

365 Strong World Powerlifting Federation
Current **TOP TEN "Tested" Female** World Ranking

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: 1/25/2025

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) SQUAT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	132	Alessandra Reis	1/21/2023
48kg/105.7lbs					
	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
	62	108.2	149	Sue Ann Hurlbert	10/21/2023
	65	107.4	143	Pam Fisher	5/18/2024
	13	112.8	116	Makayla Van Meter	2/20/2021
56kg/123.5lbs					
	48	122.4	314	Missy Taylor	5/6/2023
	23	123	281	Isabella Sarkis	12/4/2016
	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	Shantell 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					
	25	132	319	Kristin Kitlica	7/10/2021
	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
	28	128.8	248	April Rainey	2/25/2023
	24	128.1	242	Liz Micovich	9/18/2021
67.5kg/148.7lbs					
	43	147.5	359	Emily Lilly	5/6/2023
	20	138	331	Hanna Young	4/20/2018
	29	146.8	314	Alexandrea McClain	8/24/2024
	29	144.4	303	Leslie Kutner	11/9/2019
	34	145	297	Carmen Florian	5/11/2019
	41	143.3	292	Mona Hope	1/20/2024
	20	144.6	292	Everette Sherrill	7/22/2023

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - OPEN					
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
	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
	63	111.1	108	Sue Ann Hurlbert	2/10/2024
	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	Raquel 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
	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
	23	120.2	127	Asia Hannans	9/7/2024
60kg/132.2lbs					
	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
	28	128.8	154	April Rainey	2/25/2023
	33	132.2	154	Amy Pierce	8/12/2017
	33	131.2	149	Meredith Ward	6/13/2020
	27	128	145	Nadia Zebouni	7/9/2016
	25	125	145	Caitlin Cardone	4/9/2016
	22	127.4	143	Emily Gaiser	9/17/2022
67.5kg/148.7lbs					
	43	147.1	231	Emily Lilly	3/4/2023
	27	144.2	200	Courtney Norris	7/9/2016
	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
	20	138	171	Hanna Young	4/20/2018

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) DEADLIFT					
FEMALE - OPEN					
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	78	Alaina Allsbrook	5/27/2023
	7	68.8	71	Adelyn Salley	9/7/2024
48kg/105.7lbs					
	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
	14	114	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 Sarkis	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					
	26	126	369	Barbara Morales	12/9/2023
	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
	28	128.8	320	April Rainey	2/25/2023
	25	125	315	Caitlin Cardone	4/9/2016
	47	127.2	315	Bela Ghosh	6/11/2016
	33	132.2	308	Amy Pierce	8/12/2017
67.5kg/148.7lbs					
	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
	30	143.5	347	Maria Ackley	11/11/2023
	36	139.4	336	LaDetra Cole	10/29/2022
	33	143.5	336	Carmen Florian	3/9/2019

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) TOTAL					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	386	Alessandra Reis	1/21/2023
48kg/105.7lbs					
	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
	65	107.4	463	Pam Fisher	5/18/2024
	72	106.3	457	Linda Costello	4/23/2022
	13	112.8	435	Makayla Van Meter	2/20/2021
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 Sarkis	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	9/7/2024
	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					
	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	2/25/2023
	27	131.6	700	Samantha Sawyer	1/21/2017
	19	132	683	Claire Rosser	8/12/2017
	33	131.2	672	Meredith Ward	6/13/2020
67.5kg/148.7lbs					
	43	147.5	955	Emily Lilly	5/6/2023
	29	146.8	89		

	31	147.3	286	MacKenzie Rideout	5/4/2024
	27	145.9	275	Amber Jordan	11/23/2024
	33	137.2	270	Domoni Alexander	10/28/2017
75kg/165.2lbs					
	44	159	380	Emily Lilly	10/21/2023
	24	155.4	353	Courtney Fox	11/23/2024
	23	164.6	336	Candace Locklear	3/10/2018
	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
	34	163.4	309	Kendra Danzer	4/20/2018
	32	153.9	292	MacKenzie Rideout	12/7/2024
	26	153	286	Amber Jordan	10/21/2023
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
	27	167.3	320	Becca Grimes	9/7/2024
	29	177.6	314	Gabriella Robbins	11/9/2019
	15	173.3	308	Cecilia Luzarraga	10/19/2024
	45	178.6	308	Crystal McCullough	1/22/2022
	38	175	303	Lay Kaahu	8/12/2017
	43	176.4	303	Brandy Gullede	9/7/2024
	28	177.5	303	Mikhayla Dunn	4/15/2023
90kg/198.2lbs					
	24	196.7	364	Isabella Heffner	10/21/2023
	41	195.1	358	Rebecca Caudill	12/7/2024
	22	184.1	331	Emely Barahona	6/5/2021
	28	192	331	Jess Lemachko	8/19/2023
	24	193	320	Allyson Abbs	4/20/2018
	44	197.8	320	Carla Akers	4/20/2018
	27	188.7	270	Brittany Marquez	1/21/2017
	48	194.7	259	Mandy Self-Sparrow	2/10/2024
	54	185	253	Rosie Rosemond	8/24/2024
	43	192	248	Michele Blackman	12/4/2021
100kg/220.25lbs					
	26	218.5	342	Amy Portillo	7/22/2023
	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
	14	200	237	Karson Tolle	6/11/2022
110kg/242.5lbs					
	26	239.4	424	Amy Portillo	10/21/2023
	24	230.6	419	Maddy Webster	3/18/2023
	15	238.5	325	Abrie Meadows	6/17/2023
	33	230.2	314	Jessie Hunt	10/17/2020
	15	232.4	286	Kennedy Green	10/12/2019
	37	236.5	226	Naimah Abdullah	6/5/2021
	29	241.5	226	Laura Salazar	12/8/2018
	27	225.3	209	Rose Hoang	11/11/2023
110+kg/242.6+lbs					
	40	277.1	380	Katy Silvers	10/16/2021
	23	262.8	331	Shaunte Lilley	12/4/2021
	38	253.5	314	Allison Busby	10/21/2023

