

365 Strong World Powerlifting Federation
Current **TOP TEN "Tested" Female World Ranking**

World Leaders in Yellow

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

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

DATE: 7/5/2024

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) SQUAT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	132	Alessandra Reis	1/21/2023
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
	19	112.4	165	McKenna Wright	6/17/2023
	72	106.3	154	Linda Costello	4/23/2022
	13	111.3	154	Carmen Trivette	10/22/2022
	62	108.2	149	Sue Ann Hurlbert	10/21/2023
	65	107.4	143	Pam Fisher	5/18/2024
	13	112.8	116	Makayla Van Meter	2/20/2021
56kg/123.5lbs					
	48	122.4	314	Missy Taylor	5/6/2023
	23	123	281	Isabella Sarkis	12/4/2021
	19	123.4	275	Becca Dison	3/10/2018
	29	123.5	248	Krystal Scott	8/12/2017
	19	118.4	242	Olivia Pasin	11/19/2022
	20	120.6	220	Emily Gaiser	7/10/2021
	31	123	209	Meredith Ward	3/9/2019
	28	122.8	204	Shantell Hawkins	9/7/2019
	31	122.8	187	Heidi Schuck	6/19/2021
	54	119.6	182	Lisa Baker	12/19/2020
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
	22	127.4	259	Emily Gaiser	9/17/2022
	26	126	248	Barbara Morales	12/9/2023
	28	128.8	248	April Rainey	2/25/2023
	24	128.1	242	Liz Micovich	9/18/2021
67.5kg/148.7lbs					
	43	147.5	359	Emily Lilly	5/6/2023
	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
	41	143.3	292	Mona Hope	1/20/2024
	20	144.6	292	Everette Sherrill	7/22/2023
	31	147.3	286	MacKenzie Rideout	5/4/2024
	33	137.2	270	Domoni Alexander	10/28/2017
	53	139.1	270	Yvette Bushard	10/16/2021
	35	148.4	265	Jessica Loden	5/18/2024
75kg/165.2lbs					
	44	159	380	Emily Lilly	10/21/2023
	23	164.6	336	Candace Locklear	3/10/2018
	24	156.7	314	Courtney Fox	5/18/2024
	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

365 STRONG WORLD RANKINGS					
RAW BENCH PRESS					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	15	97	83	Bella-Grace Meadows	4/1/2023
	13	86	71	Alessandra Reis	1/21/2023
48kg/105.7lbs					
	55	98	132	Nina Kiuru	7/30/2022
	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 Cornell	8/12/2017
	34	114	121	Lindsey Seamons	6/29/2019
	27	111.5	116	Nykhia Garland	10/17/2020
	63	111.1	108	Sue Ann Hurlbert	2/10/2024
	13	111.3	99	Carmen Trivette	10/22/2022
	37	111.3	99	Tiffany Bellamy	4/22/2017
	13	112.8	99	McKayla Van Meter	2/20/2021
	21	108.3	94	Racquel Wilson	10/16/2021
56kg/123.5lbs					
	48	122.4	209	Missy Taylor	5/6/2023
	42	121.8	175	Dawn Bogart	4/9/2016
	19	123.4	160	Becca Dison	1/21/2017
	32	122.8	155	Tiffany Faulkner	1/21/2017
	29	123	154	Krystal Scott	10/28/2017
	19	118.4	149	Olivia Pasin	11/19/2022
	31	120.4	138	Meredith Ward	4/20/2018
	20	120.6	132	Emily Gaiser	7/10/2021
	29	122	132	Amanda Isley	8/12/2017
	31	122.8	132	Heidi Schuck	6/19/2021
60kg/132.2lbs					
	47	127.2	180	Bela 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
	28	128.8	154	April Rainey	2/25/2023
	33	132.2	154	Amy Pierce	8/12/2017
	33	131.2	149	Meredith Ward	6/13/2020
	27	128	145	Nadia Zebouni	7/9/2016
	25	125	145	Caitlin Cardone	4/9/2016
	22	127.4	143	Emily Gaiser	9/17/2022
67.5kg/148.7lbs					
	43	147.1	231	Emily Lilly	3/4/2023
	27	144.2	200	Courtney Norris	7/9/2016
	29	144.4	182	Leslie Kutner	11/9/2019
	21	138.3	178	Anya Kalinis	9/18/2021
	30	143.5	176	Maria Ackley	11/11/2023
	20	138	171	Hanna Young	4/20/2018
	28	146	171	Brittany Vinsett	7/24/2021
	27	143.8	165	Taylor Jackson	5/11/2019
	48	145.3	165	Alysha Hayes	1/22/2022
	33	137.2	160	Domoni Alexander	10/28/2017
75kg/165.2lbs					
	44	159	242	Emily Lilly	10/21/2023
	26	164.5	231	Kari DeShazo	11/21/2020
	52	162.3	217	Tammy Deloatch	11/9/2019
	34	160.2	182	Ali Heironimus	9/17/2022
	57	165.2	178	Cherie Goldsmith	4/1/2023
	19	150.4	176	Sarah Oesch	6/11/2022

