

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: 8/18/2026

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					
	66	101.4	143	Pam Fisher	7/12/2025
	14	105.4	138	Adalee Moss	1/11/2025
	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
	44	113.8	154	Andria Allmond	4/26/2025
	62	108.2	149	Sue Ann Hurlbert	10/21/2023
	65	109.3	144	Sue Ann Hurlbert	4/25/2026
56kg/123.5lbs					
	29	122.3	314	Xiomara Prado	6/27/2027
	48	122.4	314	Missy Taylor	5/6/2023
	23	123	281	Isabella Sarks	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	Shantel Hawkins	9/7/2019
	31	122.8	187	Heidi Schuck	6/19/2021
60kg/132.2lbs					
	29	127.5	375	Hannah Wilkinson	7/27/2026
	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
67.5kg/148.7lbs					
	43	147.5	359	Emily Lilly	5/6/2023
	20	138	331	Hanna Young	4/20/2018
	44	147.5	315	Mona Hope	8/15/2026
	34	144	314	Shawnee Owens	5/31/2025
	29	146.8	314	Alexandrea McClain	8/24/2024
	29	144.4	303	Leslie Kutner	11/9/2019
	34	145	297	Carmen Florian	5/11/2019

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
	11	92	61	Harlym Betts	6/27/2026
48kg/105.7lbs					
	55	98	132	Nina Kiuru	7/30/2022
	33	104.3	110	Stephanie Washington	7/10/2021
	66	101.4	83	Pam Fisher	7/12/2025
	12	105.2	83	Carmen Trivette	10/16/2021
	14	105.4	77	Adalee Moss	1/11/2025
52kg/114.5lbs					
	46	111.8	182	Missy Taylor	4/23/2022
	24	114.2	132	Amber Malchow	10/28/2017
	30	111.2	127	Aubrey Cornwell	8/12/2017
	34	114	121	Lindsey Seamons	6/29/2019
	27	111.5	116	Nykisha Garland	10/17/2020
	65	109.3	115	Sue Ann Hurlbert	4/25/2026
	64	110.2	110	Sue Ann Hurlbert	2/8/2025
	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
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	122.3	154	Xiomara Prado	6/27/2026
	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
60kg/132.2lbs					
	29	127.5	204	Hannah Wilkinson	7/27/2026
	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
67.5kg/148.7lbs					
	43	147.1	231	Emily Lilly	3/4/2023
	22	147.5	215	Sarah Oesch Davies	10/11/2025
	27	144.2	200	Courtney Norris	7/9/2016
	34	144	182	Shawnee Owens	5/31/2025
	29	144.4	182	Leslie Kutner	11/9/2019
	23	145.5	182	Sierra Southerlin	8/15/2026
	29	146.8	182	Alexandrea McClain	8/24/2024

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
	11	92	138	Harlym Betts	6/27/2026
	9	63.8	132	Kambree Williamson	11/19/2022
	8	85.4	80	Adelyn Salley	7/12/2025
48kg/105.7lbs					
	66	101.4	242	Pam Fisher	7/12/2025
	55	98	237	Nina Kiuru	7/30/2022
	14	105.4	193	Adalee Moss	1/11/2025
	65	105	154	Renee Ferguson	6/6/2026
	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
	29	122.3	320	Xiomara Prado	6/27/2026
	23	122.8	320	Isabella Sarks	4/23/2022
	19	123.4	320	Becca Dison	3/10/2018
	31	123	314	Meredith Ward	3/9/2019
	32	122.8	305	Tiffany Faulkner	1/21/2017
	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
	23	120.2	264	Asia Hannans	9/7/2024
60kg/132.2lbs					
	26	126	369	Barbara Morales	12/9/2023
	29	127.5	369	Hannah Wilkinson	7/27/2026
	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
67.5kg/148.7lbs					
	29	146.8	402	Alexandrea McClain	8/24/2024
	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

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						
		66	101.4	468	Pam Fisher	7/12/2025
		14	105.4	408	Adalee Moss	1/11/2025
		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
		65	109.3	479	Sue Ann Hurlbert	4/25/2026
		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
		44	113.8	469	Andria Allmond	4/26/2025
		65	107.4	463	Pam Fisher	5/18/2024
56kg/123.5lbs						
		29	122.3	772	Xiomara Prado	6/27/2026
		19	123.4	755	Becca Dison	3/10/2018
		23	122.8	705	Isabella Sarks	4/23/2022
		29	123.5	683	Krystal Scott	8/12/2017
		19	118.4	672	Olivia Pasin	11/19/2022
		31	123	661	Meredith Ward	3/9/2019
		20	120.6	639	Emily Gaiser	7/10/2021
		23	120.2	573	Asia Hannans	9/7/2024
		31	122.8	573	Heidi Schuck	6/19/2021
		28	122.8	567	Shantell Hawkins	9/7/2019
60kg/132.2lbs						
		29	127.5	948	Hannah Wilkinson	7/27/2026
		25	132	832	Kristin Kitlica	7/10/2021
		28	129.4	794	Leslie Kutner	4/20/2018
		26	126	755	Barbara Morales	12/9/2023
		25	125	745	Caitlin Cardone	4/9/2016
		22	127.4	727	Emily Gaiser	9/17/2022
		33	132.2	727	Amy Pierce	8/12/2017
		28	128.8	722	April Rainey	2/25/2023
		27	131.6	700	Samantha Sawyer	1/21/2017
		19	132	683	Claire Rosser	8/12/2017
67.5kg/148.7lbs						
		43	147.5	955	Emily Lilly	5/6/2023
		29	146.8	898	Alexandrea McClain	8/24/2024
		20	138	865	Hanna Young	4/20/2018
		29	144.4	865	Leslie Kutner	11/9/2019
		34	144	810	Shawnee Owens	5/31/2025
		44	147.5	784	Mona Hope	8/15/2026
		30	143.5	782	Maria Ackley	11/1/2020

		20	144.6	292	Everette Sherrill	7/22/2023
		31	147.3	286	MacKenzie Rideout	5/4/2024
		27	145.9	275	Amber Jordan	11/23/2024
75kg/165.2lbs						
		44	159	380	Emily Lilly	10/21/2023
		24	155.4	353	Courtney Fox	11/23/2024
		23	164.6	336	Candace Locklear	3/10/2018
		27	165.3	325	Cody Lynn Powell	10/19/2024
		22	156.7	320	Nakato Bukya	12/7/2024
		23	161.5	314	Alisha Martin	4/24/2021
		48	164.6	314	Bonnie Mosley	10/17/2020
		39	155.2	308	Emily Drew Mash	7/12/2025
		34	163.4	308	Kendra Danzer	4/20/2018
		37	161.8	303	Rachel Cofer	7/27/2026
82.5kg/181.7lbs						
		45	166.9	402	Emily Lilly	6/29/2024
		25	179.4	353	Elizabeth Pinnix	7/10/2021
		28	181	331	Miranda Williams	5/6/2023
		27	175.9	325	Cody Lynn Powell	5/31/2025
		27	167.3	320	Becca Grimes	9/7/2024
		29	177.6	314	Gabriella Robbins	11/9/2019
		15	173.3	308	Cecilia Luzarraga	10/19/2024
		45	178.6	308	Crystal McCullough	1/22/2022
		38	175	303	Lay Kaahu	8/12/2017
		43	176.4	303	Brandy Gullede	9/7/2024
90kg/198.2lbs						
		24	196.7	364	Isabella Heffner	10/21/2023
		41	195.1	358	Rebecca Caudill	12/7/2024
		35	187.6	342	Charlee Marshall	5/10/2025
		22	184.1	331	Emely Barahona	6/5/2021
		28	192	331	Jess Lemachko	8/19/2023
		24	193	320	Allyson Abbs	4/20/2018
		44	197.8	320	Carla Akers	4/20/2018
		27	188.7	270	Brittany Marquez	1/21/2017
		48	194.7	259	Mandy Self-Sparrow	2/10/2024
		54	185	253	Rosie Rosemond	8/24/2024
100kg/220.25lbs						
		28	219.6	347	Amy Portillo	5/10/2025
		17	206.1	331	Alexandria Jefferson	10/19/2024
		32	216.5	331	Rachel Massey	6/11/2022
		45	219.1	331	Carla Akers	10/27/2018
		35	216.3	303	Crystal Prather	6/17/2023
		30	210.5	286	Haley Shields	10/21/2023
		47	214.3	264	Barbara VanVliet	11/11/2023
		32	199	259	Angela Dunn	9/17/2022
		34	208.3	259	Laura Bos	6/9/2024
		14	200	237	Karson Tolle	6/11/2022
110kg/242.5lbs						
		26	239.4	424	Amy Portillo	10/21/2023
		24	230.6	419	Maddy Webster	3/18/2023
		15	238.5	325	Abrie Meadows	6/17/2023
		33	230.2	314	Jessie Hunt	10/17/2020
		15	232.4	286	Kennedy Green	10/12/2019
		37	236.5	226	Naimah Abdullah	6/5/2021
		29	241.5	226	Laura Salazar	12/8/2018
		27	225.3	209	Rose Hoang	11/11/2023
		42	229.3	165	Laura Kerr	3/22/2025
110+kg/242.6+lbs						
		27	256	402	Maddy Webster	5/16/2026
		40	277.1	380	Katy Silvers	10/16/2021
		23	262.8	331	Shauntre Lilley	12/4/2021

