

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

December 10, 2025

Female Raw All

<u>44kg/97 lb</u>	Nation	SQT	BP	DL	TOTAL
Kambree Williamson	USA			132	
Bella-Grace Meadows	USA		83		
<u>48kg/105.75</u>					
Pam Fisher	USA	143		242	468
Nina Kiuru	Finland		132		
<u>52kg/114.5lb</u>					
Amber Malchow	USA			303	
Missy Taylor	USA	259	182		694
<u>56kg/123.5lb</u>					
Missy Taylor	USA	314	209	331	854
<u>60kg/132.25lb</u>					
Morgan Long	USA	320		408	959
Courtney Norris	USA		242		
<u>67.5kg/148.75lb</u>					
Morgan Long	USA	386	242		1064
Maya Medina	USA			468	
<u>75kg/165.25lb</u>					
Emily Lilly	USA	380			1003
Morgan Long	USA		253		
Kendra Danzer	USA			424	
<u>82.5kg/181.75lb</u>					
Lay Kaahu	USA			435	
Emily Lilly	USA	402			1025
Shannon Nash	USA		380		
<u>90kg/198.25lb</u>					
Traci Baggett	USA	391		474	1075
Allison White	USA	391			
Shannon Nash	USA		380		
<u>100kg/220.25lb</u>					
Alexandria Jefferson	USA				887
Gina Woolard	USA	347			
Amy Portillo	USA	347		369	
Jessica Hoxie	USA		237		
<u>110kg/242.5lb</u>					
Amy Portillo	USA	430			

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Nevaeh McIntosh	USA	248			
Maddy Webster	USA		457		1102

110.1+kg/242.6+lb

Hollie Sands	USA	386	270	518	1174
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Female Raw - Juniors (20-23) Division

<u>52kg/114.5lb</u>	Nation	SQT	BP	DL	TOTAL
Elena Lopez	USA	250		240	575
Racquel Wilson	USA		94		

56kg/123.5lb

Isabella Sarks	USA	281	132	320	705
Emily Gaiser	USA		132		

60kg/132.25lb

Emily Gaiser	USA		143	325	727
Alexis Rutledge	USA	275			

67.5kg/148.75lb

Maya Medina	USA	375	215	468	1058
Sarah Oesch Davies	USA		215		

75kg/165.25lb

Candace Locklear	USA	336		402	876
Abby Rice	USA		198		

82.5kg/181.75lb

Brianna Ormezzano	USA	275		314	755
Sarah Oesch	USA		193		

90kg/198.25lb

Isabella Heffner	USA	358		391	920
Sarah Oesch	USA		190		

100kg/220.4lb

None

110kg/242.5lb

Maddy Webster	USA	402	220	441	1064
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Female Raw Classic All

<u>44kg/97 lb</u>	Nation	SQT	BP	DL	TOTAL
Bella-Grace Meadows	USA		77		

48kg/105.75

Stephanie Washington	USA	193	110	226	529
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<u>52kg/114.5lb</u>	Nation	SQT	BP	DL	TOTAL
Tiffany Stone	USA	276		314	
Missy Taylor	USA		182		738
<u>56kg/123.5lb</u>					
Adrien Coder	USA	303		353	821
Missy Taylor	USA		209		
<u>60kg/132.25lb</u>					
Courtney Norris	USA	441	242	408	1069
<u>67.5kg/148.75lb</u>					
Brittany Shackelford	USA	402			1003
Sarah Oesch Davies				380	
Morgan Long	USA		242		
<u>75kg/165.25lb</u>					
Reyhan Roybal	USA	402		430	1056
Morgan Long	USA		253		
<u>82.5kg/181.75lb</u>					
Brittany Gagne	USA	524			1262
Julia Blackman	USA			512	
Shannon Nash	USA		380		
<u>90kg/198.25lb</u>					
Alexis Eliopoulos	USA/Greece	463		468	1229
Shannon Nash	USA		380		
<u>100kg/220.25lb</u>					
Jessica Hoxie	USA	463	237	424	1102
<u>110kg/242.5lb</u>					
Katy Silvers	USA	408			
Ylander Ross	USA			400	
Nevaeh McIntosh	USA		248		1003
<u>110.1+kg/242.6+lb</u>					
Alex Wilson-McKenzie	USA	485		452	1185
Hollie Sands			270		