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) DEADLIFT					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	204	Alessandra Reis	1/21/2023
	9	63.8	132	Kambree Williamson	11/19/2022
	9	69.4	78	Alaina Allsbrook	5/27/2023
48kg/105.7lbs					
	55	98	237	Nina Kiuru	7/30/2022
	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
	65	107.4	242	Pam Fisher	6/2/2018
	22	111.6	240	Elena Lopez	6/2/2018
	19	112.4	237	McKenna Wright	6/17/2023
	14	114	226	Carmen Trivette	5/6/2023
	62	110.7	224	Sue Ann Hurlbert	7/22/2023
	72	106.3	220	Linda Costello	4/23/2022
	20	108	220	Maggie Parsons	4/22/2017
	13	112.8	220	Makayla Van Meter	2/20/2021
56kg/123.5lbs					
	48	122.4	331	Missy Taylor	5/6/2023
	23	122.8	320	Isabella Sarkis	4/23/2022
	19	123.4	320	Becca Dison	3/10/2018
	31	123	314	Meredith Ward	3/9/2019
	32	122.8	305	Tiffany Faulkner	1/21/2017
	20	120.6	286	Emily Gaiser	7/10/2021
	19	118.4	281	Olivia Pasin	11/19/2022
	29	123.5	281	Krystal Scott	8/12/2017
	28	122.8	259	Shantell Hawkins	9/7/2019
	31	122.8	253	Heidi Schuck	6/19/2021
60kg/132.2lbs					
	26	126	369	Barbara Morales	12/9/2023
	28	129.4	347	Leslie Kutner	4/20/2018
	25	132	342	Kristin Kitlica	7/10/2021
	26	128.4	340	Whitney Myers	6/2/2018
	22	127.4	325	Emily Gaiser	9/17/2022
	27	128	325	Nadia Zebouni	7/9/2016
	28	128.8	320	April Rainey	2/25/2023
	25	125	315	Caitlin Cardone	4/9/2016
	47	127.2	315	Bela Ghosh	6/11/2016
	33	132.2	308	Amy Pierce	8/12/2017
67.5kg/148.7lbs					
	29	144.4	380	Leslie Kutner	11/9/2019
	43	147.5	369	Emily Lilly	5/6/2023
	20	138	364	Hanna Young	4/20/2018
	30	143.5	347	Maria Ackley	11/11/2023
	36	139.4	336	LaDetra Cole	10/29/2022
	33	143.5	336	Carmen Florian	3/9/2019
	29	145.1	336	Angelia Pineiro	11/11/2023
	25	135.2	331	Evelyn Lyon	9/30/2017
	31	147.3	331	MacKenzie Rideout	5/4/2024
	41	143.3	320	Mona Hope	1/20/2024
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
	44	159	380	Emily Lilly	10/21/2023
	34	159.4	380	Deborah Omolewu	4/20/2018
	37	162.3	369	Lauren White	11/19/2022

365 STRONG WORLD RANKINGS					
RAW (Knee Sleeves) TOTAL					
FEMALE - OPEN					
Wgt Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
	13	86	386	Alessandra Reis	1/21/2023
48kg/105.7lbs					
	55	98	369	Nina Kiuru	7/30/2022
	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
	19	112.4	485	McKenna Wright	6/17/2023
	13	111.3	474	Carmen Trivette	10/22/2022
	63	111.1	472	Sue Ann Hurlbert	2/10/2024
	20	108	469	Maggie Parsons	11/19/2016
	65	107.4	463	Pam Fisher	5/18/2024
	72	106.3	457	Linda Costello	4/23/2022
	13	112.8	435	Makayla Van Meter	2/20/2021
56kg/123.5lbs					
	48	122.4	854	Missy Taylor	5/6/2023
	19	123.4			

FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS					
SQUAT - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	176	Sally Lloyd	6/10/2017
	35	123	143	Alisha Zornes	3/21/2020
60kg/132.2lbs	36	129.4	204	Cara Jo	10/21/2023
67.5kg/148.7lbs	35	148.4	265	Jessica Loden	5/18/2024
	39	144.8	264	Amy Daugherty	5/22/2021
	37	144	237	Lorena Fernandez	9/18/2021
	35	148.2	226	Andrea Fox	3/10/2018
	35	148	225	Desiree Savarese	1/21/2017
	36	139.4	215	LaDetra Cole	10/29/2022
	38	141.4	215	Kelian Hagerty	4/22/2017
	37	146.1	215	Vanessa Westbrook	12/17/2022
	37	146.8	215	Kelly Brant	9/7/2019
75kg/165.2lbs	35	157	270	Jessica Loden	2/10/2024
	39	163.6	265	Reyhan Roybal	7/15/2017
	37	162.3	264	Lauren White	11/19/2022
	35	154.8	253	LaDetra Cole	3/5/2022
	39	165	143	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	303	Lay Kaahu	8/12/2017
	39	170	264	Ivana Smith	7/10/2021
	37	173.1	231	Vanessa Westbrook	6/25/2022
	39	178.2	220	Pamela Buskirk	3/5/2022
	38	168	204	Katie McMinn	1/22/2022
	36	174.6	149	Lydia Braspenning	6/9/2024
90kg/198.2lbs	35	197.5	209	Valerie Ryan	12/17/2022
100kg/220.25lbs	35	216.3	303	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	226	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	314	Allison Busby	10/21/2023

365 STRONG WORLD RANKINGS					
BENCH - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	99	Sally Lloyd	6/10/2017
60kg/132.2lbs	36	129.4	99	Cara Jo	10/21/2023
67.5kg/148.7lbs	37	146.1	160	Vanessa Westbrook	12/17/2022
	35	148.4	160	Jessica Loden	5/18/2024
	38	141.4	154	Kelian Hagerty	4/22/2017
	37	144	149	Lorena Fernandez	9/18/2021
	36	146.5	149	Krista Causey	2/20/2021
	37	146.8	149	Kelly Brant	9/7/2019
	35	148.2	149	Andrea Fox	3/10/2018
	35	148	140	Desiree Savarese	1/21/2017
	39	144.8	138	Amy Daugherty	5/22/2021
75kg/165.2lbs	39	164.4	237	Reyhan Roybal	4/20/2018
	35	157	170	Jessica Loden	2/10/2024
	36	165.1	165	Jennifer Broome	10/27/2018
	37	162.3	154	Lauren White	11/19/2022
	35	163.8	149	Vanessa Westbrook	7/10/2021
	35	154.8	138	LaDetra Cole	3/5/2022
	39	165	88	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	182	Lay Kaahu	8/12/2017
	38	181	165	Natalie Mayfield	11/19/2016
	39	170	160	Ivana Smith	7/10/2021
	36	181	154	Kelley Spohrer	8/12/2017
	37	173.1	149	Vanessa Westbrook	6/25/2022
	38	168	143	Katie McMinn	1/22/2022
	39	174.4	132	Pamela Buskirk	7/24/2021
	36	174.6	94	Lydia Braspenning	6/9/2024
	38	181.6	94	Amber Jenkins	6/10/2017
90kg/198.2lbs	37	198	248	Linsey Eudy	10/21/2023
	35	197.5	127	Valerie Ryan	12/17/2022
100kg/220.25lbs	37	211.4	154	Trisha Crisman	8/25/2018
	37	213.8	154	Brett Sexton	10/12/2019
	35	216.3	149	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	215	Allison Busby	10/21/2023
	39	268.8	160	Katy Silvers	12/19/2020
	36	263.7	127	Beth Mockbee	4/18/2022

