

365 STRONG WORLD POWERLIFTING FEDERATION
FEMALE TESTED WORLD RECORD BEST OF THE BEST

November 26, 2024

Female Raw All

| <u>44kg/97 lb</u> | Nation | SQT | BP | DL | TOTAL |
|------------------------------|---------------|------------|-----------|-----------|--------------|
| Kambree Williamson | USA | | | 132 | |
| Bella-Grace Meadows | USA | | 83 | | |
| <u>48kg/105.8lb</u> | | | | | |
| Carmen Trivette | USA | 121 | | 143 | 347 |
| Stephanie Washington | USA | | 110 | | |
| <u>52kg/114.5lb</u> | | | | | |
| Missy Taylor | USA | 259 | 182 | | 694 |
| Amber Malchow | USA | | | 303 | |
| <u>56kg/123.5lb</u> | | | | | |
| Becca Dison | USA | | | 320 | 755 |
| Isabella Sarkis | USA | 281 | | 320 | |
| Missy Taylor | USA | | 176 | | |
| <u>60kg/132.2lb</u> | | | | | |
| Kristin Kitlica | USA | 319 | | | 832 |
| Bela Ghosh | INDIA | | 180 | | |
| Barbara Morales | USA | | | 369 | |
| <u>67.5kg/148.8lb</u> | | | | | |
| Alexandrea McClain | USA | | | 402 | |
| Emily Lilly | USA | 359 | 231 | | 955 |
| <u>75kg/165.3lb</u> | | | | | |
| Emily Lilly | USA | 380 | 242 | | 1003 |
| Kendra Danzer | USA | | | 424 | |
| <u>82.5kg/181.8lb</u> | | | | | |
| Lay Kaahu | USA | | | 435 | |
| Emily Lilly | USA | 402 | 237 | | 1025 |
| <u>90kg/198.4lb</u> | | | | | |
| Isabella Heffner | USA | 364 | | 424 | 948 |
| Linsey Eudy | USA | | 248 | | |
| <u>100kg/220.4lb</u> | | | | | |
| Alexandria Jefferson | USA | | 215 | | 887 |
| Amy Portillo | USA | 342 | | 369 | |
| <u>110kg/242.5lb</u> | | | | | |
| Maddy Webster | USA | | 231 | 457 | 1102 |
| Amy Portillo | USA | 430 | | | |

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| <u>125kg/275.5lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|-----------------------------|---------------|------------|-----------------|-----------|--------------|
| Shauntre Lilley | USA | 331 | | | |
| Allison Busby | USA | | | 375 | 893 |
| Nevaeh McIntosh | USA | | 237 | | |

| <u>140kg/308.6lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|-----------------------------|---------------|------------|-----------------|-----------|--------------|
| Jaime Cain | USA | 303 | | 364 | 816 |
| Alex Wilson-McKenzie | USA | | 248 | | |

Female Raw - Juniors (20-23) Division

| <u>52kg/114.5lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|----------------------------|---------------|------------|-----------------|-----------|--------------|
| Elena Lopez | USA | 250 | | 240 | 575 |
| Racquel Wilson | USA | | 94 | | |

| <u>56kg/123.5lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|----------------------------|---------------|------------|-----------------|-----------|--------------|
| Isabella Sarkis | USA | 281 | 132 | 320 | 705 |
| Emily Gaiser | USA | | 132 | | |

| <u>60kg/132.2lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|----------------------------|---------------|------------|-----------------|-----------|--------------|
| Emily Gaiser | USA | | 143 | 325 | 727 |
| Alexis Rutledge | USA | 275 | | | |

| <u>67.5kg/148.8lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|------------------------------|---------------|------------|-----------------|-----------|--------------|
| Hanna Young | USA | 331 | | 364 | 865 |
| Anya Kalnins | USA | | 178 | | |

| <u>75kg/165.3lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|----------------------------|---------------|------------|-----------------|-----------|--------------|
| Candace Locklear | USA | 336 | | 402 | 876 |
| Abby Rice | USA | | 176 | | |

| <u>82.5kg/181.8lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|------------------------------|---------------|------------|-----------------|-----------|--------------|
| Brianna Ormezzano | USA | 275 | | 314 | 755 |
| Sarah Oesch | USA | | 193 | | |

| <u>90kg/198.4lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|----------------------------|---------------|------------|-----------------|-----------|--------------|
| Isabella Heffner | USA | 358 | | 391 | 920 |
| Sarah Oesch | USA | | 190 | | |

