

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 Gearing (MP) once they use Multi-Ply lifting attire

DATE: 4/29/2022

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) SQUAT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	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
	72	106.3	154	Linda Costello	4/23/2022
	13	112.6	149	Carmen Trivette	1/22/2022
	16	108.1	121	McKenna Wright	3/6/2021
	61	108.3	121	Sue Ann Hurlbert	4/23/2022
	13	112.8	116	Makayla Van Meter	2/20/2021
56kg/123.5lbs					
	23	123	281	Isabella Sarks	12/4/2021
	19	123.4	275	Becca Dison	3/10/2018
	46	117.3	265	Missy Taylor	10/16/2021
	29	123.5	248	Krystal Scott	8/12/2017
	20	120.6	220	Emily Gaiser	7/10/2021
	31	123	209	Meredith Ward	3/9/2019
	28	122.8	204	Shantel Hawkins	9/7/2019
	31	122.8	187	Heidi Schuck	6/19/2021
	54	119.6	182	Lisa Baker	12/19/2020
	56	118.6	176	Dawn Williams	7/24/2021
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
	24	128.1	242	Liz Micovich	9/18/2021
	27	131.6	242	Anna Cullum	11/9/2019
	19	132	242	Claire Rosser	8/12/2017
	28	125.4	220	Tiffany Peters	6/10/2017
	33	131.2	220	Meredith Ward	6/13/2020
67.5kg/148.7lbs					
	20	138	331	Hanna Young	4/20/2018
	29	144.4	303	Leslie Kutner	11/9/2019
	34	145	297	Carmen Florian	5/11/2019
	33	137.2	270	Domoni Alexander	10/28/2017
	53	139.1	270	Yvette Bushard	10/16/2021
	39	144.8	264	Amy Daugherty	5/22/2021
	26	134.6	254	Evelyn Lyon	4/20/2018
	25	139	254	Kayla Kendall	9/19/2020
	28	146	254	Brittany Vinesett	7/24/2021
	23	145	248	Delaney Fish	6/10/2017

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	110	Stephanie Washington	7/10/2021
	12	105.2	83	Carmen Trivette	10/16/2021
52kg/114.5lbs					
	46	111.8	182	Missy Taylor	4/23/2022
	24	114.2	132	Amber Malchow	10/28/2017
	30	111.2	127	Aubrey Cornwell	8/12/2017
	34	114	121	Lindsey Seamons	6/29/2019
	27	111.5	116	Nykirsha Garland	10/17/2020
	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
	13	112.6	94	Carmen Trivette	1/22/2022
	60	107.9	89	Sue Ann Hurlbert	10/16/2021
56kg/123.5lbs					
	46	117.3	176	Missy Taylor	10/16/2021
	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
	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	122.8	132	Isabella Sarks	4/23/2022
60kg/132.2lbs					
	47	127.2	180	Beta 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
	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
	25	131.3	143	Melissa Hunt	5/11/2019
	26	131.8	143	Taylor Jackson	10/28/2017
	21	127.9	138	Alexis Rutledge	4/23/2022
67.5kg/148.7lbs					
	27	144.2	200	Courtney Norris	7/9/2016
	29	144.4	182	Leslie Kutner	11/9/2019
	21	138.3	178	Anya Kalnins	9/18/2021
	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
	33	137.2	160	Domoni Alexander	10/28/2017
	53	139.1	160	Yvette Bushard	10/16/2021
	25	135.2	154	Evelyn Lyon	9/30/2017

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) DEADLIFT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	8	57	110	Kambree Williamson	3/5/2022
48kg/105.7lbs					
	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
	22	111.6	240	Elena Lopez	6/2/2018
	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
	17	112	215	Leighann Allen	11/19/2016
	61	108.3	212	Sue Ann Hurlbert	4/23/2022
	16	108.1	193	McKenna Wright	3/6/2021
	13	112.6	171	Carmen Trivette	1/22/2022
56kg/123.5lbs					
	23	122.8	320	Isabella Sarks	4/23/2022
	19	123.4	320	Becca Dison	3/10/2018
	31	123	314	Meredith Ward	3/9/2019
	32	122.8	305	Tiffany Faulkner	1/21/2017
	45	118.2	292	Missy Taylor	4/24/2021
	20	120.6	286	Emily Gaiser	7/10/2021
	29	123.5	281	Krystal Scott	8/12/2017
	28	122.8	259	Shantell Hawkins	9/7/2019
	31	122.8	253	Heidi Schuck	6/19/2021
	36	123	248	Sally Lloyd	6/10/2017
60kg/132.2lbs					
	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
	27	128	325	Nadia Zebouni	7/9/2016
	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
	33	131.2	303	Meredith Ward	6/13/2020
	19	132	303	Claire Rosser	8/12/2017
	27	131.6	290	Samantha Sawyer	1/21/2017
	27	131.6	264	Anna Cullum	11/9/2019
67.5kg/148.7lbs					
	29	144.4	380	Leslie Kutner	11/9/2019
	20	138	364	Hanna Young	4/20/2018
	33	143.5	336	Carmen Florian	3/9/2019
	25	135.2	331	Evelyn Lyon	9/30/2017
	35	148.2	319	Andrea Fox	3/10/2018
	32	137.3	315	Tiffany Huntoon	1/21/2017
	20	143.5	314	Paige Harrod	11/19/2016
	39	144.8	303	Amy Daugherty	5/22/2021
	37	146.8	303	Kelly Brannan	9/7/2019
	28	146	298	Brittany Vinesett	7/24/2021

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) TOTAL					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	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
	20	108	469	Maggie Parsons	11/19/2016
	72	106.3	457	Linda Costello	4/23/2022
	13	112.8	435	Makayla Van Meter	2/20/2021
	61	108.3	422	Sue Ann Hurlbert	4/23/2022
	13	112.6	413	Carmen Trivette	1/22/2022
	16	108.1	391	McKenna Wright	3/6/2021
56kg/123.5lbs					
	19	123.4	755	Becca Dison	3/10/2018
	46	117.3	722	Missy Taylor	10/16/2021
	23	122.8	705	Isabella Sarks	4/23/2022
	29	123.5	683	Krystal Scott	8/12/2017
	31	123	661	Meredith Ward	3/9/2019
	20	120.6	639	Emily Gaiser	7/10/2021
	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
	56	118.6	518	Dawn Williams	7/24/2021
60kg/132.2lbs					
	25	132	832	Kristin Kitlica	7/10/2021
	28	129.4	794	Leslie Kutner	4/20/2018
	25	125	745	Caitlin Cardone	4/9/2016
	33	132.2	727	Amy Pierce	8/12/2017
	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
	27	128	670	Nadia Zebouni	7/9/2016
	21	127.9	639	Alexis Rutledge	4/23/2022
	27	131.6	628	Anna Cullum	11/9/2019
	24	128.1	623	Liz Micovich	9/18/2021
67.5kg/148.7lbs					
	20	138	865	Hanna Young	4/20/2018
	29	144.4	865	Leslie Kutner	11/9/2019
	33	143.5	744	Carmen Florian	3/9/2019
	26	134.6	723	Evelyn Lyon	4/20/2018
	28	146	722	Brittany Vinesett	7/24/2021
	53	139.1	711	Yvette Bushard	10/16/2021
	39	144.8	705	Amy Daugherty	5/22/2021
	32	137.3	700	Tiffany Huntoon	1/21/2017

75kg/165.2lbs					
	23	164.6	336	Candace Locklear	3/10/2018
	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
	20	157.2	281	Lisha Lamb	11/19/2016
	20	158	281	Carley Bradshaw	11/19/2016
	34	159.4	281	Deborah Omolewu	4/20/2018
	27	161.2	275	Mikhayla Dunn	12/18/2021
	27	163.2	275	Angela Harvin	1/21/2017
	19	161.5	270	Katarina Giancroce	4/22/2017
	41	164.6	270	Tara Peele	10/27/2018

82.5kg/181.7lbs					
	25	179.4	353	Elizabeth Pinnix	7/10/2021
	29	177.6	314	Gabriella Robbins	11/9/2019
	45	178.6	308	Crystal McCullough	1/22/2022
	38	175	303	Lay Kaahu	8/12/2017
	32	169.1	290	Rayseen Brown	1/21/2017
	29	169.8	281	Jessica Herling	3/5/2022
	19	175.4	281	Shelby Sprinkle	12/18/2021
	31	178.2	281	Emily Gilson	10/17/2020
	49	179.3	275	Janelle Campbell	5/11/2019
	39	170	265	Ivana Smith	7/10/2021