365 STRONG WORLD RANKINGS					
DEADLIFT - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	248	Sally Lloyd	6/10/2017
60kg/132.2lbs	36	129.4	253	Cara Jo	10/21/2023
67.5kg/148.7lbs	36	139.4	336	LaDetra Cole	10/29/2022
	35	148.2	319	Andrea Fox	3/10/2018
	38	141.4	309	Kelian Hagerty	4/22/2017
	39	144.8	303	Amy Daugherty	5/22/2021
	37	146.8	303	Kelly Brant	9/7/2019
	35	148.4	303	Jessica Loden	5/18/2024
	35	148	290	Desiree Savarese	1/21/2017
	37	144	281	Lorena Fernandez	9/18/2021
	37	146.1	275	Vanessa Westbrook	12/17/2022
75kg/165.2lbs	35	154.8	380	LaDetra Cole	3/5/2022
	37	162.3	369	Lauren White	11/19/2022
	39	163.6	342	Reyhan Roybal	7/15/2017
	35	157	297	Jessica Loden	2/10/2024
	39	165	232	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	419	Lay Kaahu	8/12/2017
	37	173.1	325	Vanessa Westbrook	6/25/2022
	39	178.2	286	Pamela Buskirk	3/5/2022
	38	168	281	Katie McMinn	1/22/2022
	39	170	253	Ivana Smith	7/10/2021
	36	174.6	237	Lydia Braspenning	6/9/2024
90kg/198.2lbs	35	197.5	314	Valerie Ryan	12/17/2022
100kg/220.25lbs	35	216.3	364	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	253	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	375	Allison Busby	10/21/2023

365 STRONG WORLD RANKINGS					
TOTAL - RAW					
Female - Sub-Masters					
56kg/123.5lbs	36	123	524	Sally Lloyd	6/10/2017
60kg/132.2lbs	36	129.4	551	Cara Jo	10/21/2023
67.5kg/148.7lbs	35	148.4	727	Jessica Loden	5/18/2024
	39	144.8	705	Amy Daugherty	5/22/2021
	35	148.2	694	Andrea Fox	3/10/2018
	38	141.4	678	Kelian Hagerty	4/22/2017
	36	139.4	667	LaDetra Cole	10/29/2022
	37	144	667	Lorena Fernandez	9/18/2021
	37	146.8	667	Kelly Brant	9/7/2019
	35	148	655	Desiree Savarese	1/21/2017
	37	146.1	650	Vanessa Westbrook	12/17/2022
75kg/165.2lbs	39	163.6	821	Reyhan Roybal	7/15/2017
	37	162.3	788	Lauren White	11/19/2022
	35	154.8	772	LaDetra Cole	3/5/2022
	35	157	738	Jessica Loden	2/10/2024
	39	165	463	Amber Jenkins	6/9/2018
82.5kg/181.7lbs	38	175	904	Lay Kaahu	8/12/2017
	37	173.1	705	Vanessa Westbrook	6/25/2022
	39	170	678	Ivana Smith	7/10/2021
	38	168	628	Katie McMinn	1/22/2022
	36	174.6	479	Lydia Braspenning	6/9/2024
90kg/198.2lbs	35	197.5	628	Valerie Ryan	12/17/2022
100kg/220.25lbs	35	216.3	805	Crystal Prather	6/17/2023
110kg/242.5lbs	37	236.5	634	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs	38	253.5	893	Allison Busby	10/21/2023

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	204	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	36	147.7	264	Chelsea Bolton	1/21/2023
	36	146.5	231	Krista Causey	2/20/2021

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	99	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	37	146.1	160	Vanessa Westbrook	12/17/2022
	35	148.4	160	Jessica Loden	5/18/2024
	38	141.4	154	Kelian Hagerty	4/22/2017
	37	144	149	Lorena Fernandez	9/18/2021
	36	146.5	149	Krista Causey	2/20/2021
	37	146.8	149	Kelly Brant	9/7/2019
	35	148.2	149	Andrea Fox	3/10/2018
	35	148	140	Desiree Savarese	1/21/2017

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	248	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	36	147.7	270	Chelsea Bolton	1/21/2023
	36	146.5	264	Krista Causey	2/20/2021

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs	37	111.2	551	Tiffany Bellamy	4/22/2017
67.5kg/148.7lbs	36	147.7	661	Chelsea Bolton	1/21/2023
	36	146.5	644	Krista Causey	2/20/2021

75kg/165.2lbs					
Age	Wgt	Lbs	Name	Date	
39	164.4	358	Reyhan Roybal	4/20/2018	
36	165.1	276	Jennifer Broome	10/27/2018	
35	163.8	231	Vanessa Westbrook	7/10/2021	
82.5kg/181.7lbs					
Age	Wgt	Lbs	Name	Date	
36	181	369	Kelley Spohrer	8/12/2017	
38	181	309	Natalie Mayfield	11/19/2016	
38	181.6	132	Amber Jenkins	6/10/2017	
90kg/198.2lbs					
Age	Wgt	Lbs	Name	Date	
35	194.2	198	Alexandra Rasmussen	9/16/2023	
100kg/220.25lbs					
Age	Wgt	Lbs	Name	Date	
36	216.2	320	Crystal Prather	3/1/2024	
37	211.4	303	Trisha Crisman	8/25/2018	
37	213.8	253	Brett Sexton	10/12/2019	
110kg/242.5lbs					
Age	Wgt	Lbs	Name	Date	
39	268.8	309	Katy Silvers	12/19/2020	
36	282.2	270	Beth Mockbee	1/21/2023	

