

**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: 11/27/2024

**FEMALE RAW OVERALL LEADERS**

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) SQUAT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	13	86	132	<b>Alessandra Reis</b>	1/21/2023
<b>48kg/105.7lbs</b>					
	12	105.2	121	<b>Carmen Trivette</b>	10/16/2021
<b>52kg/114.5lbs</b>					
	46	112.3	259	<b>Missy Taylor</b>	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
<b>56kg/123.5lbs</b>					
	48	122.4	314	<b>Missy Taylor</b>	5/6/2023
	23	123	281	Isabella Sarkis	12/4/2021
	19	123.4	275	Becca Dison	3/10/2018
	29	123.5	248	Krystal Scott	8/12/2017
	19	118.4	242	Olivia Pasin	11/19/2022
	20	120.6	220	Emily Gaiser	7/10/2021
	31	123	209	Meredith Ward	3/9/2019
	28	122.8	204	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
<b>60kg/132.2lbs</b>					
	25	132	319	<b>Kristin Kitlica</b>	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
<b>67.5kg/148.7lbs</b>					
	43	147.5	359	<b>Emily Lilly</b>	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
	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
<b>75kg/165.2lbs</b>					
	44	159	380	<b>Emily Lilly</b>	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

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	15	97	83	<b>Bella-Grace Meadows</b>	4/1/2023
	13	86	71	Alessandra Reis	1/21/2023
<b>48kg/105.7lbs</b>					
	55	98	132	<b>Nina Kiuru</b>	7/30/2022
	33	104.3	110	Stephanie Washington	7/10/2021
	12	105.2	83	Carmen Trivette	10/16/2021
<b>52kg/114.5lbs</b>					
	46	111.8	182	<b>Missy Taylor</b>	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	Racquel Wilson	10/16/2021
<b>56kg/123.5lbs</b>					
	48	122.4	209	<b>Missy Taylor</b>	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	Armanda Isley	8/12/2017
	31	122.8	132	Heidi Schuck	6/19/2021
	23	120.2	127	Asia Hannans	9/7/2024
<b>60kg/132.2lbs</b>					
	47	127.2	180	<b>Bela Ghosh</b>	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
<b>67.5kg/148.7lbs</b>					
	43	147.1	231	<b>Emily Lilly</b>	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 Kalinins	9/18/2021
	30	143.5	176	Maria Ackley	11/11/2023
	20	138	171	Hanna Young	4/20/2018
	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
<b>75kg/165.2lbs</b>					
	44	159	242	<b>Emily Lilly</b>	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	Ali Heironimus	9/17/2022

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) DEADLIFT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	13	86	204	<b>Alessandra Reis</b>	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
<b>48kg/105.7lbs</b>					
	55	98	237	<b>Nina Kiuru</b>	7/30/2022
	12	105.2	143	Carmen Trivette	10/16/2021
<b>52kg/114.5lbs</b>					
	24	114.2	303	<b>Amber Malchow</b>	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
<b>56kg/123.5lbs</b>					
	48	122.4	331	<b>Missy Taylor</b>	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
<b>60kg/132.2lbs</b>					
	26	126	369	<b>Barbara Morales</b>	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
<b>67.5kg/148.7lbs</b>					
	29	146.8	402	<b>Alexandrea McClain</b>	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
	29	145.1	336	Angelia Pineiro	11/11/2023
	25	135.2	331	Evelyn Lyon	9/30/2017
	31	147.3	331	MacKenzie Rideout	5/4/2024
<b>75kg/165.2lbs</b>					
	34	163.4	424	<b>Kendra Danzer</b>	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

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) TOTAL					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
<b>44kg/97lbs</b>					
	13	86	386	<b>Alessandra Reis</b>	1/21/2023
<b>48kg/105.7lbs</b>					
	55	98	369	<b>Nina Kiuru</b>	7/30/2022
	12	105.2	347	Carmen Trivette	10/16/2021
<b>52kg/114.5lbs</b>					
	46	112.3	694	<b>Missy Taylor</b>	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
<b>56kg/123.5lbs</b>					
	48	122.4	854	<b>Missy Taylor</b>	5/6/2023
	19	123.4	755	Becca Dison	3/10/2018
	23	122.8	705	Isabella Sarkis	4/23/2022

