

22	156.7	320	Nakato Bukya	12/7/2024	44	156.3	193	Jennifer Zwaan	7/22/2023	34	159.4	380	Deborah Omolewu	4/20/2018	34	159.4	832	Deborah Omolewu	4/20/2018
23	161.5	314	Alisha Martin	4/24/2021	33	160	187	Heather Ingalls	8/12/2017	24	155.4	369	Courtney Fox	11/23/2024	27	165.3	827	Cody Lynn Powell	10/19/2024
48	164.6	314	Bonnie Mosley	10/17/2020	52	162.3	187	Tammy Deloatch	11/9/2019	37	162.3	369	Lauren White	11/19/2022	39	163.6	821	Reyhan Roybal	7/15/2017
82.5kg/181.7lbs					82.5kg/181.7lbs					82.5kg/181.7lbs					82.5kg/181.7lbs				
45	166.9	402	Emily Lilly	6/29/2024	45	180.3	380	Shannon Nash	4/22/2017	38	175.8	435	Lay Kaahu	10/28/2017	45	166.9	1025	Emily Lilly	6/29/2024
25	179.4	353	Elizabeth Pinnix	7/10/2021	71	177	287	Barbara Haiden	12/4/2021	19	175.4	402	Shelby Sprinkle	12/18/2021	25	179.4	920	Elizabeth Pinnix	7/10/2021
28	181	331	Miranda Williams	5/6/2023	45	166.9	237	Emily Lilly	6/29/2024	29	177.6	397	Gabrielle Robbins	11/9/2019	29	177.6	914	Gabrielle Robbins	11/9/2019
27	167.3	320	Becca Grimes	9/7/2024	30	178	231	Brittany Gagne	12/9/2023	30	166.9	386	Emily Lilly	6/29/2024	38	175	904	Lay Kaahu	8/12/2017
29	177.6	314	Gabrielle Robbins	11/9/2019	32	179	231	Cleara Jackson-Griffen	7/22/2023	25	179.8	386	Elizabeth Pinnix	7/10/2021	28	181	893	Miranda Williams	5/6/2023
35	178.6	314	Charlie Marshall	11/23/2024	34	175	226	Kristie Johnston	10/21/2023	32	178.8	386	Cleara Jackson-Griffen	7/22/2023	45	178.6	838	Crystal McCullough	12/22/2022
15	173.8	309	Cecilia Luzzaraga	10/19/2024	27	178.8	226	Helen Romero	4/20/2018	28	177.4	353	Mikayla Dunn	4/15/2023	45	180.3	832	Shannon Nash	4/22/2017
45	178.5	359	Crystal McCullough	12/22/2022	28	181	209	Miranda Williams	5/6/2023	45	178.5	353	Crystal McCullough	12/22/2022	19	175.4	827	Shelby Sprinkle	12/18/2021
38	175	303	Lay Kaahu	8/12/2017	28	177.6	204	Gabrielle Robbins	11/9/2019	29	181	353	Miranda Williams	5/6/2023	43	176.4	827	Brandy Cullidge	9/7/2024
43	176.4	303	Brandy Cullidge	9/7/2024	63	179.5	198	Gloria Knight-McNeil	10/22/2022	31	178.2	342	Emily Gibson	10/17/2020	28	177.4	816	Mikayla Dunn	4/15/2023
90kg/198.2lbs					90kg/198.2lbs					90kg/198.2lbs					90kg/198.2lbs				
24	196.7	364	Isabella Heffner	10/21/2023	45	185.6	380	Shannon Nash	10/28/2017	24	196.7	424	Isabella Heffner	10/21/2023	41	195.1	953	Rebecca Caudill	12/7/2024
41	195.1	358	Rebecca Caudill	12/7/2024	31	190.4	303	Alexis Elcoupos	10/28/2017	41	195.1	413	Rebecca Caudill	12/7/2024	24	196.7	948	Isabella Heffner	10/21/2023
22	184.1	331	Emely Barahona	6/5/2021	38	196	286	Linsley Eudy	10/19/2024	33	189	400	Priyanka Santiago	10/20/2022	28	192	909	Jess Lemachko	8/19/2023
28	192	331	Jess Lemachko	8/19/2023	28	192	220	Jess Lemachko	8/19/2023	26	184.8	358	Kathryn French	3/10/2018	22	184.1	849	Emely Barahona	6/5/2021
24	193	320	Allyson Abbs	4/20/2018	33	189	200	Priyanka Santiago	10/20/2022	28	187.5	358	Chelsey Zamorano	5/22/2021	44	197.8	838	Carla Akers	4/20/2018
44	197.8	320	Carla Akers	4/20/2018	16	194.2	198	Allison Sanders	7/27/2024	28	192	358	Jess Lemachko	8/19/2023	24	193	799	Allyson Abbs	4/20/2018
28	187.5	270	Chelsey Zamorano	5/22/2021	40	187.2	193	Mona Espinosa	1/22/2022	24	196	353	Lauren Davis	6/5/2021	28	187.5	788	Chelsey Zamorano	5/22/2021
27	188.7	270	Brittany Marquez	1/21/2017	21	182.2	190	Sarah Oesch	3/1/2024	44	190.4	336	Carla Akers	10/28/2017	48	195.6	750	Johellah Wilson	6/25/2022
48	195.5	259	Johellah Wilson	6/25/2022	22	184.1	187	Emely Barahona	6/5/2021	22	184.1	331	Emely Barahona	6/5/2021	15	196.5	667	Karson Tolle	10/22/2022
54	185	253	Rose Rosemond	8/24/2024	45	194	187	Heather Streible	3/19/2023	21	194.2	320	Mariah Flint	4/23/2017	22	195.6	668	Kelly Benson	10/29/2016
100kg/220.25lbs					100kg/220.25lbs					100kg/220.25lbs					100kg/220.25lbs				
41	213	347	Gina Woolard	3/5/2022	29	213.6	237	Jessica Hoie	3/5/2022	26	216.5	369	Amy Portillo	7/22/2023	17	206.1	887	Alexandria Jefferson	10/19/2024
26	216.5	342	Amy Portillo	7/22/2023	17	206.1	215	Alexandria Jefferson	10/19/2024	30	213.6	366	Jessica Littleton	7/22/2023	41	213	865	Gina Woolard	3/5/2022
17	206.1	331	Alexandria Jefferson	10/19/2024	31	215.2	215	Megan Geiger	5/4/2024	35	216.3	364	Crystal Prather	6/17/2023	45	219.1	865	Carla Akers	10/27/2018
32	216.5	331	Rachel Massey	6/11/2022	12	216.1	204	Nevaeh McIntosh	5/6/2023	30	210.5	358	Haley Shields	10/21/2023	32	216.5	849	Rachel Massey	6/11/2022
45	219.1	331	Carla Akers	10/27/2018	45	219.1	204	Carla Akers	10/27/2018	17	206.1	353	Alexandria Jefferson	10/19/2024	30	210.5	832	Haley Shields	10/21/2023
35	216.3	303	Crystal Prather	6/17/2023	30	210.5	187	Haley Shields	10/21/2023	41	213	353	Gina Woolard	3/5/2022	35	216.3	805	Crystal Prather	6/17/2023
30	210.5	286	Haley Shields	10/21/2023	46	212.8	185	Heather Streible	3/1/2024	43	214.5	353	Anika Harper	5/6/2023	26	216.5	805	Amy Portillo	7/22/2023
47	214.3	264	Barbara VanVleet	11/11/2023	33	219.1	182	Emma Stemfoll	11/23/2024	32	216.5	347	Rachel Massey	6/11/2022	34	208.3	766	Lauren Bos	6/9/2024
32	199	259	Angela Dunn	9/17/2022	32	216.5	171	Rachel Massey	6/11/2022	34	208.3	342	Laura Bos	6/9/2024	32	199	678	Angela Dunn	9/17/2022
34	208.3	259	Laura Bos	6/9/2024	31	206.4	165	Delena Maynard	4/28/2024	55	217.6	335	Janet Martin	3/1/2024	34	206.8	672	Valerie Ryan	1/22/2022
110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs				
27	237.6	430	Amy Portillo	7/27/2024	24	230.6	231	Maddy Webster	3/19/2023	24	230.6	457	Maddy Webster	3/19/2023	24	230.6	1102	Maddy Webster	3/19/2023
24	230.6	419	Maddy Webster	3/19/2023	14	239	226	Nevaeh McIntosh	10/19/2024	32	240.1	430	Megan Geiger	12/7/2024	32	240.1	1064	Megan Geiger	12/7/2024
32	240.1	408	Megan Geiger	12/7/2024	32	240.1	226	Megan Geiger	12/7/2024	33	223.8	400	Melissa Shade	6/2/2018	27	237.6	959	Amy Portillo	7/27/2024
15	232.8	325	Abrie Meadows	6/17/2023	50	240	215	Tylander Ross	1/21/2017	26	239.4	397	Amy Portillo	10/21/2023	33	230.2	849	Jessie Hunt	10/17/2023
33	232.8	314	Jessie Hunt	10/17/2023	29	238.8	204	Brittany Bethyhill	10/19/2024	43	225.1	386	Kimberly Dorton	7/22/2023	15	232.8	772	Abrie Meadows	6/17/2023
15	232.4	286	Kennedy Green	10/12/2019	42	241.2	193	Katy Silvers	4/13/2024	33	230.2	358	Jessie Hunt	10/17/2023	43	225.1	766	Kimberly Dorton	7/22/2023
43	225.1	326	Kimberly Dorton	7/22/2023	33	223.8	190	Melissa Shade	6/2/2018	54	223.6	353	Janet Martin	5/6/2023	15	232.4	689	Kennedy Green	10/12/2019
37	236.5	326	Naimah Abdullah	4/5/2021	34	234.3	182	Jessie Hunt	4/24/2021	27	225.3	314	Rose Hoang	11/11/2023	27	225.3	661	Rose Hoang	11/11/2023
29	241.5	326	Laura Salazar	12/8/2018	54	242	176	Shari Wolford	4/20/2018	15	232.8	309	Abrie Meadows	6/17/2023	29	241.5	661	Laura Salazar	12/8/2018
27	225.3	209	Rose Hoang	11/11/2023	54	223.6	154	Janet Martin	5/6/2023	29	241.5	303	Laura Salazar	12/8/2018	37	236.5	634	Naimah Abdullah	4/5/2021
110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs				
42	261.5	386	Hollie Sands	10/12/2019	42	261.5	270	Hollie Sands	10/12/2019	42	261.5	518	Hollie Sands	10/12/2019	42	261.5	1174	Hollie Sands	10/12/2019
40	277.1	380	Katy Silvers	10/16/2021	29	294.9	248	Alex Wilson-McKenzie	10/22/2022	40	277.1	380	Katy Silvers	10/16/2021	38	253.5	893	Allison Busby	10/21/2023
23	262.8	331	Shauntre Lilley	12/4/2021	14	244.5	237	Nevaeh McIntosh	7/27/2024	38	253.5	375	Allison Busby	10/21/2023	23	262.8	843	Shauntre Lilley	12/4/2021
24	291.9	325	Celeste Kamasa	7/10/2021	40	272.2	226	Andrea Willis	6/19/2021	53	251	370	Janet Martin	10/22/2022	26	309.2	816	Jaime Cain	7/27/2024
38	253.5	314	Allison Busby	10/21/2023	38	253.5	215	Allison Busby	10/21/2023	26	309.2	364	Jaime Cain	7/27/2024	29	273.8	788	Mary-Ann Ricks	3/5/2022
29	273.8	303	Mary-Ann Ricks	3/5/2022	43	251.3	204	Katy Silvers	9/7/2024	40	272.2	358	Andrea Willis	6/19/2021	22	330.2	780	Lashonda Zander	6/2/2018
26	309.2	303	Jaime Cain	7/27/2024	23	262.8	193	Shauntre Lilley	12/4/2021	22	330.2	325	Lashonda Zander	6/2/2018	34	283.5	738	Angela Dunn	10/19/2024
22	330.2	280	Lashonda Zander	6/2/2018	29	273.8	182	Mary-Ann Ricks	3/5/2022	27	248	320	Aubrey Dowling	5/11/2019	23	254.8	716	Nathalie Vargas	12/18/2021
31	249.2	275	Stephanie Smith	8/19/2023	33	306.6	182	Angela Dunn	7/22/2023	23	262.8	320	Shauntre Lilley	12/4/2021	27	248	711	Aubrey Dowling	5/11/2019
23	254.8	275	Nathalie Vargas	12/18/2021	54	243.2	176	Shari Wolford	6/9/2018	25	251.9	303	Leah Simpson	3/6/2021	31	249.2	705	Stephanie Smith	8/19/2023