	28	146	171	Brittany Vinesett	7/24/2021
	27	143.8	165	Taylor Jackson	5/11/2019
	48	145.3	165	Aiysha Hayes	1/22/2022
75kg/165.2lbs					
	44	159	242	Emily Lilly	10/21/2023
	26	164.5	231	Kari DeShazo	11/21/2020
	52	162.3	187	Tammy Deloatch	11/9/2019
	34	160.2	182	Alli Heironimus	9/17/2022
	57	165.2	178	Cherie Goldsmith	4/1/2023
	19	150.4	176	Sarah Oesch	6/11/2022
	22	155.9	176	Abby Rice	10/19/2024
	35	157	171	Jessica Loden	2/10/2024
	34	159.4	171	Deborah Omolewu	4/20/2018
	23	161.5	171	Alisha Martin	4/24/2021
82.5kg/181.7lbs					
	45	166.9	237	Emily Lilly	6/29/2024
	32	179	231	Ciearra Jackson-Griffen	7/22/2023
	34	175	226	Kristie Johnston	10/21/2023
	28	181	209	Miranda Williams	5/6/2023
	29	177.6	204	Gabrielle Robbins	11/9/2019
	63	179.5	198	Gloria Knight-McNeil	10/22/2022
	21	180.3	193	Sarah Oesch	4/28/2024
	43	176.4	187	Brandy Gullede	9/7/2024
	38	175	182	Lay Kaahu	8/12/2017
	58	176.8	182	Cherie Goldsmith	4/13/2024
90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	28	192	220	Jess Lemachko	8/19/2023
	33	189	200	Priyanka Santiago	10/1/2022
	40	187.2	193	Mona Espinosa	1/22/2022
	21	182.2	190	Sarah Oesch	3/10/2024
	22	184.1	187	Emely Barahona	6/5/2021
	45	194	187	Heather Streible	3/18/2023
	44	197.8	187	Carla Akers	4/20/2018
	41	195.1	182	Rebecca Caudill	12/7/2024
	34	196.2	176	Mallory Horne	4/15/2023
100kg/220.25lbs					
	17	206.1	215	Alexandria Jefferson	10/19/2024
	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
	34	208.3	165	Laura Bos	6/9/2024
	46	211	165	Renee Turner	6/17/2023
	36	216.2	160	Crystal Prather	3/1/2024
110kg/242.5lbs					
	24	230.6	231	Maddy Webster	3/18/2023
	14	239	226	Nevaeh McIntosh	10/19/2024
	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
	54	242	176	Shari Wofford	4/20/2018
	54	223.6	154	Janet Martin	5/6/2023
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	29	294.8	248	Alex Wilson-McKenzie	10/22/2022
	38	253.5	215	Allison Busby	10/21/2023
	43	251.3	204	Katy Silvers	9/7/2024

	29	145.1	336	Angelica Pineiro	11/11/2023
	25	135.2	331	Evelyn Lyon	9/30/2017
	31	147.3	331	MacKenzie Rideout	5/4/2024
75kg/165.2lbs					
	34	163.4	424	Kendra Danzer	4/20/2018
	23	164.6	402	Candace Locklear	3/10/2018
	35	154.8	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
	22	156.7	364	Nakato Bukya	12/7/2024
	41	164.6	347	Tara Peele	10/27/2018
	17	151.7	331	Alesia Sylverain	10/19/2024
82.5kg/181.7lbs					
	38	175.8	435	Lay Kaahu	10/28/2017
	19	175.4	402	Shelby Sprinkle	12/18/2021
	29	177.6	397	Gabrielle Robbins	11/9/2019
	45	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
	28	177.5	353	Mikhayla Dunn	4/15/2023
	45	178.6	353	Crystal McCullough	1/22/2022
	28	181	353	Miranda Williams	5/6/2023
	31	178.2	342	Emily Gilson	10/17/2020
90kg/198.2lbs					
	24	196.7	424	Isabella Heffner	10/21/2023
	41	195.1	413	Rebecca Caudill	12/7/2024
	33	189	400	Priyanka Santiago	10/1/2022
	26	184.8	358	Kathryn French	3/10/2018
	28	192	358	Jess Lemachko	8/10/2023
	24	196	353	Lauren Davis	6/5/2021
	22	184.1	331	Emely Barahona	6/5/2021
	44	197.8	331	Carla Akers	4/20/2018
	21	194.2	320	Mariah Flint	4/22/2017
	24	193	309	Allyson Abbs	4/20/2018
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
	43	214.5	353	Anika Harper	5/6/2023
	32	216.5	347	Rachel Massey	6/11/2022
	34	208.3	342	Laura Bos	6/9/2024
	55	217.6	335	Janet Martin	3/1/2024
	45	219.1	331	Carla Akers	10/27/2018
110kg/242.5lbs					
	24	230.6	457	Maddy Webster	3/18/2023
	33	223.8	400	Melissa Shade	6/2/2018
	26	239.4	397	Amy Portillo	10/21/2023
	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	238.5	309	Abrie Meadows	6/17/2023
	29	241.5	303	Laura Salazar	12/8/2018
	15	232.4	275	Kennedy Green	10/12/2019
	37	236.5	253	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	40	277.1	380	Katy Silvers	10/16/2021
	38	253.5	375	Allison Busby	10/21/2023
	53	250.9	370	Janet Martin	10/22/2022

	33	143.5	744	Carmen Florian	3/9/2019
	41	143.3	733	Mona Hope	1/20/2024
	35	148.4	727	Jessica Loden	5/18/2024
75kg/165.2lbs					
	44	159	1003	Emily Lilly	10/21/2023
	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
	22	156.7	816	Nakato Bukya	12/7/2024
	23	161.5	816	Alisha Martin	4/24/2021
	48	164.6	816	Bonnie Mosley	10/17/2020
	37	162.3	788	Lauren White	11/19/2022
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	Gabriella Robbins	11/9/2019
	38	175	904	Lay Kaahu	8/12/2017
	28	181	893	Miranda Williams	5/6/2023
	45	178.6	838	Crystal McCullough	1/22/2022
	19	175.4	827	Shelby Sprinkle	12/18/2021
	43	176.4	827	Brandy Gullede	9/7/2024
	28	177.5	816	Mikhayla Dunn	4/15/2023
	15	173.3	799	Cecilia Luzarraga	10/19/2024
90kg/198.2lbs					
	41	195.1	953	Rebecca Caudill	12/7/2024
	24	196.7	948	Isabella Heffner	10/21/20

RC	20	145.8	298	Anya Kalnins	2/20/2021
RC	42	136.2	286	Alexandra Gray	1/19/2024
RC	36	147.7	264	Chelsea Bolton	1/21/2023
RC	53	144.2	259	Priscilla Pardue	4/22/2017
75kg/165.2lbs					
	31	163	347	Bridget McDermott	4/22/2017
	28	165.3	319	Ife Egbeyemi	7/10/2021
	19	150.4	275	Sarah Oesch	6/11/2022
	33	163.2	275	Shayna Dence	4/9/2016
	36	165.1	275	Jennifer Broome	10/27/2018
	56	157	265	Cindy Meeker	10/29/2016
	28	160.8	265	Hannah Cochran	7/9/2016
	25	162.6	253	Rainne Hill	10/28/2017
	54	160.6	243	Candice Maness	4/22/2017
	22	161.6	243	Dani Moore	6/10/2017
82.5kg/181.7lbs					
	34	175	402	Kristie Johnston	10/21/2023
	26	177.5	386	Emily Merritt	5/11/2019
	35	179	369	Kelley Lee	8/12/2017
	38	181	309	Natalie Mayfield	11/19/2016
	27	175.9	303	Rachel Brockwell	12/19/2020
	21	180.3	303	Sarah Oesch	4/28/2024
	56	175.6	281	Cindy Meeker	10/27/2018
	23	178.4	226	Hannah Ramsey	10/18/2020
	57	177.3	187	Shelly Moore	6/5/2021
	45	173.8	176	Heather Streible	6/11/2022
90kg/198.2lbs					
	29	197.2	441	Emily Merritt	6/19/2021
	25	187	347	Kristen Smith	2/25/2023
	34	193.6	303	Promandeeep Kaur	3/21/2020
	21	182.2	300	Sarah Oesch	3/1/2024
	46	190.9	292	Heather Streible	6/17/2023
	11	192.7	292	Nevaeh McIntosh	10/16/2021
	44	184.7	260	Tricia Emrich	7/9/2016
	45	194.9	226	Kelly Jeffries	2/25/2023
100kg/220.25lbs					
	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
	42	209.2	187	Christina Lauffer	6/19/2021
	34	209	165	Paula Bowers	10/29/2016
110kg/242.5lbs					
	41	234.6	402	Katy Silvers	5/6/2023
	29	228.8	380	Brittany Berryhill	12/19/2020
	14	239	380	Nevaeh McIntosh	10/19/2024
	50	240	340	Ylander Ross	1/21/2017
	34	234.3	325	Jessie Hunt	4/24/2021
110+kg/242.6+lbs					
	29	294.8	485	Alex Wilson-McKenzie	10/22/2022
	24	255.1	408	Lindsay Finch	5/6/2023