	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
	26	153	286	Amber Jordan	10/21/2023
	20	157.2	281	Lisha Lamb	11/19/2016
	20	158	281	Carley Bradshaw	11/19/2016
<b>82.5kg/181.7lbs</b>					
	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 Luzzarraga	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 Gulleedge	9/7/2024
	28	177.5	303	Mikhayla Dunn	4/15/2023
<b>90kg/198.2lbs</b>					
	24	196.7	364	Isabella Heffner	10/21/2023
	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
	24	187.6	242	Brittany Abbott	6/10/2017
<b>100kg/220.25lbs</b>					
	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
<b>110kg/242.5lbs</b>					
	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
<b>110+kg/242.6+lbs</b>					
	40	277.1	380	Katy Silvers	10/16/2021
	23	262.8	331	Shauntre Lilley	12/4/2021
	38	253.5	314	Allison Busby	10/21/2023
	29	273.8	303	Mary-Ann Ricks	3/5/2022
	22	330.2	280	Lashonda Zander	6/2/2018
	23	254.8	275	Nathalie Vargas	12/18/2021
	34	283.5	270	Angela Dunn	10/19/2024
	27	248	248	Aubrey Dowding	5/11/2019
	24	248	226	Linsay Finch	3/4/2023
	22	282.2	209	Capri Cameron	8/12/2017

	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
<b>82.5kg/181.7lbs</b>					
	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 Gulleedge	9/7/2024
	38	175	182	Lay Kaahu	8/12/2017
	58	176.8	182	Cherie Goldsmith	4/13/2024
<b>90kg/198.2lbs</b>					
	37	198	248	Linsey Eudy	10/21/2023
	28	192	220	Jess Lemachko	8/19/2023
	33	199	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 Strebler	3/18/2024
	44	197.8	187	Carla Akers	4/20/2018
	34	196.2	176	Mallory Horne	4/15/2023
	24	193	171	Allyson Abbs	4/20/2018
<b>100kg/220.25lbs</b>					
	17	206.1	215	Alexandria Jefferson	10/19/2024
	12	218.1	204	Neveah 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 Strebler	3/1/2024
	33	219.1	182	Emma Stenof	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	3/1/2024
	36	216.2	160	Crystal Prather	3/1/2024
<b>110kg/242.5lbs</b>					
	24	230.6	231	Maddy Webster	3/18/2023
	14	239	226	Neveah 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
<b>110+kg/242.6+lbs</b>					
	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
	23	330.2	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
	34	283.5	176	Angela Dunn	10/19/2024
	22	330.2	175	Lashonda Zander	6/2/2018
	53	250.9	171	Janet Martin	10/22/2022

	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
	41	164.6	347	Tara Peele	10/27/2018
	19	151.7	331	Alesia Sylverein	12/18/2021
	32	154.9	331	Rusty Dawn	9/16/2023
<b>82.5kg/181.7lbs</b>					
	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
<b>90kg/198.2lbs</b>					
	24	196.7	424	Isabella Heffner	10/21/2023
	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
	34	196.2	309	Mallory Horne	4/15/2023
<b>100kg/220.25lbs</b>					
	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
<b>110kg/242.5lbs</b>					
	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
<b>110+kg/242.6+lbs</b>					
	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
	22	330.2	325	Lashonda Zander	6/2/2018
	27	248	320	Aubrey Dowding	5/11/2019
	23	262.8	320	Shauntre Lilley	12/4/2021
	24	248	309	Linsay Finch	3/4/2023
	25	251.9	303	Leah Simpson	3/6/2021
	29	273.8	303	Mary-Ann Ricks	3/5/2022
	23	254.8	292	Nathalie Vargas	12/18/2021

	34	159.4	832	Deborah Omolewu	4/20/2018
	27	165.3	827	Cody Lynn Powell	10/19/2024
	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
	41	164.6	777	Tara Peele	10/27/2018
<b>82.5kg/181.7lbs</b>					
	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 Gulleedge	9/7/2024
	28	177.5	816	Mikhayla Dunn	4/15/2023
	15	173.3	799	Cecilia Luzzarraga	10/19/2024
<b>90kg/198.2lbs</b>					
	24	196.7	948	Isabella Heffner	10/21/2023
	28	192	909	Jess Lemachko	8/19/2023
	22	184.1	849	Emely Barahona	6/5/2021
	44	197.8	838	Carla Akers	4/20/2018
	24	193	799	Allyson Abbs	4/20/2018
	34	196.2	727	Mallory Horne	4/15/2023
	48	194.7	672	Mandy Self-Sparrow	2/10/2024
	15	196.5	672	Karson Tolle	10/22/2022
	22	195.6	660	Kelly Benson	10/29/2016
	28	192.5	639	Hali Medina	11/11/2023
<b>100kg/220.25lbs</b>					
	17	206.1	887	Alexandria Jefferson	10/19/2024
	45	219.1	865	Carla Akers	10/27/2018
	32	216.5	849	Rachel Massey	6/11/2022
	30	210.5	832	Haley Shields	10/21/2023
	35	216.3	805	Crystal Prather	6/17/2023
	26	218.5	805	Amy Portillo	7/22/2023
	34	208.3	766	Laura Bos	6/9/2024
	32	199	678	Angela Dunn	9/17/2022
	34	206.8	672	Valerie Ryan	1/22/2022
	47	214.3	667	Barbara VanVliet	11/11/2023
<b>110kg/242.5lbs</b>					
	24	230.6	1102	Maddy Webster	3/18/2023
	26	239.4	931	Amy Portillo	10/21/2023
	33	230.2	849	Jessie Hunt	10/17/2020
	15	238.5	772	Abrie Meadows	6/17/2023
	15	232.4	689	Kennedy Green	10/12/2019