90kg/198.2lbs					
	22	184.1	331	Emely Barahona	6/5/2021
	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
	43	192	248	Michele Blackman	12/4/2021
	24	187.6	242	Brittany Abbott	6/10/2017
	14	198.4	226	Karson Tolle	4/16/2022
	22	195.6	225	Kelly Benson	10/29/2016
	27	191.7	204	Lauren Wait	4/22/2017
	16	192.4	204	Alyssa Beadles	6/19/2021

100kg/220.25lbs					
	45	219.1	331	Carla Akers	10/27/2018
	13	200.7	248	Alex Jefferson	10/17/2020
	34	206.8	231	Valerie Ryan	1/22/2022
	42	201.6	220	Christy Owens	12/18/2021

110kg/242.5lbs					
	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	Klaura Salazar	12/8/2018

110+kg/242.6+lbs					
	40	277.1	380	Katy Silvers	10/16/2021
	23	262.8	331	Shauntre Lilley	12/4/2021
	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

75kg/165.2lbs					
	26	164.5	231	Kari DeShazo	11/21/2020
	52	162.3	187	Tammy Deloatch	11/9/2019
	34	159.4	171	Deborah Omolewu	4/20/2018
	23	161.5	171	Alisha Martin	4/24/2021
	48	164.6	171	Bonnie Mosley	10/17/2020
	31	163	165	Bridget McDermott	4/22/2017
	36	165.1	165	Jennifer Broome	10/27/2018
	57	154.3	160	Paige Hitt	4/23/2022
	41	164.6	160	Tara Peele	10/27/2018
	23	164.6	160	Candace Locklear	3/10/2018
	27	163.2	155	Angela Harvin	1/21/2017

82.5kg/181.7lbs					
	29	177.6	204	Gabrielle Robbins	11/9/2019
	38	175	182	Lay Kaahu	8/12/2017
	25	179.4	182	Elizabeth Pinnix	7/10/2021
	45	178.6	176	Crystal McCullough	1/22/2022
	28	177.8	171	Dyana Martinez	5/11/2019
	26	177.5	165	Emily Merritt	5/11/2019
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	49	180	155	Sujata Bhakat	6/11/2016
	26	166.2	154	Chelsey Roberts	6/10/2017

90kg/198.2lbs					
	40	187.2	193	Mona Espinosa	1/22/2022
	22	184.1	187	Emely Barahona	6/5/2021
	44	197.8	187	Carla Akers	4/20/2018
	24	193	171	Allyson Abbs	4/20/2018
	22	195.6	170	Kelly Benson	10/29/2016
	27	191.7	154	Lauren Wait	4/22/2017
	43	192	154	Michele Blackman	12/4/2021
	44	184.7	150	Tricia Emrich	7/9/2021
	27	188.7	140	Brittany Marquez	1/21/2017
	24	187.6	127	Brittany Abbott	6/10/2017

100kg/220.25lbs					
	45	219.1	204	Carla Akers	10/27/2018
	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	42	214.5	149	Christy Owens	4/23/2022
	13	200.7	143	Alex Jefferson	10/17/2020
	11	199.6	132	Nevaeh McIntosh	3/5/2022
	42	209.2	132	Christina Lauffer	6/19/2021
	34	206.8	127	Valerie Ryan	1/22/2022
	26	203	112	Emma Siren-Kananen	11/21/2020
	31	202.8	105	Emily Jackson	1/22/2022

110kg/242.5lbs					
	50	240	215	Ylander Ross	1/21/2017
	29	228.8	204	Brittany Berryhill	12/19/2020
	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
	37	236.5	154	Naimah Abdullah	6/5/2021
	40	242.3	154	Katy Silvers	4/23/2022
	50	229	143	Janet Martin	5/11/2019
	15	232.4	138	Kennedy Green	10/12/2019

110+kg/242.6+lbs					
	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
	22	330.2	175	Lashonda Zander	6/2/2018
	40	277.1	171	Katy Silvers	10/16/2021

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
	34	159.4	380	Deborah Omolewu	4/20/2018
	41	164.6	347	Tara Peele	10/27/2018
	23	161.5	331	Alisha Martin	4/24/2021
	48	164.6	331	Bonnie Mosley	10/17/2020
	29	157.1	325	Courtney Reynolds	4/22/2017
	20	159.5	325	Ivanna Guzman	4/22/2017
	17	164.6	325	Sarah Oesch	8/22/2020
	27	161.2	320	Mikhayla Dunn	12/18/2021

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
	25	179.4	386	Elizabeth Pinnix	7/10/2021
	45	178.6	353	Crystal McCullough	1/22/2022
	31	178.2	342	Emily Gilson	10/17/2020
	32	169.1	330	Rayseen Brown	1/21/2017
	19	180.8	330	Victoria Renfroe	7/9/2016
	28	172.2	314	Eileen Chavez	10/28/2017
	26	166.2	303	Chelsey Roberts	6/10/2017

90kg/198.2lbs					
	26	184.8	358	Kathryn French	3/10/2018
	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	198	292	Sabrina Steigelman	12/8/2018
	14	198.4	292	Karson Tolle	4/16/2022
	16	192.4	286	Alyssa Beadles	6/19/2021
	22	195.6	265	Kelly Benson	10/29/2016

100kg/220.25lbs					
	45	219.1	331	Carla Akers	10/27/2018
	34	206.8	314	Valerie Ryan	1/22/2022
	13	200.7	303	Alex Jefferson	10/17/2020
	42	217.8	264	Christina Lauffer	3/6/2021
	42	201.6	237	Christy Owens	12/18/2021
	31	202.8	231	Emily Jackson	1/22/2022

110kg/242.5lbs					
	33	223.8	400	Melissa Shade	6/2/2018
	33	230.2	358	Jessie Hunt	10/17/2020
	29	241.5	303	Laura Salazar	12/8/2018
	50	229	275	Janet Martin	5/11/2019
	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
	52	253.5	364	Janet Martin	10/16/2021
	22	330.2	325	Lashonda Zander	6/2/2018
	27	248	320	Aubrey Dowding	5/11/2019
	23	262.8	320	Shauntre Lilley	12/4/2021

75kg/165.2lbs					
	34	163.4	887	Kendra Danzer	4/20/2018
	23	164.6	876	Candace Locklear	3/10/2018
	34	159.4	832	Deborah Omolewu	4/20/2018
	23	161.5	816	Alisha Martin	4/24/2021
	48	164.6	816	Bonnie Mosley	10/17/2020
	41	164.6	777	Tara Peele	10/27/2018
	35	154.8	772	LaDetra Cole	3/5/2022
	27	161.2	750	Mikhayla Dunn	4/2/18/2021
	27	163.2	745	Angela Harvin	1/21/2017
	29	157.1	728	Courtney Reynolds	4/22/2017
	20	157.2	716	Lisha Lamb	11/19/2016

82.5kg/181.7lbs					
	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
	45	178.6	838	Crystal McCullough	1/22/2022
	19	175.4	827	Shelby Sprinkle	12/18/2021
	32	169.1	790	Rayseen Brown	1/21/2017
	31	178.2	772	Emily Gilson	10/17/2020
	19	180.8	735	Victoria Renfroe	7/9/2016
	28	177.8	733	Dyana Martinez	5/11/2019
	29	169.8	722	Jessica Herling	3/5/2022

90kg/198.2lbs					
	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
	22	195.6	660	Kelly Benson	10/29/2016
	14	198.4	634	Karson Tolle	4/16/2022
	27	188.7	630	Brittany Marquez	1/21/2017
	43	192	628	Michele Blackman	12/4/2021
	21	194.2	628	Mariah Flint	4/22/2017
	24	187.6	623	Brittany Abbott	6/10/2017
	16	192.4	612	Alyssa Beadles	6/19/2021

100kg/220.25lbs				
	45	219.1		

	27	248	248	Aubrey Dowding	5/11/2019
	22	282.2	209	Capri Cameron	8/12/2017
	25	251.9	198	Leah Simpson	3/6/2021

