200.7	303	**Alex Jefferson**	10/17/2020
T1	13-15	14	200	275	Karson Tolle	6/11/2022
Y	10--12	12	218.1	275	**Nevaeh McIntosh**	5/6/2023
110kg/242.5lbs							
T1-RC	13-15	14	242.1	364	**Nevaeh McIntosh**	5/31/2025
T1	13-15	15	238.5	309	**Abrie Meadows**	6/17/2023
T1	13-15	15	232.4	275	Kennedy Green	10/12/2019
110+kg/242.5+lbs							
T3	18-19	19	278.2	309	**Meredith Arnold**	4/24/2021
T3	18-19	19	278.2	309	**Meredith Arnold**	4/24/2021
T1-RC	13-15	14	244.5	292	**Nevaeh McIntosh**	7/27/2024

T3	18-19	19	142.2	424	Ashton Bishop	3/6/2021
T1	13-15	13	138.4	320	Peyton Lauffer	6/19/2021
75kg/165.2lbs							
T3	18-19	19	150.4	772	**Sarah Oesch**	6/11/2022
T2	16-17	17	165	737	**Sarah Oesch**	10/17/2020
T3	18-19	19	161.5	689	Katarina Giancroce	4/22/2017
T1	13-15	14	157.9	683	**Tyler Glover**	9/18/2021
T1	13-15	15	162.7	667	Cadence Caudill	12/7/2024
T2	16-17	17	151.7	656	Alesia Sylverain	10/19/2024
T1	13-15	14	162.9	579	Olivia Dubrow	9/18/2021
T2	16-17	17	152.8	545	Danielle Ortiz	10/29/2016
T1	13-15	14	149	529	Jennah Reynolds	7/24/2021
T1	13-15	13	164.8	529	Harley Milone	12/9/2017
T1	13-15	15	151.2	513	Jocelyn Lilly	6/29/2024
82.5kg/181.7lbs							
T3	18-19	19	175.4	827	**Shelby Sprinkle**	12/18/2021
T3-RC	18-19	19	175	821	**Sarah Oesch**	10/22/2022
T1	13-15	15	173.3	799	**Cecilia Luzarraga**	10/19/2024
T3	18-19	19	180.6	735	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	712	**Sarah Oesch**	10/3/2020
T2	16-17	16	179	529	Sarah Sells	10/21/2023
T3	18-19	18	171.8	490	Emma Love	10/29/2016
T3	18-19	19	175.3	452	Gabriela Drury	10/19/2024
Y	11--12	11	176.8	432	**Nevaeh McIntosh**	3/6/2021
T2	16-17	17	179	419	Chesney Samaha	11/19/2022
T2	16-17	16	173.8	325	Kayla McCubbins	3/6/2021
T1	13-15	15	173.5	304	Kayla McCubbins	10/3/2020
90kg/198.2lbs							
T1	13-15	15	196.5	672	**Karson Tolle**	10/22/2022
T3	18-19	19	191.6	639	**Kasylee Borque**	7/12/2025
Y	10--12	11	192.7	639	**Nevaeh McIntosh**	10/16/2021
T2	16-17	16	192.4	612	**Alyssa Beadles**	6/19/2021
100kg/220.4lbs							
T2	16-17	17	206.1	887	**Alex Jefferson**	10/19/2024
Y	10--12	12	218.1	805	**Nevaeh McIntosh**	5/6/2023
T1	13-15	13	200.7	694	**Alex Jefferson**	10/17/2020
T1	13-15	14	200	617	Karson Tolle	6/11/2022
110kg/242.5lbs							
T1-RC	13-15	14	242.1	1003	**Nevaeh McIntosh**	5/31/2025
T1	13-15	15	238.5	772	**Abrie Meadows**	6/17/2023
T1	13-15	15	232.4	689	Kennedy Green	10/12/2019
110+kg/242.5+lbs							
T3	18-19	19	278.2	700	**Meredith Arnold**	4/24/2021
T1-RC	13-15	14	244.5	904	**Nevaeh McIntosh**	7/27/2024
T3	18-19	19	278.2	700	**Meredith Arnold**	4/24/2021

FEMALE RAW CLASSIC OVERALL LEADERS

369 STRONG WORLD RANKINGS
RAW CLASSIC (Knee Wraps) SQUAT
FEMALE - OVERALL

Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	193	**Stephanie Washington**	7/10/2021
52kg/114.5lbs					
	46	111.8	264	**Missy Taylor**	4/23/2022
	27	111.5	254	Kiki Garland	10/17/2020
	34	114	237	Lindsay Seamans	6/29/2019
	30	111.2	231	Aubrey Cornwell	8/12/2017
	37	111.3	204	Tiffany Stone	4/22/2017
56kg/123.5lbs					
	27	120.2	303	**Adrien Coder**	4/24/2021

369 STRONG WORLD RANKINGS
RAW CLASSIC BENCH
FEMALE - OVERALL

Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	15	97	83	**Bella-Grace Meadows**	4/1/2023
	13	86	71	Alessandra Reis	1/21/2023
48kg/105.7lbs					
	55	98	132	**Nina Kiuru**	7/30/2022
	33	104.3	110	Stephanie Washington	7/10/2021
	12	105.2	83	Carmen Trivette	10/16/2021
52kg/114.5lbs					
	46	111.8	182	**Missy Taylor**	4/23/2022
	24	114.2	132	Amber Malchow	10/28/2017
	30	111.2	127	Aubrey Cornwell	8/12/2017
	34	114	121	Lindsey Seamons	6/29/2019
	27	111.5	116	Nykisha Garland	10/17/2020
	64	110.2	110	Sue Ann Hurlbert	2/8/2025
	13	111.3	99	Carmen Trivette	10/22/2022
	37	111.3	99	Tiffany Stone	4/22/2017
	13	112.8	99	McKayla Van Meter	2/20/2021
	21	108.3	94	Racquel Wilson	10/16/2021
56kg/123.5lbs					
	48	122.4	209	**Missy Taylor**	5/6/2023

365 STRONG WORLD RANKINGS
RAW CLASSIC (Knee Wraps) DEADLIFT
FEMALE - OVERALL

Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	226	**Stephanie Washington**	7/10/2021
52kg/114.5lbs					
	46	111.8	292	**Missy Taylor**	4/23/2022
	32	112	281	Lindsay Seamans	10/28/2017
	27	111.5	253	Kiki Garland	10/17/2020
	37	111.3	248	Tiffany Stone	4/22/2017
	30	111.2	242	Aubrey Cornwell	8/12/2017
56kg/123.5lbs					
	27	120.2	353	**Adrien Coder**	4/24/2021

365 STRONG WORLD RANKINGS
RAW CLASSIC (Knee Wraps) TOTAL
FEMALE - OVERALL

Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	529	**Stephanie Washington**	7/10/2021
52kg/114.5lbs					
	46	111.8	738	**Missy Taylor**	4/23/2022
	34	114	634	Lindsay Seamons	6/29/2019
	27	111.5	623	Kiki Garland	10/17/2020
	30	111.2	601	Aubrey Cornwell	8/12/2017
	37	111.3	551	Tiffany Stone	4/22/2017
56kg/123.5lbs					
	27	120.2	821	**Adrien Coder**	4/24/2021

	24	120.2	**282**	Amber Duenkel	6/9/2018
	44	119.4	**275**	Tiffany Stone	7/27/2024
	29	122	**242**	Amanda Isley	10/28/2017
	31	122.8	**187**	Heidi Schuck	6/19/2021
	28	120.4	**182**	Bethany Brooks	7/22/2023
	46	118.9	**160**	Kathy Wilson	12/8/2018

	42	121.8	**175**	Dawn Bogart	4/9/2016
	19	123.4	**160**	Becca Dison	1/21/2017
	32	122.8	**155**	Tiffany Faulkner	1/21/2017
	29	123	**154**	Krystal Scott	10/28/2017
	19	118.4	**149**	Olivia Pasin	11/19/2022
	44	119.4	**143**	Tiffany Stone	7/27/2024
	31	120.4	**138**	Meredith Ward	4/20/2018
	20	120.6	**132**	Emily Gaiser	7/10/2021
	29	122	**132**	Amanda Isley	8/12/2017
	23	120.2	**127**	Asia Hannans	9/7/2024

	44	119.4	**331**	Tiffany Stone	7/27/2024
	24	120.2	**309**	Amber Duenkel	6/9/2018
	29	122	**303**	Amanda Isley	10/28/2017
	31	122.8	**253**	Heidi Schuck	6/19/2021
	28	120.4	**215**	Bethany Brooks	7/22/2023

	44	119.4	**749**	Tiffany Stone	7/27/2024
	24	120.2	**711**	Amber Duenkel	6/9/2018
	29	122	**678**	Amanda Isley	10/28/2017
	31	122.8	**573**	Heidi Schuck	6/19/2021
	28	120.4	**463**	Bethany Brooks	7/22/2023

60kg/132.2lbs

	28	132.2	**441**	**Courtney Norris**	8/12/2017
	29	130.6	**419**	Brittany Bowles	10/27/2018
	25	131.3	**364**	Melissa Hunt	5/11/2019
	53	132.2	**308**	Priscilla Pardue	10/28/2017
	26	131.8	**303**	Taylor Jackson	10/28/2017
	25	125.6	**300**	Caitlin Cardone	7/9/2016
	24	132.2	**276**	Kayce Hoover	4/22/2017
	27	132	**275**	Sara Carney	6/2/2018
	47	131.4	**105**	Angie Terry	10/29/2016

60kg/132.2lbs

	28	132.2	**242**	**Courtney Norris**	8/12/2017
	29	130.6	**231**	Brittany Bowles	10/27/2018
	42	129	**210**	Dawn Bogart	10/29/2016
	57	131.3	**185**	Jami Bozzuto	10/2/2022
	47	127.2	**180**	Bela Ghosh	6/11/2016
	25	132	**171**	Kristin Kittica	7/10/2021
	25	125.6	**165**	Caitlin Cardone	7/9/2016
	27	129	**165**	Leslie Kutner	10/28/2017
	28	128.8	**154**	April Rainey	2/26/2023
	33	132.2	**154**	Amy Pierce	8/12/2017

60kg/132.2lbs

	28	132.2	**408**	**Courtney Norris**	8/12/2017
	24	129.7	**353**	Melissa Hunt	12/8/2018
	29	130.6	**342**	Brittany Bowles	10/27/2018
	25	125.6	**325**	Caitlin Cardone	7/9/2016
	26	131.8	**320**	Taylor Jackson	10/28/2017
	24	132.2	**276**	Kayce Hoover	4/22/2017
	53	132.2	**259**	Priscilla Pardue	10/28/2017
	27	132	**220**	Sara Carney	6/2/2018
	47	131.4	**155**	Angie Terry	10/29/2016