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-KcKenzie	10/22/2022
	24	255.1	408	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

90kg/198.2lbs					
	37	198	248	Linsey Eudy	10/21/2023
	28	192	220	Jess Lemachko	6/19/2023
	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
	34	196.2	176	Mallory Horne	4/15/2023
	24	193	171	Allyson Abbs	4/20/2018
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
	43	251.3	204	Katy Silvers	9/7/2024
	23	262.8	193	Shauntra 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	Lindsay 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

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
	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

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
	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						

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

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						
	SP	42	190.9	336	Anika Harper	4/23/2022

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	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					

100kg/220.25lbs					
SP	43	215.4	270	Anika Harper	7/22/2023
SP	33	217.6	132	Morgan Leddy	8/25/2022
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

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					

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 Zomes	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
	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
	39	268.8	160	Katy Silvers	12/19/2020
	36	263.7	127	Beth Mockbee	4/18/2022

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
	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	4/18/2022

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
	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

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
	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					

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs					

	37	111.2	204	Tiffany Bellamy	4/22/2017
<b>67.5kg/148.7lbs</b>					
	36	147.7	264	Chelsea Bolton	1/21/2023
	36	146.5	231	Krista Causey	2/20/2021
<b>75kg/165.2lbs</b>					
	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
<b>82.5kg/181.7lbs</b>					
	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
<b>90kg/198.2lbs</b>					
	35	194.2	198	Alexandra Rasmussen	9/16/2023
<b>100kg/220.25lbs</b>					
	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
<b>110kg/242.5lbs</b>					
<b>110+kg/242.6+lbs</b>					
	39	268.8	309	Katy Silvers	12/19/2020
	36	282.2	270	Beth Mockbee	1/21/2023

	37	111.2	99	Tiffany Bellamy	4/22/2017
<b>67.5kg/148.7lbs</b>					
	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
<b>75kg/165.2lbs</b>					
	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
<b>82.5kg/181.7lbs</b>					
	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
<b>90kg/198.2lbs</b>					
	37	198	248	Linsey Eudy	10/21/2023
	35	194.2	110	Alexandra Rasmussen	9/16/2023
<b>100kg/220.25lbs</b>					
	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
<b>110kg/242.5lbs</b>					
	37	236.5	154	Naimah Abdullah	6/5/2021
<b>110+kg/242.6+lbs</b>					
	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

	37	111.2	248	Tiffany Bellamy	4/22/2017
<b>67.5kg/148.7lbs</b>					
	36	147.7	270	Chelsea Bolton	1/21/2023
	36	146.5	264	Krista Causey	2/20/2021
<b>75kg/165.2lbs</b>					
	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
<b>82.5kg/181.7lbs</b>					
	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
<b>90kg/198.2lbs</b>					
	35	194.2	242	Alexandra Rasmussen	9/16/2023
<b>100kg/220.25lbs</b>					
	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
<b>110kg/242.5lbs</b>					
<b>110+kg/242.6+lbs</b>					
	39	268.8	347	Katy Silvers	12/19/2020
	36	282.2	303	Beth Mockbee	1/21/2023

