

365 Strong World Powerlifting Federation
Female Kentucky State Records

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: 12/19/2025

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) SQUAT						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs						
			132	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			165	McKenna Wright		
56kg/123.5lbs						
			187	Heidi Schuck		
60kg/132.2lbs						
67.5kg/148.7lbs			254	Evelyn Lyon		
75kg/165.2lbs			314	Bonnie Mosley		
82.5kg/181.7lbs			231	Dawn O'Donnell		
90kg/198.4lbs			369	Brittany Abner		
100kg/220.4lbs			331	Rachel Massey		
110kg/242.5lbs			419	Maddy Webster		
110+kg/242.6+lb			386	Hollie Sands		

365 STRONG WORLD RANKINGS						
RAW BENCH PRESS						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			71	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			83	McKenna Wright		
56kg/123.5lbs						
			132	Heidi Schuck		
60kg/132.2lbs			94	Beverly Lemay		
67.5kg/148.7lbs			215	Sarah Oesch	10/11/2025	
75kg/165.2lbs			154	Sarah Oesch		
82.5kg/181.7lbs			193	Sarah Oesch		
90kg/198.4lbs			226	Brittany Abner		
100kg/220.4lbs			204	Nevaeh McIntosh		
110kg/242.5lbs			248	Nevaeh McIntosh		
110+kg/242.6+lb			270	Hollie Sands		

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) DEADLIFT						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			204	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			237	McKenna Wright		
56kg/123.5lbs						
			253	Heidi Schuck		
60kg/132.2lbs						
67.5kg/148.7lbs			331	Evelyn Lyon		
75kg/165.2lbs			331	Bonnie Mosley		
82.5kg/181.7lbs			331	Dawn O'Donnell		
90kg/198.4lbs			402	Brittany Abner		
100kg/220.4lbs			364	Crystal Prather		
110kg/242.5lbs			457	Maddy Webster		
110+kg/242.6+lb			518	Hollie Sands		

365 STRONG WORLD RANKINGS						
RAW (Knee Sleeves) TOTAL						
FEMALE - OPEN						
Wgt Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			407	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			485	McKenna Wright		
56kg/123.5lbs						
			573	Heidi Schuck		
60kg/132.2lbs						
67.5kg/148.7lbs			723	Evelyn Lyon		
75kg/165.2lbs			816	Bonnie Mosley		
82.5kg/181.7lbs			683	Dawn O'Donnell		
90kg/198.4lbs			981	Brittany Abner		
100kg/220.4lbs			849	Rachel Massey		
110kg/242.5lbs			1102	Maddy Webster		
110+kg/242.6+lb			1174	Hollie Sands		

FEMALE RAW CLASSIC OVERALL LEADERS

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) SQUAT						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs				None		
56kg/123.5lbs				None		
60kg/132.2lbs			237	Beverly Lemay		

365 STRONG WORLD RANKINGS						
RAW CLASSIC BENCH						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs			71	Alessandra Reis		
48kg/105.7lbs				None		
52kg/114.5lbs			83	McKenna Wright		
56kg/123.5lbs						
			132	Heidi Schuck		
60kg/132.2lbs			94	Beverly Lemay		

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) DEADLIFT						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs				None		
56kg/123.5lbs				None		
60kg/132.2lbs			220	Beverly Lemay		

365 STRONG WORLD RANKINGS						
RAW CLASSIC (Knee Wraps) TOTAL						
FEMALE - OPEN						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs				None		
56kg/123.5lbs				None		
60kg/132.2lbs			551	Beverly Lemay		

67.5kg/148.7lbs				215	Sarah Oesch	10/11/2025
75kg/165.2lbs				176	Sarah Oesch	
82.5kg/181.7lbs				193	Sarah Oesch	
90kg/198.4lbs				226	Brittany Abner	
100kg/220.4lb				204	Nevaeh McIntosh	
110kg/242.5lb						
		15		248	Nevaeh McIntosh	
110+kg/242.6+lb				270	Hollie Sands	

