

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: 2/12/2025

FEMALE RAW OVERALL LEADERS

Table with 6 columns: Wgt Class, Age, Wgt, Lbs, Name, Date. Contains 365 STRONG WORLD RANKINGS RAW (Knee Sleeves) SQUAT FEMALE - OPEN data.

Table with 6 columns: Wgt Class, Age, Wgt, Lbs, Name, Date. Contains 365 STRONG WORLD RANKINGS RAW BENCH PRESS FEMALE - OPEN data.

Table with 6 columns: Wgt Class, Age, Wgt, Lbs, Name, Date. Contains 365 STRONG WORLD RANKINGS RAW (Knee Sleeves) DEADLIFT FEMALE - OPEN data.

Table with 6 columns: Wgt Class, Age, Wgt, Lbs, Name, Date. Contains 365 STRONG WORLD RANKINGS RAW (Knee Sleeves) TOTAL FEMALE - OPEN data.

	29	273.8	303	Mary-Ann Ricks	3/5/2022
	22	330.2	280	Lashonda Zander	6/2/2018
	23	254.8	275	Nathalie Vargas	12/18/2021
	34	283.5	270	Angela Dunn	10/19/2024
	27	248	248	Aubrey Dowding	5/11/2019
	24	248	226	Linsay Finch	3/4/2023
	22	282.2	209	Capri Cameron	8/12/2017

	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
	53	250.9	171	Janet Martin	10/22/2022

	22	330.2	325	Lashonda Zander	6/2/2018
	27	248	320	Aubrey Dowding	5/11/2019
	23	262.8	320	Shauntre Lilley	12/4/2021
	24	248	309	Linsay Finch	3/4/2023
	25	251.9	303	Leah Simpson	3/6/2021
	29	273.8	303	Mary-Ann Ricks	3/5/2022
	23	254.8	292	Nathalie Vargas	12/18/2021

	22	330.2	780	Lashonda Zander	6/2/2018
	34	283.5	738	Angela Dunn	10/19/2024
	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
	22	282.2	628	Capri Cameron	8/12/2017
	25	251.9	617	Leah Simpson	3/6/2021

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					
48kg/105.7lbs					
	33	104.3	193	Stephanie Washington	7/10/2021
52kg/114.5lbs					
	46	111.8	264	Missy Taylor	4/23/2022
	27	111.5	254	Kiki Garland	10/17/2020
	34	114	237	Lindsay Seamans	6/29/2019
	30	111.2	231	Aubrey Cornwell	8/12/2017
	37	111.3	204	Tiffany Bellamy	4/22/2017
56kg/123.5lbs					
	24	120.2	281	Amber Gabriel	6/9/2018
	44	118	253	Tiffany Stone	12/9/2023
	29	122	242	Amanda Isley	10/28/2017
	46	118.9	160	Kathy Wilson	12/8/2018
60kg/132.2lbs					
RC	25	131.3	364	Melissa Hunt	5/11/2019
RC	26	131.8	303	Taylor Jackson	10/28/2017
RC	25	125.6	300	Caitlin Cardone	7/9/2016
RC	24	132.2	276	Kayce Hoover	4/22/2017
RC	27	132	275	Sara Carney	6/2/2018
RC	14	130.7	237	Beverly Lemay	3/18/2023
RC	26	132.2	165	Isabella Tully	10/29/2016
RC	47	131.4	105	Angie Terry	10/29/2016
67.5kg/148.7lbs					
RC	27	143.8	369	Taylor Jackson	5/11/2019
RC	27	143	360	Samatha Corujo	6/2/2018
RC	27	139.3	336	Melissa Hunt	7/10/2021
RC	27	143.4	325	Amber Rabon	9/19/2020
RC	24	144.4	305	Kayce Hoover	10/29/2016
RC	25	143.3	303	Julia Blackman	2/20/2021