R	20	138	171	Hanna Young	4/20/2018
R	28	146	171	Brittany Vinesett	7/24/2021
R	42	136.2	165	Alexandra Gray	1/19/2024
R	27	143.8	165	Taylor Jackson	5/11/2019
75kg/165.2lbs					
R	44	159	242	Emily Lilly	10/21/2023
R	26	164.5	231	Kari DeShazo	11/21/2020
R	52	162.3	187	Tammy Deloatch	11/9/2019
R	34	160.2	182	Alli Heironimus	9/17/2022
R	57	165.2	178	Cherie Goldsmith	4/1/2023
R	19	150.4	176	Sarah Oesch	6/11/2022
R	21	157.8	176	Abby Rice	4/13/2024
R	35	157	171	Jessica Loden	2/10/2024
R	34	159.4	171	Deborah Omolewu	4/20/2018
R	23	161.5	171	Alisha Martin	4/24/2021
82.5kg/181.7lbs					
R	45	166.9	237	Emily Lilly	6/29/2024
R	32	179	231	Cearra Jackson-Griffen	7/22/2023
R	34	175	226	Kristie Johnston	10/21/2023
R	28	181	209	Miranda Williams	5/6/2023
R	29	177.6	204	Gabrielle Robbins	11/9/2019
R	63	179.5	198	Gloria Knight-McNeil	10/22/2022
R	21	180.3	193	Sarah Oesch	4/28/2024
R	43	176.4	187	Brandy Gulleddge	9/7/2024
R	38	175	182	Lay Kaahu	8/12/2017
R	58	176.8	182	Cherie Goldsmith	4/13/2024
90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	28	192	220	Jess Lemachko	8/19/2023
	33	189	200	Priyanka Santiago	10/1/2022
	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	3/18/2023
	44	197.8	187	Carla Akers	4/20/2018
	41	195.1	182	Rebecca Caudill	12/7/2024
	34	196.2	176	Mallory Horne	4/15/2023
100kg/220.25lbs					
	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
	34	208.3	165	Laura Bos	6/9/2024
	46	211	165	Renee Turner	6/17/2023
	36	216.2	160	Crystal Prather	3/1/2024
	32	199	154	Angela Dunn	9/17/2022
	37	211.4	154	Trisha Crisman	8/25/2018
110kg/242.5lbs					
	24	230.6	231	Maddy Webster	3/18/2023
	14	239	226	Nevaeh McIntosh	10/19/2024
	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
	54	242	176	Shari Wofford	4/20/2018
	54	223.6	154	Janet Martin	5/6/2023
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	29	294.8	248	Alex Wilson-McKenzie	10/22/2022
	38	253.5	215	Allison Busby	10/21/2023

RC	40	137.8	309	Alexandra Gray	4/15/2023
RC	24	144.4	300	Kayce Hoover	10/29/2016
RC	35	148	290	Desiree Savarese	1/21/2017
RC	36	147.7	270	Chelsea Bolton	1/21/2023
75kg/165.2lbs					
	27	163.6	380	Kari Rankin	10/21/2023
	36	165.1	347	Jennifer Broome	10/27/2018
	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	314	Vanessa Westbrook	7/10/2021
	24	160.6	287	Rainne Hill	7/15/2017
	33	163.2	285	Shayna Dence	4/9/2016
	56	157	285	Cindy Meeker	10/29/2016
82.5kg/181.7lbs					
	34	175	419	Kristie Johnston	10/21/2023
	35	179	419	Kelley Lee	8/12/2017
	26	178.7	391	Emily Merritt	10/27/2018
	21	180.3	347	Sarah Oesch	4/28/2024
	38	181	347	Natalie Mayfield	11/19/2016
	56	175.6	319	Cindy Meeker	10/27/2018
	45	173.8	298	Heather Streible	6/11/2022
	27	175.9	281	Rachel Brockwell	12/19/2020
	57	177.3	237	Shelly Moore	6/5/2021
	58	175.9	215	Cathy Cranford	11/9/2019
90kg/198.2lbs					
	21	182.2	390	Sarah Oesch	3/1/2024
	25	187	353	Kristen Smith	2/25/2023
	45	194	353	Heather Streible	3/18/2023
	34	193.6	342	Promandeeep Kaur	3/21/2020
	44	184.7	285	Tricia Emrich	7/9/2016
	45	194.9	237	Kelly Jeffries	2/25/2023
	11	192.7	231	Nevaeh McIntosh	10/16/2021
	58	191.8	209	Shelly Moore	1/22/2022
100kg/220.25lbs					
	34	213.8	380	Crystal Prather	10/21/2022
	46	212.8	355	Heather Streible	3/1/2024
	37	213.8	342	Brett Sexton	10/12/2019
	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
	12	218.1	275	Nevaeh McIntosh	5/6/2023
	25	217.1	242	Grace Jones	12/19/2020
	34	209	205	Paula Bowers	10/29/2016
110kg/242.5lbs					
	50	240	400	Ylander Ross	1/21/2017
	34	234.3	375	Jessie Hunt	4/24/2021
	40	242.3	369	Katy Silvers	4/23/2022
	29	228.8	358	Brittany Berryhill	12/19/2020
	13	239.8	305	Nevaeh McIntosh	3/1/2024
110+kg/242.6+lbs					
	29	294.8	452	Alex Wilson-McKenzie	10/22/2022
	40	276	375	Katy Silvers	9/18/2021