67.5kg/148.7lbs			887	Sarah Oesch	10/11/2025
75kg/165.2lbs			744	Sarah Oesch	
82.5kg/181.7lbs			843	Sarah Oesch	
90kg/198.4lbs			766	Heather Streible	
100kg/220.4lb			805	Nevaeh McIntosh	
110kg/242.5lb					
	15		1014	Nevaeh McIntosh	
110+kg/242.6+lb			1185	Alex Wilson-McKenzie	

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS					
BENCH - EQUIPPED & GEARED					
Female					
52kg/114.5lbs					
				None	
56kg/123.5lbs					
				None	
60kg/132.2lbs					
				None	
67.5kg/148.7lbs					
				None	
75kg/165.5lbs					
				None	
82.5kg/181.8lbs					
				None	
90kg/198.4lb					
100kg/220.4lb					
110kg/242.5lb					
			270	Nevaeh McIntosh	

365 STRONG WORLD RANKINGS					
TOTAL - EQUIPPED & GEARED					
Female					
52kg/114.5lbs					
				None	
56kg/123.5lbs					
				None	
60kg/132.2lbs					
				None	
67.5kg/148.7lbs					
				None	
75kg/165.2lbs					
				None	
82.5kg/181.8lbs					
				None	
90kg/198.4lb					
100kg/220.4lb					
110kg/242.5lb					

FEMALE RAW SUB-MASTERS (35-39)

365 STRONG WORLD RANKINGS					
BENCH - RAW					
Female - Sub-Masters					
56kg/123.5lbs				None	
67.5kg/148.7lbs				None	
75kg/165.2lbs				None	
82.5kg/181.7lbs				None	
90kg/198.4lb			226	Brittany Abner	

365 STRONG WORLD RANKINGS					
TOTAL - RAW					
Female - Sub-Masters					
56kg/123.5lbs				None	
67.5kg/148.7lbs				None	
75kg/165.2lbs				None	
82.5kg/181.7lbs				None	
90kg/198.4lb					
			981	Brittany Abner	

100kg/220.4lb					
		330	Crystal Prather		
110+kg/220.5+lb					

100kg/220.4lb					
		154	Brett Sexton		
110+kg/220.5+lb					
		154	Beth Mockbee		

100kg/220.4lb					
		364	Crystal Prather		
110+kg/220.5+lb					

100kg/220.4lb					
		805	Crystal Prather		
110+kg/220.5+lb					

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs					
		264	Chelsea Bolton		
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
		369	Brittany Abner		
100kg/220.4lb					
		303	Crystal Prather		
110+kg/242.6+lb					
		270	Beth Mockbee		

369 STRONG WORLD RANKINGS					
RAW BENCH					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs					
		127	Chelsea Bolton		
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
		226	Brittany Abner		
100kg/220.4lb					
		154	Brett Sexton		
110+kg/242.6+lb					
		154	Beth Mockbee		

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs					
		270	Chelsea Bolton		
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
		402	Brittany Abner		
100kg/220.4lb					
		375	Crystal Prather		
110+kg/242.6+lb					
		303	Beth Mockbee		

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs					
		661	Chelsea Bolton		
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
		981	Brittany Abner		
100kg/220.4lb					
		799	Crystal Prather		
110+kg/242.6+lb					
		727	Beth Mockbee		

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
56kg/123.5lbs						
R	55-59	55	176	Dawn Williams		
60kg/132.2lbs						
67.5kg/148.7lbs						
75kg/165.2lbs						
R	40-44	42	132	Melissa Judd		
R	45-49	48	314	Bonnie Mosley		
R	55-59	58	226	Dawn O'Donnell		
82.5kg/181.7lbs						
R	45-49	48	231	Amy Kivett		
RC	45-49	49	237	Heather Streible		
R	55-59	59	265	Dawn O'Donnell		
90kg/198.2lbs						
RC	45-49	49	292	Heather Streible		
100kg/220.4lb						
R	40-44	40	154	Tiffant Meadows		
RC	45-49	45	259	Renee Turner		
110kg/242.5lb						