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
	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 Seamans	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	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
	23	120.2	127	Asia Hannans	9/7/2024
60kg/132.2lbs					
R	47	127.2	180	Bela Ghosh	6/11/2016
R	25	132	171	Kristin Kitlica	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
R	22	127.4	143	Emily Gaiser	9/17/2022
67.5kg/148.7lbs					
R	43	147.1	231	Emily Lilly	3/4/2023
R	27	144.2	200	Courtney Norris	7/9/2016
R	29	144.4	182	Leslie Kutner	11/9/2019
R	29	146.8	182	Alexandrea McClain	8/24/2024
R	21	138.3	178	Anya Kalnins	9/18/2021
R	30	143.5	176	Maria Ackley	11/11/2023

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - OPEN					
Weight Class	Age	Wgt	Lbs	Name	Date
44kg/97lbs					
48kg/105.7lbs					
	55	98	237	Nina Kiuru	7/30/2022
	12	105.2	143	Carmen Trivette	10/16/2021
52kg/114.5lbs					
	46	111.8	292	Missy Taylor	4/23/2022
	32	112	281	Lindsay Seamans	10/28/2017
	27	111.5	253	Kiki Garland	10/17/2020
	37	111.3	248	Tiffany Bellamy	4/22/2017
	30	111.2	242	Aubrey Cornwell	8/12/2017
56kg/123.5lbs					
	44	118	309	Tiffany Stone	12/9/2023
	24	120.2	309	Amber Gabriel	6/9/2018
	29	122	303	Amanda Isley	10/28/2017
	46	118.9	187	Kathy Wilson	12/8/2018
60kg/132.2lbs					
RC	24	129.7	353	Melissa Hunt	12/8/2018
RC	25	125.6	325	Caitlin Cardone	7/9/2016
RC	26	131.8	319	Taylor Jackson	10/28/2017
RC	24	132.2	276	Kayce Hoover	4/22/2017
RC	14	130.7	220	Beverly Lemay	3/18/2023
RC	27	132	220	Sara Carney	6/2/2018
RC	26	132.2	204	Isabella Tully	10/19/2024
RC	47	131.4	155	Angie Terry	10/29/2016
67.5kg/148.7lbs					
RC	27	143.8	353	Taylor Jackson	5/11/2019
RC	27	143.4	347	Amber Rabon	9/19/2020
RC	27	143	340	Samantha Corujo	6/2/2018
RC	25	143.3	331	Julia Blackman	10/16/2021
RC	21	138.3	320	Anya Kalnins	9/18/2021
RC	27	139.3	314	Melissa Hunt	7/10/2021

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 Seamans	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					
	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	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	20	145.8	772	Anya Kalnins	2/20/2021
RC	42	136.2	755	Alexandra Gray	11/9/2024

		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

		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
		22	330.2	175	Lashonda Zander	6/2/2018
		53	250.9	171	Janet Martin	10/22/2022
		22	282.2	160	Capri Cameron	8/12/2017

		24	255.1	364	Lindsay Finch	5/6/2023
		34	250	336	Tarra Farnham	5/22/2021
		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
56kg/123.5lbs						
	SP	40	122	265	Dawn Bogart	4/22/2017
	MP	20	123.2	248	Josefina Bueno	3/5/2022
60kg/132.2lbs						
	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
82.5kg/181.7lbs						
90kg/198.4lbs						
100kg/220.25lbs						
	SP	33	217.6	243	Morgan Leddy	6/25/2022
110kg/242.5lb						
	SP	33	217.6	243	Morgan Leddy	6/25/2022
110.1+kg/242.6+lbs						

365 STRONG WORLD RANKINGS						
BENCH - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
		34	113.4	138	Lindsay Seamans	11/9/2019
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	54	131.7	154	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	141.3	275	Melissa Smith	4/23/2022
	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
82.5kg/181.7lbs						
	SP	43	177.3	253	Christina Lauffer	4/23/2022
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	43	215.4	270	Anika Harper	7/22/2023
110.1+kg/242.6+lbs						
	SP	40	266.5	231	Ann McManus	9/7/2024