		21	138.3	178	Anya Kainins	9/18/2021
		29	136.1	176	Mia Kimball	1/10/2026
		30	143.5	176	Maria Ackley	11/11/2023
75kg/165.2lbs						
		44	159	242	Emily Lilly	10/21/2023
		26	164.5	231	Kari DeShazo	11/21/2020
		22	159.2	198	Abby Rice	4/12/2025
		20	152.6	193	Olivia Ryan	7/27/2026
		52	162.3	187	Tammy Deloatch	11/9/2019
		34	160.2	182	Alli Heironimus	9/17/2022
		57	165.2	178	Cherie Goldsmith	4/1/2023
		19	150.4	176	Sarah Oesch	6/11/2022
		35	157	171	Jessica Loden	2/10/2024
		34	159.4	171	Deborah Omolewu	4/20/2018
82.5kg/181.7lbs						
		45	166.9	237	Emily Lilly	6/29/2024
		32	179	231	Clearra Jackson-Griffen	7/22/2023
		34	175	226	Kristie Johnston	10/21/2023
		28	181	209	Miranda Williams	5/6/2023
		29	177.6	204	Gabrielle Robbins	11/9/2019
		29	172.6	198	Erin Myer	7/12/2025
		63	179.5	198	Gloria Knight-McNeil	10/22/2022
		21	180.3	193	Sarah Oesch	4/28/2024
		47	166.1	187	Mishelle Dixon	8/15/2026
		43	176.4	187	Brandy Gullede	9/7/2024
90kg/198.2lbs						
		37	198	248	Linsey Eudy	10/21/2023
		28	192	220	Jess Lemachko	8/19/2023
		33	189	200	Priyanka Santiago	10/1/2022
		40	187.2	193	Mona Espinosa	1/22/2022
		21	182.2	190	Sarah Oesch	3/1/2024
		22	184.1	187	Emely Barahona	6/5/2021
		45	194	187	Heather Streible	3/18/2023
		44	197.8	187	Carla Akers	4/20/2018
		35	187.6	182	Charlee Marshall	12/7/2024
		41	195.1	182	Rebecca Caudill	12/7/2024
100kg/220.25lbs						
		17	206.1	215	Alexandria Jefferson	10/19/2024
		12	218.1	204	Nevaeh McIntosh	5/6/2023
		45	219.1	204	Carla Akers	10/27/2018
		30	210.5	187	Haley Shields	10/21/2023
		46	212.8	185	Heather Streible	3/1/2024
		33	219.1	182	Emma Sternlof	11/23/2024
		32	216.5	171	Rachel Massey	6/11/2022
		34	208.3	165	Laura Bos	6/9/2024
		46	211	165	Renee Turner	6/17/2023
		36	216.2	160	Crystal Prather	3/1/2024
110kg/242.5lbs						
		14	242.1	248	Nevaeh McIntosh	5/31/2025
		24	230.6	231	Maddy Webster	3/18/2023
		50	240	215	Yander Ross	1/21/2017
		29	228.8	204	Brittany Berryhill	12/19/2020
		42	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 Wofford	4/20/2018
		54	223.6	154	Janet Martin	5/6/2023
		37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs						
		27	256	248	Maddy Webster	5/16/2026
		29	294.8	248	Alex Wilson-McKenzie	10/22/2022
		38	253.5	215	Allison Busby	10/21/2023

		29	145.1	336	Angelica Pineiro	11/11/2023
		44	147.5	336	Mona Hope	8/15/2026
		25	135.2	331	Evelyn Lyon	9/30/2017
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
		27	163.6	380	Kari Rankin	10/21/2023
		24	155.4	369	Courtney Fox	11/23/2024
		37	162.3	369	Lauren White	11/19/2022
		22	156.7	364	Nakato Bukya	12/7/2024
		41	164.6	347	Tara Peele	10/27/2018
82.5kg/181.7lbs						
		38	175.8	435	Lay Kaahu	10/28/2017
		19	175.4	402	Shelby Sprinkle	12/18/2021
		29	177.6	397	Gabrielle Robbins	11/9/2019
		45	166.9	386	Emily Lilly	6/29/2024
		25	179.4	386	Elizabeth Pinnix	7/10/2021
		32	178.8	364	Clearra Jackson-Griffen	10/21/2023
		28	177.5	353	Mikhayla Dunn	4/15/2023
		45	178.6	353	Crystal McCullough	1/22/2022
		28	181	353	Miranda Williams	5/6/2023
		47	166.1	342	Mishelle Dixon	8/15/2026
90kg/198.2lbs						
		24	196.7	424	Isabella Heffner	10/21/2023
		41	195.1	413	Rebecca Caudill	12/7/2024
		33	189	400	Priyanka Santiago	10/1/2022
		26	184.8	358	Kathryn French	3/10/2018
		28	192	358	Jess Lemachko	8/10/2023
		24	196	353	Lauren Davis	6/5/2021
		35	187.6	347	Charlee Marshall	5/10/2025
		22	184.1	331	Emely Barahona	6/5/2021
		44	197.8	331	Carla Akers	4/20/2018
		21	194.2	320	Mariah Flint	4/22/2017
100kg/220.25lbs						
		26	218.5	369	Amy Portillo	7/22/2023
		30	213.8	366	Jessica Littleton	7/22/2023
		35	216.3	364	Crystal Prather	6/17/2023
		30	210.5	358	Haley Shields	10/21/2023
		17	206.1	353	Alexandria Jefferson	10/19/2024
		43	214.5	353	Anika Harper	5/6/2023
		32	216.5	347	Rachel Massey	6/11/2022
		34	208.3	342	Laura Bos	6/9/2024
		55	217.6	335	Janet Martin	3/1/2024
		45	219.1	331	Carla Akers	10/27/2018
110kg/242.5lbs						
		24	230.6	457	Maddy Webster	3/18/2023
		33	223.8	400	Melissa Shade	6/2/2018
		26	239.4	397	Amy Portillo	10/21/2023
		33	230.2	358	Jessie Hunt	10/17/2020
		54	223.6	353	Janet Martin	5/6/2023
		27	225.3	314	Rose Hoang	11/11/2023
		15	238.5	309	Abrie Meadows	6/17/2023
		29	241.5	303	Laura Salazar	12/8/2018
		15	232.4	275	Kennedy Green	10/12/2019
		37	236.5	253	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs						
		27	256	430	Maddy Webster	5/16/2026
		40	277.1	380	Katy Silvers	10/16/2021
		38	253.5	375	Allison Busby	10/21/2023

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		43	251.3	204	Katy Silvers	9/7/2024
		23	262.8	193	Shauntre Lilley	12/4/2021
		29	273.8	182	Mary-Ann Ricks	3/5/2022
		54	243.2	176	Shari Wofford	6/9/2018
		24	248	176	Linsay Finch	3/4/2023
		34	283.5	176	Angela Dunn	10/19/2024
		22	330.2	175	Lashonda Zander	6/2/2018