Female Raw Classic – Juniors (20-23) Division

<u>56kg/123.5lb</u>	Nation	SQT	BP	DL	TOTAL
Emily Gaiser	USA		132		
Isabella Sarks	USA		132		
<u>60kg/132.25lb</u>					
Emily Gaiser	USA		143		

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67.5kg/148.75lb

Sarah Oesch Davies	USA	298	215	380	887
Maya Medina	USA		215		

75kg/165.25lb

Emily Tighe	USA			342	727
Dani Moore	USA	242			
Abby Rice	USA		198		

82.5kg/181.75lb

Sarah Oesch	USA	303	193	347	843
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90kg/198.25lb

Sarah Oesch	USA	300	190	390	880
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100kg/220.4lb

None

110kg/242.5lb

Maddy Webster	USA		220		
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Female Single-Ply & Multi-Ply All

<u>52kg/114.5lb</u>	Nation	SQT	BP	DL	TOTAL
Lindsay Seamans	USA	319	138	319	777

56kg/123.5lb

Dawn Bogart (SP)	USA	265	175	295	735
Josefina Bueno (MP)	USA	248		297	672
JoJo Brasseaux (MP)	USA		160		

60kg/132.25lb

Dawn Bogart (SP)	USA			402	959
Missy Taylor (SP)	USA		314		
Priscilla Pardue (SP)	USA	331			
JoJo Brasseaux (MP)	USA		193		

67.5kg/148.75lb

Madeleine Giess (MP)	USA			425	
Melissa Smith (MP)	USA	551	331		1245
Priscilla Pardue (SP)	USA	303	176	281	755

75kg/165.25lb

Candice Maness (SP)	USA	364		281	909
Christina McDowell (SP)	USA		276		

82.5kg/181.75lb

Jasmine Jenkins (MP)	USA	505		465	1325
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Gi Gi Eller (MP)	USA		441		
Helen Romero (SP)	USA	415	265	470	1120

90kg/198.25lb

Shelley Yates (MP)	USA	672	452	457	1538
Anika Harper (SP)	USA		253	336	

100kg/220.25lb

Shelley Yates (MP)	USA	650	419	452	1449
Haley Shields (SP)	USA	254			783
Anika Harper (SP)	USA		270	402	

110kg/242.5lb

Nevaeh McIntosh (SP)	USA		270		
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110.1+kg/242.6+lb

Ann McManus (SP)	USA		386		
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Female Single-Ply & Multi-Ply – Juniors (20-23) Division

<u>56kg/123.5lb</u>	Nation	SQT	BP	DL	TOTAL
Josefina Bueno (MP)	USA	248	127	297	672

60kg/132.25lb

Sydney Farris (SP)	USA	297	187	314	799
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67.5kg/148.75lb

Madeleine Giess (MP)	USA	405	245	425	1075
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Female Submasters (35-39) - Raw

56kg/123.5lb

Sally Lloyd	USA	176	99	248	524
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60kg/132.25lb

Jennifer Watson	USA	220	121	270	606
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67.5kg/148.75lb

Tosha Baughman	USA	325	193	358	876
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75kg/165.25lb

Reyhan Roybal	USA		237		
Emily Drew Mash	USA	308			816
LaDetra Cole	USA			380	

82.5kg/181.75lb

Jessica Mitchell	USA	325	220		
Lay Kaahu	USA			419	904

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90kg/198.25lb

Linsey Eudy	USA		286		
Brittany Abner	USA	369		402	981

100kg/220.25lb

Crystal Prather	USA	303		364	805
Brett Sexton	USA		154		

110kg/242.5lb

None

110.1+kg/242.6+lb

Allison Busby	USA	314	215	375	893
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Female Submasters (35-39) – Raw Classic

<u>52kg/114.5lb</u>	Nation	SQT	BP	DL	TOTAL
Tiffany Stone	USA	204	99	248	551

56kg/123.5lb

Sally Lloyd	USA		99		
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60kg/132.25lb

Cara Jo	USA		99		
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67.5kg/148.75lb

Krista Causey	USA	231		264	645
Tosha Baughman	USA		193		

75kg/165.25lb

Reyhan Roybal	USA	358	237	408	1003
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82.5kg/181.75lb