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPPED & GEARED						
Female						
52kg/114.5lbs						
		34	113.4	319	Lindsay Seamans	11/9/2019
56kg/123.5lbs						
	MP	20	123.2	297	Josefina Bueno	3/5/2022
	SP	40	122	295	Dawn Bogart	4/22/2017
60kg/132.2lbs						
	SP	54	131.7	264	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs						
	MP	47	143.7	358	Melissa Smith	12/18/2021
	SP	55	142.5	281	Priscilla Pardue	5/11/2019
75kg/165.2lbs						
	SP	56	154.1	281	Candice Maness	10/27/2018
82.5kg/181.7lbs						
	SP	43	177.3	309	Christina Lauffer	4/23/2022
90kg/198.4lbs						
	MP	43	192.7	413	Kendra Archer	1/11/2025
	SP	42	190.9	336	Anika Harper	4/23/2022
100kg/220.25lbs						
	SP	41	209.7	369	Anika Harper	10/16/2021
	SP	33	217.6	314	Morgan Leddy	6/25/2022
110kg/242.5lb						
	SP	41	209.7	369	Anika Harper	10/16/2021
110.1+kg/242.6+lbs						

365 STRONG WORLD RANKINGS							
TOTAL - EQUIPPED & GEARED							
Female							
52kg/114.5lbs							
	SP		34	113.4	777	Lindsay Seamans	11/9/2019
56kg/123.5lbs							
	SP		40	122	735	Dawn Bogart	4/22/2017
	MP		20	123.2	672	Josefina Bueno	3/5/2022
60kg/132.2lbs							
	SP		54	131.7	727	Priscilla Pardue	10/27/2018
67.5kg/148.7lbs							
	MP		47	143.7	1146	Melissa Smith	12/18/2021
	SP		55	142.5	755	Priscilla Pardue	5/11/2019
75kg/165.2lbs							
	SP		56	154.1	909	Candice Maness	10/27/2018
82.5kg/181.7lbs							
90kg/198.4lbs							
100kg/220.25lbs							
	SP		33	217.6	689	Morgan Leddy	6/25/2022
110kg/242.5lb							
	SP		33	217.6	689	Morgan Leddy	6/25/2022
110.1+kg/242.6+lbs							

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						
		36	147.9	265	Jessica Loden	9/7/2024
		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

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
		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

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

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

	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					
	35	178.6	314	Charlee Marshall	11/23/2024
	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

	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
	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
	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	4/16/2022

	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
	35	178.6	320	Charlee Marshall	11/23/2024
	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

	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
	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	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
75kg/165.2lbs					
	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

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
	39	144.8	138	Amy Daugherty	5/22/2021
	38	146	132	Angie Peck	6/10/2017
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

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
75kg/165.2lbs					
	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

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					
	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	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	
	37	236.5	154	Naimah Abdullah	6/5/2021
110+kg/242.6+lbs					
Age	Wgt	Lbs	Name	Date	
	39	268.8	309	Katy Silvers	12/19/2020
	36	282.2	270	Beth Mockbee	1/21/2023
	36	282.2	154	Beth Mockbee	1/21/2023

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	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					
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	
	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

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

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
SP	55-59	55	142.5	303	Priscilla Pardue 5/11/2019

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	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	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
SP	55-59	55	142.5	176	Priscilla Pardue 5/11/2019

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
R	40-44	41	143.3	320	Mona Hope 1/20/2024

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 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
60kg/132.2lbs					
SP	40-44	43	131.9	959	Dawn Bogart 4/22/2017
R	40-44	42	130	855	Dawn Bogart 7/9/2016
SP	50-54	54	132	761	Priscilla Pardue 4/20/2018
RC	50-54	53	132.2	711	Priscilla Pardue 10/28/2017
R	55-59	57	131.3	510	Jami Bozzuto 10/2/2022
R	45-49	47	127.2	495	Bela Ghosh 6/11/2016
RC	45-49	47	131.4	305	Angie Terry 10/29/2016
67.5kg/148.7lbs					
MP	45-49	47	143.7	1146	Melissa Smith 12/18/2021
R	40-44	43	147.5	955	Emily Lilly 5/6/2023
SP	55-59	55	142.5	755	Priscilla Pardue 5/11/2019

RC	45-49	46	205.5	209	Renee Turner	3/18/2021
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
110+kg/242.6+lbs						
RC	40-44	40	277.8	380	Katy Silvers	10/16/2021
R	40-44	40	271	198	Ann McManus	12/9/2023