	29	273.8	788	Mary-Ann Ricks	3/5/2022
	22	330.2	780	Lashonda Zander	6/2/2018
	34	283.5	738	Angela Dunn	10/19/2024
	41	256.5	727	Jessica Guilbeau	1/10/2026
	23	254.8	716	Nathalie Vargas	12/18/2021
	24	248	711	Linsay Finch	3/4/2023
	27	248	711	Aubrey Dowding	5/11/2019

FEMALE RAW CLASSIC OVERALL LEADERS

365 STRONG WORLD RANKINGS						
RAW CLASSIC BENCH						
FEMALE - OPEN						
Weight 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
		66	101.4	83	Pam Fisher	7/12/2025
		12	105.2	83	Carmen Trivette	10/16/2021
		14	105.4	77	Adalee Moss	1/11/2025
52kg/114.5lbs						
		46	111.8	182	Missy Taylor	4/23/2022
		24	114.2	132	Amber Malchow	10/28/2017
		30	111.2	127	Aubrey Cornwell	8/12/2017
		34	114	121	Lindsey Seamons	6/29/2019
		27	111.5	116	Nykisha Garland	10/17/2020
		64	110.2	110	Sue Ann Hurlbert	2/8/2025
		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	122.3	154	Xiomara Prado	6/27/2026
		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
60kg/132.2lbs						
R		29	127.5	204	Hannah Wilkinson	7/27/2026
R		47	127.2	180	Bela Ghosh	6/11/2016
R		25	132	171	Kristin Kittica	7/10/2021
R		25	125.6	165	Caitlin Cardone	7/9/2016
R		27	129	165	Leslie Kutner	10/28/2017
R		28	128.8	154	April Rainey	2/25/2023
R		33	132.2	154	Amy Pierce	8/12/2017
R		33	131.2	149	Meredith Ward	6/13/2020
R		27	128	145	Nadia Zebouni	7/9/2016
R		25	125	145	Caitlin Cardone	4/9/2016
67.5kg/148.7lbs						
R		43	147.1	231	Emily Lilly	3/4/2023
R		22	147.5	215	Sarah Oesch Davies	10/11/2025
R		27	144.2	200	Courtney Norris	7/9/2016
R		34	144	182	Shawnee Owens	5/31/2025
R		29	144.4	182	Leslie Kutner	11/9/2019
R		23	145.5	182	Sierra Southerlin	8/15/2026

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) TOTAL						
FEMALE - OPEN						
Weight Class		Age	Wgt	Lbs	Name	Date
44kg/97lbs						
48kg/105.7lbs						
	55	98	369	Nina Kiuru	7/30/2022	
	12	105.2	347	Carmen Trivette	10/16/2021	
52kg/114.5lbs						
	46	111.8	738	Missy Taylor	4/23/2022	
	34	114	634	Lindsay Seamons	6/29/2019	
	27	111.5	623	Kiki Garland	10/17/2020	
	30	111.2	601	Aubrey Cornwell	8/12/2017	
	37	111.3	551	Tiffany Bellamy	4/22/2017	
56kg/123.5lbs						
	29	122.3	772	Xiomara Prado	6/27/2026	
	24	120.2	711	Amber Gabriel	6/9/2018	
	44	118	689	Tiffany Stone	12/9/2023	
	29	122	678	Amanda Isley	10/28/2017	
	46	118.9	435	Kathy Wilson	12/8/2018	
60kg/132.2lbs						
RC	24	129.7	838	Melissa Hunt	12/8/2018	
RC	25	125.6	790	Caitlin Cardone	7/9/2016	
RC	26	131.8	766	Taylor Jackson	10/28/2017	
RC	24	132.2	689	Kayce Hoover	4/22/2017	
RC	27	132	610	Sara Carney	6/2/2018	
RC	14	130.7	551	Beverly Lemay	3/18/2023	
RC	26	132.2	435	Isabella Tully	10/19/2024	
RC	47	131.4	305	Angie Terry	10/29/2016	
67.5kg/148.7lbs						
RC	27	143.8	887	Taylor Jackson	5/11/2019	
RC	22	147.5	887	Sarah Oesch Davies	10/11/2025	
RC	29	136.1	838	Mia Kimball	1/10/2026	
RC	27	143	835	Samantha Corujo	6/2/2018	
RC	27	143.4	821	Amber Rabon	9/19/2020	
RC	27	139.3	777	Melissa Hunt	7/10/2021	

RC		25	143.3	303	Julia Blackman	2/20/2021
RC		20	145.8	298	Anya Kalnins	2/20/2021
RC		22	147.5	298	Sarah Oesch Davies	10/11/2025
RC		42	136.2	286	Alexandra Gray	11/9/2024
75kg/165.2lbs						
		31	163	347	Bridget McDermott	4/22/2017
		28	165.3	319	Ife Egbeyemi	7/10/2021
		20	152.6	308	Olivia Ryan	7/27/2026
		19	150.4	275	Sarah Oesch	6/11/2022
		33	163.2	275	Shayna Dence	4/9/2016
		36	165.1	275	Jennifer Broome	10/27/2018
		56	157	265	Cindy Meeker	10/29/2016
		28	160.8	265	Hannah Cochran	7/9/2016
		25	162.6	253	Rainne Hill	10/28/2017
		54	160.6	243	Candice Maness	4/22/2017
82.5kg/181.7lbs						
		34	175	402	Kristie Johnston	10/21/2023
		26	177.5	386	Emily Merritt	5/11/2019
		35	179	369	Kelley Lee	8/12/2017
		38	181	309	Natalie Mayfield	11/19/2016
		27	175.9	303	Rachel Brockwell	12/19/2020
		21	180.3	303	Sarah Oesch	4/28/2024
		56	175.6	281	Cindy Meeker	10/27/2018
		23	178.4	226	Hannah Ramsey	10/18/2020
		57	177.3	187	Shelly Moore	6/5/2021
		45	173.8	176	Heather Streible	6/11/2022
90kg/198.2lbs						
		29	197.2	441	Emily Merritt	6/19/2021
		25	187	347	Kristen Smith	2/25/2023
		34	193.6	303	Promandeep Kaur	3/21/2020
		21	182.2	300	Sarah Oesch	3/12/2024
		46	190.9	292	Heather Streible	6/17/2023
		11	192.7	292	Nevaeh McIntosh	10/16/2021
		44	184.7	260	Tricia Emrich	7/9/2016
		45	194.9	226	Kelly Jeffries	2/25/2023
100kg/220.25lbs						
		12	218.1	325	Nevaeh McIntosh	5/6/2023
		36	216.2	320	Crystal Prather	3/1/2024
		37	211.4	303	Trisha Crisman	8/25/2018
		46	212.8	275	Heather Streible	3/1/2024
		46	211	259	Renee Turner	6/17/2023
		37	213.8	253	Brett Sexton	10/12/2019
		25	217.1	242	Grace Jones	12/19/2020
		42	209.2	187	Christina Lauffer	6/19/2021
		34	209	165	Paula Bowers	10/29/2016
110kg/242.5lbs						
		41	234.6	402	Katy Silvers	5/6/2023
		14	242.1	391	Nevaeh McIntosh	5/31/2025
		29	228.8	380	Brittany Berryhill	12/19/2020
		50	240	340	Ylander Ross	1/21/2017
		34	234.3	325	Jessie Hunt	4/24/2021
110+kg/242.6+lbs						
		29	294.8	485	Alex Wilson-KcKenzie	10/22/2022
		24	255.1	408	Lindsay Finch	5/6/2023

