

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 (EP) once they use Single-Ply lifting attire
 GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 4/24/2024

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS												
RAW (Knee Sleeves) SQUAT					RAW BENCH PRESS					RAW (Knee Sleeves) DEADLIFT					RAW (Knee Sleeves) TOTAL												
FEMALE - OVERALL					FEMALE - OVERALL					FEMALE - OVERALL					FEMALE - OVERALL												
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date				
44kg/97lbs						44kg/97lbs						44kg/97lbs						44kg/97lbs									
		13	86	Alessandra Reis	1/21/2023			15	97	83	Bella-Grace Meadows	4/1/2023			13	86	204	Alessandra Reis	1/21/2023			13	86	386	Alessandra Reis	1/21/2023	
								13	86	71	Alessandra Reis	1/21/2023			9	63.8	132	Kambree Williamson	11/19/2022								
														9	69.4	78	Alana Allbrook	5/27/2023									
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs									
		12	105.2	Carmen Trivette	10/16/2021			55	98	132	Nina Kiuru	7/30/2022			55	98	237	Nina Kiuru	7/30/2022			55	98	369	Nina Kiuru	7/30/2022	
								33	104.3	110	Stephanie Washington	7/10/2021			12	105.2	143	Carmen Trivette	10/16/2021			12	105.2	347	Carmen Trivette	10/16/2021	
								12	105.2	83	Carmen Trivette	10/16/2021															
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs									
		46	112.3	Missy Taylor	4/24/2021			46	111.8	182	Missy Taylor	4/23/2022			24	114.2	303	Amber Malchow	10/28/2017			46	112.3	694	Missy Taylor	4/24/2021	
		22	111.6	250	Elena Lopez	6/2/2018			24	114.2	132	Amber Malchow	10/28/2017			46	112.3	275	Missy Taylor	4/24/2021			24	114.2	650	Amber Malchow	10/28/2017
		24	114.2	215	Amber Malchow	10/28/2017			30	111.2	127	Aubrey Cornwell	8/12/2017			22	111.6	240	Elena Lopez	6/2/2018			22	111.6	570	Elena Lopez	6/2/2018
		20	108	165	Maggie Parsons	11/19/2016			34	114	121	Lindsay Seamons	6/29/2019			19	112.4	237	McKenna Wright	6/17/2023			19	112.4	485	McKenna Wright	6/17/2023
		19	112.4	165	McKenna Wright	6/17/2023			27	111.5	116	Nykhisa Garland	10/17/2020			14	114	226	Carmen Trivette	5/6/2023			13	111.3	474	Carmen Trivette	10/22/2022
		72	106.3	154	Linda Costello	4/23/2022			63	111.1	108	Sue Ann Hurlbert	2/10/2024			62	110.7	224	Sue Ann Hurlbert	7/22/2023			63	111.1	472	Sue Ann Hurlbert	2/10/2024
		13	111.3	154	Carmen Trivette	10/22/2022			13	111.3	99	Carmen Trivette	10/22/2022			72	106.3	220	Linda Costello	4/23/2022			20	108	469	Maggie Parsons	11/19/2016
		62	108.2	149	Sue Ann Hurlbert	10/21/2023			37	111.3	99	Tiffany Bellamy	4/22/2017			20	108	220	Maggie Parsons	4/22/2017			72	106.3	457	Linda Costello	4/23/2022
		13	112.8	116	Makayla Van Meter	2/20/2021			13	112.8	99	McKayla Van Meter	2/20/2021			13	112.8	220	Makayla Van Meter	2/20/2021			13	112.8	435	Makayla Van Meter	2/20/2021
								21	108.3	94	Racquel Wilson	10/16/2021			17	112	215	Leighann Allen	11/19/2016								
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs									
		48	122.4	314	Missy Taylor	5/6/2023			48	122.4	209	Missy Taylor	5/6/2023			48	122.4	331	Missy Taylor	5/6/2023			48	122.4	854	Missy Taylor	5/6/2023
		23	123	281	Isabella Sarks	1/24/2021			42	121.8	175	Dawn Bogart	4/9/2016			23	122.8	320	Isabella Sarks	4/23/2022			19	123.4	755	Becca Dison	3/10/2018
		19	123.4	275	Becca Dison	3/10/2018			19	123.4	160	Becca Dison	1/21/2017			19	123.4	320	Becca Dison	3/10/2018			23	122.8	705	Isabella Sarks	4/23/2022
		29	123.5	248	Krystal Scott	8/12/2017			32	122.8	155	Tiffany Faulkner	1/21/2017			31	123	314	Meredith Ward	3/9/2019			29	123.5	683	Krystal Scott	8/12/2017
		19	118.4	242	Olivia Pasin	11/19/2022			29	123	154	Krystal Scott	10/28/2017			32	122.8	305	Tiffany Faulkner	1/21/2017			19	118.4	672	Olivia Pasin	11/19/2022
		20	120.6	220	Emily Gaiser	7/10/2021			19	118.4	149	Olivia Pasin	11/19/2022			20	120.6	286	Emily Gaiser	7/10/2021			31	123	661	Meredith Ward	3/9/2019
		31	123	209	Meredith Ward	3/9/2019			31	120.4	138	Meredith Ward	4/20/2018			19	118.4	281	Olivia Pasin	11/19/2022			20	120.6	639	Emily Gaiser	7/10/2021
		28	122.8	204	Shantell Hawkins	9/7/2019			20	120.6	132	Emily Gaiser	7/10/2021			29	123.5	281	Krystal Scott	8/12/2017			31	122.8	573	Hedi Schuck	6/19/2021
		31	122.8	187	Heidi Schuck	6/19/2021			29	122	132	Amanda Isley	8/12/2017			28	122.8	259	Shantell Hawkins	9/7/2019			28	122.8	567	Shantell Hawkins	9/7/2019
		54	119.6	182	Lisa Baker	12/19/2020			31	122.8	132	Heidi Schuck	6/19/2021			31	122.8	253	Heidi Schuck	6/19/2021			36	123	523	Sally Lloyd	6/10/2017
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs									
		25	132	319	Kristin Kiltica	7/10/2021			28	132.2	242	Courtney Norris	8/12/2017			26	126	369	Barbara Morales	12/9/2023			42	130	855	Dawn Bogart	7/9/2016
		42	130	300	Dawn Bogart	7/9/2016			29	130.6	231	Brittany Bowles	10/27/2018			42	130	350	Dawn Bogart	7/9/2016			25	132	832	Kristin Kiltica	7/10/2021
		25	125	285	Caitlin Cardone	4/9/2016			42	129	210	Dawn Bogart	10/29/2016			28	129.4	347	Leslie Kutner	4/20/2018			28	129.4	794	Leslie Kutner	4/20/2018
		28	129.4	281	Leslie Kutner	4/20/2018			57	131.3	185	Jami Bozzuto	10/2/2022			25	132	342	Kristin Kiltica	7/10/2021			26	126	755	Barbara Morales	12/9/2023
		27	131.6	280	Samantha Sawyer	1/21/2017			47	127.2	180	Bela Ghosh	8/11/2016			26	128.4	340	Whitney Myers	8/2/2018			25	125	745	Caitlin Cardone	4/9/2016
		31	127.9	275	Alexis Rutledge	4/23/2022			25	132	171	Kristin Kiltica	7/10/2021			22	127.4	325	Emily Gaiser	9/17/2022			22	127.4	727	Emily Gaiser	9/17/2022
		33	132.2	264	Amy Pierce	8/12/2017			25	125.6	165	Caitlin Cardone	7/9/2016			27	128	325	Nadia Zebouni	7/9/2016			33	132.2	727	Amy Pierce	8/12/2017
		22	127.4	259	Emily Gaiser	8/17/2022			27	129	165	Leslie Kutner	10/28/2017			57	131.3	325	Jami Bozzuto	10/2/2022			28	128.8	722	April Rainey	2/26/2023
		26	126	248	Barbara Morales	12/9/2023			28	128.8	154	April Rainey	2/26/2023			21	127.9	320	Alexis Rutledge	4/23/2022			27	131.6	700	Samantha Sawyer	1/21/2017
		28	128.8	248	April Rainey	2/26/2023			33	132.2	154	Amy Pierce	8/12/2017			28	128.8	320	April Rainey	2/26/2023			19	132	683	Claire Rosser	8/12/2017
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs									
		29	141.8	386	Morgan Long	5/6/2023			29	140.4	242	Morgan Long	10/21/2023			28	141.8	435	Morgan Long	5/6/2023			29	141.8	1064	Morgan Long	5/6/2023
		43	147.5	359	Emily Lilly	5/6/2023			43	147.1	231	Emily Lilly	3/4/2023			29	144.4	380	Leslie Kutner	11/9/2019			43	147.5	955	Emily Lilly	5/6/2023
		20	138	331	Hanna Young	4/20/2018			28	145.2	226	Brittany Shackelford	10/28/2017			43	147.5	369	Emily Lilly	5/6/2023			39	145.3	876	Tosha Baughman	3/19/2023
		39	145.3	325	Tosha Baughman	3/19/2023			61	148.6	226	Maureen Clary	4/22/2017			20	138	364	Hanna Young	4/20/2018			61	148.6	876	Maureen Clary	4/22/2017
		40	144.4	303	Nicole Qualls	3/5/2022			27	144.2																	