RC	24	144.4	750	Kayce Hoover	10/29/2016
RC	25	143.3	717	Julia Blackman	10/16/2021
RC	36	147.7	661	Chelsea Bolton	1/21/2023
RC	35	148	655	Desiree Savarese	1/21/2017
75kg/165.2lbs					
	31	163	832	Bridget McDermott	4/22/2017
	36	165.1	788	Jennifer Broome	10/27/2018
	19	150.4	772	Sarah Oesch	6/11/2022
	28	165.3	755	Ife Egbeyemi	7/10/2021
	28	160.8	720	Hannah Cochran	7/9/2016
	33	163.2	695	Shayna Dence	4/9/2016
	35	163.8	694	Vanessa Westbrook	7/10/2021
	54	160.6	678	Candice Maness	4/22/2017
	25	162.6	678	Rainne Hill	10/28/2017
	56	157	645	Cindy Meeker	10/29/2016
82.5kg/181.7lbs					
	34	175	1047	Kristie Johnston	10/21/2023
	26	177.5	937	Emily Merritt	5/11/2019
	35	179	909	Kelley Lee	8/12/2017
	21	180.3	843	Sarah Oesch	4/28/2024
	38	181	821	Natalie Mayfield	11/19/2016
	27	175.9	738	Rachel Brockwell	12/19/2020
	56	175.6	727	Cindy Meeker	10/27/2018
	45	173.8	634	Heather Streible	6/11/2022
	23	178.4	568	Hannah Ramsey	10/18/2020
	57	177.3	545	Shelly Moore	6/5/2021
90kg/198.2lbs					
	21	182.2	880	Sarah Oesch	3/1/2024
	25	187	860	Kristen Smith	2/25/2023
	34	193.6	771	Promandeeep Kaur	3/21/2020
	45	194	766	Heather Streible	3/18/2023
	44	184.7	695	Tricia Emrich	7/9/2016
	11	192.7	639	Nevaeh McIntosh	10/16/2021
	45	194.9	595	Kelly Jeffries	2/25/2023
100kg/220.25lbs					
	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	6/18/2021
	25	217.1	590	Grace Jones	12/19/2020
	34	209	475	Paula Bowers	10/29/2016
110kg/242.5lbs					
	50	240	955	Ylander Ross	1/21/2017
	29	228.8	942	Brittany Berryhill	12/19/2020
	41	232.4	915	Katy Silvers	2/25/2023
	34	234.3	882	Jessie Hunt	4/24/2021
	13	239.8	830	Nevaeh McIntosh	3/1/2024
110+kg/242.6+lbs					
	29	294.8	1185	Alex Wilson-McKenzie	10/22/2022
	24	255.1	948	Lindsay Finch	5/6/2023

		37	285.2	386	Kimberly Soracco	5/11/2024
		40	276	375	Katy Silvers	9/18/2021
		34	250	308	Tarra Farnham	5/22/2021
		36	282.2	270	Beth Mockbee	1/21/2023
		19	278.2	242	Meredith Arnold	4/24/2021

		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
		54	243.2	176	Shari Wofford	6/9/2018
		24	248	176	Linsay Finch	3/4/2023
		22	330.2	175	Lashonda Zander	6/2/2018
		53	250.9	171	Janet Martin	10/22/2022
		22	282.2	160	Capri Cameron	8/12/2017

		24	255.1	364	Lindsay Finch	5/6/2023
		34	250	336	Tarra Farnham	5/22/2021
		37	285.2	320	Kimberly Soracco	5/11/2024
		19	278.2	308	Meredith Arnold	4/24/2021
		36	282.2	303	Beth Mockbee	1/21/2023

		40	276	920	Katy Silvers	9/18/2021
		37	285.2	843	Kimberly Soracco	5/11/2024
		34	250	782	Tarra Farnham	5/22/2021
		36	282.2	727	Beth Mockbee	1/21/2023
		19	278.2	700	Meredith Arnold	4/24/2021

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
	SP	34	113.4	319	Lindsay Seamans	11/9/2019
56kg/123.5lbs						
	SP	40	122	265	Dawn Bogart	4/22/2017
	MP	20	123.2	248	Josefina Bueno	3/5/2022
60kg/132.2lbs						
	SP	54	131.7	308	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	143.7	518	Melissa Smith	12/18/2021
	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						
90kg/198.4lbs						
100kg/220.25lbs						
	SP	33	217.6	243	Morgan Leddy	6/25/2022
110kg/242.5lb						
	SP	33	217.6	243	Morgan Leddy	6/25/2022
110.1+kg/242.6+lbs						

365 STRONG WORLD RANKINGS						
BENCH - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
		34	113.4	138	Lindsay Seamans	11/9/2019
56kg/123.5lbs						
	SP	40	122	175	Dawn Bogart	4/22/2017
	MP	20	123.2	127	Josefina Bueno	3/5/2022
60kg/132.2lbs						
	SP	54	131.7	154	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	141.3	275	Melissa Smith	4/23/2022
	SP	55	142.5	176	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
	SP	56	154.1	270	Candice Maness	10/27/2018
	SP	61	164.5	209	Cindy Meeker	4/23/2022
82.5kg/181.7lbs						
	SP	43	177.3	253	Christina Lauffer	4/23/2022
90kg/198.4lbs						
	SP	43	190.9	237	Anika Harper	4/23/2022
100kg/220.25lbs						
	SP	43	215.4	270	Anika Harper	7/22/2023
	SP	33	217.6	132	Morgan Leddy	6/25/2022
110kg/242.5lb						
	SP	43	215.4	270	Anika Harper	7/22/2023
110.1+kg/242.6+lbs						
	SP	40	266.5	231	Ann McManus	9/7/2024

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
		34	113.4	319	Lindsay Seamans	11/9/2019
56kg/123.5lbs						
	MP	20	123.2	297	Josefina Bueno	3/5/2022
	SP	40	122	295	Dawn Bogart	4/22/2017
60kg/132.2lbs						
	SP	54	131.7	264	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	143.7	358	Melissa Smith	12/18/2021
	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	43	177.3	309	Christina Lauffer	4/23/2022
90kg/198.4lbs						
	MP	43	192.7	413	Kendra Archer	1/11/2025
	SP	42	190.9	336	Anika Harper	4/23/2022
100kg/220.25lbs						
	SP	41	209.7	369	Anika Harper	10/16/2021
	SP	33	217.6	314	Morgan Leddy	6/25/2022
110kg/242.5lb						
	SP	41	209.7	369	Anika Harper	10/16/2021
110.1+kg/242.6+lbs						

365 STRONG WORLD RANKINGS							
TOTAL - EQUIPPED & GEARED							
Female							
52kg/114.5lbs							
	SP		34	113.4	777	Lindsay Seamans	11/9/2019
56kg/123.5lbs							
	SP		40	122	735	Dawn Bogart	4/22/2017
	MP		20	123.2	672	Josefina Bueno	3/5/2022
60kg/132.2lbs							
	SP		54	131.7	727	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs							
	MP		47	143.7	1146	Melissa Smith	12/18/2021
	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							
90kg/198.4lbs							
100kg/220.25lbs							
	SP		33	217.6	689	Morgan Leddy	6/25/2022
110kg/242.5lb							
	SP		33	217.6	689	Morgan Leddy	6/25/2022
110.1+kg/242.6+lbs							

FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS						
SQUAT - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	176	Sally Lloyd	6/10/2017
		35	123	143	Alisha Zornes	3/21/2020
60kg/132.2lbs						
		36	129.4	204	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		36	147.9	265	Jessica Loden	9/7/2024
		39	144.8	264	Amy Daugherty	5/22/2021
		37	144	237	Lorena Fernandez	9/18/2021
		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

365 STRONG WORLD RANKINGS						
BENCH - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	99	Sally Lloyd	6/10/2017
60kg/132.2lbs						
		36	129.4	99	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		37	146.1	160	Vanessa Westbrook	12/17/2022
		36	147.9	160	Jessica Loden	9/7/2024
		38	141.4	154	Kelian Hagerty	4/22/2017
		37	144	149	Lorena Fernandez	9/18/2021
		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

365 STRONG WORLD RANKINGS						
DEADLIFT - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	248	Sally Lloyd	6/10/2017
60kg/132.2lbs						
		36	129.4	253	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		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	148	290	Desiree Savarese	1/21/2017