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
110+kg/242.6+lbs						
R	40-44	42	259.5	242	Hollie Sands	5/25/2019
SP	40-44	40	266.5	231	Ann McManus	9/7/2024
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

R	50-54	54	215.8	314	Janet Martin	10/21/2023
RC	40-44	42	209.2	303	Christina Lauffer	6/19/2021
R	45-49	47	214.3	297	Barbara VanVliet	11/11/2023
RC	45-49	46	205.5	275	Renee Turner	3/18/2021
R	40-44	42	201.6	237	Christy Owens	12/18/2023
R	40-44	41	204.2	182	Tiffany Meadows	6/17/2023
110kg/242.5lbs						
R	40-44	44	229.3	402	Kimberly Dorton	10/21/2023
RC	50-54	50	240	400	Ylander Ross	1/21/2017
RC	40-44	42	240.3	397	Katy Silvers	7/22/2023
110+kg/242.6+lbs						
R	40-44	42	259.5	441	Hollie Sands	5/25/2019
RC	40-44	40	277.8	380	Katy Silvers	10/16/2021
R	50-54	53	250.9	370	Janet Martin	10/22/2022
R	40-44	40	272.2	358	Andrea Willis	6/19/2021
R	40-44	40	271	281	Ann McManus	12/9/2023
R	45-49	48	247	264	Janet Martin	7/15/2017

RC	40-44	42	209.2	623	Christina Lauffer	6/19/2021
R	40-44	42	201.6	590	Christy Owens	12/18/2023
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
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 (Gear Listed) SQUAT						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
T1	13-15	13	86	Alessandra Reis	1/21/2023	
48kg/105.7lbs						
T1	13-15	14	105.4	Adalee Moss	1/11/2025	
Y	10-12	12	105.2	Carmen Trivette	10/16/2021	
52kg/114.5lbs						
T3	18-19	19	112.4	McKenna Wright	6/17/2023	
T1	13-15	13	111.3	Carmen Trivette	10/22/2022	
T2	16-17	16	108.3	McKenna Wright	3/6/2021	
T1	13-15	13	112.8	Makayla Van Meter	2/20/2021	
56kg/123.5lbs						
T3	18-19	19	123.25	Becca Dison	3/10/2018	
T3	18-19	19	118.4	Olivia Pasin	11/19/2022	
T2	16-17	17	116.2	Angelina Peterson	10/21/2023	
60kg/132.2lbs						
T3	18-19	19	132	Claire Rosser	8/12/2017	
T1-RC	13-15	14	130.7	Beverly Lemay	3/18/2023	
T2	16-17	16	129	Mara Hall	2/20/2021	
T2	16-17	17	128.5	Sophia Drury	10/21/2023	
T3	18-19	18	127.6	Sophia Drury	10/19/2024	
T1	13-15	14	129.4	Macy Lantz	10/28/2017	
67.5kg/148.7lbs						
T3	18-19	19	142.6	Hanna Young	8/12/2017	
T1-RC	13-15	13	145.1	Beverly Lemay	3/1/2024	
T1-RC	13-15	13	145.1	Haleigh Batchelor	11/19/2022	
T2	16-17	16	145.3	Sara Hampton	10/21/2023	
T1	13-15	15	146.8	Macy Lantz	4/20/2018	
T3	18-19	19	141.3	Lily Springfield	2/8/2025	
T3	18-19	19	142.2	Ashton Bishop	3/6/2021	
T1	13-15	13	138.4	Peyton Lauffer	6/19/2021	