100kg/220.4lb
None

| <u>110kg/242.5lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|-----------------------------|---------------|------------|-----------------|-----------|--------------|
| Maddy Webster | USA | 402 | 220 | 441 | 1064 |

| <u>110+kg/242.6+lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|-------------------------------|---------------|------------|-----------------|-----------|--------------|
| Shauntre Lilley | USA | 331 | 193 | | 843 |
| Lashonda Zander | USA | | | 325 | |

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November 26, 2024

Female Raw Classic All

| <u>44kg/97 lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|-------------------------------|---------------|------------|-----------------|-----------|--------------|
| Kambree Williamson | USA | | | 132 | |
| Bella-Grace Meadows | USA | | 77 | | |
| <u>48kg/105.75lb</u> | | | | | |
| Stephanie Washington | USA | 193 | 110 | 226 | 529 |
| <u>52kg/114.5lb</u> | | | | | |
| Missy Taylor | USA | 264 | 182 | 292 | 738 |
| <u>56kg/123.5lb</u> | | | | | |
| Amber Gabriel | USA | 282 | | | 711 |
| Tiffany Stone | USA | | | 309 | |
| Missy Taylor | USA | | 176 | | |
| <u>60kg/132.25lb</u> | | | | | |
| Melissa Hunt | USA | 364 | | 352 | 837 |
| Bela Ghosh | INDIA | | 180 | | |
| <u>67.5kg/148.75lb</u> | | | | | |
| Taylor Jackson | USA | 369 | | 353 | 887 |
| Emily Lilly | USA | | 231 | | |
| <u>75kg/165.25lb</u> | | | | | |
| Bridget McDermott | USA | 347 | | | 832 |
| Emily Lilly | USA | | 242 | | |
| Jennifer Broome | USA | | | 347 | |
| <u>82.5kg/181.75lb</u> | | | | | |
| Kelley Lee | USA | | | 419 | |
| Kristie Johnston | USA | 402 | | 419 | 1047 |
| Ciearra Jackson-Griffen | USA | | 231 | | |
| <u>90kg/198.25lb</u> | | | | | |
| Sarah Oesch | USA | | | 390 | 880 |
| Emily Merritt | USA | 441 | | | |
| Linsey Eudy | USA | | 242 | | |
| <u>100kg/220.25lb</u> | | | | | |
| Anika Harper | USA | 424 | | | 909 |
| Nevaeh McIntosh | USA | | 204 | | |
| Carla Akers | USA | | 204 | | |
| Crystal Prather | USA | | | 380 | |
| <u>110kg/242.5lb</u> | | | | | |
| Katy Silvers | USA | 408 | | | 987 |

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| | | | | | |
|-----------------------------|-----|-----|-----|-----|------|
| Ylander Ross | USA | | | 400 | |
| Maddy Webster | USA | 231 | | | |
| <u>125kg/275.5lb</u> | | | | | |
| Linsay Finch | USA | 408 | | 364 | 948 |
| Nevaeh McIntosh | USA | | 237 | | |
| <u>140kg/308.5lb</u> | | | | | |
| Alex Wilson-McKenzie | USA | 485 | 248 | 452 | 1185 |

Female Raw Classic - Juniors (20-23) Division

| <u>52kg/114.5lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|-------------------------------|---------------|------------|-----------------|-----------|--------------|
| Racquel Wilson | USA | | 94 | | |
| <u>56kg/123.5lb</u> | | | | | |
| Emily Gaiser | USA | | 132 | | |
| Isabella Sarks | USA | | 132 | | |
| <u>60kg/132.25lb</u> | | | | | |
| Emily Gaiser | USA | | 143 | | |
| <u>67.5kg/148.75lb</u> | | | | | |
| Anya Kalnins | USA | 298 | 178 | 320 | 772 |
| <u>75kg/165.25lb</u> | | | | | |
| Emily Tighe | USA | | | 342 | 727 |
| Dani Moore | USA | 242 | | | |
| Abby Rice | USA | | 176 | | |
| <u>82.5kg/181.75lb</u> | | | | | |
| Hannah Ramsey | USA | 226 | | 204 | 568 |
| Kailee Heller | USA | | 154 | | |
| <u>90kg/198.25lb</u> | | | | | |
| Sarah Oesch | USA | 300 | 190 | 390 | 880 |
| <u>100kg/220.4lb</u> | | | | | |
| None | | | | | |
| <u>110kg/242.5lb</u> | | | | | |
| Maddy Webster | USA | | 220 | | |
| <u>125kg/275.5lb</u> | | | | | |
| None | | | | | |

Female Single-Ply (SP) & Multi-Ply (MP)

| <u>52kg/114.5lb</u> | Nation | SQT | BP (Raw) | DL | TOTAL |
|----------------------------|---------------|------------|-----------------|-----------|--------------|
| Lindsay Seamans (SP) | USA | 319 | 138 | 319 | 777 |