FEMALE RAW JUNIORS (20-23)

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

										KC 5-10 9 132.3 100 Scarlett Samaha 11/19/2022																					
67.5kg/148.7lbs										67.5kg/148.7lbs										67.5kg/148.7lbs											
T3	18-19	19	142.6	314	Hanna Young	8/12/2017	T3	18-19	19	142.6	165	Hanna Young	8/12/2017	T3	18-19	19	142.6	303	Hanna Young	8/12/2017	T3	18-19	19	142.6	816	Hanna Young	8/12/2017				
T1-RC	13-15	15	135.6	265	Beverly Lemay	3/1/2024	T1	13-15	13	147.8	143	Haleigh Batchelor	10/22/2023	T2	16-17	16	145.3	275	Sara Hampton	10/21/2023	T1-RC	13-15	13	145.1	651	Haleigh Batchelor	11/19/2022				
T1-RC	13-15	13	145.1	264	Haleigh Batchelor	11/19/2022	T2	16-17	16	145.3	132	Sara Hampton	10/21/2023	T1-RC	13-15	15	135.6	265	Beverly Lemay	3/1/2024	T1-RC	13-15	15	135.6	640	Beverly Lemay	3/1/2024				
T2	16-17	16	145.3	231	Sara Hampton	10/21/2023	T1	13-15	15	135.6	110	Beverly Lemay	3/1/2024	T1-RC	13-15	13	145.1	249	Haleigh Batchelor	11/19/2022	T2	16-17	16	145.3	623	Sara Hampton	10/21/2023				
T1	13-15	15	146.8	231	Macy Lantz	4/20/2018	T1	13-15	15	146.8	99	Macy Lantz	4/20/2018	T1	13-15	15	146.8	243	Macy Lantz	4/20/2018	T1	13-15	15	146.8	573	Macy Lantz	4/20/2018				
T3	18-19	19	141.3	182	Lily Springfield	2/8/2025	T3	18-19	19	141.3	77	Lily Springfield	2/8/2025	T3	18-19	19	142.2	231	Ashlon Bishop	3/8/2021	T3	18-19	19	141.3	468	Lily Springfield	2/8/2025				
T3	18-19	19	142.2	121	Ashlon Bishop	3/8/2021	T3	18-19	19	142.2	72	Ashlon Bishop	3/8/2021	T3	18-19	19	141.3	209	Lily Springfield	2/8/2025	T3	18-19	19	142.2	424	Ashlon Bishop	3/8/2021				
T1	13-15	13	138.4	105	Peyton Lauffer	6/19/2021	T3	18-19	18	140.4	70	Destiny Dula	10/29/2016	T3	18-19	18	140.4	200	Destiny Dula	10/29/2016	T1	13-15	13	138.4	320	Peyton Lauffer	6/19/2021				
							T1	13-15	13	138.4	60	Peyton Lauffer	6/19/2021	T2	16-17	16	146.5	165	Aiana Peterson	10/29/2022											
																		T1	13-15	13	138.4	154	Peyton Lauffer	6/19/2021							
75kg/165.2lbs										75kg/165.2lbs										75kg/165.2lbs											
T3-RC	18-19	19	150.4	275	Sarah Oesch	6/11/2022	T3	18-19	19	150.4	176	Sarah Oesch	6/11/2022	T3-RC	18-19	19	150.4	334	Sarah Oesch	6/11/2022	T3-RC	18-19	19	150.4	772	Sarah Oesch	6/11/2022				
T1	13-15	15	162.7	275	Cadence Caudill	12/7/2024	T2	16-17	17	165	151	Sarah Oesch	10/17/2020	T2	16-17	17	165	333	Sarah Oesch	10/17/2020	T2	16-17	17	165	737	Sarah Oesch	10/17/2020				
T3	18-19	19	161.5	270	Katarina Giancroce	4/22/2017	T3	18-19	19	161.5	126	Katarina Giancroce	4/22/2017	T2	16-17	17	161.7	325	Alesia Syverain	10/19/2024	T3	18-19	19	161.5	689	Katarina Giancroce	4/22/2017				
T2	16-17	17	165	254	Sarah Oesch	10/17/2020	T2	16-17	17	151.7	121	Alesia Syverain	10/19/2024	T3	18-19	19	161.5	292	Katarina Giancroce	4/22/2017	T1	13-15	15	162.7	667	Cadence Caudill	12/7/2024				
T1	13-15	14	149	209	Jannah Reynolds	7/24/2021	T2	16-17	17	152.8	110	Danielle Ortiz	10/29/2016	T1	13-15	15	162.7	281	Cadence Caudill	12/7/2024	T2	16-17	17	151.7	656	Alesia Syverain	10/19/2024				
T2	16-17	17	151.7	209	Alesia Syverain	10/19/2024	T1	13-15	15	162.7	110	Cadence Caudill	12/7/2024	T2	16-17	17	152.8	255	Danielle Ortiz	10/29/2016	T2	16-17	17	152.8	545	Danielle Ortiz	10/29/2016				
T1	13-15	15	151.2	198	Jocelyn Lilly	6/29/2024	T2	16-17	16	156.2	105	Floortje Sakkers	6/9/2024	T1	13-15	13	164.8	248	Harley Milone	12/9/2017	T1	13-15	14	149	529	Jannah Reynolds	7/24/2021				
T1	13-15	13	164.8	182	Harley Milone	12/9/2017	T1	13-15	13	164.8	99	Harley Milone	12/9/2017	T1	13-15	14	149	226	Jannah Reynolds	7/24/2021	T1	13-15	13	164.8	529	Harley Milone	12/9/2017				
T2	16-17	17	152.8	180	Danielle Ortiz	10/29/2016	T1	13-15	14	149	94	Jannah Reynolds	7/24/2021	T1	13-15	15	151.2	226	Jocelyn Lilly	6/29/2024	T1	13-15	15	151.2	512	Jocelyn Lilly	6/29/2024				
							T1	13-15	15	151.2	88	Jocelyn Lilly	6/29/2024	T3	18-19	19	153.5	215	Ashlon Bishop	6/22/2020											
82.5kg/181.7lbs										82.5kg/181.7lbs										82.5kg/181.7lbs											
T1	13-15	15	173.3	309	Cecilia Luzarraga	10/19/2024	T3	18-19	19	175.1	182	Sarah Oesch	10/22/2022	T2	16-17	17	175.4	402	Shelby Sprinkle	12/18/2021	T3	18-19	19	175.4	827	Shelby Sprinkle	12/18/2021				
T3-RC	18-19	19	175.1	286	Sarah Oesch	10/22/2022	T1	13-15	15	170.6	154	Cecilia Luzarraga	9/21/2024	T3-RC	18-19	19	175.1	353	Sarah Oesch	10/22/2022	T3-RC	18-19	19	175.1	810	Sarah Oesch	10/22/2022				
T3	18-19	19	175.4	281	Shelby Sprinkle	12/18/2021	T3	18-19	19	180.6	150	Victoria Renfroe	7/9/2016	T1	13-15	15	173.3	336	Cecilia Luzarraga	10/19/2024	T1	13-15	15	173.3	799	Cecilia Luzarraga	10/19/2024				