R		29	146.8	182	Alexandrea McClain	8/24/2024
R		21	138.3	178	Anya Kalnins	9/18/2021
R		29	136.1	176	Mia Kimball	1/10/2026
R		30	143.5	176	Maria Ackley	11/11/2023
75kg/165.2lbs						
R		44	159	242	Emily Lilly	10/21/2023
R		26	164.5	231	Kari DeShazo	11/21/2020
R		22	159.2	198	Abby Rice	4/12/2025
R		20	152.6	193	Olivia Ryan	7/27/2026
R		52	162.3	187	Tammy Deloatch	11/9/2019
R		34	160.2	182	Alli Heironimus	9/17/2022
R		57	165.2	178	Cherie Goldsmith	4/1/2023
R		19	150.4	176	Sarah Oesch	6/11/2022
R		35	157	171	Jessica Loden	2/10/2024
R		34	159.4	171	Deborah Omolewu	4/20/2018
82.5kg/181.7lbs						
R		45	166.9	237	Emily Lilly	6/29/2024
R		32	179	231	Cearra Jackson-Griffen	7/22/2023
R		34	175	226	Kristie Johnston	10/21/2023
R		28	181	209	Miranda Williams	5/6/2023
R		29	177.6	204	Gabrielle Robbins	11/9/2019
R		29	172.6	198	Erin Myer	7/12/2025
R		63	179.5	198	Gloria Knight-McNeil	10/22/2022
R		21	180.3	193	Sarah Oesch	4/28/2024
R		47	166.1	187	Mishelle Dixon	8/15/2026
R		43	176.4	187	Brandy Gulleddge	9/7/2024
90kg/198.2lbs						
		37	198	248	Linsey Eudy	10/21/2023
		28	192	220	Jess Lemachko	8/19/2023
		33	189	200	Priyanka Santiago	10/1/2022
		40	187.2	193	Mona Espinosa	1/22/2022
		21	182.2	190	Sarah Oesch	3/1/2024
		22	184.1	187	Emely Barahona	6/5/2021
		45	194	187	Heather Streible	3/18/2023
		44	197.8	187	Carla Akers	4/20/2018
		41	195.1	182	Rebecca Caudill	12/7/2024
		34	196.2	176	Mallory Horne	4/15/2023
100kg/220.25lbs						
		12	218.1	204	Nevaeh McIntosh	5/6/2023
		45	219.1	204	Carla Akers	10/27/2018
		30	210.5	187	Haley Shields	10/21/2023
		46	212.8	185	Heather Streible	3/1/2024
		32	216.5	171	Rachel Massey	6/11/2022
		34	208.3	165	Laura Bos	6/9/2024
		46	211	165	Renee Turner	6/17/2023
		36	216.2	160	Crystal Prather	3/1/2024
		32	199	154	Angela Dunn	9/17/2022
		37	211.4	154	Trisha Crisman	8/25/2018
110kg/242.5lbs						
		14	242.1	248	Nevaeh McIntosh	5/31/2025
		24	230.6	231	Maddy Webster	3/18/2023
		50	240	215	Ylander Ross	1/21/2017
		29	228.8	204	Brittany Berryhill	12/19/2020
		42	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 Wofford	4/20/2018
		54	223.6	154	Janet Martin	5/6/2023
		37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs						
		27	256	248	Maddy Webster	5/16/2026
		29	294.8	248	Alex Wilson-McKenzie	10/22/2022

RC		19	135.4	325	Olivia Ryan	7/27/2025
RC		21	138.3	320	Anya Kalnins	9/18/2021
RC		27	139.3	314	Melissa Hunt	7/10/2021
RC		40	137.8	309	Alexandra Gray	4/15/2023
75kg/165.2lbs						
		28	165.3	353	Karl Rankin	7/12/2025
		28	162.8	350	Lauren Davis	6/28/2025
		36	165.1	347	Jennifer Broome	10/27/2018
		28	160.8	335	Hannah Cochran	7/9/2016
		19	150.4	334	Sarah Oesch	6/11/2022
		20	152.6	325	Olivia Ryan	7/27/2026
		31	163	320	Bridget McDermott	4/22/2017
		28	165.3	319	Ife Egbeyemi	7/10/2021
		35	163.8	314	Vanessa Westbrook	7/10/2021
		24	160.6	287	Rainne Hill	7/15/2017
82.5kg/181.7lbs						
		34	175	419	Kristie Johnston	10/21/2023
		35	179	419	Kelley Lee	8/12/2017
		26	178.7	391	Emily Merritt	10/27/2018
		21	180.3	347	Sarah Oesch	4/28/2024
		38	181	347	Natalie Mayfield	11/19/2016
		56	175.6	319	Cindy Meeker	10/27/2018
		45	173.8	298	Heather Streible	6/11/2022
		27	175.9	281	Rachel Brockwell	12/19/2020
		57	177.3	237	Shelly Moore	6/5/2021
		58	175.9	215	Cathy Cranford	11/9/2019
90kg/198.2lbs						
		21	182.2	390	Sarah Oesch	3/1/2024
		25	187	353	Kristen Smith	2/25/2023
		45	194	353	Heather Streible	3/18/2023
		34	193.6	342	Promandeep Kaur	3/21/2020
		44	184.7	285	Tricia Emrich	7/9/2016
		45	194.9	237	Kelly Jeffries	2/25/2023
		11	192.7	231	Nevaeh McIntosh	10/16/2021
		58	191.8	209	Shelly Moore	1/22/2022
100kg/220.25lbs						
		34	213.8	380	Crystal Prather	10/21/2022
		46	212.8	355	Heather Streible	3/1/2024
		37	213.8	342	Brett Sexton	10/12/2019
		37	211.4	314	Trisha Crisman	8/25/2018
		42	209.2	303	Christina Lauffer	6/19/2021
		46	211	287	Renee Turner	6/17/2023
		12	218.1	275	Nevaeh McIntosh	5/6/2023
		25	217.1	242	Grace Jones	12/19/2020
		34	209	205	Paula Bowers	10/29/2016
110kg/242.5lbs						
		50	240	400	Ylander Ross	1/21/2017
		34	234.3	375	Jessie Hunt	4/24/2021
		40	242.3	369	Katy Silvers	4/23/2022
		14	242.1	364	Nevaeh McIntosh	5/31/2025
		29	228.8	358	Brittany Berryhill	12/19/2020
110+kg/242.6+lbs						
		29	294.8	452	Alex Wilson-McKenzie	10/22/2022
		40	276	375	Katy Silvers	9/18/2021

RC		20	145.8	772	Anya Kalnins	2/20/2021
RC		19	135.4	766	Olivia Ryan	7/27/2025
RC		42	136.2	755	Alexandra Gray	11/9/2024
RC		24	144.4	750	Kayce Hoover	10/29/2016
75kg/165.2lbs						
		31	163	832	Bridget McDermott	4/22/2017
		20	152.6	827	Olivia Ryan	7/27/2026
		36	165.1	788	Jennifer Broome	10/27/2018
		19	150.4	772	Sarah Oesch	6/11/2022
		28	165.3	755	Ife Egbeyemi	7/10/2021
		28	165.3	722	Kari Rankin	7/12/2025
		28	160.8	720	Hannah Cochran	7/9/2016
		33	163.2	695	Shayna Dence	4/9/2016
		35	163.8	694	Vanessa Westbrook	7/10/2021
		54	160.6	678	Candice Maness	4/22/2017
82.5kg/181.7lbs						
		34	175	1047	Kristie Johnston	10/21/2023
		26	177.5	937	Emily Merritt	5/11/2019
		35	179	909	Kelley Lee	8/12/2017
		21	180.3	843	Sarah Oesch	4/28/2024
		38	181	821	Natalie Mayfield	11/19/2016
		27	175.9	738	Rachel Brockwell	12/19/2020
		56	175.6	727	Cindy Meeker	10/27/2018
		45	173.8	634	Heather Streible	6/11/2022
		23	178.4	568	Hannah Ramsey	10/18/2020
		57	177.3	545	Shelly Moore	6/5/2021
90kg/198.2lbs						
		21	182.2	880	Sarah Oesch	3/1/2024
		25	187	860	Kristen Smith	2/25/2023
		34	193.6	771	Promandeeep Kaur	3/21/2020
		45	194	766	Heather Streible	3/18/2023
		44	184.7	695	Tricia Ernich	7/9/2016
		11	192.7	639	Nevaeh McIntosh	10/16/2021
		45	194.9	595	Kelly Jeffries	2/25/2023
100kg/220.25lbs						
		36	216.2	850	Crystal Prather	3/1/2024
		46	212.8	815	Heather Streible	3/1/2024
		12	218.1	805	Nevaeh McIntosh	5/6/2023
		37	211.4	771	Trisha Crisman	8/25/2018
		37	213.8	749	Brett Sexton	10/12/2019
		46	211	689	Renee Turner	6/17/2023
		42	209.2	623	Christina Lauffer	6/18/2021
		25	217.1	590	Grace Jones	12/19/2020
		34	209	475	Paula Bowers	10/29/2016
110kg/242.5lbs						
		14	242.1	1003	Nevaeh McIntosh	5/31/2025
		50	240	955	Ylander Ross	1/21/2017
		29	228.8	942	Brittany Berryhill	12/19/2020
		41	232.4	915	Katy Silvers	2/25/2023
		34	234.3	882	Jessie Hunt	4/24/2021
110+kg/242.6+lbs						
		29	294.8	1185	Alex Wilson-McKenzie	10/22/2022
		24	255.1	948	Lindsay Finch	5/6/2023