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56kg/123.5lb

| | | | | | |
|---------------------|-----|-----|-----|-----|-----|
| Josefina Bueno (MP) | USA | 248 | | 297 | 672 |
| Jojo Brasseaux (MP) | USA | | 160 | | |
| Dawn Bogart (SP) | USA | 265 | 175 | 295 | 735 |

60kg/132.25lb

| | | | | | |
|-----------------------|-----|-----|-----|-----|-----|
| Priscilla Pardue (SP) | USA | 331 | | | |
| Dawn Bogart (SP) | USA | | 226 | 402 | 959 |
| JoJo Brasseaux (MP) | USA | | 193 | | |

67.5kg/148.75lb

| | | | | | |
|-----------------------|-----|-----|-----|-----|------|
| Melissa Smith (MP) | USA | 518 | 275 | | 1146 |
| Madeleine Giess (MP) | USA | | | 425 | |
| Priscilla Pardue (SP) | USA | 308 | 176 | 281 | 755 |

75kg/165.25lb

| | | | | | |
|---------------------|-----|-----|-----|-----|-----|
| Candice Maness (SP) | USA | 358 | 270 | 281 | 909 |
|---------------------|-----|-----|-----|-----|-----|

82.5kg/181.75lb

| | | | | | |
|------------------------|-----|--|-----|-----|--|
| Christina Lauffer (SP) | USA | | 253 | 309 | |
|------------------------|-----|--|-----|-----|--|

90kg/198.25lb

| | | | | | |
|-------------------|-----|--|-----|-----|--|
| Anika Harper (SP) | USA | | 237 | 336 | |
|-------------------|-----|--|-----|-----|--|

100kg/220.25lb

| | | | | | |
|--------------------|-----|-----|-----|-----|-----|
| Haley Shields (SP) | USA | 254 | | | 783 |
| Anika Harper (SP) | USA | | 270 | 402 | |

110kg/242.5lb

None

125kg/275.5lb

| | | | | | |
|------------------|-----|--|-----|--|--|
| Ann McManus (SP) | USA | | 231 | | |
|------------------|-----|--|-----|--|--|

Female Single-Ply & Multi-Ply - Juniors (20-23) Division

56kg/123.5lb

| | | | | | |
|---------------------|-----|-----|-----|-----|-----|
| Josefina Bueno (MP) | USA | 248 | 127 | 297 | 672 |
|---------------------|-----|-----|-----|-----|-----|

67.5kg/148.75lb

| | | | | | |
|----------------------|-----|-----|-----|-----|------|
| Madeleine Giess (MP) | USA | 405 | 245 | 425 | 1075 |
|----------------------|-----|-----|-----|-----|------|

Female Sub-Masters (35-39) - Raw

56kg/123.5lb

| | | | | | |
|-------------|-----|-----|----|-----|-----|
| Sally Lloyd | USA | 176 | 99 | 248 | 524 |
|-------------|-----|-----|----|-----|-----|

60kg/132.25lb

| | | | | | |
|---------|-----|-----|----|-----|-----|
| Cara Jo | USA | 204 | 99 | 253 | 551 |
|---------|-----|-----|----|-----|-----|

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67.5kg/148.75lb

| | | | | | |
|-------------------|-----|-----|-----|-----|-----|
| Jessica Loden | USA | 264 | 160 | | 711 |
| Ladetra Cole | USA | | | 336 | |
| Venessa Westbrook | USA | | 160 | | |

75kg/165.25lb

| | | | | | |
|---------------|-----|-----|-----|-----|-----|
| Lauren White | USA | | | | 788 |
| Jessica Loden | USA | 270 | | | |
| Reyhan Roybal | USA | | 237 | | |
| LaDetra Cole | USA | | | 380 | |

82.5kg/181.75lb

| | | | | | |
|------------------|-----|-----|-----|-----|-----|
| Charlee Marshall | USA | 314 | | | |
| Lay Kaahu | USA | | 182 | 419 | 904 |

90kg/198.25lb

| | | | | | |
|-----------------|-----|-----|-----|-----|-----|
| Naimah Abdullah | USA | 226 | | | 634 |
| Valerie Ryan | USA | | | 292 | |
| Linsey Eudy | USA | | 248 | | |

100kg/220.25lb

| | | | | | |
|-----------------|-----|-----|-----|-----|-----|
| Crystal Prather | USA | 303 | 160 | 364 | 805 |
|-----------------|-----|-----|-----|-----|-----|