T3	18-19	19	180.6	255	Victoria Renfroe	7/9/2016	T2	16-17	17	170.8	149	Sarah Oesch	10/9/2020	T3	18-19	19	180.6	330	Victoria Renfroe	7/9/2016	T3	18-19	19	180.6	735	Victoria Renfroe	7/9/2016				
T2	16-17	17	170.8	237	Sarah Oesch	10/9/2020	T3	18-19	19	175.4	143	Shelby Sprinkle	12/18/2021	T2	16-17	17	170.8	326	Sarah Oesch	10/9/2020	T2	16-17	17	170.8	712	Sarah Oesch	10/9/2020				
T2	16-17	16	179	198	Sarah Sells	10/21/2023	T3	18-19	18	171.8	110	Emma Love	10/29/2016	T3	18-19	19	175.3	226	Gabriella Drury	10/19/2024	T2	16-17	16	179	529	Sarah Sells	10/21/2023				
T3	18-19	18	171.8	190	Emma Love	10/29/2016	T2	16-17	16	179	105	Sarah Sells	10/21/2023	T2	16-17	16	179	226	Sarah Sells	10/21/2023	T3	18-19	18	171.8	490	Emma Love	10/29/2016				
T2	16-17	17	179	154	Chesney Samaha	11/19/2022	Y	11-12	11	176.8	94	Nevaeh McIntosh	3/6/2021	Y	11-12	11	176.8	200	Nevaeh McIntosh	3/6/2021	T3	18-19	19	175.3	452	Gabriella Drury	10/19/2024				
T3	18-19	19	175.3	149	Gabriella Drury	10/19/2024	T2	16-17	17	179	83	Chesney Samaha	11/19/2022	T3	18-19	18	171.8	185	Emma Love	10/29/2016	Y	11-12	11	176.8	432	Nevaeh McIntosh	3/6/2021				
Y	11-12	11	176.8	138	Nevaeh McIntosh	3/6/2021	T3	18-19	19	175.3	77	Gabriella Drury	10/19/2024	T2	16-17	17	179	182	Chesney Samaha	11/19/2022	T2	16-17	17	179	419	Chesney Samaha	11/19/2022				
T2	16-17	16	173.8	105	Kayla McCubbins	3/6/2021	T2	16-17	16	173.8	72	Kayla McCubbins	3/6/2021	T1	13-15	15	173.5	160	Kayla McCubbins	10/3/2020	T2	16-17	16	173.8	325	Kayla McCubbins	3/6/2021				
T1	13-15	15	173.5	94	Kayla McCubbins	10/3/2020	T1	13-15	15	173.5	61	Kayla McCubbins	10/3/2020	T2	16-17	16	173.8	149	Kayla McCubbins	3/6/2021	T1	13-15	15	173.5	314	Kayla McCubbins	10/3/2020				
90kg/198.2lbs										90kg/198.2lbs										90kg/198.2lbs											
T2-RC	16-17	16	192.7	292	Nevaeh McIntosh	10/16/2021	T2	16-17	16	194.2	198	Allison Sanders	7/27/2024	T2-RC	16-17	16	194.2	314	Allison Sanders	7/27/2024	T2-RC	16-17	16	194.2	761	Allison Sanders	7/27/2024				
T1	13-15	15	186.5	248	Allison Sanders	7/27/2024	T1	13-15	15	187.6	124	Alyssa Beadles	6/19/2021	T1	13-15	15	186.5	308	Karson Tolle	6/19/2021	T1	13-15	15	186.5	667	Karson Tolle	6/19/2021				
T1	13-15	15	186.5	242	Karson Tolle	10/22/2022	T2	16-17	16	192.4	124	Alyssa Beadles	6/19/2021	Y	10-12	11	192.7	639	Nevaeh McIntosh	10/16/2021	T2	16-17	16	192.4	612	Alyssa Beadles	6/19/2021				
T2	16-17	16	192.4	204	Alyssa Beadles	6/19/2021	T1	13-15	15	196.5	120	Karson Tolle	9/21/2024	T1	13-15	15	196.5	270	Jannah Hines	9/21/2024	T2	16-17	16	192.4	612	Alyssa Beadles	6/19/2021				
T1	13-15	15	197.8	189	Jannah Hines	9/21/2024	Y	10-12	11	192.7	116	Nevaeh McIntosh	10/16/2021	Y	10-12	11	192.7	231	Nevaeh McIntosh	10/16/2021	T1	13-15	15	197.8	590	Jannah Hines	9/21/2024				
100kg/220.4lbs										100kg/220.4lbs										100kg/220.4lbs											
T2	16-17	17	206.1	331	Alex Jefferson	10/19/2024	T2	16-17	17	206.1	215	Alex Jefferson	10/19/2024	T2	16-17	17	206.1	353	Alex Jefferson	10/19/2024	T2	16-17	17	206.1	915	Nevaeh McIntosh	5/8/2023				
Y-RC	10-12	12	218.1	325	Nevaeh McIntosh	5/8/2023	Y	10-12	12	218.1	204	Nevaeh McIntosh	5/8/2023	T1	13-15	13	200.7	303	Alex Jefferson	10/17/2020	Y-RC	10-12	12	218.1	915	Nevaeh McIntosh	5/8/2023				
T1	13-15	13	200.7	248	Alex Jefferson	10/17/2020	T2	16-17	16	201.1	149	Jannah Hines	10/19/2024	T2	16-17	16	201.1	286	Jannah Hines	10/19/2024	T2	16-17	17	206.1	887	Alex Jefferson	10/19/2024				
T1	13-15	14	200	237	Karson Tolle	6/11/2022	T1	13-15	13	200.7	143	Alex Jefferson	10/17/2020	T1	13-15	14	200	275	Karson Tolle	6/11/2022	T2	16-17	16	201.1	661	Jannah Hines	10/19/2024				
T2	16-17	16	201.1	226	Jannah Hines	10/19/2024	T1	13-15	14	200	105	Karson Tolle	6/11/2022	Y-RC	10-12	12	218.1	275	Nevaeh McIntosh	5/8/2023	T1	13-15	14	200	617	Karson Tolle	6/11/2022				
110kg/242.5lbs										110kg/242.5lbs										110kg/242.5lbs											
T1-RC	13-15	14	239	380	Nevaeh McIntosh	10/19/2024	T1	13-15	14	239	226	Nevaeh McIntosh	10/19/2024	T1	13-15	15	238.5	309	Abrie Meadows	6/17/2023	T1-RC	13-15	13	239	830	Nevaeh McIntosh	3/1/2024				
T1	13-15	15	238.5	325	Abrie Meadows	6/17/2023	T1	13-15	15	238.5	154	Abrie Meadows	6/17/2023	T1	13-15	15	238.5	305	Nevaeh McIntosh	3/1/2024	T1	13-15	15	238.5	772	Abrie Meadows	6/17/2023				
T1	13-15	15	232.4	286	Kennedy Green	10/12/2019	T1	13-15	15	232.4	138	Kennedy Green	10/12/2019	T1	13-15	15	232.4	275	Kennedy Green	10/12/2019	T1	13-15	15	232.4	689	Kennedy Green	10/12/2019				
110kg/242.6lbs										110kg/242.6lbs										110kg/242.6lbs											
T1-RC	13-15	14	244.5	375																											

