

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

October 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>					
Jaime Cain	USA	303		364	816
Alex Wilson-McKenzie	USA		248		

Female Raw - Juniors (20-23) Division

<u>52kg/114.5lb</u>					
Elena Lopez	USA	250		240	575
Racquel Wilson	USA		94		

<u>56kg/123.5lb</u>					
Isabella Sarkis	USA	281	132	320	705
Emily Gaiser	USA		132		

<u>60kg/132.2lb</u>					
Emily Gaiser	USA		143	325	727
Alexis Rutledge	USA	275			

<u>67.5kg/148.8lb</u>					
Hanna Young	USA	331		364	865
Anya Kalnins	USA		178		

<u>75kg/165.3lb</u>					
Candace Locklear	USA	336		402	876
Abby Rice	USA		176		

<u>82.5kg/181.8lb</u>					
Brianna Ormezzano	USA	275			738
Kailee Heller	USA			303	
Sarah Oesch	USA		193		

<u>90kg/198.4lb</u>					
Isabella Heffner	USA	358		391	920
Sarah Oesch	USA		190		

100kg/220.4lb
None

<u>110kg/242.5lb</u>					
Maddy Webster	USA	402	220	441	1064

<u>110+kg/242.6+lb</u>					
Shauntre Lilley	USA	331	193		843
Lashonda Zander	USA			325	

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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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October 26, 2024

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

365 STRONG WORLD POWERLIFTING FEDERATION
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October 26, 2024

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		132		

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
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82.5kg/181.75lb

Christina Lauffer (SP)	USA		253	309	
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90kg/198.25lb

Anika Harper (SP)	USA		237	336	
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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		
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Female Single-Ply & Multi-Ply - Juniors (20-23) Division

56kg/123.5lb

Josefina Bueno (MP)	USA	248	127	297	672
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67.5kg/148.75lb

Madeleine Giess (MP)	USA	405	245	425	1075
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Female Sub-Masters (35-39) - Raw

56kg/123.5lb

Sally Lloyd	USA	176	99	248	524
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60kg/132.25lb

Cara Jo	USA	204	99	253	551
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365 STRONG WORLD POWERLIFTING FEDERATION
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October 26, 2024

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

Crystal McCullough	USA	308			
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
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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		
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67.5kg/148.75lb

Chelsea Bolton	USA	264		270	661
Jessica Loden	USA		160		

75kg/165.25lb

Reyhan Roybal	USA	358	237	408	1003
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82.5kg/181.75lb

Kelley Spohrer	USA	369		419	942
Lay Kaahu	USA		182		

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October 26, 2024

90kg/198.25lb

Linsey Eudy	USA		248		
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100kg/220.25lb

Crystal Prather	USA	320	160	375	850
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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	281		309	744
M2	Aiysha Hayes (R)	USA		165		
M2	Gina Casper (R)	USA	237		303	689

365 STRONG WORLD POWERLIFTING FEDERATION
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October 26, 2024

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	242			672
M3	Hadewij Sloomweg (R)	Netherlands			308	
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 Gullledge (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	143	292	700
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		

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		
M4	Cathy Cranford (R)	USA	190		248	500

365 STRONG WORLD POWERLIFTING FEDERATION
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M4	Shelly Moore (R)	USA		99		
<u>100kg/220.25lb</u>						
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	
<u>110kg/242.5lb</u>						
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	
<u>110.1+kg/242.6+lb</u>						
		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

<u>44kg/97.0lb</u>						
		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
<u>48kg/105.75lb</u>						
Y	Carmen Trivette (R)	USA	121	83	143	347
<u>52kg/114.5lb</u>						
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
<u>Div. 56kg/123.5lb</u>						
T2	Angelina Peterson (R)	USA	138	88		397
T2	Scarlett Shuping (R)	USA			176	
T3	Becca Dison (R)	USA	276	160	320	755

365 STRONG WORLD POWERLIFTING FEDERATION
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October 26, 2024

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

October 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
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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
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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	
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Cat. 100.1+kg/220.5+lb

RC	Tarra Farnham	USA	308	138	336	782
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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
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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
Cearra 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
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