

365 Strong World Powerlifting Federation
CURRENT OVERALL FEMALE DIVISIONAL TOP TEN WORLD RANKINGS

World Leaders in Yellow

RAW: Declared RAW (R) if lifter only wears knee sleeves or nothing
 RAW CLASSIC: Declared RAW CLASSIC (RC) once lifter wears knee wraps

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

DATE: 7/29/2024

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS						365 STRONG WORLD RANKINGS								
RAW (Knee Sleeves) SQUAT						RAW BENCH PRESS						RAW (Knee Sleeves) DEADLIFT						RAW (Knee Sleeves) TOTAL								
FEMALE - OVERALL						FEMALE - OVERALL						FEMALE - OVERALL						FEMALE - OVERALL								
Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date	Wgt Class	Age	Wgt	Lbs	Name	Date			
44kg/97lbs						44kg/97lbs						44kg/97lbs						44kg/97lbs								
	13	86	132	Alessandra Reis	1/21/2023		15	97	83	Bella-Grace Meadows	4/1/2023		13	86	204	Alessandra Reis	1/21/2023		13	86	386	Alessandra Reis	1/21/2023			
							13	86	71	Alessandra Reis	1/21/2023		9	63.8	132	Kambree Williamson	11/19/2022									
													9	69.4	78	Aaina Ailsbrook	5/27/2023									
48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs						48kg/105.7lbs								
	12	105.2	121	Carmen Trivette	10/16/2021		55	98	132	Nina Kiuru	7/30/2022		55	98	237	Nina Kiuru	7/30/2022		55	98	369	Nina Kiuru	7/30/2022			
							33	104.3	110	Stephanie Washington	7/10/2021		12	105.2	143	Carmen Trivette	10/16/2021		12	105.2	347	Carmen Trivette	10/16/2021			
							12	105.2	83	Carmen Trivette	10/16/2021															
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs								
	46	112.3	259	Missy Taylor	4/24/2021		46	111.8	182	Missy Taylor	4/23/2022		24	114.2	303	Amber Malchow	10/28/2017		46	112.3	694	Missy Taylor	4/24/2021			
	22	111.6	250	Elena Lopez	6/2/2018		24	114.2	132	Amber Malchow	10/28/2017		46	112.3	275	Missy Taylor	4/24/2021		24	114.2	650	Amber Malchow	10/28/2017			
	24	114.2	215	Amber Malchow	10/28/2017		30	111.2	127	Aubrey Cornwell	8/12/2017		66	107.4	242	Pam Fisher	6/2/2018		22	111.6	575	Elena Lopez	6/2/2018			
	20	108	165	Maggie Parsons	11/19/2016		34	114	121	Lindsay Seamons	6/29/2019		22	111.6	240	Elena Lopez	6/2/2018		19	112.4	485	McKenna Wright	6/17/2023			
	19	112.4	165	McKenna Wright	6/17/2023		27	111.5	116	Nykhisha Garland	10/17/2020		27	112.4	237	McKenna Wright	6/17/2023		13	111.3	474	Carmen Trivette	10/22/2022			
	72	106.3	154	Linda Costello	4/23/2022		63	111.1	108	Sue Ann Hurlbert	2/10/2024		64	114	226	Carmen Trivette	5/6/2023		63	111.1	472	Sue Ann Hurlbert	2/10/2024			
	13	111.3	154	Carmen Trivette	10/22/2022		13	111.3	99	Carmen Trivette	10/22/2022		62	110.7	224	Sue Ann Hurlbert	7/23/2023		20	108	469	Maggie Parsons	11/19/2016			
	62	108.2	149	Sue Ann Hurlbert	10/21/2023		37	111.3	99	Tiffany Bellamy	4/22/2017		72	106.3	220	Linda Costello	4/23/2022		65	107.4	463	Pam Fisher	5/18/2024			
	65	107.4	143	Pam Fisher	5/18/2024		13	112.8	99	McKayla Van Meter	2/20/2021		20	108	220	Maggie Parsons	4/22/2017		72	106.3	457	Linda Costello	4/23/2022			
	13	112.8	116	Makayla Van Meter	2/20/2021		21	108.3	94	Racquel Wilson	10/16/2021		13	112.8	220	Makayla Van Meter	2/20/2021		13	112.8	435	Makayla Van Meter	2/20/2021			
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs								
	48	122.4	314	Missy Taylor	5/6/2023		48	122.4	209	Missy Taylor	5/6/2023		48	122.4	331	Missy Taylor	5/6/2023		48	122.4	854	Missy Taylor	5/6/2023			
	23	123	281	Isabella Sarkis	12/4/2021		42	121.8	175	Dawn Bogart	4/9/2016		23	122.8	320	Isabella Sarkis	4/23/2022		19	123.4	755	Becca Dison	3/10/2018			
	19	123.4	275	Becca Dison	3/10/2018		19	123.4	160	Becca Dison	1/21/2017		19	123.4	320	Becca Dison	3/10/2018		23	122.8	705	Isabella Sarkis	4/23/2022			
	29	123.5	248	Krystal Scott	8/12/2017		32	122.8	155	Tiffany Faulkner	1/21/2017		31	123	314	Meredith Ward	3/9/2019		29	123.5	683	Krystal Scott	8/12/2017			