44	209.4	424	Anika Harper	4/13/2024	17	206.1	215	Alexandria Jefferson	10/19/2024	31	215.2	408	Megan Geiger	5/4/2024	31	215.2	981	Megan Geiger	5/4/2024
31	215.2	358	Megan Geiger	5/4/2024	31	215.2	215	Megan Geiger	5/4/2024	34	207.7	380	Crystal Prather	10/22/2022	44	209.4	909	Anika Harper	4/13/2024
12	218.1	325	Neveah McIntosh	5/8/2023	12	218.1	204	Neveah McIntosh	5/8/2023	46	212.8	355	Heather Streible	3/1/2024	36	216.2	850	Crystal Prather	3/1/2024
36	216.2	320	Crystal Prather	3/1/2024	45	219.1	204	Carla Akers	10/27/2018	44	209.4	342	Anika Harper	4/13/2024	46	212.8	815	Heather Streible	3/1/2024
37	211.4	303	Trisha Crisman	8/25/2018	30	210.5	187	Haley Shields	10/21/2023	37	213.8	342	Brett Sexton	10/12/2019	12	218.1	805	Neveah McIntosh	5/8/2023
46	212.8	275	Heather Streible	3/1/2024	46	212.8	185	Heather Streible	3/1/2024	55	211.6	335	Janet Martin	3/1/2024	37	211.4	771	Trisha Crisman	8/25/2018
46	211	259	Renee Turner	6/17/2023	32	216.5	171	Rachel Massey	6/11/2022	37	211.4	314	Trisha Crisman	8/25/2018	37	213.8	749	Brett Sexton	10/12/2019
37	213.8	253	Brett Sexton	10/12/2019	31	206.4	165	Delena Maynard	4/28/2024	42	209.2	303	Christina Lauffer	6/19/2021	46	211	689	Renee Turner	6/17/2023
25	217.1	242	Grace Jones	12/19/2020	34	208.3	165	Laura Bos	6/9/2024	46	211	287	Renee Turner	6/17/2023	42	209.2	623	Christina Lauffer	6/19/2021