75kg/165.2lbs					
Age	Wgt	Lbs	Name	Date	
39	164.4	237	Reyhan Roybal	4/20/2018	
35	157	170	Jessica Loden	2/10/2024	
36	165.1	165	Jennifer Broome	10/27/2018	
37	162.3	154	Lauren White	11/19/2022	
35	163.8	149	Vanessa Westbrook	7/10/2021	
35	154.8	138	LaDeira Cole	3/5/2022	
39	165	88	Amber Jenkins	6/9/2018	
82.5kg/181.7lbs					
Age	Wgt	Lbs	Name	Date	
38	175	182	Lay Kaahu	8/12/2017	
38	181	165	Natalie Mayfield	11/19/2016	
39	170	160	Ivana Smith	7/10/2021	
36	181	154	Kelley Spohrer	8/12/2017	
37	173.1	143	Vanessa Westbrook	6/25/2022	
38	168	149	Katie McMinn	1/22/2022	
39	174.4	132	Pamela Buskirk	7/24/2021	
36	174.6	94	Lydia Braspenning	6/9/2024	
38	181.6	94	Amber Jenkins	6/10/2017	
90kg/198.2lbs					
Age	Wgt	Lbs	Name	Date	
37	198	248	Linsey Eudy	10/21/2023	
35	194.2	110	Alexandra Rasmussen	9/16/2023	
100kg/220.25lbs					
Age	Wgt	Lbs	Name	Date	
36	216.2	160	Crystal Prather	3/1/2024	
37	211.4	154	Trisha Crisman	8/25/2018	
37	213.8	154	Brett Sexton	10/12/2019	
110kg/242.5lbs					
Age	Wgt	Lbs	Name	Date	
37	236.5	154	Naimah Abdullah	6/5/2021	
110+kg/242.6+lbs					
Age	Wgt	Lbs	Name	Date	
38	253.5	215	Allison Busby	10/21/2023	
39	268.8	160	Katy Silvers	12/19/2020	
36	282.2	154	Beth Mockbee	1/21/2023	

75kg/165.2lbs					
Age	Wgt	Lbs	Name	Date	
39	164.4	408	Reyhan Roybal	4/20/2018	
36	165.1	347	Jennifer Broome	10/27/2018	
35	163.8	314	Vanessa Westbrook	7/10/2021	
82.5kg/181.7lbs					
Age	Wgt	Lbs	Name	Date	
36	181	419	Kelley Spohrer	8/12/2017	
38	181	347	Natalie Mayfield	11/19/2016	
38	181.6	215	Amber Jenkins	6/10/2017	
90kg/198.2lbs					
Age	Wgt	Lbs	Name	Date	
35	194.2	242	Alexandra Rasmussen	9/16/2023	
100kg/220.25lbs					
Age	Wgt	Lbs	Name	Date	
35	208.1	375	Crystal Prather	3/18/2023	
37	213.8	342	Brett Sexton	10/12/2019	
37	211.4	314	Trisha Crisman	8/25/2018	
110kg/242.5lbs					
Age	Wgt	Lbs	Name	Date	
39	268.8	347	Katy Silvers	12/19/2020	
36	282.2	303	Beth Mockbee	1/21/2023	

75kg/165.2lbs					
Age	Wgt	Lbs	Name	Date	
39	164.4	1003	Reyhan Roybal	4/20/2018	
36	165.1	788	Jennifer Broome	10/27/2018	
35	163.8	694	Vanessa Westbrook	7/10/2021	
82.5kg/181.7lbs					
Age	Wgt	Lbs	Name	Date	
36	181	942	Kelley Spohrer	8/12/2017	
38	181	821	Natalie Mayfield	11/19/2016	
38	181.6	441	Amber Jenkins	6/10/2017	
90kg/198.2lbs					
Age	Wgt	Lbs	Name	Date	
35	194.2	551	Alexandra Rasmussen	9/16/2023	
100kg/220.25lbs					
Age	Wgt	Lbs	Name	Date	
36	216.2	850	Crystal Prather	3/1/2024	
37	211.4	771	Trisha Crisman	8/25/2018	
37	213.8	749	Brett Sexton	10/12/2019	
110kg/242.5lbs					
Age	Wgt	Lbs	Name	Date	
39	268.8	816	Katy Silvers	12/19/2020	
36	282.2	727	Beth Mockbee	1/21/2023	

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
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	62	108.2	149	Sue Ann Hurlbert	10/21/2023
R	65-69	65	107.4	143	Pam Fisher	5/18/2024
R	55-59	59	108.9	105	Sue Ann Hurlbert	10/17/2020
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
RC	40-44	44	118	253	Tiffany Stone	12/9/2023
R	50-54	54	119.6	182	Lisa Baker	12/19/2020
R	55-59	56	118.6	176	Dawn Williams	7/24/2021
RC	45-49	46	118.9	160	Kathy Wilson	12/8/2018
60kg/132.2lbs						
SP	40-44	43	131.9	331	Dawn Bogart	4/22/2017
SP	50-54	54	132	331	Priscilla Pardue	4/20/2018
RC	50-54	53	132.2	308	Priscilla Pardue	10/28/2017
R	40-44	42	130	300	Dawn Bogart	7/9/2016
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
R	40-44	43	147.5	359	Emily Lilly	5/6/2023

