

**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 (EP) once they use Single-Ply lifting attire  
 GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 1/25/2025

**FEMALE RAW OVERALL LEADERS**

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) SQUAT				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name Date
44kg/97lbs	13	86	132	<b>Alexandra Reis</b> 1/21/2023
48kg/105.7lbs	14	105.4	138	<b>Adalee Moss</b> 1/11/2025
			121	Carmen Trivette 10/16/2021
52kg/114.5lbs	46	112.3	259	<b>Missy Taylor</b> 4/24/2021
			250	Elena Lopez 6/22/2018
56kg/123.5lbs	48	122.4	314	<b>Missy Taylor</b> 5/6/2023
			281	Isabella Sarkis 1/24/2021
60kg/132.2lbs	30	130.7	320	<b>Morgan Long</b> 10/19/2024
			320	Kristin Kiltica 7/10/2021
67.5kg/148.7lbs	29	141.8	386	<b>Morgan Long</b> 5/6/2023
			359	Emily Lilly 5/6/2023
75kg/165.2lbs	44	159	380	<b>Emily Lilly</b> 10/21/2023
			353	Courtney Fox 11/23/2024

365 STRONG WORLD RANKINGS				
RAW BENCH PRESS				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name Date
44kg/97lbs	15	97	83	<b>Bella-Grace Meadows</b> 4/1/2023
			71	Alexandra Reis 1/21/2023
48kg/105.7lbs	55	98	132	<b>Nina Kiuru</b> 7/30/2022
			110	Stephanie Washington 7/10/2021
52kg/114.5lbs	46	111.8	182	<b>Missy Taylor</b> 4/23/2022
			132	Amber Malchow 10/28/2017
56kg/123.5lbs	48	122.4	205	<b>Missy Taylor</b> 5/6/2023
			175	Dawn Bogart 4/9/2016
60kg/132.2lbs	28	132.2	242	<b>Courtney Norris</b> 8/12/2017
			231	Missy Taylor 7/27/2024
67.5kg/148.7lbs	29	140.4	242	<b>Morgan Long</b> 10/21/2023
			221	Emily Lilly 3/4/2023
75kg/165.2lbs	30	153	253	<b>Morgan Long</b> 6/29/2024
			242	Emily Lilly 10/21/2023

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) DEADLIFT				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name Date
44kg/97lbs	13	86	204	<b>Alexandra Reis</b> 1/21/2023
			132	Kambree Williamson 11/19/2023
48kg/105.7lbs	55	98	237	<b>Nina Kiuru</b> 7/30/2022
			193	Adalee Moss 1/11/2025
52kg/114.5lbs	46	112.3	303	<b>Amber Malchow</b> 10/28/2017
			275	Missy Taylor 4/24/2021
56kg/123.5lbs	48	122.4	331	<b>Missy Taylor</b> 5/6/2023
			320	Isabella Sarkis 4/23/2022
60kg/132.2lbs	30	130.7	408	<b>Morgan Long</b> 10/19/2024
			369	Barbara Morales 1/29/2023
67.5kg/148.7lbs	29	141.8	435	<b>Morgan Long</b> 5/6/2023
			402	Alexandra McClain 8/24/2024
75kg/165.2lbs	34	163.4	424	<b>Kendra Danzer</b> 4/20/2018
			402	Morgan Long 8/29/2024

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) TOTAL				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Lbs	Name Date
44kg/97lbs	13	86	386	<b>Alexandra Reis</b> 1/21/2023
48kg/105.7lbs	14	105.4	408	<b>Adalee Moss</b> 1/11/2025
			369	Nina Kiuru 7/30/2022
52kg/114.5lbs	46	112.3	694	<b>Missy Taylor</b> 4/24/2021
			650	Amber Malchow 10/28/2017
56kg/123.5lbs	48	122.4	854	<b>Missy Taylor</b> 5/6/2023
			755	Becca Dixon 3/10/2018
60kg/132.2lbs	30	130.7	959	<b>Morgan Long</b> 10/19/2024
			855	Dawn Bogart 7/9/2016
67.5kg/148.7lbs	29	141.8	1064	<b>Morgan Long</b> 5/6/2023
			955	Emily Lilly 5/6/2023
75kg/165.2lbs	44	159	1003	<b>Emily Lilly</b> 10/21/2023
			997	Morgan Long 6/29/2024



















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		33	104.3	<b>193</b>	<b>Stephanie Washington</b>	7/10/2021	48kg/105.7lbs		33	104.3	<b>110</b>	<b>Stephanie Washington</b>	7/10/2021	48kg/105.7lbs		33	104.3	<b>226</b>	<b>Stephanie Washington</b>	7/10/2021	48kg/105.7lbs		33	104.3	<b>529</b>	<b>Stephanie Washington</b>	7/10/2021		
56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs						56kg/123.5lbs					
60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs						60kg/132.2lbs					
67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs						67.5kg/148.7lbs					
75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs						75kg/165.2lbs					
82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs						82.5kg/181.7lbs					
90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs						90kg/198.2lbs					

### FEMALE MASTERS (Gear Listed)

#### 365 STRONG WORLD RANKINGS SQUAT - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					

#### 365 STRONG WORLD RANKINGS BENCH - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					

#### 365 STRONG WORLD RANKINGS DEADLIFT - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					

#### 365 STRONG WORLD RANKINGS TOTAL - EQUIPMENT NOTED

Female - Masters					
Weight Class	Age	Wgt	Lbs	Name	Date
48kg/105.7lbs					
52kg/114.5lbs					
56kg/123.5lbs					
60kg/132.2lbs					
67.5kg/148.7lbs					