	19	118.4	242	Olivia Pasin	11/19/2022		29	123	154	Krystal Scott	10/28/2017		32	122.8	305	Tiffany Faulkner	1/21/2017		19	118.4	672	Olivia Pasin	11/19/2022			
	20	120.6	220	Emily Gaiser	7/10/2021		19	118.4	149	Olivia Pasin	11/19/2022		20	120.6	286	Emily Gaiser	7/10/2021		31	123.1	661	Meredith Ward	3/9/2019			
	31	123	209	Meredith Ward	3/9/2019		44	119.4	143	Tiffany Stone	7/27/2024		19	118.4	281	Olivia Pasin	11/19/2022		20	120.6	639	Emily Gaiser	7/10/2021			
	28	122.8	204	Shantell Hawkins	9/7/2019		31	120.4	138	Meredith Ward	4/20/2018		29	123.5	281	Krystal Scott	8/12/2017		31	122.8	573	Heidi Schuck	6/19/2021			
	31	122.8	187	Heidi Schuck	6/19/2021		20	120.6	132	Emily Gaiser	7/10/2021		28	122.8	259	Shantell Hawkins	9/7/2019		28	122.8	567	Shantell Hawkins	9/7/2019			
	54	119.6	182	Lisa Baker	12/19/2020		29	122	132	Amanda Isley	8/12/2017		31	122.8	253	Heidi Schuck	6/19/2021		36	123	523	Sally Loyd	6/10/2017			
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs								
	25	132	319	Kristin Kiltica	7/10/2021		28	132.2	242	Courtney Norris	8/12/2017		28	126	368	Barbara Morales	12/9/2023		42	130	855	Dawn Bogart	7/9/2016			
	42	130	300	Dawn Bogart	7/9/2016		49	129.4	231	Missy Taylor	7/27/2024		42	130	350	Dawn Bogart	7/9/2016		25	132	832	Kristin Kiltica	7/10/2021			
	25	125	285	Caitlin Cardone	4/9/2016		29	130.6	231	Brittany Bowles	10/27/2018		28	129.4	347	Leslie Kutner	4/20/2018		28	129.4	794	Leslie Kutner	4/20/2018			
	28	129.4	281	Leslie Kutner	4/20/2018		42	129	210	Dawn Bogart	10/29/2016		25	132	342	Kristin Kiltica	7/10/2021		26	126	755	Barbara Morales	12/9/2023			
	27	131.6	280	Samantha Sawyer	1/21/2017		57	131.3	185	Jami Bozzuto	10/2/2022		26	128.4	340	Whitney Myers	6/2/2018		25	125	745	Caitlin Cardone	4/9/2016			
	21	127.9	275	Alexis Rutledge	4/23/2022		47	127.2	180	Bela Ghosh	6/11/2016		22	127.4	325	Emily Gaiser	9/17/2022		22	127.4	727	Emily Gaiser	9/17/2022			
	33	132.2	264	Amy Pierce	8/12/2017		25	132	171	Kristin Kiltica	7/10/2021		27	128	325	Nadia Zebouni	7/9/2016		33	132.2	727	Amy Pierce	8/12/2017			
	22	127.4	259	Emily Gaiser	9/17/2022		25	125.6	165	Caitlin Cardone	7/9/2016		57	131.3	325	Jami Bozzuto	10/2/2022		28	128.8	722	April Rainey	2/26/2023			
	26	126	248	Barbara Morales	12/9/2023		27	129	165	Leslie Kutner	10/28/2017		21	127.9	320	Alexis Rutledge	4/23/2022		27	131.6	700	Samantha Sawyer	1/21/2017			
	28	128.8	248	April Rainey	2/26/2023		28	128.8	154	April Rainey	2/26/2023		28	128.8	320	April Rainey	2/26/2023		19	132	683	Claire Rosser	8/12/2017			
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs								
	29	141.8	386	Morgan Long	5/6/2023		29	140.4	242	Morgan Long	10/21/2023		28	141.8	435	Morgan Long	5/6/2023		29	141.8	1064	Morgan Long	5/6/2023			
	43	147.5	359	Emily Lilly	5/6/2023		43	147.1	231	Emily Lilly	3/4/2023		29	144.4	380	Leslie Kutner	11/9/2019		43	147.5	955	Emily Lilly	5/6/2023			
	20	138	331	Hanna Young	4/20/2018		28	145.2	226	Brittany Shackelford	10/28/2017		43	147.5	369	Emily Lilly	5/6/2023		39	145.3	876	Tosha Baughman	3/19/2023			
	39	145.3	325	Tosha Baughman	3/19/2023		61	148.6	226	Maureen Clary	4/22/2017		20	138	364	Hanna Young	4/20/2018		61	148.6	876	Maureen Clary	4/22/2017			
	40	144.4	303	Nicole Qualls	3/5/2022		27	144.2	200	Courtney Norris	7/9/2016		60	148.4	360	Maureen Clary	10/29/2016		20	138	865	Hanna Young	4/20/2018			
	29	144.4	303	Leslie Kutner	11/9/2019		39	145.3	193	Tosha Baughman	3/19/2023		39	145.3	358	Tosha Baughman	3/19/2023		29	144.4	865	Leslie Kutner	11/9/2019			
	34	145	298	Carmen Florian	5/11/2019		29	144.4	182	Leslie Kutner	11/9/2019		30	143.5	347	Maria Ackley	11/11/2023		30	143.5	782	Maria Ackley	11/11/2023			
	61	148.6	298	Maureen Clary	4/22/2017		21	138.3	178	Anya Kalnins	9/18/2021															