365 STRONG WORLD RANKINGS						
TOTAL - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	524	Sally Lloyd	6/10/2017
60kg/132.2lbs						
		36	129.4	551	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		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	144	667	Lorena Fernandez	9/18/2021
		37	146.8	667	Kelly Brant	9/7/2019

	37	146.1	215	Vanessa Westbrook	12/17/2022
	37	146.8	215	Kelly Brant	9/7/2019
75kg/165.2lbs					
	35	157	270	Jessica Loden	2/10/2024
	39	163.6	265	Reyhan Roybal	7/15/2017
	37	162.3	264	Lauren White	11/19/2022
	35	154.8	253	LaDetra Cole	3/5/2022
	39	165	143	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	35	178.6	314	Charlee Marshall	11/23/2024
	38	175	303	Lay Kaahu	8/12/2017
	39	170	264	Ivana Smith	7/10/2021
	37	173.1	231	Vanessa Westbrook	6/25/2022
	39	178.2	220	Pamela Buskirk	3/5/2022
	38	168	204	Katie McMinn	1/22/2022
	36	174.6	149	Lydia Braspenning	6/9/2024
90kg/198.2lbs					
	35	197.5	209	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	35	216.3	303	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	226	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	314	Allison Busby	10/21/2023

	35	148	140	Desiree Savarese	1/21/2017
	39	144.8	138	Amy Daugherty	5/22/2021
75kg/165.2lbs					
	39	164.4	237	Reyhan Roybal	4/20/2018
	35	157	170	Jessica Loden	2/10/2024
	36	165.1	165	Jennifer Broome	10/27/2018
	37	162.3	154	Lauren White	11/19/2022
	35	163.8	149	Vanessa Westbrook	7/10/2021
	35	154.8	138	LaDetra Cole	3/5/2022
	39	165	88	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	182	Lay Kaahu	8/12/2017
	35	178.6	171	Charlee Marshall	11/23/2024
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	36	181	154	Kelley Spohrer	8/12/2017
	37	173.1	149	Vanessa Westbrook	6/25/2022
	38	168	143	Katie McMinn	1/22/2022
	39	174.4	132	Pamela Buskirk	7/24/2021
	36	174.6	94	Lydia Braspenning	6/9/2024
	38	181.6	94	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	35	197.5	127	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	35	216.3	149	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	215	Allison Busby	10/21/2023
	39	268.8	160	Katy Silvers	12/19/2020
	36	263.7	127	Beth Mockbee	4/16/2022

	37	144	281	Lorena Fernandez	9/18/2021
	37	146.1	275	Vanessa Westbrook	12/17/2022
75kg/165.2lbs					
	35	154.8	380	LaDetra Cole	3/5/2022
	37	162.3	369	Lauren White	11/19/2022
	39	163.6	342	Reyhan Roybal	7/15/2017
	35	157	297	Jessica Loden	2/10/2024
	39	165	232	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	419	Lay Kaahu	8/12/2017
	37	173.1	325	Vanessa Westbrook	6/25/2022
	35	178.6	320	Charlee Marshall	11/23/2024
	39	178.2	286	Pamela Buskirk	3/5/2022
	38	168	281	Katie McMinn	1/22/2022
	39	170	253	Ivana Smith	7/10/2021
	36	174.6	237	Lydia Braspenning	6/9/2024
90kg/198.2lbs					
	35	197.5	314	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	35	216.3	364	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	253	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	375	Allison Busby	10/21/2023

	35	148	655	Desiree Savarese	1/21/2017
	37	146.1	650	Vanessa Westbrook	12/17/2022
75kg/165.2lbs					
	39	163.6	821	Reyhan Roybal	7/15/2017
	37	162.3	788	Lauren White	11/19/2022
	35	154.8	772	LaDetra Cole	3/5/2022
	35	157	738	Jessica Loden	2/10/2024
	39	165	463	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	904	Lay Kaahu	8/12/2017
	35	178.6	805	Charlee Marshall	11/23/2024
	37	173.1	705	Vanessa Westbrook	6/25/2022
	39	170	678	Ivana Smith	7/10/2021
	38	168	628	Katie McMinn	1/22/2022
	36	174.6	479	Lydia Braspenning	6/9/2024
90kg/198.2lbs					
	35	197.5	628	Valerie Ryan	12/17/2022
100kg/220.25lbs					
	35	216.3	805	Crystal Prather	6/17/2023
110kg/242.5lbs					
	37	236.5	634	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	893	Allison Busby	10/21/2023

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
	37	111.2	204	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs					
	36	147.7	264	Chelsea Bolton	1/21/2023
	36	146.5	231	Krista Causey	2/20/2021
75kg/165.2lbs					
	39	164.4	358	Reyhan Roybal	4/20/2018
	36	165.1	276	Jennifer Broome	10/27/2018
	35	163.8	231	Vanessa Westbrook	7/10/2021

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs					
	37	111.2	99	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs					
	37	146.1	160	Vanessa Westbrook	12/17/2022
	36	147.9	160	Jessica Loden	9/7/2024
	38	141.4	154	Kelian Hagerty	4/22/2017
	37	144	149	Lorena Fernandez	9/18/2021
	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	170	Jessica Loden	2/10/2024
	36	165.1	165	Jennifer Broome	10/27/2018
	37	162.3	154	Lauren White	11/19/2022
	35	163.8	149	Vanessa Westbrook	7/10/2021
	35	154.8	138	LaDetra Cole	3/5/2022

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
	37	111.2	248	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs					
	36	147.7	270	Chelsea Bolton	1/21/2023
	36	146.5	264	Krista Causey	2/20/2021
75kg/165.2lbs					
	39	164.4	408	Reyhan Roybal	4/20/2018
	36	165.1	347	Jennifer Broome	10/27/2018
	35	163.8	314	Vanessa Westbrook	7/10/2021

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs					
	37	111.2	551	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs					
	36	147.7	661	Chelsea Bolton	1/21/2023
	36	146.5	644	Krista Causey	2/20/2021
75kg/165.2lbs					
	39	164.4	1003	Reyhan Roybal	4/20/2018
	36	165.1	788	Jennifer Broome	10/27/2018
	35	163.8	694	Vanessa Westbrook	7/10/2021

82.5kg/181.7lbs					
	36	181	369	Kelley Spohrer	8/12/2017
	38	181	309	Natalie Mayfield	11/19/2016
	38	181.6	132	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	35	194.2	198	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	36	216.2	320	Crystal Prather	3/1/2024
	37	211.4	303	Trisha Crisman	8/25/2018
	37	213.8	253	Brett Sexton	10/12/2019
110kg/242.5lbs					
110+kg/242.6+lbs					
	39	268.8	309	Katy Silvers	12/19/2020
	36	282.2	270	Beth Mockbee	1/21/2023

	39	165	88	Amber Jenkins	6/9/2018
82.5kg/181.7lbs					
	38	175	182	Lay Kaahu	8/12/2017
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	36	181	154	Kelley Spohrer	8/12/2017
	37	173.1	149	Vanessa Westbrook	6/25/2022
	38	168	143	Katie McMinn	1/22/2022
	39	174.4	132	Pamela Buskirk	7/24/2021
	36	174.6	94	Lydia Braspenning	6/9/2024
	38	181.6	94	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	35	194.2	110	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	36	216.2	160	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					
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
	38	253.5	215	Allison Busby	10/21/2023
	39	268.8	160	Katy Silvers	12/19/2020
	36	282.2	154	Beth Mockbee	1/21/2023