365 STRONG WORLD RANKINGS						
BENCH - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
56kg/123.5lbs						
R	55-59	55	116	Dawn Williams		
60kg/132.2lbs						
67.5kg/148.7lbs						
75kg/165.2lbs						
R	40-44	42	72	Melissa Judd		
R	45-49	48	171	Bonnie Mosley		
R	55-59	58	132	Dawn O'Donnell		
82.5kg/181.7lbs						
R	45-49	49	165	Heather Streible		
R	55-59	59	132	Dawn O'Donnell		
90kg/198.2lbs						
R	45-49	49	187	Heather Streible		
90+kg/198.2+lbs						
R	40-44	40	72	Tiffany Meadows		
R	45-49	45	165	Renee Turner		
110kg/242.5lb						

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
56kg/123.5lbs						
R	55-59	55	226	Dawn Williams		
60kg/132.2lbs						
67.5kg/148.7lbs						
75kg/165.2lbs						
R	40-44	42	204	Melissa Judd		
R	45-49	48	331	Bonnie Mosley		
R	55-59	58	314	Dawn O'Donnell		
82.5kg/181.7lbs						
R	45-49	48	292	Amy Kivett		
RC	45-49	49	320	Heather Streible		
R	55-59	59	331	Dawn O'Donnell		
90kg/198.2lbs						
RC	45-49	49	353	Heather Streible		
90+kg/198.2+lbs						
R	40-44	40	182	Tiffany Meadows		
RC	45-49	45	287	Renee Turner		
110kg/242.5lb						

365 STRONG WORLD RANKINGS						
TOTAL - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
56kg/123.5lbs						
R	55-59	55	518	Dawn Williams		
60kg/132.2lbs						
67.5kg/148.7lbs						
75kg/165.2lbs						
R	40-44	42	408	Melissa Judd		
R	45-49	48	816	Bonnie Mosley		
R	55-59	58	672	Dawn O'Donnell		
82.5kg/181.7lbs						
R	45-49	48	667	Amy Kivett		
RC	45-49	49	711	Heather Streible		
R	55-59	59	683	Dawn O'Donnell		
90kg/198.2lbs						
RC	45-49	49	766	Heather Streible		
90+kg/198.2+lbs						
R	40-44	40	408	Tiffany Meadows		
RC	45-49	45	689	Renee Turner		
110kg/242.5lb						

R	40-44	42			165	Laura Kerr			R	40-44	42			99	Laura Kerr			R	40-44	42			176	Laura Kerr			R	40-44	42			441	Laura Kerr		
110+kg/242.6+lb									110+kg/242.6+lb									110+kg/242.6+lb									110+kg/242.6+lb								
R	40-44	44			386	Hollie Sands			R	40-44	44			270	Hollie Sands			R	40-44	44			518	Hollie Sands			R	40-44	44			1174	Hollie Sands		

FEMALE TEENAGE

365 STRONG WORLD RANKINGS						
SQUAT (Gear Noted)						
FEMALE TEENAGE						
Weight Clas	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs						
R 16-17	16		121	McKenna Wright		
R 18-19	19		165	McKenna Wright		
56kg/123.5lbs				None		
60kg/132.2lbs						
RC 13-15	14		237	Beverly Lemay		
67.5kg/148.7lbs						
RC 13-15	15		265	Beverly Lemay		
R 13-15	13		182	Beverly Lemay		
R 18-19	19		121	Ashton Bishop		
75kg/165.2lbs						
RC 18-19	18		270	Sarah Oesch		
RC 16-17	17		254	Sarah Oesch		
82.5kg/181.7lbs						
RC 18-19	19		286	Sarah Oesch		
RC 16-17	17		237	Sarah Oesch		
R 11-12	11		138	Nevaeh McIntosh		
R 16-17	16		105	Kayla McCubbins		
R 13-15	15		94	Kayla McCubbins		
90kg/198.4lbs						
RC 10-12	11		292	Nevaeh McIntosh		
R 16-17	16		204	Alyssa Beadles		
R 13-15	14		242	Karson Tolle		
100kg/220.4lb						
RC 10-12	12		325	Nevaeh McIntosh		
R 13-15	14		237	Karson Tolle		
110kg/242.5lb						
R 13-15	14		325	Abrie Meadows		
RC 13-15	15		419	Nevaeh McIntosh		
RC 13-15	14		391	Nevaeh McIntosh		