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	112.2	160	Missy Taylor	7/24/2021
R	60-64	63	111.1	108	Sue Ann Hurlbert	2/10/2024
R	70-74	73	106.3	83	Linda Costello	4/23/2022
R	65-69	65	107.4	83	Pam Fisher	5/18/2024
R	55-59	59	108.9	83	Sue Ann Hurlbert	10/17/2020
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	40-44	44	118	127	Tiffany Stone	12/9/2023
R	55-59	56	118.6	116	Dawn Williams	7/24/2021
R	50-54	54	119.6	94	Lisa Baker	12/19/2020
R	45-49	46	118.9	88	Kathy Wilson	12/8/2018
R	60-64	62	123	66	Nina Snipes	10/21/2023
60kg/132.2lbs						
SP	40-44	43	131.9	226	Dawn Bogart	4/22/2017
R	40-44	42	130	205	Dawn Bogart	7/9/2016
R	55-59	57	131.3	185	Jami Bozzuto	10/2/2022
R	45-49	47	127.2	180	Bela Ghosh	6/11/2016
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						
MP	45-49	47	141.3	275	Melissa Smith	4/23/2022
R	40-44	43	147.1	231	Emily Lilly	3/4/2023

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	65-69	65	107.4	242	Pam Fisher	5/18/2024
R	60-64	62	110.7	224	Sue Ann Hurlbert	7/22/2023
R	70-74	73	106.3	220	Linda Costello	4/23/2022
R	55-59	59	108.9	176	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
R	45-49	47	119.5	314	Missy Taylor	10/22/2022
RC	40-44	44	118	309	Tiffany Stone	12/9/2023
SP	40-44	40	122	295	Dawn Bogart	4/22/2017
R	50-54	54	119.6	237	Lisa Baker	12/19/2020
R	55-59	56	118.6	226	Dawn Williams	7/24/2021
RC	45-49	46	118.9	187	Kathy Wilson	12/8/2018
60kg/132.2lbs						
SP	40-44	43	131.9	402	Dawn Bogart	4/22/2017
R	40-44	42	130	350	Dawn Bogart	7/9/2016
R	55-59	57	131.3	325	Jami Bozzuto	10/2/2022
R	45-49	47	127.2	315	Bela Ghosh	6/11/2016
SP	50-54	54	132	265	Priscilla Pardue	4/20/2018
RC	50-54	53	132.2	259	Priscilla Pardue	10/28/2017
RC	45-49	47	131.4	155	Angie Terry	10/29/2016
67.5kg/148.7lbs						
R	40-44	43	147.5	369	Emily Lilly	5/6/2023
MP	45-49	47	143.7	358	Melissa Smith	12/18/2021

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	60-64	63	111.1	472	Sue Ann Hurlbert	2/10/2024
R	65-69	65	107.4	463	Pam Fisher	5/18/2024
R	70-74	73	106.3	457	Linda Costello	4/23/2022
R	55-59	59	108.9	364	Sue Ann Hurlbert	10/17/2020
56kg/123.5lbs						
SP	40-44	40	122	735	Dawn Bogart	4/22/2017
R	45-49	46	117.3	733	Missy Taylor	10/16/2021
RC	40-44	44	118	689	Tiffany Stone	12/9/2023
R	55-59	56	118.6	518	Dawn	

SP	55-59	55	142.5	303	Priscilla Pardue	5/11/2019
R	40-44	41	143.3	292	Mona Hope	1/20/2024
RC	40-44	40	137.8	281	Alexandra Gray	4/15/2023
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	55-59	55	139.8	253	Yvette Bushard	5/6/2023
R	45-49	45	140	237	Gina Casper	5/27/2023
R	50-54	53	147.9	220	Sonja Drury	10/21/2023
R	40-44	41	139.9	182	Ilona Eichhorn	6/9/2024
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						
R	40-44	44	159	380	Emily Lilly	10/21/2023
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
R	40-44	41	158.1	248	Jennifer Edwards	10/21/2023
RC	50-54	54	160.6	243	Candice Maness	4/22/2017
R	50-54	53	163.8	243	Kelly Padgett	5/6/2023
R	55-59	59	159.2	226	Dawn O'Donnell	4/23/2022
R	40-44	40	160.1	226	Cindy Thompson	7/22/2023
R	50-54	51	165.1	220	Hadewij Sloopweg	6/9/2024
R	40-44	44	154.1	215	Jennifer May	5/27/2023
R	45-49	49	165	195	Tina Bush	4/9/2016
R	45-49	46	158.6	176	Melissa Lovellett	4/1/2023
R	60-64	60	162.9	132	Crystal Rhoades	10/21/2023
82.5kg/181.7lbs						
R	45-49	45	166.9	402	Emily Lilly	6/29/2024
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	45-59	49	177.2	265	Jennifer Carter	9/16/2023
R	50-54	51	181	265	Sujata Bhakat	4/20/2018
RC	45-49	45	177.7	237	Heather Streible	10/22/2022
R	55-59	59	166.9	231	Dawn O'Donnell	10/22/2022
R	45-49	48	172.6	231	Amy Kivett	6/19/2021
R	40-44	43	176.8	226	Erin Newman	5/18/2024
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	45-49	46	190.9	292	Heather Streible	6/17/2023
RC	40-44	44	184.7	260	Tricia Emrich	7/9/2016
R	45-49	48	194.7	259	Mandy Self-Sparrow	2/10/2024
RC	45-49	45	194.9	226	Kelly Jeffries	2/25/2023
R	55-59	56	183.2	190	Cathy Cranford	10/29/2016
100kg/220.25lbs						
RC	40-44	44	209.4	424	Anika Harper	4/13/2024
RC	45-49	46	212.8	275	Heather Streible	3/1/2024
R	45-49	47	214.3	264	Barbara VanVliet	11/11/2023
R	40-44	42	201.6	220	Christy Owens	12/18/2021
RC	45-49	46	205.5	209	Renee Turner	3/18/2023
RC	40-44	42	209.2	187	Christina Lauffer	6/19/2021
R	40-44	41	204.2	154	Tiffany Meadows	6/17/2023
110kg/242.5lbs						
RC	40-44	42	240.3	408	Katy Silvers	7/22/2023
RC	50-54	50	240	340	Ylander Ross	1/21/2017
R	40-44	44	229.3	325	Kimberly Dorton	10/21/2023