	51	255.2	165	Janet Martin	10/17/2020
	22	282.2	160	Capri Cameron	8/12/2017
	23	254.8	149	Nathalie Vargas	12/18/2021
	19	278.2	149	Meredith Arnold	4/24/2021
	27	248	143	Aubrey Dowding	5/11/2019

	25	251.9	303	Leah Simpson	3/6/2021
	29	273.8	303	Mary-Ann Rickis	3/5/2022
	23	254.8	292	Nathalie Vargas	12/18/2021
	22	282.2	259	Capri Cameron	8/12/2017

	22	282.2	628	Capri Cameron	8/12/2017
	25	251.9	617	Leah Simpson	3/6/2021

FEMALE RAW CLASSIC OVERALL LEADERS

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - OPEN					
Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	193	Stephanie Washington	7/10/2021
52kg/114.5lbs					
	46	111.8	264	Missy Taylor	4/23/2022
	27	111.5	254	Kiki Garland	10/17/2020
	34	114	237	Lindsay Seamans	6/29/2019
	30	111.2	231	Aubrey Cornwell	8/12/2017
	37	111.3	204	Tiffany Bellamy	4/22/2017
56kg/123.5lbs					
	24	120.2	281	Amber Gabriel	6/9/2018
	29	122	242	Amanda Isley	10/28/2017
	46	118.9	160	Kathy Wilson	12/8/2018
60kg/132.2lbs					
RC	25	131.3	364	Melissa Hunt	5/11/2019
RC	26	131.8	303	Taylor Jackson	10/28/2017
RC	25	125.6	300	Caitlin Cardone	7/9/2016
RC	24	132.2	276	Kayce Hoover	4/22/2017
RC	27	132	275	Sara Carney	6/2/2018
RC	47	131.4	105	Angie Terry	10/29/2016
67.5kg/148.7lbs					
RC	27	143.8	369	Taylor Jackson	5/11/2019
RC	27	143	360	Samatha Corujo	6/2/2018
RC	27	139.3	336	Melissa Hunt	7/10/2021
RC	27	143.4	325	Amber Rabon	9/19/2020
RC	24	144.4	305	Kayce Hoover	10/29/2016
RC	25	143.3	303	Julia Blackman	2/20/2021
RC	20	145.8	298	Anya Kalnins	2/20/2021
RC	53	144.2	259	Priscilla Pardue	4/22/2017
RC	36	146.5	231	Krista Causey	2/20/2021
RC	35	148	225	Desiree Savarese	1/21/2017
75kg/165.2lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC BENCH					
FEMALE - OPEN					
Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	110	Stephanie Washington	7/10/2021
52kg/114.5lbs					
	46	111.8	182	Missy Taylor	4/23/2022
	24	114.2	132	Amber Malchow	10/28/2017
	30	111.2	127	Aubrey Cornwell	8/12/2017
	34	114	121	Lindsey Seamons	6/29/2019
	27	111.5	116	Nykisha Garland	10/17/2020
	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
	13	112.6	94	Carmen Trivette	1/22/2022
	60	107.9	89	Sue Ann Hurlbert	10/16/2021
56kg/123.5lbs					
	42	121.8	175	Dawn Bogart	4/9/2016
	45	118.3	171	Missy Taylor	2/20/2021
	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
	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	122.8	132	Isabella Sarks	4/23/2022
60kg/132.2lbs					
R	47	127.2	180	Bela Ghosh	6/11/2016
R	25	132	171	Kristin Kitalica	7/10/2021
R	25	125.6	165	Caitlin Cardone	7/9/2016
R	27	129	165	Leslie Kutner	10/28/2017
R	33	132.2	154	Amy Pierce	8/12/2017
R	33	131.2	149	Meredith Ward	6/13/2020
R	27	128	145	Nadia Zebouni	7/9/2016
R	25	125	145	Caitlin Cardone	4/9/2016
R	25	131.3	143	Melissa Hunt	5/11/2019
R	26	131.8	143	Taylor Jackson	10/28/2017
R	21	127.8	138	Alexis Rutledge	4/23/2022
67.5kg/148.7lbs					
R	27	144.2	200	Courtney Norris	7/9/2016
R	29	144.4	182	Leslie Kutner	11/9/2019
R	21	138.3	178	Anya Kalnins	9/18/2021
R	20	138	171	Hanna Young	4/20/2018
R	28	146	171	Brittany Vinesett	7/24/2021
R	27	143.8	165	Taylor Jackson	5/11/2019
R	48	145.3	165	Aiysha Hayes	1/22/2022
R	33	137.2	160	Domoni Alexander	10/28/2017
R	53	139.1	160	Yvette Bushard	10/16/2021
R	25	135.2	154	Evelyn Lyon	9/30/2017
75kg/165.2lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - OPEN					
Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	226	Stephanie Washington	7/10/2021
52kg/114.5lbs					
	46	111.8	292	Missy Taylor	4/23/2022
	32	112	281	Lindsay Seamans	10/28/2017
	27	111.5	253	Kiki Garland	10/17/2020
	37	111.3	248	Tiffany Bellamy	4/22/2017
	30	111.2	242	Aubrey Cornwell	8/12/2017
56kg/123.5lbs					
	24	120.2	308	Amber Gabriel	6/9/2018
	29	122	303	Amanda Isley	10/28/2017
	46	118.9	187	Kathy Wilson	12/8/2018
60kg/132.2lbs					
RC	24	129.7	353	Melissa Hunt	12/8/2018
RC	25	125.6	325	Caitlin Cardone	7/9/2016
RC	26	131.8	319	Taylor Jackson	10/28/2017
RC	24	132.2	276	Kayce Hoover	4/22/2017
RC	27	132	220	Sara Carney	6/2/2018
RC	47	131.4	155	Angie Terry	10/29/2016
67.5kg/148.7lbs					
RC	27	143.8	353	Taylor Jackson	5/11/2019
RC	27	143.4	347	Amber Rabon	9/19/2020
RC	27	143	340	Samantha Corujo	6/2/2018
RC	25	143.3	331	Julia Blackman	10/16/2021
RC	21	138.3	320	Anya Kalnins	9/18/2021
RC	27	139.3	314	Melissa Hunt	7/10/2021
RC	24	144.4	300	Kayce Hoover	10/29/2016
RC	35	148	290	Desiree Savarese	1/21/2017
RC	36	146.5	264	Krista Causey	2/20/2021
RC	46	137	253	Aiysha Hayes	6/5/2021
75kg/165.2lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - OPEN					
Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	33	104.3	529	Stephanie Washington	7/10/2021
52kg/114.5lbs					
	46	111.8	738	Missy Taylor	4/23/2022
	34	114	634	Lindsay Seamons	6/29/2019
	27	111.5	623	Kiki Garland	10/17/2020
	30	111.2	601	Aubrey Cornwell	8/12/2017
	37	111.3	551	Tiffany Bellamy	4/22/2017
56kg/123.5lbs					
	24	120.2	711	Amber Gabriel	6/9/2018
	29	122	678	Amanda Isley	10/28/2017
	46	118.9	435	Kathy Wilson	12/8/2018
60kg/132.2lbs					
RC	24	129.7	838	Melissa Hunt	12/8/2018
RC	25	125.6	790	Caitlin Cardone	7/9/2016
RC	26	131.8	766	Taylor Jackson	10/28/2017
RC	24	132.2	689	Kayce Hoover	4/22/2017
RC	27	132	610	Sara Carney	6/2/2018
RC	47	131.4	305	Angie Terry	10/29/2016
67.5kg/148.7lbs					
RC	27	143.8	887	Taylor Jackson	5/11/2019
RC	27	143	835	Samantha Corujo	6/2/2018
RC	27	143.4	821	Amber Rabon	9/19/2020
RC	27	139.3	777	Melissa Hunt	7/10/2021
RC	20	145.8	772	Anya Kalnins	2/20/2021
RC	24	144.4	750	Kayce Hoover	10/29/2016
RC	25	143.3	717	Julia Blackman	10/16/2021
RC	35	148	655	Desiree Savarese	1/21/2017
RC	53	144.2	645	Priscilla Pardue	4/22/2017
RC	36	146.5	645	Krista Causey	2/20/2021
75kg/165.2lbs					

