

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: 4/29/2024

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			231	Dawn O'Donnell	
90kg/198.4lbs			441	Emily Merritt	
100kg/220.4lbs			331	Rachel Massey	
110kg/242.5lbs			419	Maddy Webster	
110+kg/242.6+lb			386	Hollie Sands	

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			154	Evelyn Lyon	
75kg/165.2lbs			154	Sarah Oesch	
82.5kg/181.7lbs			193	Sarah Oesch	
90kg/198.4lbs			187	Heather Streible	
100kg/220.4lbs			204	Nevaeh McIntosh	
110kg/242.5lbs			231	Maddy Webster	
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			331	Dawn O'Donnell	
90kg/198.4lbs			358	Kathryn French	
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			683	Dawn O'Donnell	
90kg/198.4lbs			667	Karson Tolle	
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					

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					

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					

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					

			237	Beverly Lemay
67.5kg/148.7lbs				
			264	Chelsea Bolton
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				
110+kg/242.6+lb				
			485	Alex Wilson-McKenzie

			94	Beverly Lemay
67.5kg/148.7lbs				
			154	Evelyn Lyon
75kg/165.2lbs				
			176	Sarah Oesch
82.5kg/181.7lbs				
			193	Sarah Oesch
90kg/198.4lbs				
			187	Heather Streible
100kg/220.4lb				
			204	Nevaeh McIntosh
110kg/242.5lb				
			231	Maddy Webster
110+kg/242.6+lb				
			270	Hollie Sands

			220	Beverly Lemay
67.5kg/148.7lbs				
			270	Chelsea Bolton
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				
110+kg/242.6+lb				
			452	Alex Wilson-McKenzie

			551	Beverly Lemay
67.5kg/148.7lbs				
			661	Chelsea Bolton
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				
110+kg/242.6+lb				
			1185	Alex Wilson-McKenzie

FEMALE EQUIPPED & GEARED

365 STRONG WORLD RANKINGS				
SQUAT - EQUIPPED & GEARED				
				Female
52kg/114.5lbs				None
56kg/123.5lbs				None
60kg/132.2lbs				None
67.5kg/148.7lbs				None
75kg/165.2lbs				None
90+kg/198.2+lbs				None

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
90+kg/198.2+lbs				None

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
90+kg/198.2+lbs				None

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
90+kg/198.2+lbs				None

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				None
90kg/198.4lb				None
100kg/220.4lb				

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				None
90kg/198.4lb				None
100kg/220.4lb				

365 STRONG WORLD RANKINGS				
DEADLIFT - RAW				
				Female - Sub-Masters
56kg/123.5lbs				None
				None
75kg/165.2lbs				None
82.5kg/181.7lbs				None
90kg/198.4lb				None
100kg/220.4lb				

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				None
90kg/198.4lb				None
100kg/220.4lb				

			330	Crystal Prather	
110+kg/220.5+lb					

			154	Brett Sexton	
110+kg/220.5+lb					
			154	Beth Mockbee	

			364	Crystal Prather	
110+kg/220.5+lb					

			805	Crystal Prather	
110+kg/220.5+lb					

FEMALE RAW CLASSIC SUB-MASTERS (35-39)

369 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) SQUAT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs			264	Chelsea Bolton	
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
100kg/220.4lb			303	Crystal Prather	
110+kg/242.6+lb			270	Beth Mockbee	

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					
90kg/198.4lb					
100kg/220.4lb			154	Brett Sexton	
110+kg/242.6+lb			154	Beth Mockbee	

365 STRONG WORLD RANKINGS					
RAW CLASSIC (Knee Wraps) DEADLIFT					
FEMALE - Sub-Masters					
52kg/114.5lbs					
67.5kg/148.7lbs			270	Chelsea Bolton	
75kg/165.2lbs					
82.5kg/181.7lbs					
90kg/198.4lb					
100kg/220.4lb			375	Crystal Prather	
110+kg/242.6+lb			303	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					
100kg/220.4lb			799	Crystal Prather	
110+kg/242.6+lb			727	Beth Mockbee	

FEMALE MASTERS (Gear Listed)

365 STRONG WORLD RANKINGS						
SQUAT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
56kg/123.5lbs	R 55-59	55	176	Dawn Williams		
60kg/132.2lbs						
67.5kg/148.7lbs						
75kg/165.2lbs	R 40-44	42	132	Melissa Judd		
	R 45-49	48	314	Bonnie Mosley		
	R 55-59	58	226	Dawn O'Donnell		
82.5kg/181.7lbs	R 45-49	48	231	Amy Kivett		
	RC 45-49	49	237	Heather Streible		
	R 55-59	59	265	Dawn O'Donnell		
90kg/198.2lbs	RC 45-49	49	292	Heather Streible		
100kg/220.4lb	R 40-44	40	154	Tiffant Meadows		
	RC 45-49	45	259	Renee Turner		
110kg/242.5lb				None		

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				None		

365 STRONG WORLD RANKINGS						
DEADLIFT - EQUIPMENT NOTED						
Female - Masters						
Weight Class	Age	Wgt	Lbs	Name	Date	
52kg/114.5lbs						
56kg/123.5lbs	R 55-59	55	226	Dawn Williams		
60kg/132.2lbs						
67.5kg/148.7lbs						
75kg/165.2lbs	R 40-44	42	204	Melissa Judd		
	R 45-49	48	331	Bonnie Mosley		
	R 55-59	58	314	Dawn O'Donnell		
82.5kg/181.7lbs	R 45-49	48	292	Amy Kivett		
	RC 45-49	49	320	Heather Streible		
	R 55-59	59	331	Dawn O'Donnell		
90kg/198.2lbs	RC 45-49	49	353	Heather Streible		
90+kg/198.2+lbs	R 40-44	40	182	Tiffany Meadows		
	RC 45-49	45	287	Renee Turner		
110kg/242.5lb				None		

365 STRONG WORLD RANKINGS						
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				None		

67.5kg/148.7lbs					
75kg/165.2lbs					
RC		20	187	Sarah Oesch	
82.5kg/181.7lbs					
RC		21	303	Sarah Oesch	
90kg/198.2lbs					
RC		21	300	Sarah Oesch	
100kg/220.4lb					
None					
110kg/242.5lb					
R		23	402	Maddy Webster	

67.5kg/148.7lbs					
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	

67.5kg/148.7lbs					
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	

67.5kg/148.7lbs					
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 Cla	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
Junior	R	21	180.3	181	Sarah Oesch	80
M2	R	48	193.8	198	Heather Streible	91.5
Open	R	29	294.9	308	Alex Wilson-McKenzie	115.7