60kg/132.2lbs

	28	132.2	**1069**	**Courtney Norris**	8/12/2017
	29	130.6	**992**	Brittany Bowles	10/27/2018
	24	129.7	**838**	Melissa Hunt	12/8/2018
	25	125.6	**790**	Caitlin Cardone	7/9/2016
	26	131.8	**766**	Taylor Jackson	10/28/2017
	24	132.2	**711**	Priscilla Pardue	10/28/2017
	24	132.2	**689**	Kayce Hoover	4/22/2017
	27	132	**610**	Sara Carney	6/2/2018
	47	131.4	**305**	Angie Terry	10/29/2016

67.5kg/148.7lbs

	28	145.2	**402**	**Brittany Shackelford**	10/28/2017
	28	137.6	**375**	Courtney Norris	10/29/2016
	27	143.8	**369**	Taylor Jackson	5/11/2019
	27	143	**360**	Samantha Corujo	6/2/2018
	27	139.3	**336**	Melissa Hunt	7/10/2021
	27	143.4	**325**	Amber Rabon	9/19/2020
	24	144.4	**305**	Kayce Hoover	10/29/2016
	20	145.8	**298**	Anya Kalnins	2/20/2021
	42	136.2	**286**	Alexandra Gray	11/9/2024
	15	135.6	**265**	Beverly Lemay	3/1/2024

67.5kg/148.7lbs

	29	140.4	**242**	**Morgan Long**	10/21/2023
	43	147.1	**231**	Emily Lilly	3/4/2023
	28	145.2	**226**	Brittany Shackelford	10/28/2017
	61	148.6	**226**	Maureen Clary	4/22/2017
	27	144.2	**200**	Courtney Norris	7/9/2016
	39	145.3	**193**	Tosha Baughman	3/19/2023
	29	144.4	**182**	Leslie Kutner	11/9/2019
	29	146.8	**182**	Alexandrea McClain	8/24/2024
	21	138.3	**178**	Anya Kalnins	9/18/2021
	30	143.5	**176**	Maria Ackley	11/11/2023

67.5kg/148.7lbs

	28	145.2	**375**	**Brittany Shackelford**	10/28/2017
	27	143.8	**353**	Taylor Jackson	5/11/2019
	27	144.2	**350**	Courtney Norris	7/9/2016
	27	143.4	**347**	Amber Rabon	9/19/2020
	27	143	**340**	Samantha Corujo	6/2/2018
	27	139.3	**314**	Melissa Hunt	7/10/2021
	40	137.8	**309**	Alexandra Gray	4/15/2023
	20	145.8	**309**	Anya Kalnins	2/20/2021
	24	144.4	**300**	Kayce Hoover	10/29/2016
	35	148	**290**	Desiree Savarese	1/21/2017

67.5kg/148.7lbs

	28	145.2	**1003**	**Brittany Shackelford**	10/28/2017
	27	144.2	**910**	Courtney Norris	7/9/2016
	27	143.8	**887**	Taylor Jackson	5/11/2019
	27	143	**835**	Samantha Corujo	6/2/2018
	27	143.4	**821**	Amber Rabon	9/19/2020
	27	139.3	**777**	Melissa Hunt	7/10/2021
	20	145.8	**772**	Anya Kalnins	2/20/2021
	42	136.2	**755**	Alexandra Gray	11/9/2024
	24	144.4	**750**	Kayce Hoover	10/29/2016
	35	148	**655**	Desiree Savarese	1/21/2017

75kg/165.2lbs

	42	165	**402**	**Reyhan Roybal**	10/17/2020
	26	159.6	**386**	Jessica Wissmann	10/28/2017
	31	163	**347**	Bridget McDermott	4/22/2017
	28	165.3	**319**	Ife Egbeyemi	7/10/2021
	55	156.8	**308**	Candice Maness	10/28/2017
	19	150.4	**275**	Sarah Oesch	6/11/2022
	56	160.4	**275**	Barbara Haiden	12/9/2017
	33	163.2	**275**	Shayna Dence	4/9/2016
	36	165.1	**275**	Jennifer Broome	10/27/2018
	54	157	**265**	Cindy Meeker	10/29/2016

75kg/165.2lbs

	30	153	**253**	**Morgan Long**	6/29/2024
	44	159	**242**	Emily Lilly	10/21/2023
	42	165	**240**	Reyhan Roybal	10/17/2020
	65	162.7	**231**	Maureen Clary	6/5/2021
	26	164.5	**231**	Kari DeShazo	11/21/2020
	67	160.4	**209**	Barbara Haiden	12/9/2017
	22	159.2	**198**	Abby Rice	4/12/2025
	55	156.8	**193**	Candice Maness	10/28/2017
	44	158.3	**193**	Jennifer Zwaan	7/22/2023
	33	160	**187**	Heather Ingalls	8/12/2017

75kg/165.2lbs

	42	165	**430**	**Reyhan Roybal**	10/17/2020
	26	163.4	**358**	Jessica Wissmann	4/20/2018
	28	165.3	**353**	Kari Rankin	7/12/2025
	29	165.1	**350**	Lauren Davis	6/28/2025
	36	165.1	**347**	Jennifer Broome	6/9/2018
	23	159.4	**342**	Emily Tighe	6/9/2018
	28	160.8	**335**	Hannah Cochran	7/9/2016
	19	150.4	**334**	Sarah Oesch	6/11/2022
	31	163	**320**	Bridget McDermott	4/22/2017
	28	165.3	**319**	Ife Egbeyemi	7/10/2021

75kg/165.2lbs

	42	165	**1056**	**Reyhan Roybal**	10/17/2020
	26	159.6	**920**	Jessica Wissmann	10/28/2017
	31	163	**832**	Bridget McDermott	4/22/2017
	55	156.8	**799**	Candice Maness	10/28/2017
	36	165.1	**788**	Jennifer Broome	10/27/2018
	67	160.4	**782**	Barbara Haiden	12/9/2017
	19	150.4	**772**	Sarah Oesch	6/11/2022
	28	165.3	**755**	Ife Egbeyemi	7/10/2021
	23	159.4	**727**	Emily Tighe	6/9/2018
	28	160.8	**720**	Hannah Cochran	7/9/2016

82.5kg/181.7lbs

	30	178	**523**	**Brittany Gagne**	12/9/2023
	27	177.5	**518**	Julia Blackman	10/21/2023
	34	175	**402**	Kristie Johnston	10/21/2023
	71	177	**386**	Barbara Haiden	12/4/2021
	26	177.5	**386**	Emily Merritt	5/11/2019
	27	179.8	**380**	Helen Romero	4/20/2018
	46	181	**380**	Shannon Nash	4/20/2018
	35	179	**369**	Kelley Lee	8/12/2017
	25	177.7	**353**	Kristen Smith	5/6/2023
	25	171.8	**350**	Jessica Wissmann	10/29/2016

82.5kg/181.7lbs

	45	180.3	**380**	**Shannon Nash**	4/22/2017
	71	177	**287**	Barbara Haiden	12/4/2021
	45	166.9	**237**	Emily Lilly	6/29/2024
	30	178	**231**	Brittany Gagne	12/9/2023
	32	179	**231**	Ciearra Jackson-Griffen	7/22/2023
	34	175	**226**	Kristie Johnston	10/21/2023
	27	179.8	**226**	Helen Romero	4/20/2018
	35	177	**220**	Jessica Mitchell	4/26/2025
	28	181	**209**	Miranda Williams	5/6/2023
	29	177.6	**204**	Gabrielle Robbins	11/9/2019

82.5kg/181.7lbs

	27	177.5	**512**	**Julia Blackman**	10/21/2023
	30	178	**507**	Brittany Gagne	12/9/2023
	27	179.8	**435**	Helen Romero	4/20/2018
	46	181	**435**	Shannon Nash	4/20/2018
	34	175	**419**	Kristie Johnston	10/21/2023
	35	179	**419**	Kelley Lee	8/12/2017
	25	177.7	**402**	Kristen Smith	5/6/2023
	26	171.5	**397**	Kari Rankin	7/22/2023
	26	178.7	**391**	Emily Merritt	10/27/2018
	27	174.8	**386**	Helen Romero	10/28/2017

82.5kg/181.7lbs

	30	178	**1262**	**Brittany Gagne**	12/9/2023
	27	177.5	**1185**	Julia Blackman	10/21/2023
	46	181	**1152**	Shannon Nash	4/20/2018
	71	177	**1058**	Barbara Haiden	12/4/2021
	34	175	**1047**	Kristie Johnston	10/21/2023
	27	179.8	**1041**	Helen Romero	4/20/2018
	26	177.5	**937**	Emily Merritt	5/11/2019
	25	177.7	**931**	Kristen Smith	5/6/2023
	35	179	**909**	Kelley Lee	8/12/2017
	27	174.8	**882**	Helen Romero	10/28/2017

90kg/198.2lbs

	31	190.4	**463**	**Alexis Eliopoulos**	10/28/2017
	29	197.2	**441**	Emily Merritt	6/19/2021
	25	186.9	**347**	Kristen Smith	2/25/2023
	34	193.6	**303**	Promandeep Kaur	3/21/2020
	21	182.2	**300**	Sarah Oesch	3/1/2024
	46	190.9	**292**	Heather Streible	6/17/2023
	11	192.6	**292**	Nevaeh McIntosh	10/16/2021
	44	184.7	**260**	Tricia Emrich	7/9/2016
	45	185.6	**248**	Shannon Nash	10/28/2017
	32	186.3	**226**	Jordan Berryhill	7/22/2023

90kg/198.2lbs

	45	185.6	**380**	**Shannon Nash**	10/28/2017
	31	190.4	**303**	Alexis Eliopoulos	10/28/2017
	38	195.1	**286**	Linsey Eudy	10/19/2024
	28	192	**220**	Jess Lemachko	8/19/2023
	33	189	**200**	Priyanka Santiago	10/2/2022
	40	187.2	**193**	Mona Espinosa	1/22/2022
	21	182.2	**190**	Sarah Oesch	3/1/2024
	22	184.1	**187**	Emely Barahona	6/5/2021
	45	194	**187**	Heather Streible	3/19/2023
	44	197.8	**187**	Carla Akers	4/20/2018