	31	163	347	Bridget McDermott	4/22/2017
	28	165.3	319	Ife Egbeyemi	7/10/2021
	33	163.2	275	Shayna Dence	4/9/2016
	36	165.1	275	Jennifer Broome	10/27/2018
	18	157	270	Sarah Oesch	4/24/2021
	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					
	26	177.5	386	Emily Merritt	5/11/2019
	35	179	369	Kelley Lee	8/12/2017
	38	181	308.64	Natalie Mayfield	11/19/2016
	27	175.9	303	Rachel Brockwell	12/19/2020
	56	175.6	281	Cindy Meeker	10/27/2018
	17	170.8	237	Sarah Oesch	10/3/2020
	23	178.4	226	Hannah Ramsey	10/18/2020
	57	177.3	187	Shelly Moore	6/5/2021
	58	175.9	165	Cathy Cranford	11/9/2019
	38	181.6	132	Amber Jenkins	6/10/2017

90kg/198.2lbs					
	29	197.2	441	Emily Merritt	6/19/2021
	34	193.6	303	Promandee Kaur	3/21/2020
	11	192.7	292	Nevaeh McIntosh	10/16/2021
	44	184.7	260	Tricia Emrich	7/9/2016

100kg/220.25lbs					
	37	211.4	303	Trisha Crisman	8/25/2018
	11	199.6	281	Nevaeh McIntosh	3/5/2022
	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					
	40	242.3	386	Katy Silvers	4/23/2022
	29	228.8	380	Brittany Berryhill	12/19/2020
	50	240	340	Ylander Ross	1/21/2017
	34	234.3	325	Jessie Hunt	4/24/2021

110+kg/242.6+lbs					
	40	276	375	Katy Silvers	9/18/2021
	34	250	308	Tarra Farnham	5/22/2021
	19	278.2	242	Meredith Arnold	4/24/2021
	36	263.7	237	Beth Mockbee	4/16/2022

R	26	164.5	231	Kari DeShazo	11/21/2020
R	52	162.3	187	Tammy Deloatch	11/9/2019
R	34	159.4	171	Deborah Omolewu	4/20/2018
R	23	161.5	171	Alisha Martin	4/24/2021
R	48	164.6	171	Bonnie Mosley	10/17/2020
R	31	163	165	Bridget McDermott	4/22/2017
R	36	165.1	165	Jennifer Broome	10/27/2018
R	41	164.6	160	Tara Peele	10/27/2018
R	23	164.6	160	Candace Locklear	3/10/2018
R	27	163.2	155	Angela Harvin	1/21/2017

82.5kg/181.7lbs					
R	29	177.6	204	Gabrielle Robbins	11/9/2019
R	38	175	182	Lay Kaahu	8/12/2017
R	25	179.4	182	Elizabeth Pinnix	7/10/2021
R	45	178.6	176	Crystal McCullough	1/22/2022
R	28	177.8	171	Dyana Martinez	5/11/2019
R	26	177.5	165	Emily Merritt	5/11/2019
R	38	181	165	Natalie Mayfield	11/19/2016
R	39	170	160	Ivana Smith	7/10/2021
R	49	180	155	Sujata Bhakat	6/11/2016
R	26	166.2	154	Chelsey Roberts	6/10/2017

90kg/198.2lbs					
	40	187.2	193	Mona Espinosa	1/22/2022
	22	184.1	187	Emely Barahona	6/5/2021
	44	197.8	187	Carla Akers	4/20/2018
	24	193	171	Allyson Abbs	4/20/2018
	22	195.6	170	Kelly Benson	10/29/2016
	27	191.7	154	Lauren Wait	4/22/2017
	43	192	154	Michele Blackman	12/4/2021
	44	184.7	150	Tricia Emrich	7/9/2016
	27	188.7	140	Brittany Marquez	1/21/2017
	24	187.6	127	Brittany Abbott	6/10/2017

100kg/220.25lbs					
	45	219.1	204	Carla Akers	10/27/2018
	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	13	200.7	143	Alex Jefferson	10/17/2020
	11	199.6	132	Nevaeh McIntosh	3/5/2022
	42	201.6	132	Christy Owens	12/18/2021
	42	209.2	132	Christina Lauffer	6/19/2021
	34	206.8	127	Valerie Ryan	1/22/2022
	26	203	112	Emma Siren-Kananen	11/21/2020
	31	202.8	105	Emily Jackson	1/22/2022

110kg/242.5lbs					
	50	240	215	Ylander Ross	1/21/2017
	29	228.8	204	Brittany Berryhill	12/19/2020
	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
	37	236.5	154	Naimah Abdullah	6/5/2021
	40	242.3	154	Katy Silvers	4/23/2022
	50	229	143	Janet Martin	5/11/2019
	15	232.4	138	Kennedy Green	10/12/2019
	29	241.5	132	Laura Salazar	12/8/2018

110+kg/242.6+lbs					
	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
	22	330.2	175	Lashonda Zander	6/2/2018
	40	276	171	Katy Silvers	9/18/2021
	51	255.2	165	Janet Martin	10/17/2020
	22	282.2	160	Capri Cameron	8/12/2017

	36	165.1	347	Jennifer Broome	10/27/2018
	28	160.8	335	Hannah Cochran	7/9/2016
	17	165	333	Sarah Oesch	10/17/2020
	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
	27	159	275	Jessica Blanks	4/24/2021

82.5kg/181.7lbs					
	35	179	419	Kelley Lee	8/12/2017
	26	178.7	391	Emily Merritt	10/27/2018
	38	181	347.22	Natalie Mayfield	11/19/2016
	17	170.8	326	Sarah Oesch	10/3/2020
	56	175.6	319	Cindy Meeker	10/27/2018
	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
	38	181.6	215	Amber Jenkins	6/10/2017
	23	178.4	204	Hannah Ramsey	10/18/2020

90kg/198.2lbs					
	34	193.6	342	Promandee Kaur	3/21/2020
	44	184.7	285	Tricia Emrich	7/9/2016
	11	192.7	231	Nevaeh McIntosh	10/16/2021
	58	191.8	209	Shelly Moore	1/22/2022

100kg/220.25lbs					
	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
	11	199.6	242	Nevaeh McIntosh	3/5/2022
	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

110+kg/242.6+lbs					
	40	276	375	Katy Silvers	9/18/2021
	34	250	336	Tarra Farnham	5/22/2021
	19	278.2	308	Meredith Arnold	4/24/2021
	36	263.7	253	Beth Mockbee	4/16/2022

110+kg/242.6+lbs					
	40	276	920	Katy Silvers	9/18/2021
	34	250	782	Tarra Farnham	5/22/2021
	19	278.2	700	Meredith Arnold	4/24/2021
	36	263.7	617	Beth Mockbee	4/16/2022

	31	163	832	Bridget McDermott	4/22/2017
	36	165.1	788	Jennifer Broome	10/27/2018
	28	165.3	755	Ife Egbeyemi	7/10/2021
	18	157	744	Sarah Oesch	4/24/2021
	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					
	26	177.5	937	Emily Merritt	5/11/2019
	35	179	909	Kelley Lee	8/12/2017
	38	181	821.21	Natalie Mayfield	11/19/2016
	27	175.9	738	Rachel Brockwell	12/19/2020
	56	175.6	727	Cindy Meeker	10/27/2018
	17	170.8	712	Sarah Oesch	10/3/2020
	23	178.4	568	Hannah Ramsey	10/18/2020
	57	177.3	545	Shelly Moore	6/5/2021
	58	175.9	474	Cathy Cranford	11/9/2019
	38	181.6	440.9	Amber Jenkins	6/10/2017

90kg/198.2lbs					
	34	193.6	771	Promandee Kaur	3/21/2020
	44	184.7	695	Tricia Emrich	7/9/2016
	11	192.7	639	Nevaeh McIntosh	10/16/2021

100kg/220.25lbs					
	37	211.4	771	Trisha Crisman	8/25/2018
	37	213.8	749	Brett Sexton	10/12/2019
	11	199.6	656	Nevaeh McIntosh	3/5/2022
	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
	40	242.3	909	Katy Silvers	4/23/2022
	34	234.3	882	Jessie Hunt	4/24/2021