	29	170	281	Jessica Herling	3/5/2022		63	179.5	198	Gloria Knight-McNeil	10/22/2022		31	178.2	342	Emily Gilson	10/17/2020		32	169.1	790	Rayseen Brown	1/21/2017
90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs					
	24	196.7	364	Isabella Heffner	10/21/2023		45	185.6	380	Shannon Nash	10/28/2017		24	196.7	424	Isabella Heffner	10/21/2023		24	196.7	948	Isabella Heffner	10/21/2023
	22	184.1	331	Emely Barahona	6/5/2021		31	190.4	303	Alexis Eilopoulos	10/28/2017		33	189	400	Priyanka Santiago	10/22/2022		28	192	909	Jess Lemachko	8/19/2023
	28	192	331	Jess Lemachko	8/19/2023		38	195.1	275	Linsey Eudy	6/29/2024		28	184.8	358	Kathryn French	3/10/2018		22	184.1	849	Emely Barahona	6/5/2021
	24	193	320	Allyson Abbe	4/20/2018		28	192	220	Jess Lemachko	8/19/2023		28	187.5	358	Chelsea Zamorano	5/22/2021		44	197.8	838	Carla Akers	4/20/2018
	44	197.8	320	Carla Akers	4/20/2018		33	189	200	Priyanka Santiago	10/22/2022		28	192	358	Jess Lemachko	8/19/2023		24	193	799	Allyson Abbe	4/20/2018
	28	187.5	270	Chelsea Zamorano	5/22/2021		16	194.2	198	Allison Sanders	7/27/2024		24	196	353	Lauren Davis	6/5/2021		28	187.5	788	Chelsea Zamorano	5/22/2021
	27	188.7	270	Emtany Marquez	1/21/2017		40	187.2	193	Mona Espinosa	1/22/2022		44	190.4	336	Carla Akers	10/28/2017		48	195.5	750	Johellah Wilson	6/25/2022
	48	195.5	259	Johellah Wilson	6/25/2022		21	182.2	190	Sarah Oesch	3/1/2024		22	194.1	331	Emely Barahona	6/5/2021		15	196.5	667	Karson Tolle	10/22/2022
	24	187.6	242.5	Brittany Abbott	6/10/2017		22	184.1	187	Emely Barahona	6/5/2021		21	194.2	320	Mariah Flint	4/22/2017		22	195.6	660	Kelly Benson	10/29/2016
	47	189.6	243	Mandy Self-Sparrow	7/22/2023		45	194	187	Heather Streible	3/19/2023		48	195.5	314	Johellah Wilson	6/25/2022		28	192.5	639	Hali Medina	11/11/2023
100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs						100kg/220.25lbs					
	41	213	347	Gina Woolard	3/5/2022		29	213.6	237	Jessica Hoxie	3/5/2022		26	218.5	369	Amy Portillo	7/22/2023		41	213	865	Gina Woolard	3/5/2022
	26	218.5	342	Amy Portillo	7/22/2023		31	215.2	215	Megan Geiger	5/4/2024		30	213.8	366	Jessica Littleton	7/22/2023		45	219.1	865	Carla Akers	10/27/2018
	32	216.5	331	Rachel Massey	6/11/2022		12	218.1	204	Nevaeh McIntosh	5/6/2023		35	216.3	364	Crystal Prather	6/17/2023		32	216.5	849	Rachel Massey	6/11/2022
	45	219.1	331	Carla Akers	10/27/2018		45	219.1	204	Carla Akers	10/27/2018		30	210.5	358	Haley Shields	10/21/2023		30	210.5	832	Haley Shields	10/21/2023
	35	216.3	303	Crystal Prather	6/17/2023		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		41	214.5	353	Anika Harper	5/6/2023		26	218.5	805	Amy Portillo	7/22/2023
	47	214.3	264	Barbara VanVliet	11/11/2023		32	216.5	171	Rachel Massey	6/11/2022		32	216.5	347	Rachel Massey	6/11/2022		34	209.3	766	Laura Bos	6/9/2024