	28	177.4	303	Mikhayla Dunn	4/15/2023			27	179.8	226	Helen Romero	4/20/2018			28	177.4	353	Mikhayla Dunn	4/15/2023			45	180.3	832	Shannon Nash	4/22/2017		
	32	169.1	290	Rayseen Brown	1/21/2017			28	181	209	Miranda Williams	5/6/2023			28	181	353	Crystal McCullough	1/22/2022			19	175.4	827	Shelby Sprinkle	12/18/2021		
	29	170	281	Jessica Herling	3/5/2022			29	177.6	204	Gabrielle Robbins	11/9/2019			31	178.2	342	Miranda Williams	5/6/2023			28	177.4	816	Mikhayla Dunn	4/15/2023		
	19	175.4	281	Shelby Sprinkle	12/18/2021			63	179.5	198	Gloria Knight-McNeil	10/22/2022			28	181	342	Emily Gilson	10/17/2020			32	169.1	790	Rayseen Brown	1/21/2017		
	31	178.2	281	Emily Gilson	10/17/2020			38	175	182	Lay Kaahu	8/12/2017			59	166.9	331	Dawn O'Donnell	10/22/2022			31	178.2	772	Emily Gilson	10/17/2020		
	90kg/198.2lbs							90kg/198.2lbs							90kg/198.2lbs							90kg/198.2lbs						
	24	196.7	364	Isabella Heffner	10/21/2023			45	185.6	380	Shannon Nash	10/28/2017			24	196.7	424	Isabella Heffner	10/21/2023			24	196.7	948	Isabella Heffner	10/21/2023		
	22	184.1	331	Emely Barahona	6/5/2021			31	190.4	303	Alexis Ellopoulos	10/28/2017			33	189	400	Priyanka Santiago	10/2/2022			28	192	909	Jess Lemachko	8/19/2023		
	28	192	331	Jess Lemachko	8/19/2023			37	198	248	Linsay Eudy	10/21/2023			26	184.8	358	Kathryn French	3/10/2018			22	184.1	849	Emely Barahona	6/5/2021		
	24	193	320	Alyson Abbs	4/20/2018			28	192	220	Jess Lemachko	8/19/2023			28	187.5	358	Chelse Zamorano	5/22/2021			44	197.8	838	Carla Akers	4/20/2018		
	44	197.8	320	Carla Akers	4/20/2018			33	189	200	Priyanka Santiago	10/2/2022			28	192	358	Jess Lemachko	8/19/2023			24	193	799	Alyson Abbs	4/20/2018		
	28	187.5	270	Chelse Zamorano	5/22/2021			40	187.2	193	Mona Espinosa	1/22/2022			24	196	353	Lauren Davis	6/5/2021			28	187.5	788	Chelse Zamorano	5/22/2021		
	27	188.7	270	Brittany Marquez	1/21/2017			21	182.2	190	Sarah Oesch	3/1/2024			44	190.4	336	Carla Akers	10/28/2017			48	195.5	750	Johellah Wilson	6/25/2022		
	48	195.5	259	Johellah Wilson	6/25/2022			22	184.1	187	Emely Barahona	6/5/2021			22	184.1	331	Emely Barahona	6/5/2021			15	196.5	667	Karson Tolle	10/22/2022		
	24	187.6	242.5	Brittany Abbott	6/10/2017			45	194	187	Heather Streible	3/19/2023			21	194.2	320	Mariah Flint	4/22/2017			22	195.6	660	Kelly Benson	10/29/2016		
	47	189.6	243	Mandy Self-Sparrow	7/22/2023			44	197.8	187	Carla Akers	4/20/2018			48	195.5	314	Johellah Wilson	6/25/2022			28	192.5	639	Hali Medina	11/1/2023		
	100kg/220.25lbs							100kg/220.25lbs							100kg/220.25lbs							100kg/220.25lbs						
	41	213	347	Gina Woolard	3/5/2022			29	213.6	237	Jessica Hoxie	3/5/2022			26	218.5	369	Amy Portillo	7/22/2023			41	213	865	Gina Woolard	3/5/2022		
	26	218.5	342	Amy Portillo	7/22/2023			12	218.1	204	Neveah McIntosh	5/6/2023			30	213.8	366	Jessica Littleton	7/22/2023			45	219.1	865	Carla Akers	10/27/2018		
	32	216.5	331	Rachel Massey	6/11/2022			45	219.1	204	Carla Akers	10/27/2018			35	216.3	364	Crystal Prather	6/17/2023			32	216.5	849	Rachel Massey	6/11/2022		
	45	219.1	331	Carla Akers	10/27/2018			30	210.5	187	Haley Shields	10/21/2023			30	210.5	358	Haley Shields	10/21/2023			30	210.5	832	Haley Shields	10/21/2023		
	35	216.3	303	Crystal Prather	6/17/2023			46	212.8	185	Heather Streible	3/1/2024			41	213	353	Gina Woolard	3/5/2022			35	216.3	805	Crystal Prather	6/17/2023		
	30	210.5	286	Haley Shields	10/21/2023			32	216.5	171	Rachel Massey	6/11/2022			43	214.5	353	Anika Harper	5/6/2023			26	218.5	805	Amy Portillo	7/22/2023		
	47	214.3	264	Barbara VanVliet	11/11/2023			46	211	165	Renee Turner	6/17/2023			32	216.5	347	Rachel Massey	6/11/2022			32	199	678	Angela Dunn	9/17/2022		