110+kg/242.6+lbs					
	40	276	920	Katy Silvers	9/18/2021
	34	250	782	Tarra Farnham	5/22/2021
	19	278.2	700	Meredith Arnold	4/24/2021
	36	263.7	617	Beth Mockbee	4/16/2022

110+kg/242.6+lbs					
	40	276	920	Katy Silvers	9/18/2021
	34	250	782		

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	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	61	108.3	121	Sue Ann Hurlbert	4/23/2022
R	55-59	59	108.9	105	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
SP	40-44	40	122	265	Dawn Bogart	4/22/2017
R	45-49	46	117.3	265	Missy Taylor	10/16/2021
R	50-54	54	119.6	182	Lisa Baker	12/19/2020
R	55-59	56	118.6	176	Dawn Williams	7/24/2021
RC	45-49	46	118.9	160	Kathy Wilson	12/8/2018
60kg/132.2lbs						
SP	50-54	54	131.7	308	Priscilla Pardue	10/27/2018
RC	45-49	47	131.4	105	Angie Terry	10/29/2016
67.5kg/148.7lbs						
MP	45-49	47	143.7	518	Melissa Smith	12/18/2021
SP	55-59	55	142.5	303	Priscilla Pardue	5/11/2019
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	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						
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
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	45-49	49	165	195	Tina Bush	4/9/2016
82.5kg/181.7lbs						
R	45-49	45	178.6	308	Crystal McCullough	1/22/2022
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	50-54	51	181	265	Sujata Bhakat	4/20/2018
R	45-49	48	172.6	231	Amy Kivett	6/19/2021
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	44	197.8	320	Carla Akers	4/20/2018
RC	40-44	44	184.7	260	Tricia Emrich	7/9/2016
R	55-59	56	183.2	190	Cathy Cranford	10/29/2016
100kg/220.25lbs						
R	40-44	42	201.6	220	Christy Owens	12/18/2021

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	182	Missy Taylor	4/23/2022
R	45-49	46	111.8	182	Missy Taylor	4/23/2022
R	60-64	60	107.9	89	Sue Ann Hurlbert	10/16/2021
R	70-74	73	106.3	83	Linda Costello	4/23/2022
R	55-59	59	108.9	83	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
R	45-49	46	117.3	176	Missy Taylor	10/16/2021
SP	40-44	40	122	175	Dawn Bogart	4/22/2017
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
60kg/132.2lbs						
R	45-49	47	127.2	180	Bela Ghosh	6/11/2016
SP	50-54	54	131.7	154	Priscilla Pardue	10/27/2018
RC	45-49	47	131.4	45	Angie Terry	10/29/2016
67.5kg/148.7lbs						
MP	45-49	47	141.3	275	Melissa Smith	4/23/2022
SP	55-59	55	142.5	176	Priscilla Pardue	5/11/2019
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	140.4	138	Misty Bruce	1/22/2022
R	50-54	53	144.2	132	Priscilla Pardue	4/22/2017
R	40-44	43	146.5	105	Jennifer Rush	12/19/2020
75kg/165.2lbs						
SP	55-59	56	154.1	270	Candice Maness	10/27/2018
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	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	41	164.8	160	Tara Peele	10/27/2018
R	55-59	59	159.2	132	Dawn O'Donnell	4/23/2022
R	45-49	49	165	110	Tina Bush	4/9/2016
82.5kg/181.7lbs						
SP	40-44	43	177.3	253	Christina Lauffer	4/23/2022
R	45-49	45	178.6	176	Crystal McCullough	1/22/2022
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	56	175.6	127	Cindy Meeker	10/27/2018
R	55-59	57	177.3	121	Shelly Moore	6/5/2021
R	55-59	59	175.9	116	Nelda Newton	7/24/2021
R	55-59	55	167.4	94	Linda Crawford	3/6/2021
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	40-44	44	197.8	187	Carla Akers	4/20/2018
R	40-44	44	184.7	150	Tricia Emrich	7/9/2016
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	41	209.7	248	Anika Harper	10/16/2021

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	292	Missy Taylor	4/23/2022
R	45-49	46	112.2	275	Missy Taylor	7/24/2021
R	70-74	73	106.3	220	Linda Costello	4/23/2022
R	60-64	61	108.3	212	Sue Ann Hurlbert	4/23/2022
R	55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
SP	40-44	40	122	295	Dawn Bogart	4/22/2017
R	45-49	45	118.2	292	Missy Taylor	4/24/2021
R	50-54	54	119.6	237	Lisa Baker	12/19/2020
R	55-59	56	118.6	226	Dawn Williams	7/24/2021
RC	45-49	46	118.9	187	Kathy Wilson	12/8/2018
60kg/132.2lbs						
R	45-49	47	127.2	315	Bela Ghosh	6/11/2016
SP	50-54	54	131.7	264	Priscilla Pardue	10/27/2018
RC	45-49	47	131.4	155	Angie Terry	10/29/2016
67.5kg/148.7lbs						
MP	45-49	47	143.7	358	Melissa Smith	12/18/2021
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	40	140.4	209	Misty Bruce	1/22/2022
R	40-44	43	146.5	204	Jennifer Rush	12/19/2020
75kg/165.2lbs						
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	55-59	59	159.2	314	Dawn O'Donnell	4/23/2022
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	55-59	57	154.3	270	Paige Hitt	4/23/2022
RC	50-54	54	160.6	253	Candice Maness	4/22/2017
82.5kg/181.7lbs						
R	45-49	45	178.6	353	Crystal McCullough	1/22/2022
RC	55-59	56	175.6	319	Cindy Meeker	10/27/2018
SP	40-44	43	177.3	309	Christina Lauffer	4/23/2022
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	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
90kg/198.2lbs						
R	40-44	42	190.9	336	Anika Harper	4/23/2022
R	40-44	44	197.8	331	Carla Akers	4/20/2018
RC	40-44	44	184.7	285	Tricia Emrich	7/9/2016
R	55-59	57	183.6	248	Cathy Cranford	4/20/2018
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

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	738	Missy Taylor	4/23/2022
R	45-49	46	112.2	694	Missy Taylor	7/24/2021
R	70-74	73	106.3	457	Linda Costello	4/23/2022
R	60-64	61	108.3	421	Sue Ann Hurlbert	4/23/2022
R	55-59	59	108.9	364	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
SP	40-44	40	122	735	Dawn Bogart	4/22/2017
R	45-49	46	117.3	722	Missy Taylor	10/16/2021
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
60kg/132.2lbs						
SP	50-54	54	131.7	727	Priscilla Pardue	10/27/2018
R	45-49	47	127.2	495	Bela Ghosh	6/11/2016
RC	45-49	47	131.4	305	Angie Terry	

RC	40-44	42	209.2	187	Christina Lauffer	6/19/2021
R	40-44	42	214.5	149	Christy Owens	4/23/2022
R	40-44	42	209.2	132	Christina Lauffer	6/19/2021
110kg/242.5lbs						
R	50-54	50	240	215	Ylander Ross	1/21/2017
RC	40-44	40	242.3	386	Katy Silvers	4/23/2022
RC	50-54	50	240	340	Ylander Ross	1/21/2017
110+kg/242.6+lbs						
RC	40-44	40	277.8	380	Katy Silvers	10/16/2021

R	40-44	42	214.5	149	Christy Owens	4/23/2022
R	40-44	42	209.2	132	Christina Lauffer	6/19/2021
110kg/242.5lbs						
R	50-54	50	240	215	Ylander Ross	1/21/2017
R	40-44	40	242.3	154	Katy Silvers	4/23/2022
R	45-49	48	240	132	Janet Martin	4/22/2017
110+kg/242.6+lbs						
R	40-44	42	259.5	242	Hollie Sands	5/25/2019
R	40-44	40	272.2	226	Andrea Willis	6/19/2021
R	40-44	40	276	171	Katy Silvers	9/18/2021
R	50-54	51	255.2	165	Janet Martin	10/17/2020