	32	199	259	Angela Dunn	9/17/2022		31	206.4	165	Delena Maynard	4/28/2024		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		34	208.3	165	Laura Bos	6/9/2024		55	217.6	335	Janet Martin	3/1/2024		34	206.8	672	Valerie Ryan	1/23/2022
	13	200.7	248	Alex Jefferson	10/17/2020		46	211	165	Renee Turner	6/17/2023		45	219.1	331	Carla Akers	10/27/2018		47	214.3	667	Barbara VanVliet	11/11/2023
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		50	240	215	Yander Ross	1/21/2017		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		29	228.8	204	Brittany Beryhill	12/19/2020		26	239.4	397	Amy Portillo	10/21/2023		33	230.2	849	Jessie Hunt	10/17/2021
	33	230.2	314	Jessie Hunt	10/17/2021		42	241.2	193	Katy Silvers	4/13/2024		43	225.1	386	Kimberly Dorton	7/22/2023		15	232.8	772	Abrie Meadows	6/17/2023
	15	232.4	286	Kennedy Green	10/12/2019		33	223.8	190	Melissa Shade	6/2/2018		33	230.2	358	Jessie Hunt	10/17/2021		43	225.1	766	Kimberly Dorton	7/22/2023
	43	225.1	226	Kimberly Dorton	7/22/2023		13	238.9	190	Nevaeh McIntosh	3/1/2024		54	223.6	353	Janet Martin	5/6/2023		15	232.4	689	Kennedy Green	10/12/2019
	37	236.5	226	Naimah Abdullah	6/5/2021		34	234.3	182	Jessie Hunt	4/24/2021		27	225.3	314	Rose Hoang	11/11/2023		27	225.3	661	Rose Hoang	11/11/2023
	29	241.5	226	Laura Salazar	12/8/2018		54	242	176	Shari Wofford	4/20/2018		15	232.8	309	Abrie Meadows	6/17/2023		29	241.5	661	Laura Salazar	12/8/2018
	27	225.3	209	Rose Hoang	11/11/2023		54	223.6	154	Janet Martin	5/6/2023		29	241.5	303	Laura Salazar	12/8/2018		37	236.5	634	Naimah Abdullah	6/5/2021
							43	225.1	154	Kimberly Dorton	7/22/2023		15	232.4	275	Kennedy Green	10/12/2019						
110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs						110+kg/242.6+lbs					
	42	261.5	386	Hollie Sands	10/12/2019		42	261.5	270	Hollie Sands	10/12/2019		42	261.5	518	Hollie Sands	10/12/2019		42	261.5	1174	Hollie Sands	10/12/2019
	40	277.1	380	Katy Silvers	10/16/2021		29	294.9	248	Alex Wilson-McKenzie	10/23/2022		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		38	253.5	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		23	262.8	193	Shauntre Lilley	12/4/2021		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		29	273.8	182	Mary-Ann Ricks	3/5/2022		22	330.2	325	Lashonda Zander	6/2/2018		33	308.6	733	Angela Dunn	7/22/2023
	22	330.2	280	Lashonda Zander	6/2/2018		33	308.6	182	Angela Dunn	7/22/2023		27	248	320	Aubrey Dowding	5/11/2019		23	254.8	716	Nathalie Vargas	12/18/2021
	31	249.2	275	Stephanie Smith	8/19/2023		54	243.2	176	Shari Wofford	6/9/2018		23	262.8	320	Shauntre Lilley	12/4/2021		27	248	711	Aubrey Dowding	5/11/2019
	23	254.8	275	Nathalie Vargas	12/18/2021		22	330.2	175	Lashonda Zander	6/2/2018		25	251.9	303	Leah Simpson	3/6/2021		31	249.2	705	Stephanie Smith	8/19/2023