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	137.8	154	Alexandra Gray	4/15/2023
R	45-49	45	140	149	Gina Casper	5/27/2023
R	55-59	55	139.8	143	Yvette Bushard	5/6/2023
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	41	143.3	121	Mona Hope	1/20/2024
R	40-44	41	139.9	116	Ilona Eichhorn	6/9/2024
R	50-54	53	147.9	116	Sonja Drury	10/21/2023
75kg/165.2lbs						
SP	55-59	56	154.1	270	Candice Maness	10/27/2018
R	40-44	44	159	242	Emily Lilly	10/21/2023
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	55-59	57	165.2	178	Cherie Goldsmith	4/1/2023
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	40	160.1	160	Cindy Thompson	7/22/2023
R	40-44	41	164.8	160	Tara Peele	10/27/2018
R	40-44	41	158.1	154	Jennifer Edwards	10/21/2023
R	50-54	52	163	138	Kelly Padgett	9/17/2022
R	55-59	59	159.2	132	Dawn O'Donnell	4/23/2022
R	40-44	44	154.1	121	Jennifer May	5/27/2023
R	50-54	51	165.1	99	Hadewij Sloopweg	6/9/2024
R	60-64	60	162.9	94	Crystal Rhoades	10/21/2023
82.5kg/181.7lbs						
SP	40-44	43	177.3	253	Christina Lauffer	4/23/2022
R	45-49	45	166.9	237	Emily Lilly	6/29/2024
SP	60-64	62	169.1	215	Cindy Meeker	5/7/2023
R	60-64	63	179.5	198	Gloria Knight-McNeil	10/22/2022
R	55-59	58	176.8	182	Cherie Goldsmith	4/13/2024
R	45-49	45	178.6	176	Crystal McCullough	1/22/2022
R	45-49	49	177.2	171	Jennifer Carter	9/16/2023
R	45-49	45	177.7	165	Heather Streible	10/22/2022
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	59	166.9	132	Dawn O'Donnell	10/22/2022
R	40-44	42	171.5	127	Erin Newman	1/20/2024
R	55-59	56	175.6	127	Cindy Meeker	10/27/2018
R	55-59	57	177.3	121	Shelly Moore	6/5/2021
90kg/198.2lbs						
SP	40-44	42	190.9	237	Anika Harper	4/23/2022
R	40-44	40	187.2	193	Mona Espinosa	4/23/2022
R	45-49	45	194	187	Heather Streible	3/18/2023
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	45-49	45	194.9	132	Kelly Jeffries	2/25/2023
R	45-49	48	194.7	127	Mandy Self-Sparrow	2/10/2024
R	50-54	51	192	121	Suzanne Wolfs	6/9/2024
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	43	215.4	270	Anika Harper	7/22/2023
R	45-49	46	212.8	185	Heather Streible	3/1/2024
R	45-49	46	205.5	154	Renee Turner	3/18/2023
R	40-44	42	214.5	149	Christy Owens	4/23/2022
R	40-44	44	209.4	143	Anika Harper	4/13/2024
R	50-54	54	215.8	143	Janet Martin	10/21/2023
R	55-59	55	217.6	135	Janet Martin	3/1/2024
R	40-44	42	209.2	132	Christina Lauffer	6/19/2021
R	45-49	47	214.3	105	Barbara VanVliet	11/11/2023
R	40-44	41	204.2	72	Tiffany Meadows	6/17/2023
110kg/242.5lbs						
R	50-54	50	240	215	Ylander Ross	1/21/2017
R	40-44	42	241.2	193	Katy Silvers	4/13/2024
R	40-44	44	229.3	154	Kimberly Dorton	10/21/2023

R	40-44	41	143.3	320	Mona Hope	1/20/2024
RC	40-44	40	137.8	309	Alexandra Gray	4/15/2023
R	45-49	45	140	303	Gina Casper	5/27/2023
R	55-59	55	139.8	292	Yvette Bushard	5/6/2023
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	41	139.9	248	Ilona Eichhorn	6/9/2024
R	50-54	53	147.9	231	Sonja Drury	7/22/2023
75kg/165.2lbs						
R	40-44	44	159	380	Emily Lilly	10/21/2023
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	50-54	51	165.1	308	Hadewij Sloopweg	6/9/2024
R	50-54	53	163.8	292	Kelly Padgett	5/6/2023
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	40-44	44	154.1	275	Jennifer May	5/27/2023
R	55-59	57	154.3	270	Paige Hitt	4/23/2022
RC	50-54	54	160.6	253	Candice Maness	4/22/2017
R	40-44	41	158.1	248	Jennifer Edwards	10/21/2023
R	45-49	46	158.6	237	Melissa Lovellett	4/1/2023
R	60-64	60	162.9	165	Crystal Rhoades	10/21/2023
82.5kg/181.7lbs						
R	45-49	45	166.9	386	Emily Lilly	6/29/2024
R	45-49	45	178.6	353	Crystal McCullough	1/22/2022
R	55-59	59	166.9	331	Dawn O'Donnell	10/22/2022
RC	55-59	56	175.6	320	Cindy Meeker	10/27/2018
R	45-49	49	177.2	320	Jennifer Carter	9/16/2023
RC	45-49	45	177.7	320	Heather Streible	10/22/2022
SP	40-44	43	177.3	309	Christina Lauffer	4/23/2022
R	40-44	43	176.8	297	Erin Newman	5/18/2024
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	45-49	48	173.6	253	Marjolein Majer	6/9/2024
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
R	50-54	52	170.3	231	Marlies Bakker	6/9/2024
90kg/198.2lbs						
RC	45-49	45	194	353	Heather Streible	3/18/2023
R	40-44	42	190.9	336	Anika Harper	4/23/2022
R	40-44	44	197.8	331	Carla Akers	4/20/2018
R	45-49	48	194.7	286	Mandy Self-Sparrow	2/10/2024
RC	40-44	44	184.7	285	Tricia Emrich	7/9/2016
R	55-59	57	183.6	248	Cathy Cranford	4/20/2018
RC	45-49	45	194.9	237	Kelly Jeffries	2/25/2023
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
RC	45-49	46	212.8	355	Heather Streible	3/1/2024
RC	40-44	43	214.5	353	Anika Harper	5/6/2023
R	55-59	55	217.6	335	Janet Martin	