110kg/242.5lbs				
42	240.3	408	Katy Silvers	7/22/2023
29	228.8	380	Brittany Berryhill	12/19/2020
14	239	380	Neveah McIntosh	10/19/2024
50	240	340	Ylander Ross	1/21/2017
34	234.3	325	Jessie Hunt	4/24/2021

110kg/242.5lbs				
24	230.6	231	Maddy Webster	3/18/2023
14	239	226	Neveah McIntosh	10/19/2024
32	240.1	226	Megan Geiger	12/7/2024
50	240	215	Ylander Ross	1/21/2017
29	228.8	204	Brittany Berryhill	12/19/2020
43	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 Wolford	4/20/2018
37	236.5	154	Naimah Abdullah	6/5/2021

110kg/242.5lbs				
50	240	400	Ylander Ross	1/21/2017
42	240.3	397	Katy Silvers	7/22/2023
34	234.3	375	Jessie Hunt	4/24/2021
29	228.8	358	Brittany Berryhill	12/19/2020
13	239.8	305	Neveah McIntosh	3/1/2024

110kg/242.5lbs				
42	240.3	987	Katy Silvers	7/22/2023
50	240	955	Ylander Ross	1/21/2017
29	228.8	942	Brittany Berryhill	12/19/2020
34	234.3	882	Jessie Hunt	4/24/2021
13	239.8	830	Neveah McIntosh	3/1/2024

110+kg/242.6+lbs				
29	294.9	485	Alex Wilson-McKenzie	10/22/2022
24	255	408	Lindsay Finch	5/6/2023
37	285.2	386	Kimberly Soracco	5/11/2024
14	244.5	375	Neveah McIntosh	7/27/2024
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
40	271	198	Ann McManus	12/9/2023

110+kg/242.6+lbs				
42	261.5	270	Hollie Sands	10/12/2019
29	294.9	248	Alex Wilson-McKenzie	10/22/2022
14	244.5	237	Neveah McIntosh	7/27/2024
40	272.2	226	Andrea Willis	6/19/2021
43	251.3	204	Katy Silvers	9/7/2024
23	262.8	193	Shaunre Lilley	1/24/2021
29	273.8	182	Mary-Ann Rickis	3/5/2022
33	308.6	182	Angela Dunn	7/22/2023
54	243.2	176	Shari Wolford	6/9/2018
22	330.2	175	Lashonda Zander	6/2/2018

110+kg/242.6+lbs				
29	294.9	452	Alex Wilson-McKenzie	10/22/2022
40	276	375	Katy Silvers	9/18/2021
24	255	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
14	244.5	292	Neveah McIntosh	7/27/2024
40	271	281	Ann McManus	12/9/2023

110+kg/242.6+lbs				
29	294.9	1185	Alex Wilson-McKenzie	10/22/2022
24	255	948	Lindsay Finch	5/6/2023
40	276	920	Katy Silvers	9/18/2021
14	244.5	904	Neveah McIntosh	7/27/2024
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
40	271	612	Ann McManus	12/9/2023

365 STRONG WORLD RANKINGS
RAW CLASSIC (Knee Wraps) SQUAT
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date	
		21	108.2	94	Racquel Wilson	10/16/2021
		22	111.6	85	Elena Lopez	6/2/2018
		20	108	83	Maggie Parsons	11/19/2016
		56kg/123.5lbs				
		20	120.6	132	Emily Gaiser	7/10/2021
		23	122.8	132	Isabella Sarkis	4/23/2022
		23	120.2	127	Asia Hannans	9/7/2024
		21	123.4	77	Gwyneth Reiman	7/27/2024
		60kg/132.2lbs				
		22	127.2	143	Emily Gaiser	9/17/2022
		21	127.9	138	Alexis Rutledge	4/23/2022
		20	127.3	99	Kristen McPherson	10/17/2020
		21	126.3	77	Gabby Bennett	7/10/2021

365 STRONG WORLD RANKINGS
RAW BENCH PRESS
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date	
		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	11/9/2016
		21	144.2	138	Emily Schnupp	8/12/2017
		20	144.6	121	Everette Sherrill	7/22/2023
		23	145	116	Delaney Fish	6/10/2017
		23	146.6	110	Courtney Fox	7/22/2023

365 STRONG WORLD RANKINGS
RAW CLASSIC
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date	
		21	138.2	320	Anya Kalnins	9/18/2021