365 STRONG WORLD RANKINGS						
RAW BENCH PRESS						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
T1	13-15	15	97	Bella-Grace Meadows	4/1/2023	
T1	13-15	13	86	Alessandra Reis	1/21/2023	
48kg/105.7lbs						
Y	10-12	12	105.2	Carmen Trivette	10/16/2021	
T1	13-15	14	105.4	Adalee Moss	1/11/2025	
52kg/114.5lbs						
T1	13-15	13	111.3	Carmen Trivette	10/22/2022	
T1	13-15	13	112.8	Makayla Van Meter	2/20/2021	
T2	16-17	17	112	Leighann Allen	11/19/2016	
T3	18-19	19	112.4	McKenna Wright	6/17/2023	
T2	16-17	16	108.3	McKenna Wright	3/6/2021	
56kg/123.5lbs						
T3	18-19	19	123.25	Becca Dison	3/10/2018	
T3	18-19	19	118.4	Olivia Pasin	11/19/2022	
T2	16-17	17	116.2	Angelina Peterson	10/21/2023	
T2	16-17	17	120.8	Scarlett Shuping	10/19/2024	
60kg/132.2lbs						
T3	18-19	19	132	Claire Rosser	8/12/2017	
T2	16-17	16	129	Mara Hall	2/20/2021	
T1	13-15	14	130.7	Beverly Lemay	3/18/2023	
T1	13-15	14	129.4	Macy Lantz	10/28/2017	
T3	18-19	18	127.6	Sophia Drury	10/19/2024	
T2	16-17	17	128.5	Sophia Drury	10/21/2023	
T2	16-17	17	124.8	Scarlett Shuping	2/8/2025	
67.5kg/148.7lbs						
T3	18-19	19	142.6	Hanna Young	8/12/2017	
T1	13-15	13	147.1	Haleigh Batchelor	10/22/2022	
T2	16-17	16	145.3	Sara Hampton	10/21/2023	
T1	13-15	15	135.6	Beverly Lemay	3/1/2024	
T1	13-15	15	146.8	Macy Lantz	4/20/2018	
T3	18-19	19	141.3	Lily Springfield	2/8/2025	
T3	18-19	19	142.2	Ashton Bishop	3/6/2021	
T3	18-19	18	140.4	Destiny Dula	10/29/2016	

365 STRONG WORLD RANKINGS						
RAW (Gear Listed) DEADLIFT						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
T1	13-15	13	86	Alessandra Reis	1/21/2023	
KC	5-10	9	63.8	Kambree Williamson	11/19/2022	
KC	5-10	8	88	Adelyn Salley	2/8/2025	
48kg/105.7lbs						
T1	13-15	14	105.4	Adalee Moss	1/11/2025	
Y	10-12	12	105.2	Carmen Trivette	10/16/2021	
52kg/114.5lbs						
T3	18-19	19	112.4	McKenna Wright	6/17/2023	
T1	13-15	14	114	Carmen Trivette	5/6/2023	
T1	13-15	13	112.8	Makayla Van Meter	2/20/2021	
T2	16-17	17	112	Leighann Allen	11/19/2016	
T2	16-17	16	108.3	McKenna Wright	3/6/2021	
56kg/123.5lbs						
T3	18-19	19	123.25	Becca Dison	3/10/2018	
T3	18-19	19	118.4	Olivia Pasin	11/19/2022	
T2	16-17	17	120.8	Scarlett Shuping	10/19/2024	
T2	16-17	17	116.2	Angelina Peterson	10/21/2023	
60kg/132.2lbs						
T3	18-19	19	132	Claire Rosser	8/12/2017	
T2	16-17	16	129	Mara Hall	2/20/2021	
T1-RC	13-15	14	130.7	Beverly Lemay	3/18/2023	
T2	16-17	17	128.5	Sophia Drury	10/21/2023	
T1	13-15	14	131.6	Macy Lantz	8/12/2017	
T3	18-19	18	127.6	Sophia Drury	10/19/2024	
T2	16-17	17	124.8	Scarlett Shuping	2/8/2025	
T2	16-17	16	127.8	Fiorella Tito	10/1/2022	
KC	5-10	9	132.3	Scarlett Samaha	11/19/2022	
67.5kg/148.7lbs						
T3	18-19	19	142.6	Hanna Young	8/12/2017	
T2	16-17	16	145.3	Sara Hampton	10/21/2023	
T1-RC	13-15	15	135.6	Beverly Lemay	3/1/2024	
T1-RC	13-15	13	145.1	Haleigh Batchelor	11/19/2022	
T1	13-15	15	146.8	Macy Lantz	4/20/2018	
T3	18-19	19	142.2	Ashton Bishop	3/6/2021	
T3	18-19	19	141.3	Lily Springfield	2/8/2025	
T3	18-19	19	142.2	Ashton Bishop	3/6/2021	
T3	18-19	18	140.4	Destiny Dula	10/29/2016	