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						48kg/105.7lbs						48kg/105.7lbs					
							23	99.2	110	Emerson Graham	10/21/2023		23	99.2	253	Emerson Graham	10/21/2023						
52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs						52kg/114.5lbs					
	22	111.6	250	Elena Lopez	6/2/2018		21	108.2	94	Racquel Wilson	10/16/2021		22	111.6	240	Elena Lopez	6/2/2018		22	111.6	575	Elena Lopez	6/2/2018
	20	108	165	Maggie Parsons	11/19/2016		22	111.6	85	Elena Lopez	6/2/2018		20	108	220	Maggie Parsons	11/19/2016		20	108	468	Maggie Parsons	11/19/2016
							20	108	83	Maggie Parsons	11/19/2016												
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
	23	123	281	Isabella Sarks	12/4/2021		20	120.6	132	Emily Gaiser	7/10/2021		23	122.8	320	Isabella Sarks	4/23/2022		23	122.8	705	Isabella Sarks	4/23/2022
	20	120.6	220	Emily Gaiser	7/10/2021		23	122.8	132	Isabella Sarks	4/23/2022		20	120.6	286	Emily Gaiser	7/10/2021		20	120.6	639	Emily Gaiser	7/10/2021
	21	123.4	143	Gwyneth Reiman	7/27/2024		21	123.4	77	Gwyneth Reiman	7/27/2024		21	123.4	165	Gwyneth Reiman	7/27/2024		21	123.4	386	Gwyneth Reiman	7/27/2024
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs					
	21	127.9	275	Alexis Rutledge	4/23/2022		21	127.9	138	Alexis Rutledge	4/23/2022		20	127.3	237	Kristen McPherson	10/17/2020		21	127.9	639	Alexis Rutledge	4/23/2022
	21	126.3	182	Gabby Bennett	7/10/2021		20	127.															

