

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: 10/25/2026

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						
	37		380	Brittany Abner	5/16/2026	
90kg/198.4lbs			369	Brittany Abner		
100kg/220.4lbs			331	Rachel Massey		
110kg/242.5lbs			419	Maddy Webster		
110+kg/242.6+lb			402	Maddy Webster	5/16/2026	

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 Davies	10/11/2025	
75kg/165.2lbs			154	Sarah Oesch		
82.5kg/181.7lbs						
	38		226	Brittany Abner	10/10/2026	
90kg/198.4lbs			226	Brittany Abner		
100kg/220.4lbs			204	Nevaeh McIntosh		
110kg/242.5lbs						
	15		248	Nevaeh McIntosh	5/16/2026	
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						
	38		391	Brittany Abner	10/10/2026	
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						
	38		987	Brittany Abner	10/10/2026	
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		
67.5kg/148.7lbs						

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		
67.5kg/148.7lbs						

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		
67.5kg/148.7lbs						

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						

				298	Sarah Oesch	10/11/2025
75kg/165.2lbs						
				275	Sarah Oesch	
82.5kg/181.7lbs						
				303	Sarah Oesch	
90kg/198.4lbs						
				441	Emily Merritt	
100kg/220.4lb						
				325	Nevaeh McIntosh	
110kg/242.5lb						
		15		419	Nevaeh McIntosh	
110+kg/242.6+lb						
				485	Alex Wilson-McKenzie	

					215	Sarah Oesch	10/11/2025
75kg/165.2lbs							
					176	Sarah Oesch	
82.5kg/181.7lbs							
					215	Brittany Abner	5/16/2026
90kg/198.4lbs							
					226	Brittany Abner	
100kg/220.4lb							
					204	Nevaeh McIntosh	
110kg/242.5lb							
		15		248	Nevaeh McIntosh	5/16/2026	
110+kg/242.6+lb							
					270	Hollie Sands	

					380	Sarah Oesch	10/11/2025
75kg/165.2lbs							
					334	Sarah Oesch	
82.5kg/181.7lbs							
					347	Sarah Oesch	
90kg/198.4lbs							
					353	Heather Streible	
100kg/220.4lb							
					380	Crystal Prather	
110kg/242.5lb							
		15		364	Nevaeh McIntosh		
110+kg/242.6+lb							
					452	Alex Wilson-McKenzie	

					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						
SQUAT - EQUIPPPED & 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						

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/165.2lbs						
					None	
82.5kg/181.8lbs						
					None	
90kg/198.4lb						
100kg/220.4lb						
110kg/242.5lb						
					270	Nevaeh McIntosh

365 STRONG WORLD RANKINGS						
DEADLIFT - 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						

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						
SQUAT - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
					None	
67.5kg/148.7lbs						
					None	
75kg/165.2lbs						
					None	
82.5kg/181.7lbs						
		37		380	Brittany Abner	5/16/2026
90kg/198.4lb						
					369	Brittany Abner
100kg/220.4lb						
					330	Crystal Prather

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						
		37		215	Brittany Abner	5/16/2026
90kg/198.4lb						
					226	Brittany Abner
100kg/220.4lb						
					154	Brett Sexton

365 STRONG WORLD RANKINGS						
DEADLIFT - RAW						
Female - Sub-Masters						
56kg/123.5lbs						
					None	
					None	
75kg/165.2lbs						
					None	
82.5kg/181.7lbs						
		37		369	Brittany Abner	5/16/2026
90kg/198.4lb						
					402	Brittany Abner
100kg/220.4lb						
					364	Crystal Prather

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						
		37		964	Brittany Abner	5/16/2026
90kg/198.4lb						
					981	Brittany Abner
100kg/220.4lb						
					805	Crystal Prather

110+kg/220.5+lb						
			154	Beth Mockbee		

[illegible]

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									
		37		215		Brittany Abner		5/16/2026	
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) 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	

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						
R	40-44	42	99	Laura Kerr		
110+kg/242.6+lb						
R	40-44	44	270	Hollie Sands		

365 STRONG WORLD SKRANKS						
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	441	Laura Kerr		
110+kg/242.6+lb						
R	40-44	44	1174	Hollie Sands		

365 STRONG WORLD RANKINGS						
SQUAT (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		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						
R 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 RANKINGS						
SQUAT (Gear Noted)						
FEMALE - JUNIORS (20-23)						
Wgt Class		Age	Wgt	Lbs	Name	Date
52kg/114.5lbs						
56kg/123.5lbs						
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		22		303	Kaitlyn McKenzie	5/16/2026
100kg/220.4lb						
					None	
110kg/242.5lb						
R		23		402	Maddy Webster	

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	
110kg/242.5lb						
R		23		220	Maddy Webster	

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	
110kg/242.5lb						
R		23		441	Maddy Webster	

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	
110kg/242.5lb						
R		23		1064	Maddy Webster	

FEMALE M/P/F (Gear Listed)

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
M/P/F Divisional Leaders						
Weight Clas	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						
BENCH - EQUIPMENT NOTED						
M/P/F Divisional Leaders						
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						
DEADLIFT - EQUIPMENT NOTED						
M/P/F Divisional Leaders						
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						
TOTAL - EQUIPMENT NOTED						
M/P/F Divisional Leaders						
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						
Standing Curl						
FEMALE						
DIV	RAW	AGE	WGT	Wgt/Ci	NAME	LIFT
Juniors	R	21	180.3	181	Sarah Oesch	80
SM	R	38	168.2	181	Brittany Abner	80
Open	R	38	168.2	181	Brittany Abner	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