365 STRONG WORLD RANKINGS						
BENCH PRESS (Gear Noted)						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs						
R 16-17	16		77	McKenna Wright		
R 18-19	19		83	McKenna Wright		
56kg/123.5lbs				None		
60kg/132.2lbs						
R 13-15	14		94	Beverly Lemay		
67.5kg/148.7lbs						
R 13-15	15		110	Beverly Lemay		
R 18-19	19		72	Ashton Bishop		
75kg/165.2lbs						
R 16-17	17	165	151	Sarah Oesch		
R 18-19	18	157	143	Sarah Oesch		
82.5kg/181.7lbs						
RC 18-19	19		182	Sarah Oesch		
RC 16-17	17		149	Sarah Oesch		
R 11-12	11		94	Nevaeh McIntosh		
R 13-15	15		61	Kayla McCubbins		
90kg/198.2lbs						
R 10-12	10		116	Nevaeh McIntosh		
R 16-17	16		121	Alyssa Beadles		
R 13-15	14		121	Karson Tolle		
100kg/220.4lb						
R 10-12	12		204	Nevaeh McIntosh		
R 13-15	14		105	Karson Tolle		
110kg/242.5lb						
R 13-15	14		248	Nevaeh McIntosh		
SP 13-15	14		270	Nevaeh McIntosh		

365 STRONG WORLD RANKINGS						
DEADLIFT (Gear Noted)						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs						
R 16-17	16		193	McKenna Wright		
R 18-19	19		237	McKenna Wright		
56kg/123.5lbs				None		
60kg/132.2lbs						
RC 13-15	14		220	Beverly Lemay		
67.5kg/148.7lbs						
RC 13-15	15		265	Beverly Lemay		
R 13-15	13		176	Beverly Lemay		
R 18-19	19		231	Ashton Bishop		
75kg/165.2lbs						
RC 16-17	17	165	333	Sarah Oesch		
RC 18-19	18	157	331	Sarah Oesch		
R 18-19	19		215	Ashton Bishop		
82.5kg/181.7lbs						
RC 18-19	19		353	Sarah Oesch		
RC 16-17	17		326	Sarah Oesch		
R 11-12	11		200	Nevaeh McIntosh		
R 13-15	15		160	Kayla McCubbins		
R 16-17	16		149	Kayla McCubbins		
90kg/198.2lbs						
R 16-17	16		286	Alyssa Beadles		
RC 10-12	11		231	Nevaeh McIntosh		
R 13-15	14		308	Karson Tolle		
100kg/220.4lb						
RC 10-12	12		275	Nevaeh McIntosh		
R 13-15	14		275	Karson Tolle		
110kg/242.5lb						
R 13-15	13		309	Abrie Meadows		
RC 13-15	15		364	Nevaeh McIntosh		
RC 13-15	14		364	Nevaeh McIntosh		