	32	199	259	Angela Dunn	9/17/2022			41	213	165	Gina Woolard	3/5/2022			55	217.6	335	Janet Martin	3/1/2024			34	206.8	672	Valerie Ryan	1/23/2022		
	13	200.7	248	Alex Jefferson	10/17/2020			36	216.2	160	Crystal Prather	3/1/2024			45	219.1	331	Carla Akers	10/27/2018			47	214.3	667	Barbara VanVliet	11/11/2023		
	14	200	237	Karson Tolle	6/11/2022			32	199	154	Angela Dunn	9/17/2022			34	206.8	314	Valerie Ryan	1/22/2022			13	200.7	650	Alex Jefferson	10/17/2020		
	110kg/242.5lbs							110kg/242.5lbs							110kg/242.5lbs							110kg/242.5lbs						
	26	239.4	424	Amy Portillo	10/21/2023			24	230.6	231	Maddy Webster	3/19/2023			24	230.6	457	Maddy Webster	3/19/2023			24	230.6	911	Maddy Webster	3/19/2023		
	24	230.6	419	Maddy Webster	3/19/2023			50	240	215	Ylander Ross	1/21/2017			33	223.8	400	Melissa Shade	6/2/2018			26	239.4	1302	Amy Portillo	10/21/2023		
	15	232.8	325	Abrie Meadows	6/17/2023			29	228.8	204	Brittany Berryhill	12/19/2020			26	239.4	397	Amy Portillo	10/21/2023			33	230.2	849	Jessie Hunt	10/17/2020		
	33	230.2	314	Jessie Hunt	10/17/2020			42	241.2	193	Katy Silvers	4/13/2024			43	225.1	386	Kimberly Dorton	7/22/2023			15	232.8	772	Abrie Meadows	6/17/2023		
	15	232.4	286	Kennedy Green	10/12/2019			33	223.8	190	Melissa Shade	6/2/2018			33	230.2	358	Jessie Hunt	10/17/2020			43	225.1	686	Kimberly Dorton	7/22/2023		
	43	225.1	226	Kimberly Dorton	7/22/2023			13	239.8	190	Neveah McIntosh	3/1/2024			54	223.6	353	Janet Martin	5/6/2023			15	232.4	769	Kennedy Green	10/12/2019		
	37	236.5	226	Naimah Abdullah	6/5/2021			34	234.3	182	Jessie Hunt	4/24/2021			27	225.3	314	Rose Hoang	11/1/2023			27	225.3	661	Rose Hoang	11/1/2023		
	29	241.5	226	Laura Salazar	12/8/2018			54	242	176	Shari Wofford	4/20/2018			15	232.8	309	Abrie Meadows	6/17/2023			29	241.5	661	Laura Salazar	12/8/2018		
	27	225.3	209	Rose Hoang	11/11/2023			54	223.6	154	Janet Martin	5/6/2023			29	241.5	303	Laura Salazar	12/8/2018			37	236.5	634	Naimah Abdullah	6/5/2021		
	43	225.1	154	Kimberly Dorton	7/22/2023			43	225.1	154	Kimberly Dorton	7/22/2023			15	232.4	275	Kennedy Green	10/12/2019									
	110+kg/242.6+lbs							110+kg/242.6+lbs							110+kg/242.6+lbs							110+kg/242.6+lbs						
	42	261.5	386	Hollie Sands	10/12/2019			42	261.5	270	Hollie Sands	10/12/2019			42	261.5	518	Hollie Sands	10/12/2019			42	261.5	1174	Hollie Sands	10/12/2019		
	40	277.1	380	Katy Silvers	10/16/2021			29	294.9	248	Alex Wilson-McKenzie	10/22/2022			40	277.1	380	Katy Silvers	10/16/2021			38	253.5	893	Allison Busby	10/21/2023		
	23	262.8	331	Shauntra Lilley	12/4/2021			40	272.2	226	Andrea Willis	6/19/2021			38	253.5	375	Allison Busby	10/21/2023			23	262.8	843	Shauntra Lilley	12/4/2021		
	24	291.9	325	Celeste Kamasa	7/10/2021			38	253.5	215	Allison Busby	10/21/2023			53	251	370	Janet Martin	10/22/2022			29	273.8	788	Mary-Ann Ricks	3/5/2022		
	38	253.5	314	Allison Busby	10/21/2023			23	262.8	193	Shauntra Lilley	12/4/2021			40	272.2	358	Andrea Willis	6/19/2021			22	330.2	780	Lashonda Zander	6/22/2018		
	29	273.8	303	Mary-Ann Ricks	3/5/2022			29	273.8	182	Mary-Ann Ricks	3/5/2022			22	330.2	325	Lashonda Zander	6/2/2018			33	308.6	733	Angela Dunn	7/22/2023		
	22	330.2	280	Lashonda Zander	6/2/2018			33	308.6	182	Angela Dunn	7/22/2023			27	248	320	Aubrey Dowding	5/11/2019			23	254.8	716	Nathalie Vargas	12/18/2021		
	31	249.2	275	Stephanie Smith	8/19/2023			54	243.2	176	Shari Wofford	6/9/2018			23	262.8	320	Shauntra Lilley	12/4/2021			27	248	711	Aubrey Dowding	5/11/2019		
	23	254.8	275	Nathalie Vargas	12/18/2021			22	330.2	175	Lashonda Zander	6/2/2018			25	251.9	303	Leah Simpson	3/6/2021			31	249.2	705	Stephanie Smith	8/19/2023		
	33	308.6	270	Angela Dunn	7/22/2023			53	251	171	Janet Martin	10/22/2022			29	273.8	303	Mary-Ann Ricks	3/5/2022			22	282.2	628	Capri Cameron	8/12/2017		