		37	285.2	386	Kimberly Soracco	5/11/2024
		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

		38	253.5	215	Allison Busby	10/21/2023
		43	251.3	204	Katy Silvers	9/7/2024
		23	262.8	193	Shauntre Lilley	12/4/2021
		29	273.8	182	Mary-Ann Ricks	3/5/2022
		54	243.2	176	Shari Wofford	6/9/2018
		24	248	176	Linsay Finch	3/4/2023
		34	283.5	176	Angela Dunn	10/19/2024
		22	330.2	175	Lashonda Zander	6/2/2018

		24	255.1	364	Lindsay Finch	5/6/2023
		34	250	336	Tarra Farnham	5/22/2024
		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

		40	276	920	Katy Silvers	9/18/2021
		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

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
	SP	34	113.4	319	Lindsay Seamans	11/9/2019
	SP	17	107.9	209	Lorelei Swinford	7/27/2025
56kg/123.5lbs						
	MP	40	122	265	Dawn Bogart	4/22/2017
	MP	20	123.2	248	Josefina Bueno	3/5/2022
60kg/132.2lbs						
	SP	23	127.4	298	Sydney Farris	7/27/2025
	SP	54	131.7	308	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	143.7	518	Melissa Smith	12/18/2021
	SP	55	142.5	303	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
	SP	56	154.1	358	Candice Maness	10/27/2018
	SP	16	157.4	154	Adalyn Schroeder	7/27/2025
82.5kg/181.7lbs						
	SP	17	176.4	259	Adalyn Schroeder	7/27/2026
90kg/198.4lbs						
100kg/220.25lbs						
	SP	33	217.6	243	Morgan Leddy	6/25/2022
110kg/242.5lb						
110.1+kg/242.6+lbs						

365 STRONG WORLD RANKINGS						
BENCH - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
	SP	34	113.4	138	Lindsay Seamans	11/9/2019
	SP	17	107.9	88	Lorelei Swinford	7/27/2025
56kg/123.5lbs						
	SP	40	122	175	Dawn Bogart	4/22/2017
	MP	20	123.2	127	Josefina Bueno	3/5/2022
60kg/132.2lbs						
	SP	23	127.4	187	Sydney Farris	7/27/2025
	SP	54	131.7	154	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	141.3	275	Melissa Smith	4/23/2022
	SP	23	145.5	286	Sierra Southerlin	8/15/2026
	SP	55	142.5	176	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
	SP	56	154.1	270	Candice Maness	10/27/2018
	SP	61	164.5	209	Cindy Meeker	4/23/2022
	SP	16	157.4	77	Adelyn Schroeder	7/27/2025
82.5kg/181.7lbs						
	SP	43	177.3	253	Christina Lauffer	4/23/2022
	SP	17	176.4	127	Adalyn Schroeder	7/27/2026
90kg/198.4lbs						
	SP	43	190.9	237	Anika Harper	4/23/2022
100kg/220.25lbs						
	SP	43	215.4	270	Anika Harper	7/22/2023
	SP	33	217.6	132	Morgan Leddy	6/25/2022
110kg/242.5lb						
	SP	14	242.1	270	Nevaeh McIntosh	5/31/2025
110.1+kg/242.6+lbs						
	SP	41	281.1	336	Ann McManus	4/12/2025

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						
		39	124.6	220	Jennifer Watson	7/12/2025
		36	129.4	204	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		36	147.9	265	Jessica Loden	9/7/2024

365 STRONG WORLD RANKINGS						
BENCH - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	99	Sally Lloyd	6/10/2017
60kg/132.2lbs						
		39	124.6	121	Jennifer Watson	7/12/2025
		36	129.4	99	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		37	146.1	160	Vanessa Westbrook	12/17/2022

365 STRONG WORLD RANKINGS						
DEADLIFT - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	248	Sally Lloyd	6/10/2017
60kg/132.2lbs						
		39	124.6	259	Jennifer Watson	7/12/2025
		36	129.4	253	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		36	139.4	336	LaDetra Cole	10/29/2022

365 STRONG WORLD RANKINGS						
TOTAL - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
		36	123	524	Sally Lloyd	6/10/2017
60kg/132.2lbs						
		39	124.6	601	Jennifer Watson	7/12/2025
		36	129.4	551	Cara Jo	10/21/2023
67.5kg/148.7lbs						
		35	148.4	727	Jessica Loden	5/18/2024

		36	147.9	160	Jessica Loden	9/7/2024
		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	215	Reyhan Roybal	7/15/2017
		35	157	170	Jessica Loden	2/10/2024
		39	155.2	165	Emily Drew Mash	7/12/2025
		36	165.1	165	Jennifer Broome	10/27/2018
		37	161.8	154	Rachel Cofer	7/27/2026
		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
		35	178.6	171	Charlee Marshall	11/23/2024
		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
		36	173.3	132	Billie Sullivan	1/10/2026
		39	174.4	132	Pamela Buskirk	7/24/2021
		36	174.6	94	Lydia Braspenning	6/9/2024
90kg/198.2lbs						
		37	198	248	Linsey Eudy	10/21/2023
		35	197.5	127	Valerie Ryan	12/17/2022
		39	195.7	110	Nabilah Lari	7/27/2026
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
		36	205.5	138	Jessica Nelson	7/27/2025
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	4/16/2022

		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
		35	134.9	650	Jennifer Jones	7/12/2025
75kg/165.2lbs						
		39	155.2	816	Emily Drew Mash	7/12/2025
		39	163.6	805	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
		37	161.8	711	Rachel Cofer	7/27/2026
		39	165	463	Amber Jenkins	6/9/2018
82.5kg/181.7lbs						
		38	175	904	Lay Kaahu	8/12/2017
		35	178.6	805	Charlee Marshall	11/23/2024
		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	173.3	534	Billie Sullivan	1/10/2026
		36	174.6	479	Lydia Braspenning	6/9/2024
90kg/198.2lbs						
		35	197.5	628	Valerie Ryan	12/17/2022
		39	195.7	501	Nabilah Lari	7/27/2026
100kg/220.25lbs						
		35	216.3	805	Crystal Prather	6/17/2023
		36	205.5	612	Jessica Nelson	7/27/2025
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 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
		36	147.9	160	Jessica Loden	9/7/2024
		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

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		39	144.8	138	Amy Daugherty	5/22/2021
		38	146	132	Angie Peck	6/10/2017
75kg/165.2lbs						
		39	164.4	215	Reyhan Roybal	7/15/2017
		35	157	170	Jessica Loden	2/10/2024
		39	155.2	165	Emily Drew Mash	7/12/2025
		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 McMilln	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	194.2	110	Alexandra Rasmussen	9/16/2023
100kg/220.25lbs						
		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						
		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	282.2	154	Beth Mockbee	1/21/2023

75kg/165.2lbs						
	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						
	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						
	35	194.2	551	Alexandra Rasmussen	9/16/2023	
100kg/220.25lbs						
	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						
110+kg/242.6+lbs						
	39	268.8	816	Katy Silvers	12/19/2020	
	36	282.2	727	Beth Mockbee	1/21/2023	