110kg/242.5lb

None

110.1+kg/242.6+lb

| | | | | | |
|------------------|-----|-----|-----|-----|-----|
| Allison Busby | USA | | 215 | 375 | 893 |
| Kimberly Soracco | USA | 386 | | | |

Female Sub-Masters (35-39) – Raw Classic

52kg/114.5lb

| | Nation | SQT | BP (Raw) | DL | TOTAL |
|-----------------|---------------|------------|-----------------|-----------|--------------|
| Tiffany Bellamy | USA | 204 | 99 | 248 | 551 |

56kg/123.5lb

| | | | | | |
|-------------|-----|--|----|--|--|
| Sally Lloyd | USA | | 99 | | |
|-------------|-----|--|----|--|--|

67.5kg/148.75lb

| | | | | | |
|----------------|-----|-----|-----|-----|-----|
| Chelsea Bolton | USA | 264 | | 270 | 661 |
| Jessica Loden | USA | | 160 | | |

75kg/165.25lb

| | | | | | |
|---------------|-----|-----|-----|-----|------|
| Reyhan Roybal | USA | 358 | 237 | 408 | 1003 |
|---------------|-----|-----|-----|-----|------|

82.5kg/181.75lb

| | | | | | |
|----------------|-----|-----|-----|-----|-----|
| Kelley Spohrer | USA | 369 | | 419 | 942 |
| Lay Kaahu | USA | | 182 | | |

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90kg/198.25lb

| | | | | | |
|-------------|-----|--|-----|--|--|
| Linsey Eudy | USA | | 248 | | |
|-------------|-----|--|-----|--|--|

100kg/220.25lb

| | | | | | |
|-----------------|-----|-----|-----|-----|-----|
| Crystal Prather | USA | 320 | 160 | 375 | 850 |
|-----------------|-----|-----|-----|-----|-----|

125kg/275.5lb

| | | | | | |
|---------------|-----|-----|-----|-----|-----|
| Katy Silvers | USA | 341 | | 370 | 882 |
| Allison Busby | USA | | 215 | | |

125.1+kg/275.6+lb

| | | | | | |
|------------------|-----|-----|-----|-----|-----|
| Kimberly Soracco | USA | 386 | | 320 | 843 |
| Beth Mockbee | USA | | 154 | | |

Female Masters

M1-40-44, M2-45-49, M3-50-54, M4-55-59, M5-60-64, M6-65-69, M7-70-74, M8-75-79

52kg/114.5lb

| | Nation | SQT | BP | DL | TOTAL |
|-------------------------|---------------|------------|-----------|-----------|--------------|
| M2 Missy Taylor (R) | USA | 259 | 182 | 275 | 694 |
| M2 Missy Taylor (RC) | USA | 264 | 182 | 292 | 738 |
| M4 Sue Ann Hurlbert (R) | USA | 105 | 83 | 176 | 364 |
| M5 Sue Ann Hurlbert (R) | USA | 149 | 108 | 224 | 472 |
| M6 Pam Fisher (R) | USA | 143 | 83 | 242 | 463 |
| M7 Linda Costello (R) | USA | 154 | 83 | 220 | 457 |

Div. 56kg/123.5lb

| | | | | | |
|------------------------|-----|-----|-----|-----|-----|
| M1 Dawn Bogart (SP) | USA | 265 | 175 | 295 | 735 |
| M1 Tiffany Stone (RC) | USA | 253 | 127 | 309 | 689 |
| M2 Kathy Wilson (RC) | USA | 160 | 88 | 187 | 435 |
| M2 Missy Taylor (R) | USA | 265 | 176 | 314 | 722 |
| M3 Lisa Baker (R) | USA | 182 | 94 | 237 | 512 |
| M4 Dawn Williams (R) | USA | 176 | 116 | 226 | 518 |
| M5 Jojo Brasseaux (MP) | USA | | 160 | | |

60kg/132.25lb

| | Nation | SQT | BP | DL | TOTAL |
|--------------------------|---------------|------------|-----------|-----------|--------------|
| M3 Priscilla Pardue (RC) | USA | 308 | 143 | 259 | 711 |
| M3 Priscilla Pardue (SP) | USA | 331 | 165 | 265 | 761 |
| M2 Bela Ghosh (R) | INDIA | | 180 | 315 | 495 |
| M2 Angie Terry (RC) | USA | 105 | | | |
| M4 JoJo Brasseaux (MP) | USA | | 132 | | |
| M5 Nina Snipes (R) | USA | | 72 | | |