FEMALE RAW JUNIORS (20-23)

365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS					365 STRONG WORLD RANKINGS																
RAW (Knee Sleeves) SQUAT					RAW BENCH PRESS					RAW (Knee Sleeves) DEADLIFT					RAW (Knee Sleeves) TOTAL																
FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)					FEMALE - JUNIORS (20-23)																
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date								
48kg/105.7lbs						48kg/105.7lbs		23	99.2	110	Emerson Graham	10/21/2023	48kg/105.7lbs		23	99.2	253	Emerson Graham	10/21/2023	48kg/105.7lbs											
52kg/114.5lbs						52kg/114.5lbs		21	108.2	94	Racquel Wilson	10/16/2021	52kg/114.5lbs		22	111.6	240	Elena Lopez	6/2/2018	52kg/114.5lbs		22	111.6	575	Elena Lopez	6/2/2018					
		20	108	165	Maggie Parsons	11/19/2016			22	111.6	85	Elena Lopez	6/2/2018			20	108	220	Maggie Parsons	11/19/2016			20	108	468	Maggie Parsons	11/19/2016				
								20	108	83	Maggie Parsons	11/19/2016																			
56kg/123.5lbs						56kg/123.5lbs		20	120.6	132	Emily Gaiser	7/10/2021	56kg/123.5lbs		23	122.8	320	Isabella Sarks	4/23/2022	56kg/123.5lbs		23	122.8	705	Isabella Sarks	4/23/2022					

		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														
									36	263.7	127	Beth Mockbee	4/16/2022														