365 STRONG WORLD RANKINGS						
BENCH - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
48kg/105.7lbs						
R	55-59	55	98	132	Nina Kiuru	7/30/2022
R	65-69	66	101.4	83	Pam Fisher	7/12/2025
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	64	110.2	110	Sue Ann Hurlbert	2/8/2025
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	52	119.7	110	Bridget Edwards	7/27/2025
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	55-59	55	116	71	Anju Sethi	7/12/2025

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
48kg/105.7lbs						
R	65-69	66	101.4	242	Pam Fisher	7/12/2025
R	55-59	55	98	237	Nina Kiuru	7/30/2022
R	65-69	67	105.4	154	Renee Ferguson	6/6/2026
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
R	55-59	56	119.4	187	Anju Sethi	1/10/2026
R	50-54	52	119.7	182	Bridget Edwards	7/27/2025

365 STRONG WORLD RANKINGS							
TOTAL - EQUIPMENT NOTED							
Female - Masters							
Weight Class		Age	Wgt	Lbs	Name	Date	
48kg/105.7lbs							
		66	101.4	468	Pam Fisher	7/12/2025	
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 Williams	7/24/2021	
R	50-54	54	119.6	512	Lisa Baker	12/19/2020	
RC	45-49	46	118.9	435	Kathy Wilson	12/8/2018	
R	50-54	52	119.7	424	Bridget Edwards	7/27/2025	
R	55-59	56	119.4	397	Anju Sethi	1/10/2026	

R	55-59	57	177.3	121	Shelly Moore	6/5/2021
R	60-64	62	178.1	121	Laura B. Rectenwal	7/12/2025
90kg/198.2lbs						
SP	40-44	42	190.9	237	Anika Harper	4/23/2022
R	40-44	40	187.2	193	Mona Espinosa	1/22/2022
R	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	41	195.1	182	Rebecca Caudill	12/7/2024
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	45-49	45	199.7	342	Anika Harper	3/28/2026
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	45-49	48	240	132	Janet Martin	4/22/2017
R	40-44	42	229.3	99	Laura Kerr	3/22/2025
110+kg/242.6+lbs						
SP	40-44	41	284.1	402	Ann McManus	3/28/2026
MP	40-44	44	249.1	358	Katy Silvers	4/25/2026
R	40-44	42	259.5	242	Hollie Sands	5/25/2019
R	40-44	40	272.2	226	Andrea Willis	6/19/2021
R	40-44	43	251.3	204	Katy Silvers	9/7/2024
R	50-54	53	250.9	171	Janet Martin	10/22/2022

90kg/198.2lbs						
R	40-44	41	195.1	953	Rebecca Caudill	12/7/2024
R	40-44	44	197.8	838	Carla Akers	4/20/2018
RC	45-49	45	194	766	Heather Streible	3/18/2023
RC	40-44	44	184.7	695	Tricia Emrich	7/9/2016
R	45-49	48	194.7	672	Mandy Self-Sparrow	2/10/2024
RC	45-49	45	194.9	595	Kelly Jeffries	2/25/2023
R	55-59	56	183.2	500	Cathy Cranford	10/29/2016
100kg/220.25lbs						
RC	40-44	44	209.4	909	Anika Harper	4/13/2024
RC	45-49	46	212.8	830	Heather Streible	3/1/2024
R	45-49	47	214.3	667	Barbara VanVleet	11/11/2023
RC	45-49	46	205.5	634	Renee Turner	3/18/2023
RC	40-44	42	209.2	623	Christina Lauffer	6/19/2021
R	40-44	42	201.6	590	Christy Owens	12/18/2021
R	40-44	41	204.2	408	Tiffany Meadows	6/17/2023
110kg/242.5lbs						
RC	40-44	42	240.3	987	Katy Silvers	7/22/2023
RC	50-54	50	240	955	Ylander Ross	1/21/2017
R	40-44	44	229.3	893	Kimberly Dorton	10/21/2023
R	40-44	42	229.3	441	Laura Kerr	3/22/2025
110+kg/242.6+lbs						
RC	40-44	40	276	920	Katy Silvers	9/18/2021
R	40-44	42	259.5	672	Hollie Sands	5/25/2019
R	40-44	40	271	612	Ann McManus	12/9/2023
R	50-54	51	255.2	518	Janet Martin	10/17/2020

FEMALE RAW TEENAGE

365 STRONG WORLD RANKINGS						
RAW BENCH PRESS						
FEMALE TEENAGE						
Weight Class		Age	Wgt	Lbs	Name	Date
44kg/97lbs						
T1	13-15	15	97	83	Bella-Grace Meadows	4/1/2023
T1	13-15	13	86	71	Alessandra Reis	1/21/2023
Y	10-12	11	91.9	60	Harlym Betts	6/27/2026
48kg/105.7lbs						
Y	10-12	12	105.2	83	Carmen Trivette	10/16/2021
T1	13-15	14	105.4	77	Adalee Moss	1/11/2025
52kg/114.5lbs						
T1	13-15	13	111.3	99	Carmen Trivette	10/22/2022
T1	13-15	13	112.8	99	Makayla Van Meter	2/20/2021
T2-SP	16-17	17	107.9	88	Lorelei Swinford	7/27/2025
T2	16-17	17	112	88	Leighann Allen	11/19/2016
T3	18-19	19	112.4	83	McKenna Wright	6/17/2023
T2	16-17	16	108.3	77	McKenna Wright	3/6/2021
T1	13-15	13	112.9	60	Natasha Shelby	12/13/2025

365 STRONG WORLD RANKINGS						
RAW (Gear Listed) TOTAL						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
T1	13-15	13	86	386	Alessandra Reis	1/21/2023
48kg/105.7lbs						
T1	13-15	14	105.4	408	Adalee Moss	1/11/2025
Y	10-12	12	105.2	347	Carmen Trivette	10/16/2021
52kg/114.5lbs						
T2-SP	16-17	17	107.9	523	Lorelei Swinford	7/27/2025
T3	18-19	19	112.4	485	McKenna Wright	6/17/2023
T1	13-15	13	111.3	473	Carmen Trivette	10/22/2022
T2	16-17	16	108.3	391	McKenna Wright	3/6/2021
T1	13-15	13	112.9	314	Natasha Shelby	12/13/2025
T2	16-17	17	112	281	Leighann Allen	11/19/2016
Y	10-12	12	112.9	226	Natasha Shelby	3/22/2025