67.5kg/148.75lb

| | | | | | |
|------------------------|-----|-----|-----|-----|-----|
| M1 Emily Lilly (R) | USA | 359 | 231 | 369 | 955 |
| M1 Alexandra Gray (RC) | USA | 287 | | 309 | 755 |
| M2 Aiysha Hayes (R) | USA | | 165 | | |
| M2 Gina Casper (R) | USA | 237 | | 303 | 689 |

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| | | | | | | |
|----|-----------------------|-----|-----|-----|-----|------|
| M2 | Melissa Smith (MP) | USA | 518 | 275 | 358 | 1146 |
| M3 | Priscilla Pardue (RC) | USA | 265 | 132 | | 645 |
| M3 | Priscilla Pardue (SP) | USA | 308 | 154 | 264 | 727 |
| M3 | Yvette Bushard (R) | USA | 270 | 160 | 281 | 711 |
| M4 | Yvette Bushard (R) | USA | 253 | 143 | 292 | 689 |
| M4 | Priscilla Pardue (SP) | USA | 303 | 176 | 281 | 755 |
| M5 | Sharon Earnhardt (R) | USA | 66 | 66 | 154 | 286 |

75kg/165.25lb

| | | | | | | |
|----|---------------------------|-----|-----|-----|-----|------|
| M1 | Emily Lilly (R) | USA | 380 | 242 | 369 | 1003 |
| M2 | Bonnie Mosley (R) | USA | 314 | 171 | 331 | 816 |
| M3 | Kelly Padget (R) | USA | 259 | | 325 | 716 |
| M3 | Tammy Crowley-DeLoatch(R) | USA | | 187 | | |
| M3 | Candice Maness (SP) | USA | 243 | 182 | 254 | 678 |
| M4 | Candice Maness (SP) | USA | 358 | 270 | 281 | 909 |
| M4 | Dawn O'Donnell (R) | USA | 226 | 132 | 314 | 672 |
| M5 | Cindy Meeker (SP) | USA | | 209 | 284 | |
| M5 | Crystal Rhoades (SP) | USA | 127 | | | 369 |
| M5 | Crystal Rhoades (R) | USA | 132 | | | 391 |
| M5 | Cindy Meeker (R) | USA | | | 284 | |

82.5kg/181.75lb

| | | Nation | SQT | BP | DL | TOTAL |
|----|--------------------------|---------------|------------|-----------|-----------|--------------|
| M1 | Brandy Gullede (R) | USA | 303 | 187 | 336 | 827 |
| M1 | Christina Lauffer (SP) | USA | | 253 | 309 | |
| M2 | Emily Lilly (R) | USA | 402 | 237 | 386 | 1025 |
| M2 | Heather Streible (RC) | USA | 237 | 176 | 320 | 722 |
| M3 | Sujata Bhakat (R) | INDIA | 265 | | 292 | 700 |
| M3 | Gloria Knight-McNeil (R) | USA | | 187 | | |
| M4 | Cindy Meeker (RC) | USA | 281 | | 319 | 727 |
| M4 | Cherie Goldsmith (R) | USA | | 182 | | |
| M4 | Dawn O'Donnell (R) | USA | 231 | | 331 | 694 |
| M5 | Gloria Knight-McNeil (R) | USA | | 198 | | |
| M5 | Cindy Meeker (SP) | USA | | 215 | | |
| M6 | Gloria Knight-McNeil (R) | USA | | 187 | 270 | 457 |

90kg/198.25lb

| | | | | | | |
|----|------------------------|-------------|-----|-----|-----|-----|
| M1 | Anika Harper (SP) | USA | | 237 | 336 | |
| M1 | Carla Akers (R) | USA | 320 | | 336 | 838 |
| M1 | Mona Espinosa (R) | USA | | 204 | | |
| M1 | Heather Streible (RC) | USA | 292 | | 292 | 738 |
| M2 | Joheliah Wilson (R) | USA | 259 | | 314 | 750 |
| M2 | Mandy Self-Sparrow (R) | USA | 259 | | | |
| M2 | Heather Streible (RC) | USA | 292 | 187 | 353 | 766 |
| M3 | Rosie Rosemond (R) | USA | 253 | | 303 | |
| M3 | Suzanne Wolfs (R) | Netherlands | | 121 | | |

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| | | | | | | |
|----|--------------------|-----|-----|----|-----|-----|
| M4 | Cathy Cranford (R) | USA | 190 | | 248 | 500 |
| M4 | Shelly Moore (R) | USA | | 99 | | |