365 STRONG WORLD RANKINGS						
RAW (Gear Listed) TOTAL						
FEMALE TEENAGE						
Weight Class	Age	Wgt	Lbs	Name	Date	
T1	13-15	13	86	Alessandra Reis	1/21/2023	
48kg/105.7lbs						
T1	13-15	14	105.4	Adalee Moss	1/11/2025	
Y	10-12	12	105.2	Carmen Trivette	10/16/2021	
52kg/114.5lbs						
T3	18-19	19	112.4	McKenna Wright	6/17/2023	
T1	13-15	13	111.3	Carmen Trivette	10/22/2022	
T2	16-17	16	108.3	McKenna Wright	3/6/2021	
T2	16-17	17	112	Leighann Allen	11/19/2016	
56kg/123.5lbs						
T3	18-19	19	123.25	Becca Dison	3/10/2018	
T3	18-19	19	118.4	Olivia Pasin	11/19/2022	
T2	16-17	17	116.2	Angelina Peterson	10/21/2023	
60kg/132.2lbs						
T3	18-19	19	132	Claire Rosser	8/12/2017	
T2	16-17	16	129	Mara Hall	2/20/2021	
T1-RC	13-15	14	130.7	Beverly Lemay	3/18/2023	
T2	16-17	17	128.5	Sophia Drury	10/21/2023	
T3	18-19	18	127.6	Sophia Drury	10/19/2024	
T1	13-15	14	131.6	Macy Lantz	8/12/2017	
67.5kg/148.7lbs						
T3	18-19	19	142.6	Hanna Young	8/12/2017	
T1-RC	13-15	13	145.1	Beverly Lemay	3/1/2024	
T1-RC	13-15	13	145.1	Haleigh Batchelor	11/19/2022	
T2	16-17	16	145.3	Sara Hampton	10/21/2023	
T1	13-15	15	146.8	Macy Lantz	4/20/2018	
T3	18-19	19	141.3	Lily Springfield	2/8/2025	
T3	18-19	19	142.2	Ashton Bishop	3/6/2021	
T1	13-15	13	138.4	Peyton Lauffer	6/19/2021	

	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	147.7	231	Savannah Gautier	1/18/2025
	21	144.2	209	Emily Schnupp	8/12/2017
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
	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	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
	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
100kg/220.4lbs					
				NONE	
110kg/242.5lbs					
	23	224	402	Maddy Webster	10/22/2022
110+kg/242.5+lbs					
	23	262.8	331	Shaundre Lilley	12/4/2021
	22	330.2	280	Lashonda Zander	6/2/2018
	23	254.9	275	Nathalie Vargas	12/18/2021
	22	282.2	209	Capri Cameron	8/12/2017

	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
	21	147.7	99	Savannah Gautier	1/18/2025
75kg/165.2lbs					
	22	155.9	176	Abby Rice	10/19/2024
	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
	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
	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
	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

	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
	21	147.7	237	Savannah Gautier	1/18/2025
75kg/165.2lbs					
	23	164.6	402	Candace Locklear	3/10/2018
	22	156.7	364	Nakato Bukya	12/7/2024
	23	161.5	331	Alisha Martin	4/24/2021
	22	155.9	325	Abby Rice	10/19/2024
	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	180.8	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
100kg/220.4lbs					
				NONE	
110kg/242.5lbs					
	23	224	441	Maddy Webster	10/22/2022
110+kg/242.5+lbs					
	22	330.2	325	Lashonda Zander	6/2/2018
	23	262.8	320	Shaundre Lilley	12/4/2021
	23	254.9	292	Nathalie Vargas	12/18/2021
	22	282.2	259	Capri Cameron	8/12/2017