Kelley Spohrer	USA	369		419	942
Jessica Mitchell	USA		220		

90kg/198.25lb

Linsey Eudy	USA	353	286	424	1036
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100kg/220.25lb

Crystal Prather	USA	320	160	375	850
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110kg/242.5lb

None

110.1+kg/242.6+lb

Kimberly Soracco	USA	386		320	843
Allison Busby	USA		215		

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Female Masters

M1-40-44, M2-45-49, M3-50-54, M4-55-59, M5-60-64, M6-65-69, M7-70-74, M8-75-79

<u>48kg/105.8lb</u>	Nation	SQT	BP	DL	TOTAL
M4 Nina Kiuru (R)	Finland		132	237	369
M6 Pam Fisher (R)	USA	143	83	242	468

<u>52kg/114.5lb</u>					
M1 Andria Allmond (R)	USA	154	94	220	468
M2 Missy Taylor (R)	USA	259		275	694
M2 Missy Taylor (RC)	USA		182		738
M2 Tiffany Stone (RC)	USA	276		314	
M4 Sue Ann Hurlbert (R)	USA	133	102	220	446
M5 Sue Ann Hurlbert (R)	USA	149	110	227	472
M6 Pam Fisher (R)	USA	143	83	242	463
M7 Linda Costello (R)	USA	154	83	220	457

<u>Div.</u>	<u>56kg/123.5lb</u>	Nation	SQT	BP (Raw)	DL	TOTAL
M1	Dawn Bogart (SP)	USA	265	175	295	735
M1	Tiffany Stone (RC)	USA	275	143	331	749
M1	Meredith McPherson (R)	USA	154		204	457
M2	Kathy Wilson (RC)	USA	180		187	435
M2	Missy Taylor (R)	USA	314	209	331	854
M3	Lisa Baker (R)	USA	182		237	512
M3	Bridget Edwards (R)	USA		110		
M4	Dawn Williams (R)	USA	176	116	226	518
M5	Jojo Brasseaux (MP)	USA		160		
M5	Nina Snipes (R)	USA		66		

<u>60kg/132.25lb</u>						
M1	Dawn Bogart (SP)	USA	331	226	402	959
M1	Dawn Bogart (R)	USA	300	205	350	855
M2	Bela Ghosh (R)	India			315	495
M2	Missy Taylor (R)	USA		231		
M2	Missy Taylor (SP)	USA		314		
M2	Angie Terry (RC)	USA	105			
M3	Priscilla Pardue (SP)	USA	331	165	265	761
M3	Priscilla Pardue (RC)	USA	308	143	259	711
M4	Jami Bozzuto (R)	USA		185	325	510
M4	JoJo Brasseaux (MP)	USA		132		
M5	JoJo Brasseaux (MP)	USA		193		
M5	Nina Snipes (R)	USA		72		
M8	Cindy Davis (R)	USA		72	160	

<u>67.5kg/148.75lb</u>						
M6	Maureen Clary (R)	USA	270	211	320	801

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M6	Deborah Cohen (RC)	USA	209		286	628
M5	Maureen Clary (R)	USA	298	226	360	876
M5	Kathleen Munsey (RC)	USA			231	
M4	Priscilla Pardue (SP)	USA	303	176	281	755
M4	Yvette Bushard (R)	USA	253	143	292	689
M3	Priscilla Pardue (RC)	USA	265			645
M3	Yvette Bushard (R)	USA	270	160	281	711
M2	Melissa Smith (MP)	USA	551	331	364	1245
M2	Aiysha Hayes (R)	USA		165		
M2	Sharon Crook (R)	USA	248			
M2	Gina Casper (R)	USA			303	689
M1	Alexandra Gray (RC)	USA	287		309	755
M1	Emily Lilly (R)	USA	359	231	369	955