MP	45-49	46	198.7	650	Shelley Yates	4/23/2022	MP	45-49	46	198.7	375	Shelley Yates	4/23/2022	MP	45-49	45	216	452	Shelley Yates	10/17/2020	MP	45-49	45	216	1345	Shelley Yates	10/17/2020
RC	40-44	44	209.4	424	Anika Harper	4/13/2024	SP	40-44	43	215.4	270	Anika Harper	7/22/2023	RC	40-44	41	216.5	402	Anika Harper	7/24/2021	RC	40-44	44	209.4	909	Anika Harper	4/13/2024
R	40-44	41	213	347	Gina Woolard	3/5/2022	R	45-49	45	219.1	204	Carla Akers	10/27/2018	RC	45-49	46	212.8	355	Heather Strebile	3/1/2024	R	40-44	41	213	865	Gina Woolard	3/5/2022
R	45-49	45	219.1	330	Carla Akers	10/27/2018	R	45-49	46	212.8	185	Heather Strebile	3/1/2024	R	40-44	41	213	353	Gina Woolard	3/5/2022	R	45-49	45	219.1	885	Carla Akers	10/27/2018
RC	45-49	46	212.8	275	Heather Strebile	3/1/2024	R	45-49	46	211	165	Renee Turner	6/17/2023	R	40-44	43	214.5	353	Anika Harper	5/6/2023	RC	45-49	46	211	689	Renee Turner	6/17/2023
R	45-49	47	214.3	264	Barbara VanVliet	11/11/2023	R	40-44	41	213	165	Gina Woolard	3/5/2022	R	55-59	55	217.6	335	Janet Martin	10/27/2018	RC	45-49	47	214.3	697	Barbara VanVliet	11/11/2023
RC	45-49	46	211	259	Renee Turner	6/19/2021	R	40-44	42	214.5	149	Christy Owens	4/23/2022	R	45-49	45	219.1	330	Carla Akers	10/27/2018	RC	40-44	42	209.2	623	Christina Lauffer	6/19/2021
R	40-44	42	201.6	220	Christy Owens	12/18/2021	R	40-44	44	209.4	143	Anika Harper	4/13/2024	RC	40-44	42	209.2	303	Christina Lauffer	6/19/2021	R	40-44	42	201.6	590	Christy Owens	12/18/2021
RC	40-44	42	209.2	187	Christina Lauffer	6/19/2021	R	50-54	54	215.8	143	Janet Martin	10/21/2023	R	45-49	47	214.3	297	Barbara VanVliet	11/11/2023	R	40-44	41	204.2	408	Tiffany Meadows	6/17/2023
R	40-44	41	204.2	154	Tiffany Meadows	6/17/2023	R	55-59	55	217.6	135	Janet Martin	3/1/2024	RC	45-49	46	211	287	Renee Turner	6/17/2023							
							R	40-44	42	209.2	132	Christina Lauffer	6/19/2021	R	40-44	42	201.6	237	Christy Owens	12/18/2021							
							R	45-49	47	214.3	195	Barbara VanVliet	11/11/2023	R	40-44	41	204.2	182	Tiffany Meadows	6/17/2023							
110kg/242.5lbs							110kg/242.5lbs							110kg/242.5lbs							110kg/242.5lbs						
RC	40-44	42	240.3	408	Katy Silvers	7/22/2023	R	50-54	50	240	215	Ylander Ross	1/21/2017	R	40-44	44	229.3	402	Kimberly Dorton	10/21/2023	RC	40-44	42	240.3	987	Katy Silvers	7/22/2023
RC	50-54	50	240	340	Ylander Ross	1/21/2017	R	40-44	42	241.2	193	Katy Silvers	4/13/2024	R	40-44	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							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	Shari Wofford	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	WGTCL
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	8/11/2024	132
T2	R	17	126.2	37.5	Antia Sannicandro	8/19/2023	132
T3	R	18	127.6	40	Sophia Drury	10/16/2024	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	129.6	60	JoJo Brasseaux	10/21/2023	132
Open	R	28	132	45	Shannon Mitchell	5/18/2024	132
M2	R	46	137	50	Alysha Hayes	6/5/2021	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
Open	R	31	147.3	65	MacKenzie Riddleout	5/4/2024	148
Open	R	25	136.1	40	Isabella Tully	5/18/2024	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Crystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
M6	R	68	159.2	65	Maureen Clary	7/27/2024	165
JR	R	21	180.3	80	Sarah Oesch	4/28/2024	181
T3	R	19	175.3	55	Gabriella Drury	10/19/2024	181
Open	R	32	179.8	75	Cleara Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M5	R	63	179.5	95	Gloria Knight-NcNeil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M2	R	45	173.8	91	Heather Strebile	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
MPF	R	39	178	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/5/2021	181
M4	R	59	170.6	60	Naida Newton	3/5/2022	181
M2	R	48	184.7	60	Mandy Salt-Sparrow	2/10/2024	198
M4	R	58	191.9	65	Shelly Moore	1/25/2023	198
M1	R	40	187.2	85	Mona Espinosa	1/23/2023	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	Gear	Age	Wgt	Name	Date	WgtL	Reps
M6	R	68	165	Maureen Clary			
				BENCH	10/19/2024	80	28
				DEADLIFT	10/19/2024	140	10
				STRICT CURL	10/19/2024	35	30
				CHEAT CURL	10/19/2024	65	20