	36	181	419	Kelley Spohrer	8/12/2017
	38	181	347	Natalie Mayfield	11/19/2016
	38	181.6	215	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	35	194.2	242	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	35	208.1	375	Crystal Prather	3/18/2023
	37	213.8	342	Brett Sexton	10/12/2019
	37	211.4	314	Trisha Crisman	8/25/2018
110kg/242.5lbs					
110+kg/242.6+lbs					
	39	268.8	347	Katy Silvers	12/19/2020
	36	282.2	303	Beth Mockbee	1/21/2023

	36	181	942	Kelley Spohrer	8/12/2017
	38	181	821	Natalie Mayfield	11/19/2016
	38	181.6	441	Amber Jenkins	6/10/2017
90kg/198.2lbs					
	35	194.2	551	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs					
	36	216.2	850	Crystal Prather	3/1/2024
	37	211.4	771	Trisha Crisman	8/25/2018
	37	213.8	749	Brett Sexton	10/12/2019
110kg/242.5lbs					
110+kg/242.6+lbs					
	39	268.8	816	Katy Silvers	12/19/2020
	36	282.2	727	Beth Mockbee	1/21/2023

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS					
SQUAT - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
RC	45-49	46	111.8	Missy Taylor	4/23/2022
R	45-49	46	112.2	Missy Taylor	7/24/2021
R	70-74	73	106.3	Linda Costello	4/23/2022
R	60-64	62	108.2	Sue Ann Hurlbert	10/21/2023
R	65-69	65	107.4	Pam Fisher	5/18/2024
R	55-59	59	108.9	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs					
SP	40-44	40	122	Dawn Bogart	4/22/2017
R	45-49	46	117.3	Missy Taylor	10/16/2021
RC	40-44	44	118	Tiffany Stone	12/9/2023
R	50-54	54	119.6	Lisa Baker	12/19/2020
R	55-59	56	118.6	Dawn Williams	7/24/2021
RC	45-49	46	118.9	Kathy Wilson	12/8/2018
60kg/132.2lbs					
SP	40-44	43	131.9	Dawn Bogart	4/22/2017
SP	50-54	54	132	Priscilla Pardue	4/20/2018
RC	50-54	53	132.2	Priscilla Pardue	10/28/2017
R	40-44	42	130	Dawn Bogart	7/9/2016
RC	45-49	47	131.4	Angie Terry	10/29/2016
67.5kg/148.7lbs					
MP	45-49	47	143.7	Melissa Smith	12/18/2021
R	40-44	43	147.5	Emily Lilly	5/6/2023
SP	55-59	55	142.5	Priscilla Pardue	5/11/2019

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
R	45-49	46	111.8	Missy Taylor	4/23/2022
R	45-49	46	112.2	Missy Taylor	7/24/2021
R	60-64	63	111.1	Sue Ann Hurlbert	2/10/2024
R	70-74	73	106.3	Linda Costello	4/23/2022
R	65-69	65	107.4	Pam Fisher	5/18/2024
R	55-59	59	108.9	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs					
R	45-49	46	117.3	Missy Taylor	10/16/2021
SP	40-44	40	122	Dawn Bogart	4/22/2017
R	40-44	44	118	Tiffany Stone	12/9/2023
R	55-59	56	118.6	Dawn Williams	7/24/2021
R	50-54	54	119.6	Lisa Baker	12/19/2020
R	45-49	46	118.9	Kathy Wilson	12/8/2018
R	60-64	62	123	Nina Snipes	10/21/2023
60kg/132.2lbs					
SP	40-44	43	131.9	Dawn Bogart	4/22/2017
R	40-44	42	130	Dawn Bogart	7/9/2016
R	55-59	57	131.3	Jami Bozzuto	10/2/2022
R	45-49	47	127.2	Bela Ghosh	6/11/2016
SP	50-54	54	132	Priscilla Pardue	4/20/2018
R	50-54	53	132.2	Priscilla Pardue	10/28/2017
MP	55-59	59	129.6	JoJo Brasseaux	10/21/2023
R	60-64	61	125	Nina Snipes	5/27/2023
R	45-49	47	131.4	Angie Terry	10/29/2016
67.5kg/148.7lbs					
MP	45-49	47	141.3	Melissa Smith	4/23/2022
R	40-44	43	147.1	Emily Lilly	3/4/2023
SP	55-59	55	142.5	Priscilla Pardue	5/11/2019

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
RC	45-49	46	111.8	Missy Taylor	4/23/2022
R	45-49	46	112.2	Missy Taylor	7/24/2021
R	65-69	65	107.4	Pam Fisher	5/18/2024
R	60-64	62	110.7	Sue Ann Hurlbert	7/22/2023
R	70-74	73	106.3	Linda Costello	4/23/2022
R	55-59	59	108.9	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs					
R	45-49	47	119.5	Missy Taylor	10/22/2022
RC	40-44	44	118	Tiffany Stone	12/9/2023
SP	40-44	40	122	Dawn Bogart	4/22/2017
R	50-54	54	119.6	Lisa Baker	12/19/2020
R	55-59	56	118.6	Dawn Williams	7/24/2021
RC	45-49	46	118.9	Kathy Wilson	12/8/2018
60kg/132.2lbs					
SP	40-44	43	131.9	Dawn Bogart	4/22/2017
R	40-44	42	130	Dawn Bogart	7/9/2016
R	55-59	57	131.3	Jami Bozzuto	10/2/2022
R	45-49	47	127.2	Bela Ghosh	6/11/2016
SP	50-54	54	132	Priscilla Pardue	4/20/2018
RC	50-54	53	132.2	Priscilla Pardue	10/28/2017
RC	45-49	47	131.4	Angie Terry	10/29/2016
67.5kg/148.7lbs					
R	40-44	43	147.5	Emily Lilly	5/6/2023
MP	45-49	47	143.7	Melissa Smith	12/18/2021
R	40-44	41	143.3	Mona Hope	1/20/2024

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
RC	45-49	46	111.8	Missy Taylor	4/23/2022
R	45-49	46	112.2	Missy Taylor	7/24/2021
R	60-64	63	111.1	Sue Ann Hurlbert	2/10/2024
R	65-69	65	107.4	Pam Fisher	5/18/2024
R	70-74	73	106.3	Linda Costello	4/23/2022
R	55-59	59	108.9	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs					
SP	40-44	40	122	Dawn Bogart	4/22/2017
R	45-49	46	117.3	Missy Taylor	10/16/2021
RC	40-44	44	118	Tiffany Stone	12/9/2023
R	55-59	56	118.6	Dawn Williams	7/24/2021
R	50-54	54	119.6	Lisa Baker	12/19/2020
RC	45-49	46	118.9	Kathy Wilson	12/8/2018
60kg/132.2lbs					
SP	40-44	43	131.9	Dawn Bogart	4/22/2017
R	40-44	42	130	Dawn Bogart	7/9/2016
SP	50-54	54	132	Priscilla Pardue	4/20/2018
RC	50-54	53	132.2	Priscilla Pardue	10/28/2017
R	55-59	57	131.3	Jami Bozzuto	10/2/2022
R	45-49	47	127.2	Bela Ghosh	6/11/2016
RC	45-49	47	131.4	Angie Terry	10/29/2016
67.5kg/148.7lbs					
MP	45-49	47	143.7	Melissa Smith	12/18/2021
R	40-44	43	147.5	Emily Lilly	5/6/2023
SP	55-59	55	142.5	Priscilla Pardue	5/11/2019