365 STRONG WORLD RANKINGS						
TOTAL (Gear Noted)						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
44kg/97lbs				None		
48kg/105.7lbs				None		
52kg/114.5lbs						
R 16-17	16		391	McKenna Wright		
R 18-19	19		485	McKenna Wright		
56kg/123.5lbs				None		
60kg/132.2lbs						
RC 13-15	14		551	Beverly Lemay		
67.5kg/148.7lbs						
RC 13-15	15		640	Beverly Lemay		
R 13-15	13		430	Beverly Lemay		
R 18-19	19		424	Ashton Bishop		
75kg/165.2lbs						
RC 18-19	18	157	744	Sarah Oesch		
RC 16-17	17	165	737	Sarah Oesch		
82.5kg/181.7lbs						
RC 18-19	19		810	Sarah Oesch		
RC 16-17	17		712	Sarah Oesch		
R 11-12	11		432	Nevaeh McIntosh		
R 16-17	16		325	Kayla McCubbins		
R 13-15	15		314	Kayla McCubbins		
90kg/198.2lbs						
RC 10-12	11		639	Nevaeh McIntosh		
R 16-17	16		612	Alyssa Beadles		
R 13-15	14		667	Karson Tolle		
100kg/220.4lb						
RC 10-12	12		805	Nevaeh McIntosh		
R 13-15	14		617	Karson Tolle		
110kg/242.5lb						
R 13-15	13		772	Abrie Meadows		
RC 13-15	15		1014	Nevaeh McIntosh		
RC 13-15	14		1003	Nevaeh McIntosh		

FEMALE JUNIORS (20-23)

365 STRONG WORLD R

60kg/132.2lbs					
67.5kg/148.7lbs					
RC		22		298	Sarah Oesch 10/11/2025
75kg/165.2lbs					
RC		20		187	Sarah Oesch
82.5kg/181.7lbs					
RC		21		303	Sarah Oesch
90kg/198.2lbs					
RC		21		300	Sarah Oesch
100kg/220.4lb					None
110kg/242.5lb					
R		23		402	Maddy Webster

60kg/132.2lbs					
67.5kg/148.7lbs					
RC		22		215	Sarah Oesch 10/11/2025
75kg/165.2lbs					
R		20		132	Sarah Oesch
82.5kg/181.7lbs					
R		21		193	Sarah Oesch
90kg/198.2lbs					
R		21		190	Sarah Oesch
100kg/220.4lb					None
					None
110kg/242.5lb					
R		23		220	Maddy Webster

60kg/132.2lbs					
67.5kg/148.7lbs					
RC		22		380	Sarah Oesch 10/11/2025
75kg/165.2lbs					
RC		20		303	Sarah Oesch
82.5kg/181.7lbs					
RC		21		347	Sarah Oesch
90kg/198.2lbs					
RC		21		390	Sarah Oesch
100kg/220.4lb					None
					None
110kg/242.5lb					
R		23		441	Maddy Webster

60kg/132.2lbs					
67.5kg/148.7lbs					
RC				887	Sarah Oesch 10/11/2025
75kg/165.2lbs					
RC		20		623	Sarah Oesch
82.5kg/181.7lbs					
RC		21		843	Sarah Oesch
90kg/198.2lbs					
RC		21		880	Sarah Oesch
100kg/220.4lb					None
					None
110kg/242.5lb					
R		23		1064	Maddy Webster

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS					
Weight	Class	Age	Wgt	Lbs	Name
					Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	RC	26		386	Emily Merritt
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
Weight	Class	Age	Wgt	Lbs	Name
					Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	R	26		165	Emily Merritt
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
Weight	Class	Age	Wgt	Lbs	Name
					Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	RC	26		391	Emily Merritt
90+kg/198.2+lbs					

365 STRONG WORLD RANKINGS					
Weight	Class	Age	Wgt	Lbs	Name
					Date
48kg/105.7lbs					
56kg/123.5lbs					
75kg/165.2lbs					
82.5kg/181.7lbs					
FP	RC			937	Emily Merritt
90+kg/198.2+lbs					

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS						
DIV	RAW	AGE	WGT	Wgt/CI	NAME	LIFT
Juniors	R	21	180.3	181	Sarah Oesch	80
M2	R	48	193.8	198	Heather Streible	91.5
SM	R	37	189.4	198	Brittany Abner	70
Open	R	29	294.9	308	Alex Wilson-McKenzie	115.7