	21	126.3	474	Gabby Bennett	7/10/2021
	20	127.3	468	Kristen McPherson	10/17/2020
67.5kg/148.7lbs					
	20	138	865	Hanna Young	4/20/2018
	22	147.5	749	Abby Foy	11/9/2019
	20	144.6	705	Everette Sherrill	7/22/2023
	23	148.6	639	Courtney Fox	7/22/2023
	23	145	617	Delaney Fish	6/10/2017
	21	144.2	595	Emily Schnupp	8/12/2017
	21	147.7	568	Savannah Gautier	1/18/2025
75kg/165.2lbs					
	23	164.6	876	Candace Locklear	3/10/2018
	22	156.7	816	Nakato Bukya	12/7/2024
	23	161.5	816	Alisha Martin	4/24/2021
	22	155.9	766	Abby Rice	10/19/2024
	23	153.2	744	Courtney Fox	10/21/2023
	20	157.2	716	Lisha Lamb	11/19/2016
	21	162.6	716	Aleya Woodall	6/19/2021
	20	158	700	Carley Bradshaw	11/19/2016
	20	159.5	683	Ivanna Guzman	4/22/2017
	23	164	661	Brooke Burns	7/10/2021
82.5kg/181.7lbs					
	21	167.3	755	Brianna Ormezzano	11/23/2024
	23	177	716	Kailee Heller	7/10/2021
	21	180.8	683	Christina Walton	7/22/2023
	21	173.1	672	Katie Roseman	12/19/2020
	23	170	617	Savannah Moon	1/22/2022
	22	174.8	551	Michelle Wood	10/28/2017
90kg/198.2lbs					
	23	195.1	920	Isabella Heffner	7/22/2023
	22	184.1	849	Emely Barahona	6/5/2021
	22	195.6	660	Kelly Benson	10/29/2016
	21	194.2	628	Mariah Flint	4/22/2017
100kg/220.4lbs					
				NONE	
110kg/242.5lbs					
	23	224	1064	Maddy Webster	10/22/2022
110+kg/242.5+lbs					
	23	262.8	843	Shaundre Lilley	12/4/2021
	22	330.2	780	Lashonda Zander	6/2/2018
	23	254.9	716	Nathalie Vargas	12/18/2021
	22	282.2	628	Capri Cameron	8/12/2017

FEMALE RAW CLASSIC JUNIORS (20-23)

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date

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

365 STRONG WORLD RANKINGS					
RAW CLASSIC					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) TOTAL					
FEMALE - JUNIORS (20-23)					
Wgt Class	Age	Wgt	Lbs	Name	Date

					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					67.5kg/148.7lbs					67.5kg/148.7lbs					67.5kg/148.7lbs				
20 145.8 298 Anya Kalnins 2/20/2021					21 138.3 178 Anya Kalnins 9/18/2021					21 138.3 320 Anya Kalnins 9/18/2021					20 145.8 772 Anya Kalnins 2/20/2021				
					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														
					21 147.7 99 Savannah Gautier 1/18/2025														
75kg/165.2lbs					75kg/165.2lbs					75kg/165.2lbs					75kg/165.2lbs				
22 161.6 242 Dani Moore 6/10/2017					22 155.9 176 Abby Rice 10/19/2024					23 159.4 342 Emily Tighe 6/9/2018					23 159.4 727 Emily Tighe 6/9/2018				
23 159.4 237 Emily Tighe 6/9/2018					23 161.5 171 Alisha Martin 4/24/2021					20 161.6 303 Sarah Oesch 3/18/2023					22 161.6 628 Dani Moore 6/10/2017				
20 161.6 187 Sarah Oesch 3/18/2023					23 164.6 160 Candace Locklear 3/10/2018					22 161.6 253 Dani Moore 6/10/2017					20 161.6 623 Sarah Oesch 3/18/2023				
					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														
					22 161.6 132 Dani Moore 6/10/2017														
82.5kg/181.7lbs					82.5kg/181.7lbs					82.5kg/181.7lbs					82.5kg/181.7lbs				
21 180.3 303 Sarah Oesch 4/28/2024					21 180.3 193 Sarah Oesch 4/28/2024					21 180.3 347 Sarah Oesch 4/28/2024					21 180.3 843 Sarah Oesch 4/28/2024				
23 178.4 226 Hannah Ramsey 10/18/2020					23 177 154 Kailee Heller 7/10/2021					23 178.4 204 Hannah Ramsey 10/18/2020					23 178.4 568 Hannah Ramsey 10/18/2020				
					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					90kg/198.2lbs					90kg/198.2lbs					90kg/198.2lbs				
21 182.2 300 Sarah Oesch 3/1/2024					21 182.2 190 Sarah Oesch 3/1/2024					21 182.2 390 Sarah Oesch 3/1/2024					21 182.2 880 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														
					21 194.2 110 Mariah Flint 4/22/2017														
100kg/220.4lbs					100kg/220.4lbs					100kg/220.4lbs					100kg/220.4lbs				
NONE					NONE					NONE					NONE				
110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs				
					23 224 220 Maddy Webster 10/22/2022														
110+kg/242.5+lbs					110+kg/242.5+lbs					110+kg/242.5+lbs					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														