90kg/198.2lbs

	31	193.6	**468**	**Alexis Eliopoulos**	4/20/2018
	21	182.2	**390**	Sarah Oesch	3/1/2024
	45	185.6	**364**	Shannon Nash	10/28/2017
	25	186.9	**353**	Kristen Smith	2/25/2023
	45	194	**353**	Heather Streible	3/18/2023
	34	193.6	**342**	Promandeep Kaur	3/21/2020
	44	184.7	**285**	Tricia Emrich	7/9/2016
	32	186.3	**242**	Jordan Berryhill	7/22/2023
	45	194.9	**237**	Kelly Jeffries	2/25/2023
	11	192.6	**231**	Nevaeh McIntosh	10/16/2021

90kg/198.2lbs

	31	190.4	**1229**	**Alexis Eliopoulos**	10/28/2017
	45	185.6	**992**	Shannon Nash	10/28/2017
	21	182.2	**880**	Sarah Oesch	3/1/2024
	25	186.9	**860**	Kristen Smith	2/25/2023
	45	194	**777**	Heather Streible	3/18/2023
	34	193.6	**771**	Promandeep Kaur	3/21/2020
	44	184.7	**695**	Tricia Emrich	7/9/2016
	11	192.6	**639**	Nevaeh McIntosh	10/16/2021
	45	194.9	**595**	Kelly Jeffries	2/25/2023
	32	186.3	**579**	Jordan Berryhill	7/22/2023

100kg/220.25lbs

	28	206.1	**463**	**Jessica Hoxie**	5/22/2021
	44	209.4	**424**	Anika Harper	4/13/2024
	31	215.2	**358**	Megan Geiger	5/4/2024
	12	218.1	**325**	Nevaeh McIntosh	5/6/2023
	36	216.2	**320**	Crystal Prather	3/1/2024
	37	211.4	**303**	Trisha Crisman	8/25/2018
	46	212.8	**275**	Heather Streible	3/1/2024
	46	211	**259**	Renee Turner	6/17/2023
	37	213.8	**253**	Brett Sexton	10/12/2019
	25	217.1	**242**	Grace Jones	12/19/2020

100kg/220.25lbs

	29	213.6	**237**	**Jessica Hoxie**	3/5/2022
	17	206.1	**215**	Alexandria Jefferson	10/19/2024
	31	215.2	**215**	Megan Geiger	5/4/2024
	12	218.1	**204**	Nevaeh McIntosh	5/6/2023
	45	219.1	**204**	Carla Akers	10/27/2018
	30	210.5	**187**	Haley Shields	10/21/2023
	46	212.8	**185**	Heather Streible	3/1/2024
	32	216.5	**171**	Rachel Massey	6/11/2022
	31	206.4	**165**	Delena Maynard	4/28/2024
	34	208.3	**165**	Laura Bos	6/9/2024

100kg/220.25lbs

	29	213.6	**424**	**Jessica Hoxie**	3/5/2022
	31	215.2	**408**	Megan Geiger	5/4/2024
	34	207.7	**380**	Crystal Prather	10/22/2022
	46	212.8	**355**	Heather Streible	3/1/2024
	44	209.4	**342**	Anika Harper	4/13/2024
	37	213.8	**342**	Brett Sexton	10/12/2019
	55	217.6	**335**	Janet Martin	3/1/2024
	37	211.4	**314**	Trisha Crisman	8/25/2018
	42	209.2	**303**	Christina Lauffer	6/19/2021
	46	211	**287**	Renee Turner	6/17/2023

100kg/220.25lbs

	28	206.1	**1102**	**Jessica Hoxie**	5/22/2021
	31	215.2	**981**	Megan Geiger	5/4/2024
	44	209.4	**909**	Anika Harper	4/13/2024
	36	216.2	**850**	Crystal Prather	3/1/2024
	46	212.8	**815**	Heather Streible	3/1/2024
	12	218.1	**805**	Nevaeh McIntosh	5/6/2023
	37	211.4	**771**	Trisha Crisman	8/25/2018
	37	213.8	**749**	Brett Sexton	10/12/2019
	46	211	**689**	Renee Turner	6/17/2023
	42	209.2	**623**	Christina Lauffer	6/19/2021

110kg/242.5lbs

	42	240.3	**408**	**Katy Silvers**	7/22/2023
	29	228.8	**380**	Brittany Berryhill	12/19/2020

110kg/242.5lbs

	24	230.6	**231**	**Maddy Webster**	3/19/2023
	14	239	**226**	Nevaeh McIntosh	10/19/2024

110kg/242.5lbs

	50	240	**400**	**Ylander Ross**	1/21/2017
	42	240.3	**397**	Katy Silvers	7/22/2023

110kg/242.5lbs

	42	240.3	**987**	**Katy Silvers**	7/22/2023
	50	240	**955**	Ylander Ross	1/21/2017

		14	239	**380**	Nevaeh 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**	Nevaeh McIntosh	3/1/2024			13	239.8	**830**	Nevaeh McIntosh	3/1/2024
									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 Wofford	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**	Nevaeh McIntosh	7/27/2024			24	255	**364**	Lindsay Finch	5/6/2023			40	276	**920**	Katy Silvers	9/18/2021
		14	244.5	**375**	Nevaeh McIntosh	7/27/2024			40	272.2	**226**	Andrea Willis	6/19/2021			34	250	**336**	Tarra Farnham	5/22/2021			14	244.5	**904**	Nevaeh 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			23	262.8	**193**	Shauntre Lilley	12/4/2021			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 Ricks	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	**292**	Nevaeh 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 Wofford	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
RAW CLASSIC (Knee Wraps) SQUAT
FEMALE - JUNIORS (20-23)

Wgt Class		Age	Wgt	Lbs	Name	Date
67.5kg/148.7lbs						
		20	145.8	**298**	**Anya Kalnins**	2/20/2021
75kg/165.2lbs						
		22	161.6	**242**	**Dani Moore**	6/10/2017
		23	159.4	**237**	Emily Tighe	6/9/2018
		20	161.6	**187**	Sarah Oesch	3/18/2023
82.5kg/181.7lbs						
		21	180.3	**303**	**Sarah Oesch**	4/28/2024
		23	178.4	**226**	Hannah Ramsey	10/18/2020
90kg/198.2lbs						
		21	182.2	**300**	**Sarah Oesch**	3/1/2024

365 STRONG WORLD RANKINGS
RAW BENCH PRESS
FEMALE - JUNIORS (20-23)

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
56kg/123.5lbs						
		20	120.6	**132**	**Emily Gaiser**	7/10/2021
		23	122.8	**132**	Isabella Sarks	4/23/2022
		23	120.2	**127**	Asia Hannans	9/7/2024
		21	115.7	**88**	Joszlyn 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						
		21	138.3	**178**	**Anya Kalnins**	9/18/2021
		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						
		22	159.2	**198**	**Abby Rice**	4/12/2025
		23	161.5	**171**	Alisha Martin	4/24/2021
		23	164.6	**160**	Candace Locklear	3/10/2018
		23	159.4	**149**	Emily Tighe	6/9/2018
		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
		20	159.5	**110**	Ivanna Guzman	4/22/2017
82.5kg/181.7lbs						
		21	180.3	**193**	**Sarah Oesch**	4/28/2024
		20	167.3	**171**	Brianna Ormezzano	11/23/2024
		23	177	**154**	Kailee 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						
		21	182.2	**190**	**Sarah Oesch**	3/1/2024
		22	184.1	**187**	Emely Barahona	6/5/2021
		23	195.1	**171**	Isabella Heffner	7/22/2023
		22	195.6	**170**	Kelly Benson	10/29/2016
		21	194.2	**110**	Mariah Flint	4/22/2017

365 STRONG WORLD RANKINGS
RAW CLASSIC
FEMALE - JUNIORS (20-23)

Wgt Class		Age	Wgt	Lbs	Name	Date
67.5kg/148.7lbs						
		21	138.2	**320**	**Anya Kalnins**	9/18/2021
75kg/165.2lbs						
		23	159.4	**342**	**Emily Tighe**	6/9/2018
		20	161.6	**303**	Sarah Oesch	3/18/2023
		22	161.6	**253**	Dani Moore	6/10/2017
82.5kg/181.7lbs						
		21	180.3	**347**	**Sarah Oesch**	4/28/2024
		23	178.4	**204**	Hannah Ramsey	10/18/2020
90kg/198.2lbs						
		21	182.2	**390**	**Sarah Oesch**	3/1/2024

365 STRONG WORLD RANKINGS
RAW CLASSIC (Knee Wraps) TOTAL
FEMALE - JUNIORS (20-23)

Wgt Class		Age	Wgt	Lbs	Name	Date
67.5kg/148.7lbs						
		20	145.8	**772**	**Anya Kalnins**	2/20/2021
75kg/165.2lbs						
		23	159.4	**727**	**Emily Tighe**	6/9/2018
		22	161.6	**628**	Dani Moore	6/10/2017
		20	161.6	**623**	Sarah Oesch	3/18/2023
82.5kg/181.7lbs						
		21	180.3	**843**	**Sarah Oesch**	4/28/2024
		23	178.4	**568**	Hannah Ramsey	10/18/2020
90kg/198.2lbs						
		21	182.2	**880**	**Sarah Oesch**	3/1/2024

| | | |

SP		43	131.9	331	Dawn Bogart	4/22/2017
SP		54	132	331	Priscilla Pardue	4/20/2018
MP		59	129.6	132	JoJo Brasseaux	10/21/2023
67.5kg/148.7lbs						
MP		49	142.2	551	Melissa Smith	10/21/2023
MP		21	148.2	405	Madeleine Giess	1/21/2017
SP		55	142.5	303	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
SP		56	154.1	358	Candice Maness	10/27/2018
82.5kg/181.7lbs						
MP		32	177.6	505	Jasmine Jenkins	10/30/2016
SP		27	179.4	415	Helen Romero	6/2/2018
90kg/198.2lbs						
MP		47	198	672	Shelley Yates	10/22/2022
MP		62	188.3	441	Jodie Reynolds	1/11/2025
MP		46	184.1	419	Jeanine Russell	7/22/2023
100kg/220.25lbs						
MP		46	198.7	650	Shelley Yates	4/23/2022
SP		33	217.6	243	Morgan Leddy	6/25/2022
110kg/242.5lbs						
					None	
110.1+kg/242.6+lbs						