75kg/165.25lb

M1	Emily Lilly (R)	USA	380	242		1003
M1	Hilary Clark (R)	USA			402	
M1	Reyhan Roybal (RC)	USA	402		430	1056
M2	Christina McDowell (SP)	USA		276		
M2	Emily Lilly (R)	USA	347	209	347	904
M3	Candice Maness (RC)	USA	243		254	678
M3	Tammy Crowley-DeLoatch (R)	USA		187		
M3	Kelly Padget (R)	USA	259		325	716
M3	Hadewij Slootweg (R)	Netherlands			308	
M4	Candice Maness (SP)	USA	364	270	281	909
M4	Candice Maness (RC)	USA	308	193	298	799
M4	Paige Hitt (R)	USA	259			689
M4	Dawn O'Donnell (R)	USA			314	
M5	Cindy Meeker (SP)	USA		209	284	
M5	Crystal Rhoades (R)	USA	132	94		391
M5	Pam Haverland (R)	USA		94		
M5	Cindy Meeker (R)	USA			284	
M5	Crystal Rhoades (SP)	USA	127			369
M6	Barbara Haiden (RC)	USA	275		298	782
M6	Maureen Clary (R)	USA		231	345	

82.5kg/181.75lb

M1	Brandy Gullledge (R)	USA	303	187	336	827
M1	Christina Lauffer (SP)	USA		253	309	
M2	Shannon Nash (RC)	USA	380	380	435	1152
M2	Shannon Nash (R)	USA		380		832
M2	Emily Lilly (R)	USA	402		386	1025
M2	Jennifer Wagner (MP)	USA		165	303	
M3	Sujata Bhakat (R)	India		143	292	700
M3	Zanthia Hastings (R)	USA	275			

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M3	Gi Gi Eller (MP)	USA		441		
M4	Cherie Goldsmith (R)	USA		182		
M4	Cindy Meeker (RC)	USA	303		336	766
M4	Dawn O'Donnell (R)	USA	231		331	694
M5	Gloria Knight-McNeil (R)	USA		198		
M5	Cindy Meeker (SP)	USA		215		
M5	Laura Berthe-Rectenwal(R)	USA	105		187	413
M6	Gloria Knight-McNeil (R)	USA		187	270	457
M7	Barbara Haiden (RC)	USA	386	287	386	1058

90kg/198.25lb

M1	Anika Harper (SP)	USA		253	336	
M1	Kendra Archer (MP)	USA			413	
M1	Shannon Nash (R)	USA		365		
M1	Allison White (R)	USA	391		468	
M1	Heather Streible (RC)	USA	292		292	738
M1	Rebecca Caudill (R)	USA				953
M2	Shelley Yates (MP)	USA	672	452	457	1538
M2	Joheliah Wilson (R)	USA	259		314	750
M2	Mandy Self-Sparrow (R)	USA	259			
M2	Shannon Nash (RC)	USA		380	364	992
M2	Heather Streible (RC)	USA	292			
M3	Traci Baggett (R)	USA	391	215	474	1075
M4	Cathy Cranford (R)	USA	190	99	248	500
M5	Jodie Reynolds (MP)	USA	441	226	353	1019

100kg/220.25lb

		Nation	SQT	BP	DL	TOTAL
M1	Anika Harper (SP)	USA		270	402	
M1	Anika Harper (RC)	USA	424		342	909
M1	Christy Owens (R)	USA	220	149	237	590
M2	Carla Akers (R)	USA	330	204	330	865
M2	Heather Streible (RC)	USA	275		355	815
M2	Shelley Yates (MP)	USA	650	419	452	1449
M3	Janet Martin (R)	USA		143	314	
M4	Janet Martin (R)	USA		135	335	

110kg/242.5lb

M1	Katy Silvers (RC)	USA	408	193	397	987
M1	Kimberly Dorton (R)	USA	325		402	882
M3	Ylander Ross (RC)	USA	340	215	400	955
M3	Janet Martin (R)	USA		154	353	

110.1+kg/242.6+lb

M1	Hollie Sands (R)	USA	386	270	518	1174
M1	Katy Silvers (RC)	USA	380		391	920

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M1	Ann McManus (SP)	USA	386		
M3	Janet Martin (R)	USA	171	370	541

