

365 Strong World Powerlifting Federation
CURRENT OVERALL FEMALE DIVISIONAL TOP TEN WORLD RANKINGS

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 (EP) once they use Single-Ply lifting attire
 GEARED: Competitors are Unlimited Geared (MP) once they use Multi-Ply lifting attire

DATE: 10/30/2024

FEMALE RAW OVERALL LEADERS

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) SQUAT				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Name	Date
44kg/97lbs	13	86	Alexandra Reis	1/21/2023
48kg/105.7lbs	12	105.2	Carmen Trivette	10/16/2021
52kg/114.5lbs	46	112.3	Missy Taylor	4/24/2021
56kg/123.5lbs	48	122.4	Missy Taylor	5/8/2023
60kg/132.2lbs	30	130.7	Morgan Long	10/19/2024
67.5kg/148.7lbs	29	141.8	Morgan Long	5/8/2023
75kg/165.2lbs	44	159	Emily Lilly	10/21/2023

365 STRONG WORLD RANKINGS				
RAW BENCH PRESS				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Name	Date
44kg/97lbs	15	97	Bella-Grace Meadows	4/1/2023
48kg/105.7lbs	55	98	Nina Kiuru	7/30/2022
52kg/114.5lbs	46	111.8	Missy Taylor	4/23/2022
56kg/123.5lbs	48	122.4	Missy Taylor	5/8/2023
60kg/132.2lbs	28	132.2	Courtney Norris	8/12/2017
67.5kg/148.7lbs	29	140.4	Morgan Long	10/21/2023
75kg/165.2lbs	30	153	Morgan Long	6/29/2024

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) DEADLIFT				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Name	Date
44kg/97lbs	13	86	Alexandra Reis	1/21/2023
48kg/105.7lbs	55	98	Nina Kiuru	7/30/2022
52kg/114.5lbs	24	114.2	Amber Malchow	10/28/2017
56kg/123.5lbs	48	122.4	Missy Taylor	5/8/2023
60kg/132.2lbs	30	130.7	Morgan Long	10/19/2024
67.5kg/148.7lbs	28	141.8	Morgan Long	5/8/2023
75kg/165.2lbs	34	163.4	Kendra Danzer	4/20/2018

365 STRONG WORLD RANKINGS				
RAW (Knee Sleeves) TOTAL				
FEMALE - OVERALL				
Wgt Class	Age	Wgt	Name	Date
44kg/97lbs	13	86	Alexandra Reis	1/21/2023
48kg/105.7lbs	55	98	Nina Kiuru	7/30/2022
52kg/114.5lbs	46	112.3	Missy Taylor	4/24/2021
56kg/123.5lbs	48	122.4	Missy Taylor	5/8/2023
60kg/132.2lbs	30	130.7	Morgan Long	10/19/2024
67.5kg/148.7lbs	29	141.8	Morgan Long	5/8/2023
75kg/165.2lbs	44	159	Emily Lilly	10/21/2023

110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs					110kg/242.5lbs												
RC	40-44	42	240.3	408	Katy Silvers	7/23/2023	R	50-54	50	240	215	Ylander Ross	1/21/2017	R	40-44	44	229.3	402	Kimberly Dorton	10/21/2023	RC	40-44	42	240.3	387	Katy Silvers	7/23/2023
RC	50-54	50	240	340	Ylander Ross	1/21/2017	R	40-44	42	241.2	193	Katy Silvers	4/13/2024	RC	50-54	50	240	400	Ylander Ross	1/21/2017	RC	50-54	50	240	955	Ylander Ross	1/21/2017
R	45-49	45	219.1	330	Carla Akers	10/27/2018	R	40-44	44	229.3	154	Kimberly Dorton	10/21/2023	RC	40-44	42	240.3	397	Katy Silvers	7/23/2023	R	40-44	44	229.3	882	Kimberly Dorton	10/21/2023
R	40-44	44	229.3	325	Kimberly Dorton	10/21/2023	R	45-49	49	237.5	149	Janet Martin	10/27/2018	R	45-49	49	237.5	358	Janet Martin	10/27/2018							
110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs					110+kg/242.6+lbs												
R	40-44	42	261.5	386	Hollie Sands	10/12/2019	R	40-44	42	261.6	270	Hollie Sands	10/12/2019	R	40-44	42	261.6	518	Hollie Sands	10/12/2019	R	40-44	42	261.6	1174	Hollie Sands	10/12/2019
RC	40-44	40	277.8	380	Katy Silvers	10/16/2021	SP	40-44	40	266.5	231	Ann McManus	9/7/2024	RC	40-44	40	277.8	380	Katy Silvers	10/16/2021	RC	40-44	40	272.3	883	Katy Silvers	7/24/2021
R	40-44	40	271	198	Ann McManus	1/29/2023	R	40-44	40	272.2	226	Andrea Willis	10/17/2020	R	50-54	53	251	370	Janet Martin	10/22/2022	R	40-44	40	271	612	Ann McManus	1/29/2023
							R	40-44	43	251.3	204	Katy Silvers	9/7/2024	R	40-44	40	272.2	358	Andrea Willis	6/19/2021	R	40-44	40	272.2	584	Andrea Willis	6/19/2021
							R	50-54	54	243.2	182	Shari Wofford	6/9/2018	R	45-49	49	245	325	Janet Martin	4/20/2018	R	50-54	53	251	541	Janet Martin	10/22/22
							R	50-54	53	251	171	Janet Martin	10/22/2022	R	40-44	40	271	281	Ann McManus	1/29/2023	R	45-49	49	245	474	Janet Martin	6/9/2018

FEMALE STANDING CURLS

365 STRONG WORLD RANKINGS				
Standing Curl				
FEMALE				

DIV	RAW	AGE	WGT	LIFT	NAME	DATE	WGTCL
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	5/16/2024	132
M2	R	46	137	50	Aiysha Hayes	6/5/2021	148
Open	R	16	140	80	Jalie 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	147.8	71.5	Haleigh Batchelor	10/22/2022	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	Clearra Jackson-Griffin	10/21/2023	181
M5	R	63	179.5	95	Gloria Knight-McNeil	10/22/2022	181
M2	R	45	173.8	91	Heather Streible	6/11/2022	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
M2	R	48	194.7	60	Mandy Self-Sparrow	2/10/2024	198
M4	R	58	191.8	65	Shelly Moore	1/22/2022	198
M1	R	40	187.2	85	Mona Espinosa	1/22/2022	198
M3	R	54	215.8	85	Janet Martin	10/21/2023	220
M4	R	55	215.4	80	Janet Martin	10/19/2024	220
M3	R	53	251	104.5	Janet Martin	10/22/2022	275
Open	R	29	294.9	115.7	Alex Wilson-McKenzie	10/22/2022	308

FEMALE REP CHALLENGE

Div	Gear	Age	Wgt	Name	Date	WgtL	Reps
M6	R	68	165	Maureen Clary			
				BENCH	10/19/2024	80	28
				DEADLIFT	10/19/2024	140	10
				STRICT CURL	10/19/2024	35	30
				CHEAT CURL	10/19/2024	65	20