FEMALE EQUIPPED & GEARED JUNIORS (20-23)

56kg/123.5lbs					56kg/123.5lbs					56kg/123.5lbs					56kg/123.5lbs								
MP	20	123.2	248	Josefina Bueno	3/5/2022	MP	20	123.2	127	Josefina Bueno	3/5/2022	MP	20	123.2	297	Josefina Bueno	3/5/2022	MP	20	123.2	672	Josefina Bueno	3/5/2022
67.5kg/148.7lbs					67.5kg/148.7lbs					67.5kg/148.7lbs					67.5kg/148.7lbs								

MP		21	148.2	405	Makeleine Giess	1/21/2017	MP		21	148.2	245	Makeleine Giess	1/21/2017	MP		21	148.2	425	Makeleine Giess	1/21/2017	MP		21	148.2	1075	Makeleine 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	21	147.7	231	Savannah Gautier 1/18/2025
FP	R	36	139.4	215	LaDetra Cole 10/29/2022
75kg/165.2lbs					
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	28	150.8	248	Anaya Cook 11/23/2024
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	27	169.5	242	Dasia Sanders 11/9/2024
FP	R	39	178.2	220	Pamela Buskirk 3/5/2022
90+kg/198.2+lbs					
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
FP	R	21	147.7	99	Savannah Gautier 1/18/2025
75kg/165.2lbs					
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
FP	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					
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
FP	R	21	147.7	237	Savannah Gautier 1/18/2025
75kg/165.2lbs					
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
FP	R	28	150.8	248	Anaya Cook 11/23/2024
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
FP	R	39	178.2	286	Pamela Buskirk 3/5/2022
FP	R	27	169.5	253	Dasia Sanders 11/9/2024
90+kg/198.2+lbs					
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
FP	R	21	147.7	568	Savannah Gautier 1/18/2025
75kg/165.2lbs					
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					
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	WGTC

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
T3	R	18	127.6	40	Sophia Drury	10/19/2024	132
M4	R	59	127.2	60	JoJo Brasseaux	6/17/2023	132
MPF	R	59	129.6	60	JoJo Brasseaux	10/21/2023	132
Open	R	59	129.8	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
T3	R	19	141.3	25	Lily Springfield	2/8/2025	148
M5	R	62	156.9	88	Maureen Clary	9/19/2020	165
M5	R	60	162.9	40	Crystal Rhoades	10/21/2023	165
Open	R	32	162.5	77	Ashley Stacharowski	10/22/2022	165
M6	R	68	159.2	65	Maureen Clary	7/27/2024	165
JR	R	21	180.3	80	Sarah Oesch	4/28/2024	181
T3	R	19	175.3	55	Gabriella Drury	10/19/2024	181
Open	R	32	179.8	75	Ciearra Jackson-Griffin	10/21/2023	181
Open	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M5	R	63	179.5	95	Gloria Knight-NcNeil	10/22/2022	181
M6	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	181
M4	R	65	180.6	85	Gloria Knight-NcNeil	11/9/2024	181
MPF	R	39	178	66	Pamela Buskirk	3/5/2022	181
M4	R	57	177.3	55	Shelly Moore	6/5/2021	181
M4	R	59	170.6	60	Nelda Newton	3/5/2022	181