T1	13-15	15	173.5	94	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
					None	
Y	10-12	11	192.7	292	Nevaeh McIntosh	10/16/2021
T1	13-15	15	196.5	242	Karson Tolle	10/22/2022
T2	16-17	16	192.4	204	Alyssa Beadles	6/19/2021
100kg/220.4lbs						
Y	10-12	12	218.1	325	Nevaeh McIntosh	5/6/2023
T1	13-15	13	200.7	248	Alex Jefferson	10/17/2020
T1	13-15	14	200	237	Karson Tolle	6/11/2022
110kg/242.5lbs						
T1-RC	13-15	13	239.8	335	Nevaeh McIntosh	3/1/2024
T1	13-15	15	238.5	325	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	286	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
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	Nevaeh McIntosh	4/24/2021
T2	16-17	16	192.4	121	Alyssa Beadles	6/19/2021
T1	13-15	15	196.5	121	Karson Tolle	10/22/2022
100kg/220.4lbs						
Y	10-12	12	218.1	204	Nevaeh McIntosh	5/6/2023
T1	13-15	13	200.7	143	Alex Jefferson	10/17/2020
T1	13-15	14	200	105	Karson Tolle	6/11/2022
110kg/242.5lbs						
T1	13-15	13	239.8	190	Nevaeh McIntosh	3/1/2024
T1	13-15	15	238.5	154	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	138	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
T3	18-19	19	278.2	149	Meredith Arnold	4/24/2021

T2	16-17	16	173.8	149	Kayla McCubbins	3/6/2021
90kg/198.2lbs						
					None	
T1	13-15	15	196.5	308	Karson Tolle	10/22/2022
T2	16-17	16	192.4	286	Alyssa Beadles	6/19/2021
Y	10-12	11	192.7	231	Nevaeh McIntosh	10/16/2021
100kg/220.4lbs						
T1	13-15	13	200.7	303	Alex Jefferson	10/17/2020
T1	13-15	14	200	275	Karson Tolle	6/11/2022
Y	10-12	12	218.1	275	Nevaeh McIntosh	5/6/2023
110kg/242.5lbs						
T1	13-15	15	238.5	309	Abrie Meadows	6/17/2023
T1-RC	13-15	13	239.8	305	Nevaeh McIntosh	3/1/2024
T1	13-15	15	232.4	275	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
T3	18-19	19	278.2	309	Meredith Arnold	4/24/2021

T1	13-15	15	173.5	314	Kayla McCubbins	10/3/2020
90kg/198.2lbs						
					None	
T1	13-15	15	196.5	672	Karson Tolle	10/22/2022
Y	10-12	11	192.7	639	Nevaeh McIntosh	10/16/2021
T2	16-17	16	192.4	612	Alyssa Beadles	6/19/2021
100kg/220.4lbs						
T1	10-12	12	218.1	805	Nevaeh McIntosh	5/6/2023
T1	13-15	13	200.7	694	Alex Jefferson	10/17/2020
T1	13-15	14	200	617	Karson Tolle	6/11/2022
110kg/242.5lbs						
T1-RC	13-15	13	239.8	830	Nevaeh McIntosh	3/1/2024
T1	13-15	15	238.5	772	Abrie Meadows	6/17/2023
T1	13-15	15	232.4	689	Kennedy Green	10/12/2019
110+kg/242.5+lbs						
T3	18-19	19	278.2	700	Meredith Arnold	4/24/2021

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
	20	108	83	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
	20	144.6	292	Everette Sherrill	7/22/2023
	22	147.5	286	Abby Foy	12/19/2020
	23	148.6	264	Courtney Fox	7/22/2023
	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
	23	153.2	308	Courtney Fox	10/21/2023
	20	157.2	281	Lisha Lamb	11/19/2016
	20	158	281	Carley Bradshaw	11/19/2016
	21	157.8	275	Abby Rice	4/13/2024
	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	180.8	275	Christina Walton	7/22/2023
	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					
	23	195.1	358	Isabella Heffner	7/22/2023
	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

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	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	157.8	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
	23	164	143	Brooke Burns	7/10/2021
	20	157.2	138	Lisha Lamb	11/19/2016
	20	161.6	132	Sarah Oesch	3/18/2023
	22	161.6	132	Dani Moore	6/10/2017
	20	158	127	Carley Bradshaw	11/19/2016
82.5kg/181.7lbs					
	21	180.3	193	Sarah Oesch	4/28/2024
	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
	21	180.8	116	Christina Walton	7/22/2023
	23	170	110	Savannah Moon	1/22/2022
90kg/198.2lbs					
	21	182.2	190	Sarah Oesch	3/1/2024
	22	184.1	187	Emely Barahona	6/5/2021
	23	195.1	171	Isabella Heffner	7/22/2023
	22	195.6	170	Kelly Benson	10/29/2016

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
	20	144.6	292	Everette Sherrill	7/22/2023
	22	147.5	292	Abby Foy	12/19/2020
	23	148.6	264	Courtney Fox	7/22/2023
	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
	23	153.2	314	Courtney Fox	10/21/2023
	21	157.8	314	Abby Rice	5/18/2024
	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
	21	180.8	292	Christina Walton	7/22/2023
	23	170	264	Savannah Moon	1/22/2022
	22	174.8	226	Michelle Wood	10/28/2017
90kg/198.2lbs					
	23	195.1	391	Isabella Heffner	7/22/2023
	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