Female Teenage, Youth & Kids Club

KC-10 & Under, Y-10-12, T1-13-15, T2-16-17, T3-18-19

<u>44kg/97.0lb</u>		Nation	SQT	BP	DL	TOTAL
KC	Kambree Williamson (R)	USA			132	
T1	Bella-Grace Meadows (R)	USA		83		
<u>48kg/105.75lb</u>						
T1	Adalee Moss (R)	USA	138	77	193	408
Y	Carmen Trivette (R)	USA	121	83	143	347
<u>52kg/114.5lb</u>						
T3	McKenna Wright (R)	USA	165	83	237	485
T2	Leighann Allen (R)	USA		88	215	
T2	McKenna Wright (R)	USA	121			391
T2	Lorelei Swinford (SP)	USA	209	88	226	523
T1	Chy Richardson (R)	USA		116		
T1	Carmen Trivette (R)	USA	154		231	468
Y	Natasha Shelby (R)	USA	66	55	105	226
<u>56kg/123.5lb</u>						
T3	Becca Dison (R)	USA	276	160	320	755
T2	Angelina Peterson (R)	USA	138	88		397
T2	Scarlett Shuping (R)	USA			193	
T1	Chy Richardson (R)	USA		127	215	
<u>60kg/132.25lb</u>						
T3	Claire Rosser (R)	USA	242	138	303	683
T2	Makayla Van Meter (R)	USA	200	132	264	579
T1	Beverly Lemay (RC)	USA	237	94	220	551
T1	Macy Lantz (R)	USA	143		193	391
KC	Scarlett Samaha (R)	USA			100	
<u>67.5kg/148.75lb</u>						
T3	Olivia Ryan (RC)	USA	275	165	325	766
T3	Hanna Young (R)	USA	314	165	303	816
T2	Lilly Reese (R)	USA	242	171	309	716
T1	Haleigh Batchelor (RC)	USA		143		651
T1	Beverly Lemay (RC)	USA	265		265	
T1	Macy Lantz (R)	USA	231		243	573
T!	Mazie Eudy (R)	USA			243	

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75kg/165.25lb

T3	Katarina Giancroce (R)	USA	270		292	689
T3	Sarah Oesch (RC)	USA	275	176	334	772
T2	Adalyn Schroeder (SP)	USA	154	77	193	424
T2	Sarah Oesch (RC)	USA	253	151	333	737
T2	Alesia Sylverain (R)	USA			331	
T2	Cadence Caudill (R)	USA	275			667
T1	Tyler Glover (R)	USA	237	132		683
T1	Olivia Dubrow (R)	USA			320	
Y	Ryleigh Kennedy (R)	USA		110	176	

82.5kg/181.75lb

T3	Victoria Renfroe (R)	USA		150		
T3	Shelby Sprinkle (R)	USA	281		402	827
T3	Sarah Oesch (RC)	USA	286	182	353	821
T2	Sarah Oesch (RC)	USA	237		326	712
T2	Cadence Caudill (R)	USA	286		297	694
T2	Cecilia Luzarrage (R)	USA		171		
T1	Cecilia Luzarraga (R)	USA	309	154	336	799
Y	Neveah McIntosh (R)	USA	138	94	200	432

90kg/198.25lb

T3	Allison Sanders (R)	USA	253	209	375	838
T2	Allison Sanders (R)	USA	248	198	314	761
T1	Karson Tolle (R)	USA	242		308	671
T1	Janiah Hines (R)	USA		132		
Y	Neveah McIntosh (R)	USA	292	116	231	639

100kg/220.4lb

T2	Alexandria Jefferson (R)	USA	331	215	353	887
T1	Karson Tolle (R)	USA	237	105	275	617
Y	Neveah McIntosh (RC)	USA	325	204	275	805

110kg/242.5lb

T1	Abrie Meadows (R)	USA	325	154	309	771
T3	Meredith Arnold (RC)	USA	242	149	309	700
T3	Mekenzie Grover (R)	USA	270			
T1	Nevaeh McIntosh (RC)	USA	391	248	364	1003
T1	Nevaeh McIntosh (SP)	USA		270		

110.1+kg/242.6+lb

T1	Nevaeh McIntosh (RC)	USA	375	237	292	904
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Female M/P/F