SP		49	132.3	314	Missy Taylor	11/23/2024
SP		43	131.9	226	Dawn Bogart	4/22/2017
MP		60	129.6	193	JoJo Brasseaux	10/19/2024
SP		54	132	165	Priscilla Pardue	4/20/2018
67.5kg/148.7lbs						
MP		48	141.3	331	Melissa Smith	7/22/2023
MP		21	148.2	245	Madeleine Giess	1/21/2017
SP		55	142.5	176	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
SP		46	157	275.6	Christina McDowell	11/19/2016
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						
MP		50	181.6	441	Gi Gi Eller	10/16/2021
MP		32	177.6	355	Jasmine Jenkins	10/30/2016
SP		27	179.4	265	Helen Romero	6/2/2018
SP		43	177.3	253	Christina Lauffer	4/23/2022
SP		62	169.1	215	Cindy Meeker	5/7/2023
MP		47	180.1	165	Jennifer Wagner	4/15/2023
90kg/198.2lbs						
MP		48	196.4	452	Shelley Yates	7/22/2023
MP		46	184.1	253	Jeanine Russell	7/22/2023
SP		42	198.2	253	Anika Harper	10/22/2022
MP		62	188.3	226	Jodie Reynolds	1/11/2025
SP		43	189.8	220	Christina Lauffer	1/22/2022
100kg/220.25lbs						
MP		46	198.7	375	Shelley Yates	4/23/2022
SP		43	215.4	270	Anika Harper	7/22/2023
SP		33	217.6	132	Morgan Leddy	6/25/2022
110kg/242.5lbs						
					None	
110.1+kg/242.6+lbs						
SP		41	281.1	336	Ann McManus	4/12/2025

SP		43	131.9	402	Dawn Bogart	4/22/2017
SP		54	132	265	Priscilla Pardue	4/20/2018
67.5kg/148.7lbs						
MP		21	148.2	425	Madeleine Giess	1/21/2017
MP		46	141.8	375	Melissa Smith	10/17/2020
SP		55	142.5	281	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
SP		56	154.1	281	Candice Maness	10/27/2018
82.5kg/181.7lbs						
SP		27	179.4	470	Helen Romero	6/2/2018
MP		32	177.6	465	Jasmine Jenkins	10/30/2016
SP		43	177.3	309	Christina Lauffer	4/23/2022
MP		47	180.1	303	Jennifer Wagner	4/15/2023
90kg/198.2lbs						
MP		47	198	457	Shelley Yates	10/22/2022
MP		43	192.7	413	Kendra Archer	1/11/2025
MP		46	184.1	408	Jeanine Russell	7/22/2023
MP		62	188.3	353	Jodie Reynolds	1/11/2025
SP		42	190.9	336	Anika Harper	4/23/2022
SP		43	189.8	308	Christina Lauffer	1/22/2022
100kg/220.25lbs						
MP		45	216	452	Shelley Yates	10/17/2020
SP		41	216.5	402	Anika Harper	7/24/2021
SP		33	217.6	314	Morgan Leddy	6/25/2022
110kg/242.5lbs						
					None	
110.1+kg/242.6+lbs						

SP		43	131.9	959	Dawn Bogart	4/22/2017
SP		54	132	761	Priscilla Pardue	4/20/2018
67.5kg/148.7lbs						
MP		49	142.2	1245	Melissa Smith	10/21/2023
MP		21	148.2	1075	Madeleine Giess	1/21/2017
SP		55	142.5	755	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
SP		56	154.1	909	Candice Maness	10/27/2018
82.5kg/181.7lbs						
MP		32	177.6	1325	Jasmine Jenkins	10/30/2016
SP		27	179.4	1120	Helen Romero	6/2/2018
90kg/198.2lbs						
MP		48	196.4	1538	Shelley Yates	7/22/2023
MP		46	184.1	1080	Jeanine Russell	7/22/2023
MP		62	188.3	1019	Jodie Reynolds	1/11/2025
100kg/220.25lbs						
MP		46	198.7	1449	Shelley Yates	4/23/2022
SP		33	217.6	689	Morgan Leddy	6/25/2022
110kg/242.5lbs						
					None	
110.1+kg/242.6+lbs						

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs						
MP		20	123.4	248	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						
MP		21	148.2	405	Madeleine Giess	1/21/2017

56kg/123.5lbs						
MP		20	123.4	127	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						
MP		21	148.2	245	Madeleine Giess	1/21/2017

56kg/123.5lbs						
MP		20	123.4	297	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						
MP		21	148.2	425	Madeleine Giess	1/21/2017

56kg/123.5lbs						
MP		20	123.4	672	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						
MP		21	148.2	1075	Madeleine Giess	1/21/2017

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS
SQUAT - EQUIPMENT NOTED
M/P/F Divisional Leaders

Weight Clas		Age	Wgt	Lbs	Name	Date
48kg/105.7lbs						
		33	104.3	193	Stephanie Washington	7/10/2021
56kg/123.5lbs						
FP	RC	29	122	242	Amanda Isley	10/28/2017
60kg/132.2lbs						
67.5kg/148.7lbs						
		21	147.7	231	Savannah Gautier	1/18/2025
		36	139.4	215	LaDetra Cole	10/29/2022
75kg/165.2lbs					M/P/F	
FP	R	27	161.2	275	Mikhayla Dunn	12/18/2021
FP	R	35	154.7	253	LaDetra Cole	3/5/2022
FP	R	28	150.8	248	Anaya Cook	11/23/2024
FP	R	33	160	242	Heather Ingalls	8/12/2017
82.5kg/181.7lbs						
FP	R	45	166.9	402	Emily Lilly	6/29/2024
FP	RC	26	177.5	386	Emily Merritt	5/11/2019
FP	R	29	177.6	314	Gabrielle Robbins	11/9/2019
FP	R	31	178.2	281	Emily Gilson	10/17/2020
FP	R	27	169.5	242	Dasia Sanders	11/9/2024
FP	R	39	178	220	Pamela Buskirk	3/5/2022
90+kg/198.2+lbs					Female	
FP	R	41	194.9	391	Allison White	4/26/2025
FP	RC	34	250	308	Tarra Farnham	5/22/2021

365 STRONG WORLD RANKINGS
BENCH - EQUIPMENT NOTED
M/P/F Divisional Leaders

Weight Clas		Age	Wgt	Lbs	Name	Date
48kg/105.7lbs						
		33	104.3	110	Stephanie Washington	7/10/2021
56kg/123.5lbs						
FP	RC	29	122	132	Amanda Isley	8/12/2017
60kg/132.2lbs						
BP	MP	60	129.6	193	JoJo Brasseaux	10/19/2024
67.5kg/148.7lbs						
		36	139.4	116	LaDetra Cole	10/29/2022
		21	147.7	99	Savannah Gautier	1/18/2025
75kg/165.2lbs					M/P/F	
FP	R	33	160	187	Heather Ingalls	8/12/2017
FP	R	27	161.2	154	Mikhayla Dunn	12/18/2021
FP	R	35	154.7	138	LaDetra Cole	3/5/2022
FP	R	28	150.8	127	Anaya Cook	11/23/2024
82.5kg/181.7lbs						
FP	R	45	166.9	237	Emily Lilly	6/29/2024
FP	R	29	177.6	204	Gabrielle Robbins	11/9/2019
FP	R	26	177.5	165	Emily Merritt	5/11/2019
FP	R	31	178.2	149	Emily Gilson	10/17/2020
PP	R	39	174.4	132	Pamela Buskirk	7/24/2021
FP	R	27	169.5	127	Dasia Sanders	11/9/2024
90+kg/198.2+lbs					Female	
FP	R	34	250	138	Tarra Farnham	5/22/2021

365 STRONG WORLD RANKINGS
DEADLIFT - EQUIPMENT NOTED
M/P/F Divisional Leaders

Weight Clas		Age	Wgt	Lbs	Name	Date
48kg/105.7lbs						
		33	104.3	226	Stephanie Washington	7/10/2021
56kg/123.5lbs						
FP	RC	29	122	303	Amanda Isley	10/28/2017
60kg/132.2lbs						
67.5kg/148.7lbs						
		36	139.4	336	LaDetra Cole	10/29/2022
		21	147.7	237	Savannah Gautier	1/18/2025
75kg/165.2lbs					M/P/F	
FP	R	35	154.7	380	LaDetra Cole	3/5/2022
FP	R	27	161.2	320	Mikhayla Dunn	12/18/2021
FP	R	33	160	303	Heather Ingalls	8/12/2017
FP	R	28	150.8	248	Anaya Cook	11/23/2024
82.5kg/181.7lbs						
FP	R	29	177.6	397	Gabrielle Robbins	11/9/2019
FP	RC	26	178.7	391	Emily Merritt	10/27/2018
FP	R	45	166.9	386	Emily Lilly	6/29/2024
FP	R	31	178.2	342	Emily Gilson	10/17/2020
PP	R	39	178	286	Pamela Buskirk	3/5/2022
FP	R	27	169.5	253	Dasia Sanders	11/9/2024
90+kg/198.2+lbs					Female	
FP	R	41	194.9	468	Allison White	4/26/2025
FP	RC	34	250	336	Tarra Farnham	5/22/2021

365 STRONG WORLD RANKINGS
TOTAL - EQUIPMENT NOTED
M/P/F Divisional Leaders

Weight Clas		Age	Wgt	Lbs	Name	Date
48kg/105.7lbs						
		33	104.3	529	Stephanie Washington	7/10/2021
56kg/123.5lbs						
FP	RC	29	122	678	Amanda Isley	10/28/2017
60kg/132.2lbs						
67.5kg/148.7lbs						
		36	139.4	667	LaDetra Cole	10/29/2022
		21	147.7	568	Savannah Gautier	1/18/2025
75kg/165.2lbs					M/P/F	
FP	R	35	154.7	771	LaDetra Cole	3/5/2022
FP	R	27	161.2	749	Mikhayla Dunn	12/18/2021
FP	R	33	160	733	Heather Ingalls	8/12/2017
FP	R	28	150.8	623	Anaya Cook	11/23/2024
82.5kg/181.7lbs						
FP	R	45	166.9	1025	Emily Lilly	6/29/2024
FP	RC	26	177.5	937	Emily Merritt	5/11/2019
FP	R	29	177.6	914	Gabrielle Robbins	11/9/2019
FP	R	31	178.2	772	Emily Gilson	10/17/2020
FP	R	27	169.5	623	Dasia Sanders	11/9/2024
90+kg/198.2+lbs					Female	
FP	RC	34	250	782	Tarra Farnham	5/22/2021

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS
SQUAT - EQUIPMENT NOTED
Female - Masters

Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
R 65-69	66	101.4	**143**	**Pam Fisher**	7/12/2025
52kg/114.5lbs					
RC 45-49	46	111.8	**264**	**Missy Taylor**	4/23/2022
R 45-49	46	112.2	**259**	**Missy Taylor**	7/24/2021
R 70-74	73	106.3	**154**	**Linda Costello**	4/23/2022
R 40-44	44	113.8	**154**	**Andria Allmond**	4/26/2025
R 60-64	62	108.2	**149**	**Sue Ann Hurlbert**	10/21/2023
R 65-69	65	107.4	**143**	**Pam Fisher**	5/18/2024
R 55-59	59	108.9	**105**	**Sue Ann Hurlbert**	10/17/2020
56kg/123.5lbs					
R 45-49	48	122.4	**314**	**Missy Taylor**	5/6/2023
RC 40-44	44	119.4	**275**	**Tiffany Stone**	7/27/2024
SP 40-44	42	121.8	**265**	**Dawn Bogart**	4/9/2016
R 50-54	54	119.6	**182**	**Lisa Baker**	12/19/2020
R 55-59	56	118.6	**176**	**Dawn Williams**	7/24/2021
RC 45-49	46	118.9	**160**	**Kathy Wilson**	12/8/2018
R 55-59	55	116	**143**	Anju Sethi	7/12/2025
60kg/132.2lbs					
SP 40-44	43	131.9	**331**	**Dawn Bogart**	4/22/2017
SP 50-54	54	132	**331**	**Priscilla Pardue**	4/20/2018
RC 50-54	53	132.2	**308**	**Priscilla Pardue**	10/28/2017
R 40-44	42	130	**300**	**Dawn Bogart**	7/9/2016
R 40-44	44	124.8	**154**	Meredith McPherson	7/12/2025
RC 45-49	47	131.4	**105**	**Angie Terry**	10/29/2016
67.5kg/148.7lbs					
MP 45-49	49	142.2	**551**	**Melissa Smith**	10/21/2023
R 40-44	43	147.5	**359**	**Emily Lilly**	5/6/2023
SP 55-59	55	142.5	**303**	**Priscilla Pardue**	5/11/2019
R 40-44	40	144.4	**303**	Nicole Qualls	3/5/2022
R 60-64	61	148.6	**298**	**Maureen Clary**	4/22/2017
R 40-44	41	143.3	**292**	Mona Hope	1/20/2024
RC 40-44	42	136.2	**286**	**Alexandra Gray**	11/9/2024
R 50-54	53	139.1	**270**	**Yvette Bushard**	10/16/2021
R 65-69	65	148.7	**270**	**Maureen Clary**	1/22/2022
RC 50-54	52	145.4	**265**	**Priscilla Pardue**	10/29/2016
R 55-59	55	139.8	**253**	**Yvette Bushard**	5/6/2023
R 45-49	45	144.8	**248**	**Sharon Crook**	6/25/2022
R 45-49	45	140	**237**	Gina Casper	5/27/2023
R 50-54	53	147.9	**220**	Sonja Drury	10/21/2023
R 40-44	41	139.9	**182**	Ilona Eichhorn	6/9/2024
R 40-44	43	146.5	**176**	Jennifer Rush	12/19/2020
R 40-44	40	140.4	**149**	Misty Bruce	1/22/2022
R 65-69	65	148.8	**71**	Sharon Earnhardt	7/12/2025
75kg/165.2lbs					
RC 40-44	42	165	**402**	**Reyhan Roybal**	10/17/2020
R 40-44	44	159	**380**	**Emily Lilly**	10/21/2023
SP 55-59	56	154.1	**358**	**Candice Maness**	10/27/2018
R 45-49	45	157	**325**	**Jennifer Zwaan**	10/21/2023
R 40-44	44	157.4	**325**	Hilary Clark	8/25/2018
R 40-44	44	158.3	**320**	Jennifer Zwaan	7/22/2023
R 45-49	48	164.6	**314**	Bonnie Mosley	10/17/2020
RC 55-59	55	156.8	**309**	**Candice Maness**	10/28/2017
RC 65-69	67	160.4	**275**	**Barbara Haiden**	12/9/2017
R 40-44	41	164.8	**270**	Tara Peele	10/27/2018
R 55-59	57	152	**259**	**Paige Hitt**	12/4/2021
R 50-54	54	161.6	**259**	**Kelly Padgett**	11/23/2024
R 40-44	41	158.1	**248**	Jennifer Edwards	10/21/2023
RC 50-54	54	160.6	**242**	**Candice Maness**	4/22/2017
R 55-59	59	159.2	**226**	Dawn O'Donnell	4/23/2022
R 40-44	40	160.1	**226**	Cindy Thompson	7/22/2023
R 50-54	51	165.1	**220**	Hadewij Slootweg	6/9/2024
R 40-44	44	154.1	**215**	Jennifer May	5/27/2023

365 STRONG WORLD RANKINGS
BENCH - EQUIPMENT NOTED
Female - Masters

Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
R 55-59	55	98	**132**	**Nina Kiuru**	7/30/2022
R 65-69	66	101.4	**83**	**Pam Fisher**	7/12/2025
52kg/114.5lbs					
R 45-49	46	111.8	**182**	**Missy Taylor**	4/23/2022
R 45-49	46	112.2	**160**	**Missy Taylor**	7/24/2021
R 60-64	64	110.2	**110**	**Sue Ann Hurlbert**	2/8/2025
R 40-44	44	113.8	**94**	**Andria Allmond**	4/26/2025
R 70-74	73	106.3	**83**	**Linda Costello**	4/23/2022
R 65-69	65	107.4	**83**	**Pam Fisher**	5/18/2024
R 55-59	59	108.9	**83**	**Sue Ann Hurlbert**	10/17/2020
56kg/123.5lbs					
R 45-49	48	122.4	**209**	**Missy Taylor**	5/6/2023
R 40-44	42	121.8	**175**	**Dawn Bogart**	4/9/2016
MP 60-64	60	121.4	**160**	**JoJo Brasseaux**	3/1/2024
R 40-44	44	119.4	**143**	Tiffany Stone	7/27/2024
R 55-59	56	118.6	**116**	**Dawn Williams**	7/24/2021
R 50-54	54	119.6	**94**	**Lisa Baker**	12/19/2020
R 45-49	46	118.9	**88**	Kathy Wilson	12/8/2018
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					
SP 45-49	49	132.3	**314**	**Missy Taylor**	11/23/2024
R 45-49	49	129.4	**231**	**Missy Taylor**	7/27/2024
SP 40-44	43	131.9	**226**	**Dawn Bogart**	4/22/2017
R 40-44	42	130	**205**	**Dawn Bogart**	7/9/2016
MP 60-64	60	129.6	**193**	**JoJo Brasseaux**	10/19/2024
R 55-59	57	131.3	**185**	**Jami Bozzuto**	10/2/2022
R 45-49	47	127.2	**180**	Bela Ghosh	6/11/2016
SP 50-54	54	132	**165**	**Priscilla Pardue**	4/20/2018
R 50-54	53	132.2	**143**	**Priscilla Pardue**	10/28/2017
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 45-49	47	131.4	**45**	Angie Terry	10/29/2016
67.5kg/148.7lbs					
MP 45-49	48	141.3	**331**	**Melissa Smith**	7/22/2023
R 40-44	43	147.5	**231**	**Emily Lilly**	3/4/2023
R 60-64	61	148.6	**226**	**Maureen Clary**	4/22/2017
R 65-69	65	148.7	**211**	**Maureen Clary**	1/22/2022
SP 55-59	55	142.5	**176**	**Priscilla Pardue**	5/11/2019
R 40-44	42	136.2	**165**	Alexandra Gray	11/9/2024
R 45-49	48	145.3	**165**	**Alysha Hayes**	1/22/2022
R 50-54	53	139.1	**160**	**Yvette Bushard**	10/16/2021
R 40-44	40	144.4	**160**	Nicole Qualls	3/5/2022
R 45-49	45	140	**149**	Gina Casper	5/27/2023
R 45-49	45	144.8	**149**	Sharon Crook	6/25/2022
R 55-59	55	139.8	**143**	**Yvette Bushard**	5/6/2023
R 40-44	40	140.4	**138**	Misty Bruce	1/22/2022
R 50-54	53	144.2	**132**	Priscilla Pardue	4/22/2017
R 40-44	41	143.3	**121**	Mona Hope	1/20/2024
R 50-54	51	148.6	**121**	Kelly Padgett	10/16/2021
R 40-44	41	139.9	**116**	Ilona Eichhorn	6/9/2024
R 50-54	53	147.9	**116**	Sonja Drury	10/21/2023
R 65-69	65	148.8	**71**	Sharon Earnhardt	7/12/2025
75kg/165.2lbs					
SP 45-49	46	157	**275.6**	**Christina McDowell**	11/19/2016
SP 55-59	56	154.1	**270**	**Candice Maness**	10/27/2018
R 40-44	44	159	**242**	**Emily Lilly**	10/21/2023
R 40-44	42	165	**240**	Reyhan Roybal	10/17/2020
R 65-69	65	162.7	**231**	**Maureen Clary**	6/5/2021
R 65-69	67	160.4	**209**	Barbara Haiden	12/9/2017
SP 60-64	61	164.5	**209**	**Cindy Meeker**	4/23/2022
SP 60-64	63	154.4	**204**	Maureen Clary	2/15/2020
R 55-59	55	156.8	**192**	**Candice Maness**	10/28/2017
R 40-44	44	158.3	**192**	Jennifer Zwaan	7/22/2023
R 50-54	52	162.3	**187**	**Tammy Deloatch**	11/9/2019
SP 50-54	54	160.6	**182**	**Candice Maness**	4/22/2017
R 45-49	45	157	**176**	**Jennifer Zwaan**	10/21/2023
R 40-44	44	157.4	**176**	Hilary Clark	8/25/2018
R 45-49	48	164.6	**171**	Bonnie Mosley	10/17/2020
R 55-59	57	152	**165**	Paige Hitt	12/4/2021
R 40-44	40	160.1	**160**	Cindy Thompson	7/22/2023
R 40-44	41	164.8	**160**	Tara Peele	10/28/2017