	31	190.4	463	Alexis Eliopoulos	10/28/2017			45	185.6	380	Shannon Nash	10/28/2017			31	193.6	468	Alexis Eliopoulos	4/20/2018			31	190.4	1229	Alexis Eliopoulos	10/28/2017
	29	197.2	441	Emily Merritt	6/19/2021			31	190.4	303	Alexis Eliopoulos	10/28/2017			21	182.2	390	Sarah Oesch	3/1/2024			45	185.6	992	Shannon Nash	10/28/2017
	25	186.9	347	Kristen Smith	2/25/2023			38	195.1	275	Linsey Eudy	6/29/2024			45	185.6	364	Shannon Nash	10/28/2017			21	182.2	880	Sarah Oesch	3/1/2024
	34	193.6	303	Promandeeep Kaur	3/21/2020			28	192	220	Jess Lemachko	8/19/2023			25	186.9	353	Kristen Smith	2/25/2023			25	186.9	860	Kristen Smith	2/25/2023
	21	182.2	300	Sarah Oesch	3/1/2024			33	189	200	Priyanka Santiago	10/22/2022			45	194	353	Heather Streible	3/18/2023			45	194	777	Heather Streible	3/18/2023
	46	190.9	292	Heather Streible	6/17/2024			40	187.2	193	Mona Espinosa	1/22/2022			34	193.6	342	Promandeeep Kaur	3/21/2020			34	193.6	771	Promandeeep Kaur	3/21/2020
	11	192.6	292	Nevaeh McIntosh	10/16/2021			21	182.2	190	Sarah Oesch	3/1/2024			44	184.7	285	Tricia Emrich	7/9/2016			44	184.7	695	Tricia Emrich	7/9/2016
	44	184.7	260	Tricia Emrich	7/9/2016			22	184.1	187	Emely Barahona	6/5/2021			32	186.3	242	Jordan Berryhill	7/22/2023			11	192.6	639	Nevaeh McIntosh	10/16/2021
	45	185.6	248	Shannon Nash	10/28/2017			45	194	187	Heather Streible	3/19/2023			45	194.9	237	Kelly Jeffries	2/25/2023			45	194.9	595	Kelly Jeffries	2/25/2023
	32	186.3	226	Jordan Berryhill	7/22/2023			44	197.8	187	Carla Akers	4/20/2018			11	192.6	231	Nevaeh McIntosh	10/16/2021			32	186.3	579	Jordan Berryhill	7/22/2023
100kg/220.25lbs						100kg/220.25lbs							100kg/220.25lbs									100kg/220.25lbs				
	29	206.1	463	Jessica Hoxie	5/22/2021			29	213.6	237	Jessica Hoxie	3/5/2022			29	213.6	424	Jessica Hoxie	3/5/2022			28	206.1	1102	Jessica Hoxie	5/22/2021
	44	209.4	424	Anika Harper	4/13/2024			31	215.2	215	Megan Geiger	5/4/2024			31	215.2	408	Megan Geiger	5/4/2024			31	215.2	981	Anika Harper	4/13/2024
	31	215.2	358	Megan Geiger	5/4/2024			12	218.1	204	Nevaeh McIntosh	5/6/2023			34	207.7	380	Crystal Prather	10/22/2022			44	209.4	905	Anika Harper	4/13/2024
	12	218.1	325	Nevaeh McIntosh	5/6/2023			45	219.1	204	Carla Akers	10/27/2018			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			30	210.5	187	Haley Shields	10/21/2023			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			46	212.8	185	Heather Streible	3/1/2024			37	213.8	342	Brett Sexton	10/12/2019			12	218.1	805	Nevaeh McIntosh	5/6/2023
	46	212.8	275	Heather Streible	3/1/2024			32	216.5	171	Rachel Massey	6/11/2022			55	217.6	335	Janet Martin	3/1/2024			37	211.4	771	Trisha Crisman	8/25/2018
	46	211	259	Renee Turner	6/17/2023			31	206.4	165	Delena Maynard	4/28/2024			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			46	211	165	Renee Turner	6/17/2023			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			41	213	165	Gina Woolard	3/5/2022			46	211	287	Renee Turner	6/17/2023			42	209.2	623	Christina Lauffer	6/19/2021
110kg/242.5lbs						110kg/242.5lbs							110kg/242.5lbs									110kg/242.5lbs				
	42	240.3	408	Katy Silvers	7/22/2023			24	230.6	231	Maddy Webster	3/18/2023			50	240	400	Yiander Ross	1/21/2017			42	240.3	987	Katy Silvers	7/22/2023
	29	228.8	380	Brittany Berryhill	12/19/2020			50	240	215	Yiander Ross	1/21/2017			42	240.3	397	Katy Silvers	7/22/2023			50	240	955	Yiander Ross	1/21/2017