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
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	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

75kg/165.2lbs

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	48	164.6	314	Bonnie Mosley	10/17/2020
R	40-44	41	164.8	270	Tara Peele	10/27/2018
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	243	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 Sloopweg	6/9/2024
R	40-44	44	154.1	215	Jennifer May	5/27/2023
R	45-49	49	165	195	Tina Bush	4/9/2016
R	45-49	46	158.6	176	Melissa Lovelett	4/1/2023
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
R	45-49	45	178.6	308	Crystal McCullough	1/22/2022
R	40-44	43	176.4	303	Brandy Gullede	9/7/2024
RC	55-59	56	175.6	281	Cindy Meeker	10/27/2018
R	45-49	49	179.3	275	Janelle Campbell	5/11/2019
R	45-59	49	177.2	265	Jennifer Carter	9/16/2023
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	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	55-59	58	180	165	Cathy Cranford	5/11/2019

90kg/198.2lbs

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	50-54	54	185	253	Rosie Rosemond	8/24/2024
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

RC	40-44	44	209.4	424	Anika Harper	4/13/2024
RC	45-49	46	212.8	275	Heather Streible	3/1/2024
R	45-49	47	214.3	264	Barbara VanVliet	11/11/2023
R	40-44	42	201.6	220	Christy Owens	12/18/2021

R	45-49	48	145.3	165	Aiysha Hayes	1/22/2022
R	50-54	53	139.1	160	Yvette Bushard	10/16/2021
R	40-44	40	137.8	154	Alexandra Gray	4/15/2023
R	45-49	45	140	149	Gina Casper	5/27/2023
R	55-59	55	139.8	143	Yvette Bushard	5/6/2023
R	40-44	40	140.4	138	Misty Bruce	4/22/2022
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	40-44	41	139.9	116	Ilona Eichhorn	6/9/2024
R	50-54	53	147.9	116	Sonja Drury	10/21/2023

75kg/165.2lbs

SP	55-59	56	154.1	270	Candice Maness	10/27/2018
R	40-44	44	159	242	Emily Lilly	10/21/2023
SP	60-64	61	164.5	209	Cindy Meeker	4/23/2022
R	50-54	52	162.3	187	Tammy Deloatch	11/9/2019
R	55-59	57	165.2	178	Cherie Goldsmith	4/1/2023
R	45-49	48	164.6	171	Bonnie Mosley	10/17/2020
R	55-59	57	154.3	160	Paige Hitt	4/23/2022
R	40-44	40	160.1	160	Cindy Thompson	7/22/2023
R	40-44	41	164.8	160	Tara Peele	10/27/2018
R	40-44	41	158.1	154	Jennifer Edwards	10/21/2023
R	50-54	52	163	132	Kelly Padgett	9/17/2022
R	55-59	59	159.2	138	Dawn O'Donnell	4/23/2022
R	40-44	44	154.1	121	Jennifer May	5/27/2023
R	50-54	51	165.1	99	Hadewij Sloopweg	6/9/2024
R	60-64	60	162.9	94	Crystal Rhoades	10/21/2023

82.5kg/181.7lbs

SP	40-44	43	177.3	253	Christina Laufer	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 Gullede	9/7/2024
R	65-69	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	49	177.2	171	Jennifer Carter	9/16/2023
R	45-49	45	177.7	165	Heather Streible	10/22/2022
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	49	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	59	166.9	132	Dawn O'Donnell	10/22/2022
R	40-44	42	171.5	127	Erin Newman	1/20/2024
R	55-59	56	175.6	127	Cindy Meeker	10/27/2018
R	55-59	57	177.3	121	Shelly Moore	6/5/2021

90kg/198.2lbs

SP	40-44	42	190.9	237	Anika Harper	4/23/2022
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	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 Wolfs	6/9/2024
R	55-59	56	186.6	99	Cathy Cranford	4/22/2017
R	55-59	58	191.8	99	Shelly Moore	1/22/2022

100kg/220.25lbs

SP	40-44	43	215.4	270	Anika Harper	7/22/2021
R	45-49	46	212.8	185	Heather Streible	3/1/2024
R	45-49	46	205.5	154	Renee Turner	3/18/2023
R	40-44	42	214.5	149	Christy Owens	4/23/2022

RC	40-44	40	137.8	309	Alexandra Gray	4/15/2023
R	45-49	45	140	303	Gina Casper	5/27/2023
R	55-59	55	139.8	292	Yvette Bushard	5/6/2023
R	45-49	48	145.3	292	Aiysha Hayes	10/16/2021
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	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	53	147.9	231	Sonja Drury	7/22/2023

75kg/165.2lbs

R	40-44	44	159	380	Emily Lilly	10/21/2023
R	40-44	41	164.8	347	Tara Peele	10/27/2018
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 Sloopweg	6/9/2024
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
RC	50-54	54	160.6	253	Candice Maness	4/22/2017
R	40-44	41	158.1	248	Jennifer Edwards	10/21/2023
R	45-49	46	158.6	237	Melissa Lovelett	4/1/2023
R	60-64	60	162.9	165	Crystal Rhoades	10/21/2023

82.5kg/181.7lbs

R	45-49	45	166.9	386	Emily Lilly	6/29/2024
R	45-49	45	178.6	353	Crystal McCullough	1/22/2022
R	40-44	43	176.4	336	Brandy Gullede	9/7/2024
R	55-59	59	166.9	331	Dawn O'Donnell	10/22/2022
RC	55-59	56	175.6	320	Cindy Meeker	10/27/2018
R	45-49	49	177.2	320	Jennifer Carter	9/16/2023
RC	45-49	45	177.7	320	Heather Streible	10/22/2022
SP	40-44	43	177.3	309	Christina Laufer	4/23/2022
R	40-44	43	176.8	297	Erin Newman	9/16/2024
R	45-49	48	172.6	292	Amy Kivett	6/19/2021
R	50-54	51	181	292	Sujata Bhakat	4/20/2018
R	45-49	49	179.3	286	Janelle Campbell	5/11/2019
R	45-49	49	180	275	Sujata Bhakat	6/11/2016
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	58	180	248	Cathy Cranford	5/11/2019
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

90kg/198.2lbs

MP	40-44	43	192.7	413	Kendra Archer	1/11/2025
R	40-44	41	195.1	413	Rebecca Caudill	12/7/2024
RC	45-49	45	194	353	Heather Streible	3/18/2023
R	40-44	42	190.9	336	Anika Harper	4/23/2022
R	40-44	44	197.8	331	Carla Akers	4/20/2018
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	183.6	248	Cathy Cranford	4/20/2018
RC	45-49	45	194.9	237	Kelly Jeffries	2/25/2023
R	55-59	58	191.8	209	Shelly Moore	1/22/2022