RC	40-44	42	209.2	303	Christina Lauffer	6/19/2021
R	40-44	42	201.6	237	Christy Owens	12/18/2021
110kg/242.5lbs						
RC	50-54	50	240	400	Ylander Ross	1/21/2017
RC	40-44	40	242.3	369	Katy Silvers	4/23/2022
110+kg/242.6+lbs						
R	40-44	42	259.5	441	Hollie Sands	5/25/2019
RC	40-44	40	277.8	380	Katy Silvers	10/16/2021
R	50-54	52	253.6	364	Janet Martin	10/16/2021
R	40-44	40	272.2	358	Andrea Willis	6/19/2021
R	45-49	48	247	264	Janet Martin	7/15/2017

R	40-44	42	201.6	590	Christy Owens	12/18/2021
110kg/242.5lbs						
RC	50-54	50	240	955	Ylander Ross	1/21/2017
RC	40-44	40	242.3	909	Katy Silvers	4/23/2022
110+kg/242.6+lbs						
RC	40-44	40	276	920	Katy Silvers	9/18/2021
R	40-44	42	259.5	672	Hollie Sands	5/25/2019
R	50-54	51	255.2	518	Janet Martin	10/17/2020

FEMALE RAW TEENAGE

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) SQUAT						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
48kg/105.7lbs						
Y	10-12	12	105.2	121	Carmen Trivette	10/16/2021
52kg/114.5lbs						
T1	13-15	13	112.6	149	Carmen Trivette	1/22/2022
T2	16-17	16	108.3	121	McKenna Wright	3/6/2021
T1	13-15	13	112.8	116	Makayla Van Meter	2/20/2021
56kg/123.5lbs						
T3	18-19	19	123.25	275	Becca Dison	3/10/2018
60kg/132.2lbs						
T3	18-19	19	132	242	Claire Rosser	8/12/2017
T2	16-17	16	129	198	Mara Hall	2/20/2021
T1	13-15	14	129.4	143	Macy Lantz	10/28/2017
67.5kg/148.7lbs						
T3	18-19	19	142.6	314	Hanna Young	8/12/2017
T1	13-15	15	146.8	231	Macy Lantz	4/20/2018
T1-RC	13-15	13	147	193	Haleigh Batchelor	4/23/2022
T3	18-19	19	142.2	121	Ashton Bishop	3/6/2021
T1	13-15	13	138.4	105	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T3	18-19	18	157	270	Sarah Oesch	4/24/2021
T3	18-19	19	161.5	270	Katarina Giancroce	4/22/2017
T2	16-17	17	165	254	Sarah Oesch	10/17/2020
T1	13-15	14	157.9	237	Tyler Glover	9/18/2021
T1	13-15	14	149	209	Jannah Reynolds	7/24/2021
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						
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
T3	18-19	18	171.8	190	Emma Love	10/29/2016
Y	11-12	11	176.8	138	Nevaeh McIntosh	3/6/2021
T2	16-17	16	173.8	105	Kayla McCubbins	3/6/2021

365 STRONG WORLD RANKINGS						
RAW BENCH PRESS						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
48kg/105.7lbs						
Y	10-12	12	105.2	83	Carmen Trivette	10/16/2021
52kg/114.5lbs						
T1	13-15	13	112.8	99	Makayla Van Meter	2/20/2021
T1	13-15	13	112.6	94	Carmen Trivette	1/22/2022
T2	16-17	17	112	88.2	Leighann Allen	11/19/2016
T2	16-17	16	108.3	77	McKenna Wright	3/6/2021
56kg/123.5lbs						
T3	18-19	19	123.25	160	Becca Dison	3/10/2018
60kg/132.2lbs						
T3	18-19	19	132	138	Claire Rosser	8/12/2017
T2	16-17	16	129	110	Mara Hall	2/20/2021
T1	13-15	14	129.4	88	Macy Lantz	10/28/2017
67.5kg/148.7lbs						
T3	18-19	19	142.6	165	Hanna Young	8/12/2017
T1	13-15	13	147	138	Haleigh Batchelor	4/23/2022
T1	13-15	15	146.8	99	Macy Lantz	4/20/2018
T3	18-19	19	142.2	72	Ashton Bishop	3/6/2021
T3	18-19	18	140.4	70	Destiny Dula	10/29/2016
T1	13-15	13	138.4	60	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T2	16-17	17	165	151	Sarah Oesch	10/17/2020
T3	18-19	18	157	143	Sarah Oesch	4/24/2021
T1	13-15	14	157.9	132	Tyler Glover	9/18/2021
T3	18-19	19	161.5	126	Katarina Giancroce	4/22/2017
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	13	164.8	99	Harley Milone	12/9/2017
T1	13-15	14	149	94	Jannah Reynolds	7/24/2021
T3	18-19	19	153.5	83	Ashton Bishop	8/22/2020
82.5kg/181.7lbs						
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
Y	11-12	11	176.8	94	Nevaeh McIntosh	3/6/2021
T2	16-17	16	173.8	72	Kayla McCubbins	3/6/2021

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) DEADLIFT						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
KC	5-10	8	57	110	Kambree Williamson	3/5/2022
48kg/105.7lbs						
Y	10-12	12	105.2	143	Carmen Trivette	10/16/2021
52kg/114.5lbs						
T1	13-15	13	112.8	220	Makayla Van Meter	2/20/2021
T2	16-17	17	112	214.9	Leighann Allen	11/19/2016
T2	16-17	16	108.3	193	McKenna Wright	3/6/2021
T1	13-15	13	112.6	171	Carmen Trivette	1/22/2022
56kg/123.5lbs						
T3	18-19	19	123.25	319.5	Becca Dison	3/10/2018
60kg/132.2lbs						
T3	18-19	19	132	303	Claire Rosser	8/12/2017
T2	16-17	16	129	259	Mara Hall	2/20/2021
T1	13-15	14	131.6	193	Macy Lantz	8/12/2017
67.5kg/148.7lbs						
T3	18-19	19	142.6	303	Hanna Young	8/12/2017
T1	13-15	15	146.8	243	Macy Lantz	4/20/2018
T3	18-19	19	142.2	231	Ashton Bishop	3/6/2021
T1-RC	13-15	13	147	226	Haleigh Batchelor	4/23/2022
T3	18-19	18	140.4	200	Destiny Dula	10/29/2016
T1	13-15	13	138.4	154	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T2	16-17	17	165	333	Sarah Oesch	10/17/2020
T3	18-19	18	157	331	Sarah Oesch	4/24/2021
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
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	Jannah Reynolds	7/24/2021
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	18-19	19	180.6	330	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	326	Sarah Oesch	10/3/2020
Y	11-12	11	176.8	200	Nevaeh McIntosh	3/6/2021
T3	18-19	18	171.8	185	Emma Love	10/29/2016
T1	13-15	15	173.5	160	Kayla McCubbins	10/3/2020

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) TOTAL						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
48kg/105.7lbs						
Y	10-12	12	105.2	347	Carmen Trivette	10/16/2021
52kg/114.5lbs						
T1	13-15	13	112.8	435	Makayla Van Meter	2/20/2021
T1	13-15	13	112.6	413	Carmen Trivette	1/22/2022
T2	16-17	16	108.3	391	McKenna Wright	3/6/2021
T2	16-17	17	112	281	Leighann Allen	11/19/2016
56kg/123.5lbs						
T3	18-19	19	123.25	754.75	Becca Dison	3/10/2018
60kg/132.2lbs						
T3	18-19	19	132	683	Claire Rosser	8/12/2017
T2	16-17	16	129	568	Mara Hall	2/20/2021
T1	13-15	14	131.6	391	Macy Lantz	8/12/2017
67.5kg/148.7lbs						
T3	18-19	19	142.6	816	Hanna Young	8/12/2017
T1	13-15	15	146.8	573	Macy Lantz	4/20/2018
T1-RC	13-15	13	147	557	Haleigh Batchelor	4/23/2022
T3	18-19	19	142.2	424	Ashton Bishop	3/6/2021
T1	13-15	13	138.4	320	Peyton Lauffer	6/19/2021
75kg/165.2lbs						
T3	18-19	18	157	744	Sarah Oesch	4/24/2021
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	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	Jannah Reynolds	7/24/2021
T1	13-15	13	164.8	529	Harley Milone	12/9/2017
82.5kg/181.7lbs						
T3	18-19	19	175.4	827	Shelby Sprinkle	12/18/2021
T3	18-19	19	180.6	735	Victoria Renfroe	7/9/2016
T2	16-17	17	170.8	712	Sarah Oesch	10/3/2020
T3	18-19	18	171.8	490	Emma Love	10/29/2016
Y	11-12	11	176.8	432	Nevaeh McIntosh	3/6/2021
T2	16-17	16	173.8	325	Kayla McCubbins	3/6/2021