FEMALE RAW/RAW CLASSIC TEENAGE

365 STRONG WORLD RANKINGS							365 STRONG WORLD RANKINGS							365 STRONG WORLD RANKINGS							365 STRONG WORLD RANKINGS						
SQUAT (Gear Listed)							RAW BENCH PRESS							DEADLIFT (Gear Listed)							TOTAL (Gear Listed)						
FEMALE TEEN/YOUTH/KIDS CLUB							FEMALE TEEN/YOUTH/KIDS CLUB							FEMALE TEEN/YOUTH/KIDS CLUB							FEMALE TEEN/YOUTH/KIDS CLUB						
Weight Class	Age	Wgt	Lbs	Name	Date		Weight Class	Age	Wgt	Lbs	Name	Date		Weight Class	Age	Wgt	Lbs	Name	Date		Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs							44kg/97lbs							44kg/97lbs							44kg/97lbs						
T1 13-15 13 86 132	Alessandra Reis	1/21/2023				T1 13-15 15 97 83	Bella-Grace Meadows	4/1/2023					T1 13-15 13 86 204	Alessandra Reis	1/21/2023				T1 13-15 13 86 386	Alessandra Reis	1/21/2023						
							T1 13-15 13 86 71	Alessandra Reis	1/21/2023					KC 5-10 9 63.5 132	Kambree Williamson	11/19/2022											
48kg/105.7lbs							48kg/105.7lbs							48kg/105.7lbs							48kg/105.7lbs						
Y 10-12 12 105.2 121	Carmen Trivette	10/16/2021				Y 10-12 12 105.2 83	Carmen Trivette	10/16/2021					Y 10-12 12 105.2 143	Carmen Trivette	10/16/2021				Y 10-12 12 105.2 342	Carmen Trivette	10/16/2021						
52kg/114.5lbs							52kg/114.5lbs							52kg/114.5lbs							52kg/114.5lbs						
T3 18-19 19 112.4 165	McKenna Wright	6/17/2023				T1 13-15 13 111.4 99	Carmen Trivette	10/22/2022					T3 18-19 19 112.4 237	McKenna Wright	6/17/2023				T3 18-19 19 112.4 485	McKenna Wright	6/17/2023						
T1 13-15 13 111.4 154	Carmen Trivette	10/22/2022				T1 13-15 13 112.8 99	Makayla Van Meter	2/20/2021					T1 13-15 14 114 231	Carmen Trivette	5/6/2023				T1 13-15 14 114 468	Carmen Trivette	5/6/2023						
T2 16-17 16 108.1 121	McKenna Wright	3/6/2021				T2 16-17 17 112 88	Leighann Allen	11/19/2016					T1 13-15 13 112.8 220	Makayla Van Meter	2/20/2021				T1 13-15 13 112.8 435	Makayla Van Meter	2/20/2021						
T1 13-15 13 112.8 116	Makayla Van Meter	2/20/2021				T3 18-19 19 112.4 83	McKenna Wright	6/17/2023					T2 16-17 17 112 215	Leighann Allen	11/19/2016				T2 16-17 16 108.1 391	McKenna Wright	3/6/2021						
							T2 16-17 16 108.1 77	McKenna Wright	3/6/2021				T2 16-17 16 108.1 193	McKenna Wright	3/6/2021				T2 16-17 17 112 281	Leighann Allen	11/19/2016						
56kg/123.5lbs							56kg/123.5lbs							56kg/123.5lbs							56kg/123.5lbs						
T3 18-19 19 123.4 275	Becca Dison	3/10/2018				T3 18-19 19 123.4 159.8	Becca Dison	3/10/2018					T3 18-19 19 123.4 320	Becca Dison	3/10/2018				T3 18-19 19 123.4 755	Becca Dison	3/10/2018						
T3 18-19 19 118.4 242	Olivia Pasin	11/19/2022				T3 18-19 19 118.4 149	Olivia Pasin	11/19/2022					T3 18-19 19 118.4 281	Olivia Pasin	11/19/2022				T3 18-19 19 118.4 672	Olivia Pasin	11/19/2022						
T2 16-17 17 116.2 138	Angelina Peterson	10/21/2023				T2 16-17 17 116.2 88	Angelina Peterson	10/21/2023					T2 16-17 17 116.2 171	Angelina Peterson	10/21/2023				T2 16-17 17 116.2 397	Angelina Peterson	10/21/2023						
60kg/132.2lbs							60kg/132.2lbs							60kg/132.2lbs							60kg/132.2lbs						
T3 18-19 19 132 242	Claire Rosser	8/12/2017				T3 18-19 19 132 138	Claire Rosser	8/12/2017					T3 18-19 19 132 303	Claire Rosser	8/12/2017				T3 18-19 19 132 683	Claire Rosser	8/12/2017						
T1-RC 13-15 14 130.7 237	Beverly Lemay	3/18/2023				T2 16-17 16 129 110	Mara Hall	2/20/2021					T2 16-17 16 129 259	Mara Hall	2/20/2021				T2 16-17 16 129 588	Mara Hall	2/20/2021						
T2 16-17 16 129 198	Mara Hall	2/20/2021				T1 13-15 14 130.7 94	Beverly Lemay	3/18/2023					T1-RC 13-15 14 130.7 220	Beverly Lemay	3/18/2023				T1-RC 13-15 14 130.7 551	Beverly Lemay	3/18/2023						
T2 16-17 17 128.5 165	Sophia Drury	10/21/2023				T1 13-15 14 129.4 88	Macy Lantz	10/29/2017					T2 16-17 17 128.5 204	Sophia Drury	10/21/2023				T2 16-17 17 128.5 446	Sophia Drury	10/21/2023						
T1 13-15 14 129.4 143	Macy Lantz	10/29/2017				T2 16-17 17 128.5 77	Sophia Drury	10/21/2023					T1 13-15 14 131.6 193	Macy Lantz	8/12/2017				T1 13-15 14 131.6 391	Macy Lantz	8/12/2017						