100kg/220.25lb

| | | | | | | |
|----|-----------------------|-----|-----|-----|-----|-----|
| M1 | Anika Harper (SP) | USA | | 270 | 402 | |
| M1 | Anika Harper (RC) | USA | 424 | | 342 | 909 |
| M1 | Christy Owens (R) | USA | | 149 | | |
| M2 | Carla Akers (R) | USA | 330 | 204 | 330 | 865 |
| M2 | Heather Streible (RC) | USA | 275 | | 355 | 815 |
| M4 | Janet Martin (R) | USA | | 135 | 335 | |
| M5 | Janet Martin (R) | USA | | | 303 | |

110kg/242.5lb

| | | | | | | |
|----|---------------------|-----|-----|-----|-----|-----|
| M1 | Katy Silvers (RC) | USA | 408 | 193 | 391 | 987 |
| M1 | Kimberly Dorton (R) | USA | 325 | | 402 | 882 |
| M3 | Ylander Ross (RC) | USA | | 215 | 400 | 955 |
| M3 | Janet Martin (R) | USA | | 154 | 353 | |

110.1+kg/242.6+lb

| | | Nation | SQT | BP (Raw) | DL | TOTAL |
|----|-------------------|---------------|------------|-----------------|-----------|--------------|
| M1 | Katy Silvers (RC) | USA | 380 | | | 920 |
| M1 | Hollie Sands (R) | USA | | 242 | 441 | |
| M1 | Ann McManus (SP) | USA | | 231 | | |
| M2 | Janet Martin (R) | USA | | 132 | 265 | |
| M3 | Janet Martin (R) | USA | | 171 | 370 | |

Female Youth, Teenage & Kids Club

T1-13-15, T2-16-17, T3-18-19

44kg/97.0lb

| | | Nation | SQT | BP (Raw) | DL | TOTAL |
|----|-------------------------|---------------|------------|-----------------|-----------|--------------|
| KC | Kambree Williamson (R) | USA | | | 132 | |
| T1 | Bella-Grace Meadows (R) | USA | | 83 | | |
| T1 | Alessandra Reis (R) | USA | 132 | | 204 | 407 |

48kg/105.75lb

| | | | | | | |
|---|---------------------|-----|-----|----|-----|-----|
| Y | Carmen Trivette (R) | USA | 121 | 83 | 143 | 347 |
|---|---------------------|-----|-----|----|-----|-----|

52kg/114.5lb

| | | | | | | |
|----|-----------------------|-----|-----|-----|-----|-----|
| T3 | McKenna Wright (R) | USA | 165 | 83 | 237 | 485 |
| T2 | Leighann Allen (R) | USA | | 88 | 215 | |
| T2 | McKenna Wright (R) | USA | 121 | | | 391 |
| T1 | Makayla Van Meter (R) | USA | | 105 | 220 | |
| T1 | Carmen Trivette (R) | USA | 154 | | 231 | 468 |

Div. 56kg/123.5lb

| | | | | | | |
|----|-----------------------|-----|-----|-----|-----|-----|
| T2 | Angelina Peterson (R) | USA | 138 | 88 | | 397 |
| T2 | Scarlett Shuping (R) | USA | | | 176 | |
| T3 | Becca Dison (R) | USA | 276 | 160 | 320 | 755 |

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60kg/132.25lb

| | | | | | | |
|----|---------------------|-----|-----|-----|-----|-----|
| T3 | Claire Rosser (R) | USA | 242 | 138 | 303 | 683 |
| T2 | Mara Hall (R) | USA | 198 | 110 | 259 | 568 |
| T1 | Beverly Lemay (RC) | USA | 237 | 94 | 220 | 551 |
| T1 | Macy Lantz (R) | USA | 143 | | 193 | 391 |
| KC | Scarlett Samaha (R) | USA | | | 100 | |

67.5kg/148.75lb

| | | | | | | |
|----|------------------------|-----|-----|-----|-----|-----|
| T3 | Hanna Young (R) | USA | 314 | 165 | 303 | 816 |
| T2 | Sara Hampton (R) | USA | 231 | 132 | 275 | 623 |
| T1 | Haleigh Batchelor (RC) | USA | | 143 | | 651 |
| T1 | Beverly Lemay (RC) | USA | 265 | | 265 | |
| T1 | Macy Lantz (R) | USA | 231 | | 243 | 573 |

75kg/165.25lb

| | | | | | | |
|----|------------------------|-----|-----|-----|-----|-----|
| T3 | Katarina Giancroce (R) | USA | 270 | 126 | 292 | 689 |
| T3 | Sarah Oesch (RC) | USA | 275 | 176 | 334 | 772 |
| T2 | Sarah Oesch (RC) | USA | 253 | 151 | 333 | 737 |
| T2 | Alesia Sylverian (R) | USA | 209 | | 331 | 656 |
| T1 | Tyler Glover (R) | USA | 237 | 132 | | 683 |
| T1 | Olivia Dubrow (R) | USA | | | 320 | |