T1	13-15	15	173.5	94	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
None						
Y	10-12	11	192.7	292	Nevaeah McIntosh	10/16/2021
T1	13-15	14	198.4	226	Karson Tolle	4/16/2022
T2	16-17	16	192.4	204	Alyssa Beadles	6/19/2021
90+kg/198.2+lbs						
T1	13-15	15	232.4	286	Kennedy Green	10/12/2019
Y	10-12	11	199.6	281	Nevaeah McIntosh	3/5/2022
T1	13-15	13	200.7	248	Alex Jefferson	10/17/2020
T3	18-19	19	278.2	242	Meredith Arnold	4/24/2021

T1	13-15	15	173.5	61	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
None						
Y	10-12	10	183.8	149	Nevaeah McIntosh	4/24/2021
T2	16-17	16	192.4	121	Alyssa Beadles	6/19/2021
T1	13-15	14	198.4	116	Karson Tolle	4/16/2022
90+kg/198.2+lbs						
T3	18-19	19	278.2	149	Meredith Arnold	4/24/2021
T1	13-15	13	200.7	143	Alex Jefferson	10/17/2020
T1	13-15	15	232.4	138	Kennedy Green	10/12/2019
Y	10-12	11	199.6	132	Nevaeah McIntosh	3/5/2022

T2	16-17	16	173.8	149	Kayla McCubbins	3/6/2021
90kg/198.2lbs						
None						
T1	13-15	14	198.4	292	Karson Tolle	4/16/2022
T2	16-17	16	192.4	286	Alyssa Beadles	6/19/2021
Y	10-12	11	192.7	231	Nevaeah McIntosh	10/16/2021
90+kg/198.2+lbs						
T3	18-19	19	278.2	309	Meredith Arnold	4/24/2021
T1	13-15	13	200.7	303	Alex Jefferson	10/17/2020
T1	13-15	15	232.4	275	Kennedy Green	10/12/2019
Y	10-12	11	199.6	242	Nevaeah McIntosh	3/5/2022

T1	13-15	15	173.5	314	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
None						
Y	10-12	11	192.7	639	Nevaeah McIntosh	10/16/2021
T1	13-15	14	198.4	634	Karson Tolle	4/16/2022
T2	16-17	16	192.4	612	Alyssa Beadles	6/19/2021
90+kg/198.2+lbs						
T3	18-19	19	278.2	700	Meredith Arnold	4/24/2021
T1	13-15	13	200.7	694	Alex Jefferson	10/17/2020
T1	13-15	15	232.4	689	Kennedy Green	10/12/2019
Y	10-12	11	199.6	656	Nevaeah McIntosh	3/5/2022

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
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
67.5kg/148.7lbs					
	20	138	331	Hanna Young	4/20/2018
	22	147.5	286	Abby Foy	12/19/2020
	23	145	248	Delaney Fish	6/10/2017
	21	144.2	209	Emily Schnupp	8/12/2017
75kg/165.2lbs					
	23	164.6	336	Candace Locklear	3/10/2018
	23	161.5	314	Alisha Martin	4/24/2021
	20	157.2	281	Lisha Lamb	11/19/2016
	20	158	281	Carley Bradshaw	11/19/2016
	21	162.6	259	Aleya Woodall	6/19/2021
	20	159.5	248	Ivanna Guzman	4/22/2017
	23	164	237	Brooke Burns	7/10/2021
82.5kg/181.7lbs					
	21	173.1	259	Katie Roseman	12/19/2020
	23	177	259	Kailee Heller	7/10/2021
	23	170	242	Savannah Moon	1/22/2022
	22	174.8	193	Michelle Wood	10/28/2017
90kg/198.2lbs					
	22	184.1	331	Emely Barahona	6/5/2021
	22	195.6	225	Kelly Benson	10/29/2016
	21	194.2	198	Mariah Flint	4/22/2017
90+kg/198.2+lbs					
	23	262.8	331	Shaundre Lilley	12/4/2021
	22	330.2	280	Lashonda Zander	6/2/2018

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
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
67.5kg/148.7lbs					
	21	138.3	178	Anya Kalnins	9/18/2021
	20	138	171	Hanna Young	4/20/2018
	22	147.5	171	Abby Foy	12/19/2020
	20	143.5	138	Paige Harrod	11/19/2016
	21	144.2	138	Emily Schnupp	8/12/2017
	23	145	116	Delaney Fish	6/10/2017
75kg/165.2lbs					
	23	161.5	171	Alisha Martin	4/24/2021
	23	164.6	160	Candace Locklear	3/10/2018
	23	159.4	149	Emily Tighe	6/9/2018
	21	162.6	149	Aleya Woodall	6/19/2021
	23	164	143	Brooke Burns	7/10/2021
	20	157.2	138	Lisha Lamb	11/19/2016
	22	161.6	132	Dani Moore	6/10/2017
	20	158	127	Carley Bradshaw	11/19/2016
	20	159.5	110	Ivanna Guzman	4/22/2017
82.5kg/181.7lbs					
	23	177	154	Kailee Heller	7/10/2021
	20	179.4	138	Rebekah Kemper	11/21/2020
	22	174.8	132	Michelle Wood	10/28/2017
	21	173.1	121	Katie Roseman	12/19/2020
	23	170	116	Karina Salmeron	11/21/2020
	23	170	110	Savannah Moon	1/22/2022
90kg/198.2lbs					
	22	184.1	187	Emely Barahona	6/5/2021
	22	195.6	170	Kelly Benson	10/29/2016
	21	194.2	110	Mariah Flint	4/22/2017
90+kg/198.2+lbs					
	23	262.8	193	Shaundre Lilley	12/4/2021
	22	330.2	175	Lashonda Zander	6/2/2018

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
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
67.5kg/148.7lbs					
	20	138	364	Hanna Young	4/20/2018
	20	143.5	314	Paige Harrod	11/19/2016
	22	147.5	292	Abby Foy	12/19/2020
	23	145	253	Delaney Fish	6/10/2017
	21	144.2	248	Emily Schnupp	8/12/2017
75kg/165.2lbs					
	23	164.6	402	Candace Locklear	3/10/2018
	23	161.5	331	Alisha Martin	4/24/2021
	20	159.5	325	Ivanna Guzman	4/22/2017
	21	162.6	308	Aleya Woodall	6/19/2021
	20	157.2	298	Lisha Lamb	11/19/2016
	20	158	292	Carley Bradshaw	11/19/2016
	23	164	281	Brooke Burns	7/10/2021
82.5kg/181.7lbs					
	23	177	303	Kailee Heller	7/10/2021
	21	173.1	292	Katie Roseman	12/19/2020
	23	170	264	Savannah Moon	1/22/2022
	22	174.8	226	Michelle Wood	10/28/2017
90kg/198.2lbs					
	22	184.1	331	Emely Barahona	6/5/2021
	21	194.2	320	Mariah Flint	4/22/2017
	22	195.6	265	Kelly Benson	10/29/2016
90+kg/198.2+lbs					
	22	330.2	325	Lashonda Zander	6/2/2018
	23	262.8	320	Shaundre Lilley	12/4/2021

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
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
67.5kg/148.7lbs					
	20	138	865	Hanna Young	4/20/2018
	22	147.5	749	Abby Foy	11/19/2019
	23	145	617	Delaney Fish	6/10/2017
	21	144.2	595	Emily Schnupp	8/12/2017
75kg/165.2lbs					
	23	164.6	876	Candace Locklear	3/10/2018
	23	161.5	816	Alisha Martin	4/24/2021
	20	157.2	716	Lisha Lamb	11/19/2016
	21	162.6	716	Aleya Woodall	6/19/2021
	20	158	700	Carley Bradshaw	11/19/2016
	20	159.5	683	Ivanna Guzman	4/22/2017
	23	164	661	Brooke Burns	7/10/2021
82.5kg/181.7lbs					
	23	177	716	Kailee Heller	7/10/2021
	21	173.1	672	Katie Roseman	12/19/2020
	23	170	617	Savannah Moon	1/22/2022
	22	174.8	551	Michelle Wood	10/28/2017
90kg/198.2lbs					
	22	184.1	849	Emely Barahona	6/5/2021
	22	195.6	660	Kelly Benson	10/29/2016
	21	194.2	628	Mariah Flint	4/22/2017
90+kg/198.2+lbs					
	23	262.8	843	Shaundre Lilley	12/4/2021
	22	330.2	780	Lashonda Zander	6/2/2018