														T2 16-17 16 127.8 155	Florella Tito	10/1/2022											
														KC 5-10 9 132.3 100	Scarlett Samaha	11/19/2022											
67.5kg/148.7lbs							67.5kg/148.7lbs							67.5kg/148.7lbs							67.5kg/148.7lbs						
T3 18-19 19 142.6 314	Hanna Young	8/12/2017				T3 18-19 19 142.6 165	Hanna Young	8/12/2017					T3 18-19 19 142.6 303	Hanna Young	8/12/2017				T3 18-19 19 142.6 816	Hanna Young	8/12/2017						
T1-RC 13-15 15 135.6 265	Beverly Lemay	3/1/2024				T1 13-15 13 147.8 143	Haleigh Batchelor	10/22/2022					T2 16-17 16 145.3 275	Sara Hampton	10/21/2023				T1-RC 13-15 13 145.1 651	Haleigh Batchelor	11/19/2022						
T1-RC 13-15 13 145.1 264	Haleigh Batchelor	11/19/2022				T2 16-17 16 145.3 132	Sara Hampton	10/21/2023					T1-RC 13-15 15 135.6 265	Beverly Lemay	3/1/2024				T1-RC 13-15 15 135.6 640	Beverly Lemay	3/1/2024						
T2 16-17 16 145.3 231	Sara Hampton	10/21/2023				T1 13-15 15 135.6 110	Beverly Lemay	3/1/2024					T1-RC 13-15 13 145.1 249	Haleigh Batchelor	11/19/2022				T2 16-17 16 145.3 623	Sara Hampton	10/21/2023						
T1 13-15 15 146.8 231	Macy Lantz	4/20/2018				T1 13-15 15 146.8 99	Macy Lantz	4/20/2018					T1 13-15 15 146.8 243	Macy Lantz	4/20/2018				T1 13-15 15 146.8 573	Macy Lantz	4/20/2018						
T3 18-19 19 142.2 121	Ashton Bishop	3/6/2021				T3 18-19 19 142.2 72	Ashton Bishop	3/6/2021					T3 18-19 19 142.2 231	Ashton Bishop	3/6/2021				T3 18-19 19 142.2 424	Ashton Bishop	3/6/2021						
T1 13-15 13 138.4 105	Peyton Lauffer	6/19/2021				T3 18-19 18 140.4 70	Destiny Dula	10/29/2016					T3 18-19 18 140.4 200	Destiny Dula	10/29/2016				T1 13-15 13 138.4 320	Peyton Lauffer	6/19/2021						
							T1 13-15 13 138.4 60	Peyton Lauffer	6/19/2021				T2 16-17 16 148.5 165	Aiana Peterson	10/2/2022												
														T1 13-15 13 138.4 154	Peyton Lauffer	6/19/2021											
75kg/165.2lbs							75kg/165.2lbs							75kg/165.2lbs							75kg/165.2lbs						
T3-RC 18-19 19 150.4 275	Sarah Oesch	6/11/2022				T3 18-19 19 150.4 176	Sarah Oesch	6/11/2022					T3-RC 18-19 19 150.4 334	Sarah Oesch	6/11/2022				T3-RC 18-19 19 150.4 772	Sarah Oesch	6/11/2022						
T3 18-19 19 161.5 270	Katarina Giancroce	4/22/2017				T2 16-17 17 165 151	Sarah Oesch	10/17/2020					T2 16-17 17 165 333	Sarah Oesch	10/17/2020				T2 16-17 17 165 737	Sarah Oesch	10/17/2020						
T2 16-17 17 165 254	Sarah Oesch	10/17/2020				T3 18-19 19 161.5 126	Katarina Giancroce	4/22/2017					T3 18-19 19 161.5 292	Katarina Giancroce	4/22/2017				T3 18-19 19 161.5 689	Katarina Giancroce	4/22/2017						
T1 13-15 14 149 209	Jannah Reynolds	7/24/2021				T2 16-17 17 152.8 110	Danielle Ortiz	10/29/2016					T2 16-17 17 152.8 255	Danielle Ortiz	10/29/2016				T2 16-17 17 152.8 549	Danielle Ortiz	10/29/2016						
T1 13-15 13 164.8 182	Harley Milone	12/9/2017				T1 13-15 13 164.8 99	Harley Milone	12/9/2017					T1 13-15 13 164.8 248	Harley Milone	12/9/2017				T1 13-15 14 149 529	Jannah Reynolds	7/24/2021						
T2 16-17 17 152.8 180	Danielle Ortiz	10/29/2016				T1 13-15 14 149 94	Jannah Reynolds	7/24/2021					T1 13-15 14 149 226	Jannah Reynolds	7/24/2021				T1 13-15 13 164.8 529	Harley Milone	12/9/2017						
							T3 18-19 19 153.5 83	Ashton Bishop	8/22/2020				T3 18-19 19 153.5 215	Ashton Bishop	8/22/2020												
82.5kg/181.7lbs							82.5kg/181.7lbs							82.5kg/181.7lbs							82.5kg/181.7lbs						
T3-RC 18-19 19 175.1 286	Sarah Oesch	10/22/2022				T3 18-19 19 175.1 182	Sarah Oesch	10/22/2022					T3 18-19 19 175.1 402	Shelby Sprinkle	12/18/2021				T3 18-19 19 175.4 827	Shelby Sprinkle	12/18/2021						
T3 18-19 19 175.4 281	Shelby Sprinkle	12/18/2021				T3 18-19 19 180.6 150	Victoria Renfro	7/9/2016					T3-RC 18-19 19 175.1 353	Sarah Oesch	10/22/2022				T3-RC 18-19 19 175.1 810	Sarah Oesch	10/22/2022						
T3 18-19 19 180.6 255	Victoria Renfro	7/9/2016				T2 16-17 17 170.8 149	Sarah Oesch	10/3/2020					T3 18-19 19 180.6 330	Victoria Renfro	7/9/2016				T3 18-19 19 180.6 735	Victoria Renfro	7/9/2016						
T2 16-17 17 170.8 237	Sarah Oesch	10/3/2020	</																								