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</	

110kg/242.5lbs					
110+kg/242.5+lbs					

110kg/242.5lbs					
	23	224	220	Maddy Webster	10/22/2022
110+kg/242.5+lbs					
	23	262.8	193	Shauntre Lilley	12/4/2021
	22	330.2	175	Lashonda Zander	8/2/2018
	22	282.2	160	Capri Cameron	8/12/2017
	23	254.9	149	Nathalie Vargas	12/18/2021

110kg/242.5lbs					
110+kg/242.5+lbs					

110kg/242.5lbs					
110+kg/242.5+lbs					

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

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

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

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

56kg/123.5lbs						
MP		20	123.2	672	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						
MP		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
67.5kg/148.7lbs						
FP	R	36	139.4	215	LaDetra Cole	10/29/2022
75kg/165.2lbs						
M/P/F						
FP	R	44	159	380	Emily Lilly	10/21/2023
FP	R	27	161.2	275	Mikhayla Dunn	12/18/2021
FP	R	35	154.7	253	LaDetra Cole	3/5/2022
FP	R	33	160	242	Heather Ingalls	8/12/2017
82.5kg/181.7lbs						
FP	R	45	166.9	402	Emily Lilly	6/29/2024
FP	RC	26	177.5	386	Emily Merritt	5/11/2019
FP	R	29	177.6	314	Gabrielle Robbins	11/9/2019
FP	R	28	177.5	303	Mikhayla Dunn	4/15/2023
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
67.5kg/148.7lbs						
FP	R	36	139.4	116	LaDetra Cole	10/29/2022
75kg/165.2lbs						
M/P/F						
FP	R	44	159	242	Emily Lilly	10/21/2023
FP	R	33	160	187	Heather Ingalls	8/12/2017
FP	R	57	165.2	178	Cherie Goldsmith	4/18/2023
FP	R	27	161.2	154	Mikhayla Dunn	12/18/2021
FP	R	35	154.7	138	LaDetra Cole	3/5/2022
82.5kg/181.7lbs						
FP	R	45	166.9	237	Emily Lilly	6/29/2024
FP	R	29	177.6	204	Gabrielle Robbins	11/9/2019
FP	R	26	177.5	165	Emily Merritt	5/11/2019
FP	R	28	177.5	160	Mikhayla Dunn	4/15/2023
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
67.5kg/148.7lbs						
FP	R	36	139.4	336	LaDetra Cole	10/29/2022
75kg/165.2lbs						
M/P/F						
FP	R	35	154.7	380	LaDetra Cole	3/5/2022
FP	R	44	159	380	Emily Lilly	10/21/2023
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	45	166.9	386	Emily Lilly	6/29/2024
FP	R	28	177.5	353	Mikhayla Dunn	4/15/2023
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
67.5kg/148.7lbs						
FP	R	36	139.4	667	LaDetra Cole	10/29/2022
75kg/165.2lbs						
M/P/F						
FP	R	44	159	1003	Emily Lilly	10/21/2023
FP	R	35	154.7	771	LaDetra Cole	3/5/2022
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	R	45	166.9	1025	Emily Lilly	6/29/2024
FP	RC	26	177.5	937	Emily Merritt	5/11/2019
FP	R	29	177.6	914	Gabrielle Robbins	11/9/2019
FP	R	28	177.5	816	Mikhayla Dunn	4/15/2023
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 PARALIFTER

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
FEMALE - PARALIFTER						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
		15	97	83	Bella-Grace Meadows	4/1/2023

365 STRONG WORLD RANKINGS						
BENCH - EQUIPMENT NOTED						
FEMALE - PARALIFTER						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
		15	97	83	Bella-Grace Meadows	4/1/2023

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
FEMALE - PARALIFTER						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
		15	97	83	Bella-Grace Meadows	4/1/2023

365 STRONG WORLD RANKINGS						
TOTAL - EQUIPMENT NOTED						
FEMALE - PARALIFTER						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
		15	97	83	Bella-Grace Meadows	4/1/2023

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
Div	Raw	Age	Wgt	Lift	Name	Date

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
Div	Raw	Age	Wgt	Lift	Name	Date

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
Div	Raw	Age	Wgt	Lift	Name	Date

365 STRONG WORLD RANKINGS						
Standing Curl						
FEMALE						
Div	Raw	Age	Wgt	Lift	Name	Date

Div	Raw	Age	Wgt	Lift	Name	Date	WGTOL
M5	R	62	123	37.5	Nina Snipes	10/21/2023	123
Open	R	62	123	37.5	Nina Snipes	10/21/2023	123
T1	R	14	118.6	37.5	Elena Sannicandro	8/19/2023	123
M5	R	61	125	32.5	Nina Snipes	5/27/2023	132
T1	R	15	124.4	52.5	Elena Sannicandro	5/11/2024	132
T2	R	17	126.2	37.5	Antia Sannicandro	8/19/2023	132
M4	R	59	127.2	60	JoJo Brasseaux	6/17/2023	132
MPF	R	59	129.6	60	JoJo Brasseaux	10/21/2023	132

Open	R	59	129.8	60	JoJo Brasseaux	10/21/2023	132
Open	R	28	132	45	Shannon Mitchell	5/18/2024	132
M2	R	46	137	50	Aiysha Hayes	6/5/2021	148
Open	R	n/a	140	80	Julie Johnson	10/17/2020	148
Open	R	31	147.3	65	MacKenzie Rideout	5/4/2024	148
Open	R	25	136.1	40	Isabella Tully	5/18/2024	148
T1	R	13	147.6	71.5	Haleigh Batchelor	10/22/2022	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Crystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
JR	R	21	180.3	80	Sarah Oesch	4/28/2024	181