82.5kg/181.75lb

| | | | | | | |
|----|-----------------------|-----|-----|-----|-----|-----|
| T3 | Shelby Sprinkle (R) | USA | 281 | | 402 | 827 |
| T3 | Sarah Oesch (RC) | USA | 287 | 182 | 353 | 822 |
| T2 | Sarah Oesch (RC) | USA | 237 | 149 | 326 | 712 |
| T2 | Sarah Sells (R) | USA | 198 | 105 | 226 | 529 |
| T1 | Cecilia Luzarraga (R) | USA | 309 | 154 | 336 | 799 |
| Y | Neveah McIntosh (R) | USA | 138 | 94 | 200 | 432 |

Cat. 90kg/198.25lb

| | | Nation | SQT | BP | DL | TOTAL |
|----|--------------------------|---------------|------------|-----------|-----------|--------------|
| T2 | Alexandria Jefferson (R) | USA | 331 | 215 | 353 | 887 |
| T1 | Karson Tolle (R) | USA | 242 | | 308 | 671 |
| T1 | Janiah Hines (R) | USA | | 132 | | |
| Y | Neveah McIntosh | USA | 292 | 116 | 231 | 639 |

100kg/220.4lb

| | | | | | | |
|----|----------------------|-----|-----|-----|-----|-----|
| Y | Neveah McIntosh (RC) | USA | 325 | 204 | 275 | 805 |
| T1 | Karson Tolle (R) | USA | 237 | 105 | 275 | 617 |

110kg/242.5lb

| | | | | | | |
|----|----------------------|-----|-----|-----|-----|-----|
| T1 | Abrie Meadows (R) | USA | 325 | | 309 | 771 |
| T1 | Neveah McIntosh (RC) | USA | 380 | 226 | 305 | 830 |

110+kg/242.6+lb

| | | | | | | |
|----|----------------------|-----|-----|-----|--|-----|
| T1 | Neveah McIntosh (RC) | USA | 375 | 237 | | 904 |
|----|----------------------|-----|-----|-----|--|-----|

365 STRONG WORLD POWERLIFTING FEDERATION
FEMALE TESTED WORLD RECORD BEST OF THE BEST

November 26, 2024

| | | | | | | |
|----|----------------------|-----|-----|-----|-----|-----|
| T1 | Alex Jefferson (RC) | USA | | | 303 | |
| T3 | Meredith Arnold (RC) | USA | 242 | 149 | 309 | 700 |

Female M/P/F

48kg/105.75lb

| | | | | | | |
|----|----------------------|-----|-----|-----|-----|-----|
| RC | Stephanie Washington | USA | 193 | 110 | 226 | 529 |
|----|----------------------|-----|-----|-----|-----|-----|

Cat. 56kg/123.5lb

| | | | | | | |
|----|------------------|-----|-----|-----|-----|-----|
| RC | Amanda Isley | USA | 242 | | | 675 |
| R | Tiffany Faulkner | USA | | 155 | 305 | |
| MP | Jojo Brasseaux | USA | | 160 | | |

Cat. 60kg/132.25lb

| | | | | | | |
|----|----------------|-------|--|-----|-----|-----|
| R | Bela Ghosh | INDIA | | 180 | 315 | 495 |
| MP | JoJo Brasseaux | USA | | 132 | | |

Cat. 67.5kg/148.75lb

| | | | | | | |
|---|--------------|-----|-----|-----|-----|-----|
| R | LaDetra Cole | USA | 215 | 116 | 336 | 656 |
|---|--------------|-----|-----|-----|-----|-----|

Cat. 75kg/165.25lb

| | | | | | | |
|---|-----------------|-----|-----|-----|-----|-----|
| R | LaDetra Cole | USA | | | 380 | 771 |
| R | Mikhayla Dunn | USA | 275 | | | |
| R | Heather Ingalls | USA | | 187 | | |

Cat. 82.5kg/181.75lb

| | | | | | | |
|----|-------------------|-----|-----|-----|-----|------|
| R | Emily Lilly | USA | 402 | 237 | | 1025 |
| R | Gabrielle Robbins | USA | | | 397 | |
| RC | Emily Merritt | USA | 386 | | 391 | 937 |

Cat. 90kg/198.4lb

None

Cat. 100kg/220.4lb

| | | | | | | |
|----|--------------|-----|--|-----|-----|--|
| SP | Anika Harper | USA | | 264 | 402 | |
|----|--------------|-----|--|-----|-----|--|