23	254.9	275	Nathalie Vargas	12/18/2021
22	282.2	209	Capri Cameron	8/12/2017

22	282.2	160	Capri Cameron	8/12/2017
23	254.9	149	Nathalie Vargas	12/18/2021

23	254.9	292	Nathalie Vargas	12/18/2021
22	282.2	259	Capri Cameron	8/12/2017

23	254.9	716	Nathalie Vargas	12/18/2021
22	282.2	628	Capri Cameron	8/12/2017

FEMALE RAW CLASSIC JUNIORS (20-23)

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
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
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
67.5kg/148.7lbs					
	20	145.8	298	Anya Kalnins	2/20/2021
75kg/165.2lbs					
	22	161.6	242	Dani Moore	6/10/2017
	23	159.4	237	Emily Tighe	6/9/2018
82.5kg/181.7lbs					
	23	178.4	226	Hannah Ramsey	10/18/2020
90kg/198.2lbs					
90+kg/198.2+lbs					

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
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
67.5kg/148.7lbs					
	21	138.3	178	Anya Kalnins	9/18/2021
	20	138	171	Hanna Young	4/20/2018
	22	147.5	171	Abby Foy	12/19/2020
	20	143.5	138	Paige Harrod	11/19/2016
	21	144.2	138	Emily Schnupp	8/12/2017
	23	145	116	Delaney Fish	6/10/2017
75kg/165.2lbs					
	23	161.5	171	Alisha Martin	4/24/2021
	23	164.6	160	Candace Locklear	3/10/2018
	23	159.4	149	Emily Tighe	6/9/2018
	21	162.6	149	Aleya Woodall	6/19/2021
	23	164	143	Brooke Burns	7/10/2021
	20	157.2	138	Lisha Lamb	11/19/2016
	22	161.6	132	Dani Moore	6/10/2017
	20	158	127	Carley Bradshaw	11/19/2016
	20	159.5	110	Ivanna Guzman	4/22/2017
82.5kg/181.7lbs					
	23	177	154	Kailee Heller	7/10/2021
	20	179.4	138	Rebekah Kemper	11/21/2020
	22	174.8	132	Michelle Wood	10/28/2017
	21	173.1	121	Katie Roseman	12/19/2020
	23	170	116	Karina Salmeron	11/21/2020
	23	170	110	Savannah Moon	1/22/2022
90kg/198.2lbs					
	22	184.1	187	Emely Barahona	6/5/2021
	22	195.6	170	Kelly Benson	10/29/2016
	21	194.2	110	Mariah Flint	4/22/2017
90+kg/198.2+lbs					
	23	262.8	193	Shauntre Lilley	12/4/2021
	22	330.2	175	Lashonda Zander	6/2/2018
	22	282.2	160	Capri Cameron	8/12/2017
	23	254.9	149	Nathalie Vargas	12/18/2021

365 STRONG WORLD RANKINGS					
RAW CLASSIC					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
67.5kg/148.7lbs					
	21	138.3	320	Anya Kalnins	9/18/2021
75kg/165.2lbs					
	23	159.4	342	Emily Tighe	6/9/2018
	22	161.6	253	Dani Moore	6/10/2017
82.5kg/181.7lbs					
	23	178.4	204	Hannah Ramsey	10/18/2020
90kg/198.2lbs					
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
67.5kg/148.7lbs					
	20	145.8	772	Anya Kalnins	2/20/2021
75kg/165.2lbs					
	23	159.4	727	Emily Tighe	6/9/2018
	22	161.6	628	Dani Moore	6/10/2017
82.5kg/181.7lbs					
	23	178.4	568	Hannah Ramsey	10/18/2020
90kg/198.2lbs					
90+kg/198.2+lbs					

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs					
MP	Age	Wgt	Lbs	Name	Date
	20	123.2	248	Josefina Bueno	3/5/2022
67.5kg/148.7lbs					
	21	148.2	405	Madeleine Giess	1/21/2017

56kg/123.5lbs					
MP	Age	Wgt	Lbs	Name	Date
	20	123.2	127	Josefina Bueno	3/5/2022
67.5kg/148.7lbs					
	21	148.2	245	Madeleine Giess	1/21/2017

56kg/123.5lbs					
MP	Age	Wgt	Lbs	Name	Date
	20	123.2	297	Josefina Bueno	3/5/2022
67.5kg/148.7lbs					
	21	148.2	425	Madeleine Giess	1/21/2017

56kg/123.5lbs					
MP	Age	Wgt	Lbs	Name	Date
	20	123.2	672	Josefina Bueno	3/5/2022
67.5kg/148.7lbs					
	21	148.2	1075	Madeleine Giess	1/21/2017

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
M/P/F Divisional Leaders						
Weight Class	Age	Wgt	Lbs	Name	Date	
48kg/105.7lbs						
FP	RC	33	104.3	193	Stephanie Washington	7/10/2021
56kg/123.5lbs						
FP	RC	29	122	242	Amanda Isley	10/28/2017
75kg/165.2lbs						
M/P/F						
FP	R	27	161.2	275	Mikhayla Dunn	12/18/2021
FP	R	33	160	242	Heather Ingalls	8/12/2017
82.5kg/181.7lbs						
FP	RC	26	177.5	386	Emily Merritt	5/11/2019
FP	R	29	177.6	314	Gabrielle Robbins	11/9/2019
FP	R	31	178.2	281	Emily Gilson	10/17/2020
FP	R	39	178.2	220	Pamela Buskirk	3/5/2022
90+kg/198.2+lbs						
Female						
FP	RC	34	250	309	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
75kg/165.2lbs						
M/P/F						
FP	R	33	160	187	Heather Ingalls	8/12/2017
FP	R	27	161.2	154	Mikhayla Dunn	12/18/2021
82.5kg/181.7lbs						
FP	R	29	177.6	204	Gabrielle Robbins	11/9/2019
FP	R	26	177.5	165	Emily Merritt	5/11/2019
FP	R	31	178.2	149	Emily Gilson	10/17/2020
PP	R	39	174.4	132	Pamela Buskirk	7/24/2021
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
75kg/165.2lbs						
M/P/F						
FP	R	27	161.2	320	Mikhayla Dunn	12/18/2021
FP	R	33	160	303	Heather Ingalls	8/12/2017
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	31	178.2	342	Emily Gilson	10/17/2020
PP	R	39	178.2	286	Pamela Buskirk	3/5/2022
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
75kg/165.2lbs						
M/P/F						
FP	R	27	161.2	749	Mikhayla Dunn	12/18/2021
FP	R	33	160	733	Heather Ingalls	8/12/2017
82.5kg/181.7lbs						
FP	RC	26	177.5	937	Emily Merritt	5/11/2019
FP	R	29	177.6	914	Gabrielle Robbins	11/9/2019
FP	R	31	178.2	772	Emily Gilson	10/17/2020
90+kg/198.2+lbs						
Female						
FP	RC	34	250	783	Tarra Farnham	5/22/2021

FEMALE STANDING CURLS

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

DIV	RAW	AGE	WGT	LIFT	NAME	DATE
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DIV	RAW	AGE	WGT	LIFT	NAME	DATE
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DIV	RAW	AGE	WGT	LIFT	NAME	DATE
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DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTC
M2	R	46	137	50	Aiysha Hayes	6/5/2021	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
T1	R	13	143.7	65	Haleigh Batchelor	3/5/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
MPF	R	39	178.2	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/5/2021	181
M4	R	59	170.2	60	Nelda Newton	3/5/2022	181
M4	R	58	191.8	65	Shelly Moore	1/22/2022	198
M1	R	40	187.2	85	Mona Espinosa	1/22/2022	198
M3	R	51	255.2	80	Janet Martin	10/17/2020	SHW