365 STRONG WORLD RANKINGS
DEADLIFT - EQUIPMENT NOTED
Female - Masters

Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
R 65-69	66	101.4	**242**	**Pam Fisher**	7/12/2025
R 55-59	55	98	**237**	**Nina Kiuru**	7/30/2022
52kg/114.5lbs					
RC 45-49	46	111.8	**292**	**Missy Taylor**	4/23/2022
R 45-49	46	112.2	**275**	**Missy Taylor**	7/24/2021
R 65-69	65	107.4	**242**	**Pam Fisher**	5/18/2024
R 60-64	62	110.7	**224**	**Sue Ann Hurlbert**	7/22/2023
R 70-74	73	106.3	**220**	**Linda Costello**	4/23/2022
R 40-44	44	113.8	**220**	**Andria Allmond**	4/26/2025
R 55-59	59	108.9	**176**	**Sue Ann Hurlbert**	10/17/2020
56kg/123.5lbs					
RC 40-44	44	119.4	**331**	**Tiffany Stone**	7/27/2024
R 45-49	48	122.4	**331**	**Missy Taylor**	5/6/2023
SP 40-44	42	121.8	**295**	**Dawn Bogart**	4/9/2016
R 50-54	54	119.6	**237**	**Lisa Baker**	12/19/2020
R 55-59	56	118.6	**226**	**Dawn Williams**	7/24/2021
RC 45-49	46	118.9	**187**	**Kathy Wilson**	12/8/2018
R 55-59	55	116	**149**	Anju Sethi	7/12/2025
60kg/132.2lbs					
SP 40-44	43	131.9	**402**	**Dawn Bogart**	4/22/2017
R 40-44	42	130	**350**	**Dawn Bogart**	7/9/2016
R 55-59	57	131.3	**325**	**Jami Bozzuto**	10/2/2022
R 45-49	47	127.2	**315**	**Bela Ghosh**	6/11/2016
SP 50-54	54	132	**265**	**Priscilla Pardue**	4/20/2018
RC 50-54	53	132.2	**259**	**Priscilla Pardue**	10/28/2017
R 40-44	44	124.8	**204**	Meredith McPherson	7/12/2025
RC 45-49	47	131.4	**155**	Angie Terry	10/29/2016
67.5kg/148.7lbs					
MP 45-49	46	141.8	**375**	**Melissa Smith**	10/17/2020
R 40-44	43	147.5	**369**	**Emily Lilly**	5/6/2023
R 60-64	60	148.4	**360**	**Maureen Clary**	10/29/2016
R 40-44	41	143.3	**320**	Mona Hope	1/20/2024
R 65-69	65	148.7	**320**	**Maureen Clary**	1/22/2022
RC 40-44	40	137.8	**309**	**Alexandra Gray**	4/15/2023
R 45-49	45	140	**303**	**Gina Casper**	5/27/2023
R 40-44	40	144.4	**303**	Nicole Qualls	3/5/2022
R 55-59	55	139.8	**292**	**Yvette Bushard**	5/6/2023
R 45-49	48	145.3	**292**	Alysha Hayes	1/22/2022
R 50-54	53	139.1	**281**	**Yvette Bushard**	10/16/2021
SP 55-59	55	142.5	**281**	**Priscilla Pardue**	5/11/2019
R 45-49	45	144.8	**270**	Sharon Crook	6/25/2022
R 50-54	51	138.2	**259**	Sue Welker	6/10/2017
R 50-54	53	144.2	**253**	Priscilla Pardue	4/22/2017
R 40-44	41	139.9	**248**	Ilona Eichhorn	6/9/2024
R 50-54	51	148.6	**237**	Kelly Padgett	10/16/2021
R 50-54	53	147.9	**231**	Sonja Drury	7/22/2023
R 65-69	65	148.8	**182**	Sharon Earnhardt	7/12/2025
75kg/165.2lbs					
RC 40-44	42	165	**430**	**Reyhan Roybal**	10/17/2020
R 40-44	44	157.4	**402**	**Hilary Clark**	8/25/2018
R 40-44	44	158.3	**386**	Jennifer Zwaan	7/22/2023
R 40-44	44	159	**380**	Emily Lilly	10/21/2023
R 45-49	45	157	**358**	**Jennifer Zwaan**	10/21/2023
R 40-44	41	164.8	**347**	Tara Peele	10/27/2018
R 65-69	67	162	**345**	**Maureen Clary**	3/1/2024
R 45-49	48	164.6	**331**	**Bonnie Mosley**	10/17/2020
R 50-54	54	161.6	**325**	**Kelly Padgett**	11/23/2024
R 55-59	59	159.2	**314**	**Dawn O'Donnell**	4/23/2022
R 50-54	51	165.1	**308**	Hadewij Slootweg	6/9/2024
RC 55-59	55	156.8	**298**	**Candice Maness**	10/28/2017
RC 65-69	67	160.4	**298**	**Barbara Haiden**	12/9/2017
R 60-64	61	164.5	**284**	**Cindy Meeker**	4/23/2022
SP 55-59	56	154.1	**281**	**Candice Maness**	10/27/2018
R 45-49	49	165	**280**	Tina Bush	4/9/2016
R 40-44	44	154.1	**275**	Jennifer May	5/27/2023
R 55-59	57	154.3	**270**	Paige Hitt	4/23/2022

365 STRONG WORLD RANKINGS
TOTAL - EQUIPMENT NOTED
Female - Masters

Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
R 65-69	66	101.4	**468**	**Pam Fisher**	7/12/2025
R 55-59	55	98	**369**	**Nina Kiuru**	7/30/2022
52kg/114.5lbs					
RC 45-49	46	111.8	**738**	**Missy Taylor**	4/23/2022
R 45-49	46	112.2	**694**	**Missy Taylor**	7/24/2021
R 40-44	44	113.8	**468**	**Andria Allmond**	4/26/2025
R 60-64	62	110.7	**464**	**Sue Ann Hurlbert**	7/22/2023
R 65-69	65	107.4	**463**	**Pam Fisher**	5/18/2024
R 70-74	73	106.3	**457**	**Linda Costello**	4/23/2022
R 55-59	59	108.9	**364**	**Sue Ann Hurlbert**	10/17/2020
56kg/123.5lbs					
SP 45-49	48	122.4	**854**	**Missy Taylor**	5/6/2023
RC 40-44	44	119.4	**749**	**Tiffany Stone**	7/27/2024
SP 40-44	42	121.8	**735**	**Dawn Bogart**	4/9/2016
R 55-59	56	118.6	**518**	**Dawn Williams**	7/24/2021
R 50-54	54	119.6	**512**	**Lisa Baker**	12/19/2020
RC 45-49	46	118.9	**435**	**Kathy Wilson**	12/8/2018
R 55-59	55	116	**364**	Anju Sethi	7/12/2025
60kg/132.2lbs					
SP 40-44	43	131.9	**959**	**Dawn Bogart**	4/22/2017
R 40-44	42	130	**855**	**Dawn Bogart**	7/9/2016
SP 50-54	54	132	**761**	**Priscilla Pardue**	4/20/2018
RC 50-54	53	132.2	**711**	**Priscilla Pardue**	10/28/2017
R 55-59	57	131.3	**510**	**Jami Bozzuto**	10/2/2022
R 45-49	47	127.2	**495**	**Bela Ghosh**	6/11/2016
R 40-44	44	124.8	**457**	Meredith McPherson	7/12/2025
RC 45-49	47	131.4	**305**	Angie Terry	10/29/2016
67.5kg/148.7lbs					
MP 45-49	49	142.2	**1245**	**Melissa Smith**	10/21/2023
R 40-44	43	147.5	**955**	**Emily Lilly**	5/6/2023
R 60-64	61	148.6	**876**	**Maureen Clary**	4/22/2017
R 65-69	65	148.7	**801**	**Maureen Clary**	1/22/2022
R 40-44	40	144.4	**766**	Nicole Qualls	3/5/2022
RC 40-44	42	136.2	**755**	**Alexandra Gray**	11/9/2024
SP 55-59	55	142.5	**755**	**Priscilla Pardue**	5/11/2019
R 40-44	41	143.3	**733**	Mona Hope	1/20/2024
R 50-54	53	139.1	**711**	**Yvette Bushard**	10/16/2021
R 55-59	55	139.8	**689**	**Yvette Bushard**	5/6/2023
R 45-49	45	140	**689**	**Gina Casper**	5/27/2023
R 45-49	45	144.8	**667**	Sharon Crook	6/25/2022
RC 50-54	53	144.2	**645**	**Priscilla Pardue**	4/22/2017
R 50-54	53	147.9	**562**	Sonja Drury	10/21/2023
R 40-44	41	139.9	**546**	Ilona Eichhorn	6/9/2024
R 40-44	40	140.4	**496**	Misty Bruce	1/22/2022
R 40-44	43	146.5	**485**	Jennifer Rush	12/19/2020
R 65-69	65	148.8	**325**	Sharon Earnhardt	7/12/2025
75kg/165.2lbs					
RC 40-44	42	165	**1056**	**Reyhan Roybal**	10/17/2020
R 40-44	44	159	**1003**	**Emily Lilly**	10/21/2023
SP 55-59	56	154.1	**909**	**Candice Maness**	10/27/2018
R 40-44	44	157.4	**904**	Hilary Clark	8/25/2018
R 40-44	44	158.3	**898**	Jennifer Swaan	7/22/2023
R 45-49	48	164.6	**816**	**Bonnie Mosley**	10/17/2020
RC 55-59	55	156.8	**799**	**Candice Maness**	10/28/2017
RC 65-69	67	160.4	**782**	**Barbara Haiden**	12/9/2017
R 40-44	41	164.8	**777**	Tara Peele	10/27/2018
R 50-54	54	161.6	**716**	**Kelly Padgett**	11/23/2024
R 55-59	57	152	**689**	**Paige Hitt**	12/4/2021
RC 50-54	54	160.6	**678**	**Candice Maness**	4/22/2017
R 40-44	41	158.1	**650**	Jennifer Edwards	10/21/2023
R 50-54	51	165.1	**628**	Hadewij Slootweg	6/9/2024
R 55-59	58	157	**623**	Dawn O'Donnell	6/19/2021
R 40-44	44	154.1	**612**	Jennifer May	5/27/2023
R 45-49	49	165	**585**	Tina Bush	4/9/2016
R 40-44	40	160.1	**579**	Cindy Thompson	7/22/2023

R	45-49	49	165	**195**	Tina Bush	4/9/2016
R	40-44	44	157.6	**132**	Melissa Judd	6/17/2023
R	60-64	60	162.9	**132**	**Crystal Rhoades**	10/21/2023