Y	10-12	12	112.9	55	Natasha Shelby	3/22/2025
56kg/123.5lbs						
T3	18-19	19	123.25	160	Becca Dison	3/10/2018
T3	18-19	19	118.4	149	Olivia Pasin	11/19/2022
T1	13-15	15	117.9	127	Chy Richardson	7/12/2025
T2	16-17	17	116.2	88	Angelina Peterson	10/21/2022
T2	16-17	17	123	71	Scarlett Shuping	5/31/2025
60kg/132.2lbs						
T3	18-19	19	132	138	Claire Rosser	8/12/2017
T2	16-17	16	129	110	Mara Hall	2/20/2021
T1	13-15	14	130.7	94	Beverly Lemay	3/18/2023
T1	13-15	14	129.4	88	Macy Lantz	10/28/2021
Y	10-12	12	126.3	83	Rylee King	1/10/2026
T3	18-19	19	127.4	77	Sophia Drury	7/12/2025
T2	16-17	17	128.5	77	Sophia Drury	10/21/2022
T2	16-17	17	124.8	66	Scarlett Shuping	2/8/2025
67.5kg/148.7lbs						
T3	18-19	19	135.4	165	Olivia Ryan	7/27/2025
T3	18-19	19	142.6	165	Hanna Young	8/12/2017
T1	13-15	13	147.1	143	Haleigh Batchelor	10/22/2022
T2	16-17	16	145.3	132	Sara Hampton	10/21/2022
T1	13-15	15	135.6	110	Beverly Lemay	3/1/2024
T2	16-17	16	141.9	110	Jocelyn Lilly	1/10/2028
T1	13-15	15	143.1	105	Mazie Eudy	7/12/2025
T3	18-19	19	145.9	99	Lily Springfield	5/31/2025
T1	13-15	15	146.8	99	Macy Lantz	4/20/2018
T3	18-19	19	142.2	72	Ashton Bishop	3/6/2021
T3	18-19	18	140.4	70	Destiny Dula	10/29/2011
75kg/165.2lbs						
T3	18-19	19	150.4	176	Sarah Oesch	6/11/2022
T2	16-17	17	165	151	Sarah Oesch	10/17/2022
T1	13-15	14	157.9	132	Tyler Glover	9/18/2021
T3	18-19	19	161.5	126	Katarina Giancroce	4/22/2017
T2	16-17	17	151.7	121	Alesia Sylverain	10/19/2022
T1	13-15	14	162.9	116	Olivia Dubrow	9/18/2021
T2	16-17	17	152.8	110	Danielle Ortiz	10/29/2021
Y	10-12	12	155.2	110	Ryleigh Kennedy	7/12/2025
T1	13-15	15	162.7	110	Cadence Caudill	12/7/2024
T2	16-17	16	156.2	105	Floorthe Sakkers	6/9/2024
T1	13-15	13	164.8	99	Harley Milone	12/9/2014
T1	13-15	14	149	94	Jennah Raynolds	7/24/2021
T1	13-15	15	151.2	88	Jocelyn Lilly	6/29/2024
T2-SP	16-17	16	157.4	77	Adalyn Schroeder	7/27/2025
82.5kg/181.7lbs						
T3	18-19	19	175	182	Sarah Oesch	10/22/2022
T1	13-15	15	173.3	154	Cecilia Luzarraga	10/19/2022
T3	18-19	19	180.6	150	Victoria Renfro	7/9/2016
T2	16-17	17	170.8	149	Sarah Oesch	10/3/2022
T3	18-19	19	175.4	143	Shelby Sprinkle	12/18/2022
T2-SP	16-17	17	176.4	127	Adalyn Schroeder	7/27/2026
T3	18-19	18	171.8	110	Emma Love	10/29/2021
T2	16-17	16	179	105	Sarah Sells	10/21/2022
Y	11-12	11	176.8	94	Nevaeh McIntosh	3/6/2021
T2	16-17	17	179	83	Chesney Samaha	11/19/2022
T3	18-19	19	175.3	77	Gabriela Drury	10/19/2022
T2	16-17	16	173.8	72	Kayla McCubbins	3/6/2021
T1	13-15	15	173.5	61	Kayla McCubbins	10/3/2022
90kg/198.2lbs						
Y	10-12	10	183.8	149	Nevaeh McIntosh	4/24/2021

56kg/123.5lbs							
T3	18-19	19	123.25	755	Becca Dison	3/10/2018	
T3	18-19	19	118.4	672	Olivia Pasin	11/19/2022	
T2	16-17	17	116.2	396	Angelina Peterson	10/21/2023	
T2	16-17	17	123	347	Scarlett Schuping	5/31/2025	
60kg/132.2lbs							
T3	18-19	19	132	683	Claire Rosser	8/12/2017	
T2	16-17	16	129	568	Mara Hall	2/20/2021	
T1-RC	13-15	14	130.7	551	Beverly Lemay	3/18/2023	
T2	16-17	17	128.5	446	Sophia Drury	10/21/2023	
T3	18-19	18	127.6	419	Sophia Drury	10/19/2024	
Y	10-12	12	126.3	397	Rylee King	1/10/2026	
T1	13-15	14	131.6	391	Macy Lantz	8/12/2017	
67.5kg/148.7lbs							
T3	18-19	19	142.6	816	Hanna Young	8/12/2017	
T3-RC	18-19	19	135.4	766	Olivia Ryan	7/27/2025	
T1-RC	13-15	13	145.1	651	Haleigh Batchelor	11/19/2022	
T1-RC	13-15	15	135.6	640	Beverly Lemay	3/1/2024	
T2	16-17	16	141.9	634	Jocelyn Lilly	1/10/2026	
T2	16-17	16	145.3	623	Sara Hampton	10/21/2023	
T1	13-15	15	146.8	573	Macy Lantz	4/20/2018	
T3	18-19	19	145.9	512	Lily Springfield	5/31/2025	
T3	18-19	19	142.2	424	Ashton Bishop	3/6/2021	
T1	13-15	13	138.4	320	Peyton Lauffer	6/19/2021	
75kg/165.2lbs							
T3	18-19	19	150.4	772	Sarah Oesch	6/11/2022	
T2	16-17	17	165	737	Sarah Oesch	10/17/2020	
T3	18-19	19	161.5	689	Katarina Giancroce	4/22/2017	
T1	13-15	14	157.9	683	Tyler Glover	9/18/2021	
T1	13-15	15	162.7	667	Cadence Caudill	12/7/2024	
T2	16-17	17	151.7	656	Alesia Sylverain	10/19/2024	
T1	13-15	14	162.9	579	Olivia Dubrow	9/18/2021	
T2	16-17	17	152.8	545	Danielle Ortiz	10/29/2016	
T1	13-15	14	149	529	Jennah Reynolds	7/24/2021	
T1	13-15	13	164.8	529	Harley Milone	12/9/2017	
T1	13-15	15	151.2	513	Jocelyn Lilly	6/29/2024	
T2-SP	16-17	16	157.4	424	Adalyn Schroeder	7/27/2025	
82.5kg/181.7lbs							
T3	18-19	19	175.4	827	Shelby Sprinkle	12/18/2021	
T3-RC	18-19	19	175	821	Sarah Oesch	10/22/2022	
T1	13-15	15	173.3	799	Cecilia Luzarraga	10/19/2024	
T3	18-19	19	180.6	735	Victoria Renfroe	7/9/2016	
T2	16-17	17	170.8	712	Sarah Oesch	10/3/2020	
T2-SP	16-17	17	176.4	634	Adalyn Schroeder	7/27/2026	
T2	16-17	16	179	529	Sarah Sells	10/21/2023	
T3	18-19	18	171.8	490	Emma Love	10/29/2016	
T3	18-19	19	175.3	452	Gabriela Drury	10/19/2024	
Y	11-12	11	176.8	432	Nevaeh McIntosh	3/6/2021	
T2	16-17	17	179	419	Chesney Samaha	11/19/2022	
T2	16-17	16	173.8	325	Kayla McCubbins	3/6/2021	
T1	13-15	15	173.5	304	Kayla McCubbins	10/3/2020	
90kg/198.2lbs							
T1	13-15	15	196.5	672	Karson Tolle	10/22/2022	

T3	18-19	19	191.6	242	Kasylee Borque	7/12/2025
T1	13-15	15	196.5	242	Karson Tolle	10/22/2021
T2	16-17	16	192.4	204	Alyssa Beadles	6/19/2021
100kg/220.4lbs						
T2	16-17	17	206.1	331	Alex Jefferson	10/19/2024
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	14	242.1	391	Nevaeh McIntosh	5/31/2025
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

T3	18-19	19	191.6	143	Kasylee Borque	7/12/2025
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						
T2	16-17	17	206.1	215	Alex Jefferson	10/19/2024
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	14	242.2	248	Nevaeh McIntosh	5/31/2025
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	192.4	286	Alyssa Beadles	6/19/2021
T3	18-19	19	191.6	253	Kasylee Borque	7/12/2025
Y	10-12	11	192.7	231	Nevaeh McIntosh	10/16/2021
100kg/220.4lbs						
T2	16-17	17	206.1	353	Alex Jefferson	10/19/2024
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-RC	13-15	14	242.1	364	Nevaeh McIntosh	5/31/2025
T1	13-15	15	238.5	309	Abrie Meadows	6/17/2023
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