	50	240	340	Yiander Ross	1/21/2017			29	228.8	204	Brittany Berryhill	12/19/2020			34	234.3	375	Jessie Hunt	4/24/2021			29	228.8	942	Brittany Berryhill	12/19/2020
	13	239.8	335	Nevaeh McIntosh	3/1/2024			42	241.2	193	Katy Silvers	4/13/2024			29	228.8	358	Brittany Berryhill	12/19/2020			34	234.3	882	Jessie Hunt	4/24/2021
	34	234.3	325	Jessie Hunt	4/24/2021			33	223.8	190	Melissa Shade	6/2/2018			13	239.8	305	Nevaeh McIntosh	3/1/2024			13	239.8	830	Nevaeh McIntosh	3/1/2024
								13	239.8	190	Nevaeh McIntosh	3/1/2024														
								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														
								50	229	143	Janet Martin	5/11/2019														
110+kg/242.6+lbs						110+kg/242.6+lbs							110+kg/242.6+lbs									110+kg/242.6+lbs				
	29	294.9	485	Alex Wilson-McKenzie	10/22/2022			42	261.5	270	Hollie Sands	10/12/2019			29	294.9	452	Alex Wilson-McKenzie	10/22/2022			29	294.9	1185	Alex Wilson-McKenzie	10/22/2022
	24	255	408	Lindsay Finch	5/6/2023			29	294.9	248	Alex Wilson-McKenzie	10/22/2022			40	276	375	Katy Silvers	9/18/2021			24	255	948	Lindsay Finch	5/6/2023
	37	285.2	386	Kimberly Soracco	5/11/2024			14	244.5	237	Nevaeh McIntosh	7/27/2024			24	255	364	Lindsay Finch	5/6/2023			40	276	920	Katy Silvers	9/18/2021
	14	244.5	375	Nevaeh McIntosh	7/27/2024			40	272.2	226	Andrea Willis	6/19/2021			34	250	336	Tarra Farnham	5/22/2021			14	244.5	904	Nevaeh McIntosh	7/27/2024
	40	276	375	Katy Silvers	9/18/2021			23	262.8	193	Shauntrice Lilley	12/4/2021			37	285.2	320	Kimberly Soracco	5/11/2024			37	285.2	843	Kimberly Soracco	5/11/2024
	34	250	308	Tarra Farnham	5/22/2021			29	273.8	182	Mary-Ann Ricks	3/5/2022			19	278.2	308	Meredith Arnold	4/24/2021			34	250	782	Tarra Farnham	5/22/2021
	36	282.2	270	Beth Mockbee	1/21/2023			33	308.6	182	Angela Dunn	7/22/2023			36	282.2	303	Beth Mockbee	1/21/2023			36	282.2	727	Beth Mockbee	1/21/2023
	19	278.2	242	Meredith Arnold	4/24/2021			54	243.2	176	Shari Wofford	6/9/2018			14	244.5	292	Nevaeh McIntosh	7/27/2024			19	278.2	700	Meredith Arnold	4/24/2021
	40	271	198	Ann McManus	12/9/2023			22	330.2	175	Lashonda Zander	6/2/2018			40	271	281	Ann McManus	12/9/2023			40	271	612	Ann McManus	12/9/2023
								53	251	171	Janet Martin	10/22/2022														

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
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
	20	161.6	187	Sarah Oesch	3/18/2023
82.5kg/181.7lbs					

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
52kg/114.5lbs					
	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 Sarks	4/23/2022
	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 Ruffledge	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
	20	144.6	121	Everette Sherrill	7/22/2023
	23	145	116	Delaney Fish	6/10/2017
	23	148.6	110	Courtney Fox	7/22/2023
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	Candace 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	Ivanna Guzman	4/22/2017
82.5kg/181.7lbs					

365 STRONG WORLD RANKINGS					
RAW CLASSIC					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date
67.5kg/148.7lbs					
	21	138.2	320	Anya Kalnins	9/18/2021
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
82.5kg/181.7lbs					

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
	20	161.6	623	Sarah Oesch	3/18/2023
82.5kg/181.7lbs					