	37	111.2	551	Tiffany Bellamy	4/22/2017
<b>67.5kg/148.7lbs</b>					
	36	147.7	661	Chelsea Bolton	1/21/2023
	36	146.5	644	Krista Causey	2/20/2021
<b>75kg/165.2lbs</b>					
	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
<b>82.5kg/181.7lbs</b>					
	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
<b>90kg/198.2lbs</b>					
	35	194.2	551	Alexandra Rasmussen	9/16/2023
<b>100kg/220.25lbs</b>					
	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
<b>110kg/242.5lbs</b>					
<b>110+kg/242.6+lbs</b>					
	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	
<b>52kg/114.5lbs</b>						
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	65-69	65	107.4	143	Pam Fisher	5/18/2024
R	55-59	59	108.9	105	Sue Ann Hurlbert	10/17/2020
<b>56kg/123.5lbs</b>						
SP	40-44	40	122	265	Dawn Bogart	4/22/2017
R	45-49	46	117.3	265	Missy Taylor	10/16/2021
RC	40-44	44	118	253	Tiffany Stone	12/9/2023
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
<b>60kg/132.2lbs</b>						
SP	40-44	43	131.9	331	Dawn Bogart	4/22/2017
SP	50-54	54	132	331	Priscilla Pardue	4/20/2018

365 STRONG WORLD RANKINGS						
BENCH - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
<b>52kg/114.5lbs</b>						
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	63	111.1	108	Sue Ann Hurlbert	2/10/2024
R	70-74	73	106.3	83	Linda Costello	4/23/2022
R	65-69	65	107.4	83	Pam Fisher	5/18/2024
R	55-59	59	108.9	83	Sue Ann Hurlbert	10/17/2020
<b>56kg/123.5lbs</b>						
R	45-49	46	117.3	176	Missy Taylor	10/16/2021
SP	40-44	40	122	175	Dawn Bogart	4/22/2017
R	40-44	44	118	127	Tiffany Stone	12/9/2023
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
<b>60kg/132.2lbs</b>						
SP	40-44	43	131.9	226	Dawn Bogart	4/22/2017
R	40-44	42	130	205	Dawn Bogart	7/9/2016

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
<b>52kg/114.5lbs</b>						
RC	45-49	46	111.8	292	Missy Taylor	4/23/2022
R	45-49	46	112.2	275	Missy Taylor	7/24/2021
R	65-69	65	107.4	242	Pam Fisher	5/18/2024
R	60-64	62	110.7	224	Sue Ann Hurlbert	7/22/2023
R	70-74	73	106.3	220	Linda Costello	4/23/2022
R	55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020
<b>56kg/123.5lbs</b>						
R	45-49	47	119.5	314	Missy Taylor	10/22/2022
RC	40-44	44	118	309	Tiffany Stone	12/9/2023
SP	40-44	40	122	295	Dawn Bogart	4/22/2017
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
<b>60kg/132.2lbs</b>						
SP	40-44	43	131.9	402	Dawn Bogart	4/22/2017
R	40-44	42	130	350	Dawn Bogart	7/9/2016

365 STRONG WORLD RANKINGS						
TOTAL - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
<b>52kg/114.5lbs</b>						
RC	45-49	46	111.8	738	Missy Taylor	4/23/2022
R	45-49	46	112.2	694	Missy Taylor	7/24/2021
R	60-64	63	111.1	472	Sue Ann Hurlbert	2/10/2024
R	65-69	65	107.4	463	Pam Fisher	5/18/2024
R	70-74	73	106.3	457	Linda Costello	4/23/2022
R	55-59	59	108.9	364	Sue Ann Hurlbert	10/17/2020
<b>56kg/123.5lbs</b>						
SP	40-44	40	122	735	Dawn Bogart	4/22/2017
R	45-49	46	117.3	733	Missy Taylor	10/16/2021
RC	40-44	44	118	689	Tiffany Stone	12/9/2023
R	55-59	56	118.6	518	Dawn Williams	7/24/2021
R	50-54	54	119.6	512	Lisa Baker	12/19/2020
RC	45-49	46	118.9	435	Kathy Wilson	12/8/2018
<b>60kg/132.2lbs</b>						
SP	40-44	43	131.9	959	Dawn Bogart	4/22/2017
R	40-44	42	130	855	Dawn Bogart	7/9/2016













**FEMALE PARALIFTER**

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS					
<b>SQUAT - EQUIPMENT NOTED</b>						<b>BENCH - EQUIPMENT NOTED</b>						<b>DEADLIFT - EQUIPMENT NOTED</b>						<b>TOTAL - EQUIPMENT NOTED</b>					
<b>FEMALE - PARALIFTER</b>						<b>FEMALE - PARALIFTER</b>						<b>FEMALE - PARALIFTER</b>						<b>FEMALE - PARALIFTER</b>					
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																	
							15	97	83	Bella-Grace Meadows	4/1/2023												

**FEMALE STANDING CURLS**

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS					
<b>Standing Curl</b>																	
<b>FEMALE</b>																	

DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTC
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	Clearra 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