<u>48kg/105.75</u>	Nation	SQT	BP	DL	TOTAL
Stephanie Washington	USA	193	110	226	529
<u>56kg/123.5lb</u>					
RC Amanda Isley	USA	242	132	303	675
R Tiffany Faulkner	USA		155	305	
<u>60kg/132.25lb</u>					
R Bela Ghosh	India		180	315	
MP JoJo Brasseaux	USA		193		
<u>67.5kg/148.75lb</u>					
R LaDetra Cole	USA			336	
R Anaya Laney	USA	325	187		821
<u>75kg/165.25lb</u>					
R LaDetra Cole	USA			380	
R Emily Lilly	USA	347	209		904
R Mikhayla Dunn	USA	275			
<u>82.5kg/181.75lb</u>					
R Emily Lilly	USA	402	237		1025
R Gabrielle Robbins	USA			397	
RC Emily Merritt	USA	386		391	937
<u>90kg/198.25lb</u>					
R Allison White	USA	391		468	
<u>90.01+kg/198.26+lb</u>					
RC Tarra Farnham	USA	308	138	336	782
SP Anika Harper	USA		264	402	

Paralifter

<u>44kg/97 lb</u>	Nation	SQT	BP	DL	TOTAL
Bella-Grace Meadows	USA		83		

Female Standing Curl

World Records Curls in Yellow

<u>Lifter</u>	<u>Division</u>	<u>Age</u>	<u>BW</u>	<u>Wgt Cl</u>	<u>Best Curl</u>
Elena Sannicandro	Teen-1	14	118.6	123	37.5
Miranda	Open	29	122	123	60
Nina Snipes	Masters-5	62	122.6	123	37.5
Nina Snipes	Open	62	122.6	123	37.5
Elena Sannicandro	Teen-1	15	124.4	132	52.5
Antia Sannicandro	Teen-2	17	126.2	132	37.5
Nina Snipes	Masters-5	61	125	132	32.5
JoJo Brasseaux	Masters-4	59	127.2	132	60

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JoJo Brasseaux	M/P/F	59	129.6	132	60
JoJo Brasseaux	Open	59	129.6	132	60
Shannon Mitchell	Open	28	132	132	45
Sophia Drury	Teen-3	18	128	132	40
Angelina Bennett	Open	31	147.4	148	100
Julie Johnson	Open	n/a	142	148	80
MacKenzie Rideout	Open	31	147.3	148	65
Shannon Mitchell	Open	29	137.8	148	50
Isabella Tully	Open	25	136.1	148	40
Aiysha Hayes	Masters-2	46	137	148	50
Lily Springfield	Teen-3	19	141.3	148	25
Haleigh Batchelor	Teen-1	13	147.6	148	71.5
Mazie Eudy	Teen-1	15	143.4	148	60
Katy Gaglione	Masters-1	41	150.8	165	95
Maureen Clary	Masters-5	62	156.9	165	88
Ashley Stacharowski	Open	32	162.5	165	77
Crystal Rhoades	Masters-5	60	162.8	165	40
Nilda Bushee	Novice	29	160.3	165	60
Maureen Clary	Masters-6	68	158.5	165	65
Gabriella Drury	Teen-3	19	175	181	55
Sarah Oesch	Juniors	21	180.3	181	80
Heather Streible	Masters-2	45	173.8	181	91.5
Ciearra Jackson	Open	32	179.8	181	75
Pamela Buskirk	Submasters	39	178.1	181	66
Nelda Newton	Masters-4	59	170.2	181	60
Gloria Knight-McNeil	Masters-5	63	179.5	181	95
Gloria Knight-McNeil	Masters-6	65	180.6	181	85
Gloria Knight-McNeil	Open	65	180.6	181	85
Linsey Eudy	Submasters	39	182.8	198	80
Brittany Abner	Submasters	37	189.4	198	70
Mandy Self-Sparrow	Masters-2	48	194.7	198	60
Shelly Moore	Masters-4	58	191.8	198	65
Mona Espinosa	Masters-1	40	187.2	198	85
Janet Martin	Masters-3	54	215.8	220	85
Janet Martin	Masters-4	55	215.2	220	80
Olina Ortega	Open	28	225.8	242	70
Janet Martin	Masters-3	53	250.9	275	104.5
Alex Wilson-McKenzie	Open	29	294.8	308	115.7

Power Lift Challenge (Rep Contest)

75kg/165.3lb

M6	Maureen Clary	Lift	Nation	Wgt	Reps
		Bench	USA	80	28
		Deadlift	USA	140	10

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Strict Curl	USA	35	30
Cheat Curl	USA	65	20