82.5kg/181.7lbs

R	45-49	45	166.9	**402**	**Emily Lilly**	6/29/2024
RC	70-74	71	177	**386**	**Barbara Haiden**	12/4/2021
RC	45-49	46	181	**380**	**Shannon Nash**	4/20/2018
R	45-49	45	178.6	**308**	Crystal McCullough	1/22/2022
R	40-44	43	176.4	**303**	**Brandy Gulledge**	5/11/2019
RC	55-59	58	181	**303**	**Cindy Meeker**	5/11/2019
R	50-54	52	172	**275**	**Zanthia Hastings**	7/12/2025
R	45-49	49	179.3	**275**	Janelle Campbell	5/11/2019
R	50-54	51	181	**265**	Sujata Bhakat	4/20/2018
RC	45-49	45	177.7	**237**	Heather Streible	10/22/2022
R	55-59	59	166.9	**231**	**Dawn O'Donnell**	10/22/2022
R	45-49	48	172.6	**231**	Amy Kivett	6/19/2021
R	40-44	43	176.8	**226**	Erin Newman	5/18/2024
R	45-49	45	180.3	**226**	Shannon Nash	4/22/2017
R	55-59	59	174.4	**209**	Carolyn Beck	6/19/2021
RC	55-59	57	177.3	**187**	Shelly Moore	6/5/2021
RC	55-59	58	175.9	**165**	Cathy Cranford	11/9/2019
R	60-64	62	178.1	**105**	**Laura B. Rectenwal**	7/12/2025

90kg/198.2lbs

MP	45-49	47	198	**672**	**Shelley Yates**	10/22/2022
MP	60-64	62	188.3	**441**	**Jodie Reynolds**	1/11/2025
MP	45-49	46	184.1	**419**	**Jeanine Russell**	7/22/2023
R	40-44	41	194.9	**391**	**Allison White**	4/26/2025
R	50-54	52	187.8	**380**	**Traci Baggett**	7/12/2025
R	40-44	41	195.1	**358**	Rebecca Caudill	12/7/2024
R	40-44	44	197.8	**320**	Carla Akers	4/20/2018
RC	45-49	46	190.9	**292**	**Heather Streible**	6/17/2023
RC	40-44	44	184.7	**260**	**Tricia Emrich**	7/9/2016
R	45-49	48	194.7	**259**	**Mandy Self-Sparrow**	2/10/2024
R	45-49	48	195.5	**259**	Johellah Wilson	6/25/2022
R	50-54	54	185	**253**	Rosie Rosemond	8/24/2024
RC	45-49	45	185.6	**248**	Shannon Nash	10/28/2017
R	40-44	43	192	**248**	Michele Blackman	12/4/2021
RC	45-49	45	194.9	**226**	Kelly Jeffries	2/25/2023
R	55-59	56	183.2	**190**	**Cathy Cranford**	10/29/2016

100kg/220.25lbs

MP	45-49	46	198.7	**650**	**Shelley Yates**	4/23/2022
RC	40-44	44	209.4	**424**	**Anika Harper**	4/13/2024
R	40-44	41	213	**347**	**Gina Woolard**	3/5/2022
R	45-49	45	219.1	**330**	**Carla Akers**	10/27/2018
RC	45-49	46	212.8	**275**	**Heather Streible**	3/1/2024
R	45-49	47	214.3	**264**	Barbara VanVliet	11/11/2023
RC	45-49	46	211	**259**	Renee Turner	6/17/2023
R	40-44	42	201.6	**220**	Christy Owens	12/18/2021
RC	40-44	42	209.2	**187**	Christina Lauffer	6/19/2021
R	40-44	41	204.2	**154**	Tiffany Meadows	6/17/2023

110kg/242.5lbs

RC	40-44	42	240.3	**408**	**Katy Silvers**	7/22/2023
RC	50-54	50	240	**340**	**Ylander Ross**	1/21/2017
R	45-49	45	219.1	**330**	**Carla Akers**	10/27/2018
R	40-44	44	229.3	**325**	**Kimberly Dorton**	10/21/2023
R	40-44	42	241.2	**259**	Emma Kolar	4/26/2025
R	40-44	42	229.3	**165**	Laura Kerr	3/22/2025

110+kg/242.6+lbs

R	40-44	42	261.5	**386**	**Hollie Sands**	10/12/2019
RC	40-44	40	277.8	**380**	**Katy Silvers**	10/16/2021
R	40-44	40	271	**198**	Ann McManus	12/9/2023
R	40-44	41	284.4	**187**	Jessica Rosney	4/26/2025

R	40-44	41	158.1	**154**	Jennifer Edwards	10/21/2023
R	50-54	52	163	**138**	Kelly Padget	9/17/2022
R	55-59	59	159.2	**132**	Dawn O'Donnell	4/23/2022
R	60-64	60	162.9	**94**	**Crystal Rhoades**	10/21/2023

82.5kg/181.7lbs

MP	50-54	50	181.6	**441**	**Gi Gi Eller**	10/16/2021
R	45-49	45	180.3	**380**	**Shannon Nash**	4/22/2017
R	70-74	71	177	**287**	**Barbara Haiden**	12/4/2021
SP	40-44	43	177.3	**253**	**Christina Lauffer**	4/23/2022
R	45-49	45	166.9	**237**	Emily Lilly	6/29/2024
SP	60-64	62	169.1	**215**	**Cindy Meeker**	5/7/2023
R	60-64	63	179.5	**198**	**Gloria Knight-McNeil**	10/22/2022
R	40-44	43	176.4	**187**	**Brandy Gulledge**	9/7/2024
R	65-69	65	180.6	**187**	**Gloria Knight-McNeil**	11/9/2024
R	50-54	65	180.6	**187**	**Gloria Knight-McNeil**	11/9/2024
R	55-59	58	176.8	**182**	**Cherie Goldsmith**	4/13/2024
R	45-49	45	178.6	**176**	Crystal McCullough	1/22/2022
R	45-49	45	177.7	**165**	Heather Streible	10/22/2022
SP	45-49	47	180.1	**165**	**Jennifer Wagner**	4/15/2023
R	45-49	49	180	**155**	Sujata Bhakat	6/11/2016
R	55-59	59	174.4	**149**	Carolyn Beck	6/19/2021
R	45-49	48	172.6	**143**	Amy Kivett	6/19/2021
R	45-49	49	179.3	**143**	Janelle Campbell	5/11/2019
R	50-54	51	181	**143**	Sujata Bhakat	4/20/2018
R	55-59	58	181	**143**	Cindy Meeker	5/11/2019
R	55-59	59	166.9	**132**	Dawn O'Donnell	10/22/2022
R	40-44	42	171.5	**127**	Erin Newman	1/20/2024
R	50-54	52	172	**127**	Zanthia Hastings	7/12/2025
R	60-64	62	178.1	**121**	Laura B. Rectenwal	7/12/2025

90kg/198.2lbs

MP	45-49	48	196.4	**452**	**Shelley Yates**	7/22/2023
R	45-49	45	185.6	**380**	**Shannon Nash**	10/28/2017
MP	45-49	46	184.1	**253**	Jeanine Russell	7/22/2023
SP	40-44	42	198.2	**253**	**Anika Harper**	10/22/2022
MP	60-64	62	188.3	**226**	**Jodie Reynolds**	1/11/2025
R	50-54	52	187.8	**215**	**Traci Baggett**	7/12/2025
R	40-44	40	187.2	**193**	Mona Espinosa	1/22/2022
R	45-49	45	194	**187**	Heather Streible	3/18/2023
R	40-44	44	197.8	**187**	Carla Akers	4/20/2018
R	40-44	41	195.1	**182**	Rebecca Caudill	12/7/2024
R	45-49	48	195.5	**176**	Johellah Wilson	6/25/2022
R	40-44	43	192	**154**	Michele Blackman	12/4/2021
R	40-44	44	184.7	**150**	Tricia Emrich	7/9/2016
R	45-49	45	194.9	**132**	Kelly Jeffries	2/25/2023
R	45-49	48	194.7	**127**	Mandy Self-Sparrow	2/10/2024
R	50-54	51	192	**121**	Suzanne Wolts	6/9/2024
R	55-59	57	183.6	**99**	**Cathy Cranford**	4/20/2018
R	55-59	58	191.8	**99**	Shelly Moore	1/22/2022

100kg/220.25lbs

MP	45-49	46	198.7	**375**	**Shelley Yates**	4/23/2022
SP	40-44	43	215.4	**270**	**Anika Harper**	7/22/2023
R	45-49	45	219.1	**204**	**Carla Akers**	10/27/2018
R	45-49	46	212.8	**185**	Heather Streible	3/1/2024
R	45-49	46	211	**165**	Renee Turner	6/17/2023
R	40-44	41	213	**165**	**Gina Woolard**	3/5/2022
R	45-49	44	214.5	**149**	Christy Owens	4/23/2022
R	40-44	44	209.4	**143**	Anika Harper	4/13/2024
R	50-54	54	215.8	**143**	**Janet Martin**	10/21/2023
R	55-59	55	217.6	**135**	**Janet Martin**	3/1/2024
R	40-44	42	209.2	**132**	Christina Lauffer	6/19/2021
R	45-49	47	214.3	**105**	Barbara VanVliet	11/11/2023

110kg/242.5lbs

R	50-54	50	240	**215**	**Ylander Ross**	1/21/2017
R	40-44	42	241.2	**193**	**Katy Silvers**	4/13/2024
R	40-44	42	241.2	**176**	Emma Kolar	4/26/2025
R	40-44	44	229.3	**154**	Kimberly Dorton	10/21/2023
R	45-49	49	237.5	**149**	**Janet Martin**	10/27/2018
R	40-44	42	229.3	**99**	Laura Kerr	3/22/2025

110+kg/242.6+lbs

SP	40-44	41	281.1	**336**	**Ann McManus**	4/12/2025
R	40-44	42	261.6	**270**	**Hollie Sands**	10/12/2019
R	40-44	40	272.2	**226**	Andrea Willis	10/17/2020
R	40-44	43	251.3	**204**	Katy Silvers	9/7/2024
R	50-54	54	243.2	**182**	**Shari Wofford**	6/9/2018
R	50-54	53	251	**171**	Janet Martin	10/22/2022
R	40-44	41	284.4	**149**	Jessica Rosney	4/26/2025

R	40-44	41	158.1	**253**	Jennifer Edwards	10/21/2023
R	50-54	52	170.3	**231**	Marlies Bakker	6/9/2024
R	40-44	44	157.6	**204**	Melissa Judd	6/17/2023
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