100kg/220.25lbs

SP	40-44	41	209.7	369	Anika Harper	10/16/2021
RC	45-49	46	212.8	355	Heather Streible	3/1/2024
RC	40-44	43	214.5	353	Anika Harper	5/6/2023
R	55-59	55	217.6	335	Janet Martin	3/1/2024

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
T2	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	Gabriela 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
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	239	380	Nevaeh McIntosh 10/19/2024
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/242.5+lbs					
T3	18-19	19	278.2	242	Meredith Arnold 4/24/2021

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	Floorije Sakkers 6/9/2024
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
T2	16-17	16	179	105	Sarah Sells 10/21/2023
Y	11-12	11	176.8	94	Nevaeh McIntosh 3/6/2021
T2	16-17	17	179	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
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	239	226	Nevaeh McIntosh 10/19/2024
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/242.5+lbs					
T3	18-19	19	278.2	149	Meredith Arnold 4/24/2021

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
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 3/6/2021
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
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	13-15	15	238.5	309	Abrie Meadows 6/17/2023
T1-RC	13-15	13	239.8	305	Nevaeh McIntosh 3/1/2024
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

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
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	13	239.8	830	Nevaeh 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/242.5+lbs					
T3	18-19	19	278.2	700	Meredith Arnold 4/24/2021

FEMALE RAW JUNIORS (20-23)

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) SQUAT					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
	22	111.6	250	Elena Lopez	6/2/2018
	20	108	165	Maggie Parsons	11/19/2016
56kg/123.5lbs					
	20	120.6	220	Emily Gaiser	7/10/2021
	23	120.2	182	Asia Hannans	9/7/2024
60kg/132.2lbs					
	21	127.9	276	Alexis Rutledge	4/23/2022
	21	126.3	182	Gabby Bennett	7/10/2021
	20	127.3	132	Kristen McPherson	10/17/2020

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
	21	108.3	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	120.2	127	Asia Hannans	9/7/2024
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
52kg/114.5lbs					
	22	111.6	240	Elena Lopez	6/2/2018
	20	108	220	Maggie Parsons	11/19/2016
56kg/123.5lbs					
	20	120.6	286	Emily Gaiser	7/10/2021
	23	120.2	264	Asia Hannans	9/7/2024
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
52kg/114.5lbs					
	22	111.6	575	Elena Lopez	6/2/2018
	20	108	468	Maggie Parsons	11/19/2016
56kg/123.5lbs					
	20	120.6	639	Emily Gaiser	7/10/2021
	23	120.2	573	Asia Hannans	9/7/2024
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

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					
FP	RC	33	104.3	Stephanie Washington	7/10/2021
56kg/123.5lbs					
FP	RC	29	122	Amanda Isley	10/28/2017
67.5kg/148.7lbs					
FP	R	21	147.7	Savannah Gautier	1/18/2025
FP	R	36	139.4	LaDetra Cole	10/29/2022
75kg/165.2lbs					
FP	R	44	159	Emily Lilly	10/21/2023
FP	R	27	161.2	Mikhayla Dunn	12/18/2021
FP	R	35	154.7	LaDetra Cole	3/5/2022
FP	R	28	150.8	Anaya Cook	11/23/2024
FP	R	33	160	Heather Ingalls	8/12/2017
82.5kg/181.7lbs					
FP	R	45	166.9	Emily Lilly	6/29/2024
FP	RC	26	177.5	Emily Merritt	5/11/2019
FP	R	29	177.6	Gabrielle Robbins	11/9/2019
FP	R	28	177.5	Mikhayla Dunn	4/15/2023
FP	R	31	178.2	Emily Gilson	10/17/2020
FP	R	27	169.5	Dasia Sanders	11/9/2024
FP	R	39	178.2	Pamela Buskirk	3/5/2022
90+kg/198.2+lbs					
Female					
FP	RC	34	250	Tarra Farnham	5/22/2021

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
FP	RC	33	104.3	110 Stephanie Washington	7/10/2021
56kg/123.5lbs					
FP	RC	29	122	132 Amanda Isley	8/12/2017
67.5kg/148.7lbs					
FP	R	36	139.4	116 LaDetra Cole	10/29/2022
FP	R	21	147.7	99 Savannah Gautier	1/18/2025
75kg/165.2lbs					
FP	R	44	159	242 Emily Lilly	10/21/2023
FP	R	33	160	187 Heather Ingalls	8/12/2017
FP	R	57	165.2	178 Cherie Goldsmith	4/1/2023
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	Emily Merritt	5/11/2019
FP	R	28	177.5	160 Mikhayla Dunn	4/15/2023
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 Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
FP	RC	33	104.3	226 Stephanie Washington	7/10/2021
56kg/123.5lbs					
FP	RC	29	122	303 Amanda Isley	10/28/2017
67.5kg/148.7lbs					
FP	R	36	139.4	336 LaDetra Cole	10/29/2022
FP	R	21	147.7	237 Savannah Gautier	1/18/2025
75kg/165.2lbs					
FP	R	35	154.7	380 LaDetra Cole	3/5/2022
FP	R	44	159	380 Emily Lilly	10/21/2023
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	28	177.5	353 Mikhayla Dunn	4/15/2023
FP	R	31	178.2	342 Emily Gilson	10/17/2020
PP	R	39	178.2	286 Pamela Buskirk	3/5/2022
FP	R	27	169.5	253 Dasia Sanders	11/9/2024
90+kg/198.2+lbs					
Female					
FP	RC	34	250	336 Tarra Farnham	5/22/2021

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
M/P/F Divisional Leaders					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
FP	RC	33	104.3	529 Stephanie Washington	7/10/2021
56kg/123.5lbs					
FP	RC	29	122	678 Amanda Isley	10/28/2017
67.5kg/148.7lbs					
FP	R	36	139.4	667 LaDetra Cole	10/29/2022
FP	R	21	147.7	568 Savannah Gautier	1/18/2025
75kg/165.2lbs					
FP	R	44	159	1003 Emily Lilly	10/21/2023
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	28	177.5	816 Mikhayla Dunn	4/15/2023
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	783 Tarra Farnham	5/22/2021

FEMALE PARALIFTER

365 STRONG WORLD RANKINGS					
SQUAT - EQUIPMENT NOTED					
FEMALE - PARALIFTER					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
		15	97	Bella-Grace Meadows	4/1/2023

365 STRONG WORLD RANKINGS					
BENCH - EQUIPMENT NOTED					
FEMALE - PARALIFTER					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
		15	97	Bella-Grace Meadows	4/1/2023

365 STRONG WORLD RANKINGS					
DEADLIFT - EQUIPMENT NOTED					
FEMALE - PARALIFTER					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
		15	97	Bella-Grace Meadows	4/1/2023

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPMENT NOTED					
FEMALE - PARALIFTER					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
		15	97	Bella-Grace Meadows	4/1/2023

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
DIV	RAW	AGE	WGT	LIFT	NAME	DATE

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
DIV	RAW	AGE	WGT	LIFT	NAME	DATE

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
DIV	RAW	AGE	WGT	LIFT	NAME	DATE

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
DIV	RAW	AGE	WGT	LIFT	NAME	DATE

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	Aiysha Hayes	6/5/2021	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	25	136.1	40	Isabella Tully	5/18/2024	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	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
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