365 STRONG WORLD RANKINGS
RAW CLASSIC (Knee Wraps) TOTAL
FEMALE - JUNIORS (20-23)

Wgt Class	Age	Wgt	Lbs	Name	Date	
		20	145.8	772	Anya Kalnins	2/20/2021

67.5kg/148.7lbs				
20	145.8	298	Anya Kalnins	2/20/2021

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	11/9/2016
21	144.2	138	Emily Schnupp	8/12/2017
20	144.6	121	Everette Sherrill	7/22/2023
23	145	116	Delaney Fish	6/10/2017
23	146.6	110	Courtney Fox	7/22/2023

67.5kg/148.7lbs				
21	138.2	320	Anya Kalnins	9/18/2021

67.5kg/148.7lbs				
20	145.8	772	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
20	161.6	187	Sarah Oesch	3/18/2023

75kg/165.2lbs				
21	157.9	176	Abby Rice	4/13/2024
23	161.5	171	Alisha Martin	4/24/2021
23	164.6	160	Cardace Locklear	3/10/2018
23	159.4	149	Emily Tighe	6/9/2018
21	162.6	149	Aleya Woodall	6/19/2021
20	157.2	138	Lisha Lamb	11/19/2016
22	161.6	132	Dani Moore	6/10/2017
20	158	127	Carley Bradshaw	11/19/2016
23	153.2	121	Courtney Fox	10/21/2023
20	159.5	110	Ivanina Guzman	4/22/2017

75kg/165.2lbs				
23	159.4	342	Emily Tighe	6/9/2018
20	161.6	303	Sarah Oesch	3/18/2023
22	161.6	253	Dani Moore	6/10/2017

75kg/165.2lbs				
23	159.4	727	Emily Tighe	6/9/2018
22	161.6	628	Dani Moore	6/10/2017
20	161.6	623	Sarah Oesch	3/18/2023

82.5kg/181.7lbs				
21	180.3	383	Sarah Oesch	4/28/2024

82.5kg/181.7lbs				
21	180.3	193	Sarah Oesch	4/28/2024

82.5kg/181.7lbs				
21	180.3	347	Sarah Oesch	4/28/2024

82.5kg/181.7lbs				
21	180.3	843	Sarah Oesch	4/28/2024

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS EQUIPPED & GEARED SQUAT FEMALE, 365 STRONG WORLD RANKINGS EQUIPPED & GEARED BENCH FEMALE, 365 STRONG WORLD RANKINGS EQUIPPED & GEARED DEADLIFT FEMALE, 365 STRONG WORLD RANKINGS EQUIPPED & GEARED TOTAL FEMALE

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs, 67.5kg/148.7lbs, 56kg/123.5lbs, 67.5kg/148.7lbs, 56kg/123.5lbs, 67.5kg/148.7lbs

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS SQUAT - EQUIPMENT NOTED M/P/F Divisional Leaders, 365 STRONG WORLD RANKINGS BENCH - EQUIPMENT NOTED M/P/F Divisional Leaders, 365 STRONG WORLD RANKINGS DEADLIFT - EQUIPMENT NOTED M/P/F Divisional Leaders, 365 STRONG WORLD RANKINGS TOTAL - EQUIPMENT NOTED M/P/F Divisional Leaders

			36	139.4	215	LaDeTra Cole	10/29/2022				21	147.7	99	Savannah Gautier	1/18/2025				21	147.7	237	Savannah Gautier	1/18/2025				21	147.7	566	Savannah Gautier	1/18/2025			
75kg/165.2lbs				M/P/F				75kg/165.2lbs				M/P/F				75kg/165.2lbs				M/P/F				75kg/165.2lbs				M/P/F						
FP	R	27	161.2	275	Mikhayla Dunn	12/19/2021		FP	R	27	161.2	187	Heather Ingalls	8/12/2017		FP	R	27	161.2	380	LaDeTra Cole	3/5/2022		FP	R	27	161.2	771	LaDeTra Cole	3/5/2022				
FP	R	35	154.7	253	LaDeTra Cole	3/5/2022		FP	R	27	161.2	154	Mikhayla Dunn	12/19/2021		FP	R	27	161.2	320	Mikhayla Dunn	12/19/2021		FP	R	27	161.2	749	Mikhayla Dunn	12/19/2021				
FP	R	28	150.8	248	Anaya Cook	11/23/2024		FP	R	35	154.7	138	LaDeTra Cole	3/5/2022		FP	R	33	160	303	Heather Ingalls	8/12/2017		FP	R	33	160	733	Heather Ingalls	8/12/2017				
FP	R	33	160	242	Heather Ingalls	8/12/2017		FP	R	28	150.8	127	Anaya Cook	11/23/2024		FP	R	28	150.8	248	Anaya Cook	11/23/2024		FP	R	28	150.8	623	Anaya Cook	11/23/2024				
82.5kg/181.7lbs				82.5kg/181.7lbs				82.5kg/181.7lbs				82.5kg/181.7lbs				82.5kg/181.7lbs				82.5kg/181.7lbs				82.5kg/181.7lbs										
FP	R	45	166.9	402	Emily Lilly	6/29/2024		FP	R	45	166.9	237	Emily Lilly	6/29/2024		FP	R	29	177.6	397	Gabrielle Robbins	11/9/2019		FP	R	45	166.9	1025	Emily Lilly	6/29/2024				
FP	RC	26	177.5	386	Emily Merritt	5/11/2019		FP	R	29	177.6	204	Gabrielle Robbins	11/9/2019		FP	RC	26	177.5	391	Emily Merritt	10/27/2018		FP	RC	26	177.5	937	Emily Merritt	5/11/2019				
FP	R	29	177.5	314	Gabrielle Robbins	11/9/2019		FP	R	26	177.5	165	Emily Merritt	5/11/2019		FP	R	45	166.9	386	Emily Lilly	6/29/2024		FP	R	29	177.6	914	Gabrielle Robbins	11/9/2019				
FP	R	31	178.2	281	Emily Gilson	10/17/2020		FP	R	31	178.2	149	Emily Gilson	10/17/2020		FP	R	31	178.2	342	Emily Gilson	10/17/2020		FP	R	31	178.2	772	Emily Gilson	10/17/2020				
FP	R	27	169.5	242	Desia Sanders	11/9/2024		FP	R	39	174.4	132	Pamela Buskirk	7/24/2021		FP	R	39	178	286	Pamela Buskirk	3/5/2022		FP	R	27	169.5	623	Desia Sanders	11/9/2024				
FP	R	39	176	220	Pamela Buskirk	3/5/2022		FP	R	27	169.5	127	Desia Sanders	11/9/2024		FP	R	27	169.5	253	Desia Sanders	11/9/2024												
90+kg/198.2+lbs				Female				90+kg/198.2+lbs				Female				90+kg/198.2+lbs				Female				90+kg/198.2+lbs				Female						
FP	RC	34	250	308	Tarra Farnham	5/22/2021		FP	R	34	250	138	Tarra Farnham	5/22/2021		FP	RC	34	250	336	Tarra Farnham	5/22/2021		FP	RC	34	250	782	Tarra Farnham	5/22/2021				