110kg/242.5lbs						
T1-RC	13-15	13	239.8	335	Nevaeah McIntosh	3/1/2024
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/242.6+lbs						
T3	18-19	19	278.2	242	Meredith Arnold	4/24/2021

110kg/242.5lbs						
T1	13-15	13	239.8	190	Nevaeah McIntosh	3/1/2024
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/242.6+lbs						
T3	18-19	19	278.2	149	Meredith Arnold	4/24/2021

110kg/242.5lbs						
T1	13-15	15	238.5	309	Abrie Meadows	6/17/2023
T1-RC	13-15	13	239.8	305	Nevaeah McIntosh	3/1/2024
T1	13-15	15	232.4	275	Kennedy Green	10/12/2019
110+kg/242.6+lbs						
T3	18-19	19	278.2	309	Meredith Arnold	4/24/2021

110kg/242.5lbs						
T1-RC	13-15	13	239.8	830	Nevaeah McIntosh	3/1/2024
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/242.6+lbs						
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					
	15	97	83	Bella-Grace Meadows	4/1/2023
	13	86	71	Alessandra Reis	12/1/2023
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	6/29/2018
	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
	24	120.2	282	Amber Duenkel	6/9/2018
	44	118	253	Tiffany Stone	12/9/2023
	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	12/9/2018
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	10/28/2016
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
	40	137.8	281	Alexandra Gray	4/15/2023
	15	135.6	265	Beverly Lemay	3/1/2024
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
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

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	12/1/2023
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	Lindsay Seamans	6/29/2018
	27	111.5	116	Nykhsha Garland	10/17/2020
	62	110.7	105	Sue Ann Hurlbert	7/22/2023
	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
	42	121.8	175	Dawn Bogart	4/9/2016
	19	123.4	160	Becca Dison	12/1/2017
	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
	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
	31	122.8	132	Heidi Schuck	6/19/2021
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 Bozuto	10/2/2022
	47	127.2	180	Bela Ghosh	8/11/2016
	25	132	171	Kristin Kilitica	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
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	Tocha Baughman	3/19/2023
	29	144.4	182	Leslie Kutner	11/9/2019
	21	138.3	178	Anya Kalnins	9/18/2021
	30	143.5	176	Maria Ackley	11/11/2023
	20	138	171	Hanna Young	4/20/2018
75kg/165.2lbs					
	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
	55	156.8	193	Candice Maness	10/28/2017
	33	160	187	Heather Ingalls	8/12/2017
	52	162.3	187	Tammy Deloatch	11/9/2019
	26	159.6	182	Jessica Wissmann	10/28/2017
	34	160.2	182	Alli Heironimus	9/17/2022
82.5kg/181.7lbs					
	45	180.3	350	Shannon Nash	4/22/2017
	71	177	287	Barbara Haiden	12/4/2021
	30	178	231	Brittany Gagne	12/9/2023
	32	179	231	Clearra Jackson-Griffin	7/22/2023
	34	175	226	Kristie Johnston	10/21/2023

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
	44	118	309	Tiffany Stone	12/9/2023
	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
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	10/28/2016
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	143.4	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
	40	137.8	309	Kayce Hoover	10/29/2016
	35	148	290	Desiree Savarese	1/21/2017
75kg/165.2lbs					
	42	165	430	Reyhan Roybal	10/17/2020
	27	163.6	380	Kari Rankin	10/21/2023
	26	163.4	358	Jessica Wissmann	4/20/2018
	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
	35	163.8	315	Vanessa Westbrook	7/10/2021
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

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 Seamans	6/29/2018
	27	111.5	623	Kiki Garland	10/17/2020
	30	111.2	601	Aubrey Cornwell	8/12/2017
	37	111.3	551	Tiffany Stone	

		20	161.6	187	Sarah Oesch	3/18/2023			23	164.6	160	Candace Locklear	3/10/2018			22	161.6	253	Dani Moore	6/10/2017			20	161.6	623	Sarah Oesch	3/18/2023
									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														

365 STRONG WORLD RANKINGS					
EQUIPPED & GEARED SQUAT					
FEMALE					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
SP	34	113.4	319	Lindsay Seamans	11/9/2019
56kg/123.5lbs					
SP	42	121.8	265	Dawn Bogart	4/9/2016
MP	20	123.4	248	Josefina Bueno	3/5/2022
60kg/132.2lbs					
SP	43	131.9	331	Dawn Bogart	4/22/2017
MP	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	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

365 STRONG WORLD RANKINGS					
EQUIPPED & GEARED BENCH					
FEMALE					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
SP	34	113.4	138	Lindsay Seamans	11/9/2019
56kg/123.5lbs					
SP	42	121.8	175	Dawn Bogart	4/9/2016
MP	60	121.4	160	JoJo Brasseaux	3/1/2024
MP	20	123.4	127	Josefina Bueno	3/5/2022
60kg/132.2lbs					
SP	43	131.9	226	Dawn Bogart	4/22/2017
SP	54	132	165	Priscilla Pardue	4/20/2018
MP	59	129.6	132	JoJo Brasseaux	10/21/2023
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 El Eter	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
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

365 STRONG WORLD RANKINGS					
EQUIPPED & GEARED DEADLIFT					
FEMALE					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
SP	34	113.4	319	Lindsay Seamans	11/9/2019
56kg/123.5lbs					
MP	20	123.4	297	Josefina Bueno	3/5/2022
SP	42	121.8	295	Dawn Bogart	4/9/2016
60kg/132.2lbs					
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	46	184.1	408	Jeanine Russell	7/22/2023
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

365 STRONG WORLD RANKINGS					
EQUIPPED & GEARED TOTAL					
FEMALE					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
SP	34	113.4	777	Lindsay Seamans	11/9/2019
56kg/123.5lbs					
SP	42	121.8	735	Dawn Bogart	4/9/2016
MP	20	123.4	672	Josefina Bueno	3/5/2022
60kg/132.2lbs					
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
100kg/220.25lbs					
MP	46	198.7	1449	Shelley Yates	4/23/2022
SP	33	217.6	689	Morgan Leddy	6/25/2022