T3	18-19	19	191.6	639	Kasylee Borque	7/12/2025
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						
T2	16-17	17	206.1	887	Alex Jefferson	10/19/2024
Y	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	14	242.1	1003	Nevaeh McIntosh	5/31/2025
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	
56kg/123.5lbs						
	20	120.6	220	Emily Gaiser	7/10/2021	
	23	120.2	182	Asia Hannans	9/7/2024	
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	
	22	144.1	253	Savannah Gautier	1/10/2026	
	23	145	248	Delaney Fish	6/10/2017	
	21	144.2	209	Emily Schnupp	8/12/2017	
	21	141.6	154	Sophia Robbins	1/10/2026	
75kg/165.2lbs						
	23	164.6	336	Candace Locklear	3/10/2018	
	22	156.7	320	Nakato Bukya	12/7/2024	
	23	161.5	314	Alisha Martin	4/24/2021	
	23	153.2	308	Courtney Fox	10/21/2023	
	22	159.2	286	Abby Rice	4/12/2025	
	20	157.2	281	Lisha Lamb	11/19/2016	
	20	158	281	Carley Bradshaw	11/19/2016	
	21	162.6	259	Aleya Woodall	6/19/2021	
	20	159.5	248	Ivanna Guzman	4/22/2017	
	23	164	237	Brooke Burns	7/10/2021	
82.5kg/181.7lbs						
	21	180.8	275	Christina Walton	7/22/2023	
	21	167.3	270	Brianna Ormezzano	11/23/2024	
	21	173.1	259	Katie Roseman	12/19/2020	
	23	177	259	Kailee Heller	7/10/2021	

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	
	23	120.2	127	Asia Hannans	9/7/2024	
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						
	22	147.5	215	Sarah Oesch Davies	10/11/2025	
	23	145.5	182	Sierra Southerlin	8/15/2026	
	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	
	21	141.6	121	Sophia Robbins	1/10/2026	
	23	144.6	121	Everette Sherrill	7/22/2023	
	23	145	116	Delaney Fish	6/10/2017	
75kg/165.2lbs						
	22	154.8	204	Abby Rice	3/28/2026	
	23	161.5	171	Alisha Martin	4/24/2021	
	23	164.6	160	Candace Locklear	3/10/2018	
	23	159.4	149	Emily Tighe	6/9/2018	
	21	162.6	149	Aleya Woodall	6/19/2021	
	23	164	143	Brooke Burns	7/10/2021	
	20	157.2	138	Lisha Lamb	11/19/2016	
	22	156.7	132	Nakato Bukya	12/7/2024	
	20	161.6	132	Sarah Oesch	3/18/2023	
	22	161.6	132	Dani Moore	6/10/2017	
82.5kg/181.7lbs						
	21	180.3	193	Sarah Oesch	4/28/2024	
	21	167.3	171	Brianna Ormezzano	11/23/2024	
	23	177	154	Kailee Heller	7/10/2021	
	21	180.3	149	Kasylee Borque	4/25/2026	

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	
	23	120.2	264	Asia Hannans	9/7/2024	
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	
	22	144.1	270	Savannah Gautier	1/10/2026	
	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	
	21	141.6	182	Sophia Robbins	1/10/2026	
75kg/165.2lbs						
	23	164.6	402	Candace Locklear	3/10/2018	
	22	156.7	364	Nakato Bukya	12/7/2024	
	22	154.8	347	Abby Rice	3/28/2026	
	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	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						
	21	167.3	314	Brianna Ormezzano	11/23/2024	
	23	177	303	Kailee Heller	7/10/2021	
	21	173.1	292	Katie Roseman	12/19/2020	
	21	180.3	292	Kasylee Borque	4/25/2026	

		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	196.5	171	Kaitlyn McKenzie	5/16/2026
		22	195.6	170	Kelly Benson	10/29/2016
		22	195.6	170	Kelly Benson	10/29/2016
		21	194.2	110	Mariah Flint	4/22/2017
100kg/220.4lbs						
					NONE	
110kg/242.5lbs						
		23	224	220	Maddy Webster	10/22/2022
110+kg/242.5+lbs						
		23	262.8	193	Shaundre Lilley	12/4/2021
		22	330.2	175	Lashonda Zander	6/2/2018
		22	282.2	160	Capri Cameron	8/12/2017
		23	254.9	149	Nathalie Vargas	12/18/2021

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FEMALE RAW CLASSIC JUNIORS (20-23)

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
	23	120.2	127	Asia Hannans	9/7/2024
	21	123.2	99	Gabrielle Jones	7/27/2026
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					
	22	147.5	215	Sarah Oesch Davies	10/11/2025
	23	145.5	182	Sierra Southerlin	8/15/2026
	21	138.3	178	Anyia 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
	21	141.6	121	Sophia Robbins	1/10/2026
	23	144.6	121	Everette Sherrill	7/22/2023
	23	145	116	Delaney Fish	6/10/2017
75kg/165.2lbs					
	22	154.8	204	Abby Rice	3/28/2026
	20	152.6	193	Olivia Ryan	7/27/2026
	23	161.5	171	Alisha Martin	4/24/2021

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) TOTAL						
FEMALE - JUNIORS (20-23)						
Wgt Class		Age	Wgt	Lbs	Name	Date
56kg/123.5lbs						
		21	123.2	507	Gabrielle Jones	7/27/2026
60kg/132.2lbs						
67.5kg/148.7lbs						
		20	145.8	772	Anya Kalnins	2/20/2021
75kg/165.2lbs						
		20	152.6	827	Olivia Ryan	7/27/2026
		23	159.4	727	Emily Tighe	6/9/2018
		22	161.6	628	Dani Moore	6/10/2017

		23	164.6	160	Candace Locklear	3/10/2023
		23	159.4	149	Emily Tighe	6/9/2018
		21	162.6	149	Aleya Woodall	6/19/2021
		23	164	143	Brooke Burns	7/10/2021
		20	157.2	138	Lisha Lamb	11/19/2016
		22	156.7	132	Nakato Bukya	12/7/2024
		20	161.6	132	Sarah Oesch	3/18/2023
82.5kg/181.7lbs						
		21	180.3	193	Sarah Oesch	4/28/2024
		21	167.3	171	Brianna Ormezzano	11/23/2024
		23	177	154	Kalilee Heller	7/10/2021
		21	180.3	149	Kasylee Borque	4/25/2026
		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	196.5	171	Kaitlyn McKenzie	5/16/2026
		22	195.6	170	Kelly Benson	10/29/2016
		22	195.6	170	Kelly Benson	10/29/2016
		21	194.2	110	Mariah Flint	4/22/2017
100kg/220.4lbs						
					NONE	
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	6/2/2018
		22	282.2	160	Capri Cameron	8/12/2017
		23	254.9	149	Nathalie Vargas	12/18/2021

[illegible]

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs						
MP		20	123.2	127	Josefina Bueno	3/5/2022
67.5kg/148.7lbs						
MP		21	148.2	245	Madeleine Gless	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						
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
52kg/114.5lbs						
56kg/123.5lbs						
FP	R	29	122	132	Amanda Isley	8/12/2017
FP	R	24	117	77	Evette Rennie	8/15/2026
67.5kg/148.7lbs						
FP	R	28	143.5	187	Anaya Laney	7/27/2025

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
52kg/114.5lbs						
56kg/123.5lbs						
FP	RC	29	122	678	Amanda Isley	10/28/2017
FP	R	24	117	331	Evette Rennie	8/15/2026
67.5kg/148.7lbs						
FP	R	28	143.5	821	Anaya Laney	7/27/2025

FP	R	36	139.4	116	LaDetra Cole	10/29/2022
FP	R	21	142.2	99	Savannah Gautier	5/31/2025
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	4/1/2023
FP	R	27	161.2	154	Mikhayla Dunn	12/18/2021
FP	R	35	154.7	138	LaDetra Cole	3/5/2022
FP	R	28	150.8	127	Anaya Cook	11/23/2024
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
FP	R	27	169.5	127	Dasia Sanders	11/9/2024
90+kg/198.2+lbs					Female	
FP	R	34	250	138	Tarra Farnham	5/22/2021

FP	R	36	139.4	667	LaDetra Cole	10/29/2022
FP	R	21	142.2	601	Savannah Gautier	5/31/2025
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
FP	R	28	150.8	623	Anaya Cook	11/23/2024
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
FP	R	27	169.5	623	Dasia Sanders	11/9/2024
90+kg/198.2+lbs					Female	
FP	RC	34	250	783	Tarra Farnham	5/22/2021

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365 STRONG WORLD RANKINGS						
TOTAL - EQUIPMENT NOTED						
FEMALE - PARALIFTER						
Wgt Class		Age	Wgt	Lbs	Name	Date

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M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-McNeil	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	Nelda Newton	3/5/2022	181
M2	R	48	194.7	60	Mandy Self-Sparrow	2/10/2024	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	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