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS							365 STRONG WORLD RANKINGS							365 STRONG WORLD RANKINGS							365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED							BENCH - EQUIPMENT NOTED							DEADLIFT - EQUIPMENT NOTED							TOTAL - EQUIPMENT NOTED						
Female - Masters							Female - Masters							Female - Masters							Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date		Weight Class	Age	Wgt	Lbs	Name	Date		Weight Class	Age	Wgt	Lbs	Name	Date		Weight Class	Age	Wgt	Lbs	Name	Date	
48kg/105.7lbs							48kg/105.7lbs							48kg/105.7lbs							48kg/105.7lbs						
R	55-59	55	98	132	Nina Kiuru	7/30/2022	R	55-59	55	98	132	Nina Kiuru	7/30/2022	R	55-59	55	98	237	Nina Kiuru	7/30/2022	R	55-59	55	98	369	Nina Kiuru	7/30/2022
52kg/114.5lbs							52kg/114.5lbs							52kg/114.5lbs							52kg/114.5lbs						
RC	45-49	46	111.8	264	Missy Taylor	4/23/2022	R	45-49	46	111.8	182	Missy Taylor	4/23/2022	RC	45-49	46	111.8	292	Missy Taylor	4/23/2022	RC	45-49	46	111.8	738	Missy Taylor	4/23/2022
R	45-49	46	112.2	259	Missy Taylor	7/24/2021	R	45-49	46	112.2	160	Missy Taylor	7/24/2021	R	45-49	46	112.2	275	Missy Taylor	7/24/2021	R	45-49	46	112.2	694	Missy Taylor	7/24/2021
R	70-74	73	106.3	154	Linda Costello	4/23/2022	R	60-64	64	110.3	110	Sue Ann Hurlbert	2/8/2023	R	65-69	65	107.4	242	Pam Fisher	3/18/2024	R	60-64	62	110.7	454	Sue Ann Hurlbert	7/22/2023
R	60-64	62	108.2	149	Sue Ann Hurlbert	10/21/2023	R	70-74	73	106.3	83	Linda Costello	4/23/2022	R	60-64	62	110.7	224	Sue Ann Hurlbert	7/22/2023	R	65-69	65	107.4	453	Pam Fisher	5/18/2024
R	65-69	65	107.4	143	Pam Fisher	5/18/2024	R	65-69	65	107.4	83	Pam Fisher	5/18/2024	R	70-74	73	106.3	200	Linda Costello	4/23/2022	R	70-74	73	106.3	457	Linda Costello	4/23/2022
R	55-59	59	108.9	105	Sue Ann Hurlbert	10/17/2020	R	55-59	59	108.9	83	Sue Ann Hurlbert	10/17/2020	R	55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020	R	55-59	59	108.9	364	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs							56kg/123.5lbs							56kg/123.5lbs							56kg/123.5lbs						
R	45-49	48	122.4	314	Missy Taylor	5/8/2023	R	45-49	48	122.4	209	Missy Taylor	5/8/2023	RC	40-44	44	119.4	331	Tiffany Stone	7/27/2024	SP	45-49	48	122.4	854	Missy Taylor	5/8/2023
RC	40-44	44	119.4	275	Tiffany Stone	7/27/2024	R	40-44	42	121.8	175	Dawn Bogart	4/9/2016	R	45-49	48	122.4	331	Missy Taylor	5/8/2023	RC	40-44	44	119.4	749	Tiffany Stone	7/27/2024
SP	40-44	42	121.8	265	Dawn Bogart	4/9/2016	MP	60-64	60	121.4	160	Jojo Brasseaux	3/1/2024	SP	40-44	42	121.8	295	Dawn Bogart	4/9/2016	SP	40-44	42	121.8	735	Dawn Bogart	4/9/2016
R	50-54	54	119.6	182	Lisa Baker	12/19/2020	R	40-44	44	119.4	143	Tiffany Stone	7/27/2024	R	50-54	54	119.6	237	Lisa Baker	12/19/2020	R	55-59	56	118.6	518	Dawn Williams	7/24/2021
R	55-59	56	118.6	176	Dawn Williams	7/24/2021	R	55-59	56	118.6	116	Dawn Williams	7/24/2021	R	55-59	56	118.6	226	Dawn Williams	7/24/2021	R	50-54	54	119.6	512	Lisa Baker	12/19/2020
RC	45-49	46	118.9	160	Kathy Wilson	12/8/2018	R	50-54	54	119.6	94	Lisa Baker	12/19/2020	RC	45-49	46	118.9	187	Kathy Wilson	12/8/2018	RC	45-49	46	118.9	435	Kathy Wilson	12/8/2018
							R	45-49	46	118.9	88	Kathy Wilson	12/8/2018														
							R	60-64	62	123	66	Nina Snipes	10/21/2023														
60kg/132.2lbs							60kg/132.2lbs							60kg/132.2lbs							60kg/132.2lbs						
SP	40-44	43	131.9	331	Dawn Bogart	4/22/2017	SP	45-49	49	132.3	314	Missy Taylor	11/22/2024	SP	40-44	43	131.9	402	Dawn Bogart	4/22/2017	SP	40-44	43	131.9	959	Dawn Bogart	4/22/2017
SP	50-54	54	132	331	Priscilla Pardue	5/20/2018	R	45-49	49	129.4	231	Missy Taylor	7/27/2024	R	40-44	42	130	350	Dawn Bogart	7/9/2016	R	40-44	42	130	855	Dawn Bogart	7/9/2016
RC	50-54	53	132.2	308	Priscilla Pardue	10/28/2017	SP	40-44	43	131.9	226	Dawn Bogart	4/22/2017	R	55-59	57	131.3	325	Jami Bozuto	10/22/2023	SP	50-54	54	132	761	Priscilla Pardue	4/20/2018
R	40-44	42	130	300	Dawn Bogart	7/9/2016	R	40-44	42	130	205	Dawn Bogart	7/9/2016	R	45-49	47	127.2	315	Bela Ghosh	8/11/2016	RC	50-54	53	132.2	711	Priscilla Pardue	10/28/2017
RC	45-49	47	131.4	105	Angie Terry	10/29/2016	MP	60-64	60	129.6	193	Jojo Brasseaux	10/19/2024	SP	50-54	54	132	265	Priscilla Pardue	4/20/2018	R	55-59	57	131.3	510	Jami Bozuto	10/22/2023
							R	55-59	57	131.3	185	Jami Bozuto	10/22/2023	RC	50-54	53	132.2	259	Priscilla Pardue	10/28/2017	R	45-49	47	127.2	495	Bela Ghosh	8/11/2016
							R	45-49	47	127.2	160	Bela Ghosh	8/11/2016								RC	45-49	47	131.4	305	Angie Terry	10/29/2016
							SP	50-54	54	132	165	Priscilla Pardue	4/20/2018														
							R	50-54	53	132.2	143	Priscilla Pardue	10/28/2017														
							MP	55-59	59	129.6	132	Jojo Brasseaux	10/21/2023														
							R	60-64	61	125	72	Nina Snipes	5/27/2023														
							R	45-49	47	131.4	45	Angie Terry	10/29/2016														
67.5kg/148.7lbs							67.5kg/148.7lbs							67.5kg/148.7lbs							67.5kg/148.7lbs						
MP	45-49	49	142.2	551	Melissa Smith	10/21/2023	MP	45-49	48	141.3	331	Melissa Smith	7/22/2023	MP	45-49	46	141.8	375	Melissa Smith	10/17/2020	MP	45-49	49	142.2	1245	Melissa Smith	10/21/2023
R	40-44	43	147.5	359	Emily Lilly	5/6/2023	R	40-44	43	147.5	231	Emily Lilly	3/4/2023	R	40-44	43	147.5	369	Emily Lilly	5/6/2023	R	40-44	43	147.5	955	Emily Lilly	5/6/2023
SP	55-59	55	142.5	303	Priscilla Pardue	5/11/2019	R	60-64	61	148.6	226	Maureen Clary	4/22/2017	R	60-64	60	148.4	360	Maureen Clary	10/29/2016	R	60-64	61	148.6	876	Maureen Clary	4/22/2017
R	40-44	40	144.4	303	Nicole Qualls	3/5/2022	R	55-59	55	142.5	211	Maureen Clary	1/22/2022	R	40-44	41	143.3	320	Mona Hope	1/22/2022	R	65-69	65	148.7	801	Maureen Clary	1/22/2022
R	60-64	61	148.6	296	Maureen Clary	8/12/2017	SP	55-59	55	142.5	176	Priscilla Pardue	5/11/2019	R	65-69	65	148.7	329	Maureen Clary	10/29/2023	R	40-44	40	144.4	755	Nicole Qualls	3/5/2022
R	40-44	41	143.3	282	Mona Hope	7/20/2024	R	40-44	42	136.2	165	Alexandra Gray	11/9/2024	RC	40-44	40	137.8	309	Alexandra Gray	4/15/2024	RC	40-44	42	136.2	755	Alexandra Gray	11/9/2024
RC	40-44	42	136.2	285	Alexandra Gray	11/9/2024	R	45-49	48	145.3	163	Aiysha Hayes	1/22/2023	R	45-49	45	140	303	Gina Casper	5/27/2023	SP	55-59	55	142.5	755	Priscilla Pardue	5/11/2019
R																											