RC	45-49	46	181	**435**	**Shannon Nash**	4/20/2018
R	45-49	45	166.9	**386**	**Emily Lilly**	6/29/2024
RC	70-74	71	177	**386**	**Barbara Haiden**	12/4/2021
R	45-49	45	178.6	**353**	Crystal McCullough	1/22/2022
R	40-44	43	176.4	**336**	**Brandy Gulledge**	9/7/2024
RC	55-59	58	181	**336**	**Cindy Meeker**	5/11/2019
R	55-59	59	166.9	**331**	**Dawn O'Donnell**	10/22/2022
RC	45-49	45	177.7	**320**	Heather Streible	10/22/2022
SP	40-44	43	177.3	**309**	**Christina Lauffer**	4/23/2022
SP	45-49	47	180.1	**303**	**Jennifer Wagner**	4/15/2023
R	40-44	43	176.8	**297**	Erin Newman	5/18/2024
R	45-49	48	172.6	**292**	Amy Kivett	6/19/2021
R	50-54	51	181	**292**	**Sujata Bhakat**	4/20/2018
R	50-54	52	172	**286**	Zanthia Hastings	7/12/2025
R	45-49	49	179.3	**286**	Janelle Campbell	5/11/2019
R	45-49	49	180	**275**	Sujata Bhakat	4/22/2017
R	65-69	65	180.6	**270**	**Gloria Knight-McNeil**	11/9/2024
R	45-49	48	173.6	**253**	Marjolein Maijer	6/9/2024
R	55-59	59	174.4	**248**	Carolyn Beck	6/19/2021
R	55-59	59	169.1	**243**	Nelda Newton	10/16/2021
RC	55-59	57	177.3	**237**	Shelly Moore	6/5/2021
R	50-54	52	170.3	**231**	Marlies Bakker	6/9/2024
R	60-64	62	178.1	**187**	**Laura B. Rectenwal**	7/12/2025

90kg/198.2lbs

R	40-44	41	194.9	**468**	**Allison White**	4/26/2025
R	50-54	52	187.8	**457**	**Traci Baggett**	7/12/2025
MP	45-49	47	198	**457**	**Shelley Yates**	10/22/2022
MP	40-44	43	192.7	**413**	**Kendra Archer**	1/11/2025
R	40-44	41	195.1	**413**	Rebecca Caudill	12/7/2024
MP	45-49	46	184.1	**408**	Jeanine Russell	7/22/2023
RC	45-49	45	185.6	**364**	**Shannon Nash**	10/28/2017
MP	60-64	62	188.3	**353**	**Jodie Reynolds**	1/11/2025
RC	45-49	45	194	**353**	Heather Streible	3/18/2023
R	40-44	44	190.4	**336**	Carla Akers	10/28/2017
SP	40-44	42	190.9	**336**	**Anika Harper**	4/23/2022
R	45-49	45	195.5	**314**	**Johellah Wilson**	6/25/2022
R	50-54	54	185	**303**	Rosie Rosemond	8/24/2024
R	45-49	48	194.7	**286**	Mandy Self-Sparrow	2/10/2024
RC	40-44	44	184.7	**285**	**Tricia Emrich**	7/9/2016
R	55-59	57	183.2	**248**	**Cathy Cranford**	4/20/2018
RC	45-49	45	194.9	**237**	Kelly Jeffries	2/25/2023
R	40-44	43	192	**226**	Michele Blackman	12/4/2021
RC	55-59	58	191.8	**209**	Shelly Moore	1/22/2022

100kg/220.25lbs

MP	45-49	45	216	**452**	**Shelley Yates**	10/17/2020
SP	40-44	41	216.5	**402**	**Anika Harper**	7/24/2021
RC	45-49	46	212.8	**355**	**Heather Streible**	3/1/2024
R	40-44	41	213	**353**	**Gina Woolard**	3/5/2022
R	40-44	43	214.5	**353**	Anika Harper	5/6/2023
R	55-59	55	217.6	**335**	**Janet Martin**	10/27/2018
R	45-49	45	219.1	**330**	**Carla Akers**	10/27/2018
RC	40-44	42	209.2	**303**	**Christina Lauffer**	6/19/2021
R	45-49	47	214.3	**297**	Barbara VanVliet	11/11/2023
RC	45-49	46	211	**287**	Renee Turner	6/17/2023
R	40-44	42	201.6	**237**	Christy Owens	12/18/2021
R	40-44	41	204.2	**182**	Tiffany Meadows	6/17/2023

110kg/242.5lbs

R	40-44	44	229.3	**402**	**Kimberly Dorton**	10/21/2023
RC	50-54	50	240	**400**	**Ylander Ross**	1/21/2017
RC	40-44	42	240.3	**397**	**Katy Silvers**	7/22/2023
R	45-49	49	237.5	**358**	**Janet Martin**	10/27/2018
R	40-44	42	241.2	**248**	Emma Kolar	4/26/2025
R	40-44	42	229.3	**176**	Laura Kerr	3/22/2025

110+kg/242.6+lbs

R	40-44	42	261.6	**518**	**Hollie Sands**	10/12/2019
RC	40-44	40	277.8	**380**	**Katy Silvers**	10/16/2021
R	50-54	53	251	**370**	**Janet Martin**	10/22/2022
R	40-44	40	272.2	**358**	Andrea Willis	6/19/2021
R	45-49	49	245	**325**	**Janet Martin**	4/20/2018
R	40-44	40	271	**281**	Ann McManus	12/9/2023
R	40-44	41	284.4	**237**	Jessica Rosney	4/26/2025

R	40-44	44	157.6	**408**	Melissa Judd	6/17/2023
R	60-64	60	162.9	**391**	**Crystal Rhoades**	10/21/2023

82.5kg/181.7lbs

RC	45-49	46	181	**1152**	**Shannon Nash**	4/20/2018
RC	70-74	71	177	**1058**	**Barbara Haiden**	12/4/2021
R	45-49	45	166.9	**1025**	**Emily Lilly**	6/29/2024
R	45-49	45	178.6	**838**	Crystal McCullough	1/22/2022
R	45-49	45	180.3	**832**	Shannon Nash	4/22/2017
R	40-44	43	176.4	**827**	**Brandy Gulledge**	9/7/2024
RC	55-59	58	181	**766**	**Cindy Meeker**	5/11/2019
RC	45-49	45	177.7	**711**	Heather Streible	10/22/2022
R	45-49	49	179.3	**705**	Janelle Campbell	5/11/2019
R	50-54	51	181	**700**	**Sujata Bhakat**	4/20/2018
R	50-54	52	172	**689**	Zanthia Hastings	7/12/2025
R	55-59	59	166.9	**683**	**Dawn O'Donnell**	10/22/2022
R	45-49	48	172.6	**667**	Amy Kivett	6/19/2021
R	40-44	43	176.8	**639**	Erin Newman	5/18/2024
R	55-59	59	174.4	**606**	Carolyn Beck	6/19/2021
RC	55-59	57	177.3	**545**	Shelly Moore	6/5/2021
RC	55-59	58	175.9	**474**	Cathy Cranford	11/9/2019
R	65-69	65	180.6	**457**	**Gloria Knight-McNeil**	11/9/2024
R	45-49	49	180	**430**	Sujata Bhakat	6/11/2016
R	60-64	62	178.1	**413**	**Laura B. Rectenwal**	7/12/2025

90kg/198.2lbs

MP	45-49	48	196.4	**1538**	**Shelley Yates**	7/22/2023
MP	45-49	46	184.1	**1080**	Jeanine Russell	7/22/2023
R	50-54	52	187.8	**1053**	**Traci Baggett**	7/12/2025
MP	60-64	62	188.3	**1019**	**Jodie Reynolds**	1/11/2025
RC	45-49	45	185.6	**992**	**Shannon Nash**	10/28/2017
R	40-44	41	195.1	**953**	**Rebecca Caudill**	12/7/2024
R	40-44	44	197.8	**838**	Carla Akers	4/20/2018
RC	45-49	45	194	**766**	Heather Streible	3/18/2023
R	45-49	48	195.5	**750**	**Johellah Wilson**	6/25/2022
RC	40-44	44	184.7	**695**	**Tricia Emrich**	7/9/2016
R	45-49	48	194.7	**672**	Mandy Self-Sparrow	2/10/2024
R	40-44	43	192	**628**	Michele Blackman	12/4/2021
RC	45-49	45	194.9	**595**	Kelly Jeffries	2/25/2023
R	55-59	56	183.2	**500**	**Cathy Cranford**	10/29/2016

100kg/220.25lbs

MP	45-49	45	216	**1345**	**Shelley Yates**	10/17/2020
RC	40-44	44	209.4	**909**	**Anika Harper**	4/13/2024
R	40-44	41	213	**865**	**Gina Woolard**	3/5/2022
R	45-49	45	219.1	**865**	**Carla Akers**	10/27/2018
RC	45-49	46	211	**689**	**Renee Turner**	6/17/2023
R	45-49	47	214.3	**667**	Barbara VanVliet	11/11/2023
RC	40-44	42	209.2	**623**	Christina Lauffer	6/19/2021
R	40-44	42	201.6	**590**	Christy Owens	12/18/2021
R	40-44	41	204.2	**408**	Tiffany Meadows	6/17/2023

110kg/242.5lbs

RC	40-44	42	240.3	**987**	**Katy Silvers**	7/22/2023
RC	50-54	50	240	**955**	**Ylander Ross**	1/21/2017
R	40-44	44	229.3	**882**	**Kimberly Dorton**	10/21/2023
R	40-44	42	241.2	**683**	Emma Kolar	4/26/2025
R	40-44	42	229.3	**441**	Laura Kerr	3/22/2025

110+kg/242.6+lbs

R	40-44	42	261.6	**1174**	**Hollie Sands**	10/12/2019
RC	40-44	40	272.3	**883**	**Katy Silvers**	7/24/2021
R	40-44	40	271	**612**	Ann McManus	12/9/2023
R	40-44	40	272.2	**584**	Andrea Willis	6/19/2021
R	40-44	41	284.4	**573**	Jessica Rosney	4/26/2025
R	50-54	53	251	**541**	**Janet Martin**	10222/22
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	WGTCL
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	5/27/2023	132
T1	R	15	124.4	52.5	Elena Sannicandro	5/11/2024	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	129.8	60	JoJo Brasseaux	10/21/2023	132
Open	R	28	132	45	Shannon Mitchell	5/18/2024	132
M2	R	46	137	50	Alysha Hayes	6/5/2021	148
Open	R	31	147.4	100	Angelina 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	29	137.8	50	Shannon Mitchell	7/12/2025	148
Open	R	25	136.1	40	Isabella Tully	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
T1	R	15	143.4	60	Mazie Eudy	7/12/2025	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	Ciearra Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M5	R	63	179.5	95	Gloria Knight-NcNeil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-NcNeil	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	WgtL	Reps
M6	R	68	165		Maureen Clary			
					BENCH	10/19/2024	80	28
					DEADLIFT	10/19/2024	140	10
					STRICT CURL	10/19/2024	35	30
					CHEAT CURL	10/19/2024	65	20