Cat. 100.1+kg/220.5+lb

| | | | | | | |
|----|---------------|-----|-----|-----|-----|-----|
| RC | Tarra Farnham | USA | 308 | 138 | 336 | 782 |
|----|---------------|-----|-----|-----|-----|-----|

Paralifter

| <u>44kg/97 lb</u> | Nation | SQT | BP | DL | TOTAL |
|--------------------------|---------------------|------------|-----------|-----------|--------------|
| R | Bella-Grace Meadows | USA | | 83 | |

Female Standing Curl

World Records Curls in Yellow

| <u>Lifter</u> | <u>Division</u> | <u>Age</u> | <u>BW</u> | <u>Wgt Cl</u> | <u>Best Curl</u> |
|----------------------|------------------------|-------------------|------------------|----------------------|-------------------------|
| Elena Sannicandro | Teen-1 | 14 | 118.6 | 123 | 37.5 |
| Miranda | Open | 29 | 122 | 123 | 60 |
| Nina Snipes | Masters-5 | 62 | 122.6 | 123 | 37.5 |

365 STRONG WORLD POWERLIFTING FEDERATION
FEMALE TESTED WORLD RECORD BEST OF THE BEST

November 26, 2024

| | | | | | |
|----------------------|------------|-----|-------|-----|-------|
| Nina Snipes | Open | 62 | 122.6 | 123 | 37.5 |
| Elena Sannicandro | Teen-1 | 15 | 124.4 | 132 | 52.5 |
| Antia Sannicandro | Teen-2 | 17 | 126.2 | 132 | 37.5 |
| Nina Snipes | Masters-5 | 61 | 125 | 132 | 32.5 |
| JoJo Brasseaux | Masters-4 | 59 | 127.2 | 132 | 60 |
| JoJo Brasseaux | M/P/F | 59 | 129.6 | 132 | 60 |
| JoJo Brasseaux | Open | 59 | 129.6 | 132 | 60 |
| Shannon Mitchell | Open | 28 | 132 | 132 | 45 |
| Sophia Drury | Teen-3 | 18 | 128 | 132 | 40 |
| Julie Johnson | Open | n/a | 142 | 148 | 80 |
| MacKenzie Rideout | Open | 31 | 147.3 | 148 | 65 |
| Isabella Tully | Open | 25 | 136.1 | 148 | 40 |
| Aiysha Hayes | Masters-2 | 46 | 137 | 148 | 50 |
| Haleigh Batchelor | Teen-1 | 13 | 147.6 | 148 | 71.5 |
| Maureen Clary | Masters-5 | 62 | 156.9 | 165 | 88 |
| Ashley Stacharowski | Open | 32 | 162.5 | 165 | 77 |
| Crystal Rhoades | Masters-5 | 60 | 162.8 | 165 | 40 |
| Maureen Clary | Masters-6 | 68 | 158.5 | 165 | 65 |
| Gabriella Drury | Teen-3 | 19 | 175 | 181 | 55 |
| Sarah Oesch | Juniors | 21 | 180.3 | 181 | 80 |
| Heather Streible | Masters-2 | 45 | 173.8 | 181 | 91.5 |
| Ciarra Jackson | Open | 32 | 179.8 | 181 | 75 |
| Pamela Buskirk | Submasters | 39 | 178.1 | 181 | 66 |
| Nelda Newton | Masters-4 | 59 | 170.2 | 181 | 60 |
| Gloria Knight-McNeil | Masters-5 | 63 | 179.5 | 181 | 95 |
| Gloria Knight-McNeil | Masters-6 | 65 | 180.6 | 181 | 85 |
| Gloria Knight-McNeil | Open | 65 | 180.6 | 181 | 85 |
| Mandy Self-Sparrow | Masters-2 | 48 | 194.7 | 198 | 60 |
| Shelly Moore | Masters-4 | 58 | 191.8 | 198 | 65 |
| Mona Espinosa | Masters-1 | 40 | 187.2 | 198 | 85 |
| Janet Martin | Masters-3 | 54 | 215.8 | 220 | 85 |
| Janet Martin | Masters-4 | 55 | 215.2 | 220 | 80 |
| Janet Martin | Masters-3 | 53 | 250.9 | 275 | 104.5 |
| Alex Wilson-McKenzie | Open | 29 | 294.8 | 308 | 115.7 |

Power Lift Challenge (Rep Contest)

75kg/165.3lb

| | | | | | |
|----|---------------|-------------|---------------|------------|-------------|
| M6 | Maureen Clary | Lift | Nation | Wgt | Reps |
| | | Bench | USA | 80 | 28 |
| | | Deadlift | USA | 140 | 10 |
| | | Strict Curl | USA | 35 | 30 |
| | | Cheat Curl | USA | 65 | 20 |