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 Class	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
60kg/132.2lbs					
67.5kg/148.7lbs					
	36	139.4	215	LaDetra Cole	10/29/2022
75kg/165.2lbs					
M/P/F					
FP	R	27	161.2	275	Mikhayla Dunn
FP	R	35	154.7	253	LaDetra Cole
FP	R	33	160	242	Heather Ingalls
82.5kg/181.7lbs					
FP	RC	26	177.5	386	Emily Merritt
FP	R	29	177.6	314	Gabrielle Robbins
FP	R	31	178.2	281	Emily Gilson
FP	R	39	178	220	Pamela Buskirk
90+kg/198.2+lbs					
Female					
FP	RC	34	250	308	Tarra Farnham

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	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
60kg/132.2lbs					
BP	MP	59	129.6	132	JoJo Brasseaux
67.5kg/148.7lbs					
	36	139.4	116	LaDetra Cole	10/29/2022
75kg/165.2lbs					
M/P/F					
FP	R	33	160	187	Heather Ingalls
FP	R	27	161.2	154	Mikhayla Dunn
FP	R	35	154.7	138	LaDetra Cole
82.5kg/181.7lbs					
FP	R	29	177.6	204	Gabrielle Robbins
FP	R	26	177.5	165	Emily Merritt
FP	R	31	178.2	149	Emily Gilson
PP	R	39	174.4	132	Pamela Buskirk
90+kg/198.2+lbs					
Female					
FP	R	34	250	138	Tarra Farnham

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	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
60kg/132.2lbs					
67.5kg/148.7lbs					
	36	139.4	336	LaDetra Cole	10/29/2022
75kg/165.2lbs					
M/P/F					
FP	R	35	154.7	380	LaDetra Cole
FP	R	27	161.2	320	Mikhayla Dunn
FP	R	33	160	303	Heather Ingalls
82.5kg/181.7lbs					
FP	R	29	177.6	397	Gabrielle Robbins
FP	RC	26	178.7	391	Emily Merritt
FP	R	31	178.2	342	Emily Gilson
PP	R	39	178	286	Pamela Buskirk
90+kg/198.2+lbs					
Female					
FP	RC	34	250	336	Tarra Farnham

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	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
60kg/132.2lbs					
67.5kg/148.7lbs					
	36	139.4	667	LaDetra Cole	10/29/2022
75kg/165.2lbs					
M/P/F					
FP	R	35	154.7	771	LaDetra Cole
FP	R	27	161.2	749	Mikhayla Dunn
FP	R	33	160	733	Heather Ingalls
82.5kg/181.7lbs					
FP	RC	26	177.5	937	Emily Merritt
FP	R	29	177.6	914	Gabrielle Robbins
FP	R	31	178.2	772	Emily Gilson
90+kg/198.2+lbs					
Female					
FP	RC	34	250	782	Tarra Farnham

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS

SQUAT - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
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 60-64	62	108.2	149	Sue Ann Hurlbert	10/21/2023
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
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
60kg/132.2lbs					
SP 40-44	43	131.9	331	Dawn Bogart	4/22/2017
RC 50-54	54	132	331	Priscilla Pardue	4/20/2018
SP 50-54	53	132.2	308	Priscilla Pardue	10/28/2017
R 40-44	42	130	300	Dawn Bogart	7/9/2016
RC 45-49	47	131.4	105	Angle 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	40	137.8	281	Alexandra Gray	4/15/2023
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	Yvette Bushard	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	43	146.5	176	Jennifer Rush	12/19/2020
R 40-44	40	140.4	149	Misty Bruce	1/22/2022
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 40-44	41	158.1	248	Jennifer Edwards	10/21/2023
RC 50-54	54	160.6	242	Candice Maness	4/22/2017
R 50-54	53	163.8	242	Kelly Padgett	5/6/2023
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 40-44	44	154.1	215	Jennifer May	5/27/2023
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					
RC 70-74	71	177	386	Barbara Haiden	12/4/2021
R 45-49	46	181	380	Shannon Nash	4/20/2018
R 45-49	45	178.6	308	Crystal McCullough	1/22/2022
RC 55-59	58	181	303	Cindy Meeker	5/11/2019
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 45-49	45	180.3	226	Shannon Nash	4/22/2017

365 STRONG WORLD RANKINGS

BENCH - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
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	62	108.2	105	Sue Ann Hurlbert	10/21/2023
R 70-74	73	106.3	83	Linda Costello	4/23/2022
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 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 60-64	62	123	66	Nina Snipes	10/21/2023
60kg/132.2lbs					
SP 40-44	43	131.9	226	Dawn Bogart	4/22/2017
R 40-44	42	130	205	Dawn Bogart	7/9/2016
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 60-64	61	125	72	Nina Snipes	5/27/2023
R 45-49	47	131.4	45	Angle 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 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 40-44	40	137.8	154	Alexandra Gray	4/15/2023
R 45-49	45	140	149	Gina Casper	5/27/2023
R 45-49	45	144.8	143	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 50-54	53	147.9	116	Sonja Drury	10/21/2023
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 45-49	45	162.7	231	Maureen Clary	6/5/2021
R 65-69	67	160.4	209	Barbara Haiden	12/9/2017
R 65-69	67	160.4	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
R 40-44	41	158.1	154	Jennifer Edwards	10/21/2023
R 50-54	52	163	138	Kelly Padgett	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
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 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
50kg/110.2lbs					
R 50-54	51	181	292	Sujata Bhakat	4/20/2018

365 STRONG WORLD RANKINGS

DEADLIFT - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
R 45-49	46	111.8	292	Missy Taylor	4/23/2022
R 45-49	46	112.2	275	Missy Taylor	7/24/2021
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 55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs					
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
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
RC 45-49	47	131.4	155	Angle 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			