RC	50-54	50	240	340	Ylander Ross	1/21/2017	R	40-44	42	241.2	193	Katy Silvers	4/13/2024	RC	50-54	50	240	400	Ylander Ross	1/21/2017	RC	50-54	50	240	955	Ylander Ross	1/21/2017
R	45-49	45	219.1	330	Carla Akers	10/27/2018	R	40-44	44	229.3	154	Kimberly Dorton	10/21/2023	RC	40-44	42	240.3	397	Katy Silvers	7/22/2023	R	40-44	44	229.3	882	Kimberly Dorton	10/21/2023
R	40-44	44	229.3	325	Kimberly Dorton	10/21/2023	R	45-49	49	237.5	149	Janet Martin	10/27/2018	R	45-49	49	237.5	358	Janet Martin	10/27/2018							
110+kg/242.6+lbs							110+kg/242.6+lbs							110+kg/242.6+lbs													
R	40-44	42	261.5	386	Hollie Sands	10/12/2019	R	40-44	42	261.6	270	Hollie Sands	10/12/2019	R	40-44	42	261.6	518	Hollie Sands	10/12/2019	R	40-44	42	261.6	1174	Hollie Sands	10/12/2019
RC	40-44	40	277.8	380	Katy Silvers	10/16/2021	SP	40-44	40	266.5	231	Ann McManus	9/7/2024	RC	40-44	40	277.8	380	Katy Silvers	10/16/2021	RC	40-44	40	272.3	883	Katy Silvers	7/24/2021
R	40-44	40	271	198	Ann McManus	12/9/2023	R	40-44	40	272.2	226	Andrea Willis	10/17/2020	R	50-54	53	251	370	Janet Martin	10/22/2022	R	40-44	40	271	612	Ann McManus	12/9/2023
							R	40-44	43	251.3	204	Katy Silvers	9/7/2024	R	40-44	40	272.2	358	Andrea Willis	6/19/2021	R	40-44	40	272.2	584	Andrea Willis	6/19/2021
							R	50-54	54	243.2	182	Shan Wolford	6/9/2018	R	45-49	49	245	325	Janet Martin	4/20/2018	R	50-54	53	251	541	Janet Martin	10/22/2022
							R	50-54	53	251	171	Janet Martin	10/22/2022	R	40-44	40	271	281	Ann McManus	12/9/2023	R	45-49	49	245	474	Janet Martin	6/9/2018

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						

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	Anita 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	6/6/2021	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
Open	R	31	147.3	65	MacKenzie Ridsout	5/4/2024	148
Open	R	25	136.1	40	Isabelle Tull	5/19/2024	148
T3	R	19	141.3	25	Lily Springfield	3/8/2024	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Crystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
M6	R	68	159.2	65	Maureen Clary	7/27/2024	165
JR	R	21	180.3	80	Sarah Oesch	4/28/2024	181
T3	R	19	175.3	55	Gabriella Drury	10/19/2024	181
Open	R	32	179.8	75	Ciearra Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-NeNeil	11/9/2024	181
M5	R	63	179.5	95	Gloria Knight-NeNeil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-NeNeil	11/9/2024	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-NeNeil	11/9/2024	181
MPF	R	39	178	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/6/2021	181
M4	R	59	170.6	60	Nelsa Newton	3/5/2022	181
M2	R	48	194.7	60	Mandy Self-Sparrow	3/10/2024	198
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	54	215.8	85	Janet Martin	10/21/2023	220
M4	R	55	215.4	80	Janet Martin	10/19/2024	220
M3	R	53	251	104.5	Janet Martin	10/22/2022	275
Open	R	29	294.9	115.7	Alex Wilson-McKenzie	10/22/2022	308

FEMALE REP CHALLENGE

Div	Geat	Age	Wgt	Name	Date	WgtL	Reps
M6	R	68	165	Maureen Clary			
				BENCH	#####	80	28
				DEADLIFT	#####	140	10
				STRICT CURL	#####	35	30
				CHEAT CURL	#####	65	20